



BOARD OF SUPERVISORS
AGENDA LETTER

Agenda Number:

Clerk of the Board of Supervisors
105 E. Anapamu Street, Suite 407
Santa Barbara, CA 93101
(805) 568-2240

Department Name: Behavioral Wellness
Department No.: 043
For Agenda Of: June 27, 2023
Placement: Administrative
Estimated Time: N/A
Continued Item: No
If Yes, date from:
Vote Required: Majority

TO: Board of Supervisors
FROM: Department Antonette Navarro, Director
Director(s) Department of Behavioral Wellness 805-681-5220
Contact Info: Natalia Rossi, Mental Health Services Act Manager
Department of Behavioral Wellness 805-681-5220
SUBJECT: Behavioral Wellness – Mental Health Services Act Three-Year Program and
Expenditure Plan for Fiscal Years 2023-2026

County Counsel Concurrence

As to form: Yes

Other Concurrence:

As to form: N/A

Auditor-Controller Concurrence

As to form: N/A

Recommended Actions:

That the Board of Supervisors:

- A. Approve and adopt the Mental Health Services Act Three-Year Program and Expenditure Plan for FY 2023-26; and
- B. Determine that the above action is a government funding mechanism or other government fiscal activity, which does not involve any commitment to any specific project that may result in a potentially significant physical impact on the environment, and is an organizational or administrative activity of the government that will not result in direct or indirect physical changes in the environment and is therefore not a project under the California Environmental Quality Act (CEQA) pursuant to section 15378(b)(4) and (b)(5) of the CEQA Guidelines.

Summary Text:

This item is on the agenda to approve the Mental Health Services Act (MHSA) Three-Year Program and Expenditure Plan for Fiscal Years 2023-26.

Welfare and Institutions Code section 5847(a) requires that the Board of Supervisors adopt the MHSA Plan in order for Behavioral Wellness to receive MHSA funding. The MHSA Plan was developed in accordance with Welfare and Institutions Code sections 5847 and 5848, regulations applicable to the MHSA (commencing with 9 C.C.R. § 3100), and instructions from the California Department of Health Care Services and Mental Health Services Oversight and Accountability Commission.

Background:

The Department of Behavioral Wellness provides mental health services to individuals with specialty mental health needs, and to the extent resources allow, to uninsured children with Serious Emotional Disturbances and adults with Serious Mental Illness. The Mental Health Services Act (MHSA), passed by California voters in 2004, levied a 1% tax on annual incomes over \$1 million to increase funding for mental health services.

The MHSA Three-Year Program and Expenditure Plan provides information on the progress and improvements in Santa Barbara County’s Behavioral Wellness system during FY 2022-23 while outlining strategies for FY 2023-26. The Department coordinated a robust planning process including twenty-three stakeholder meetings to solicit input and guidance from individuals and groups. Additional feedback was received from May 23, 2023 to June 21, 2023, during the thirty-day draft plan public posting period. The Department hosted two live “listening sessions” during this period to allow for stakeholder feedback, and the Behavioral Health Commission held a Public Hearing on June 21, 2023. Based on the input received during the three-year planning process, the Department chose to move forward with and implement five key proposals:

- **Increasing Full Service Partnership (FSP) Capacity and Services**
- **Increasing Warm Handoff and Navigation Services for Those in Crisis**
- **Recruitment and Retention of Public Health Workforce**
- **Increasing of Mental Health Education and Prevention Programming for Youth and Families**
- **Implementing Mental Health Programs Specifically for Older Adults**

Changes to Existing Programs and New Program in the MHSA Three-Year Program and Expenditure Plan for FY 2023-26

For Community Services and Supports Programs:

Existing Programs

- 1) Increased support funding for individuals enrolled in Full Service Partnerships (pages 32-52 of the Plan).
- 2) Increased capacity at South Community Full Service Partnership (page 145 of the Plan).
- 3) Increased staffing for Justice Alliance Full Service Partnership (page 155 of the Plan).
- 4) Increased staffing for Homeless Outreach Program to include more BWell staff in Lompoc and Santa Barbara regions (page 158 of the Plan).
- 5) Increased capacity for Homeless Outreach Program at Good Samaritan Shelters to include a Full-Time clinician at all shelter sites (page 158 of the Plan).
- 6) Integrated Medical Integration and Co-Occurring Substance Use Programs with Adult Outpatient Clinical Programs (page 169 of the Plan).
- 7) Starting a pilot program of part-time Licensed Vocational Nurse to go onsite to Adult Residential Facilities and aid older residents with physical needs like hygiene maintenance, mobility training and activities of daily living (page 179 of the Plan).

For Prevention and Early Intervention Programs:

Existing Programs:

- 1) Increased program capacity for Santa Ynez Valley Tribal Health Clinics to now include outreach in Lompoc and Santa Maria, and added new Youth Support Groups and Youth and Family Wellness Events (page 200 of the Plan).
- 2) Increased program capacity for CALM, Inc. to now serve 150 families per year (page 203 of the Plan).
- 3) Increased program capacity for Santa Ynez Valley People Helping People to now include a full-time Mental Health Navigator that will aid their team in providing school-based counselling services in the Santa Maria area (page 218 of the Plan).
- 4) Added new contracted provider to the Mental Health Education Program, Mixteco/Indigena Community Organizing Project (MICOP) that will provide outreach, mental health education and access and linkages to services for our Mixtec communities in the Santa Maria and Guadalupe areas (page 201 of the Plan).

One-Time Projects:

- 1) CalMHSA Prevention and Early Intervention Mini-Grant Project: This will be a three-year project in which BWell will contract with CalMHSA to act as administrator and CalMHSA will present a Request for Proposals to fund Prevention Programming with various community-based organizations throughout the County. This project will enable small, grass-roots organizations to receive short term funding to provide targeted outreach and prevention work with locally-identified underserved populations in our County (page 189 of the Plan).
- 2) Health Equities Summit: this is a one-time conference to for local behavioral health providers to learn about how to provide behavioral health services in our community in a way that promotes equity and understands the cultural complexities of our communities around mental health and seeking mental health services (page 212 of the Plan).

New Programs:

- 1) Suicide Prevention Program: BWell will contract with Casa Pacifica to provide suicide prevention trainings at schools throughout the County and risk assessment trainings for school staff and community groups who work with children (page 183 of the Plan).
- 2) Suicide Prevention Campaign: BWell will develop a targeted Suicide Prevention Campaign in coordination with our local contracted mental health organizations to increase awareness of suicide ideation and local and national resources (page 185 of the Plan).
- 3) Growing Grounds: BWell will contract with Transitions Mental Health Association (TMHA) to provide a Relapse Prevention Program stressing resiliency factors and supported employment for mental health consumers (page 190 of the Plan).
- 4) Wellness Promotion for Seniors: BWell will contract with Family Services Agency (FSA) to create a new program that will go onsite at twelve Senior Living sites across the County, and provide Prevention activities and access and linkages to behavioral health services (page 191 of the Plan)
- 5) Peer and Parent Partners in Wellness: BWell will contract with Mental Wellness Center (MWC) to create a new program that will specifically provide outreach and mental health support to family members of an adult person with a serious mental illness (page 194 of the Plan).

- 6) **County-Wide Youth Council:** BWell will contract with Youthwell to train Student Advocates to raise mental health awareness, promote wellness, and reduce stigma on their campuses through education and outreach. Student advocates will educate community leaders on the challenges they see in their communities and on their school campuses. (page 204 of the Plan).
- 7) **Youth-Linkages Network:** BWell will contract with Youthwell to educate Resource Navigators, Probation Officers, and school counselors so they are aware of existing community programs for students in order to connect youth to services in a timely manner and provide a monthly meeting that create uniformity in the County for a system-wide information resource of access and linkages to mental health resources and supports (page 205 of the Plan).
- 8) **Lived Experience Advocacy Development (LEAD) Program:** BWell will contract with TMHA to provide outreach, education, and community wellness program that provides a combination of evidence-based trainings and community presentations that are delivered primarily by people with lived mental health experience. These trainings and presentations will deliver mental health education and information targeted to reduce mental health stigma and discrimination (page 208 of the Plan).
- 9) **Anti-Stigma and Discrimination Program:** BWell will create a new Stigma and Discrimination Reduction Coordinator that will work with our local Prevention and Early Intervention Program Leads, Contracted Providers, and the BWell Health Equities Manager to develop curriculums and messaging targeting local communities to increase awareness of mental health resources and decrease stigma surrounding mental health diagnoses and seeking mental health supports (page 210 of the Plan).

For Workforce Education and Training Programs:

- 1) **Peer Training Program:** This program will include recruitment of consumers that are interested in pursuing a career as a Certified Peer Support Specialist and will include a pathway to certification (page 227 of the Plan).
- 2) **Staff Retention and Training Program:** BWell will host new Best Practices, Cultural Competency and Leadership Trainings (page 228 of the Plan).
- 3) **Masters' Degree in Scholarship Program:** BWell will recruit department staff that are interested in pursuing a Master's Degree in Social Work (MSW). Participants will receive a \$25,000 scholarship towards a MSW program (page 229 of the Plan).
- 4) **Staff Stipend and Loan Repayment Program:** BWell will create a loan repayment program for psychologists and staff stipends for other employment categories to assist in the recruitment process and encourage retention of existing staff (page 231 of the Plan).

Program highlights from the MHSA Three-Year Program and Expenditure Plan for FY 23-26:

1) Increased support funding for individuals enrolled in Full Service Partnerships

California Code of Regulations title 9, section 3620 outlines the Full Service Partnership category and specifies that Full Service Partnerships may also provide “non-mental health supports” such as food; clothing; housing including, but not limited to, rent subsidies, housing vouchers, house payments, residence in a drug/alcohol rehabilitation program, and transitional and temporary housing; cost of health care treatment and cost of treatment of co-occurring conditions, such as substance abuse and respite care.

For FY 2023-24, BWell has increased the budgets for all Full-Service Partnership programs to include funding for non-mental health supports. This funding may only be used when there are no other funding sources, such as Supplemental Security Income, available. BWell anticipates that this new funding will allow for short term rental support and rental deposits to be paid for by FSPs and help clients gain housing and prevent evictions. BWell also anticipates that this funding can be used to engage clients in services and further their Treatment Plan goals, building resilience for clients and increasing client engagement in their recovery. One example of a non-traditional use for this funding may be to pay the licensure fee for a Driver's License for a client who has obtaining a Driver's License as one of their Treatment Plan goals.

2) New Workforce Education and Training Program: Masters in Social Work Scholarship for BWell employees wishing to pursue a Master's in Social Work

This program will include recruitment of department staff that are interested in pursuing a Master's Degree in Social Work (MSW). Participants will receive a \$25,000 scholarship towards a MSW program. This program will require the applicant to be responsible for the remainder of the MSW program costs through available financial aid or educational loans through the school. Participants will also be able to complete internship hours for their graduate degree within the public behavioral health system while maintaining their employment. A specific Staff Internship program will be designed to support this component of the educational program. Participants will be required to pursue employment with the Behavioral Wellness Department as a Practitioner I following graduation with the MSW and must maintain employment in a service delivery position for a minimum of two years within the department.

Practitioner positions have been identified as hard to fill and hard to retain. In particular, there is a shortage of licensed clinical social workers within the Behavioral Wellness system. Clinical social workers bring a different perspective to working with the department's clients, and increasing this category of licensed staff within the department will bring a benefit to the services that are provided.

3) New Prevention and Early Intervention Youth Mental Health Programs

BWell is introducing two new Youth Mental Health programs in FY 2023-24: a County-Wide Youth Council with Youthwell as the contracted provider, and a Suicide Prevention Education Program with Casa Pacifica as the provider.

The County-Wide Youth Council will train student advocates on mental health awareness, promoting wellness, and reducing stigma on their campuses through education, outreach, and a suicide awareness campaign. Students from all thirty high schools in Santa Barbara County will convene monthly with Youthwell Trainers to receive mental health advocacy and education training. Students will then become a peer resource on campuses for other students looking for mental health resources, and students will help reduce stigma around seeking mental health services or having a mental health diagnosis. Student advocates will also educate community leaders on the challenges they see in their communities and on their school campuses. Students will receive volunteer hours for the nine-month internship.

The Suicide Prevention Education Program will provide prevention and early intervention services, education, and support within Santa Barbara County's schools. This outreach can help inform and identify individuals and their families who may be affected by some level of mental health issues. Casa Pacifica will have a full time, bi-lingual outreach coordinator to provide suicide awareness trainings to students throughout the County, and the coordinator will provide outreach activities to increase public knowledge on when and how to access mental health services, and will participate in school events like parent nights and health fairs, to increase knowledge on mental health resources. This program will also provide Suicide

Risk Assessment trainings for school staff and other professionals that work in a school setting to train staff on risk assessment criteria.

4) New Prevention and Early Intervention Program for Older Adults

BWell is introducing a new Prevention Program specifically for older adults, Wellness Promotion for Seniors. Family Service Agency will be the provider and will provide prevention programs at a minimum of twelve City and County Housing Authority sites. Wellness Promotion for Seniors consists of two components: Enriching and Community-Building Activities, and Case Management and linkage and referral to additional resources.

Community Building activities may include healthy movement and exercise classes; celebrations such as fiesta; mobile library and/or book club; crafting activities; and group activities like mindfulness and wellness. All activities will be oriented toward building protective factors among seniors and reducing risk factors for developing mental health concerns. Family Service Agency will also offer case management supports including connection to and support navigating various community resources such as Cal Fresh, health insurance, immigration resources, utility assistance, health and mental health services; reading and understanding documents; advance care directives and end-of-life planning and tools for successfully aging in place.

Performance Measure:

The MHSA Plan includes performance measures for programs in FY 2022-23, and program outcomes for prior fiscal years are included in the appendix.

Fiscal and Facilities Impacts:

Budgeted: No

Fiscal Analysis:

<u>Funding Sources</u>	<u>Current FY Cost:</u>	<u>Annualized On-going Cost:</u>	<u>Total One-Time Project Cost</u>
General Fund			
State	\$ 49,778,200.00	\$ 64,140,543.00	\$ 802,000.00
Federal	\$ 462,100.00	\$ 1,369,000.00	
Fees	\$ 34,278,600.00	\$ 35,632,100.00	
Other:	\$ 2,594,800.00	\$ 3,397,500.00	
Total	\$ 87,113,700.00	\$ 104,539,143.00	\$ 802,000.00

Narrative: The funding sources were included in the FY 2023-24 Recommended Budget. The above table includes an additional \$3,074,443 annualized on-going cost and \$802,000 in one-time project cost for new MHSA programs described in the Background section that were not included in the FY 2023-24 Recommended Budget. The Behavioral Wellness Department will return to the Board with a Budget Revision Request to address the expanded MHSA services that were not included in the FY 2023-24 Recommended Budget. For FY 2024-25 and FY 2025-26, the funds will be included in BWell’s proposed budget but remain contingent on Board approval.

Special Instructions:

Please return one (1) Minute Order to bethle@sbcbswell.org and to bwelcontractsstaff@sbcbswell.org.

Attachments:

Attachment A: MHSA Plan for FY 2023-26

Authored by:

Natalia Rossi