

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

(1) DEPARTMENT Behavioral Health	(2) MEETING DATE 8/20/2013	(3) CONTACT/PHONE Darci Hafley 805-788-2156	
(4) SUBJECT Request to approve a renewal contract (Clerk's File) with Community Counseling Center (CCC) for FY 2013-14 in the amount not to exceed \$38,889 to provide prevention and early intervention behavioral health services to individuals and families throughout the county.			
(5) RECOMMENDED ACTION It is recommended that the Board approve a renewal contract for FY 2012-13 with Community Counseling Center in the amount not to exceed \$38,889 to provide prevention and early intervention behavioral health services to individuals and families throughout the county.			
(6) FUNDING SOURCE(S) Mental Health Services Act	(7) CURRENT YEAR FINANCIAL IMPACT \$38,889.00	(8) ANNUAL FINANCIAL IMPACT \$38,889.00	(9) BUDGETED? Yes
(10) AGENDA PLACEMENT <input 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) 19001317		(13) BUDGET ADJUSTMENT REQUIRED? BAR ID Number: <input type="checkbox"/> 4/5th's Vote Required <input type="checkbox"/> N/A	
(14) LOCATION MAP N/A	(15) BUSINESS IMPACT STATEMENT?	(16) AGENDA ITEM HISTORY <input type="checkbox"/> N/A   Date: <u>07/24/2012</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

DATE: 8/20/2013

SUBJECT: Request to approve a renewal contract (Clerk's File) with Community Counseling Center (CCC) for FY 2013-14 in the amount not to exceed \$38,889 to provide prevention and early intervention behavioral health services to individuals and families throughout the county.

## **RECOMMENDATION**

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

## **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 (PEI).

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. The Community Based Therapeutic Services Project includes counseling provided by Community Counseling Center.

In April, 2013 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 support Community Based Therapeutic Services, as provided by Community Counseling Center.

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 to sustain the previous expansion of Community Counseling Center's volunteer counseling operation. With this contract, the expansion - by allowing for additional locations and extended hours of service, decreased wait times, and an increased volunteer therapist base - that was facilitated during the previous three fiscal years will continue, and community based individual and group counseling sessions will be made available to rural, low income, and underserved populations.

Community Based Therapeutic Services was adopted by your Board July 23, 2013, as part of the Mental Health Services Act Annual Update.

## **OTHER AGENCY INVOLVEMENT/IMPACT**

MHSA PEI programs are reviewed by mental health stakeholders through the PEI planning process and by the local community planning team. County Counsel has reviewed and approved the contract as to form and legal effect.

County Counsel has reviewed the contracts as to form and legal effect

## **FINANCIAL CONSIDERATIONS**

The FY 2013-14 Adopted Budget includes funding of \$38,889 for Community Counseling Center services. There is no increase from the FY 2012-13 contract and budgeted amount, which was also \$38,889.

## **RESULTS**

Behavioral Health operational and administrative staffs meet no less than quarterly with Community Counseling Center staff to review results against budgeted targets, promote ongoing improvement of programs, and discuss community climate and upcoming needs of individuals and families in our county. Program targets are set at a minimum acceptable level as negotiated with the contractor with the overall purpose of providing the best possible service to our clients based on community specific needs.

During FY 2012-13, 291 individuals received early intervention therapeutic services, which exceeds the target of 200. Therapist pre and post assessment tools indicated 100% (target 85%) Individuals who completed counseling services reported and demonstrated improved mental health and wellness, following brief therapeutic interventions, at an average improvement rate of 83%. Community Counseling Center is expected to continue to provide the same level of service in Fiscal Year 2013-14

The Mental Health Services Act Annual Update included an evaluation of PEI Programs during fiscal years 2009-2012, which includes the services provided by Community Counseling Center.

The evaluation report can be found on the County's Mental Health Services Act website:

<http://www.slocounty.ca.gov/Assets/MHS/pdfs/PEI+Evaluation+2009-2012.pdf>

During a focus group of PEI counseling participants, 100% of individuals indicated that prior to counseling they struggled with one or more of the following: suicidal ideation, depression, relationships, and lack of coping skills. Sixty percent (60%) of clients struggled with co-occurring substance use issues. In addition, all clients shared that they lacked stability of housing and spent time "couch surfing" or at intermittent residences. Every participant interviewed attributed the coping skills they learned in counseling as helping them find stability in their lives including employment and housing.

During the upcoming 2013-14 FY year, Behavioral Health staff plans to work with with Community Counseling Center in order to capture baseline data regarding other possible outcomes of PEI clients such as:

- Reduced hospitalizations for mental health crises
- Increased work and school attendance
- Reduction in self harm behaviors
- Reduction in suicidal ideation

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. Community Counseling Center Renewal Contract FY 2013-14 Clerk's Filed