

Mental Health And Substance Use Advisory Board Presentation

Updates from 2023-24



**NEVADA
COUNTY**
CALIFORNIA

**Behavioral
Health**



Role of the MHSUD Board: Advise the Board of Supervisors and the local Behavioral Health Director regarding any aspect of the local behavioral health program, including:

Programs and Services	Review and evaluate the community's public behavioral health needs, services and facilities
Contracts and Agreements	Review agreements entered into by the BH department including the annual Mental Health Services Act update, state audits and key contracts
Outcome Data	Review the county's performance outcome data
Community Involvement	Ensure community involvement in all BH planning processes
Hire Director	Review and make recommendations on applicants for appointment as the local Behavioral Health Director

Membership of the Board:

All Board members are appointed by the Board of Supervisors

Board must be comprised of at least 50% consumers or families of consumers (minimum 20% consumers)

One member will be from the Board of Supervisors

Board members or spouses cannot work for the County or local contracted agency (unless the person is a mental health consumer)

Key accomplishments for board this year:

Monitored significant changes in the behavioral health system including payment reform, CARE Court, grant applications, Prop 36 and more

Sought community input through guest speakers and presentations from contracted providers and open dialogue at meetings

Oversaw functioning of the system through staff reports and review of state reports and data

Sustained board member engagement

Advocacy with the community

Site visits and field trips!



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May is Mental Health Awareness Month: Help break the stigma around mental illness!



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Spotlight on outcomes

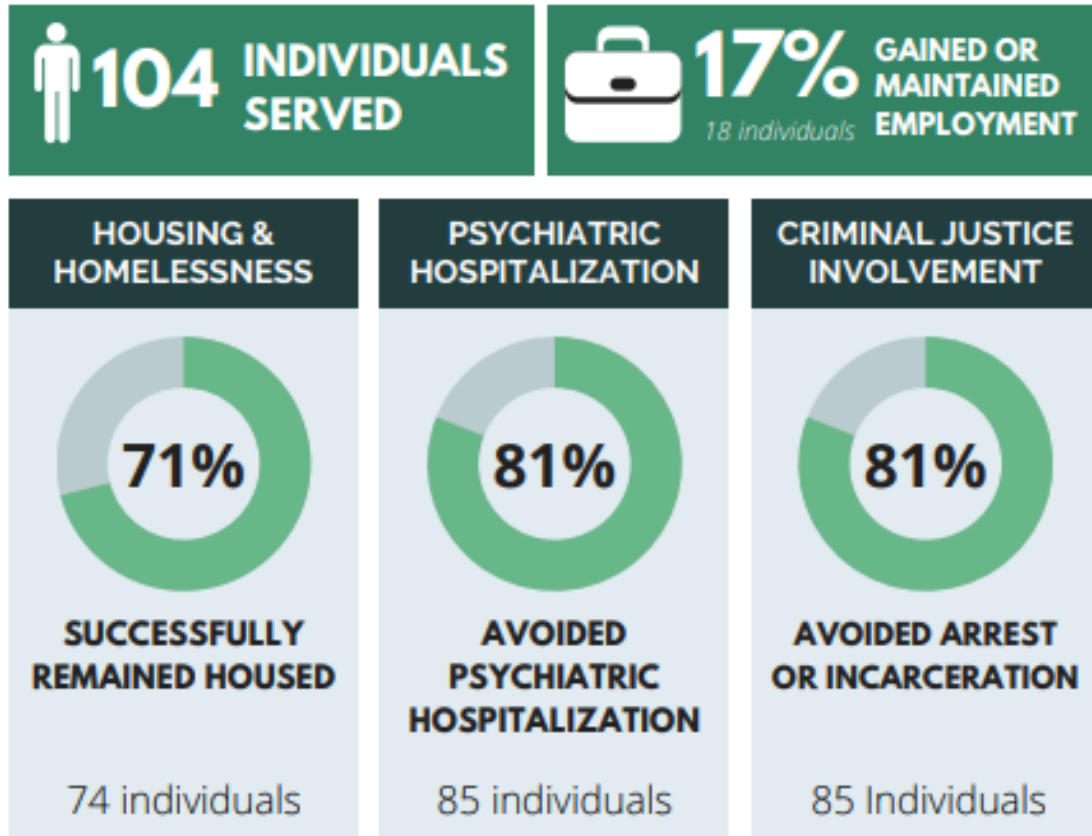
We receive about \$6.7 million in Mental Health Services Act funds annually (about 12% of our revenue)

Contract with 30+ community agencies to deliver services with these funds

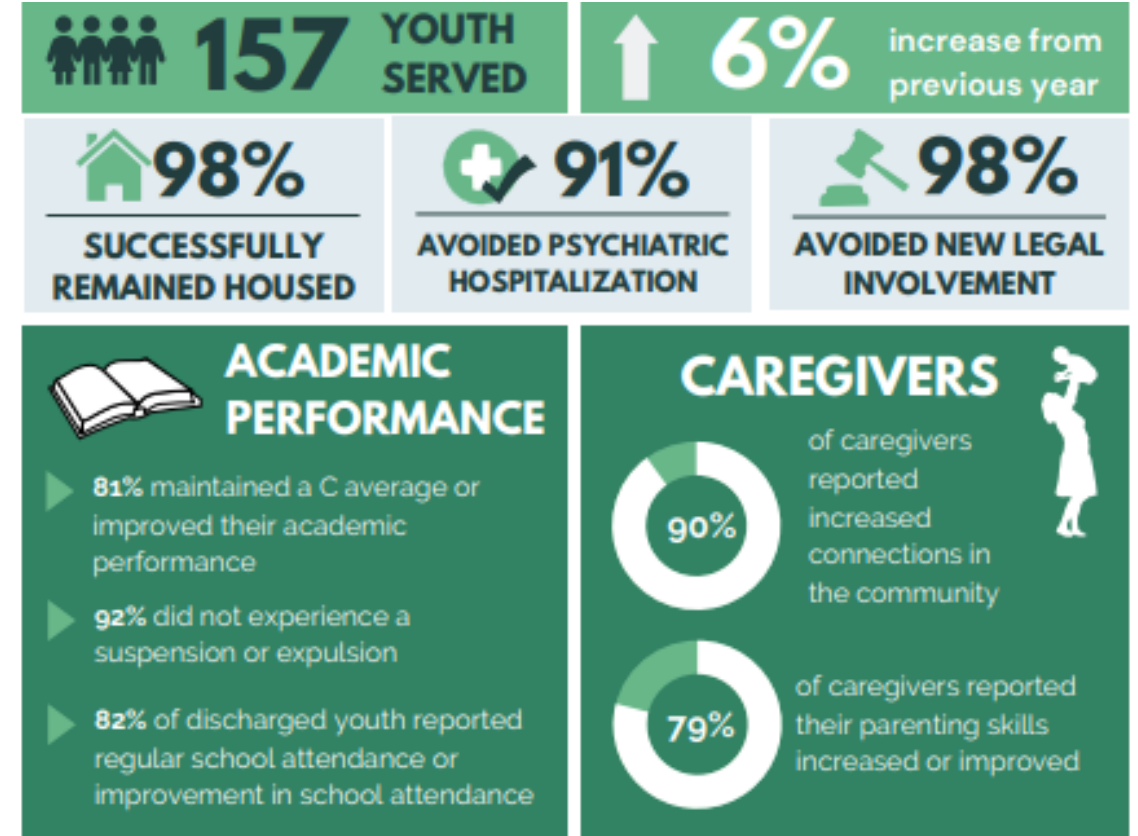
Annual Progress Report and updates to our three year spending plan will be in front of you soon – sharing some highlights today

Full Service Partnership (FSP) – FY 23/24

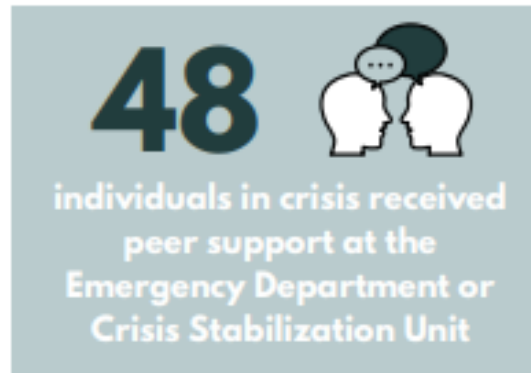
Adult FSP Outcomes



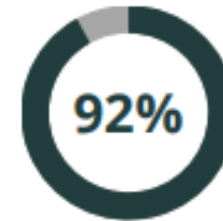
Youth FSP Outcomes



General System Development FY 23/24



4 Eastern County youth participated in alternative and nature-base therapy resulting in increased stability and connections



of the 156 children served by Stanford Sierra Youth & Families were stabilized at home or in foster care



NAMI provided family education and support including holding 48 group meetings and 10 educational meetings. 93% of participants stated their ability to manage their self-care had improved due to participation in NAMI.

- 14 individuals were served by network providers (3 children and 11 adults)
- Nevada County Behavioral Health provided expanded services to 781 individuals.



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Outreach and Engagement FY 23/24

2,739

peer support sessions provided
by SPIRIT Peer Empowerment
Center



102

veterans referred to Sierra Family
Therapy Center for mental health
services

74

veterans and their families with mental
health needs served by Veterans
Services Office

11

individuals served by
embedded case manager
at Hospitality House



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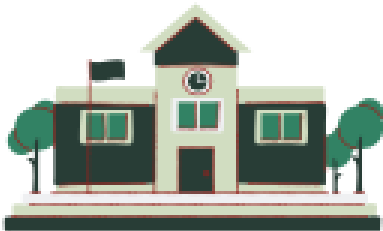
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Prevention and Early Intervention FY 23/24

YOUTH OUTCOMES

519

Nevada County
high school youth
screened for
mental health
needs



428

Eastern County
high school youth
supported at
school-based
Wellness Centers



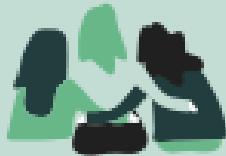
All 17 mothers who completed 6 or more sessions in the Moving Beyond Depression program showed improvement in depression symptoms

43

individuals in the
Truckee region
experiencing
homelessness received
case management &
referrals to services



94%



of 16 youth mentorships for
elementary schoolers were
sustained throughout the year



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Prevention and Early Intervention FY 23/24

21

youth in crisis in Tahoe/Truckee received immediate access to alternative nature-based therapy mentorships pending connections to appropriate levels of long-term care



120

youth participated in Boys and Girls Club activities in the Tahoe/Truckee region. 100% of participants reported positive changes in social/emotional well-being.



84%

of the 261 Tahoe/Truckee families who participated in parenting classes reported increased feelings of acceptance related to seeking mental health services.



LATINX OUTCOMES

33

individuals received bilingual therapy

Promotoras are bilingual and bicultural community health workers who promote mental health among the LatinX community

24

mental health referrals made by Promotoras



696

Referrals made by Promotoras to other community agencies

Prevention and Early Intervention FY 23/24

OLDER & HOMEBOUND ADULT OUTCOMES

86%

of Social Outreach Program participants receiving home visits reported an increase in social activity or increased positive mood



79%

of older adults and homebound adults surveyed by the FREED Friendly Visitor program reported an improvement in their quality of life

OTHER PEI OUTCOMES

- 45 young adults in the Tahoe/Truckee region participated in Youth Empowerment groups
- 89 individuals attended Mental Health First Aid trainings
- Suicide prevention trainings provided to 148 individuals
- The SAFE (Stability-Access-Foundation-Empowerment) program served 140 youth experiencing housing instability, including 19 young families/pregnant youth.

Changes are coming...



Mental Health Services Act shifts to the Behavioral Health Services Act with new funding rules

Extensive community outreach and engagement over the next year

Significant new level of state oversight of County funds

More information to come...



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Request: Resolution proclaiming May is Mental Health Awareness Month



- Appreciate the many partners supporting the mental health of our community
- Remind everyone to take care of their mental health
- Remember that it is ok to not be ok – reach out for help if you are having a hard time

Questions?

Mobile Crisis Team

24/7 Services



ARE YOU STRUGGLING?
DO YOU NEED SUPPORT TO COME TO YOU?

Please call:

530-265-5811



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