

**COUNTY OF SAN LUIS OBISPO BOARD OF SUPERVISORS
AGENDA ITEM TRANSMITTAL**

(1) DEPARTMENT Behavioral Health	(2) MEETING DATE 7/24/2012	(3) CONTACT/PHONE Darci Rourke 805-788-2156	
(4) SUBJECT Request to approve a renewal contract for FY 2012-13 with Community Counseling Center (Clerk's File), to provide prevention and early intervention behavioral health services to individuals and families throughout the county, in the amount not to exceed \$38,889.			
(5) RECOMMENDED ACTION It is recommended that the Board approve a renewal contract for FY 2012-13 with Community Counseling Center to provide prevention and early intervention behavioral health services to individuals and families throughout the county, in the amount not to exceed \$38,889.			
(6) FUNDING SOURCE(S) Mental Health Services Act	(7) CURRENT YEAR FINANCIAL IMPACT \$38,889	(8) ANNUAL FINANCIAL IMPACT \$38,889	(9) BUDGETED? Yes
(10) AGENDA PLACEMENT <input checked="" type="checkbox"/> Consent <input type="checkbox"/> Presentation <input type="checkbox"/> Hearing (Time Est. _____) <input type="checkbox"/> Board Business (Time Est. _____)			
(11) EXECUTED DOCUMENTS <input type="checkbox"/> Resolutions <input checked="" type="checkbox"/> Contracts <input type="checkbox"/> Ordinances <input type="checkbox"/> N/A			
(12) OUTLINE AGREEMENT REQUISITION NUMBER (OAR) 19001177		(13) BUDGET ADJUSTMENT REQUIRED? BAR ID Number: N/A <input type="checkbox"/> 4/5th's Vote Required <input type="checkbox"/> N/A	
(14) LOCATION MAP No	(15) BUSINESS IMPACT STATEMENT? No	(16) AGENDA ITEM HISTORY <input type="checkbox"/> N/A Date <u>June 21, 2011</u> Item <u>A-18</u>	
(17) ADMINISTRATIVE OFFICE REVIEW Reviewed by Leslie Brown			
(18) SUPERVISOR DISTRICT(S) All Districts -			

County of San Luis Obispo



TO: Board of Supervisors

FROM: Jeff Hamm, Health Agency Director
Karen Baylor, Ph.D., MFT, Behavioral Health Administrator

DATE: 7/24/2012

SUBJECT: Request to approve a renewal contract for FY 2012-13 with Community Counseling Center (Clerk's File), to provide prevention and early intervention behavioral health services to individuals and families throughout the county, in the amount not to exceed \$38,889.

RECOMMENDATION

It is recommended that the Board approve a renewal contract for FY 2012-13 with Community Counseling Center to provide prevention and early intervention behavioral health services to individuals and families throughout the county, in the amount not to exceed \$38,889.

DISCUSSION

The Mental Health Services Act (MHSA) is dedicated to transforming the public mental health system and seeks to reduce the long-term adverse impact from untreated serious mental illness. MHSA funds are divided into five distinct components, and one of the components is Prevention and Early Intervention.

As required by the MHSA Guidelines, the local PEI Community planning team is responsible for guiding the planning process, analyzing community input, and selecting projects in accordance with community priorities. During the PEI planning process, community input indicated a need an increase in easily accessible, low or no cost counseling as a priority for PEI funding.

On February 29th, 2012, the community planning team was presented with the successful results of the first two years of PEI programs, and decided to continue the current PEI programs as status quo. The contract renewal will continue to facilitate the increased capacity of Community Counseling Center's service to the community by allowing for additional locations and extended hours of service, decreased wait times, and an increased volunteer therapist base.

The program seeks to improve early detection of, and provide early intervention for, mental health issues while increasing access to care. The project is based on wellness and resiliency principles which build the capacity of participants to establish, maintain, and restore positive mental health. Client risk factors and stressors will be reduced, new skills will be taught, and support will be given to increase positive cognitive, social, and emotional development.

The contract will provide infrastructure and support for the expansion of Community Counseling Center's operation which currently serves over 800 individuals and families in our community. With this contract, the expansion that was facilitated during the previous three fiscal years will continue, and more community based individual and group counseling sessions will be made available to rural, low income, and underserved populations.

The Mental Health Services Act Annual Plan that was adopted by your Board July 17, 2012 included this program and funding level.

OTHER AGENCY INVOLVEMENT/IMPACT

The identification of this and other MHSA PEI programs involved collaboration and review by mental health stakeholders through the PEI planning process and by the local community planning team.

County Counsel has approved the contracts as to form and legal effect.

FINANCIAL CONSIDERATIONS

The FY 2012-13 Adopted Budget includes funding at \$38,889 for this program and is provided from the Mental Health Services Act (MHSA) Trust Fund. There is no increase from the FY 2011-12 contract amount, which was also \$38,889.

RESULTS

On January 26th, 2012 San Luis Obispo County Behavioral Health Staff conducted PEI client focus group which revealed some stunning anecdotal outcomes shared by the clients. A homeless female presenting with chronic anxiety, depression, and suicidal ideation was able, over the course of individual therapy, to address her problem drug use, develop tools for self-care, learn to choose healthy romantic relationships, improve her spirituality, acquire part-time employment, find housing, and begin writing poetry.

A male in recovery sought counseling to maintain his sobriety and deal with symptoms of depression, and shared the following: "The overall quality of life is much better for me. I've set goals and met those goals. I got my driver's license, I got a place, and flew out of state to see my daughter. I did that coming out of here, because of my counseling"

During FY 2011-12, Community Counseling Center added offices in Paso Robles and Nipomo. Over 175 PEI clients received early intervention therapeutic services, and over 1,200 hours of PEI counseling services were delivered, which exceeds the target of 150 clients, and 1000 hours of service.

86% (150 individuals) who completed PEI funded counseling services reported and demonstrated improved mental health and wellness, following brief therapeutic interventions, which slightly exceeded the target of 85% improvement. Community Counseling Center is expected to continue to provide the same level of service in Fiscal Year 2012-13.

Continuation of this program will help the Behavioral Health Department achieve its goal of providing accessible, professional, affordable, community-based psychotherapy for PEI target populations. Promotion of positive mental health, and early intervention counseling and reduces the negative impact of mental illness and contributes to the desired community wide goal of a safe, healthy, and livable community.

ATTACHMENTS

1. Clerk's Filed Cover Sheet Community Counseling Center FY 2012-13