

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

(1) DEPARTMENT Behavioral Health	(2) MEETING DATE 8/9/2016	(3) CONTACT/PHONE Juan Munoz-Morris/(805) 781-4064	
(4) SUBJECT Request to approve four FY 2016-17 renewal contracts, with the option to renew for two additional years, with four Prevention and Early Intervention providers in the cumulative amount not to exceed \$432,951 to provide prevention and early intervention behavioral health services to individuals throughout the County as part of the Mental Health Services Act. All Districts.			
(5) RECOMMENDED ACTION It is recommended that the Board approve four FY 2016-17 renewal contracts with The Central Coast Link, Center for Family Strengthening, San Luis Obispo County Community College District dba Cuesta College, and Community Counseling Center, in the cumulative amount not to exceed \$432,951 to provide prevention and early intervention behavioral health services to individuals throughout the County as part of the Mental Health Services Act.			
(6) FUNDING SOURCE(S) MHSA	(7) CURRENT YEAR FINANCIAL IMPACT \$432,951	(8) ANNUAL FINANCIAL IMPACT \$0	(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) N/A		(13) BUDGET ADJUSTMENT REQUIRED? BAR ID Number: <input type="checkbox"/> 4/5 Vote Required <input checked="" type="checkbox"/> N/A	
(14) LOCATION MAP N/A	(15) BUSINESS IMPACT STATEMENT? No	(16) AGENDA ITEM HISTORY <input checked="" type="checkbox"/> N/A Date: _____	
(17) ADMINISTRATIVE OFFICE REVIEW Morgan Torell			
(18) SUPERVISOR DISTRICT(S) All Districts			

County of San Luis Obispo



TO: Board of Supervisors

FROM: Behavioral Health / Juan Munoz-Morris (805) 781-4064

DATE: 8/9/2016

SUBJECT: Request to approve four FY 2016-17 renewal contracts, with the option to renew for two additional years, with four Prevention and Early Intervention providers in the cumulative amount not to exceed \$432,951 to provide prevention and early intervention behavioral health services to individuals throughout the County as part of the Mental Health Services Act. All Districts.

RECOMMENDATION

Request to approve four FY 2016-17 renewal contracts, with the option to renew for two additional years, with four Prevention and Early Intervention providers in the cumulative amount not to exceed \$432,951 to provide prevention and early intervention behavioral health services to individuals throughout the County as part of the Mental Health Services Act. All Districts.

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, with one of those components being Prevention and Early Intervention (PEI).

Prevention and Early Intervention programs are regulated by the Mental Health Services Oversight and Accountability Commission (MHSAOAC). The practice of prevention in the mental health field involves increasing protective factors and diminishing an individual's risk factors for developing mental illness. By minimizing and helping individuals cope with risk factors, and by teaching them and helping them develop stronger protective factors, individuals' day to day lives and mental and physical wellness are improved. Early intervention programs are intended to prevent mild to moderate mental illness from becoming severe, and reduce the duration of untreated mental illness, allowing people to live fulfilling, productive lives.

As required by the MHSA statutes, the local PEI stakeholder group is responsible for guiding the planning process, analyzing community input, and selecting projects in accordance with community priorities.

In May, 2016, the community planning team was updated with the activities and outcomes of FY 2016-17 Prevention and Early Intervention program outcomes, and decided to continue the current PEI programs as status quo. PEI services will continue to be provided for all ages throughout San Luis Obispo County with the following contracts:

The Central Coast Link (Link)

The Link contract provides Family Advocates as part of the Middle School Comprehensive project and includes an integrated collaboration between schools, Behavioral Health staff, and the Link. Six selected middle schools operate a Student Assistance Program on campus, which includes a Student Support Counselor, Family

Advocates (for the student and the family) youth development, and mental health awareness and education. Prevention research indicates that Student Assistance Programs reduce risk factors, such as reduced school violence and substance use, and increases protective factors, such as improved school attendance, academic performance, and access to supportive services. At-risk students are referred to participate in the program due to poor attendance, academic failure, and disciplinary referrals.

As part of the Student Assistance Programs, the Link family advocates provide middle school youth and their families:

- Case management and system navigation and supports
- Tutoring
- Access to local resources such as:
 - Job development
 - Health care
 - Clothing
 - Food
 - Parent education
 - Transportation
- Treatment referrals

Center for Family Strengthening (Formerly SLO Child Abuse Prevention Council)

The Center for Family Strengthening administers the Family Education, Training and Support project. This prevention project is a multi-level approach to building the capacity of all parents and other caregivers raising children in San Luis Obispo County. Research supports behavioral parent training as critical a critical element to reducing the risk for mental health problems including violence, and depression. The project improves skills and resiliency in parents and their children, and all services are provided in English and Spanish. Services include:

- Outreach, referrals, coordination, and promotion of the various parenting classes and supportive resources throughout the county.
- Coordinated, countywide delivery of prevention-focused parent and caregiver education classes. The classes will increase family strengths, enhance protective factors, and reduce behavioral health issues among youth and families
- Support Line Response System which includes parent coaches to provide individualized family support.
- Community based parenting support and educational groups for at risk families.

Cuesta College

The Successful Launch Project, administered by Cuesta College, is a PEI program designed for at risk transitional aged youth (ages 16-24) 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. At risk transitional aged youth receive services which may include:

- Vocational and work readiness training
- Assistance in obtaining housing, driver's license and other basic life skills 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

Community Counseling Center

As in FY 2015-16, Community Counseling Center will continue to provide short term (10 sessions or less), low intensity community based therapeutic services to individuals experiencing mild to moderate behavioral health issues. 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. Referrals for services come from community organizations including Behavioral Health or other partner agencies such as schools and faith organizations, as well as walk in clients.

OTHER AGENCY INVOLVEMENT/IMPACT

MHSA PEI programs are reviewed locally by mental health stakeholders, and the Behavioral Health Board; and at the state level by the Mental Health Oversight and Accountability Commission. County Counsel has reviewed and approved the contracts as to form and legal effect.

FINANCIAL CONSIDERATIONS

The FY 2016-17 Behavioral Health Department approved budget includes \$432,950 for all four contracts funded by the Mental Health Services Act (MHSA). There is an overall increase of \$739 from the FY 2015-16 contract amount which corresponds to an approved adjustment to compensation rates in relation to cost of living adjustments. The FY 2015-16 contract amount for Cuesta College included unspent funds from FY 2014-15; so although the total amount for FY 2016-17 is lower, the program costs have increased at the same rate as the other PEI providers.

Contractor	FY 2015-16 Contract Amount	FY 2016-17 Contract Amount
The Link	\$145,014	\$148,204
Center for Family Strengthening	\$101,178	\$103,404
Cuesta College	\$146,274	\$140,724
Community Counseling center	\$39,745	\$40,619
Total	\$432,211	\$432,951

RESULTS

The MHSOAC requires counties to conduct a local evaluation of one PEI program every three years. The Behavioral Health Department elected to conduct evaluation activities for all of the PEI programs, above and beyond what is required by the MHSOAC, but at a less intensive level as funding and infrastructure would allow. Program evaluation is fluid and ongoing, allowing Behavioral Health to build upon successes and adapt quickly to ever changing community needs.

As no statewide system for PEI data collection currently exists, counties continue to collect data in separate ways unique to each county, making statewide comparison data challenging. As the State seeks to address this issue, Behavioral Health participates in multiple evaluation committees, trainings and consultations not only to receive up-to date information on data requirements and methods, as well as provide technical assistance to other counties regarding outcome data collection.

Contractors submit qualitative and quantitative reports quarterly. Behavioral Health staff have ongoing contact

and collaborative relationships with all providers to review results against budgeted targets, promote ongoing improvement of programs, and discuss community climate and upcoming needs of individuals in our county. Behavioral Health staff conduct site visits to non-confidential events and services provided by contractors. Ongoing technical assistance is provided to all PEI contractors regarding data collection, instrument development, regulation changes, and software usage.

The evaluation of all PEI projects utilizes multiple methods of measurement including: service logs and rosters, school records, pre-post surveys, pre and post-need assessments, standardized instruments (such as the Public Health Questionnaire - 9, and Ages and Stages Questionnaire) self-report surveys, focus groups, clinical progress notes, satisfaction surveys, and participant interviews. Many of these tools are lengthy and multiple indicators are used to arrive at the contracted stated outcome. Contracted outcomes are a piece of what is used to determine the value and efficacy of PEI programs.

A snapshot of the contracted outputs and outcomes for each contractor are indicated below:

The Link

Outputs	2015-16 Target	2015-16 Actual	2016-17 Target
System Navigation and Referral Services (not case managed)	350	655	350
Intensive Early Intervention Services (case managed)	140	316	140
Outcomes	2015-16 Target	2015-16 Actual	2016-17 Target
75% of managed cases will show progress measured on integral SAFE components (safe, at home, in school, and out of trouble) based upon pre-post assessments	75%	85%	75%
40% of Middle School students will become engaged in case managed services	40%	50%	40%

In addition to the students served, the Link provided services to parents and siblings of middle school youth participating in the program. Homelessness and housing instability have become increasing problems affecting families in all middle schools throughout the county. The Link worked to identify families who are at imminent risk of homelessness to prevent the many negative mental health impacts on students and families as a result of homelessness and being at risk of homelessness.

Center for Family Strengthening

Outputs	2015-16 Target	2015-16 Actual	2016-17 Target
Parenting Classes	25	45	25
Unique families to receive coaching services and support	300	457	300
8-10 Provider Trainings	8	9	8-10
Outcomes	2015-16 Target	2015-16 Actual	2016-17 Target
90% of parents and caregiver participants in parent classes or coaching services will report improved parenting skills, reduced risk factors, and improved protective factors (eg: decreased stress, improved communication, improved discipline, increased self-	90%	96%	90%

esteem)			
90% of parents and caregivers will report improvement in their child's behavior and emotional well-being (eg: increased school attendance, reduced behavior problems, improved peer and sibling relationships)	90%	96%	90%

The program seeks to build competencies in parents and caregivers, decrease trauma, and better respond to the urgent needs of parents in stressed families at risk for mental health issues. The number of classes offered exceeded the target, and included in the catalog were classes in Spanish for monolingual and/or Spanish-preferred clients.

Cuesta College - Successful Launch

Outputs	2015-16 Target	2015-16 Actual	2016-17 Target
Transitional Age Youth (TAY) are given information and referrals to supportive services, system navigation and linkages to other services.	150	78	200
Successful Launch Program Participants	50	61	50
Graduates engaged in peer mentoring	15	57	15
Outcomes	2015-16 Target	2015-16 Actual	2016-17 Target
60% of participants will demonstrate a decrease in destructive behaviors (eg; alcohol and other drug use, smoking, self-harm)	60%	59%	60%
60% of participants will demonstrate improved educational goals (eg: achieve a high school diploma or GED, or have documented academic progress)	60%	100%	60%
60% of participants will have obtained work readiness training or employment	60%	100%	60%
60% of participants will demonstrate increased healthy behaviors (eg: physical health, nutrition, coping skills).	60%	77%	60%
60% of participants will demonstrate increased self-sufficiency (eg: housing, transportation, fiscal responsibility) based upon key life skill indicators	60%	81%	60%

During the year Cuesta College lost the partnership of Youth One Stop, which had served as a referral source and physical location for this program. This affected the total number of TAYs engaged in the program, but actions were taken to address this during the year and for the coming school years. During FY 2015-16, a record 18 students received their GED or High School diploma, with several of them already enrolling in or applying for college courses. Behavioral Health worked with Successful Launch to develop tools to capture the less intensive prevention as well as the fully enrolled early intervention services. In addition, Successful Launch added to their fifty question assessment tool questions regarding destructive behaviors in order to provide better referrals as well as measure improvements during the upcoming fiscal year.

Community Counseling Center

Outputs	2015-16 Target	2015-16 Actual	2016-17 Target
Clients Assessed	600	1825	1000
Individuals Enrolled in PEI Services	185	216	185
Counseling Hours Provided	50	106	50
Outcomes	2015-16 Target	2015-16 Actual	2016-17 Target
85% of PEI referred clients will report improved health and wellness following brief therapeutic interventions. (eg, improved mood, reduced depression, reduced suicidal ideation)	85%	85%	95%
90% of PEI clients will avoid inpatient psychiatric or emergency room hospitalization due to mental health crisis, and not require a higher level of care.	90%	100%	85%
85% of PEI clients will demonstrate successful follow through on linkages/referrals.	85%	86%	85%
85% of PEI adult counseling participants will demonstrate improved protective factors such as increased work attendance, and improved parenting skills.	New Measure	New Measure	85%
85% of PEI youth counseling participants will demonstrate reduced behavioral problems and decreased risk factors such as reduction in self-harm behaviors.	New Measure	New Measure	85%

In 2015-16 Behavioral Health asked Community Counseling Center to track whether or not clients receiving early intervention counseling were hospitalized during their time at CCC. According to therapist records, no individuals receiving services required a higher level of care or reported a crisis.

Prevention and Early Intervention contractors are true partners with the County and contribute to continuation of this program will help the Behavioral Health Department achieve its goal of increasing protective factors and reducing risk factors of families throughout the County. Promotion of positive mental health, and prevention and early intervention services reduce the negative impact of mental illness and contribute to achieving the desired goal of a safe, healthy, and livable community.

ATTACHMENTS

1. Center for Family Strengthening FY 2016-17 Contract
2. The Link FY 2016-17 Contract
3. Community Counseling Center FY 2016-17 Contract
4. Cuesta College FY 2016-17 Contract