



Mental Health, Alcohol and Drug Advisory Board

Annual Report 2021



Shasta County
**Health & Human
Services Agency**

Our membership

Sam Major (chair)
Ronald Henninger
(vice chair)
Cindy Greene
Heather Jones
Kalyn Jones
David Kehoe
Dale Marlar
Jo-Ann Medina
Charles Menoher
Alan Mullikin
Marvin Peterson
Mary Rickert
Christine Stewart
Connie Webber

We said goodbye to:
Jessica Mitchell

Dear Shasta County Board of Supervisors:

The members of the Shasta County Mental Health, Alcohol and Drug Advisory Board (SCMHADAB) are pleased to present to you the SCMHADAB 2021 Annual Report. Given the restrictions COVID-19 placed on us we continued to act upon our mission to review and evaluate the community's mental health, alcohol and drug treatment needs, services and challenges related to these. Our purpose of this annual report is two-fold:

First, to demonstrate to the Board of Supervisors our efforts in 2021 for our community partners, mental health and substance use treatment service providers and staff to present at each of our board meetings. These presentations allowed our board members opportunities to expand their knowledge and understanding of Shasta County's mental health, alcohol and drug programs. Also, the programs needs and challenges.

Second, to demonstrate our efforts to provide sound educated direction and information to the Shasta County Board of Supervisors, Shasta County Mental Health, Alcohol and Drug staff and the citizens of Shasta County.

It is our sincere hope that the 2021 Annual Report will provide you a clear understanding of our activities, challenges and efforts to follow our mission statement.

Sincerely,

Samuel Major
Shasta County Mental Health, Alcohol and Drug Advisory Board Chair

Board Mission and Responsibilities

The mission of the Board is to inform and educate the public on alcohol, drug and mental health issues as well as to advise the Shasta County Mental Health Plan on program development, availability of services and planning efforts as established by Welfare and Institutions Code Section 5604.2. This includes the following responsibilities:

1. Review and evaluate the community's mental health, alcohol and/or drug treatment needs, services and special problems as related to the above.
2. Review performance contracts.
3. Advise the Board of Supervisors, the Shasta County Director of Mental Health Services and the County Alcohol and Drug Program Administrator to any aspect of Shasta County's mental health, alcohol and drug treatment and prevention services.
4. Ensure citizen, consumer and professional involvement in the Shasta County Mental Health Plan's delivery planning efforts.
5. Submit an annual report to the Board of Supervisors on the needs, challenges and performance of Shasta County's mental health, alcohol and drug treatment and prevention services.
6. Review, interview and make recommendations on applicants for appointment of the Director and Administrator.
7. Review and comment on Shasta County's performance outcome data and communicate its findings to the State of California Mental Health Planning Council and/or other appropriate entities.
8. Assess the impact of the realignment of services from the State of California on mental health services delivered to clients and within the Shasta County community.
9. Review draft Mental Health Services Act (Proposition 63, General Election of November 2004) plans and annual updates, make recommendations to the Director regarding the plans and updates, and make recommendations to the County Mental Health Department for revisions, as needed (per Welfare and Institutions Code Section 5848(b)).
10. Conduct public hearings on draft Mental Health Services Act plans, annual updates and other matters as appropriate.

Meetings: Action Items and Presentations

January (joint meeting with Public Health Advisory Board)

Discussions and Actions:

- Approved the Shasta County Data Notebook 2020.
- **Hope Park Innovations:** Presented by Michael Burke, Pathways to Hope Executive Director. The proposed project introduces a new approach to the mental health system by promoting interagency and community collaboration related to Mental Health Services. This project meets the two distinct community-identified needs with one forward-thinking solution, to combine often isolated seniors with teens in a mentoring role. The teen center will foster an environment that leads to adventures and learning new ways to develop social skills. Other areas for teen development are problem solving, goal setting, impulse control, anger management, and more. The board approved the Hope Park Innovations application.
- The Stand Against Stigma Committee implemented a new centralized website with resources and new virtual meetings.

Presentations:

- **Mental Health Service Act (MHSA) Audit Results:** A PowerPoint presentation was given by Kerri Schuette, MHSA Coordinator. The Department of Health Care (DHCS) performed a review on Shasta County's Mental Health Services Act program, and the county received positive feedback on a number of its projects. Findings from the review were analyzed. DHCS gave suggestions for improvement, and the plan of correction was detailed.
- **Update on Housing Individuals with Mental Illness or Severe Emotional Disturbance:** Adult Services Branch Director Paige Greene and Peer Support Specialists John Bergen and Amy Ross described The Woodlands, a housing complex in Redding. Of the 75 units, 29 are MHSA funded and designated for people who are eligible for Full Service Partnership Services. Criteria for housing, available support services offered, an overall layout of the premises and success stories were described. Some concerns and potential solutions were offered.



The Woodlands

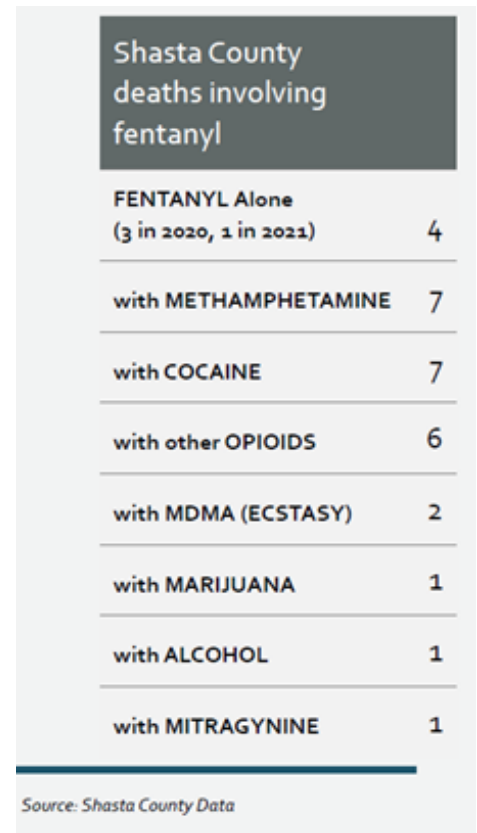
March

Discussions and Actions:

- A policy for handling complaints was presented to Board members.
- Adult Services Branch Director Paige Greene detailed the crisis services the county offers, differentiating between the Crisis Stabilization Unit and the Crisis Intervention and Response Team.

Presentations:

- **Children’s Legacy Center:** Kimberly Johnson, CEO of the Children’s Legacy Center, provided an overview of this program which serves 22 counties in the area. The center supports up to eight trafficked youth per week. Other services for youth at the center focus on placement, mental health services, and drug and alcohol services. Their team has allowed educators to identify at-risk children in the community.
- **Milestones of Recovery Scale (MORS):** Peer Support Specialists Denise Green and Josie Englin shared their personal stories to encourage others. A PowerPoint presentation was provided by Adult Services Branch Director Paige Greene regarding the Milestones of Recovery Scale.
- **Alcohol and Drug Programs:** A PowerPoint presentation was provided by Katie Cassidy, HHSA Program Manager, reviewing county drug and alcohol programs. The Addicted Offender Program is expanding to include outpatient services. Children’s Services runs the Families Living in Therapeutic Environments Sober Living Program, and provides screening, assessments, and individual or group treatment options. The community has been experiencing an increase in substance abuse, and an uptick in fentanyl overdoses. The state has issued several grant projects to assist with these needs. Local clinics received behavioral program funding, and there is a great need for sober living services.



May

Discussions and Actions:

- The Redding Police Department obtained a vehicle and selected two officers to participate in the Crisis Intervention Response Team (CIRT), a partnership with HHSA.
- COVID-19 has unfortunately put a hold on the Medication Assisted Treatment program until further notice.

Presentation:

- **Duties of Mental Health Boards:** Alan Cox, Deputy County Counsel, provided clarification on legal statutes related to the Mental Health, Alcohol and Drug Advisory Board and its responsibilities.
- **IMPACT Program:** Amber Condrey, Children's Services Program Manager, provided an overview on this program, funded by the Mental Health Services Act. The program serves more than 200 local youth and provides screening for behavioral health challenges for minors. Many other services offered include therapy, substance abuse counseling, and connecting clients to social workers.
- **Botvin Life Skills:** Amber Condrey, Children's Services Program Manager, provided an overview on the Botvin Life Skills training, funded by the Mental Health Services Act. This training serves at-risk middle school students, and goals include teaching prevention techniques, promoting anti-drug norms and fostering personal development of self-management and social skills.



June (special meeting)

Discussions and Actions:

- Approved participation in the Psychiatric Advanced Directives project, funded by the Innovations component of the Mental Health Services Act.
- Approved the Mental Health Services Act Three-Year Program and Expenditure Plan for Fiscal Year 2020-21 through 2020-23, and the 2021 Mental Health Services Act Annual Update to the Three-Year Program and Expenditure Plan, which covers Fiscal Year 2019-20.
- Discussed MHADAB goals moving forward, and introduced the suggestion of a consolidated board meeting.
- The board welcomed new members Alan Mullikin and Heather Jones.

July

Presentations:

- **Fentanyl: The Latest Opioid Trend:** HHSA Supervising Community Education Specialist Amy Koslosky and Epidemiologist Rene Santana described opiates and fentanyl, with topics including production, local data, prevention and treatment.
- **Juvenile Rehabilitation Facility (JRF) & Rivers Edge Academy Mental Health Services:** Miguel Rodriguez, Children's Services Branch Director presented an overview of the mental health services offered at the Juvenile Rehabilitation Facility. The facility has a full-time Mental Health Clinician and will soon employ a Psychiatrist. The program has recently expanded to include working with the families.



September

Discussions and Actions:

- Approved the Shasta County Board of Supervisors Department of Healthcare Services Performance Contract FY 21-24 #21-10115.

Presentations:

- **Continuum of Care (COC) Board:** Amber Middleton, Advisory Board Chair, described the COC as a group comprised of members of local nonprofits as well as city and county staff who work toward the goal of ending homelessness.
- **Alcohol and Drug Program Provider Meeting (ADP):** Katie Cassidy, Program Manager, shared that this quarterly meeting is a way for providers to come together and discuss current issues related to substance abuse in the community. In the meeting, participants discuss collaborative ways to support and address current needs.
- **Stand Against Stigma Committee (SASC):** Christopher Diamond, Community Education Specialist, discussed how the group helps to transform public attitudes about people who live with mental illness through various community events.
- **Suicide Prevention Workgroup:** Lindsay Heuer, Community Education Specialist, explained that this workgroup provides suicide prevention awareness and training with the goal of reducing suicide in Shasta County.
- **MHSA Stakeholder Workgroup:** Kerri Schuette, Deputy Branch Director, said the workgroup helps plan MHSA-funded programs in Shasta County. The purpose is to gather input and ideas from a diverse group of people to ensure programs are driven by stakeholder input.

November

Discussions and Actions:

- Appointed Ron Henninger as MHADAB chair for 2022 and Kalyn Jones as vice chair.
- Approved three-year reappointments for MHADAB members Sam Major, Cindy Greene, Heather Jones, Alan Mullikin and David Kehoe.
- Approved 2022 MHADAB meeting dates.

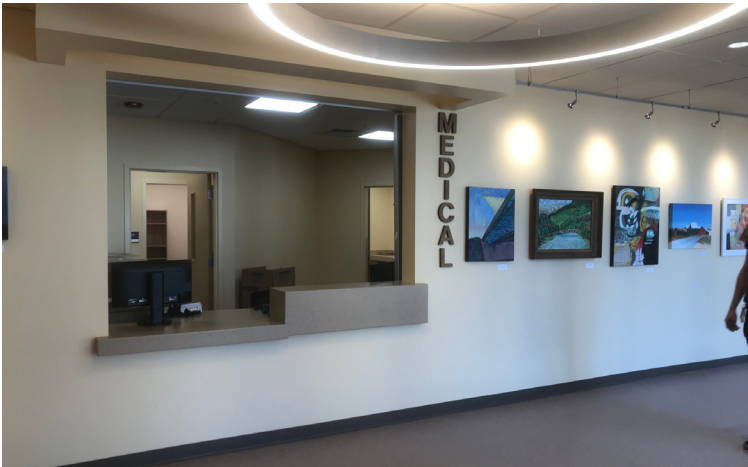
Presentations:

- **Adult Services programs:** An array of Adult Services staff provided an overview of the services provided by Adult Services, including their goals and approaches to treatment.

December

Discussions and Actions:

- **Center of Hope – Hill Country Community Clinic:** Facilities Manager Chelle Pell and CEO Lynn Dorroh provided guided commentary during a walk-through tour. The facility began construction in 2015 and opened its door this year. The facility hosts an integrated association of healthcare professionals spanning dental, medical, chiropractic and behavioral health services. Center of Hope accepts all forms of medical insurance and a sliding scale for those who are uninsured. Adjacent to clinical facilities is a housing unit for transitional-age youth leaving foster care, with four-bedroom units to provide permanent supportive housing for teens.



Committees

Board members serve on various community and agency committees to share input, gather information and bring that knowledge back to their fellow board members. Committees include:

- Mental Health, Alcohol and Drug Advisory Board Executive Committee
- California Association of Local Behavioral Health Boards and Commissions
- Stand Against Stigma Committee
- Mental Health Services Act Advisory Committee
- Suicide Prevention Workgroup
- Redding Area Homeless Coalition Project

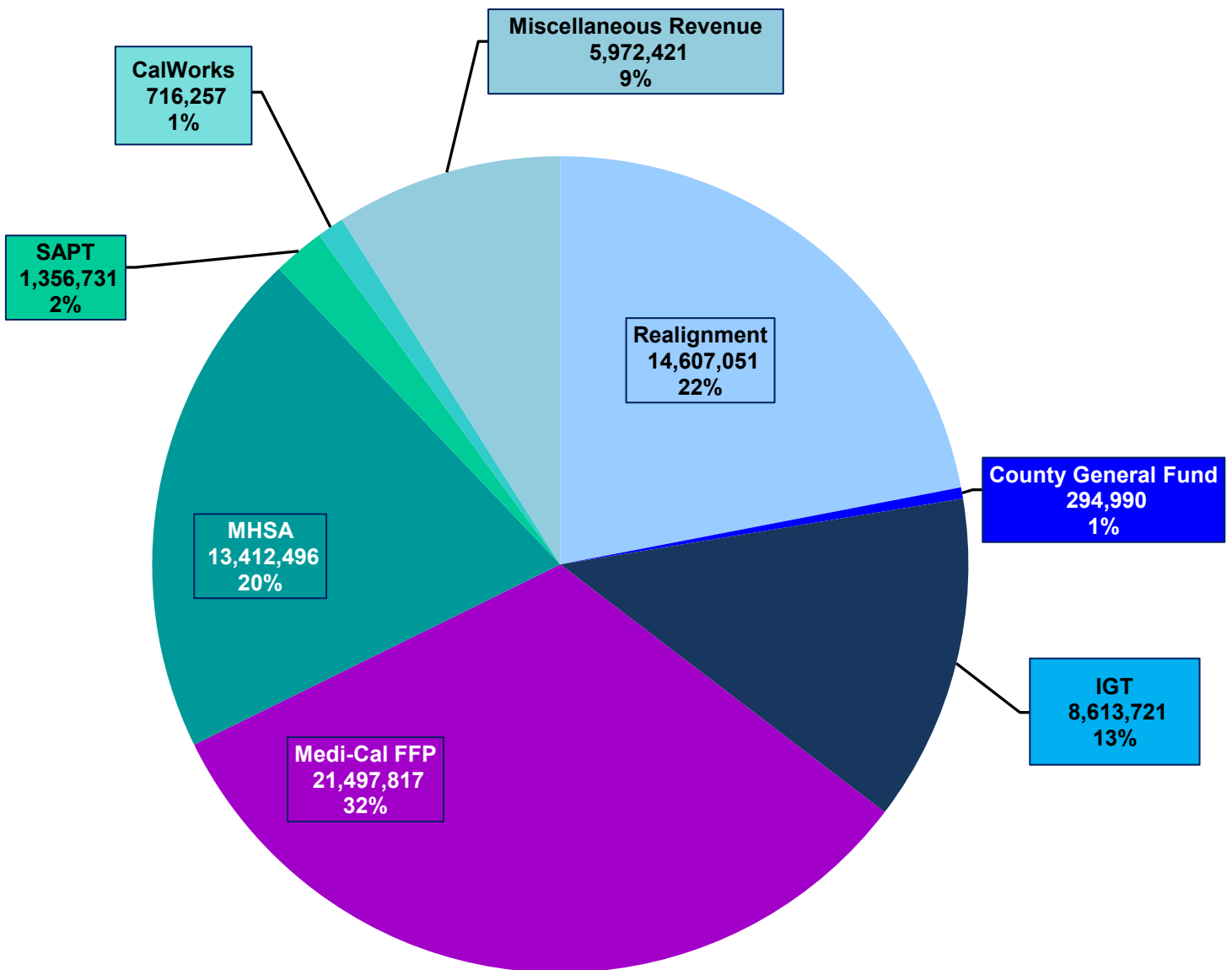
Join us!

The Mental Health, Alcohol and Drug Advisory Board meets at 5:15 p.m. the first Wednesday of every other month - January, March, May, July, September and November - with occasional special meetings in alternating months. The board is always looking for new members. For more information, go to www.shastahhsa.net. In the right-hand column under "Advisory Boards," click "Mental Health, Alcohol and Drug."

Budget - Revenues

The Health and Human Services Agency receives funding for mental health and substance use treatment services from various sources. The bulk of our revenue is realignment funding, which comes from vehicle license fees and a portion of the state sales tax. The second largest piece of our revenue comes from the Mental Health Services Act, which is a tax on millionaires that was approved by voters in 2004. These dollars are designed to develop a comprehensive system of community-based mental health services and supports.

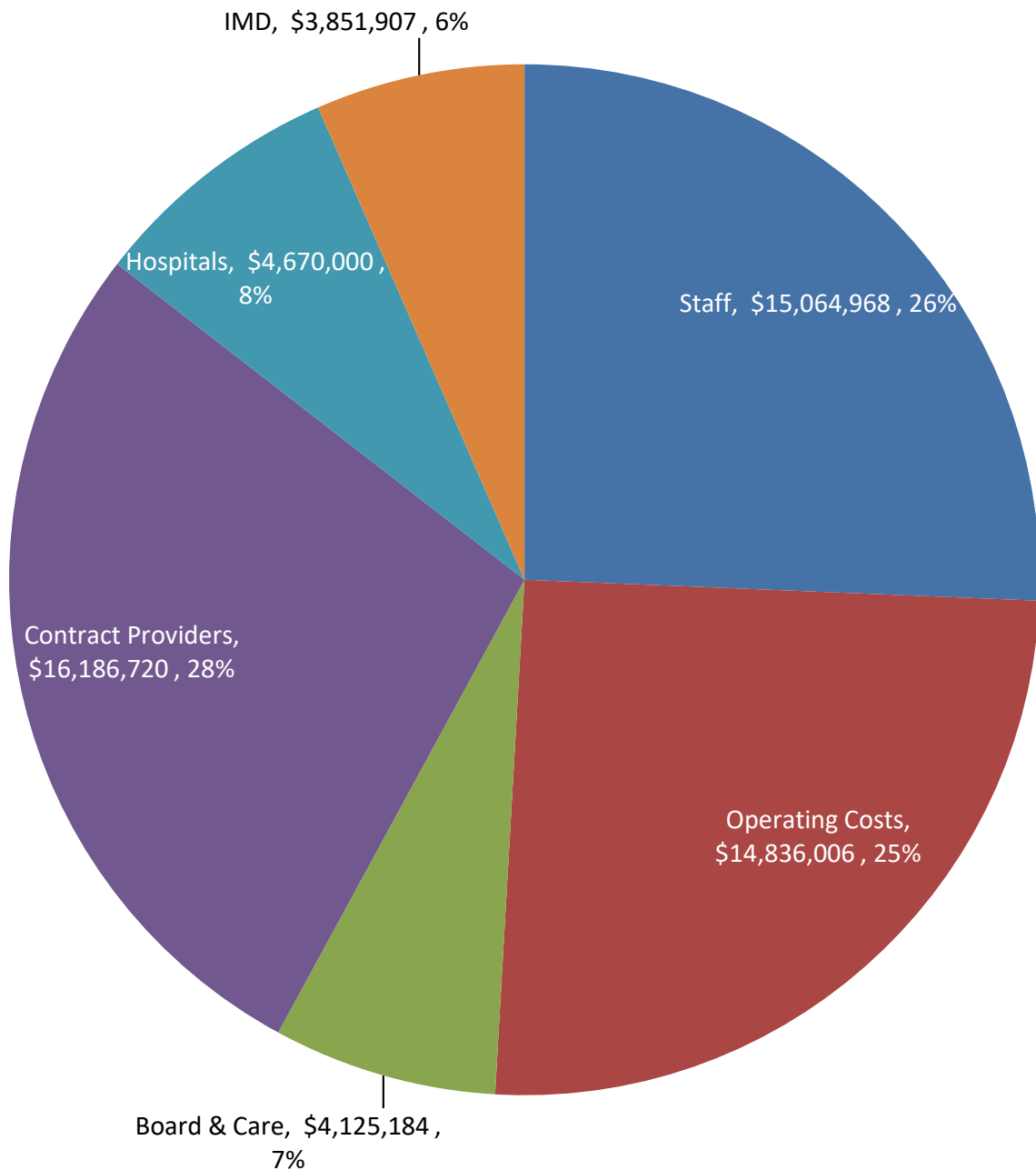
Fiscal Year 2020/2021 Revenues: \$66,471,484



Budget - Expenditures

The Health and Human Services Agency uses the majority of its funding to provide services to clients, either through our own programs or through our contracted providers. About 20 percent of funding is spent on care for Shasta County clients in psychiatric facilities, hospitals and board-and-care homes.

Fiscal Year 2020/2021 Expenditures - \$58,734,785



Summary

The Shasta County Health and Human Services Agency continues to work diligently to provide mental health and alcohol/drug treatment services in our community during the COVID-19 pandemic. Despite the challenges, we are heartened by staff's commitment to provide effective and compassionate services to our most vulnerable residents. We are proud of the progress that has been achieved during these challenging times on these important projects that contribute to our community, and we are pleased to share some highlights from 2021:

Crisis Intervention & Response Team (CIRT): This new team includes two Redding police officers and one mental health clinician who de-escalate situations involving people experiencing mental health crises, and when appropriate, divert them from the criminal justice system. They quickly connect people with resources to address their needs and decrease law enforcement time on these calls. This includes ongoing follow-up after the incident.

Assisted Outpatient Services (Laura's Law/AOT): Approval of the contract from the Board of Supervisors allowed for Kings View to become Medi-Cal Certified, and they began providing services this year for clients who are court-ordered to attend outpatient services.

California Department of Corrections & Rehabilitation (CDCR) reintegration: Inmates released from prison can now participate in MHSA programs and projects. Inmates near their release can now link up with county mental health services if they are eligible for Medi-Cal.

Opportunity Center: Adult Services now houses the "OC," an employment training program for people with disabilities. Among their many responsibilities, they helped keep our workspace clean during the pandemic.

Mental Health and Juvenile Rehabilitation Facility (JRF): Started new medication management services via telepsychiatry. A clinician is on staff until 10 p.m. to help children after business hours. We also provide 24/7 after-hours crisis coverage which includes psychiatric hold evaluations and crisis de-escalation/consultation.

Family Urgent Response Service (FURS) statewide hotline/mobile response: The Children's Services plan for the Mobile Intervention and Stabilization Team (MIST) was approved by the state, and it will respond to referrals from the statewide hotline to families in crisis, 24 hours a day, 7 days a week. The team's mental health and social services staff will respond to calls from the statewide hotline with caregivers of youth who are experiencing behavioral or mental health instability.

Substance Abuse Prevention and Treatment Block Grant: Adult Services received Substance Abuse Prevention and Treatment Block Grant funding from the California Department of Health Care Services to provide additional substance abuse and treatment services for Fiscal Year 2021-22.

988 Crisis Hotline: A new three-digit number will soon be available when someone is seeking help for a mental health crisis. 988 will be a hotline for suicide prevention and behavioral health care, and it will operate 24 hours a day, seven days a week.

Acknowledgements

Our thanks to the Shasta County Board of Supervisors for their support and commitment to our meetings, goals and concerns. We offer a special thank you to Nicole Carroll for her dedication and support as Board Secretary. Thanks to Health and Human Services Agency Director Donnell Ewert, who will be missed upon his retirement, as well as Adult Services Branch Director Paige Greene and Children's Services Branch Director Miguel Rodriguez for their continued perseverance and assistance. Our sincere condolences go out to the family and friends of Marvin Peterson, a board member since 2013, who recently passed away. Finally, we thank all County staff for providing the help that we need as a Board to continue our work within the community.