

INTRODUCTION

Dear Chief Probation Officer Benton 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 high-quality, culturally competent, and trauma-informed care to youth within our justice system.

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,

Kisha Ojeda, LMFT

Juvenile Justice Mental Health Services Supervisor, Department of Behavioral Wellness

Dr. Katie McBain, PhD

Justice Services Manager, Department of Behavioral Wellness

MENTAL HEALTH OVERVIEW

The Department of Behavioral Wellness Juvenile Justice Mental Health Services (JJMHS) program provides clinical treatment services for youth housed at the Juvenile Justice Center (JJC), 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.

Juvenile Justice Mental Health Services (JJMHS) clinical staff provide the following treatment services utilizing evidenced-based, best practices principals to include:

- Clinical assessments, including risk evaluations and individualized treatment planning
- Individual and group psychotherapy
- Eye Movement Desensitization and Reprocessing (EMDR) therapy
- Crisis intervention
- Family counseling, psychiatric evaluations, medication monitoring, and case management
- Gender-responsive, trauma-informed programming including the Seeking Safety curriculum
- Substance abuse counseling (individual and group), Moral Reconation Therapy (MRT) and Interactive Journaling (IJ) group curriculums.
- Post-custody community-based assessment, outreach & engagement support and linkage to long-term treatment resources
- Juvenile Justice Crime Prevention Act (JJCPA) assessments in adherence to court and/or probation orders

The Department of Behavioral Wellness and the Probation Department are united in the following goals for serving 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.

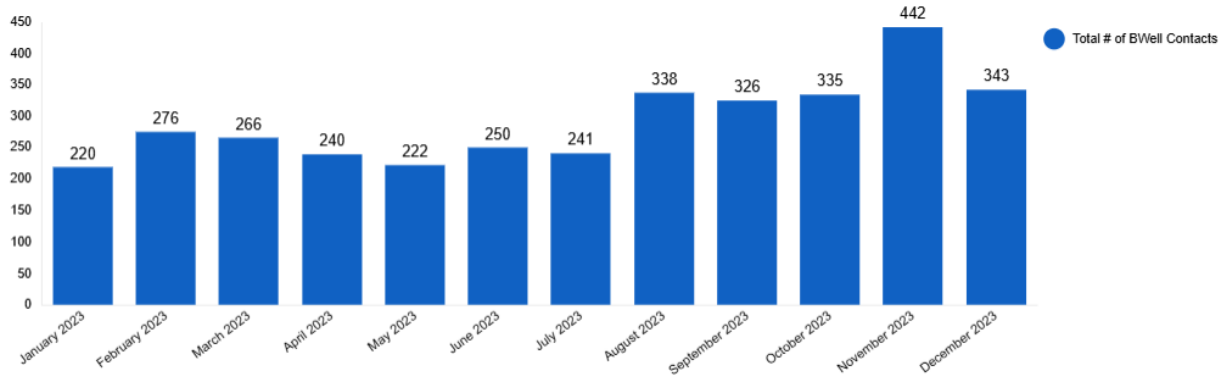
JJMHS clinical staff also provide yearly training on various mental health topics to probation facility staff.

From January 1st 2024 to December 31st 2024, the Juvenile Justice Center mental health service provision included the below types of service and frequency:

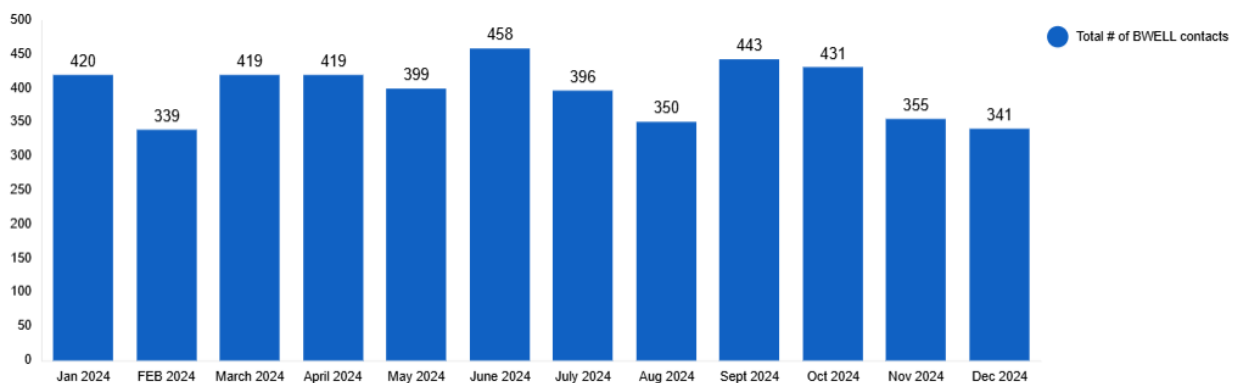
2024	JJC
Mental Health Services	
# Mental Health Assessments	137
# initial psychiatrist visits	49
# follow-up psychiatrist visits	268
# Safety Status Checks	380
INDIVIDUAL THERAPY	
# individual therapy sessions	1,476
# hours of individual therapy	1,368.01

FAMILY THERAPY/SERVICES	
# family therapy/family services	16
# Child and Family Team (CFT), Multi-disciplinary Team Meeting (MDT), Treatment Team Meetings	619

Juvenile Justice Center Probation Data 2023



Juvenile Justice Center Probation Data 2024

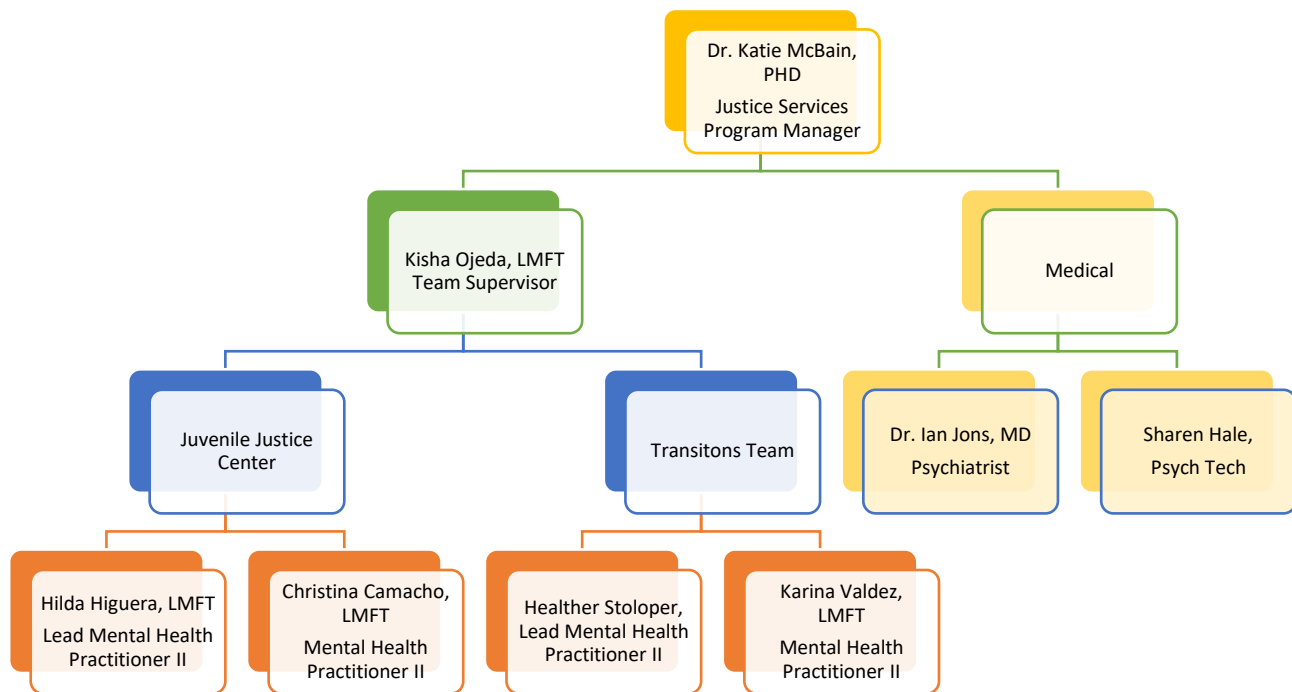


STAFFING

Behavioral Wellness' Juvenile Justice Mental Health Services (JJMHS) program consists of the below staffing structure (totaling 5.4 FTE):

- 1.0 FTE Team Supervisor
- 2.0 FTE Practitioners (Transitions Team)
- 2.0 FTE Practitioners (JJC)
- 0.25 FTE Psychiatric Technician (JJC)
- 0.15 FTE Psychiatrist (JJC)

Staffing Requirement



2.0 FTE (JJC) — 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.

0.25 Psychiatric Technician (Psych Tech - LVN or LPT) at JJC.

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 county wide, 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, both individually and in a 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 staff assess for substance use disorders using the American Society of Addiction Medicine (ASAM) screener, to identify the appropriate level of care for substance use disorder treatment for the youth. 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. Transition Team 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 recertified on an annual basis based upon their licensure status and overall job performance.