



**California Association of Local Behavioral Health
Boards and Commissions**

Annual Report to the MHSOAC

2018 - 2019

CALBHB/C supports the work of California's
59 local mental/behavioral health boards and commissions.

www.calbhbc.com

**CA Association of Local Behavioral Health Boards & Commissions
2018-2019 Annual Report to the MHSOAC**

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I. EXECUTIVE SUMMARY

The mission of the California Association of Behavioral Health Boards and Commissions (CALBHB/C) is to support the work of California's 59 local mental/behavioral health boards and commissions by providing resources, training, and opportunities for communication and state-wide advocacy. CALBHB/C succeeded in the past year in fulfilling this mission in many ways, including:

Service to Mental/Behavioral Health Boards and Commissions (MHBs)

CALBHB/C staff and leadership engaged with MHBs throughout the state, offering technical assistance, resources, issue-based mental health information and training. Communications were provided through: a dynamic, go-to website (www.calbhbc.com) with informational newsletters and social media; regional & state-wide teleconferences; in-person meetings.

Issue Advocacy: CALBHB/C advocates for the best system of behavioral health care, to include culturally competent, evidence-based, recovery-focused treatment and services for all behavioral health consumers, including the unserved and underserved.

CALBHB/C held its first-ever Capitol Day, bringing together leadership from local boards/commissions around the state to meet with legislators in Sacramento, with special emphasis regarding mental health **workforce** needs. CALBHB/C also weighed in on 10 mental-health related bills, and one federal policy.

Input from CA's local boards/commissions provided the basis to identify issues for advocacy and to identify successful programs. Top mental health issues identified for 2019-20 advocacy include:

- 1) Gaps in the housing continuum, including Board & Cares for those with Severe Mental Illness (SMI)
- 2) Workforce Shortage
- 3) Children & Youth, with special attention to:
 - a) Foster Youth (increasing mental health education and support for families and caregivers.
 - b) School-based offerings – Increasing offering and alignment of effective services (between County Offices of Education and local Behavioral Health Agencies)
- 4) Employment of those with SMI, including advocating for Peer Support Specialist Certification
- 5) Jails/Criminal Justice (increasing review and effectiveness of mental health offerings)

See page 4 for full listing of specific issues.

State-wide Collaboration: CALBHB/C increased its state-wide presence this year through: communicating, collaborating and establishing relationships among CA's 59 local mental health boards/commissions, state-wide organizations, government officials, state and local legislators, and stakeholder organizations to increase understanding of the work and interests of local mental/behavioral health boards and commissions. CALBHB/C connected with many mental health/behavioral health organizations such as:

- Steinberg Institute
- Mental Health Services Oversight and Accountability Commission
- California Behavioral Health Planning Council
- CA Behavioral Health Directors Association
- California Access Coalition
- California Connection Coalition
- Mental Health America of California
- National Alliance for Mental Health, CA
- California Coalition for Mental Health
- Behavioral Health Action, including "Behavioral Health Model Plan Workgroup"
- Mental Health Services Act Partners Forum
- Access CA (A program of NorCal Mental Health America)
- California State Association of Counties (CSAC)
- CA Department of Rehabilitation (DOR), including "Behavioral Health Workgroup"

II. BACKGROUND

The California Association of Behavioral Health Boards and Commissions (CALBHB/C) is a 501(c)(3), non-profit public benefit corporation created in 1993.

Mission:

CALBHB/C supports the work of California's 59 local mental/behavioral health boards and commissions (MHBs) by providing resources, training and opportunities for communication and state-wide advocacy.

Local boards are responsible for reviewing community mental health needs, services, facilities and special problems, and serve in an advisory capacity to local governing bodies and local mental/behavioral health directors per CA Welfare and Institutions Code 5604.2. Link to www.CALBHBC.com

Membership:

CALBHB/C membership is comprised of California's 59 local mental/behavioral health boards and commissions. Members include MHBs from 58 counties (two counties work together as one entity), plus the City of Berkeley Mental Health Commission and the Tri-City Mental Health Board.

Members of local boards are appointed by their board of supervisors or governing body. At least 50% of local board members must be individuals with lived experience of mental illness (aka "consumers") or family members of consumers. MHB membership should reflect the ethnic and cultural diversity of the communities served.

Local boards and commissions are located in five different regions: Superior, Central, Bay Area, Southern and Los Angeles (Regions coincide with the County Behavioral Health Directors Association regions). Link to [Regional Map](#) and [MHB Websites](#).

Leadership:

Governing Board: CALBHB/C is led by an elected Governing Board that is comprised of a President, Vice President, Secretary/Treasurer, with up to three board members from each of the five regions. The Governing Board members are all current members of local mental/behavioral health boards.

Staff: CALBHB/C has a full-time Executive Director, assisted by one part-time administrative assistant. [Link to biographies](#).

Funding:

In FY 2018-19, CALBHB/C was supported by membership dues of \$51,900 and a \$55,500 contract with the Mental Health Services Oversight and Accountability Commission (MHSOAC).

III. SERVICE TO MENTAL HEALTH/BEHAVIORAL HEALTH BOARDS

1. Addressing Issues:

Listening: Through in-person meetings, a series of 12 teleconferences, and on-line reporting, local boards/commissions were encouraged to report local mental/behavioral health issues. This input provided the basis to identify issues for advocacy and to identify successful programs.

Responding: Mental/behavioral health issues were addressed with issue papers, website resources, communication of successful practices, policy and legislative advocacy.

CALBHB/C weighed in on 10 mental-health related bills and provided advocacy guidance regarding one federal policy. Issue-based advocacy was always done in compliance with state and federal laws and regulations affecting advocacy by non-profit, charitable organizations.

<u>Issue</u>	<u>Resource</u>
Access	Legislative Support
Adult Residential Facilities	Issue Brief & Legislative Support
Children & Youth	Speakers 1/18/19 and Legislative Support
Criminal Justice	State-wide Teleconference 8/1/2019
Disaster Preparedness	Issue Brief
Employment	Issue Brief
Older Adults	Speaker 6/21/19
Peer Provider Certification	Legislative Support
Public Charge	Prompt for comments re: Federal Policy Proposal
Workforce	Legislative Support & Capitol Day (4/10) Legislative Visits
Various (29 Issues)	Website News/Issues

2. Meetings/Trainings:

In-Person: CALBHB/C conducted six in-person meetings in conjunction with Mental Health Board trainings:

<u>City</u>	<u>Month</u>	<u>Region</u>	<u>Attendees</u>
Redding	August	Superior	21
Folsom	October	Central	20
San Diego	January	Southern (including LA)	17
Oakland	March	Bay Area	18
Sacramento	April	State-wide	26
Santa Ana	June	LA (Including Southern)	25
Chico	August 24	Superior	21 Registered

Teleconferences: CALBHB/C conducted 12 regional teleconferences (42 jurisdictions participated), and one state-wide teleconference (31 jurisdictions participated)

3. Technical Support

CALBHB/C staff and Governing Board members were engaged with all mental/behavioral health boards and commissions in the state. In addition to dozens of support calls and emails, staff and Governing Board members travelled for in-person visits with board/commission leadership around the state. There was a noticeable increase in questions from local board leadership and staff liaisons. This increase in engagement is probably due to a robust offering of resources, as well as increased outreach and communication by CALBHB/C.

Support resources found at www.calbhbc.com include “Frequently Asked Questions”, reports, templates/sample documents, handbooks, on-line trainings and more. Instructional materials are provided at www.calbhbc.com and technical questions from local board members are answered within 24 hours.

CALBHB/C also provided communication and support to local boards to facilitate completion and submission of the “Data Notebook” (a questionnaire developed by the CA Behavioral Health Planning Council.)

4. Special Section: Effective review of MHSA 3-Year Plans, Updates and Innovation Plans

Link to related legislation (CA WIC 5848)

Challenges: The review and analysis of the MHSA Three-Year Plans, Annual Updates and Innovations Plans can be major undertakings for mental/behavioral health boards/commissions (MHBs). Related MHB duties (according to CA WIC 5604.2 and WIC 5848) include:

1. Assure Citizen and Professional Involvement (5604.2)
2. Review and Advise (5604.2)
3. Conduct Public Hearings (5848)

The plan documents are lengthy and complex (including program descriptions, populations served, penetration rates, charts, graphs, and fiscal documents).

Strategies: CALBHB/C increased resources and advice to MHBs to help with effective review of MHSA Three-Year Plans, Annual Updates and Innovations Plans. Instructional resources are now provided:

1. [“Best Practices 2019” Handbook, Pages 19-22.](#)
2. [Frequently Asked Questions \(FAQs\), #5](#)
3. On-line MHSA Training Modules include:
 - [MHSA: Role of MHB \(15 Minutes\)](#)
 - [MHSA: Fiscal \(15 Minutes\)](#)
 - [MHSA CPP: Community Program Planning](#) (Forward to 16:06 through 25:40.) Access CA, a program of NorCal MHA
4. CALBHB/C included CPP training on the agendas at regional and state-wide trainings.

IV. Publications:

Newsletters: A quarterly, online newsletter was sent to every local mental/behavioral health board and commission and the county mental/behavioral health directors. The newsletters included information about important issues, upcoming meetings/trainings, links to registration and a description of resources. Newsletters are at: www.calbhbc.com/newsissues.html. Periodic updates were also provided (usually monthly.)

Website: The CALBHB/C website, www.calbhbc.com contains a wealth of information. Publications include manuals, reports, templates/sample documents, newsletters, legislative advocacy and other useful information. CALBHB/C's on-line resource listing is shown below, and at: www.calbhbc.com/resources.html

Handbooks/Manuals: CALBHB/C developed and maintains the *Best Practices for Local Mental/Behavioral Health Boards and Commissions Handbook*.

Topics	Templates/Sample Docs:	Training/Handbooks:
<ol style="list-style-type: none"> 1. ADVOCACY: Addressing Issues 2. BROWN ACT (Open Meeting Rules) 3. COMMUNITY PROGRAM PLANNING (AccessCA) – Ensuring stakeholder input. 4. CULTURAL COMPETENCE 5. DATA NOTEBOOKS 6. DUTIES of Mental/Behavioral Health Board and Commission Members. (California Welfare & Institution Code 5604) - <i>Detailed Task List.</i> 7. EVIDENCE-BASED PRACTICES 8. FREQUENTLY ASKED QUESTIONS "FAQs" 9. LEGISLATION (W&I Code) for Local Boards & Commissions and Mental Health Divisions 10. MHSA 3-year Plans, Updates: MHB Role, Components, Fiscal Information 11. REPORTS (Local Annual Reports & Statewide Reports) 12. WEBSITES for Local Boards & Commissions 13. RELATED LINKS (Other mental health resources/websites) 	<ol style="list-style-type: none"> 1. Agendas 2. Annual Goals (and Task List) 3. Annual Reports 4. Bylaws 5. Member Orientation 6. Recruitment (Application, Flyer, Interview Questions) 7. Site/Program Visit Forms/Procedures ... and more 	<ol style="list-style-type: none"> 1. TRAINING - Online Links, Training Materials, Training Dates. 2. BEST PRACTICES 2019 Guidance & examples for local mental/behavioral boards/commissions. <u>Best Practices Topics:</u> Advocacy Ad Hocs Annual Reports Data Notebooks Duties: Alcohol & Drug (for integrated boards) Duties: Mental Health MHSA: <i>Role of MHB</i> MHSA: <i>Definition</i> MHSA: <i>Fiscal Information</i> Recruitment Resolutions/Recommendations Running a Good Meeting Site - Program Visits

V. TRAINING

1. **On-Line:** On-line modules at www.calbhbc.com/training.html include:

Duties of Local Boards - Check Your Understanding of WIC 5604.2 Duties (15 minutes)

Ethics Training (2-Hours)

MHSA Training Modules:

1. [MHSA: Role of MHB \(15 Minutes\)](#)
2. [MHSA: Fiscal \(15 Minutes\)](#)
3. [MHSA CPP: Community Program Planning](#) (Forward to 16:06 through 25:40.) Access CA, a program of NorCal MHA

2. **Hand-Book:** CALBHB/C developed and maintains the Best Practices for Local Mental/Behavioral Health Boards and Commissions Handbook.

3. **In-Person** - CALBHB/C communicated and facilitated registration for MHB trainings, with efforts to coordinate with other organizations (see listing below). Trainings included instruction regarding MHB Duties/Responsibilities and MHSA Community Program Planning – ensuring local stakeholder input during the development of MHSA 3-Year Plans, Updates and Innovation Plans.

- **Regional:** All members of local mental/behavioral health boards and commissions are welcome to attend regional meetings and trainings. Additionally, the staff liaisons who support the local boards/commissions are welcome and encouraged to attend.
- **Los Angeles:** In addition to Los Angeles' Mental Health Commission, the Co-Chairs of the Service Area Advisory Committees were welcome to attend the Friday meeting/training in the Los Angeles/Southern area. Note separate agenda and registration for LA SAAC Co-Chairs.
- **State-wide:** For the April All-State Meeting/Training/Capitol Day, chairs and designated leadership were encouraged to attend.
- **Expenses:** There is no fee to register for meetings/trainings. CALBHB/C covers travel expenses for one member per local mental/behavioral health board/commission in the region, but more are welcome. Additional members can be reimbursed in the case of boards/commissions with CALBHB/C Governing Board Members.
- **Schedule:** There is no fee to register for meetings/trainings. CALBHB/C covers travel expenses for CALBHB/C conducted in-person meetings in conjunction with Mental Health Board trainings:

<u>City</u>	<u>Month</u>	<u>Region</u>	<u>Attendees</u>	<u>Training Provided By:</u>
Folsom	October	Central	22	CIBHS
San Diego	January	Southern (including LA)	14	CIBHS & AccessCA
Oakland	March	Bay Area	16	CIBHS
Sacramento	April	State-wide	26	CALBHB/C & AccessCA
Santa Ana	June	LA (Including Southern)	23 & 19	CALBHB/C, AccessCA & CIBHS
Chico	August '19	Superior	21 Registered	CALBHB/C, NAMI CA

VI. REFLECTIONS & GOALS FOR THE FUTURE

Progress, Challenges, Adaptation, Rationale and Goals for the Future

Progress came this year in the form of increased engagement and offerings:

- | | |
|---------------------------------|--------------------------------------|
| 1. Increased support calls | 4. Increased issue-based advocacy |
| 2. Increased resources for MHBs | 5. Increased issue research/analysis |
| 3. Increased trainings for MHBs | 6. Increased state-wide engagement |

Challenges/Adaptation/Rationale:

1. **Cultural Competence Training** was missing from the training offerings, and due to time requirements of training contractors, it was difficult to add additional modules. CALBHB/C had greater ability to set the training agendas beginning in FY 2019-20.

A one-hour training, “Cultural & Linguistic Competence: Engaging Diverse Communities In A Meaningful Way” will be offered by NAMI CA (with a representative from the Hmong Cultural Center of Butte County) at the Superior Region Meeting/Training in Chico on August 24, 2019.

Efforts will be made to include this type of training in all regions throughout FY 2019-20.

2. **Commenting on performance outcome data** is a duty of the Mental Health Boards (WIC 5604.2 (a)(7.)) MHBs continue to need greater access to performance outcome data for review, analysis, and comment in order to better advise locally and communicate findings to the state.

CALBHB/C now encourages MHBs to review the following:

1. MHSOAC Transparency Dashboard: <http://transparency.mhsoac.ca.gov/Overview>
2. Medi-Cal External Quality Review Organization Data: calegro.com

CALBHB/C continues to advocate for performance outcome data. See “Goals”, page 9.

3. **Increased Engagement:** Challenges on staff time coincided with increased engagement with MHBs and state-wide allies. Understanding, analysing and communicating effectively regarding issues required more time. Local MHB chairs, members and staff liaisons asked more questions and requested more resources than in the previous year. Additionally, engagement with legislative advocacy required research, drafting support letters, in-person support at hearings, tracking and reviewing amendments, and ongoing communication.

Challenges that we faced in providing increased offerings and engagement were addressed with increased planning, structure, administrative assistance and collaboration. The following actions were taken.

1. Adopted [Annual Goals \(Link\)](#)
2. Adopted [Principles for Support & Advocacy \(Link\)](#)
3. Developed [Communication Plan \(Link\)](#)
4. Compiled a Teleconference Schedule (increased two-way communication with 42 MHBs through 12 teleconferences)
5. Adopted [On-Line and Teleconference Voting Policies & Procedures \(Link\)](#)
6. Added a part-time employee to provide administrative assistance. (CALBHB/C now has two employees: One full-time Executive Director and one part-time Executive Assistant.)

7. Partnered with NAMI CA to offer a “Capitol Day” in April. NAMI took the lead in organizing “Capitol Day” training, presentations and meetings with legislators.
8. Developed relationships with other state-wide organizations in order to increase understanding and collaboration regarding mental/behavioral health issues.

Goals for the Future – Along with performing its mission, specific goals for the future include:

1. **Performance Outcome Data:** Collaborate with state agencies to increase access and analysis of local performance outcome data for review and comment by MHBs. (WIC 5604.2, Duty #7)
2. **Issue Briefs** to address mental/behavioral health issues/success related to the following topics: Older Adults, Criminal Justice and Children/Youth.
3. **Increase Revenue:** Boost CALBHB/C’s revenue stream to cover the cost of effectively providing support to CA’s 59 local MHBs. (CALBHB/C receives its revenue from membership dues and a small contract with the MHSOAC.) Since the membership dues to the local MHBs have been increased for two years in a row, no increase to this form of revenue is planned in the coming year. We have requested increased funding from the MHSOAC.

For Further Information, Contact: Theresa Comstock, Executive Director, CALBHB/C
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