

Sutter-Yuba Behavioral Health

Rick Bingham – Director

Program Description

Sutter-Yuba Behavioral Health (SYBH) has served between 4,000 and 4,500 unique mental health clients in each of the last two years. There has been a steady demand for behavioral health services during this time, which has likely been related to the COVID-19 pandemic. A nationwide and statewide shortage of providers concomitant with this demand has created stress on an already taxed system.

In 1991, responsibility for providing Specialty Mental Health Services was realigned from the state to counties. Revenue to fund these services came from dedicated shares of Vehicle License Fees (VLF) and sales taxes. In 2011, the State realigned responsibility for additional mental health and Substance Use Disorder (SUD) services to counties, along with an additional dedicated portion of sales taxes to fund them.

The 1991 & 2011 areas realigned include:

- Early and Periodic Screening, Diagnosis, and Treatment (EPSDT)
- Mental Health Managed Care
- Drug Courts
- Drug Medi-Cal
- Non-Drug Medi-Cal Treatment Services

These services, previously funded by State General Fund monies, are now funded through VLF and sales tax.

These realigned programs are addressed by SYBH in the following ways:

- In addition to serving youth at our two Youth Outpatient Clinics, SYBH has a contract with Youth for Change to provide community-based services to youth who have especially high needs.
- Individuals who cannot be hospitalized at SYBH's Psychiatric Health Facility have their care transferred to a private managed care hospital.
- SYBH is a provider and referral source for the Yuba County Drug Court.
- SYBH is a Drug Medi-Cal provider and contracts with other community providers to provide a robust system of care for individuals in need of substance-use treatment. We also provide non-Drug Medi-Cal services that are largely funded by the Substance Abuse Block Grant (SABG).
 - SYBH provides an intensive day treatment program to pregnant women and women with small children under its First Steps program. First Steps is widely recognized to be a very effective substance use disorder treatment program with many successful graduates in our communities.
 - SYBH provides outpatient care and contracts with providers in the community to do the same.

Sutter-Yuba Behavioral Health

Rick Bingham – Director

- SYBH provides referrals and funding to place clients in residential treatment centers both in and out our counties.

SYBH provides several judicially-linked programs. These include drug diversion services authorized under §1000 of the California Penal Code; services to individuals referred by the courts in both counties for mental health treatment and substance use disorder counseling; psychiatric services to youth in juvenile hall and the Maxine Singer Youth Guidance Center; and services to individuals involved in drug courts in both counties.

During FY 2011-12, Public Safety Realignment shifted responsibility for certain offenders from the state to counties and funding became available to continue and expand services in collaboration with the Probation Department. SYBH has staff that are integrated with Yuba and Sutter County Probation to provide services related to Public Safety Realignment.

SYBH, under funding agreements with Sutter and Yuba counties' Social Services agencies, provides additional treatment services in the Child Protective Services and the California Work Opportunity and Responsibility to Kids (CalWORKs) programs of both counties.

During FY 2016-17, SYBH entered into a relationship with Rideout Memorial Hospital. Psychiatric Emergency Services (PES) Crisis Counselors are embedded 24/7 at Adventist Health-Rideout Emergency Department (ED). Individuals placed on an involuntary hold under Welfare and Institutions Code §5150 are now taken directly to the Adventist Health-Rideout ED for assessment. This arrangement has proven to be beneficial for SYBH, Adventist Health-Rideout, and the community. Crisis services are still available for voluntary clients at the main SYBH facility on Live Oak Boulevard.

Mental Health Services Act

The Mental Health Services Act (MHSA), also known as Proposition 63, was passed by the voters in November 2004. The passage of Proposition 63 provided the first opportunity in many years for Sutter-Yuba Behavioral Health (SYBH) to provide increased funding, personnel, and other resources to support county mental health programs and monitor progress toward statewide goals for children, transition age youth, adults, older adults, and families. MHSA funds for counties are used to expand and transform mental health services.

The MHSA has five components:

- Community Services and Support
- Prevention & Early Intervention
- Innovation
- Capital Facilities & Technology Needs
- Workforce Education and Training

Sutter-Yuba Behavioral Health

Rick Bingham – Director

SYBH has had approved programs in four out of the five MHSA components. Given that SYBH has not received an allocation from the State since FY 2018-2019, there is no approved program in the Capital Facilities & Technology Needs (CFTN) component. The approved programs that include received allocations per component and program can be found in the Sutter-Yuba Behavioral Health MHSA Plan.

Accomplishments FY 2021-22

Sutter-Yuba Behavioral Health (SYBH) provides needed services to the most vulnerable county residents. This year, our accomplishments were achieved despite the continued complexities and difficulties associated with the COVID-19 pandemic.

Mental Health Services Act (MHSA) programs experienced several achievements that significantly increased access to care and improved services to the community. Among these are the following:

- New Haven, a new supported housing apartment complex, was opened and initially staffed by Sutter-Yuba Behavioral Health (SYBH) staff until a contract was completed with Telecare, which then resumed the supported housing services. Telecare provides services to 19 of the 39 units at the complex.
- SYBH oversaw the implementation of a new adult Full-Service Partnership (FSP) program, called SHINE. This program is administered by Telecare and doubled the adult FSP capacity from 30 slots to 60.
- The new MHSA Innovations program, iCARE, continued to develop with the goal of engaging hard to reach consumers. A contract was completed with Telecare, which enabled the deployment of staff shortly thereafter.
 - Additionally, through the iCARE program, SYBH trained approximately 200 community members in Mental Health First Aid and 175 behavioral health staff and community partners in LEAP.
- SYBH oversaw diversity, equity, and inclusion trainings with Dr. Bryant T. Marks of the National Training Institute on Race and Dr. Michael Jones of Renewed Vision Counseling. These trainings were provided to all SYBH staff as well as other Health and Human Services and Human Resources staff.
- The HEART team accompanied local law enforcement in performing homeless outreach and encampment cleanups.
- SYBH provided a multitude of outreach events to the community through its Prevention and Early Intervention (PEI) programs, reaching over 3,280 individuals.
- Through its clinical MHSA programs, SYBH served 1,127 unduplicated individuals year to date (July 1, 2021 to May 15, 2022).

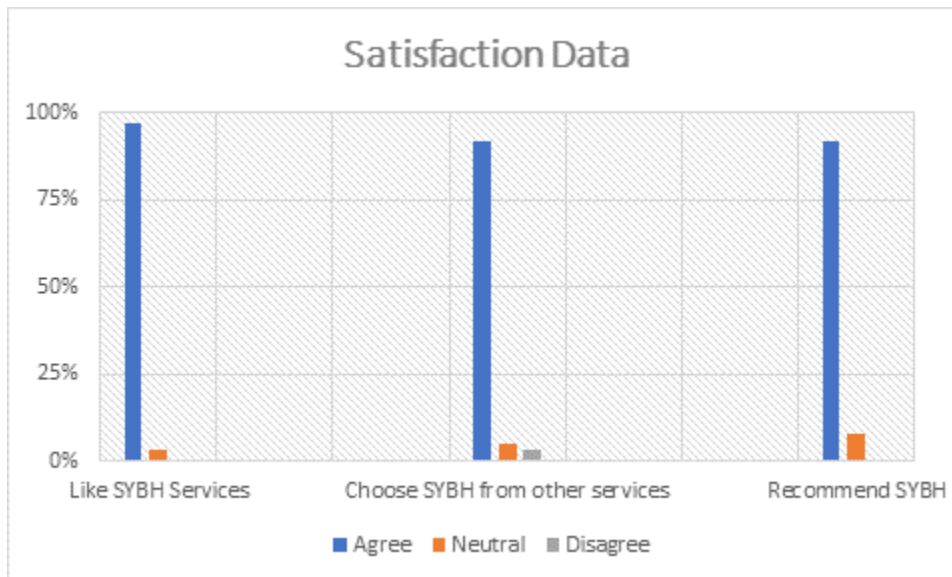
Additionally, traditionally funded (non-MHSA) programs experienced several achievements that significantly increased access to care and improved services to the community. Among these are the following:

Sutter-Yuba Behavioral Health

Rick Bingham – Director

- Sutter-Yuba Behavioral Health (SYBH) staff continued to be committed to providing dedicated and quality services to clients and community members despite significant limitations related to COVID-19. This included continuing to serve clients on the Psychiatric Health Facility (PHF) and working with hospital staff in the Emergency Department at Adventist+ Rideout.
- SYBH entered into contracts with Patient’s Rights and Hearing Officers groups which led to the implementation of best practices and increased professional standards.
- The purchase of PHF beds at our contracted facility, Stabler Lane, led to increased revenues, resulting in decreased costs of approximately \$700,000. Decreased costs for transporting clients to out of county facilities were also realized.
- Despite statewide staffing shortages and labor challenges, SYBH successfully retained all but one of its physicians.
- SYBH developed and expanded contracts with long-term care facilities to increase placement options for individuals in need.
- SYBH continued development of dashboards in the Electronic Health Record (EHR) with the end goal of making more data-informed decisions.
- Year to date (July 1, 2021 to May 15, 2022), SYBH served 2,764 individuals in need in non-MHSA programs.

Performance Measures FY 2020-21



Sutter-Yuba Behavioral Health

Rick Bingham – Director

During our External Quality Review Organization (EQRO) review this past February 6, 2022, participants weighed in on their satisfaction with the services received during the prior 12 months. The following are summaries of the feedback received in our final report:

- Participants, especially those who were parents/caregivers, were pleased with the return to in-person and school-based services, and all reported regular communication and contact with their mental health providers. One participant recounted how staff went “above and beyond” to help her whole family

Some opportunities for improvement that came from the feedback were:

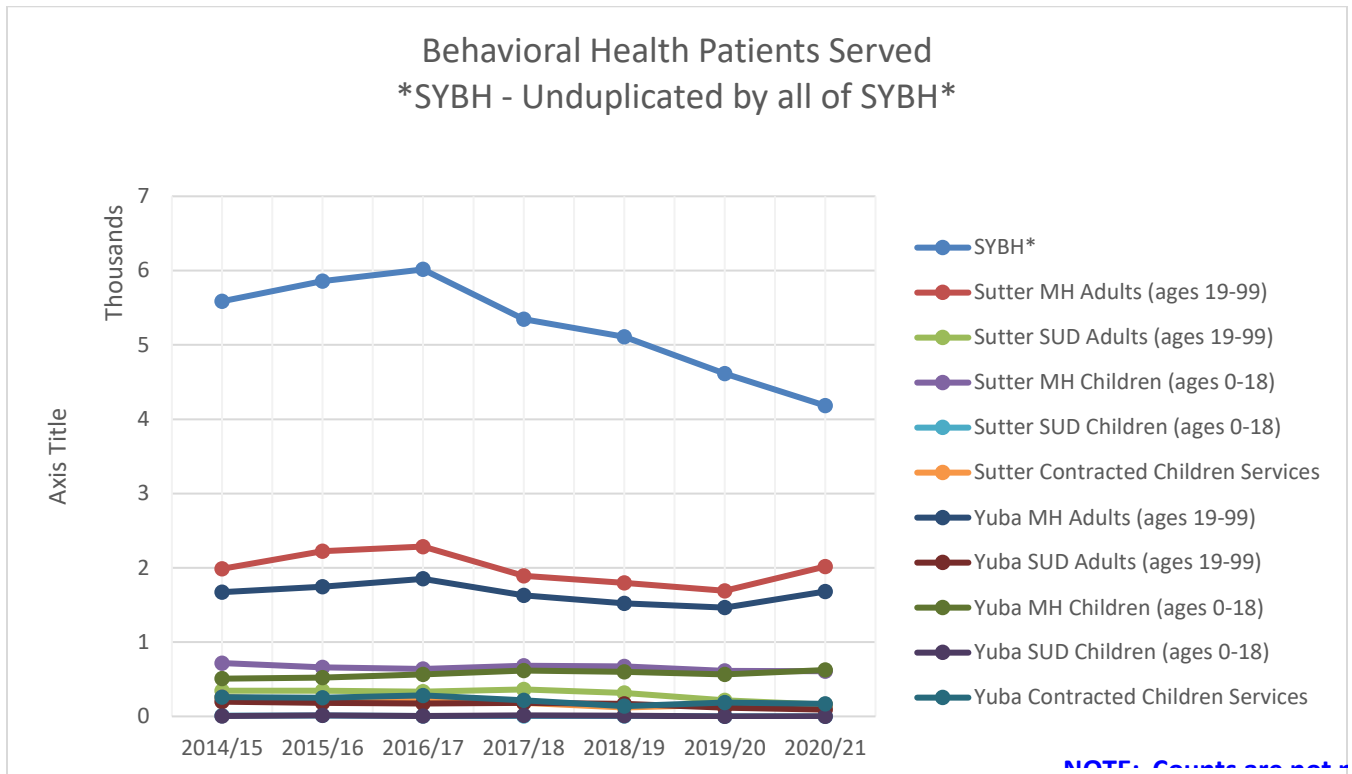
- Increase communication between inpatient and outpatient physicians.
- Increase communication with families around hospital transfer and step-down services.

Additional Performance Measures

- Trained over 303 community members virtually in Mental Health First Aid from March 1, 2021- March 1, 2022
- Provided in person services to 253 individuals in need of inpatient psychiatric care at our Psychiatric Health Facility (18% increase) and to 1,393 individuals needing crisis support through Psychiatric Emergency Services (24% increase).
- Provided 495 triages to youth and 866 to adult clients.
- Youth for Change, out contractor serving our highest needs youth served 333 youth, versus 298 the year before (12% increase).
- Provided the following outreach and prevention activities to members of the community, despite the limitations of the pandemic:
 - Suicide awareness outreach provided to 404 Community Members (COVID-19)
 - Mental Health Awareness outreach Hmong 209
 - Aggression replacement training (ART) provided to 0 youth in juvenile hall
 - Nurtured Heart Approach provided to 96
 - ASIST training provided to 20 individuals at Beale Air Force base
 - Safe-TALK suicide awareness 57 Community Members
 - Yellow Ribbon presentation on Suicide 22 Students
 - Second step bullying prevention 419
 - Self-Injury presentation 22 Students
 - Life Skills training provided to 25 youth at juvenile hall
 - Signs of Suicide presentations in school 2388 students
 - Girls Circle/The council/Unity Group 92 students
 - Videos posted on YouTube to address mental health symptoms affected by the pandemic, entitled, “It’s ok not to be ok.”

Sutter-Yuba Behavioral Health

Rick Bingham – Director



The SYBH number is the unduplicated total of clients, regardless of the clients age, that received at least one service from any provider (whether it was a county provider or contract provider) during the fiscal year.

The others are unduplicated totals for the specific program type and age group that the data is reported under. In the counts that are broken out, a client could be counted more than once if they received a service in two separate program types. For instance, if the client received a service at a Sutter MH program and a Sutter SUD program, they would be counted once for each program type. The SYBH total would only count the client one time as the total takes into consideration that the client was seen at least once at any of the programs listed.

Goals and Objectives FY 2022-23

Sutter County Health and Human Services – Behavioral Health has FY 2022-23 goals that align with the county-wide goal of providing responsive and cost-effective social services (with measurable results) to an increasingly diverse and complex society. These goals are:

1. SYBH will complete the rollout of iCARE and begin the evaluation phase of the project.
2. SYBH staff will participate in “train the trainer” programs for LEAP so that this can be provided to more staff and community partners.

Sutter-Yuba Behavioral Health

Rick Bingham – Director

3. SYBH will work with community partners in expanding our contract with Telecare to establish supported housing services at Cedar Lane in Yuba County, the sister project to New Haven.
4. SYBH will complete a video series directed at the local community regarding mitigation of mental health stigma.
5. SYBH's goals for the coming year will continue to focus on efforts that expand treatment and meet needs of community members.
6. SYBH will seek to harmonize in-person and remote services in ways that are most beneficial to our clientele.
7. SYBH will begin the multi-year process of Behavioral Health CalAIM implementation, which includes documentation and payment reform.
8. SYBH will transition from its current EHR software to a newer, more flexible platform that will be more user-friendly and allow for improved data extraction and data-driven care.
9. SYBH will continue to train staff on best practices related to client engagement.

Pending Issues/Policy Considerations/Other Updates FY 2022-23

The following issues and policy considerations that could impact the 2022-23 Behavioral Health budget are listed below.

- California Advancing and Innovating Medi-Cal (CalAIM): A multi-year initiative by the Department of Health Care Services to improve the quality of life and health outcomes of California's population by implementing broad delivery system, program, and payment reform across the Medi-Cal program and has the goal of improved quality of life for Medi-Cal members, as well as long-term cost savings/avoidance.
 - Several of the changes that will occur as a result of CalAIM are wide ranging and include payment reform, improved coordination of health care services, development of long-term supports for clients and efforts to reduce the administrative burdens have existed for decades as a result of past behavioral health policy decisions.
 - These changes will occur over the next five to seven years.
 - The state budget has included funding in the FY 2022-23 budget for the second year of these efforts
- For FY 2022-23, for Realignment allocations, 1991 & 2011 Realignment is projected to increase with an estimated \$17,964,601 to be received which is a projected increase of 17.2% compared to FY 2021-22's anticipated amount of \$15,320,000.
- MHPA was passed by California voters in 2004 and is funded by a one percent income tax on personal income in excess of \$1 million per year. For FY 2022-23, MHPA funding will continue to increase slightly with an estimated \$14,474,040 to be received which is a projected increase of 9.4% compared to FY 2021-22's anticipated amount of \$13,233,779.
- Untimely and inconsistent audits conducted by the Department of Health Care Services - audits can be four to five years in arrears with auditors reinterpreting statutes and regulations. This can result in large recoupments owed back to the state.

Sutter-Yuba Behavioral Health

Rick Bingham – Director

- SYBH is in the process of updating the rates it bills to Medi-Cal and other insurance companies. Rates are required by federal law to be based on actual costs. Medi-Cal is billed using interim rates, estimated based on costs from a prior year, and these rates are then reconciled to actual costs at the end of each fiscal year through a mandated cost report process. SYBH's current rates were last set through the County Budget process in FY 2018-19. Going forward, we will be adopting a practice of updating the rates on an annual basis.