



NEVADA COUNTY
HEALTH & HUMAN SERVICES
AGENCY

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NEVADA COUNTY BOARD OF SUPERVISORS
Board Agenda Memo

MEETING DATE: June 25, 2019
TO: Board of Supervisors
FROM: **Phebe Bell**

SUBJECT: Resolution approving execution of a renewal contract with SPIRIT - Peers for Independence and Recovery, Inc. for peer support services for individuals in emotional crisis as a component of the County's Mental Health Services Act (MHSA) Community Services and Supports (CSS) Plan in the maximum amount of \$93,683 for fiscal year 2019/20.

RECOMMENDATION: Approve the attached Resolution.

FUNDING: Services are fully funded from MHSA (Mental Health Services Act) monies. The Mental Health Services Act (Proposition 63) provides an ongoing revenue source for the expansion and enhancement of mental health services as provided by State and County agencies. Services are included in the F/Y 2019/20 Department Budget. There are no county general fund dollars required in the Agreement.

BACKGROUND: In the current environment of pervasive financial stressors, more and more people find themselves struggling to deal with emotional stress without adequate mental, emotional, financial, or educational assistance. The Nevada County Behavioral Health Crisis Team has experienced a dramatic increase in the number of 5150 evaluations for involuntary psychiatric hospitalization during the last several years.

Under this Agreement, SPIRIT will continue to provide support and counseling to individuals in emotional crisis while waiting for a 5150 evaluation at Sierra Nevada Memorial Emergency Room, or the Crisis Stabilization Unit (CSU) and will also provide subsequent follow up services to those who have not met the 5150 criteria and have been released from the ER. The follow up services

provided by SPIRIT helps to avoid unnecessary repeat Emergency Room visits and helps to prevent symptoms from increasing or escalating out of control.

The objectives of the SPIRIT-ER Crisis Program are to:

- Enable individuals in mental health crisis to utilize other community resources and move towards recovery. Peer Supporters will provide networking and referrals.
- Reduce recidivism rates of mental health clients at the SNMH-ER/Crisis Stabilization Unit (CSU). Peer Supporters will provide resources that offer early intervention.
- Reduce the number of inpatient psychiatric hospital days used. Peer Supporters will provide lower cost resources that offer early intervention and increase capacity of individuals to self-regulate before symptoms escalate to high cost crisis status.

Peer support from people with similar life experience has proven to be extremely valuable in helping individuals navigate through difficult situations. Peer Supporters can offer more authentic empathy, validation and practical suggestions for coping strategies to individuals in their path to recovery and wellness.

Item Initiated and Approved by: Phebe Bell, MSW – Behavioral Health Director