

BEHAVIORAL HEALTH ADVISORY BOARD

ADULT SERVICES COMMITTEE

MINUTES ■ Thursday, January 6, 2022

<p>Members Present Nancy Borchard, Committee Co-Chair Gane Brooking, Committee Co-Chair Michael Rodriguez, BHAB Ratan Bhavnani, BHAB Jerry Harris, BHAB Cheryl Heitmann, BHAB Chris Tejeda, BHAB Elizabeth R. Stone, Peer advocate Liz Warren, Client Network Sherry Valley, Family member Scott Walker, CIT</p> <p>Others Present Jennifer Morrison, BHAB Denise Nogueira, AAA Haleh Hashemzadeh, AAA Addie Luna, TPF Casey Wake, WellPath Clarisa Cajian, Interpreter</p>	<p>Ventura County Behavioral Health (VCBH) Managers/Staff Present Julie Glantz, Senior Behavioral Health Manager (Adults) Jamie Rotnofsky, Senior Behavioral Health Manager (MHSA) Jessica Davis, Behavioral Health Manager (SUS) Peter Schreiner, Clinic Administrator Susan White Wood, Behavioral Health Housing Manager Joanna Peterson, BHAB Assistant</p> <p>NEXT MEETING: Thursday, March 3, 2022, 10:00 a.m. – 11:30 a.m.</p> <p>Zoom Meeting: https://us02web.zoom.us/j/87680728818?pwd=b3dCdjBNcGszRUJ4VzM2TXY1cUJlQT09 Meeting ID: 876 8072 8818 Password: 156974 Dial-in: 669-900-9128</p>
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Note: The committee has not yet approved these minutes. There may be additions/deletions or corrections before the minutes are accepted in final form.

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	Call to Order Co-Chair Nancy Borchard called the meeting to order at 10:02 a.m.		
II.	Address Issues Related to Membership Ms. Borchard removed Lynne Gibbs, Adele Montijo, and Dana Secor as members of the committee and reinstated Sheri Valley’s committee membership. As a result, the prior number of members which was seventeen (17) was reduced to fifteen (15).		
III.	Roll Call Ms. Borchard called roll and determined a quorum was present.		
IV.	Approval of the Agenda Ms. Borchard asked the committee to review and approve the agenda. Ratan Bhavnani moved to approve the agenda as written. Liz Warren seconded. The motion to approve the agenda carried unanimously through roll call.	The agenda was approved as written. M/C/S	
V.	Approval of the November 4, 2021 Minutes Ms. Borchard asked the committee to review and approve the minutes from the November 2021 meeting. Mr. Bhavnani moved to approve; Cheryl Heitmann seconded. The motion to approve the November 2021 minutes as written carried unanimously through roll call.	The minutes were approved as written. M/C/S	
VI.	Welcome and Introductions Ms. Borchard welcomed everyone and asked for introductions.		
VII.	Public Comments None.		
VIII.	Chair Announcements Ms. Borchard expressed the hope everyone is staying healthy in the pandemic.		
IX.	Update and Discussion Presentation on the Program to Encourage Active, Rewarding Lives (PEARLS) by Denise Noguera, Ventura County Area Agency on Aging (see attached PowerPoint) PEARLS is an evidenced-based program that went live 4/23/2020 with funding from MHSA. It aims to address depressive symptoms linked to unsolved problems by increasing participation in social, physical, and other pleasurable activities. Client interventions (i.e., 8 sessions over 12		

	<p>weeks) happen remotely and via “porch visits”. Graduates reported an 81% of reduction in depressive symptoms.</p> <p>Ms. Heitmann asked for clarification as to the 844K individuals reported to have been “reached though outreach events” and it was noted these were contacts associated with FEMA food program over a period of two years. Ms. Warren asked about: the age range for participation which was noted to be 60+ (exceptions on a case-by-case basis); referral sources which are wide-ranging; and the exact nature of intervention which were described as problem solving treatment and behavior activation. Ms. Morrison asked for more information on the robotic pet companion. Ms. Stone encouraged consideration of natural, community-based supports as an alternative and/or follow-up. Ms. Borchard asked about the period funding and the current contract was noted to run through June 2022.</p> <p>Presentation on <i>Substance Use Treatment Services (SUTS) Continuum</i> by Dr. Jessica Davis, Ventura (see attached PowerPoint)</p> <p>SUTS opted into the Drug MediCal Organized Delivery System which has facilitated a 24/7 access line, detox services, care coordination and medication assisted treatment. Populations served include Drug MediCal beneficiaries, adolescents, justice-involved client, school-based clients, and perinatal clients. Clinics are located throughout the county (i.e., Oxnard, Ventura, Fillmore, Thousand Oaks, and Simi). Levels of care range include early intervention, outpatient services, intensive outpatient/partial hospitalizations, residential/inpatient, up to medically managed intensive inpatient. Outpatient services include crisis intervention, recovery services, individual and group counseling, family/collateral therapy, case management, and medication assisted therapies.</p> <p>Ms. Stone inquired about changes to be expected with CalAIM and was told services would largely remain the same, but would be integrated with mental health. “At risk” billing will be possible and a substance use diagnoses will not be required. Contractors for recovery homes services are still being sought. Ms. Warren asked about the distinction between care coordinator (i.e., “warm” handoffs between levels of care) and case managers and clarified the assessment is scheduled within ten days of the request for service. Mr. Tejeda inquired about engagement and motivation. It was explained identification of barriers is a part of the individualized treatment plans. Ms. Heitmann asked about fentanyl efforts and the work of the prevention staff was noted along with medication assisted treatment and overdose prevention.</p>		
X.	<p>Member and Participant Comments None</p>		
XI.	<p>Contracts Review No questions.</p>		
XII.	<p>VCBH Updates:</p> <p>a. Adult Operations Ms. Glantz responded to questions about CalAIM and noted the January 2022 change to the definition of “medical necessity”. She also spoke to operational impacts of the Omicron surge.</p> <p>b. Substance Use Services (see above)</p>		
XIII.	<p>Items for Next Meeting Agenda Ms. Borchard posited the possibility of a discussion/review of the CalAIM initiative. Mr. Harris raise the possibility of “wait times” for services.</p>		
XIV.	<p>Adjourn The meeting adjourned at 11:35 am.</p>		

Program To Encourage Active Rewarding Lives
Lessons Learned, Providing Remote Services

Ventura County Area Agency on Aging



What is PEARLS?

A community-based treatment program designed to reduce depression in physically impaired and socially isolated individuals

Developed and researched by the Health Promotion Research Center (HPRC) at the University of Washington

An evidence-based program that has been included in the National Registry of Evidence-based and Promising Practices and the Agency for Healthcare Research and Quality Innovations Exchange

Originally designed as an in-home intervention, for use during home visits with clients of Aging and Disability Services

Made possible through the Mental Health Service Act and Ventura County Behavioral Health

Is part of Ventura County Behavioral Health's Prevention & Early Intervention Programs

Uses methods of problem-solving treatment, social and physical activation, and increased pleasurable activities to reduce depression in physically impaired and socially isolated older adults

PEARLS Fundamental Principles

What a participant is experiencing are symptoms, and the symptoms are due to depression.

There is a close link between depression and unsolved problems.

Increasing participation in social, physical, and other pleasurable activities leads to a decrease in depressive symptoms.

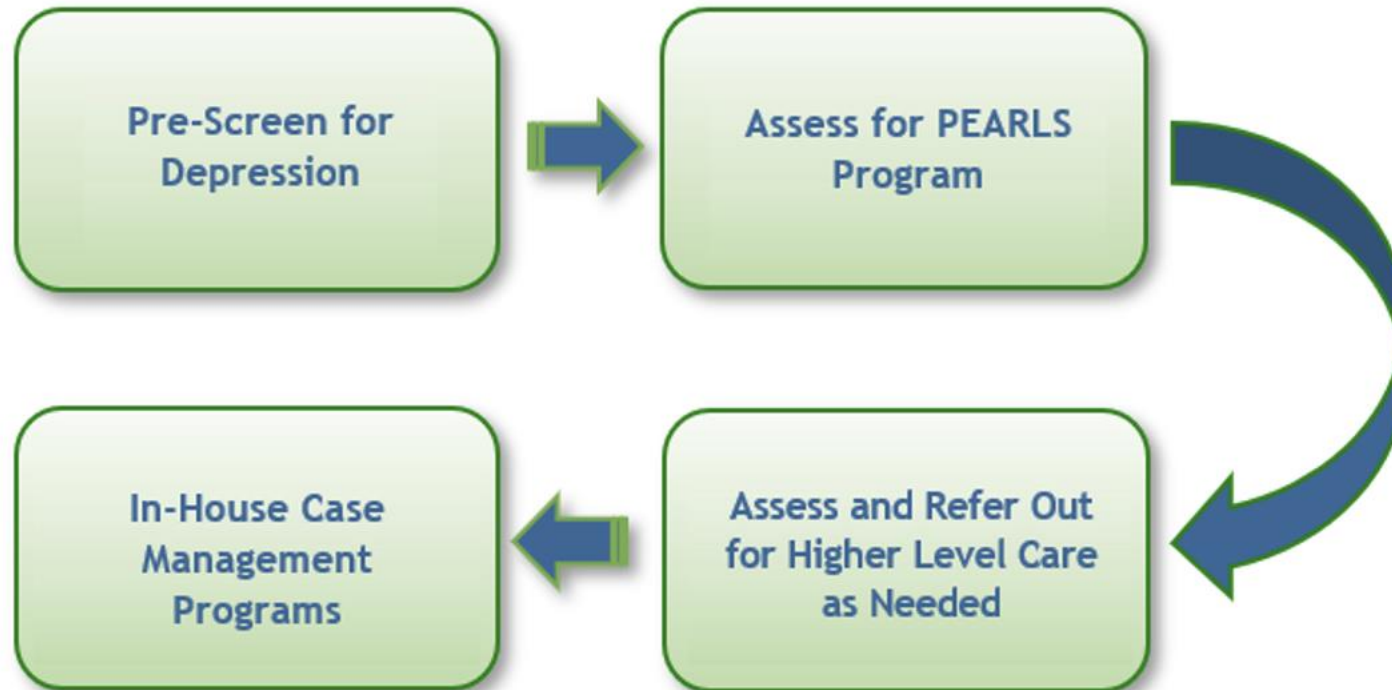
Who Does PEARLS Serve?

Minor Depression: Individuals have some of the symptoms of depression, but do not meet the DSM criteria for major depression or persistent depressive disorder.

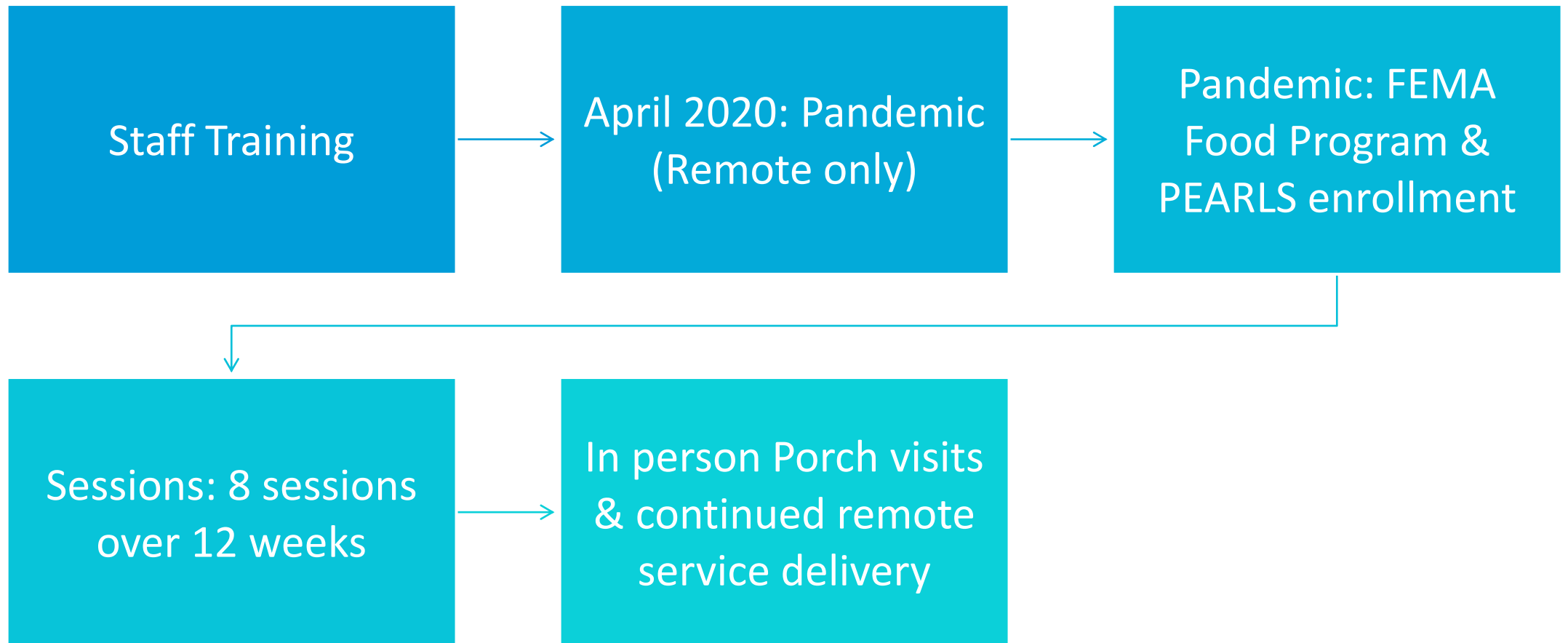
Persistent Depressive Disorder: Individuals have ongoing, low-grade depression of two or more years in which depressive symptoms are present more days than not.

Major Depression: Individuals have enough symptoms over the past two weeks to meet the criteria for a major depressive episode.

VCAAA Prevention and Early Intervention



Remote Service Delivery



Robotic Pet Companions



The VCAAA's Robotic Pet Companion Program began in December 2020 with a goal of bringing comfort to those experiencing increased depression and isolation through the COVID-19 crisis.

Upon receiving the pets, clients reported decreased symptoms of depression and anxiety, improved sleep, and increased happiness.

Lessons Learned

Continuance of pre-screening to assess need

Increased Porch Visits & continuance Personal Protective Equipment (PPE)

Frequency of contact

Person-Centered Care & Service Delivery

Successes

392 individuals received core program services

844,133 individuals reached through outreach events

Graduates had an 81% reduction in depressive symptoms

References

University of Washington (2019). *PEARLS Community-Based Depression Treatment Training Workbook and Forms*

Contact Us

Referrals and program information:

Ventura County Area Agency On Aging

(805) 477-7300

www.vcaaa.org

LOIS.VCAAA@ventura.org

Facebook: Ventura County Area Agency on Aging

Instagram: [vc_aaa](#)

Twitter: [VCAAAging](#)





Program to Encourage Active, Rewarding Lives (PEARLS)

Have you lost interest in day-to-day activities?
Have you been feeling sad or lonely?

If you are 60 or older and answered “yes” to either of these questions, there is help.

The Ventura County Area Agency on Aging (VCAAA), in partnership with Ventura County Behavioral Health, offers a no-cost, high quality care and community-based program called PEARLS.

Often the losses we endure as we age and the changes in physical health, social structure, and even independence can lead to feeling of loneliness, sadness, frustration, irritability, and anxiousness.

The PEARLS program teaches skills to manage these feelings and improve quality of life.

To learn more about PEARLS, visit www.vcaaa.org or call (805) 477-7300. Inquiries may also be sent via e-mail to lois.vcaaa@ventura.org.

Made possible through the Mental Health Service Act and Ventura County Behavioral Health.

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VENTURA COUNTY

BEHAVIORAL HEALTH

A Department of Ventura County Health Care Agency

MENTAL HEALTH CONTINUUM SUBSTANCE USE SERVICES

January 6, 2022

WHO WE SERVE

PRIMARY POPULATION

- ❑ **Drug Medi-Cal (DMC) Beneficiaries:** Adult and adolescent DMC beneficiaries meeting “medical necessity criteria” for a Substance Use Disorder (SUD) per Department of Health Care Services (DHCS) regulations
- ❑ **Adolescent Services:** Individuals ages 12 through 21 offering specialized youth treatment
- ❑ **Justice Involved Clients:** Individuals referred through the Probation Department and other agencies that are in need of medically necessary SUD treatment
- ❑ **School Based Services:** Field based services provided at school sites
- ❑ **Perinatal Clients:** Specialized medically necessary SUD treatment services for pregnant and parenting women

“At-risk” individuals: Clients address problematic lifestyle issues related to their substance use through research-based, flexible and practical educational curriculum

Community: Through multiple community-based primary prevention initiatives, we engage in strategic and data-driven environmental prevention strategies to address local substance use and misuse

SUBSTANCE USE DISORDER MANAGED CARE PLAN

The **Drug Medi-Cal Organized Delivery System** (DMC-ODS) is a California Department of Health Care Services (DHCS) managed care initiative that organizes and transforms the delivery of health care services for Medicaid-eligible individuals with substance use disorders (SUD).



DMC-ODS counties are required to provide a continuum of services to eligible beneficiaries modeled after the ASAM Criteria. These services also include:

- 24/7 SUD Access Line (844) 385-9200
- Withdrawal Management (Detox)
- Multiple Levels of Residential Treatment
- Care Coordination
- Recovery Support Services
- Medication Assisted Treatment (MAT)

REFERRAL FOR SERVICE

NO WRONG DOOR

VCBH Substance Use Treatment Clinics

- ▶ **Oxnard Center:** (805) 981-9200
- ▶ **Ventura Center:** (805) 652-6919
- ▶ **Fillmore Center:** (805) 524-8644
- ▶ **Thousand Oaks Center:** (805) 777-3570
- ▶ **Simi Center:** (805) 577-1724
- ▶ **A New Start For Moms:** (805) 981-9250

VENTURA COUNTY
ACCESS
SUBSTANCE USE
TREATMENT SERVICES




ACCESS LINE
1-844-385-9200
Toll-free • 24/7

TREATMENT LEVELS OF CARE

- ❑ Screening/ Assessment
- ❑ American Society of Addiction Medicine (ASAM)-based assessment and Treatment Planning
 - Establishes medical necessity
 - Determines appropriate level of care



VCBH SUTS Outpatient/ Intensive Outpatient Services

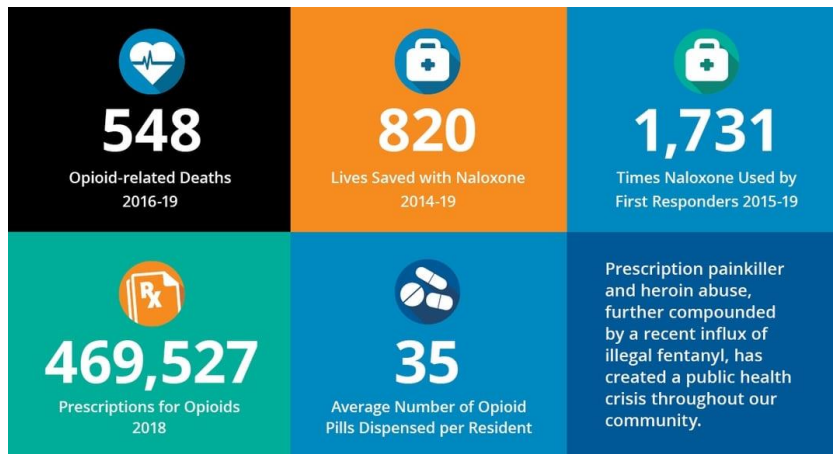


VCBH CONTRACTED MANDATED SUBSTANCE USE TREATMENT LEVELS OF CARE

- ❑ **Intensive Outpatient** - (ASAM 2.1) Adolescents receive minimum of 6 hours outpatient services, maximum 19 hours.
- ❑ **Residential Treatment** – Three levels of short-term 24-hour residential care for rehabilitation services in a non-institutional setting for adults, perinatal, and youth:
 - Clinically Managed Low-Intensity Residential Services (ASAM 3.1)
 - Clinically Managed Population-Specific High-Intensity Residential Services (ASAM 3.3)
 - Clinically Managed High-Intensity Residential Services (ASAM 3.5)
- ❑ **Residential/Inpatient Withdrawal Management (Detox)** – Intake, observation, medication services and discharge services (ASAM 3.2-WM)
- ❑ **Opioid (Narcotic) Treatment Program** – Daily or several times weekly opioid agonist medication and counseling available to maintain stability for those with opioid use disorder
- ❑ **Specialty Outpatient Treatment for Justice Involved Clients** – Individuals are referred through the Probation Department and other agencies that need medically necessary SUD treatment

Resources

- Addressing the Opioid Crisis: See www.venturacountyresponds.org
- Youth Marijuana & Vaping Harms: See www.mjfactcheck.org and www.vapingfactcheckvc.org
- Impaired Driving & Alcohol: See www.notadui.org
- Address Health Disparities: See www.healthequityvc.org
- See our Web Portal at www.venturacountylimits.org



Ventura County Behavioral Health
Board Letter Summary of Contracts for October 2021

Board Date	Contractor	Amount	Term	Description
10/19/2021	BH-VC OPCO SP, LLC DBA Jackson House Santa Paula	\$611,600	November 1, 2021 through June 30, 2022	<p>BH-VC OPCO SP, LLC DBA Jackson House Santa Paula Agreement (Jackson House). Jackson House is the second 24/7 Short-Term Crisis Residential Recovery Treatment Program (CRT) facility of its kind within Ventura County to provide a short-term, voluntary, and licensed social rehabilitation program. Jackson House is located in the City of Santa Paula and provides services for up to sixteen (16) adults who are experiencing increased psychiatric symptoms or a behavioral health crisis. VCBH reimburses costs incurred for clients, ages 18 years and older, who are referred by Ventura County Behavioral Health. The CRT facility services will be used by clients to avoid acute hospitalization or to assist clients in stepping down from an acute hospital stay. Treatment services include assessment, community functioning evaluation, mental health counseling (including individual and group therapy and peer support) treatment for co-occurring substance abuse disorders, Wellness and Recovery based group interventions, case management, medication services, and successful linkages to community support services with the goal of minimizing the risk of hospitalization or return to routine crisis-based care. Most clients will have a serious mental illness and significant functional impairment and be at risk of psychiatric hospitalization. These individuals do not require care in a locked treatment setting but may require an intensive level of support. Clients may also be stepping down from a locked treatment program and require an intensive level of support. Admissions to the CRT may also include persons with short-term mental health disorders who are at imminent risk of psychiatric hospitalization. Clients receive services on a voluntary basis or as authorized by a court appointed conservator. The Agreement with Jackson House is funded by Short Doyle Medi-Cal Federal Financial Participation (SD/MC FFP) and Proposition 63 Mental Health Services Act (MHSA) funds.</p>

Ventura County Behavioral Health
Board Letter Summary of Contracts for November 2021

Board Date	Contractor	Amount	Term	Description
11/9/2021	California Mental Health Services Authority	\$0	July 26, 2020 Through December 31, 2024	<p>First Amendment to the Participation Agreement for the Third Sector Multi-County Full Service Partnerships Innovation Project with the California Mental Health Services Authority (CalMHSA).</p> <p>Since the creation of the Mental Health Services Act (MHSA) in 2004, California has made significant strides in improving the lives of those most in need across the state. Full Service Partnerships (FSP) programs support people with the most severe and often co-occurring mental health needs. These MHSA funded FSP programs are designed to apply a "whatever it takes" approach to serving and partnering with individuals living with severe mental illness. While the state's MHSA-FSP programs promote a flexible "whatever it takes" approach to serving individuals with the most severe mental health needs, the flexibility inherent in an FSP program has hindered the development of meaningful county comparisons for evaluation purposes. In response to the need for county consensus on FSP eligibility, program elements, and performance measures, VCBH sought and received approval from the Board on March 10, 2020 of the FY 19-20 to FY 23-24 Multi-County FSP Innovation Work Plan. This work plan created a collaborative comprised of six counties (Fresno, Sacramento, San Bernardino, San Mateo, Siskiyou, and Ventura) whose goal is to work together to develop a performance-based model for FSP data collection, services utilization, and outcomes evaluation. With approval from the Board on July 21, 2020, VCBH executed the Participation Agreement with CalMHSA for the Third Sector Multi-County FSP Innovation Project. Through this Participation Agreement, CalMHSA provides administrative and fiscal oversight for this FSP Innovation Project and contracted with Third Sector, a nonprofit organization, to serve as the lead contractor that assists the collaborative of counties in creating a data-driven FSP that uses data to better design, implement, and manage FSP services across various age groups and populations, with the ultimate goal of better understanding important client outcomes and continuously working to improve them. The First Amendment extends the Agreement with CalMHSA through the end of the project term and enables VCBH and CalMHSA to continue working together to achieve the project objectives. Source of Funding is Proposition 63 Mental Health Services Act (MHSA).</p>