
Annual Report of Services

Department of Behavioral Wellness

Santa Barbara County Probation Facilities

20-21



Introduction

Dear Chief Probation Officer Heitman and the Santa Barbara County Board of Supervisors,

The mission of Behavioral Wellness is to promote the prevention of and recovery from addiction and mental illness among individuals, families and communities, by providing effective leadership and delivering state-of-the-art, culturally competent services.

Decision and service delivery reflect the following values:

- Quality services for persons of all ages with mental illness and/or substance abuse
- Integrity in individual and organizational actions
- Dignity, respect, and compassion for all persons
- Active involvement of clients and families in treatment, recovery, and policy development
- Diversity throughout our organization and cultural competency in service delivery
- A system of care and recovery that is clearly defined and promotes recovery and resiliency
- Emphasis on prevention and treatment
- Teamwork among department employees in an atmosphere that is respectful and creative
- Continuous quality improvement in service delivery and administration
- Wellness modeled for our clients at all levels; i.e., staff who regularly arrive at the workplace healthy, energetic and resilient
- Safety for everyone

The Department of Behavioral Wellness' Juvenile Justice Mental Health Services (JJMHS) team is honored to collaborate with Probation to serve our mutual, juvenile justice involved youth throughout Santa Barbara County. We greatly appreciate the opportunity to partner with you.

Respectfully,

Shana Burns, LMFT

Behavioral Wellness – Forensic Manager

Mental Health Overview

The Department of Behavioral Wellness' Juvenile Justice Mental Health Services (JJMHS) program provides clinical treatment services for youth held in probation juvenile detention facilities, specifically the Santa Maria Juvenile Hall (SMJH) and Los Prietos Boys Camp (LPBC), in compliance with accreditation standards as determined by probation, including the National Commission on Correctional Health Care (NCCHC) Standards for Juvenile Detention and Confinement Facilities.

The JJMHS team also includes the Transitions Team, practitioners funded by Juvenile Justice Crime Prevention Act (JJCPA) and the Youthful Offender Block Grant (YOBG) to provide post-custody outreach & engagement support and linkage to youth.

JJMHS clinical staff provide the following treatment services utilizing evidenced-based, best practices principals to include:

- ✓ clinical assessment (to include risk assessment)
- ✓ treatment planning
- ✓ individual and group psychotherapy
- ✓ crisis intervention
- ✓ family counseling
- ✓ psychiatric evaluation and medication monitoring
- ✓ case management
- ✓ female specific trauma-informed programming
- ✓ substance abuse counseling (individual and group)
- ✓ co-facilitation of Moral Reconciliation Therapy (MRT) and Interactive Journaling (IJ) group curriculums
- ✓ post-custody community-based assessment, outreach & engagement support and linkage to long-term treatment
- ✓ JJCPA assessments in adherence to court and/or probation orders.

JJMHS clinical staff also provide trainings on various mental health topics to probation facility staff at a minimum of four (4) times per year.

Probation and Behavioral Wellness align the below goals and objectives in serving juvenile justice involved youth:

- Embrace and nurture collaboration, shared accountability and increased community and family engagement.
- Promote public safety and reduce juvenile delinquency by developing individual responsibility and accountability.
- Bolster reduction in juvenile recidivism through therapeutic outreach and engagement efforts, trust-building and warm hand-offs to community-based programs addressing substance abuse and/or mental health needs, positive mentorship, gang-involvement, etc.

From July 1, 2020 through July 30, 2021, the Santa Maria Juvenile Hall and Los Prietos Boys Camp mental health service provision included the below types of service and frequency:

Santa Maria Juvenile Hall (SMJH)		Los Prietos Boys Camp (LPBC)	
Total # of initial psychiatrist visits	44	Total # of initial psychiatrist visits	19
Total # of follow-up psychiatrist visits	127	Total # of follow-up psychiatrist visits	94
Total # of Safety Status Checks	471	Total # of Safety Status Checks (N/A @ LPBC)	N/A
Total # of hours of Individual Therapy	1,428	Total # of hours of Individual Therapy	734
Total # of Youth - Individual Therapy	118	Total # of Youth - Individual Therapy	142
Total # of Individual Therapy Sessions	927	Total # of Individual Therapy Sessions	536
Total # of Family Sessions	17	Total # of Family Sessions	5
Total # of Family Sessions	17	Total # of hours of Family Sessions	7

SMJH & LPBC	TOTALS
Total # of initial psychiatrist visits	107
Total # of follow-up psychiatrist visits	221
Total # of Safety Status Checks	471
Total # of hours of Individual Therapy	2,015
Total # of Youth Receiving Individual Therapy	260
Total # of Individual Therapy Sessions	1,463
Total # of Family Sessions	22
Total # of hours of Family Sessions	24

The JJMHS team has set forth the below goal for expansion of family services going forward as follows:

JJMHS staff will contact 100% of the youth's parent(s)/caregiver(s) within the first 2 weeks a youth being in custody at the SMJH and LPBC, in order to inform them of Behavioral Wellness services offered and to inquire about the family's needs and motivation for family therapy, if clinically appropriate.

For FY20-21, below is a snapshot of admissions and services rendered for each correctional facility, in addition to transitional, post-incarceration support services and linkage.

FY20-21	Transitions Team	LPBC	SMJH
# admissions	69	57	141
# unique clients	68	37	94
# services provided in FY 20/21*			
Total	844	1456	1221
Average per admission	12.2	25.6	8.7

services provided in full admission*

Total	932	1729	1250
Average per admission	13.5	30.3	8.9

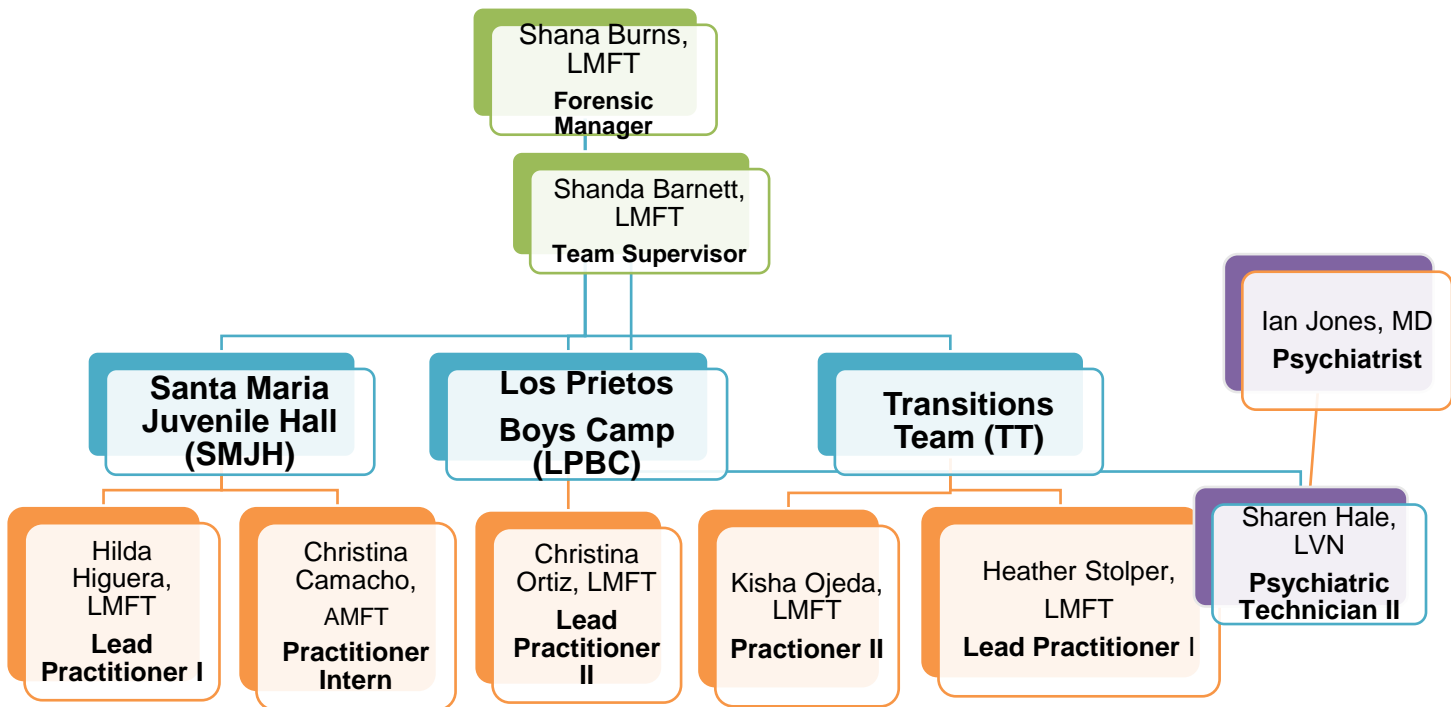
Average length of admission (closed admissions only)

89.4 days	69.6 days	33.6 days
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Staffing

Behavioral Wellness' Juvenile Justice Mental Health Services (JMHHS) program consists of the below staffing structure (totaling 6.90 FTE):

- 1.0 FTE Team Supervisor
- 2.0 FTE Practitioners (Transitions Team – TT)
- 2.0 FTE Practitioners (Santa Maria Juvenile Hall – SMJH)
- 1.0 FTE Practitioner (Los Prietos Boys Camp Team – LPBC)
- 0.65 FTE Psychiatric Technician (SMJH & LPBC)
- 0.25 FTE Psychiatrist (SMJH & LPBC)



Staffing Requirements

2.0 FTE (SMJH) – practitioner staff in this class must be in possession of a valid license as a Licensed Clinical Social Worker (LCSW) or a Licensed Marriage and Family Therapist (LMFT) or Licensed Professional Clinical Counselor (LPCC) issued by the California Board of Behavioral Sciences, or be a registered intern with the California Board of Behavioral Sciences as an Associate Marriage and Family Therapist (AMFT) or Associate Clinical Social Worker (ASW) or Associate Professional Clinical Counselor (APCC). At least one (1) of the two (2) FTEs are required to be fully licensed as a LCSW or LMFT.

1.0 FTE (LPBC) - practitioner staff in this class must be in possession of a valid license as a Licensed Clinical Social Worker (LCSW) or a Licensed Marriage and Family Therapist (LMFT) or Licensed Professional Clinical Counselor (LPCC) issued by the California Board of Behavioral Sciences, or be a registered intern with the California Board of Behavioral Sciences as an Associate Marriage and Family Therapist (AMFT) or Associate Clinical Social Worker (ASW) or Associate Professional Clinical Counselor (APCC). At least one (1) of the two (2) FTEs are required to be fully licensed as a LCSW or LMFT.

0.65 Psychiatric Technician (Psych Tech – LVN or LPT) at SMJH and LPBC.

Suicide Prevention

The Department of Behavioral Wellness provides leadership in organized public and private partnership activities and education to advance strategies for suicide prevention. Suicide Prevention activities provided through Behavioral Wellness include public and targeted information campaigns, stakeholder involvement in action teams, training, school postvention support and response (the provision of psychological support, crisis intervention and other forms of assistance to those affected by a campus suicide or other traumatic event. Suicide postvention involves a series of planned interventions with those affected by a campus suicide with the intention to facilitate the grieving or adjustment process, stabilize the environment, reduce the risk of negative behaviors, limit the risk of further suicides through contagion), first responder and community support surrounding deaths by suicide, outreach and education. Suicide is a serious public health problem that causes immeasurable pain, suffering, and loss to individuals, families, and communities throughout our nation. Suicide is complicated and tragic, but is often preventable. Though the warning signs may be subtle, they are there. Knowing the warning signs for suicide and how to get help can help in saving lives.

JJMHS staff provide safety checks in both correctional facilities per custodial regulations when warranted, which also includes thorough risk assessments and linkage to mobile crisis 5585 evaluations when appropriate to determine whether a youth is to be placed on a hold for potential psychiatric hospitalization. Suicide prevention is an integral part of Behavioral Wellness service provision. Suicidality and suicidal history is a primary component to the youth's intake and initial assessment process, as well as ongoing to ensure safety of the youth both in custody and in the community.

Youth with Substance Use Disorders

The JJMHS team provides substance abuse counseling to include the evidence-based practice curriculum, Interactive Journaling (IG), both individually and in the group treatment

setting to address substance use and abuse with youth. Clinical staff simultaneously utilize a variety of effective modalities and techniques, such as “Motivational Interviewing” to encourage youth to explore the negative consequences and legal impacts resulting from their substance use/abuse in the community. JJMHS services promote abstinence and harm reduction, meeting the youth where they are to establish trust and therapeutic alliance to promote prosocial decision-making, alternative coping strategies and self-care. JJMHS practitioners regularly support youth with calling the Behavioral Wellness - Access Line to be screened for substance abuse services in the community in preparation for their release, often partnering in advance with substance abuse providers to facilitate warm hand-offs.

Discharge/Reentry Planning and Services

The JJMHS and Probation teams pursue an integrative team-based approach to developing individually tailored discharge plans for youth being released to the community. TT practitioners in particular are responsible for engaging youth and family members, while in custody, as well as after youth are released, in order to offer assessment, short-term, supportive rehabilitation, therapy and case management services, level-of-care determination and linkage to long-term treatment and community-based resources to promote successful probation outcomes.

Continuous Quality Improvement and Accreditation

The Department of Behavioral Wellness’ Quality Care Management (QCM) division actively reviews client charts and provides documentation trainings to ensure clinical staff are adhering to state regulations, mandates and internal policies of high-quality documentation standards to maintain the integrity of the electronic health record for each client. Practitioners, both pre-licensed and licensed, are credentialed upon hire by QCM and re-credentialed on an annual basis based upon their licensure status and overall job performance.

NCCHC

In 2018 the National Commission on Correctional Health Care (NCCHC) released a new set of standards for Adult Jails. The changes to the standards were not minor. Probation, Behavioral Wellness, Wellpath and the Sheriff’s office partnered to become accredited in the fall of 2020. In order to become accredited with NCCHC all facilities must meet 100% of Essential Standards and 80% of Important Standards. There are 38 Essential Jail Standards and 21 Important Jail Standards. For the juvenile detention facilities there are 41 Essential Standards and 29 Important Standards.

The results from the survey showed that the adult facility was meeting 50% of Essential Standards and 38% of Important Standards. A report on Corrective Action plans was submitted to our Accreditation and Compliance division. Now that we have almost a year’s worth of documentation meeting NCCHC standards the adult facility has begun the application process for NCCHC Accreditation.

The results from the juvenile facilities survey showed that Probation, Behavioral Wellness and Wellpath met 73% of Essential Standards and 88% of Important Standards. A corrective action plan was submitted to our Accreditation and Compliance Division.

Both juvenile facilities were reaccredited by the Institute of Medical Quality (IMQ) in 2018. Behavioral Wellness is committed to maintaining NCCHC accreditation in collaboration with Probation and Wellpath.