
IMPERIAL COUNTY BEHAVIORAL HEALTH ADVISORY BOARD

ANNUAL REPORT FY 2023-2024



Advocating local mental health needs while strengthening program development and operation.



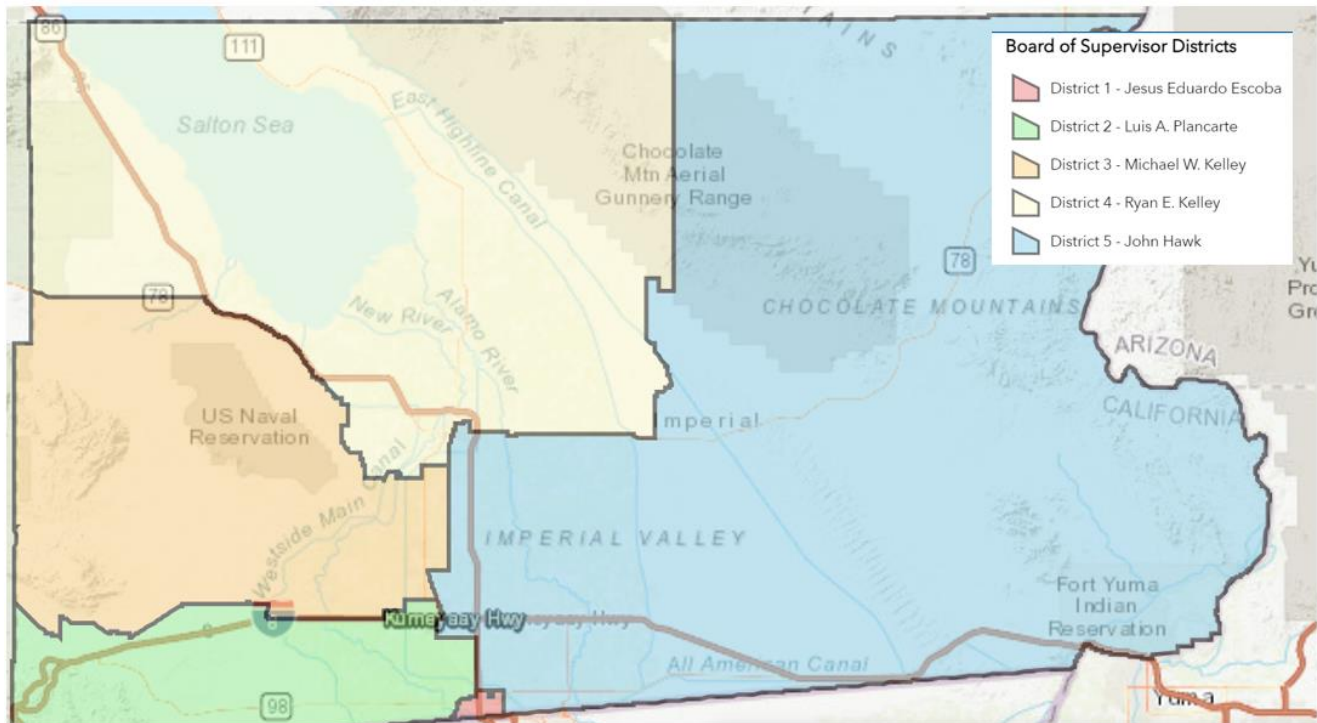
IMPERIAL COUNTY
Behavioral Health Services
MENTAL HEALTH & SUBSTANCE USE RECOVERY

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● IMPERIAL COUNTY BEHAVIORAL HEALTH ADVISORY BOARD

MEMBER REPRESENTATION BY DISTRICT AND SUPERVISOR



District 1 – Supervisor Jesus E. Escobar

Communities Represented:

Calexico

Hortencia Armendariz
Raul Ureña

District 3 – Supervisor Michael W. Kelley

Communities Represented:

Seeley, Plaster City, El Centro & Imperial West Side

Harold Walk, Chair
Vacancy

District 5 – Supervisor John Hawk

Communities Represented:

**Holtville, Winterhaven, El Centro,
Imperial East Side & Palo Verde**
Felipe Irigoyen

District 2 – Supervisor Luis A. Plancarte

Communities Represented:

El Centro, Heber & Ocotillo

Benny Benavidez
Carlos Acuña
Nancie Rhodes

District 4 – Supervisor Ryan E. Kelley

Communities Represented:

Brawley, Calipatria, Westmorland, Niland, Salton City, Salton Sea Beach, Desert Shores & Bombay Beach

Kurt Leptich, Vice Chair
Nicole Castañeda

Board of Supervisors Representative

Supervisor Michael W. Kelley

A FOREWORD FROM THE CHAIR



On behalf of the Imperial County Behavioral Health Advisory Board (BHAB), I am pleased to present this year's Behavioral Health Annual Report to the Imperial County Board of Supervisors and the CA Association of Local Behavioral Health Boards and Commissions (CALBHBC). As members of the BHAB, we serve as liaisons to the community and work closely with Imperial County Behavioral Health Services (ICBHS) in its facilitation of services to ICBHS clients. This includes continual outreach to the community to educate on BHAB's services and to ease access to those services. Our goal as a board is to always be responsive to our community and local agencies and maintain communications with them to help further improve services and access.

To meet these standards, the board has established committees so its members may focus on the respective specialized needs of the community and address these needs through ICBHS programs, services, and staff. ICBHS and the BHAB take a team approach to develop and implement problem-solving solutions to make services more compatible with the mental and behavioral health needs of the community we serve.

The public's knowledge and recognition of those who suffer from mental and behavioral health challenges has made it more acceptable to those seeking services. Further, the people of our great state and nation have voted to provide funding to enhance services. The advisory board feels fortunate to witness the expansion of services and to be part of a department dedicated to fulfilling the needs of our community.

It has become increasingly important for BHAB/ICBHS to stay attuned to the needs of our community and to bring forth awareness to reduce the stigma associated with mental illness. As mentioned, the increased awareness on a state and national level has delivered new and better funding sources to develop more relevant programs. The department's outreach efforts to advocate for individuals and promotion of services have reduced stigma, allowing more individuals who suffer from these challenges to seek necessary treatment to live better lives.

Competitive staff pay continues to be an ongoing problem. Last year, you, the Board of Supervisors, approved more competitive pay, but it still lags behind other employers. This unfortunately causes the department to continue to suffer staff turnover and resulting shortages in certain positions. We look forward to the results of the salary survey you authorized for pay relief for those certain positions.

Last year, to help address the staff shortage issue, ICBHS initiated an internship program to expose students in pursuit of careers in behavioral health with the goal of hiring in them in permanent positions after graduation. The department was able to extend the program through December 2024 with an additional grant. ICBHS has 22 interns with many expressing desire to apply for permanent positions.

ICBHS continues efforts to expand services to all areas of our community to make access readily available to anyone who needs them. Last year, through grant funding ICBHS acquired a mobile/RV office which allowed the provision of services in remote areas of Imperial County. Beginning January 2024, ICBHS initiated 24/7 service along with billing Medi-Cal for services

provided. Additionally, the department increased its workforce to compensate for the additional clientele.

The fundamental foundation for our client's success is treatment based on Evidence-Based Practices. ICBHS largely treats patients using appropriate Evidenced-Based Practice models and diligently ensures that all staff members who administer treatment are adequately trained in these areas.

An exception to the Evidence-Base Practice is the PET Program (Positive Engagement Team). It is an "Innovative" program that uses trained dogs to better access the unserved and underserved population at outpatient clinics and outreach events. Although not yet considered evidenced-based, the department has experienced ample anecdotal evidence the dogs make patients feel more comfortable and increased patients' adherence to follow-up appointments. This has resulted in increased treatment effectiveness, which is the overall goal. The state requires counties throughout the state use a portion of their Mental Health Services Act funds towards "Innovative" programs, which funds were originally used to initiate this program and due to its success has been continued.

ICBHS has continued to enhance its communication and working relationship with law enforcement for 5150 and related cases through the Crisis Co-Response Team (CCRT). As a result, law enforcement has more systematically directed referrals to ICBHS in greater numbers. This allows ICBHS professionals to provide timely treatment to this population. ICBHS management continually provides reporting of the CCRT to the Behavioral Health Advisory Board, so we may provide feedback and oversight of the program's effectiveness.

ICBHS has continually modified the rendering of its services to make them more accessible to clients. One of these services is access to treatment via Tele-med. Tele-med usage increased during the COVID outbreak for safety. However, due to the nationwide shortage of psychiatrists, Tele-med has helped the department provide adequate access to psychiatrists both remotely and in-person, depending on the service provided. Clients have adapted fairly well to Tele-med, which has proven effective.

A critical part of ICBH funding is the achievement of grants, which ICBH has been successful obtaining in multiple areas. These include funding to remodel the Casa Serena building, purchase Crisis Care Mobile unit, fund Local Indigent Care/Jail Release Liaison, Behavioral Health Internship Program, Psychiatric Residency Program, construction of 16-bed adult residential treatment facility and construction of a 16-bed adult residential substance use disorder treatment facility.

The BHAB strives to be a conduit for the community, agencies and for the Board of Supervisors to ensure that local behavioral health services are available and accessible and remain resolved to direct and advise ICBHS of alternatives or direction.

On behalf of the BHAB, I thank the Imperial County Board of Supervisors for their support of the Behavioral Health Department. This department has vision, plans and goals, and your support is allowing the department to meet those goals. ICBHS makes a significant difference in our community and its importance cannot be overstated. Again, we thank you for your support.

INTRODUCTION TO THE BEHAVIORAL HEALTH ADVISORY BOARD ANNUAL REPORT FOR FY 23/24

The composition of the Behavioral Health Advisory Board consists of eleven (11) members. Ten (10) of those members are appointed by the Board of Supervisors and one (1) member is appointed by the Chair of the Board of Supervisors to represent them on the Behavioral Health Advisory Board. Presently, one (1) vacancy exists. Recruitments and appointments are coordinated by the Imperial County Clerk of the Board's office. Public notice is provided to the public of vacant positions. Once an applicant becomes a board member, they serve a three-year term. Upon the end of the term, if they want to be re-appointed, they must reapply.



The Behavioral Health Advisory Board must comply with Welfare & Institution Code 5604(a) which requires that: 1) membership should reflect the ethnic diversity of the client population in the county to the extent possible; 2) 50% of board membership shall be consumers, or the parents, spouse, sibling, or adult children of consumers, who are receiving or have received mental health services; and 3) at least one member must be a veteran or veteran advocate.

The local Behavioral Health Advisory Board must perform the following roles and functions:

1. Review and evaluate the community's public mental health needs, services, and special problems in any facility within the county or jurisdiction where mental health evaluations or services are being provided, including, but not limited to, schools, emergency departments, and psychiatric facilities.
2. Review any county agreements entered into pursuant to Section 5650. The local mental health board may make recommendations to the governing body regarding concerns identified within these agreements.
3. Advise the governing body and the local Behavioral Health Director as to any mental health program. Local behavioral health boards may request assistance from the local patients' rights advocates when reviewing and advising on mental health evaluations or services provided in public facilities with limited access.
4. Review and approve the procedures used to ensure citizen and professional involvement at all stages of the planning process. Involvement shall include individuals with lived experience of mental illness and their families, community members, advocacy organizations, and mental health professionals. It shall also include other professionals that interact with individuals living with mental illnesses on a daily basis, such as education, emergency services, employment, health care, housing, law enforcement, local business owners, social services, seniors, transportation, and veterans.
5. Submit an annual report to the governing body on the needs and performance of the county's behavioral health systems.

6. Review and make recommendations on applicants for the appointment of a local director of behavioral health services. The board shall be included in the selection process prior to the vote of the governing body.
7. Review and comment on the county's performance outcome data and communicate its findings to the California Behavioral Health Planning Council.
8. This part does not limit the ability of the governing body to transfer additional duties or authority to a Behavioral Health Advisory Board.
9. Advise the Board of Supervisors, the local Department of Health and Human Services, the Division of Behavioral Health Services, and/or the Substance Use Disorder unit on policies and goals of County substance use disorder programs.
10. Participate in the county-wide Substance Use Disorder program planning process.
11. Provide recommendations regarding Substance Use Disorder program related matters.
12. Review the scope of Substance Use Disorder programs in County-funded agencies/departments and the community at large.
13. Evaluate the community's Substance Use Disorder program needs, services, facilities, and special programs.
14. Encourage and educate the public to understand the nature and impact of substance use problems.
15. Promote support throughout the County for the development and implementation of effective Substance Use Disorder programs.
16. Ensure citizen and professional involvement at all stages of the process leading to the formation and adoption of the County Substance Use Disorder program plans.

The board shall assess the impact of the realignment of services from the state to the county on services delivered to clients and on the local community. In addition, pursuant to W&I Code Section 5848, the local behavioral health board conducts a public hearing on the county's Mental Health Services Act (MHSA) Three Year Program and Expenditure Plan and Annual Update.

ABOUT OUR MEMBERS



Chair of the Board

Harold Walk

District 3 ~ Supervisor Michael W. Kelley

Mr. Walk is employed as a real estate agent by Pat Seay Real Estate. He was raised on a farm in Imperial Valley and is a graduate of Cal Poly, Pomona with a bachelor's degree in Agricultural Economics. Mr. Walk has an extensive background in real estate, land management, commercial banking, finance, and business management. He has served on the Imperial County Behavioral Health Advisory Board for 23 years, and his other current community activity is membership in The Rustlers Social Club. Former activities include serving on the El Centro

Planning Commission (12 years), Small Business Development Center Advisory Committee (14 years), Imperial Valley Economic Development Loan Committee (10 years), Imperial Valley College Foundation (2 years), Joint Strike Fighter Committee (2 years), Financial Institutions Fund Committee for Education (2 years) and El Centro Elementary School District Citizens Oversight Committee (4 years). Mr. Walk has two adult children, a daughter, Kelsey, with a doctorate in Physical Therapy and a son, Bryan, with a bachelor's degree in economics.



Vice-Chair of the Board

Kurt Leptich

District 4 ~ Supervisor Ryan Kelley

Mr. Leptich is the retired Senior Director of the Special Education Department for the Imperial County Office of Education. He has called Imperial County home since 1965. Mr. Leptich finds great happiness with his wife of 38 years along with their two adult daughters and three grandchildren. Personal affiliations include the El Centro Kiwanis Club, Valley Baptist Church, and the Salvation Army. His passions include spending time with a large extended family, rebuilding antique automobiles and working around his house.



Hortencia Armendariz

District 1 ~ Supervisor Jesus E. Escobar

Hortencia Armendariz is a dedicated mother of three sons: Cesar, Alejandro, and Camilo Jr. She is a mother-in-law to Edna and Michelle, a grandmother to Cassidy, and the wife of Camilo Garcia. Recently, she retired after a 37-year journey with the Calexico Unified School District.

For two decades, she led the coordination of the Calexico Family Resource Center and Student Services. Hortencia's professional journey began by earning an associate degree from Imperial Valley College, a bachelor's degree, and a Teaching Credential in Liberal Studies from San Diego State University. Her teaching career started in 1986 at Washington Elementary School, and she later transitioned to the Calexico Unified School District as a resource teacher.

With a commitment to excellence, Hortencia pursued higher education, achieving a master's degree and an administrative credential in 1995. She took on various leadership roles in education administration, including assistant principal, principal, and interim assistant superintendent within the Calexico Unified School District. She currently serves on the California Community College Trustees Board at the state level and is a Board of Trustee at Imperial Valley College.

Beyond her professional work, Hortencia has been a board member for several organizations, including Amigos for Alejandro, Calexico Education Foundation, Calexico Neighborhood House, Calexico Wellness Center, and the California Association of Supervisors of Child Welfare and Attendance (CASCWA). Currently, she holds the position of Rotary's Assistant Governor and past president within the Calexico Rotary Club. Hortencia's passion is serving the community, and she is always extending a helping hand.



Raul Ureña

District 1 ~ Supervisor Jesus E. Escobar

Raul Ureña Raggio resides in Calexico with his wife and son. He is a certified Phlebotomist Technician and works at El Centro Regional Medical Center-Calexico Outpatient Center. He serves as the director of the Heffernan Memorial Healthcare District and is a member of the Calexico Unified School District Citizens Bond Oversight Committee. He has served on the Behavioral Health Advisory Board since March 2021.



Nancie Lee Rhodes

District 2 ~ Supervisor Luis A. Plancarte

Mrs. Rhodes relocated to Imperial County 28 years ago with her husband and family with the sole purpose of starting the Court Appointed Special Advocates (CASA) program in Imperial County. In 1994, she started the non-profit agency CASA, as the Executive Director. CASA of Imperial County serves foster children in the dependency system. After fourteen years, Nancy retired from CASA and then within eighteen months found a rewarding volunteer job. She volunteered with the El Centro Police Department in their CIPS (Community in Police Service) volunteer program for seven years. She and her husband started a non-profit organization

called BBiUganda in 2012, which supports and assists the poor in Uganda. Mrs. Rhodes has served on the Behavioral Health Advisory Board since 2000.



Benny Benavidez

District 2 ~ Supervisor Luis A. Plancarte

Mr. Benavidez started his career at Imperial County Probation as a Juvenile Hall Officer in the 1970's. In the 80's, he transitioned to the services of Probation Officer and worked investigations and supervision. In the 1990's, Mr. Benavidez transferred his knowledge to the Department of Corrections. He quickly went up the ranks and concluded his career with that agency in 2011 as the Parole Administrator. Mr. Benavidez returned to the Imperial County Probation Department as Chief PO until his retirement in November 2014. In 2015, he began his appointment to the local Behavioral Health Advisory Board.

In 2017, Mr. Benavidez was appointed to the CALBHBC Governing Board of Directors and is currently serving as the president. Mr. Benavidez possesses a degree in Criminal Justice Administration from San Diego State University and is currently a Correctional Science instructor for Imperial Valley College. He has been married for 43 years and is a father to two wonderful children, who also follow in the family tradition of public service.

Civic Involvement: Imperial County Mental Health Board (Chair); Imperial County Community Correctional Partnership (Past Chair), Juvenile Justice Committee, Juvenile Justice Joint Community Partnership, I.C. Chief of Police Association, California Chief Probation Officer Association, Regional Director for American Probation and Parole Association, San Diego Gang Commission, San Diego Prisoner Reentry Roundtable, and more.



Carlos Acuña

District 2 ~ Supervisor Luis A Plancarte

Mr. Acuña resides in El Centro. He is a valley native, born in Calexico. He is married to Rosario Acuña, a retired elementary school teacher, and they have two adult children, Christian and Karysse. He graduated from the University of Arizona, Tucson, with a degree in Secondary Education, Emphasis in English and from Western State University, College of Law, in San Diego. In 2022 he retired from the practice of law. He was appointed to and served for nine years as a trustee on

the Imperial Valley College Board of Trustees representing the El Centro School District, Area 2. He also served on the Imperial Irrigation District's Local Entity that established criteria to determine which parties in and around agriculture in the Imperial County would be impacted by fallowing. He served as the Site Council parent representative for Wilson Junior High in El Centro. He worked as a deputy district attorney in the Imperial County District Attorney's Office.

As an adjunct instructor, he taught a Criminology class at San Diego State University, Calexico campus. His hobbies include reading old school noir novels, sociology books, writing a weekly guest column on geopolitics and economics at the Calexicochronicle.com site (or whatever intriguing topic strikes his fancy), watching classic films, and spending time with his immediate and extended family and dashing out the occasional poem.

**Nicole Castañeda**

District 4 ~ Supervisor Ryan Kelley

Ms. Castañeda was born and raised in Brawley, CA, where she resides with her husband and daughter. Ms. Castañeda has been a full-time employee of Pioneers Memorial Hospital since 2001. She graduated from Imperial Valley College in 2003 with her associate in nursing and went on to receive her Bachelor of Science Degree in Nursing from the University of Phoenix. Ms. Castañeda is currently a graduate student at Walden University.

**Felipe Irigoyen**

District 5 ~ Supervisor John Hawk

Mr. Irigoyen is a graduate of Loyola Marymount University with a degree in Business Administration. He owns and operates an agribusiness company. He has two children Susana and Analise. He is currently Chairman of the Imperial County Economic Development Commission. He is an active member of the Imperial County Sheriffs Aero Squadron, being its commander for 7 years. He is past president and an active member of Rotary in addition to being a Paul Harris Fellow contributing to the Rotary foundation. He

believes in giving back and the importance of serving the wellbeing of the Imperial Valley community and is actively involved in programs that support our youth and development of Imperial Valley. He was appointed to the Behavioral Health Advisory Board in June 2024.

IMPERIAL COUNTY MENTAL HEALTH POPULATION

The below statistics is for total clients served and Medi-Cal Beneficiaries for Imperial County:

Total Clients Served						
	FY 18-19	FY 19-20	FY 20-21	FY 21-22	FY 22-23	FY 23-24
Adults	3,283	3,505	3,523	3,708	3,700	3,794
Youth & Young Adults	1,781	1,804	1,732	1,968	2,086	2,014
Children	3,050	2,772	2,308	2,550	2,762	2,740
Mental Health Triage & Engagement Services	1,423	1,211	908	1,085	1,684	1,676
Total	9,115	8,986	8,238	8,978	9,171	9,181

Total Clients Served w/ Medi-Cal						
	FY 18-19	FY 19-20	FY 20-21	FY 21-22	FY 22-23	FY 23-24
Adults	2,973	3,125	3,132	3,255	3,304	2,841
Youth & Young Adults	1,551	1,550	1,478	1,614	1,730	1,376
Children	2,879	2,551	2,182	2,354	2,538	2,082
Mental Health Triage & Engagement Services	1,136	938	749	870	1,317	1,102
Total	7,856	7,629	7,077	7,614	7,980	6,623

* Totals are unduplicated client counts: division counts may contain overlapping clients.

BEHAVIORAL HEALTH ADVISORY BOARD ANNUAL HIGHLIGHTS



Behavioral Health Advisory Board (BHAB) members received regular updates on the department's effort to improve access, timeliness, quality, and outcomes, in the delivery of services for those suffering from severe and persistent mental illness (refer to page 27 for an outline of updates received).

Information from these updates leads the BHAB and Imperial County Behavioral Health Services (ICBHS) to engage in a productive dialogue in which BHAB members are able to provide meaningful, community-based insights. BHAB members also serve on various committees (refer to page 27 for an overview of BHAB Committees). These active committees allow the BHAB to accomplish more specialized tasks, along with providing a platform to review departmental processes and report on findings. The input received from BHAB members influences the course of the department's plans and operations.

The BHAB works closely with ICBHS staff to implement a philosophy of care and understanding. This philosophy has led to the department's transformation into a Trauma-Informed Agency and continued efforts to implement Evidence-Based Practices (EBP's), which help fight the stigma attached to mental illness and substance use (refer to page 26 for the full list of EBP's provided) and improve treatment outcomes.

Adult and Older Adult Services

New Programs

Behavioral Health Bridge Housing (BHBH) Program:

ICBHS was awarded \$6,968,053.70 over the next 5 years to provide immediate and sustainable housing services for people experiencing homelessness and who have a serious mental illness or substance use disorder. ICBHS sought proposals to partner with local agencies to provide housing services. ICBHS received a proposal from Catholic Charities to provide the following services through this grant; Rental Assistance, Housing Navigation which includes landlord engagement, assessment of resident needs, security deposits, Outreach and Engagement, and Bridge Housing Start-Up Infrastructure to provide 18-bed interim housing/shelter (12 for men and 6 for women). ICBHS will provide short term rental assistance through motel vouchers for those pending a bed through catholic charities or who are experiencing homelessness and are not able to be assisted through MHSAs Consumer Supports and Services Funds.

The Program to Encourage Active Rewarding Lives (PEARLS):

PEARLS is an evidence-based program designated for older adults ages 60 and over, geared to reduce depression in physically impaired and socially isolated individuals. This community-based treatment program is meant for individuals with minor depression or dysthymia designed to reduce symptoms of depression by utilizing methods such as problem-solving treatment, social and physical activation, and an increase in pleasant activities. Problem Solving treatment is the core element of PEARLS which assists the participant to identify and solve the problem by clarifying it, set realistic goals, generate multiple solutions, and select a feasible solution, all while being assisted by a PEARLS Coach. A PEARLS Coach oversees the delivery of the services at the participant's place of residence or in a community-based setting.

Trainings

First Aid for Opioid Overdose Online Course:

ICBHS, Adult Services Division, provided 30 staff members including Mental Health Rehabilitation Technicians, Nurses, Mental Health Workers, Program Supervisors and Behavioral Health Managers with the First Aid for Opioid Overdose Online Course. This training provided our staff with skills such as recognizing the signs and symptoms of an opioid overdose, provide appropriate care based on the person's breathing and level of responsiveness, including the appropriate use of naloxone (nasal atomizer; Narcan). The population we serve often have a co-occurring condition of substance use disorder and training staff will assist in saving lives.

Interpersonal Psychotherapy (IPT):

On January 2024, three (3) Behavioral Health Therapist under Adult and Older Adult Services, completed the Interpersonal Psychotherapy (IPT) Training. IPT is intended for affective disorders, anxiety disorders, eating disorders, and for a wide range of patients from children, adolescents, to the elderly. The evidence based for IPT supports its use from age 9 to 99+. IPT is a time-limited psychotherapy that focuses on interpersonal issues. The targets of IPT are symptom resolution, improved interpersonal functioning, and increased social support. IPT sessions range from 6-20 sessions with provision for maintenance treatment as necessary.

Applied Suicide Intervention Skills Training (ASIST):

During FY 23-24, 16 staff members from Adult and Older Adult Services successfully completed the Applied Suicide Intervention Skills Training (ASIST). This cohort included a nurse, Mental Health Rehabilitation Technicians, Mental Health Workers, Behavioral Health Therapists, and Office Technicians. ASIST Training is a two-day workshop which is designed for participants to develop suicide first aid skills. Participants learn to recognize when someone may have thoughts of suicide, discuss suicide in a direct manner with the person at risk, and teach how to intervene/work with the person to create a plan that supports immediate safety.

Help for the Helper: Strategies to combat burn-out, promote healing at the workplace, and address secondary traumatic stress:

On January of 2024, three (3) Adult and Older Adult Services staff, including two (2) Behavioral Health Therapist and one (1) Behavioral Health Manager, completed the Help for the Helper, 3-hour workshop. It is estimated that 67% of mental health workers may be experiencing burnout. Working with individuals and families that are traumatized can impact mental health providers in many ways, including emotionally, physically and mentally. The purpose of this workshop was to help our staff understand Secondary Traumatic Stress (STS), by identifying common warning signs and reactions, as well as to learn strategies for addressing STS.

Systems of Care Co-Occurring Disorders (COD): Imperial County In-Person Medication for Addiction Treatment Training (04/16/24) and Train the Trainer (04/17/24):

Adults and Older Adults Services participated in the Systems of Care Co-Occurring Disorders (COD): Imperial County In-Person Medication for Addiction Treatment Training (04/16/24) and on the Train the Trainer Module (04/17/24) for this training. A total of eight (8) staff members attended. The training is designed to improve Medications for Addiction Treatment (MAT) competency and increase collaboration between partners and providers working in the Imperial County to treat opioid use disorders (OUD), increase knowledge and adoption of evidence-

based practices regarding Co-occurring disorders, including harm reduction, stigma, trauma-informed practices, and Evidence Based Practices.

Optimizing Eating Disorder Treatment with Dialectical Behavior Therapy (DBT) Skills:

During FY 23-24, six (6) of our Behavioral Health Therapists completed the Optimizing Eating Disorder Treatment with Dialectical Behavior Therapy (DBT) Skills workshop, which was provided in May. This was a two-day workshop, which provided the attendees with an overview on assessing and diagnosing clients with eating disorders and included specific decision points to guide them on choosing appropriate treatment. This training incorporated up-to-date research outcomes, thought theoretical and practical interventions, and offered hands-on-practice.

Youth and Young Adult Services

Innovation Project: Holistic Outreach Prevention and Engagement (HOPE):

In July 2021, the Youth and Young Adults (YAYA) Services Division developed the Holistic, Outreach, Prevention and Engagement (HOPE) Project, under the Innovation component of the Mental Health Services Act. The HOPE Project was approved by the Mental Health Services Oversight and Accountability Commission (MHSOAC) and continues to date. This project incorporates additional services and supports to the existing mental health services to increase client engagement and to increase access to mental health services for youth and young adults ages 13-25 years experiencing psychiatric emergencies. The HOPE Project receives referrals from the Crisis Co-Response Team, Mental Health Triage Unit, Crisis Care Mobile Unit (CCMU), and ICBHS Outpatient Clinics. The project focuses on integrating the use of peer support specialists and applying a whole-person care holistic approach to engage into treatment youth and young adults who have experienced a psychiatric emergency. Peer support specialists with lived experience play an integral role in providing support, promoting self-advocacy, and demonstrating that recovery is possible. The use of peer support specialists has shown to be instrumental in the engagement process, in reducing stigma and the likelihood of relapse. HOPE provides services and support that incorporate wellness activities to improve an individual's mental health and promote a balanced life. Holistic interventions are centered on wellness of the mind, body, and soul in conjunction with mental health services. Clients engage in wellness activities of their interest in the areas of mindfulness, fitness, and music/art, which may consist of exercise, yoga, meditation, and nutrition. The HOPE Project continued to increase the total number of youth and young adults served from 111 cases in June 2023 to 300 cases in June 2024. The Project is currently providing services to an average of 63 clients and continues to increase.

Family First Prevention Services Act (FFPSA) – Qualified Individual (QI):

The Family First Prevention Services Act (FFPSA) seeks to keep children safely with their families and avoid the traumatic experience of entering foster care. Current law provides for an Interagency Placement Committee (IPC), represented by Child Welfare, Probation, and County Behavioral Health, to determine whether a dependent minor or ward of the court shall be placed into a Short-Term Residential Therapeutic Program (STRTP). Effective October 1, 2021, this process requires that a Qualified Individual (QI) completes an independent assessment 30 calendar days from the date the referral for QI assessment is made or from the date the child is placed into an STRTP, whichever comes first. ICBHS is designated to provide QI assessments in collaboration with Probation and the Department of Social Services. QI candidates selected are clinicians that are licensed or registered and who are trained in the Child and Adolescent Needs and Strengths – Integrated Practice (CANS-IP) assessment and

determines whether the child's needs can be met with family members, in a tribally approved home in the case of an Indian child, in another family-based setting, or in an STRTP. If the QI determines that STRTP is the most appropriate level of care for the child, the QI recommends treatment services and interventions for the child. ICBHS participated in Technical Assistance webinars to support implementation of FFPSA and collaborated in weekly FFPSA Interagency Workgroup Meetings with DSS and Probation for the integration and coordination of new requirements. During FY 23-24, Children's and YAYA divisions completed twenty (20) QI Assessments/CANS for the Department of Social Services and four (4) QI Assessments/CANS for the Probation Department. These assessments were followed by Child and Family Team (CFT) meetings upon completion of these assessments in a timely manner. Continued collaboration and communication between the agencies have been crucial for the accomplishment of this recently developed partnership.

Children and Adolescent Services

Evidence-Based Practices and Community Defined Evidence Practices Grant Program Round Two: Trauma-Informed Programs and Practices

On December 21, 2023, as part of Governor Gavin Newsom's "Master Plan for Kids' Mental Health", DHCS awarded one hundred fifty million dollars (\$150,000,000) in grant funding to two hundred sixty-two (262) organizations to support the mental health and wellness of children, youth, and young adults. Through these grants, California is improving access to critical behavioral health interventions and services that focus on culturally responsive prevention, early intervention, resiliency, and recovery. One hundred million dollars (\$100,000,000) of the one hundred fifty million dollars (\$150,000,000) is designated for grants focused on implementing evidenced-based trauma-informed practices and programs which are designed to address the impact of trauma and support the resiliency of children and youth by mitigating the adverse effects of adverse childhood experiences (ACEs). Through these awards, DHCS is expanding access to trauma informed behavioral health services across California counties.



In April 2023, ICBHS applied for the Children and Youth Behavioral Health Initiative (CYBHI): Trauma Informed Programs and Practices- Round 2 grant funds, in effort to reduce health disparities among children and youth and to improve equitable access to behavioral health services. On December 21, 2023, ICBHS received notification of award in the amount of seven hundred fifty thousand dollars (\$750,000)

for the period of March 1, 2024 through June 30, 2025. This funding will support the implementation of Functional Family Therapy (FFT), an effective, short-term evidenced based family counseling service designated for children and youth who are at risk of or have been referred for behavioral or emotional problems. FFT works with the young person's entire family and extrafamilial influences to reduce negative behaviors, facilitate positive growth, and improve familial relationships to reduce the risk of significant behavioral health concerns in the future.

Positive Engagement Team (PET) Program Awarded

On April 10, 2024, the Imperial Valley Regional Occupational Program (IVROP) awarded the Positive Engagement Team (PET) the Ready for Life Partner of the year award. IVROP recognized the PET program for the exceptional collaboration and support it has had with IVROP. The PET program has become a staple at community events across Imperial County and is most recognized by the program's four-legged furry friends. Incorporating dogs in outreach events elicits interest and promotes conversations with the public regarding mental health services which assists in destigmatizing access to services. In addition to attending outreach events, the PET program visits numerous ICBHS outpatient clinics to decrease the stigma associated with utilizing mental health services. These strategies help create a positive association with mental health services and replace or eliminate the negative perception of mental illness.



MENTAL HEALTH TRIAGE AND ENGAGEMENT SERVICES

Mobile Triage Response Team (MTRT):

Imperial County Behavioral Health Services (ICBHS) introduced the Mobile Triage Response Team (MTRT) on September 30, 2023, with the purpose of promptly addressing behavioral and emotional crises within the community. On January 16, 2024, ICBHS was notified of the approval of the grant, allowing the MTRT to officially commence its services using a specialized mobile unit to deliver timely interventions in the community.

The Mobile Triage Response Team is trained to assess and prioritize the needs of individuals on-site, making mental health and other supportive services more accessible during psychiatric emergencies in the community. The MTRT serves as a crucial resource during emergencies, with a team of dedicated mental health professionals who quickly respond to crises throughout the county, ranging from remote areas to urban centers. The MTRT offers services to individuals in Imperial County experiencing psychiatric emergencies without involving Law Enforcement Agencies (LEAs), utilizing a Licensed Clinician to initiate a 5150 application. In addition, the MTRT provides crisis call de-escalation, responds to dispatch requests, offers resources to individuals post-crisis, assists with discharge planning, and follows up after crises.

The objective of the MTRT is to minimize the number of 5150 applications made by first responders, decrease the number of crisis response requests that are subsequently cancelled, raise awareness about behavioral health services, enhance the crisis intervention capabilities of community agencies, and reduce the need to transfer clients to inpatient hospital facilities due to psychiatric conditions.

Medi-Cal Mobile Crisis Team:

On January 1, 2023, the California Department of Health Care Services (DHCS) allocated funding through the American Rescue Plan Act (ARPA) of 2021 section 9813 (42 U.S.C. section 1396w– 6) to support community-based mobile crisis intervention services for a period of 5 years. In 2023, Imperial County Behavioral Health Services (ICBHS) began developing an implementation plan to assess the department's readiness to expand community-based mobile crisis intervention services across Imperial County. As of January 2, 2024, ICBHS has been deemed prepared to proceed with the addition of further community-based mobile crisis intervention services. ICBHS has established a specialized team to provide de-escalation and support to individuals of all ages facing behavioral health crises in various settings. The services are available in homes, workplaces, schools, and communities, delivered by a team of trained behavioral health professionals. The Medi-Cal Mobile Response Team offers rapid response, individual assessments, and community-based stabilization for Medi-Cal beneficiaries, using de-escalation techniques to reduce immediate risks and prevent further harm. The team's goal is to minimize emergency department visits, psychiatric hospitalizations, and involvement of law enforcement. Services are available 24/7 every day of the year, with response times of 60 minutes for urban areas, 120 minutes for rural areas, and 180 minutes for remote locations. The team utilizes telehealth services to ensure access to licensed professionals in underserved areas and facilitates warm handoffs to appropriate care settings and providers, as well as referrals to other necessary services and supports. Short-term follow-up is also provided to ensure the crisis is resolved and the individual is connected to ongoing care. In addition, we provide crisis intervention training to providers and first responders.

SUBSTANCE USE DISORDER (SUD) SERVICES



Health Management Associates-Systems of Care Learning Collaborative-Optimizing Programs and Systems to Meet the Needs of Populations with Opioid Use Disorder (OUD) and Other Substance Use Disorder (SUD):

ICBHS has been working closely with Health Management Associates (HMA) for the purpose of implementing specific and approved strategies to expand access to Medications for Addiction Treatment (MAT), residential treatment and/or improved care for individuals with co-occurring mental health and substance use disorders. With this collaboration, ICBHS aims to improve and expand SUD and mental health services, enhance the knowledge and awareness of working with individuals with co-occurring disorders, and improve community collaboration, for the implementation of harm reduction strategies to prevent death by overdose and elimination of stigma related to SUDs and treatment. HMA provided in person MAT training Workshops with the goal of improving patient quality of care in Imperial County. The workshops were a success as there was great participation and attendance from key stakeholders from Imperial County such as government/community

agencies, law enforcement, primary care providers and ICBHS' staff. The overall attendance for both workshops totaled 120 participants. Furthermore, ICBHS and HMA provided two in person Train the Trainers for ICBHS direct service staff as well as correctional and probation officers to learn about the conceptualization and treatment of substance use disorders and co-occurring disorders, MAT, stigma and harm reduction. The overall attendance for both trainings sessions totaled 60 participants. Funding for training events and consultations by HMA was funded through DHCS of State Opioid Response Grants from Substance Abuse and Mental Health Services Act.



Recovery Incentives Program: California's Contingency Management (CM) Benefit:

On February 1, 2024, ICBHS started The Recovery Incentives Program at all four clinics: two clinics in El Centro and the two clinics in Calexico. In addition, ICBHS successfully renewed four State Laboratory Licenses from the Clinical and Public Health Laboratory License from California Department of

Public Health (CDPH) to continue conducting drug tests. CM is the most effective evidence-based treatment that provides motivational incentives to treat individuals living with Stimulant Use Disorder (StUD) and support their path to recovery. Since the start of the program, 49 participants have been enrolled. Throughout the course of the program, a total of five participants have successfully completed the program. From February 1st to June 30, 2024, a total of 557 drug tests were conducted, 500 were negative results and 57 were positive. From this period, a total of \$7,135 incentives has been earned—and \$6,326.50 from the earned incentives has been disbursed in gift cards. Throughout the implementation of the program, clients have expressed incentives to provide them with positive reinforcement and enable them to save their earnings to purchase hygienic supplies, clothing, gaming consoles, etc. ICBHS continues to conduct drug testing to comply with the Recovery Incentives Program requirements.



Alcohol and Other Drug (AOD) Certification:

Department of Health Care Services (DHCS) issued a Behavioral Health Information Notice (BHIN) 23-058 Certification of Alcohol and Drug and Other Program – Interim Standards notifying all SUD Outpatient providers to submit all alcohol and other drug (AOD) certification applications no later than January 1, 2024, to comply with Assembly Bill (AB) 118 all SUD outpatient programs must obtain AOD certification no later than January 1, 2025. Prior to BHIN, SUD Adult El Centro SUD Treatment Program was one of four sites with an AOD

Certification to provide ambulatory withdrawal management since November 15, 2020. ICBHS submitted AOD applications for three SUD outpatient sites: Adult Calexico SUD Treatment Program, Adolescent Calexico SUD Treatment Program and Adolescent El Centro SUD Treatment Program on December 28, 2023. ICBHS spent the next four months working diligently with DHCS to comply with addressing items that required updating all existing forms, developing and revising policies and procedures. Effective July 15, 2024, all SUD outpatient sites became AOD certified.

California Opioid Settlement Funds:

Imperial County is a participating subdivision in California that has and will continue to receive opioid settlement funds. Imperial County Behavioral Health Services (ICBHS) will manage these funds and will ensure that treatment and remediation activities are implemented. The funds received must be used for future opioid care, treatment and other programs designed to address the misuse and abuse of opioid products, treat or mitigate opioid use or related disorders and mitigate other alleged effects of, including on those injured because of the opioid epidemic. ICBHS will focus on High Impact Abatement Activities (HIAA) to reduce and lessen, or end the opioid crisis by providing care, treatment, outreach, and other services. ICBHS asked the community for feedback on HIAA to focus on rating each activity on a scale from 1 – 6 (1 being the most important and 6 being the least important). The community determined Provision of matching funds or operating costs for the Adult Residential Substance Use Disorder (SUD) Treatment Facility in Imperial County project. ICBHS plans to use opioid settlement funds to fund media campaigns to prevent misuse and drug addiction by running a billboard media campaign throughout Imperial County. In addition, ICBHS plans to fund two evidence-based prevention programs to change drug use behaviors and attitudes.



PATH Justice-Involved Round 3:

On August 7, 2023, Imperial County Behavioral Health Services (ICBHS) was conditionally awarded \$1,109,824.00 by California Department of Health Care Services (DHCS) for the implementation of PATH Round 3 Justice Involved Planning and Capacity Building Program for the period of April 1, 2024, to March 1, 2026. This grant funding will be allocated towards staff salaries, providing direct and indirect services and retention stipends. ICBHS will provide behavioral health services for justice involved individuals 90 days prior to release and post release from a correctional facility. Pre-release services will include assessment and intensive care coordination services to ensure continuity of care for those individuals who are identified as having a mental health or substance use condition. Additionally, ICBHS, in collaboration with Imperial County Sheriff's Office will develop an implementation plan to facilitate a secure exchange of medical records of individuals with mental health and substance use disorder treatment history. The implementation plan will streamline the processes for referral, assessment, and care coordination for incarcerated individuals to ensure these individuals are linked and have access to these services prior to and once released. PATH funds will also be available to support investments in personnel, capacity, and/or IT systems that are needed for collaborative planning and implementation of prerelease services.



Youth Opioid Response (YOR) Grant 3:

ICBHS has been participating in YOR 3 grant for the period of April 2023 to September 2024 with an award amount of \$500,000. This is the third round of the State Opioid Response (SOR III) funds ICBHS has received to address increases in youth and adults between the ages 12 to 24 diagnosed and treated for an opioid and/or stimulant use disorder. This funding is through the California Department of Health Care services (DHCS) administered by the California Institute of Behavioral Health Solutions (CIBHS) in partnership with Advocates for Human Potential, Inc. (AHP). It is part of the SOR III service grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). The aim is to

address the opioid crisis sweeping the nation by increasing access to medication assisted treatment (MAT), reducing unmet treatment need and reducing opioid overdose related deaths. On April 2024, ICBHS was provided with additional funding under the YOR 3 grant in the amount of \$142,000.00 to enhance outreach and engagement activities in Imperial County. These funds will support efforts to improve accessibility of services and identify treatment needs through outreach. Outreach activities will include resource fair events, presentations, information dissemination, social media campaigns, and advertisements. The intent is to raise community awareness and increase access to services. ICBHS is planning to expand advertising efforts by broadcasting commercials at local cinemas to promote substance use disorder treatment services and harm reduction. It is crucial to raise awareness among youth and young adults with Opioid Use Disorder and Stimulant Use Disorder about the available support services.



BHCIP Round 5: Crisis and Behavioral Health Continuum:

Effective February 19, 2024, ICBHS and California Department of Health Care Services (DHCS) executed a program funding agreement (PFA) for the Behavioral Health Continuum Infrastructure Program (BHCIP) Round 5: Crisis and Behavioral Health Program not to exceed \$17,285,302 million in grant funding. Funds will be used to establish a local residential facility, which would eliminate barriers and increase access to care. The 16-bed Adult Residential SUD Treatment Facility with Incidental Medical Services (IMS), DHCS/ASAM Level of Care 3.5 Designation and

DHCS/ASAM Level of Care 3.2 Withdrawal Management Designation. ICBHS has been meeting with Advocates for Human Potential (AHP) contracted by DHCS to provide consulting and oversight of the PFA to ensure the department is on track with construction milestones and project phases in order to complete construction of the Adult Residential SUD Treatment Facility by June 30, 2027. ICBHS is currently in the stage of Acquisition Complete and working toward the Pre-Development Design. ICBHS is closely working with the Public Works Department to begin an Environmental Study and Asbestos Testing and Requests for Application (RFA) for Project Manager Bids are posted. ICBHS plans on having an Adult Residential SUD Treatment Facility Groundbreaking Ceremony by February 2025.

OUTREACH & ENGAGEMENT SERVICES/CENTER FOR CLINICAL TRAINING (CCT)

Walk for Recovery

In observance of National Recovery Month, Imperial County Behavioral Health hosted a Walk for Recovery on September 30, 2023, at Bucklin Park. Attendees walked around Bucklin Park greeted with motivational and inspiring grass signs along the walking path. This event was held to increase public awareness surrounding Mental Health and Addiction Recovery. The event featured free snacks, water, outreach incentives, informational material, and music. Substance Abuse Programs County Partners attended the event and hosted informational tables. The welcome speech was given by ICBHS Assistant Director, Gabriela Jimenez followed by a speech by El Centro Mayor, Martha Singh with a plaque presentation to ICBHS. The event was honored by guest speakers with lived experience, and they relayed their moving recovery stories to the audience and how ICBHS and SUD programs were instrumental in helping them in their path to recovery. The event had a total of 136 attendees.



World Mental Health Awareness Month



World Mental Health Day is globally observed every year on October 10. Imperial County Behavioral Health Services (ICBHS), in collaboration with Imperial Valley College (IVC) held their annual World Mental Health Day Summit on October 6, 2023, at IVC. The theme for the 2023 World Mental Health Day Summit, was Balance. The in-person summit featured informational booths from 35 partner agencies, free workshops, lunch, live music provided by ICBHS' band, "The Superstars." The event was attended by 445 people from Imperial County Public and Private agencies, the community and various local middle and high schools. Workshops were divided into six categories: Balance on Campus, Balance in Student Life, Balance in Self, Balance in Mental Health, Balance in Life and Equilibrio (Spanish Track).

Flying Doctor's Event



The Flying Doctor's Event held on November 11, 2023, marks the first year ICBHS has collaborated on this type of event. Los Médicos Voladores (LMV), or The Flying Doctors, is a Medical Mission Non-Governmental Organization (NGO) based in California. LMV provides mobile medical & dental clinics in California and several areas of Latin America or areas requesting assistance. Partner agencies joined to provide information booths to the 175 clients that were served. Clients were provided with glasses and dental work, all free of charge.

May is Mental Health Awareness Month



In honor of May is Mental Health Awareness Month ICBHS hosted its first annual Walk at Bucklin Park. ICBHS, partner agencies and members of the community walked with the aim to increase public education, advocacy and reduce the stigma surrounding Mental Health. Participants walked the Bucklin Park Trail lined with signs of positive affirmations, awareness and encouragement in our continued fight to reduce stigma. The event featured free snacks, water and ICBHS's Spotify playlist which was designed to instantly boost anyone's mood.

Un-Housed Outreach



During FY 2023-2024 Imperial County Behavioral Health visited various cities throughout the county to distribute information regarding our services to the unhoused population of Imperial County. ICBHS staff distributed items such as: brochures, hygienic kits, water and snacks. During the winter season staff distributed winter kits that included items such as: gloves, blankets, beanies and socks. ICBHS provided Outreach services to a total of 1,188 un-housed residents of this under-served population during FY 2023-2024. The un-housed population will continue to be a target population for ICBHS.

Imperial Valley Mall Kiosk (IV Mall)



In ICBHS' continued efforts to expand knowledge about our services to the community ICBHS offers outreach services at the Imperial Valley Mall. The Kiosk features services such as: ICBHS brochures and access to our Radio Show Promos on Yodeck. Yodeck is a cloud-based digital signage platform that allows ICBHS to create and manage digital promotional material. During the months of July and August 2023, staff hosted an event titled "Summer Fun". The event had various activities geared towards children of all ages. The activities were free and included: spaces for coloring, arts and crafts, visits with our PET program pals and a chance to spin the prize wheel.

Weekly Wellness Radio

Outreach efforts include the weekly wellness radio shows in English (Let's Talk About It) and Spanish (Expresate). The radio shows cover an array of mental health and substance use disorder topics, with guest speakers who are experts in their field. The radio shows also feature topics on how to access behavioral health services, school-based mental health programs, and suicide prevention and substance use disorder prevention services. Let's Talk About It and Expresate are available on-demand and by podcast on the KXO Radio website, KXORadio.com

Let's Talk About It



Let's Talk About It is broadcast on

- 🎧 Thursday mornings on 88.7 FM KUBO Radio Bilingue at 8am
- 🎧 Sunday mornings on 1230 AM KXO Radio at 7am
- 🎧 Sundays on 107.5 FM KXO Radio at 7pm

Expresate



The Spanish Radio Show is broadcast on

- 🎧 Wednesday mornings on 88.7 FM KUBO Radio Bilingue at 8am

Expresate broadcasts a Spanish equivalent of the English radio show.

Outreach efforts



In addition to all of the above, ICBHS also offers free community service courses, the courses are Applied Suicide Intervention Skills Training (ASIST), Mental Health First Aid (MHFA) for both youth and adults, safeTALK and Nonviolent Crisis Intervention Training (for county employees only). These courses are offered to help increase awareness of mental illness and available services, locally and throughout the United States. ICBHS also electronically promotes on digital marquees, which are located at the El Centro Administration building located at 202 N. 8th Street, and at the outpatient clinic located at 101 Hacienda Drive, Calexico; at kiosks located at the Imperial Valley Mall; and in local schools and church bulletins.

Applied Suicide Intervention Skills Training (ASIST)



ASIST is a two-day workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop, ASIST can be learned by anyone. During FY 2023-2024 ICBHS offered a total of nine trainings to a total of 172 participants.

SafeTALK



SafeTALK is a four-hour training that equips people to be more alert to someone thinking of suicide and better able to connect them with further help. The safeTALK training prepares anyone over the age of 15 to identify people with thoughts of suicide and connect them to suicide first aid resources. Using a simple yet effective model, LivingWorks safeTALK empowers everyone to make a difference. With over 120,000 people attending each year, it's the world's fastest-growing suicide prevention skills training course. During FY 2023-2024 ICBHS offered a total of four trainings to a total of 53 participants.

Mental Health First Aid



Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. During FY 2023-2024 ICBHS offered a total of ten trainings to a total of 129 participants.

Youth Mental Health First Aid



Youth Mental Health First Aid USA is an 8-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. During FY 2023-2024 ICBHS offered eleven trainings to a total of 153 participants.

Nonviolent Crisis Intervention Training



Nonviolent Crisis Intervention (NCI) Training prepares ICBHS staff to prevent and de-escalate medium to high-risk behavior using both restrictive and non-restrictive methods. Instructor Certification Programs for NCI are delivered in an online and in-person format. This training is only offered to county employees as per training guidelines. During FY 2023-2024 ICBHS offered ten trainings to a total of 140 participants.

EVIDENCE-BASED TREATMENT PRACTICES & OUTCOME EVALUATION TOOL DESCRIPTIONS AND UPDATES

See Supervisor District Map – Page 3

Treatment Models FY 22-23	Age Served by TX Model						Focus of Treatment	Supervisor District				
	Children 0-12 years	YAYA 12-25 years	Adults 26 + years	CES MHTES	SUD 12-18 years	SUD 18+		1	2	3	4	5
Aggression Replacement Training (ART)	X	X					Disruptive Behaviors	X	X	X	X	X
Assertive Community Treatment (ACT)				X			Serious Mental Health	X	X	X	X	X
Cognitive Behavioral Therapy (CBT)	X	X	X		X	X	Depression and Behavior	X	X	X	X	X
Cognitive Behavioral Therapy for Anxiety (CBT-AT)			X				Anxiety and Behavior	X	X	X	X	X
Cognitive Processing Therapy (CPT)		X	X		X	X	PTSD	X	X	X	X	X
Coping CAT	X						Anxiety	X	X	X	X	X
Dialectical Behavior Therapy (DBT)	X	X	X		X	X	Borderline Personality	X	X	X	X	X
First Steps to Success (FSS)	X						Behavior	X	X	X	X	X
Incredible Years	X						Parenting	X	X	X	X	X
Interpersonal Psychotherapy (IPT)	X	X	X				Anxiety/Depression and Behavior	X	X	X	X	X
Laughing Yoga						X	SUD	X	X	X	X	X
Matrix Model					X	X	SUD	X	X	X	X	X
Moral Reconciliation Therapy (MRT)		X	X	X	X	X	Behavior	X	X	X	X	X
Motivational Interview	X	X	X	X	X	X	Engagement	X	X	X	X	X
Parents Reach, Achieve, eXcel Through Empowerment Strategies (PRAXES)	X	X					Parenting	X	X	X	X	X
Portland Identification and Early Intervention (PIER) Model		X		X			Psychosis	X	X	X	X	X
Seeking Safety					X	X	SUD/Trauma	X	X	X	X	X
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)	X	X			X	X	PTSD/Depression	X	X	X	X	X

MONTHLY UPDATES

For FY 2023-2024, the BHAB received monthly updates on the Crisis Care Response Team.

Throughout FY 2023-2024, the BHAB was presented with the following information:

- MHSa Innovation Plan
- CalMHSA Electronic Health Record (SmartCare)
- SAMSHA Grant-Casa Serena
- Crisis Care Mobile Unit
- CAIAIM
- Medication for Addiction Treatment (MAT)-SUD
- Behavioral Health Child Infrastructure Grant
- MHSa Revenue & Expenditure Report
- Mentorship Intern Program
- MHSa Annual Update-Public Hearing
- World Mental Health Day Summit
- Cal Mesa Project
- PEARLS
- Wellness Center
- Mental Health Court
- Children Services-Vista Sands
- Youth & Young Adults-Adolescent Habilitative Learning Program (AHLP)

BEHAVIORAL HEALTH ADVISORY BOARD COMMITTEE REPORTS

Substance Use Disorder Services

Benny Benavidez and Carlos Acuna conducted a site visit at 25 East Third Street, Calexico of the department's Substance Use Disorder Programs on April 12, 2024.

Children Services

Kurt Leptich, Nancie Rhodes and Hortencia Armendariz conducted a site visit at 1052 Heber Avenue, Heber of the department's Children Programs on March 15, 2024.

California Mental Health Planning Council Data Notebook



The BHAB completed the California Mental Health Planning Council's (CMHPC) 2023 Data Notebook questionnaire regarding data from the external quality review organizations. The Data Notebook addressed behavioral health inequities experienced by different cultural and ethnic groups, and asked questions to consider how these services could better serve persons of all backgrounds. An Ad-Hoc Committee was formed, and committee members worked closely with ICBHS

staff to answer a series of questions provided by the CMHPC. The Data Notebook assisted the BHAB in meeting our legal mandates to review performance data for mental health services offered by ICBHS and report on performance and functioning as an educational source on behavioral health data for local boards. The finalized Data Notebook was submitted to the CMHPC on December 13, 2023.

BEHAVIORAL HEALTH ADVISORY BOARD COMMITTEES

(*) Ad Hoc Committee

Children's Committee	
<i>Description</i>	<i>Board Members on Committee</i>
Ages 0-14 Represent the individual needs of children; evaluate and make a recommendation on children's mental health services.	Kurt Leptich Nancie Rhodes Hortencia Armendariz
Transitional Age Youth Committee	
<i>Description</i>	<i>Board Members on Committee</i>
Ages 14-25 Represents the needs of young people who are in transition from state custody or foster care and are at-risk.	Benny Benavidez Carlos Acuña Nicole Castañeda
Adult/Older Adult Committee	
<i>Description</i>	<i>Board Members on Committee</i>
Ages 26-Older Represent special needs of adults/older adults; evaluate and make recommendations on adult/older adult mental health needs.	Harold Walk Raul Ureña
Substance Use Disorder (SUD) Committee	
<i>Description</i>	<i>Board Members on Committee</i>
Ages 12-18 (Adolescent SUD) Ages 18-Older (Adult SUD)	Benny Benavidez Carlos Acuña
Annual Report Committee*	
<i>Description</i>	<i>Board Members on Committee</i>
Submit a report to the Governing Body on the needs and performance of the county's mental health system (general one).	Harold Walk Nancie Rhodes Benny Benavidez
Nominating Committee*	
<i>Description</i>	<i>Board Members on Committee</i>
Each October the BHAB Chair shall appoint three Board Members to the committee. The Nominating Committee shall select a slate of officers, obtain a verbal indication of willingness from those nominated to serve, and then the Chair of Nominating Committee shall report results to the Full Board at November's meeting.	Benny Benavidez Nancie Rhodes Carlos Acuña
Data Notebook Committee*	
<i>Description</i>	<i>Board Members on Committee</i>
Data Notebook 2023	Benny Benavidez Carlos Acuña Nicole Castaneda

COMMITTEE MEETINGS ATTENDED BY BEHAVIORAL HEALTH ADVISORY BOARD MEMBERS

(*) Ad Hoc Committee

California Mental Health Planning Council Data Notebook*	
Meeting Dates	Board Member Attendance
December 13, 2023	Benny Benavidez Carlos Acuña Nicole Castaneda
California Association of Local BHAB and Commissions	
Meeting Dates	Board Member Attendance
October 2023 January 2024 April 2024 June 2024	Benny Benavidez Harold Walk Benny Benavidez Benny Benavidez Harold Walk Nicole Castaneda (Via Zoom)
Behavioral Health Advisory Board Annual Report FY 2022-2023*	
Meeting Dates	Board Member Attendance
July 13, 2023	Harold Walk Nancie Rhodes
BHAB Member Site Visits	
Meeting Date/Site Visit	Sub Committee
March 15, 2024-Children Services April 12, 2024-SUD Services	Kurt Leptich Nancie Rhodes Hortencia Armendariz Benny Benavidez Carlos Acuña
Nominating Committee*	
Meeting Dates	Board Member Attendance
October 17, 2023	Benny Benavidez Nancie Rhodes Carlos Acuña

LEGISLATIVE MANDATES FOR FY 23/24

The Imperial County Behavioral Health Advisory Board Met the Legislative Mandates in FY 22/23

SOURCE: California Welfare and Institutions Code §5604.2 Powers and Duties of California Mental Health Boards	Action Taken by Imperial County BHAB FY 23/24
Review and evaluate the community's mental health needs, services, facilities, and unique problems.	<p>Board members attended monthly BHAB meetings (including committee and liaison appointments).</p> <p>Board members reviewed and evaluated mental health facilities and services through scheduled site visits.</p> <p>Board members reviewed the MHSA Revenue and Expenditure Report for FY 22/23.</p>
Advise the governing body and the local mental health director as to any mental health program.	<p>Board members made contact with members of the community and often brought concerns and requests to the monthly BHAB meetings.</p> <p>The BHAB Chair met with the Behavioral Health Director monthly.</p> <p>BHAB members advocate to their assigned district board of supervisor.</p>
Review and approve the procedures used to ensure citizen and professional involvement at all stages of the planning process.	<p>The public was routinely invited to participate in all monthly BHAB meetings.</p> <p>BHAB Members participated in the MHSA Steering Committee meetings.</p>
Submit an annual report to the governing body on the needs and performance of the county's mental health systems.	The presentation of the BHAB Annual Report for FY 22/23 was provided to the Imperial County Board of Supervisors on October 24, 2023.
Review and comment on the county's performance outcome data and communicate its findings to the California Mental Health Planning Council.	The BHAB completed the California Mental Health Planning Council's 2022 Data Notebook questionnaire. The Data Notebook focused on mental health services and needs in Imperial County; findings were submitted to the CAMH Planning Council on December 13, 2023.
Perform other duties or functions as may be transferred to the Behavioral Health Advisory Board by the Board of Supervisors.	The County Board of Supervisors did not transfer any additional duties or authority to the BHAB during FY 22/23.

SOURCE: California Welfare and Institutions Code §5604.2 Powers and Duties of California Mental Health Boards	Action Taken by Imperial County BHAB FY 23/24
<p>Assess the impact of the realignment of services from the state to county, on services delivered to clients and on the local community.</p>	<p>The BHAB and the department have assessed the need for MH services throughout the County of Imperial. Work has continued to expand MH services to outlying areas.</p>
SOURCE: California Health and Safety Code Section-HSC Division 10.5, Part 3, Chapter 4, Article 3	Action Taken by Imperial County BHAB FY 23/24
<p>Advise the BOS, the local Department of Health and Human Services, the Division of Behavioral Health Services, and/or the Alcohol and Drug Services unit on policies and goals of County alcohol and drug programs.</p>	<p>The BHAB Chair met with the Behavioral Health Director monthly.</p> <p>BHAB members advocate to their assigned district board of supervisor.</p>
<p>Participate in the county-wide alcohol and drug program planning process.</p>	<p>Board members have provided feedback on how to improve the current system.</p>
<p>Provide recommendations regarding alcohol and drug program related matters.</p>	<p>Board members reviewed and evaluated substance use disorder facilities and services through scheduled site visits.</p>
<p>Review the scope of alcohol and drug programs in county funded agencies and the community at large.</p>	<p>Board members attended monthly BHAB meetings (including committee and liaison appointments).</p>
<p>Evaluate the community's alcohol and drug program needs, services, facilitates, and special programs.</p>	<p>Board members received regular updates and evaluated SUD program needs related to the implementation of the DMC-ODS expansion.</p>
<p>Encourage and educate the public to understand the nature and impact of alcohol and drug programs.</p>	<p>Board members made contact with members of the community and often brought concerns and requests to the monthly BHAB meetings.</p>
<p>Promote support throughout the County for the development and implementation of effective alcohol and drug programs.</p>	<p>The BHAB and the department have assessed the need for SUD services throughout the county of Imperial. In addition, the focus was directed toward the implementation of the DMC-ODS Program to provide and expand SUD services to all areas of the County.</p>
<p>Ensure citizen and professional involvement at all stages of the process leading to the formation and adoption of the County alcohol and drug program plans.</p>	<p>The public was routinely invited to participate in all monthly BHAB meetings.</p>

BEHAVIORAL HEALTH ADVISORY BOARD GOALS FOR – FY 24/25

During the coming year, the Board will continue to raise awareness surrounding the role of the Behavioral Health Advisory Board to meet the following goals:

- Actively monitor and seek input and provide accountability for ICBHS's Crisis Continuum of Care and prompt delivery of services for this population.
- Spread knowledge and awareness about mental health and substance use disorders and treatment options to members of the community to help reduce stigma and feelings of *NIMBY*.
- Ensure accessibility for consumers, families, and other stakeholders about the needs and services for the mentally ill and substance abuse in Imperial County, including such programs as the Mobile Response Unit to reach outlying areas.
- Participate in board development and trainings offered by the California Institute of Mental Health (CIMH) and CALBHBC, by attending meetings when permitted:
 - Supports Statewide Training
 - Provide opportunities for board members to expand their knowledge and expertise related to behavioral health through participation in conferences, training, and site visitations.
- Review the performance outcome data on Behavioral Health programs to ascertain effectiveness and ensure program quality.
- Compare performance outcome data with other counties.
- Review service delivery time to determine the time required for a consumer to receive meaningful help such as seeing a doctor (not just an appointment or talking to a clerical or non-clinician).
- Provide the Board of Supervisors with an annual report about the behavioral health program by October 2024.
- Monitor Peer advocacy program to assure advocacy by peers.



The Behavioral Health Advisory Board would like to thank the Imperial County Behavioral Health Services staff for their dedication and hard work over the past year.

RECOMMENDATIONS TO THE BOARD OF SUPERVISORS

Based on data gathered from meetings, presentations, and site visits during FY 2023-2024, the Behavioral Health Advisory Board recommends the following initiatives to enhance the continuum of care for behavioral health services in Imperial County:

- Review BH salaries and pay structure for retention and recruitment;
- Support and increase recruitment and retention efforts for support and medical staff, especially psychiatrists;
- Monitor Proposition 1 implementation as it relates to housing for homeless individuals;
- Monitor peer advocacy program to assure advocacy of peers;
- Behavioral Health to develop performance outcome data to measure the degrees of success with treatments;
- Fill vacant Advisory Board positions with best effort to comply with state requirement for appointment of one veteran and one person under 25 years of age; BHAB to be utilized in vetting of prospective new Advisory Board members.