



County of Fresno

ADVISORY BOARDS AND COMMISSIONS

FRESNO COUNTY BEHAVIORAL HEALTH BOARD

Wednesday, September 20, 2023 at 3:30pm

In-Person Meeting
Health and Wellness Center
1925 E. Dakota
Fresno, CA 93726

Minutes

<u>MEMBERS PRESENT</u> Manuel Piceno Carolyn Evans David Thorne Mary Lou Brauti-Minkler Debbie Xiong Elizabeth Kus <u>MEMBERS ABSENT</u> Brooke Frost Alan Faulks <u>BOARD OF SUPERVISORS</u> Sal Quintero, <i>Supervisor</i> – Absent	<u>DEPARTMENT OF BEHAVIORAL HEALTH</u> Susan Holt, <i>Director</i> Ahmad Bahrami Brian Bishop Solomon Vang Lisa Crossley Christina Young Jeannette Dominguez	<u>MEMBERS OF THE PUBLIC</u> Fidel Garibay Chantal Williams LeeAnn Skorohod Solane Ruiz Jacqui Cavallaro Lori Cluff Jessica Underwood Elizabeth Escoto Marilyn Sliney Christine Edmondson Rodney Packard
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I. Welcome

At 3:31 PM Vice Chair Manuel Piceno opened the meeting and welcomed all attendees

II. Review of the Agenda by Behavioral Health Board (BHB) Members

Upon review of the agenda a BHB member asked if there was a reason why Public Comment was listed under item VII., VIII., and X. In response the Department of Behavioral Health (DBH) Administrative Assistant stated that it was a typo and that it should not have been included that many times.

III. Approval of Minutes from the August 16th BHB Meeting

The August 16th drafted minutes were accepted as written.

IV. Department of Behavioral Health (DBH) Update *Director, Susan Holt*
The Department Update PowerPoint that was presented is attached in pdf format

A. General Updates: DBH Events, Board of Supervisors (BOS) Items and Legislation

Board Agenda Items

September 5th – Presentation by the BHB Chair of the Annual Report to the BOS

September 5th – Amendment to collaborative agreement with Pacific Gardens, Exceptional Parents Unlimited and Comprehensive Youth Services, modified the programs from operating as strictly Full-Service Partnership Programs and added outpatient and intensive case management levels of care, due to impacts related to payment reform and new focus on levels of care decreasing for the number of individuals who qualify, and still a great need in the community for the early childhood population outpatient levels of care and intensive case management services

September 11th – In past years, the Budget process would take a whole week. With an excellent job done by all, the budget successfully passed in one day.

Legislative Session Update

Negotiations are done and have left the legislature. Bills that were passed are awaiting the Governor's signature. It is anticipated that the below items of note, will be signed by the Governor and more detailed reports will follow as bills are signed.

SB 326 – The modernization of the Mental Health Services Act

SB 531– Bond measure voted on by the people that will bring money across the state for residential type facilities

SB43 – Expansion of grave disability definition to include substance use disorders under some circumstances without a co-occurring mental illness.

B. Outcomes Report on the Crisis Residential Treatment Program

The Crisis Residential Treatment Program is located at a site that was once known as the University Medical Center (UMC) campus that sits on the corner of Kings Canyon Blvd. and Cedar Ave. The Program was established after the closing of a former crisis residential treatment facility known as the Apollo, and a gap in crisis residential treatment was identified. Funding was sought and awarded through SB 82, the Investment in Mental Health Wellness Act, giving the opportunity for construction of a brand-new facility. In 2017 Central Star was identified as the operator of services.

The outcomes on the program target goals consisted of producing timely access to care for individuals with serious mental illness by quickly identifying and ensuring that within 24hrs. their first assessment/encounter with a psychiatrist occurs. This has resulted in the persons served experiencing meaningful treatment outcomes with

reduction of depression, emotional liability, psychosis, improved relationships, reduced self-harm and substance use.

While 85% of persons served are satisfied with treatment , conversations of quality improvement still occur and have involved DBH partnering with Central Stars to perform clinical and fiscal evaluations, as well as discuss ways to reduce barriers in admission and review of the acceptance process.

C. Report on DBH Suicide Prevention Work

Data for 2023 - to date from the Coroners' office was presented with emphasis on how the data is always behind due to reasons such as the cause of death and ongoing investigations. It was also noted how the data collected is important because it is specific to Fresno County, and highlights areas of need for the community in Fresno County, and that may look very different from other communities across the state and the nation.

BHB member presented a couple of different inquiries that would require further breakdown of data. To which the Department responded with an explanation of the need to keep the data presented, as a high-level overview, because of the risk of identifiability. While acknowledging the passion to learn more about the suicide data, work completed by the Suicide Prevention Collaborative was presented and information was given about Fresno Cares being a multi-sector collaborative of committed community members that would appreciate and benefit from the expertise and knowledge from the BHB member on Suicide.

The Suicide Prevention Collaborative analyzes the suicide data across sectors using a collaborative approach to identify areas of focus and use a proactive approach with prevention activities. Some accomplishments and work in progress by the Collaborative was also discussed. Below are a few examples of the County involved prevention and postvention work

- 988- Suicide Prevention Lifeline
 - 55% of all calls come from Fresno County
- Local Outreach to Suicide Survivors (LOSS) Team
- Follow Up Call Program

D. September Activities – National Recovery Month, SoberStock and Suicide Prevention Suicide Walk

The complete list is included in the PowerPoint presentation attachment

While the Department participates in many activities during the month of September it was noted that the list of activities presented is a highlight of only some and by no means a comprehensive acknowledgement of all.

September 5th- Suicide Prevention Proclamation was taken to the Board of Supervisors by the Departments Public Behavioral Health Team and the LOSS Team

In honor of National Addiction Professionals Day, a special recognition was given to the addiction professionals across DBH, throughout the network of providers, and the many agencies / organizations across the community who provide quality addiction-oriented services.

SoberStock Event - No registration required and is open to anyone who would like to attend at any time from 8 am – 3 pm. A reminder on the reality of addiction happening in the context of family and that SoberStock is a family event, welcoming all family members, younger and older.

September 28th – The Multi-County Suicide Prevention Summit already successfully has 1,200 individuals registered to participate in the opportunity to receive quality training on suicide prevention and related topics.

V. Public Comment

- BHB member disclosed having a personal experience with the CRT and acknowledged his appreciation for it being available for the community
- A community member from the audience expressed interest in learning about if the public mental health system is able to serve individuals in the private pay mental health system when gaps in the system are identified.
 - The response was that each individual situation merits its own attention and under certain circumstances the Departments Executive team makes the final decision after exploring if whether or not all other available resources have been exhausted.

VI. Old Business

- BHB Evaluation Survey update and reminder
 - Having only received 15 responses to date, an announcement was made encouraging individuals to complete the survey with copies of the survey and QR code being available

VI. New Business

A. Site Visit Report – August 11th visit to the Crisis Residential Treatment Program

BHB members noted the following strengths about the program:

- Ability to adapt to change
- Staff working well together as a team
- Measurement of success through how many clients finish the program

The following recommendations were made:

- Expansion of a new facility needed due to an extensive wait list of 2 to 3 weeks
- Better data tracking on the number of individuals who disconnect while waiting on the waiting list.
- Not a clear understanding whether the program operates at the 85% capacity for filled beds

- The BHB recommends that the program make sure to be prepared to pursue state-wide funds when made available to counties.
- The Program could benefit from working closely with a housing resource for individuals that don't qualify for a Full-service Partnership (FSP)

B. Update on presentation of the Annual Report to the Board of Supervisors

- BHB Chair emphasized information regarding Assembly Bill 551 and Senate Bill 326 in the presentation of Annual Report to the BOS

VII. Subcommittee Updates

- Adult Services Committee – Did not meet in September, next meeting is October 2nd
- Children's Services Committee – Met on August 24th and received a presentation from All4Youth regarding the Specialty mental health services provided in 32 school districts, at 285 schools and in homes throughout the community. The next meeting is October 26th.
- Forensics Committee – Will be reported on in October
- Substance Use Disorder Committee – Received a presentation from the Bridge Program Substance Use Navigators that are available through the local Hospital Emergency Room Departments to help individuals find appropriate substance use treatment. A presentation on how to administer Narcan was provided. The Next SUD Committee meeting is in December and they plan to invite the Comprehensive Addiction Program (CAP) to present

VI. Public Comment

- Cal Viva and Anthem Blue Cross Health Plans have been invited to the October BHB meeting to discuss how services for mild to moderate health needs are provided
- Announcement of BHB member Yolanda Cruz officially resigning

VII. Adjournment

5:01 PM

Next meeting is Wednesday October 18, 2023

This meeting is open to the public under the Ralph M. Brown Act.



Behavioral Health Board Department Update

Fresno County Department of
Behavioral Health

WHERE
Hope &
HEALING
UNITE

Find
Mental
Health
Support



DEPARTMENT of
BEHAVIORAL
HEALTH

September 20, 2023



Department of
Behavioral Health

Our Mission, Vision and Goals

Vision:

- Health and well-being for our community

Mission:

- DBH, in partnership with our diverse community, is dedicated to providing quality culturally responsive behavioral health services to promote wellness, recovery and resiliency for individuals and families in our community

Goals - Quadruple Aim:

- Delivery quality care
- Maximize resources while focusing on efficiency
- Provide an excellent care experience
- Promote workforce well-being



Land Acknowledgement

The Fresno County Department of Behavioral Health acknowledges that we are on the traditional territory of several nations including the Yokuts, Western Mono/Monache, Eastern Mono/Monache, Numu (Northern Paiute), Ohlone (Amah Mutsun), and Salinan.



September Acknowledgments

- National Recovery Month
- National Addiction Professionals Day - today, September 20
- National Rehabilitation Awareness Week - September 18-24
- National Opioid Awareness Day - September 21
- International Recovery Day - September 30
- DBH Activities include and are not limited to:
 - September 19 - Proclamation at Board of Supervisors
 - September 30 - SoberStock XVIII Eaton Plaza / Old Fresno Water Tower



Sober Stock XVIII - Recovery Happens in Fresno!

- Sober Stock is Fresno's longest running annual celebration of National Recovery Month
 - National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.
 - The annual theme is "Every Person. Every Family. Every Community."
- Presented by Community Partners 4 Recovery (CP4R)
- Saturday, September 30th 8 am - 3 pm
- Eaton Plaza/Old Fresno Water Tower (N St. and Fresno St.)
- Car & Bike Show, Live Music, Raffles, Food, Vendors
- Recovery Testimonials
- Free! Bring the whole family!



September Acknowledgments

- Suicide Prevention Awareness Month
- World Suicide Prevention Day September 10th
- National Suicide Prevention and Awareness Week September 10-16
- DBH Activities include and are not limited to:
 - September 5 - Proclamation at Board of Supervisors
 - September 23 - Out of the Darkness Walk Woodward Park, Mt. View Shelter 9:00 a.m.
 - September 25 - Many Stories, One Mission Veterans Suicide Prevention - Register on EventBrite
 - September 28 - 2023 Multi-County Suicide Prevention Summit



Out of the Darkness Walk

- The American Foundation for Suicide Prevention holds Community Walks in hundreds of communities across the country, as a core component of the Out of the Darkness movement, which began in 2004.
- These events provide a supportive community experience and give people the courage to open up about their own connections to the cause, and a platform to create a culture that's smarter about mental health.
- Friends, family members, neighbors and coworkers walk side-by-side, supporting each other and honoring the memory of those we've lost.
- Many families and agencies organize a team to walk together
- Many organizations also have information tables at the event



Contracts/Board Agenda - Select items of note

- September 5th
 - BHB Report by Chairperson Brooke Frost
 - Amendment to Agreement with Adele James Consulting Inc. to increase maximum number of participants for Diversity, Equity, & Inclusion foundational trainings
 - Amendment to Agreement with Pacific Clinics, Exceptional Parents Unlimited, and Comprehensive Youth Services to expand services under the Bright Beginnings for Families Program; added Outpatient and Intensive Case Management levels of care
- September 11th
 - Budget approved
- September 19th
 - Agreement with BAART Behavioral Health Services, Inc. to provide Narcotic Treatment Program Services to in-custody adults
 - Sanger Unified added to MOU with DBH for treatment space



Legislative Updates - Items of Interest

- Legislative Session Update
 - Next step is any bills that made it through the process, Governor has 30 days to sign or reject
- Noteworthy items for DBH
 - SB 326 and AB 531
 - SB 43
- More detailed reports to follow as bills are signed



Suicide in Fresno County

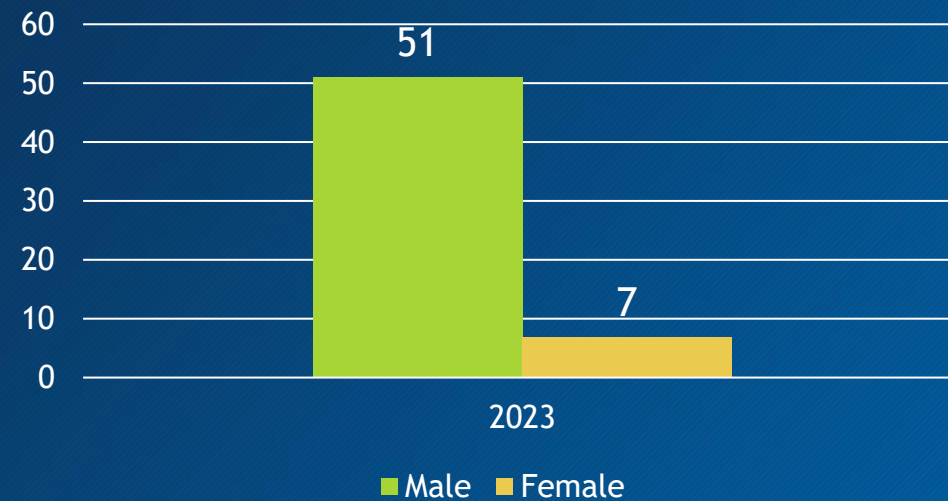


Suicides in Fresno County

2023 Suicides to Date

- Through the month of August, there have been a total of 58 suicides in Fresno County.

• 2023 Suicides by Gender



Suicides by Age and Race

- Age

Age Range	2023
1 to 14	1
15 to 18	2
19 to 24	10
25 to 34	14
35 to 44	9
45 to 54	5
55 to 64	3
65+	14

- Race

	#
Asian	7
Black	0
White	23
Mex/American	25
East Indian	3
Native American	0
Unknown	0

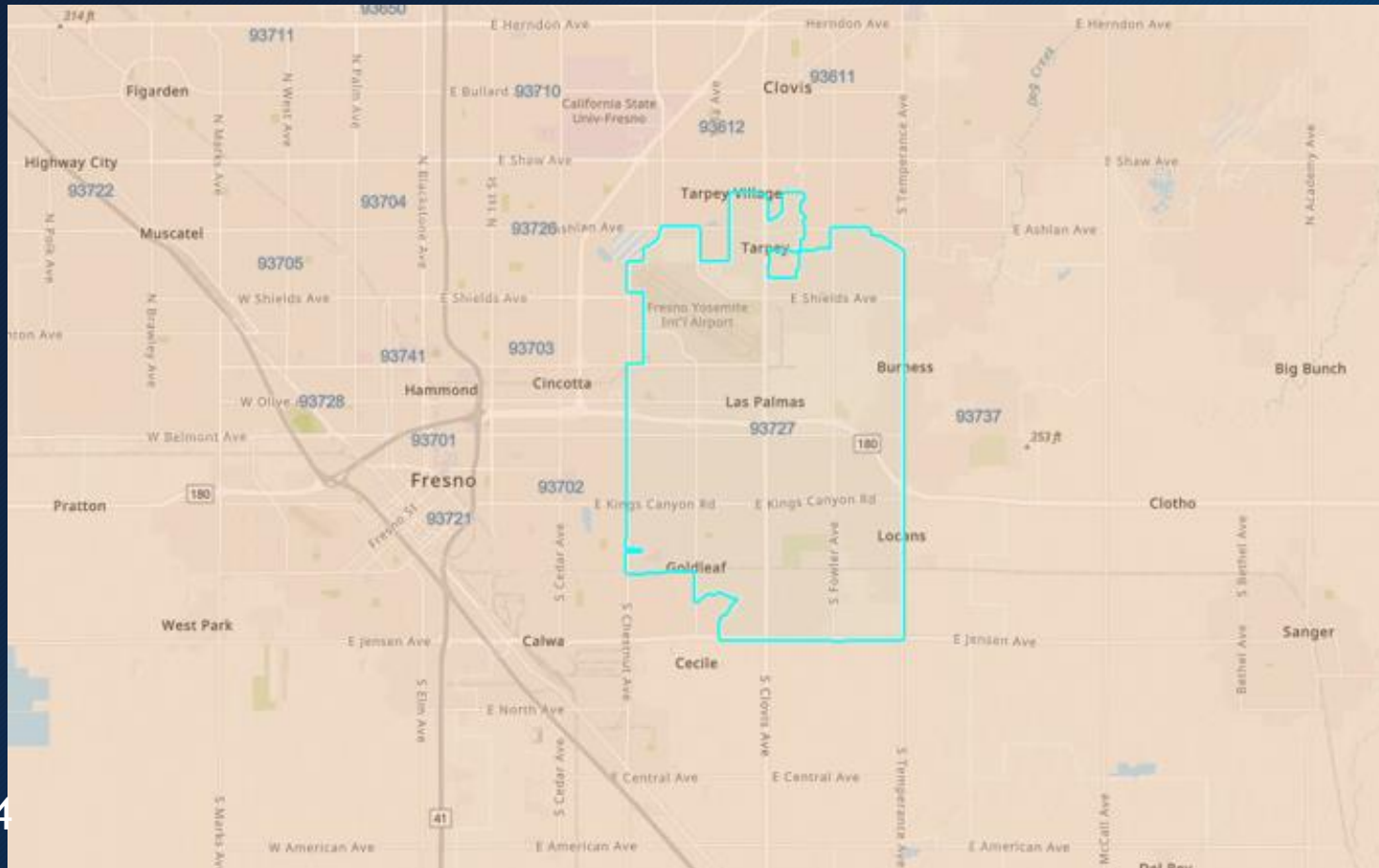


Suicide by Month

Month	Total
January	7
February	8
March	10
April	6
May	10
June	4
July	8
August	5



Suicides by Zip Codes



Zip code with the highest number of suicides is 93727

- 7 suicides YTD

93703 and 93726 were next with 4 suicides in each zip code.



Department of
Behavioral Health

FresnoCares - Suicide Prevention Collaborative

- In late 2016, when our community experienced a cluster of teen suicides, Community Conversations stepped up to facilitate an effort to form a Suicide Prevention Collaborative
- Fresno Cares is a multi-sector Collaborative of committed community members working together to comprehensively address suicide in Fresno County
- Some accomplishments of the Collaborative
 - Fresno County Suicide Prevention Plan
 - Creation of FresnoCares website
 - Implementation of LOSS Team
 - Implementation of Follow Up Call Program
 - Developed Columbia Suicide Severity Rating Scale (C-SSRS) Training Guide
- Work in progress
 - Suicide Review Team
 - Updating Firearm Safety Brochure



Central Valley Suicide Prevention Lifeline - 988

- The Lifeline is operated by Kings View
- The Lifeline serves as the primary call center for 7 counties including Fresno, Tulare, Kings, Madera, Mariposa, Merced and Stanislaus.
- 988 is the new number for the suicide and crisis lifeline.
 - 1(800) 273-8255 still works and will be routed to the lifeline.
- Call Volumes
 - In FY 22/23 there was a total of 5,275 calls to the lifeline from Fresno
 - Crisis Calls - 2028
 - Talk Downs - 35
 - Active Rescues - 52
- Estimated Savings from talk downs and crisis calls - \$5,546,031



Postvention - LOSS Team

- The Local Outreach to Suicide Survivors (LOSS) Team provide information, support, warm linkage, and resources to newly bereaved suicide survivors.
- The LOSS Team is activated by first response officials when a suicide occurs.
- FY 22/23 Data
 - There were 93 suicides and LOSS Team provided services (active or delayed response) to 86 of them (92%). Some of the deaths were not ruled a suicide at the time which may affect these numbers.
 - Average number served on scene - 5
 - Total individuals served on LOSS Calls - 434
 - Average time to arrive on scene - 51 minutes
 - Average time on scene - 54 minutes
 - Bereavement calls made - 743
 - Bereavement mailings - 1545



Postvention & Prevention - Follow Up Call Program

Target Population for this program:

- Current: Individuals who have called the Lifeline in crisis and/or with suicidal ideation
- Possible expansion: Individuals recently been released from the emergency department, crisis stabilization center or inpatient care for suicide ideation and/or attempt

FY 22-23 Data

- 246 referrals for follow up calls
- 201 of them agreed to follow up
- 45 refused follow up call services

Factors for crisis or suicidal ideation/attempt:

- Youth
 - Anxiety of return to school
 - Covid reemerging & concerns of lockdown
- Adult (18+)
 - Financial stress
 - Relationship issues or endings
 - Not feeling fulfilled



Suicide Prevention Month Activities

- Billboard and theater messaging on suicide prevention.
- Partnership with Schools for Lunch Outreach - This month we will be at 10 middle school and high schools to provide resources to students and staff.
- Safe and Effective Messaging on Suicide and Suicide Prevention PIO and Reporter Training - Sept. 8th
- TAY Lunch and Learn at the HaWC - Sept. 14th
- American Foundation for Suicide Prevention Walk - Sept. 23rd
- Veterans Suicide Prevention - Many Stories, One Mission - Sept. 25th
- Multi-County Suicide Prevention Summit - Sept. 28th



Investing in Suicide Prevention

- FY 22/23 funding allocation for suicide prevention programs - \$1,082,507
 - LOSS Team, Central Valley Suicide Prevention Lifeline, Call Center Follow-Up Program, LGBTQ+ Pop Up Groups
- Other investments
 - Media campaigns (Billboards, Digital, Theater)
 - Community Events and Partnerships



Crisis Residential Treatment (CRT) Facility

Key Milestones –

- Construction of the CRT facility began on March 27, 2017.
- Contract with Central Star was executed on November 14, 2017.
- Construction was completed on July 31, 2018.
- Community Care Licensing was acquired by Central Star on February 11, 2019.
- Services commenced on February 28, 2019.



Services provided at the Crisis Residential Treatment (CRT) Facility:

- CRT program provides therapeutic and rehabilitative services, in a non-institutional residential setting, through a structured program as an alternative to hospitalization for adults experiencing an acute psychiatric episode or crisis.
- Primary focus of the treatment at the CRT Facility is to engage in an environment with other individuals where learning and support can occur.
- CRT services are provided to residents of Fresno County (ages 18-59) who are living with a behavioral health condition that results in severe impairment or maladaptive reaction to a mental health crisis.
- Include assessments, individual, group, and family therapy, psychoeducation, case management, life skills, anger management, recreational and art therapy



Referrals to the Crisis Residential Treatment (CRT) Facility

- Referrals for CRT services are received from agencies and organizations within the crisis continuum of care:
 - CRMC ED
 - Clovis Community ED
 - Saint Agnes ED
 - Kaiser ED
 - CBHC
 - Exodus PHF
 - Exodus CSC
 - Crisis Intervention Team (CIT)
 - Kaweah Delta



Crisis Residential Treatment – Central Star (Contracted Provider)

- Current Location: 496 S. Barton Ave, Fresno, CA 93702
- Hours of Operation: 24/7, 365 days/year
- Age Group: 18-59
- First contract cycle for CRT services expired June 30, 2023
- Second contract cycle for CRT services July 1, 2023 – June 30, 2025



Crisis Residential Treatment – Central Star (Contracted Provider)

- Number of Unique Clients served in FY 2021-22: 206
- Cost per client: \$11,749
- Demographics:
 - Ages 18 thru 59
 - Serious and persistent mental health difficulties, including histories with one or more human service sectors and life events including psychiatric trauma, crisis/hospitalizations, out-of-home placements, arrests/detentions, etc.
 - Many clients have psychotic spectrum conditions.



Crisis Residential Treatment – Central Star (Contracted Provider)

The following data is reflective of cumulative information since the CRT program became operational through December 31, 2021:

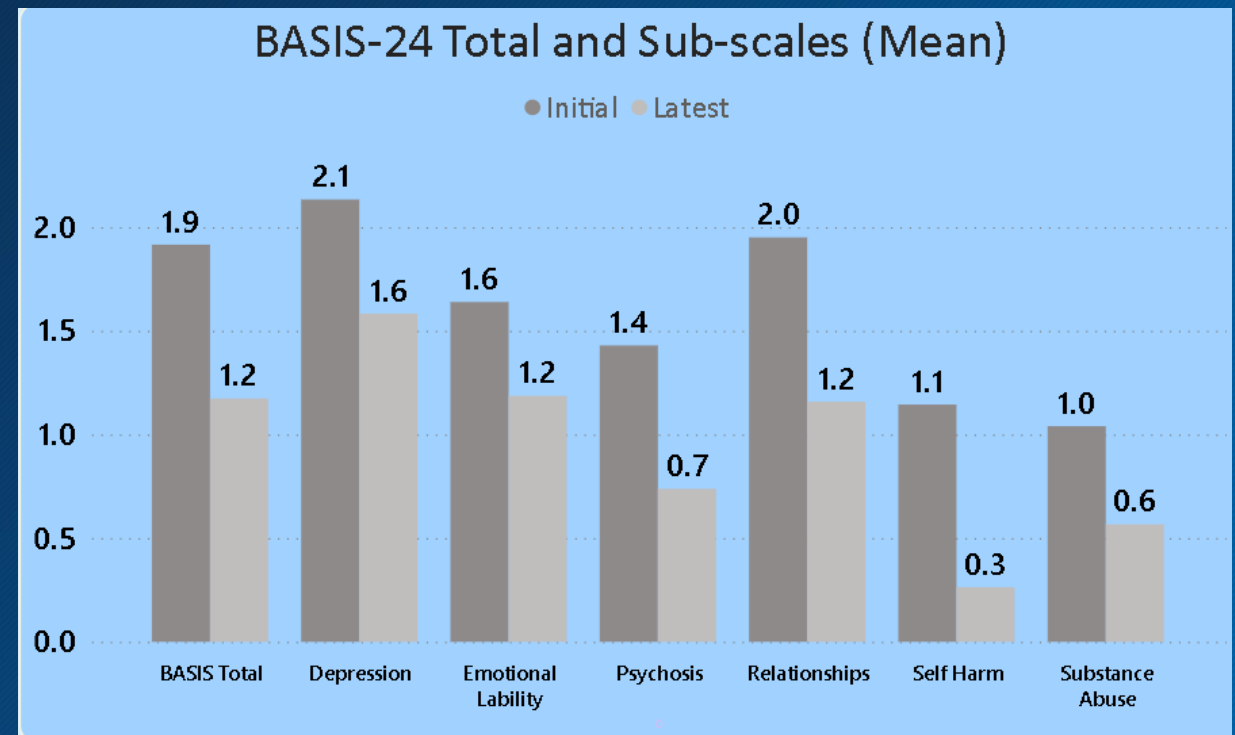
- Referrals received: 1,241
- Enrollments: 726
- Unique individuals served: 650
- Length of Stay (average): 19 days
- Average age of individuals served: 36.5 years



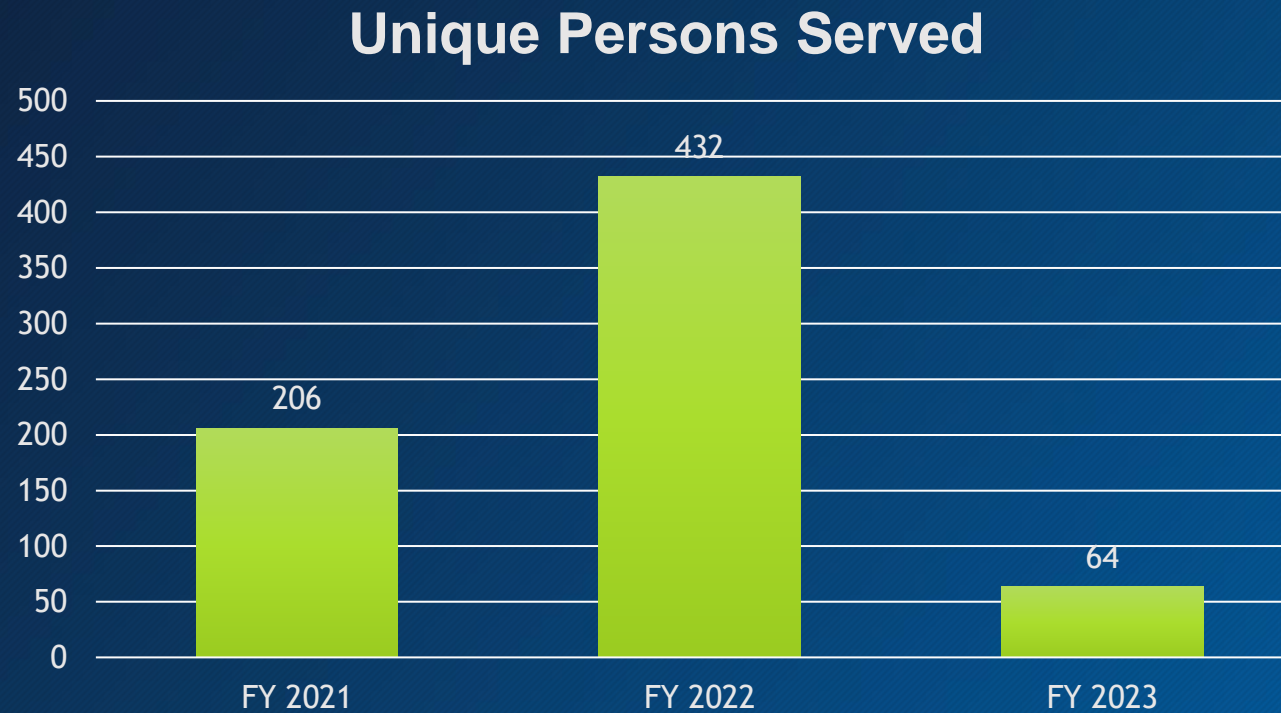
Crisis Residential Treatment – Central Star (Contracted Provider)

Outcomes:

- Improved Relationships
- Reduced Self Harm
- Psychosis



Crisis Residential Treatment: Program Data



Crisis Residential Treatment: Outcomes - Access

- Target Goal - Comprehensive treatment resources and interventions in a 24/7-365 residential setting, with a focus on supporting psychiatric stabilization and transition to community placements/housing
- - **Outcomes:**
 - Timely access to care provided by the CRT ensures that persons served with serious mental illness are identified quickly;
 - Enrolled persons served, the time between admission and the first assessment or encounter with a psychiatrist following was 24 hours.



Crisis Residential Treatment: Outcomes - Effectiveness

- Target Goal - 85% of the persons served are satisfied with treatment.
 - Outcomes: This data suggests that persons served are experiencing meaningful treatment outcomes:
 - Success indicators show reduction in:
 - Depression
 - Emotional lability
 - Psychosis
 - Relationships
 - Self-harm
 - Substance Use

Crisis Residential Treatment: Next Steps

- Quality Improvement
 - Reducing barriers to admission and speeding up the review and acceptance process
- In preparation for next contract cycle, evaluate program clinically and fiscally
 - Clinical: Review of target population, referral protocols, care coordination, factors influencing admission and retention, programmatic successes and challenges, staffing
 - Fiscal: review impacts of payment reform and market forces



THANK YOU



Department of
Behavioral Health