



**NEVADA COUNTY
HEALTH & HUMAN SERVICES
AGENCY**

**Health & Human Services
Agency Director
Ryan Gruver**

**Behavioral Health Director:
Phebe Bell, MSW**

**BEHAVIORAL HEALTH DEPARTMENT
(Mental Health, Drug and Alcohol Program)**

**Behavioral Health Medical Director:
Aubrey Eubanks, M.D.**

500 CROWN POINT CIRCLE, STE. 120 GRASS VALLEY CALIFORNIA 95945
10075 LEVON AVE., STE 204 TRUCKEE, CALIFORNIA 96161

TELEPHONE (530) 265-1437
FAX (530) 271-0257
TELEPHONE (530) 582-7803
FAX (530) 582-7729

NEVADA COUNTY BOARD OF SUPERVISORS Board Agenda Memo

MEETING DATE: February 11, 2020

TO: Board of Supervisors

FROM: **Phebe Bell**

SUBJECT: Resolution accepting funds in the amount of \$238,020 for the renewal Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Mental Health Services (CMHS) Community Mental Health Services Block Grant (MHBG) Program for Fiscal Year 2019/20.

RECOMMENDATION: Approve the attached Resolution.

FUNDING: The funding is from Federal Block Grant monies that are allocated to counties through the California Department of Health Care Services. Behavioral Health has been approved to receive \$238,020 for providing services targeted to people with co-occurring addictive and mental disorders and to people experiencing their first episode of psychosis. The continuation of this grant award helps support staff time, contract program development, and the related programs' expenses. There is no budget amendment needed and there are no county general fund dollars required.

BACKGROUND:

It is widely recognized that people with co-occurring substance use and mental disorders are a large and significantly underserved population. These individuals experience multiple health and social problems and require services that cut across several systems of care, including substance abuse, mental and primary health care as well as a host of social services. A considerable portion of individuals with co-occurring disorders are homeless or involved with the criminal justice system. None of these systems on its own is well equipped to serve this population. A coordinated integrated approach that ensures both the mental illness and substance abuse problems are addressed in the treatment regimen has proven more effective in improving outcomes. To support these practices the Department's Community Mental Health Services Block Grant Program includes the following components:

- **Component I Co-Occurring Disorder** – Crisis Stabilization Unit (CSU) provides services based on the principles that people with severe mental illness (SMI) and co-occurring disorders (COD) can recover during a crisis if given intensive mental health services over short periods of time. The CSU is staffed by a contractor, Sierra Mental Wellness Group (SMWG), and includes 24 hour service of nursing, psychiatry, therapy and case management. The CSU communicates and coordinates care for clients, which is part of the ASOC and works closely with the adult team at NCBH, and outside agencies. The CSU allows consumers to detox, as well as receive motivational interviewing and other evidence based treatments to address substance abuse and mental health goals. This work has been critical in preventing clients from needing expensive psychiatric inpatient stays, as well as preventing further suffering associated with longer periods of time being in crisis. This service reduces the strain on the local Emergency Department from trying to manage mental health crises in an environment that is not conducive to reducing the impact and severity of a crisis but actually escalates it (e.g., small rooms, untrained staff, noise, etc.). Individuals who are awaiting a psychiatric hospital bed (i.e., 5150) also are brought into the CSU, where psychiatric treatment is provided and not delayed based on the limited bed availability in psychiatric hospitals. The grant funds received for this portion will be allocated to the contract with Sierra Mental Wellness Group toward the cost of staffing, training and any residual costs of the CSU as well as to cover a portion of department staff time supervising the CSU.
- **Component II First Episode of Psychosis**– The Crisis Insight Respite Center (CIRC) was developed and implemented in Nevada County through a contract with Turning Point Community Programs (Turning Point) to help clients during an urgent psychiatric event, which many of these clients will be having a first episode of psychosis. Most of Turning Point’s peer counselors have already been through their own first breaks of psychosis. Consequently, their high level of empathy, along with “talking the same language,” can more effectively facilitate a client to consider starting psychiatric medications, as compared to professional staff in an institutional setting. The grant funds received will be allocated to the contract with Turning Point toward the cost of staff, rent, utilities, insurance and any residual costs for the CIRC as well as to cover a portion of department staff time supervising the CIRC.

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