



NEVADA COUNTY
HEALTH & HUMAN SERVICES
AGENCY

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NEVADA COUNTY BOARD OF SUPERVISORS
Board Agenda Memo

MEETING DATE: July 28, 2020
TO: Board of Supervisors
FROM: **Phebe Bell**
SUBJECT: Resolution approving execution of an Agreement with Crisis Intervention Services for the provision of Latino Outreach Services, Suicide Prevention Services, Homeless Outreach, Family Support and Parenting Classes, and Mental Health Stigma Reduction in the Eastern County Region as a component of the County's Mental Health Services Act (MHSA) Prevention and Early Intervention (PEI) Plan and MHSA Innovation Plan in the maximum amount of \$114,014 for Fiscal Year 2020/21.

RECOMMENDATION: Approve the attached Resolution.

FUNDING: Services are funded by Mental Health Services Act (MHSA) Prevention and Early Intervention (PEI) and MHSA Innovation funding made available to Nevada County. Services are within the Department's budget. There are no county general fund dollars required in the Agreement.

BACKGROUND: Nevada County and Placer County recently issued a joint Request for Interest (RFI) for Mental Health Services Act (MHSA) Prevention and Early Intervention programs in the Tahoe/Truckee region for FY 20/21. Crisis Intervention Services (CIS) was successful in the process and will deliver services to the Tahoe/Truckee region in both Placer and Nevada Counties in the areas of 1) Latino Outreach Services; 2) Suicide Prevention Services; 3) Homeless Outreach; 4) Family Support and Parenting Classes; and 5) Mental Health Stigma Reduction. Latino Outreach Services: Crisis Intervention Services has been serving the Latino population in Truckee since 2001. Through the Family Resource Center Promotoras Program, paraprofessionals offer health education and assist Latino families in connecting to health resources.

1) Crisis Intervention Services will:

- Through workshops, support groups and peer support services, a minimum of 100 Latino individuals annually will receive mental health education and support. Conduct, in Spanish, four workshops consisting of six sessions of psycho-education workshops yearly at Affordable Housing in Truckee & Crisis Intervention Services' locations.
 - Conduct outreach to Latino population.
 - Through tools such as Peer Support, reduce stigma about reaching out for help with mental health issues in the Latino community.
 - Refer clients to a Nevada County Behavioral Health bi-lingual therapist as needed.
- 2) Suicide Prevention Services: CIS will employ a Suicide Prevention Coordinator that is embedded in the Community Education and Prevention Program and will work closely with the Tahoe Truckee Suicide Prevention Coalition to provide education, outreach, and strategies that will mobilize and support the community and prevent future suicides.
- 3) The Suicide Prevention Coordinator will:
- Organize outreach events to include tabling at community events, Know the Signs coasters at bars, and HR packets to organizations
 - Prepare for and facilitate monthly SPC meetings
 - Update and maintain the SPC website
 - Support the SPC with outreach materials, community events and identifying innovative ways in reaching community members with suicide prevention information
 - Organize and support suicide prevention trainings utilizing programs such as Know the Signs and ASIST
- 4) Homeless Outreach: CIS will employ a Tahoe/Truckee Homeless Outreach Coordinator to serve those experiencing homelessness in the region.
- 5) The Homeless Outreach Coordinator will:
- Create relevant goals jointly with homeless individuals.
 - Educate the homeless on mental health and substance abuse issues and resources.
 - Refer severely mentally ill homeless population to treatment and assist the homeless individual to engage in treatment services.
 - Assist individuals and/or families connect to housing
- 6) Family Support and Parenting Classes: CIS will provide play groups, support groups and classes aimed at decreasing family isolation, fostering development of peer networks and building skills and confidence in parents.
- 7) Crisis Intervention Services will provide:
- Two (2) parent café sessions for parents of children aged 0-5. Each session is six (6) weeks in length and should serve a minimum of 15 parents in total. Weekly Mom's Café support group and Family Room will be provided in support of maternal health and early learning. Sessions shall be offered in English and in Spanish.

- Two (2) sessions of parenting café for parents of children aged 5-10). Each session is six (6) weeks in length and should serve a minimum of 15 parents in total. Sessions shall be offered in English and in Spanish.
 - Two (2) sessions of parenting classes for parents with children aged 11-19. Each session is six (6) weeks in length and should serve a minimum of 15 parents, in total. Sessions shall be offered in English and in Spanish.
 - Five (5) parents will be served through strategies such as cooperative parenting classes and Peer Support for divorced parents of children aged 0-18). Sessions shall be offered in English and in Spanish.
- 8) Mental Health Stigma Reduction: CIS will provide empowerment groups to students to promote healthy relationships, increase positive self-worth, engage and empower youth to speak out and model healthy lifestyles, and increase the understanding of mental health stigmas and how to support others and seek help.
- 9) Crisis Intervention Services will:
- Provide a series of weekly Youth Empowerment Groups in partnership with local schools, serving a minimum of 56 youth each year.

The economic ramifications of the Coronavirus pandemic are significantly impacting major funding sources relied on by the department. Behavioral Health is monitoring the situation closely and is actively involved in advocacy efforts through the County Behavioral Health Directors Association (CBHDA) to ensure reasonable funding for county services. Additionally, the department has reviewed the 20-21 budget carefully and areas for reduction have been identified to reduce the pressure on existing funding sources. At the same time, demand for behavioral health services is likely to increase over coming months due to both the economic stress and social isolation of this time, as well as due to increasing numbers of Medi-Cal beneficiaries in our county. The department is proposing to move forward with critical contracts at levels similar to what was originally budgeted, but with the understanding that midyear reductions may be necessary if revenues continue to decline. Behavioral Health staff are in close communication with all contractors and have provided support to them around modifying their processes and protocols so that staff can remain safe and community members can safely get the care they need. Staff are also working closely with providers to increase productivity so that we can continue to maximize our ability to draw down federal funds. Providers are aware that midyear cuts may be needed if the economic situation worsens. Additional analysis and review will be done as needed throughout the year. This contract does not rely on general funds and Behavioral Health's current anticipated revenues along with fund balances are sufficient to support this contract at this time. It is recommended that the Board approve the Agreement which helps to increase the numbers of Latinos seeking mental health treatment, prevent suicide, outreach to those experiencing homelessness, support families and parents, and decrease stigma in accessing and receiving mental health services in the Tahoe/Truckee region.

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