



Santa Cruz County Health Services Agency Behavioral Health

We Are Serious About Mental Health & Recovery!



May 14, 2018

Santa Cruz County Behavioral Health offers a variety of services to the community by County employees, as well as through our contracts with numerous community-based agencies. Our services treat persons across the lifespan, from prevention and early intervention services to being a safety net to persons with serious emotional disturbance and serious mental illness and/or substance use disorders. In an effort to shed light on the variety of services and programs we provide, we endeavor to provide a monthly newsletter about what we do.

HOPES Team goes live March 12!

On March 12, under the leadership of Jasmine Najera, Santa Cruz County launched a new program to more effectively address the needs of the homeless in our community called Santa Cruz HOPES- Homeless Outreach and Proactive Engagement Strategies. The HOPES model uses a multidisciplinary team model to bring together all the key homeless provider service organizations and meet up to 3X weekly to coordinate referrals, triage existing clients in the community, and ensure that clients are getting access to the types of services based on need. We have already had several success stories in the community thanks to the hard work of the members of this team. During an update to the Board of Supervisors at the May 8th meeting to discuss outcomes and performance measures, Jasmine was recognized for her early success with the team, and her ability to establish collaborative working relationships with local businesses in the downtown area of Santa Cruz. Next steps will be contracting with an organization to help establish an evaluation and quarterly reporting plan which we anticipate launching sometime this summer.

A first hand account of Santa Cruz County Occupational Therapy Program: by David Rosen (Article 2)

The Occupational Therapy and Life Skills groups meet on Tuesday and Thursday in the multi-purpose room in building K. On Tuesday, there is a goal setting and weekly planning drop-in group. Goals might include reducing cigarette intake, losing weight, finding a volunteer position, setting the intention to have time for relaxation exercise, getting a driver's license, finding a counselor or therapist, taking a computer skills class or whatever you can think of that would be productive and healthy. There is a flyer available at the room and at the check-in desk in building K which describes the groups.

The Life Skills and Coping Skills groups on Thursday continue to be very useful in that they present excellent TED talks, light stretching and assertive communication periods. Another aspect of Thursday morning is the good old-fashioned practice of cooking breakfast. Recipes such as chicken adobo, grilled cheese sandwiches, French toast, veggie chili, nachos, pumpkin soufflé and twice baked potatoes have all been made. Additionally, Thursday has become an avenue for expressing creativity, with the creation of a collage rainbow, on the theme of spring rainbows. The pot of gold at the end of this rainbow

was made of cut-out coins representing things that client's felt abundant in. The OT group would like to establish its own newsletter, a garden and a good tasting baked good sale. Watch for these and other inspiring developments in the coming months.

Drug MediCal Expanded Services:

On January 1, 2018, Santa Cruz County officially went live with expanded Drug MediCal services for the residents of our County. The additional funds made available under this program will allow the County to greatly expand both outpatient and residential treatment capacity to this population and apply an objective assessment tool with the ASAM to determine the appropriate level of care based on the individual's needs, and document those needs in the electronic health record. In prior years, the County had served approximately 375 individuals per quarter in its contracted programs. During the first quarter of implementing the ODS waiver, we served over 900, over a 200% increase. A job well done to all the staff who made this transition a success!

TIS Principle of the Month: Resilience & Recovery

Trauma can have a long-lasting and broad impact on our lives that may create a feeling of hopelessness. Yet, when we focus on our strengths and clear steps we can take toward wellness we are more likely to be resilient and recover.

1. **Path** – We recognize the value of instilling hope by seeking to develop a clear path towards wellness that addresses stress and trauma.
2. **Strengths** – We proactively identify and apply strengths to promote wellness and growth, rather than focusing singularly on symptom reduction.
3. **Practices** – We are aware of and have access to effective treatments, skills, and personal practices that support recovery and resiliency.

Have a comment you wish to share?

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