

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

(1) DEPARTMENT Behavioral Health	(2) MEETING DATE 8/27/2013	(3) CONTACT/PHONE Darci Hafley 805-788-2156	
(4) SUBJECT Request to approve a renewal contract (Clerk's File) with San Luis Obispo Community College District (Cuesta College) for FY 2013-24 in the amount not to exceed \$173,619 to provide prevention and early intervention mental health and wellness services for Transitional Aged Youth throughout San Luis Obispo County.			
(5) RECOMMENDED ACTION It is recommended that the Board approve and direct Chairperson to sign the renewal contract with San Luis Obispo Community College District (Cuesta College) for FY 2013-24 in the amount not to exceed \$173,619 to provide prevention and early intervention mental health and wellness services for Transitional Aged Youth throughout San Luis Obispo County.			
(6) FUNDING SOURCE(S) Mental Health Services Act	(7) CURRENT YEAR FINANCIAL IMPACT \$173,619.00	(8) ANNUAL FINANCIAL IMPACT \$173,619.00	(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) 19001323		(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? No	(16) AGENDA ITEM HISTORY <input type="checkbox"/> N/A    Date: <u>08/21/2012</u>	
(17) ADMINISTRATIVE OFFICE REVIEW  Reviewed by Leslie Brown			
(18) SUPERVISOR DISTRICT(S) -			

# County of San Luis Obispo



TO: Board of Supervisors

FROM: Jeff Hamm, Health Agency Director

DATE: 8/27/2013

SUBJECT: Request to approve a renewal contract (Clerk's File) with San Luis Obispo Community College District (Cuesta College) for FY 2013-24 in the amount not to exceed \$173,619 to provide prevention and early intervention mental health and wellness services for Transitional Aged Youth throughout San Luis Obispo County.

## **RECOMMENDATION**

It is recommended that the Board approve and direct Chairperson to sign the renewal contract with San Luis Obispo Community College District (Cuesta College) for FY 2013-24 in the amount not to exceed \$173,619 to provide prevention and early intervention mental health and wellness services for Transitional Aged Youth throughout San Luis Obispo 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 statutes, the local PEI Community planning team is responsible for guiding the planning process, analyzing community input, and selecting projects in accordance with community priorities.

In April, 2013, the community planning team was presented with the successful results of the first three years of PEI programs, and decided to continue the current PEI programs as status quo. The contract renewal with Cuesta College will continue to provide the Successful Launch Program for at risk Transitional Aged Youth (TAY). At risk TAY are youth who are attending community or continuation school, dropouts, former wards of the court, homeless, or otherwise at risk for developing Behavioral Health issues. Successful Launch provides development opportunities and support to ensure that these high risk youth have stability, momentum for postsecondary education, work, and are able to adequately cope with life's challenging demands. Services include vocational and work readiness training, academic support, life skill development, linkages to community resources. At risk TAY receive services which may include:

- Vocational and work readiness training
- Assistance in obtaining housing, driver's license and other basic life skills and to promote self sufficiency
- Academic support and assistance in obtaining GED, high school diploma, or post-secondary education
- Linkage to behavioral health services such as counseling or addiction recovery
- Job shadowing and mentorship opportunities
- Volunteer and community service opportunities

The contract renewal with Cuesta College will also continue the Innovation Wellness Arts pilot project, which began in 2011-12. The Wellness Arts project was developed by and created for college students with mental illness. This program is a for-credit community college course on expressive art for students who have been engaged in or referred to mental health services. The course combines academics with the opportunity to develop social and life skills while participating in therapeutic art activities. Wellness Arts will allow Behavioral Health to continue to learn how a new approach benefits mentally ill college students who struggle with navigating the campus culture, academic pressures, and socializations issues while dealing with treatment, recovery and lack of supports.

The Successful Launch Program and Wellness Arts Innovation Project were 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.

**FINANCIAL CONSIDERATIONS**

The FY 2013-14 Adopted Budget includes funding of \$173,619 for Cuesta out of Mental Health Services Act (MHSA) funding. There is a \$6,298 decrease from the FY 2012-13 contract and budget amount of \$179,917 due to unexpected Cuesta College cost savings in the Wellness Arts project.

**RESULTS**

Successful Launch is a prevention and early intervention program which provides essential services for at risk TAY. As noted below, service levels and performance measures are tracked against budgeted targets for each program. Behavioral Health operational and administrative staffs meet no less than quarterly with Cuesta staff to review results against budgeted targets, promote ongoing improvement of programs, and discuss upcoming needs of TAY in our county. Program targets are set at an acceptable level as negotiated with the contractor with the overall purpose of providing the best possible service to our clients.

<b>Successful Launch Program</b>			
	<b>2012-13 Actual</b>	<b>2012-13 Target</b>	<b>2013-14 Target</b>
<b>TAY Clients engaged</b>	<b>116</b>	<b>100</b>	<b>100</b>
<b>TAY managed cases</b>	<b>70</b>	<b>50</b>	<b>50</b>
<b>TAY engaged in peer mentoring</b>	<b>25</b>	<b>15</b>	<b>15</b>

The Mental Health Services Act Annual Update included an evaluation of PEI Programs during fiscal years 2009-12, which includes detailed evaluation of the of the services provided by Cuesta’s Successful Launch Program. 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>

Behavioral Health Services is meeting a major goal of its MHSA programs by continuing to expand the availability of culturally sensitive, community-based services to at-risk TAY. During 2012-13, 61% of participating TAY obtained employment and 73% received their GED or High School diploma, which exceeded the target of 60% for both measures.

The goal of Wellness Arts is to determine whether the mental health system should focus programming on

mentally ill college students. It is expected, at the end of the six semester pilot, scheduled to conclude in 2014-15, that this Innovation will yield strong outcomes that will help Behavioral Health make recommendations for future replication or adaptations within the local community college system and beyond.

In 2012-13, Cuesta offered one class in Fall 2012, and one class in Spring 2013 which met the target. Forty-eight (48) students were enrolled in the Wellness Arts class which exceeded the target of 40. Preliminary data indicates that enrolled mentally ill students report a 61% improvement in symptoms (eg: stress, anxiety, depression) and a 56% improvement in academic outcomes (eg: grades, attendance, and sustained enrollment) as a result of the Wellness Arts class.

Continuation of these programs will help the Behavioral Health Department achieve its goal of increasing protective factors and reducing risk factors of at risk TAY throughout the County. Promotion of positive mental health, and prevention and early intervention services reduce the negative impact of mental illness and contribute to the desired community wide goal of a safe, healthy, and livable community

#### **ATTACHMENTS**

1. Cuesta College FY 2013-14 Contract Clerk's Filed