

# SANTA BARBARA COUNTY BOARD AGENDA LETTER



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

**Agenda Number:**  
**Prepared on:** 07/12/2004  
**Department Name:** Alcohol, Drug & Mental Health  
**Department No.:** 043  
**Agenda Date:** 08/03/2004  
**Placement:** Administrative  
**Estimate Time:**  
**Continued Item:** NO  
**If Yes, date from:**

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**TO:** Board of Supervisors

**FROM:** James L. Broderick, Ph.D., Director  
Alcohol, Drug & Mental Health Services

**STAFF CONTACT:** Carrie Topliffe, ADMHS Assistant Director - Administration  
805.681.5231

**SUBJECT:** Family Services Agency, People Helping People, Sojourn Services, Inc., and Casa Pacifica contracts.

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## Recommendation(s):

That the Board of Supervisors:

- A. Approve and execute a contract in the amount of \$794,000, with Family Services Agency (FSA), a local vendor, for school, home and clinic-based mental health services to children and their families who are experiencing emotional, social, and behavioral difficulties. The contract term is from July 1, 2004, through June 30, 2005.
- B. Approve and execute a contract in the amount of \$116,500, with People Helping People (PHP), a local vendor, for continued provision of mental health services to severely emotionally disturbed children and families in the Santa Ynez Valley. The contract term is from July 1, 2004, through June 30, 2005.
- C. Approve and execute a contract in the amount of \$1,248,000, with Sojourn Services Inc., (a local vendor) for continued provision of mental health services to severely emotionally disturbed children and families in the North County. The contract term is from July 1, 2004, through June 30, 2005.
- D. Approve and execute a contract in the amount of \$1,504,350, with Casa Pacifica, (a local provider), for continued provision of residential, case management and Therapeutic Behavioral and other services to children with severe emotional disturbances (SED). The contract term is from July 1, 2004, through June 30, 2005.

- E. Authorize the Director of ADMHS to approve amendments to the proposed contracts, provided that any such amendments do not exceed ten percent (10%) of the contract's dollar amount.

**Alignment with Board Strategic Plan:**

The recommendation(s) are primarily aligned with Goal No. 2. A Safe and Healthy Community in Which to Live, Work and Visit.

**Executive Summary and Discussion:**

Family Services Agency (FSA) provides several services through a sub-contract with ADMHS – Intensive In-Home and Intensive In-School MISC (Multi-Agency Integrated System of Care), CRIS/HelpLine, and Intensive In-School with students in the Lompoc Unified School District.

The Intensive In-Home and Intensive In-School MISC program involves four Master's level counselors, as part of a multi-disciplinary team, providing services to severely emotionally disturbed youth and their families. These youth are identified by the school and family members as in need of services and are referred to these counselors via the Care Coordination Service Plan. The goal is to reduce or prevent the number of out-of-home placements in the Lompoc and Santa Maria areas. In fiscal year 2003 – 2004 a total of 74 youth were seen either in their homes, at the FSA office or at Centers for Therapeutic Education (CTE) sites. Eight youth were removed to placement and five youth were discharged by the Care Coordinator for either their or their family's refusal to comply with the Service Plan. The remaining 61 youth (82%) have either been successfully discharged, are still in treatment or were in treatment but had to move out of the area.

The CRIS/HelpLine is Santa Barbara County's only 24-hour, bilingual information and referral and crisis intervention hotline. With the capability to trace calls and connect them directly to 911, law enforcement, or the MHAT Team, the CRIS/HelpLine provides after-hours suicide prevention services as well as after-hours support to callers in crisis. The CRIS/HelpLine has also been designated to provide services for Santa Barbara County under "211", a national initiative to provide health and human service information to callers throughout the country. This free service is designed to reduce unnecessary calls to 911 and 411, especially during a disaster. During FY 2003-04, a total of 8,983 calls were received. Thirty-seven percent (37%) of those calls were substance abuse or mental health related. In addition, the CRIS website (located at [www.fsacares.org](http://www.fsacares.org)) provides residents and service providers with free information regarding all health and human service organizations throughout the county. The website received 27,334 unduplicated visits to obtain information regarding health and human service organizations.

Intensive In-School Services are provided to programmatically identified elementary and secondary level children and youth throughout the Lompoc Unified School District who are Medi-Cal eligible. This pilot project has allowed children and their families who were not MISC eligible to receive services that they could not otherwise have afforded. In addition, School-based Counselors have also been able to identify and refer children that were appropriate to MISC. Of the 60 intensive school-based clients seen during the 2003 –2004 school year, 70% achieved at least two therapeutic goals. The therapeutic goals are mutually determined by the family, child and therapist and examples include: reducing behavioral outbursts in class, improving positive communication skills among peers and with teachers, reducing anxiety as displayed by a child's ability maintain behavior in a challenging school and peer environment. Meeting these types of goals

is a clear indicator of the child improved mental health and greatly improves the chances of a child's normal development and positive functioning in the community.

The FSA contract amount represents an increase of approximately \$76,000, over the FY 2003-04 approved amount which will support a new school-based initiative similar to the school-based pilot project in Lompoc. This new school based initiative will be sited in the South County.

People Helping People (PHP) provides services in the Santa Ynez Valley to children who are experiencing SED, and to the families of those children. Services will be school-based, individual, group, or family rehabilitation services, case management, and crisis intervention services. Case management services are those services directed at assisting clients access needed medical, rehab, and other community services. Crisis Intervention is a short term service typically lasting less than 24 hours that requires a more timely response than a regularly scheduled visit. Services provided to children under this contract are reimbursable through state Early Periodic Screening, Diagnostic, and Treatment (EPSDT) funding. People Helping People's school-based counseling program provides the only mental health counseling and intervention for low-income children and families in the Santa Ynez Valley, Los Alamos and Sisquoc schools. Bilingual services are provided that allow access to services previously inaccessible due to language and cultural barriers. The school-based counseling assists children and families to promote positive academic outcomes, prevent out of home placements and reduce hospitalization.

In FY03-04, PHP served 150 student clients in a variety of grades/settings including at-school and in-home. Of the 150 student clients served, 146 students were able to continue classroom placements avoiding special education placement or referral to El Puente School, a continuation school run by the county. One hundred forty (140) students completed the course of social and behavioral rehabilitation services while the 10 students continue to receive social and behavioral rehabilitation services. Thirty five (35) of fifty three (53) students in grades K-3 showed improvements in teacher and peer preferred school adjustment measures while two of the students returned to their country of origin. Regarding the quality of PHP services, customer satisfaction surveys indicate an average score of 4 out of 5, with 5 being excellent.

The PHP contract amount represents an increase of approximately \$17,000, over the FY 2003-04 approved amount. This increase supports additional mental health service levels provided to children in and around the Santa Ynez Valley.

Sojourn Services Inc., (Sojourn) provides mental health services county-wide to children and their families in their natural environments (home, school, recreation etc.) These services offer mental health assessment and evaluation, individual and family therapy, case management, individual and family rehabilitation services. Services are provided by an interdisciplinary team of licensed clinical staff, child developmental specialists, and occupational therapists who are bi-lingual and bi-cultural. Sojourn's service delivery is based upon a combination of service providers including county partners, family members, and other community agencies (Child Welfare Services, Head Start, Santa Barbara County Office of Education, family daycares and other private preschools). Services provided to children under this contract are reimbursable through Medi-Cal and state EPSDT funding.

During the FY 2003/04, Sojourn provided individualized care to 225 children (birth to six years) with severe emotional disturbance (SED), and their families, in their natural environments (home, school, recreational etc.). FY 2003-04 brought expansion of this program to North County. Services were provided to the

children and their families with individualized treatment plans developed with the parents. Sojourn has developed partnerships with the Early Childhood Mental Health Collaborative, the CWS Program Family-to-Family, and Santa Barbara County Office of Education. Sojourn's services significantly contribute to avoiding out-of-home placement, maintaining families and working toward reunification plans with families. Comparing clients' initial testing with subsequent evaluations indicate improvements of 23% in interpersonal skills, 13% in play and leisure and 27% improvement in coping with familial problems. None of the 225 individual clients with whom Sojourn worked had to move to out of county placement or to high cost institutional care during the past year.

Sojourn serves clients experiencing various issues that impact normative children's development. Approximately 40% of the families served by Sojourn are involved with CWS. To assist teachers and care providers with strategies and interventions that promote successful placement for the child, direct services are provided at local schools, Head Start, as well as other private day cares. Forty percent (40%) of parents experience Mental Health issues and over 55% of the parents served by Sojourn have either co-occurring (mental health and alcohol/drug problems) or developmental delay issues. Fifty six percent (56%) of the children are from single parent homes with 19% having been exposed to domestic violence. Forty two percent (42%) are below the poverty level with 55% having living arrangements that are unstable. Families served by Sojourn are 26% monolingual Spanish and 12% bi-lingual. Currently 52% of the families are served in North County.

The Sojourn contract amount represents an increase of approximately \$323,000, over the FY 2003-04 approved amount. This increase supports additional mental health service levels to Medi-Cal eligible children and their families. The increased services will be delivered in the North County area.

Casa Pacifica provides Therapeutic Behavioral Services (TBS), residential treatment, and emergency shelter care to Medi-Cal eligible children. TBS is a relatively new, mandated Medi-Cal entitlement service for children who are receiving other Mental Health services and are at-risk of being moved out of the community into institutional care. TBS is designed to keep seriously disturbed and acting-out children in the community by providing intensive one-on-one services that enables children and families to stay together, thus reducing the need for high cost out-of-county residential care. Casa Pacifica also provides residential treatment to children in need of intensive, out of home, therapeutic, and related services.

Casa Pacifica's TBS program served 78 clients during the last fiscal year in a variety of settings including group homes, schools and family homes. Of the 78 clients served, 5 were referred directly from a high cost psychiatric hospital at the time of discharge and all were successful in maintaining their in-home placement. Seven clients were referred to TBS in order to stabilize their behavior in the home and assist in the transition home from a high level residential setting. All seven were able to transition successfully. For the remaining 66 clients served, the focus was on stabilizing the client's behavior to prevent out-of-home placement in a very high cost and generally out-of-county group home with a Rate Classification Level (RCL) of 12 or higher. Of the 78 client's served during the past fiscal year, 63 (88%) were able to meet their TBS goals and maintain their placement.

Fifteen children/youth were in placement in Casa Pacifica's residential treatment program for at least part of FY 2003-04. The 10 children/youth discharged during the year had an average length of stay of 12.5 months. Eighty percent (80%) completed the program and were discharged to a lower level of care; family,

foster family, or a lower level group home. In FY 2003-04, fourteen children/youth were placed in the Casa Pacifica emergency shelter care program with an average length of stay of 85 days.

The Casa Pacifica contract amount represents an increase of approximately \$386,000, over the FY2003-04 year end contract amount. This increase provides funding for increased service levels of TBS, residential treatment, and shelter care services provided by Casa Pacifica.

**Mandates and Service Levels:**

Mental Health Services are mandated by the Welfare and Institutions Code, Section 5600.

**Fiscal and Facilities Impacts:**

The recommended action has no impact on the General Fund contribution required on services provided in excess of the amounts provided in FY2001-02. The matching funds are in the Adopted FY 2004-05, Budget, line item 5910. The remaining funding sources for the FSA, PHP, Sojourn and Casa Pacifica contracts are from Medi-Cal/EPSDT revenues reimbursed to the county. These are identified in the Adopted FY 2004-05, Budget, line item 7460, in the Children's Services Division, page D-152.

These actions will not result in a need for any additional facilities.

**Special Instructions:**

Please send one (1) fully executed copy of each contract and endorsed minute order to:

Alcohol, Drug & Mental Health Services  
ATTN: Dana Fahey, Contracts Analyst  
300 N. San Antonio Road  
Santa Barbara, CA 93110

**Concurrence:**

Auditor-Controller  
Risk Management