

Mental Health
Services Act
(MHSA)
Annual Update
FY 2024/2025





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MHSA COUNTY CERTIFICATION

Local Mental Health Director	Project Lead
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Local Mental Health Mailing Address:	
Tehama County Health Services Agency Behavior Health Services P.O. Box 400 Red Bluff, CA 96080	

I hereby certify that I am the official responsible for the administration of county mental health services in and for said county and that the County has complied with all pertinent regulations, laws, and statutes of the Mental Health Services Act in preparing and submitting this plan and annual update, including stakeholder participation and non-supplantation requirements.

This Three-Year Program and Expenditure Plan has been developed with the participation of stakeholders, in accordance with Welfare and Institutions Code Section 5848 and Title 9 of the California Code of Regulations section 3300, Community Planning Process. The draft annual update was circulated to representatives of stakeholder interests and any interested party for 30 days for review and comment and a public hearing was held by the local mental health board. All input has been considered with adjustments made, as appropriate. The annual update and expenditure plan, attached hereto, was adopted by the County Board of Supervisors on _____.

Mental Health Services Act funds are and will be used in compliance with Welfare and Institutions Code section 5891 and Title 9 of the California Code of Regulations section 3410, Non-Supplant.

All documents in the attached annual update are true and correct.

Jayme S. Bottke

Mental Health Director/Designee

Date

MHSA COUNTY FISCAL ACCOUNTABILITY CERTIFICATION

County/City: Tehama

2024/2025 Annual Update

<p>Local Mental Health Director Name: Jayme S. Bottke Telephone:(530) 527-8491 E-mail: Jayme.Bottke@tchsa.net</p>	<p>County Auditor-Controller/City Financial Officer Name: Krista Peterson Telephone: (530) 527-3474 E-mail: kpeterson@co.tehama.ca.us</p>
<p>Local Mental Health Mailing Address: Tehama County Health Services Agency Behavior Health Services P.O. Box 400 Red Bluff, CA 96080</p>	

I hereby certify that the Three-Year Program and Expenditure Plan, Annual Update or Annual Revenue and Expenditure Report is true and correct and that the County has complied with all fiscal accountability requirements as required by law or as directed by the State Department of Health Care Services and the Mental Health Services Oversight and Accountability Commission, and that all expenditures are consistent with the requirements of the Mental Health Services Act (MHSA), including Welfare and Institutions Code (WIC) sections 5813.5, 5830, 5840, 5847, 5891, and 5892; and Title 9 of the California Code of Regulations sections 3400 and 3410. I further certify that all expenditures are consistent with an approved plan or update and that MHSA funds will only be used for programs specified in the Mental Health Services Act. Other than funds placed in a reserve in accordance with an approved plan, any funds allocated to a county which are not spent for their authorized purpose within the time period specified in WIC section 5892(h), shall revert to the state to be deposited into the fund and available for other counties in future years.

I declare under penalty of perjury under the laws of this state that the foregoing and the attached update/report is true and correct to the best of my knowledge.

Jayme S. Bottke

 Local Mental Health Director (PRINT)

 Signature

 Date

"I hereby certify that for the fiscal year ended June 30, 2023_, the County/City has maintained an interest-bearing local Mental health Services (MHS) Fund (WIC 5892(f)); and that the County's/City's financial statements are audited annually by an independent auditor and the most recent audit report is dated _____ for the fiscal year ended June 30, 2023_. I further certify that for the fiscal year ended June 30, 2023_, the State MHSA distributions were recorded as revenues in the local MHS Fund; that County/City MHSA expenditures and transfer out were appropriated by the Board of Supervisors and recorded in compliance with such appropriations; and that the County/City has complied with WIC section 5891(a), in that local MHS funds may not be loaned to a county general fund or any other county fund. I declare under penalty of perjury under the laws of this state that the foregoing and the attached update/report is true and correct to the best of my knowledge."

Krista Peterson

 County Auditor Controller (PRINT)

 Signature

 Date

1Welfare and Institutions Code Sections 5847(b)(9) and 5899(a) Three-Year Program and Expenditure Plan, Annual Update, and RER Certification (02/14/2013)

COUNTY OF TEHAMA

Office of
JENNIFER VISE
County Clerk and Recorder
P.O. Box 250
Courthouse
633 Washington Street
Red Bluff, California 96080



Tehama County Courthouse

TELEPHONE (Area Code 530)

Clerk & Recorder 527-3350
Elections 527-8190
Clerk of the Board
of Supervisors 527-3287

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This Annual Update was available for public review and comment from May ___ through June ____, 2024.

The County Mental Health Board held a public hearing at the close of the 30-day public comment period, on June 19th, 2024.

The County Mental Health Board recommended approval of this Annual Update to the County Board of Supervisors.

Tehama County Board of Supervisors approved this Annual Update on June ____, 2024.

For information or questions regarding this report, contact:

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OVERVIEW

Mental Health Services Act (MHSA)

Proposition 63, the Mental Health Services Act (MHSA) was passed by California voters in 2004 to provide funds to counties for mental health services and programs. Local county agencies must spend MHSA funds to expand mental health services and cannot use them to replace existing state or county funding.

MHSA is funded through a 1% tax on individual annual taxable income exceeding \$1 million and has grown to approximately \$3 billion a year. The California Department of Health Care Services (DHCS) allocates funds to counties based on population, poverty level, and prevalence of mental illness.

MHSA law stipulates different service components: Community Services and Supports (CSS), Prevention and Early Intervention (PEI), Housing, Innovation (INN), Workforce Education and Training (WET) and Capital Facilities and Technological Needs (CFTN). CSS, PEI, and INN are funded on an on-going basis, with disbursement made monthly, while permanent housing, CFTN and WET are on a different funding schedule (receiving, for example, one-time funds or funds for a finite period).

MHSA spending is structured, requiring minimum percentages spent on each of several components: 76% must be spent on CSS (with 51% or more on a level of care called Full-Service Partnership (FSP); 19% must be spent on PEI (51% or more must be spent on services for youth and transition-aged youth, or “TAY” ages 16 to 25); and INN receives 5%. Counties must maintain a “prudent reserve” of MHSA funds to help mitigate funding fluctuation. MHSA does allow some cross over between components: For example, up to 20% of the average of the previous five years CSS annual funding can be spent on WET, CFTN, and/or “prudent reserve”.

MHSA Spending

MHSA Component	Percentage Allocated	Based on \$4 million
Community Services & Supports (CSS)	76%	\$3,160,000
• <i>Full-Service Partnership (FSP)</i>	51%	\$1,580,000
• <i>WET & CFTN</i>	up to 20%	
Prevention & Early Intervention	19%	\$640,000
• <i>Programs for youth (0-25)</i>	51%	
Innovation (INN)	5%	\$200,000

Tehama County

Straddling the basin of California's Central Valley and framed by mountainous regions in both the east and west, the county benefits from tourism while maintaining an industrial base in agricultural and animal production. The county's cultural base has a strong Latino community as well as a significant Native American population. These cultural bases have led to long-established and tight-knit communities in a rugged rural setting.

As of the 2020 census, Tehama County has a population of 65,829*. At 27% (2020 census data), Tehama County's Latino population is larger than the national average of 19% and lower than the California average of 39%. Spanish is the county's only threshold language, and the remaining population is predominantly white (66%), with 1% of Black or African American, 3% American Indian and Alaskan Native, and 1.5% of Asian ancestry.



The 15.6% poverty rate of Tehama County is only slightly higher than the California average (12.3%) and the National average (12.8%), but it still poses a significant challenge in providing services. Many counties within the superior region (surrounding counties) have similar poverty levels, compounding the effects of rural poverty, considering that limited services are expected to provide for a high-needs population. In addition, the median household income in Tehama County is \$52,901, which is 38% lower than the \$84,907 California median income, and 25% lower than the \$69,717 National median income.

Population age and static growth is another regional and local issue, with 20% of Tehama County residents being over the age of 65, significantly higher than the 15% throughout the state of California, but in line with the Superior Region's 21%.

An estimated 17% of county residents, ages 25+ have attained a bachelor's degree or higher, compared to California's 25%, and the national rate of 35%. In contrast, Tehama County has a high school completion rate of 86% compared to the state average of 34% combined with a lower population of adults, a higher population of older adults, and a static population growth might indicate that youth who leave the county to pursue jobs, higher education, and/or training may not be returning to Tehama County.

Geographic isolation is an additional contributor to the challenges surrounding the provision of services throughout the county. This is demonstrated by a population density of approximately 22 people per square mile (California average is 239 people per square mile) and a car travel time of two to three hours to reach the nearest major metropolitan area (Sacramento). Sixty

*(<https://data.census.gov/table/DECENNIALPL2020.P1?q=Tehama%20County,%20California>)

percent of Tehama County residents live in unincorporated areas (substantially more than the state average off 14%). With an area of nearly 3,000 square miles and sparse population density, individuals must travel significant distances within the county to reach services. Most of the county's services, including the only acute care hospital, are in the county seat of Red Bluff (population of 14,710 per the 2020 census).

Due to the county's size and sparse population, transportation is limited, and travel is private-vehicle dependent. Poverty, combined with limited public transportation and large distances may lead to transportation being potential barrier to proper care.

With the national workforce shortage surrounding the behavioral health occupations, Tehama County struggles to find and retain qualified staff including psychiatrists, clinicians, nurses, and case managers.

The stigma surrounding mental health continues to result in residents being wary of accessing mental health services, especially in an interconnected community where maintaining anonymity and privacy is a complex issue.

“Stigma is particularly intense in rural communities, where anonymity and privacy are difficult to maintain.”

www.nationalregister.org/pub/the-national-register-report-pub/fall-2012-issue/the-state-of-rural-mental-health-caring-and-the-community/

MHSA Component and Program	Program / Location	Service Types / Modes	Evidence-Based Interventions
Community Services & Supports (CSS)			
Access		See CSS, Access	
	Behavioral Health Outpatient Clinic	Case Management, Rehabilitation, Individual Therapy, Group Therapy, Linkage to Other Services, Psychiatry and Tele-Psychiatry	WRAP, CPT, Therapeutic Drumming, TF-CBT, Seeking Safety, MRT
	STANS Wellness & Recovery Center		
	Corning Center, Los Molinos, and Rancho Tehama	Case Management, Rehabilitation, Individual Therapy, Group Therapy, and Linkage to Other Services	WRAP, CPT, Therapeutic Drumming, TF-CBT, Seeking Safety, MRT
	Level 1 Co-Occurring Services	Primary Diagnosis is Substance Use Disorder (SUD) with Mild-to-Moderate Mental Illness	WRAP, CPT, Therapeutic Drumming, TF-CBT, Seeking Safety, MRT, the Matrix Model
	Community Crisis Response Unit (CCRU)	24/7 Crisis Intervention Unit	Seeking Safety
Full-Service Partnership (FSP)		See CSS, Full Services Partnership (FSP)	
	Children (0-15 years) Transition-Aged Youth (TAY) (16-25 years)	Case Management, Rehabilitative Service, Individual Therapy, and Group Rehabilitative Therapy	Intensive Home-Based Services (IHBS), Intensive Care Coordination (ICC), and Child & Family Team (CFT) Meetings
	Adults (26-59 years) Older Adults (60+ years)	Case Management, Rehabilitative Service, Individual Therapy, Group Rehabilitative Therapy	WRAP, CPT, Therapeutic Drumming, TF-CBT, Seeking Safety, MRT
	Assisted Outpatient Treatment (AOT)	Court-Mandated FSP-Level Care, Including Case Management, Rehabilitation, Individual Therapy, Group Rehabilitative Therapy	WRAP, CPT, Therapeutic Drumming, TF-CBT, Seeking Safety, MRT
	Co-Occurring Level Two	Co-Occurring Level Two is for Clients with Co-Occurring Disorders with Severe and Persistent Mental Illness who also Have a Substance Use Disorder (SUD) Diagnosis	WRAP, CPT, Therapeutic Drumming, TF-CBT, Seeking Safety, MRT, the Matrix Model (Behavioral Health Co-Occurring or Behavioral Health Court FSP)
Client Employment Programs		See CSS: Client Employment Programs	
	Rehabilitative training and employment as Workforce Employees, supporting services at the STANS Wellness & Recovery Center and/or participating in rehabilitative employment activities (landscaping and others). Workforce Employees are often FSP clients. Peer Advocate is an additional level of employment: Peer Advocates are part of the support system (PEI) provided to individuals and groups at the STANS Wellness and Recovery Center.		
Transitional Housing		See Transitional Housing	
	Transitional Housing	Case Management, Rehabilitation, Individual Therapy, and Group Therapy	

MHSA Component and Program	Program or Location	Report Section
Prevention & Early Intervention (PEI)		
Early Intervention		
	Mobile Crisis Team	PEI: Early Intervention
	Community Engagement & Outreach	
Stigma Reduction		
	Mental Health First Aid (MHFA) Training	PEI: Stigma-Reduction
	Crisis Intervention Team (CIT) Training - Law Enforcement, First Responders, and Civilian Staff	
Suicide Prevention		
	Suicide Prevention Activities, Events, & Social Marketing	PEI: Suicide Prevention
	Applied Suicide Intervention Skills Training (ASIST)	
Parenting and Family Support		
	Nurturing Families	PEI: Parenting and Family Support
	Support for Family Members and Caregivers & First Episode Psychosis (FEP)	
Evidence-Based Interventions		
	Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)	PEI: Evidence-Based Interventions
	Cognitive Processing Therapy (CPT)	
	Therapeutic Drumming	
Peer Advocate Program		
	TalkLINE Staffing & Community Outreach	PEI: Peer Advocate Program
	Groups & Social Engagements	
	Peer Counseling	
Innovation (INN)		
	myStrength	INN: Help@Hand
Workforce Education and Training (WET)		
	Supports training and education for TCHSA staff that promotes efficacy, staff expansion, and best practices	Workforce Education and Training (WET)
Capital Facilities and Technological Needs (CFTN)		
	Electronic Health Records (EHR) System	Capital Facilities and Technological Needs (CFTN)
Permanent Supportive Housing (PSH)		
	Supportive housing in which the County agrees to provide services to residents for the term of the loan, approximately 50 years	Permanent Supportive Housing (PSH)

COMMUNITY SERVICES & SUPPORTS (CSS)

Community Services & Supports (CSS) are programs and strategies that:

- Provide and improve access to the unserved and underserved populations.
- Deliver Full-Service Partnerships (FSP's) (a "whatever it takes" level of service).
- Establish client employment programs.
- Assist clients with transitional housing.
- Focus on a recovery-based approach to existing systems and services.

Focus

Behavioral Health CSS are provided with a focus on wellness, resiliency, and recovery; to include community collaboration, integrated and cultural competence, and dedication to the unserved and underserved within the county.

CSS: Access

Services and service access is provided in two ways; first, through physical service locations, and second, through programs that grant access to mental health services.

The delivery of services focuses on wellness, resiliency, and recovery through community collaboration, integrated and cultural competence, and striving to reach those who are unserved and/or underserved within our community.

TCHSA's access centers provide clients with case management, psychosocial rehabilitation, individual therapy, group therapy, linkage to other services, psychiatry, medication evaluation, tele-psychiatry, crisis intervention, assessment, referrals for needed services, and peer run and consumer-directed services. In Red Bluff, these centers are the Behavioral Health Outpatient Clinic (BHOP), the STANS Wellness & Recovery Center, and the Community Crisis Response Unit (CCRU). In southern Tehama County

MHSA states that services provided should focus on **recovery** & resilience.

What does "recovery" mean?

"Recovery embraces all aspects of life, including housing, employment, education, mental health and healthcare treatment and services, complementary and naturalistic services, addictions treatment, spirituality, creativity, social networks, community participation, and family supports as determined by the person.

Families, providers, organizations, systems, communities, and society play crucial roles in creating and maintaining meaningful opportunities for consumer access to these supports."

Recovery is when people begin to experience themselves as a person in recovery rather than a person with a mental illness.

*The 10 Fundamental Components of Recovery
As Amended by the CA Association of Social
Rehabilitation Agencies. January 2008*

in the city of Corning, TCHSA has an additional Outpatient Clinic where, at a minimum, there is at least one bi-lingual, Spanish-speaking staff member available to clients.

Groups focus on psychosocial rehabilitation by helping people develop the social, emotional, and intellectual skills they need to live happily with the smallest amount of professional assistance possible. Broadly, rehabilitative groups focus on two areas (Coping Skills and

Rehabilitation

Psychosocial rehabilitation (rehabilitation) supports recovery, integration within the community (through work, school, and social involvement) and an optimal quality of life for someone living with serious mental illness.

Developing Healthy Resources) that help reduce the stresses experienced by clients in recovery from mental illness. By learning coping skills and developing healthy resources (both internal and among peers, friends, and family), the clients are better equipped to successfully navigate stressors, develop resiliency, attain life stability, and minimize crisis events. By decreasing crisis events, the chance of hospitalization, homelessness, and other negative outcomes that are disruptive to the client and the community are also decreased.

Groups enhance individual therapy and provide rehabilitative support with the goal of community integration and stability. Groups also provide structured opportunities for socialization and community building, decreasing the isolation often experienced by those facing mental health challenges.

Evidenced-based interventions used at access centers include Wellness Recovery Action Plan (WRAP), Cognitive Processing Therapy (CPT), Trauma Focused Cognitive Behavioral Therapy (TF CBT), Seeking Safety, Moral Reconciliation Therapy (MRT), and Therapeutic Drumming.

CSS: Access: Behavioral Health Outpatient Clinic (BHOP)

Located on the Walnut Street Campus in Red Bluff, CA, the Outpatient Clinic is an entry point to services for behavioral health clients, offering case management, rehabilitation, individual therapy, linkage to other services, psychiatry, tele-psychiatry, and Full-Service Partnership (FSP) level care. Services are available Monday through Friday from 8:00am – 5:00pm.

CSS: Access: STANS Wellness & Recovery Center

Additionally located on the Walnut Street Campus is the STANS Center, focusing primarily on the provision of peer led groups, Monday through Friday, 8:00am – 5:00pm. STANS is an acronym for Strength, Treatment, Activities, Networking, and Service. Groups include Gardening, Food Security/Nutrition, Therapeutic Drumming, Social Interactions, Meditation, Physical Exercise, Anger Management, and World Celebrations (a study of cultures from around the world).

CSS: Access: Corning Center, Los Molinos, and Rancho Tehama

Services through the Corning Center are well-established and available to all residents with a focus on serving the Latino community. Behavioral Health staff at the Corning Center are, whenever possible, clinicians and staff who are bi-lingual Spanish.

It is the goal of TCHSA to continue expanding services to our more remote communities through the introduction of Prevention & Early Intervention (PEI) programs as we strengthen our ability to serve the unserved and underserved populations.

CSS: Access: Level 1 Co-Occurring Services

The goal of TCHSA's Co-Occurring programs is to help clients simultaneously address both mental illness and substance use. If a mental health client with substance use issues does not receive services that address both areas, the client does not receive the tools necessary for recovery.

Programs that address both mental health issues and substance use—not just one issue or the other—are often referred to as “Co-Occurring” services. By providing services that address both issues, the services provided for one issue is “Leveraged” and outcomes improve.

TCHSA offers Co-Occurring services that fall within two separate levels. Both Co-Occurring programs are provided jointly by Behavioral Health and Substance Use Recovery Services. National studies find that approximately half of those who experience mental illness will also experience substance use disorder and vice versa ([National Institute on Drug Abuse](#)). 18% of Americans ages 18 and up experience some form of mental illness ([SAMHSA's 2014 National Survey on Drug Use and Health](#)).

Co-Occurring Level 1 serves clients who would usually not receive mental health services because their primary diagnosis is a substance use disorder, leaving a significant gap in both stabilization and on-going care. To mitigate this gap in services, Level 1 services are funded under MHPA CSS Access. The criteria for Level 1 treatment specifies that clients have a primary diagnosis of substance use disorder and a secondary diagnosis (DSM 5) of a mild-to-moderate mental health issue. Level 1 clients receive services through Substance Use Recovery Services (SURS) and, in addition to the core SURS program, receive a specialized curriculum of groups focusing on co-occurring issues co-led by SURS and Behavioral Health staff. Level 1 groups include Seeking Safety and Wellness Action Recovery Plan (WRAP). Where appropriate, clients also receive individualized counseling from Behavioral Health clinicians, or treatment may include a trauma-based modality (most commonly CPT).

Co-occurring Level 2 is a specialized FSP program with a focus on Co-Occurring and is funded under CSS FSP (see also FSP). The criteria for Co-Occurring Level 2 is a primary diagnosis of severe and persistent mental illness (DSM 5) and a secondary moderate-to-severe substance

use diagnosis. Level 2 clients receive services through the FSP program and, in addition to core FSP services, clients receive a specialized curriculum of groups (again, co-led by Behavioral Health and SURS) that includes WRAP, Seeking Safety and the Matrix model (an evidence-based intensive outpatient treatment program for alcohol and drugs, with proven efficacy in methamphetamine addiction. If appropriate clients may also receive individualized counseling with a TCHSA clinician (most commonly CPT).

CSS: Access: Community Crisis Response Unit (CCRU)

The Community Crisis Response Unit (CCRU) provides 24/7 crisis stabilization for up to 23 hours and is available to community members regardless of a client's ability to pay.

The CCRU serves dual purposes. First, the CCRU provides a safe environment for a client to work through a mental health crisis with a mental health professional. CCRU staff employ "Seeking Safety", an evidence-based practice for crisis-level mental health events. Seeking Safety focuses on putting together an actionable crisis-recovery plan.

The CCRU's second function is as the designated facility for the evaluation of individuals related to "5150" processes for when people, as the result of a mental health issue, can be held for up to 72 hours due to being gravely ill or a danger to themselves or others. The CCRU's weekly 5150-related volume ranges from 10 to 20 clients. By providing a safe therapeutic setting, some individuals avoid being sent to a higher level of care and can return to the community with a Seeking Safety action plan in place.

In response to the California Department of Healthcare Services (DHCS) Behavioral Health Information Notice (BHIN) 23-025, TCHSA implemented Mobile Crisis Services across the County beginning January 18, 2024 (See Prevention & Early Intervention (PEI): Early Intervention: Mobile Crisis Team). This change in how and where services are delivered means that the Community Crisis Response Unit (CCRU) at 1850 Walnut Street, Red Bluff was closed on January 17, 2024. Instead of needing to come to TCHSA, the Mobile Crisis Team can come to you when appropriate!

CSS: Full-Service Partnership (FSP)

Full-Service Partnership (FSP) is a high-intensity model of care focus designed to avoid the trauma, cost and disruption of hospitalization, incarceration, homelessness, or other negative outcomes. FSP is defined and required by MHSA. FSP is a significant component of MHSA funding receiving a minimum of 51% of CSS spending or approximately 40% of annual MHSA funds.

FSP # of Clients Projected (Fiscal Year & Age Group)

Fiscal Year	Children (0-15)	TAY (16-25)	Adult (26-59)	Older Adults (60+)
2023/2024	10	12	60	20
2024/2025	10	13	65	25
2025/2026	12	15	70	28

FSP-level services result in fewer hospitalizations and fewer encounters with law enforcement. By stabilization through FSP, negative disruption is reduced both for the client, family members, and the community.

Available to children, Transition-Age Youth (TAY), adults, and older adults with a major mental health diagnosis, the FSP client profile includes recent crisis and/or emergency room psychiatric events, being homeless or at risk of homelessness and/or recent incarceration or risk of incarceration.

FSP has unique low client-to-staff ratio and a “whatever it takes” approach to supporting recovery as efficiently and thoroughly as possible. TCHSA’s FSP program follows the MHSA legal mandate of “client-driven” and includes adherence to evidence-based practices including (but not limited to) WRAP. WRAP requires clients’ active involvement in their own recovery and is a cornerstone of FSP and other TCHSA programs. In addition to mental health recovery services, FSP services include supports for housing, employment, and training/education. TCHSA connects FSP-level clients to services that stabilize their health benefits and finances. These evidenced-based practices are provided by TCHSA-BH and through TCHSA partnering with outside providers to serve clients within Tehama County.

“FSP clients experienced decreased rates of homelessness and justice system detention, as well as decreased utilization of inpatient hospitalization for mental health.”

Evaluation of the Mental Health Services Act in Los Angeles County. RAND Corporation, 2018

FSP # of Clients by Fiscal Year and Age Group

Fiscal Year	Children (0-15)	TAY (16-25)	Adult (26-59)	Older Adults (60+)
2020/2021	3	0	43	15
2021/2022	3	0	45	15
2022/2023	3	1	47	15

Within the FSP level of care, clients that have co-occurring mental health and substance use issues receive services that address both areas. In the FSP specialized program, mental health is the lead diagnosis, as a co-occurring level two. Co-occurring level one programs are funded under CSS Access.

CSS: FSP: Children (0-15 years); Transition-Aged Youth (TAY) (16-25 years)

The County has engaged with contracted entities to provide FSP-level care for this demographic.

Children (0-15 years)

Remi Vista, Inc. provides Assessment, Collateral, Group Therapy, Individual Therapy, Plan Development, Group and Individual Rehabilitation, Therapeutic Behavioral Services (TBS), Intensive Care Coordination (ICC), Intensive Home-Based Services (IHBS), Brokerage and Linkage, Crisis Intervention, and Medication Support Services for those aged 0-15 years.

Transition-Aged Youth (TAY) (16-25 years)

Victor Community Support Services, Inc. provides Assessment, Collateral, Group Therapy, Individual Therapy, Plan Development, Group and Individual Rehabilitation, Therapeutic Behavioral Services (TBS), Intensive Care Coordination (ICC), Intensive Home-Based Services (IHBS), Brokerage and Linkage, Crisis Intervention, and Medication Support Services for those aged 16-25 years.

CSS: FSP: Adults (26-59 years) and Older Adults (60+ years)

These services are provided through the Tehama County Health Services Agency-Behavioral Health (TCHSA-BH) Behavioral Health Outpatient Clinic (BHOP) and are delivered on-site by Therapists and Case Resource Specialists.

CSS: FSP: Assisted Outpatient Treatment (AOT)

Assisted Outpatient Treatment (AOT) is a modality used to implement “Laura’s Law”.

An AOT program involves other agencies including law enforcement and the court system, as well as the use of a court order when no other options are available. The mental health treatment portion of AOT is eligible for MHSA funding.

AOT services are community-based mental health services under specific circumstances in which an individual is not engaging in mental health services and presents a danger to themselves or others.

To become an AOT client, the court must find that non-compliance with mental health treatment has been a significant factor resulting in at least two hospitalizations within the immediately preceding 36 months, and/or mental illness resulted in one or more acts of serious and violent behavior towards self or others within the immediately preceding 48 months.

The table below summarizes basic criteria for AOT candidacy:

AREA	CRITERIA	TIMEFRAME	OCCURANCES
Age	18 years or older		
Residency	County resident		
Diagnosis	Serious Mental Disorder (WIC 5600.3), can include co-occurring disorders.		
Treatment	Has refused opportunities to participate in treatment.		
Risk	Person is unlikely to survive safely in the community.		
Court must find that non-compliance with mental health treatment has resulted in:	Hospitalization or incarceration	36 months	Two (2) or more
	and/or		
	Acts of serious, violent behavior towards self or others	48 months	One (1) or more

CSS: FSP: Co-Occurring Level Two

Programs that address both mental health issues and substance use—not just one issue or the other—are often referred to as “Co-Occurring” services. By providing services that address both issues, the services provided for one issue is “Leveraged” and outcomes improve.

The goal of TCHSA’s Co-Occurring Services, with Severe and Persistent Mental Illness as a Lead Diagnosis program is to help clients simultaneously address both mental illness and substance use. If a mental health client with substance use issues does not receive services that address both areas, the client does not receive the tools necessary for recovery.

Co-occurring Level 2 is a specialized FSP program and is funded under CSS FSP. The criteria for Co-Occurring Level 2 is a primary diagnosis of severe and persistent mental illness (DSM 5) and a secondary moderate-to-severe substance use diagnosis. Level 2 clients receive services through the FSP program and, in addition to core FSP services, clients receive a specialized group curriculum (again, co-led by Behavioral Health and SURS) that includes WRAP, Seeking Safety and the Matrix model (an evidence-based intensive outpatient treatment program for alcohol and drugs, with proven efficacy in methamphetamine addiction). If appropriate, clients may also receive individualized counseling with a TCHSA clinician (most commonly Cognitive Processing Therapy).

CSS: Client Employment Programs

Behavioral Health provides vocational training to adult and older adult clients, including the employment of Workforce Employees. Formerly TCHSA “stipend” workers, in 2016 and 2017, TCHSA restructured and improved the client employment program including moving the program under a contract with North Valley Catholic Social Service (NVCSS). The employment program has fewer employees who receive more training and gain the experience of being full employees of a non-profit agency. As paid employees, these positions more fully mirror “real world” employment experience and therefore, better support the goals of growth and employment in the community.

As vocational trainees, Workforce Employees complete wellness and recovery-focused training provided by NVCSS supervisors. After training, participants are assigned to work in one of several areas: STANS Wellness & Recovery Center, Behavioral Health Outpatient (BHOP) Clinic, a landscaping program, and a food catering program where participants can earn their food handler certification. Workforce Employees are hired for a nine-month period (additional employment series are considered depending on circumstances), receive supportive employment, and develop marketable skills with the goal of finding work in the community.

Workforce Employees are often FSP clients who participate in rehabilitative training and employment, supporting services at the STANS Wellness & Recovery Center.

CSS: Transitional Housing

MHSA requires mental health services and programs designed to avoid homelessness, incarceration, hospitalization, and other negative outcomes. Related to housing, transitional housing provides housing while a client is being stabilized and is pending permanent supports. Transitional housing participation includes bedrock services of case management, psychiatry and medication support, rehabilitation, and individual and group therapy. Clients in transitional housing are almost always involved in services at the STANS Wellness & Recovery Center and are often FSP-level clients.

Transitional housing is a key tool in stabilization and rehabilitation. Existing transitional housing in Tehama County is insufficient to serve the needs of its severely mentally ill clients. TCHSA has one transitional housing unit, Gentry House, which can accommodate five clients and is typically full. The limited space within transitional housing creates issues for both clients and Behavioral Health programs/staff.

As of Spring 2021, homeless sheltering in Tehama County is provided in Red Bluff only, at separate church locations on a rotating schedule and limited to winter months (November through April). Clients who are not yet stabilized are often homeless, on the verge of homelessness, or are under-housed (staying in a series of temporary situations). Severely

mentally ill clients often face homelessness again when they have been stable and housed but experience a crisis.

Clients who do apply for housing wait approximately three months after the application is submitted. Temporary housing is needed while permanent housing is found. Clients may have bad credit and prior rental histories that complicate any rental process. Staying in the county homeless shelter or remaining homeless presents obstacles to treatment and can result in increased time and effort: For example, if clients are not in an identifiable and secure housing location, it is a challenge to maintain contact with that client. If contact and services are not maintained, a client's situation is more likely to deteriorate, and this results in additional staff time and use of public resources.

The Poor and the Homeless (P.A.T.H.) Tehama Plaza Navigation Center is scheduled to open in late Spring 2024 and will have a combined total of 64 single beds divided into men's and women's dormitories. Additionally, there will be one family dormitory available. Day shelter services will be available 9 a.m. to 7 p.m. for those experiencing homelessness and low-income challenges. On-site case management will be provided to assist those in need with transitioning to stable and permanent housing. As well as being a temporary shelter, the Navigation Center will feature a community garden, smoking area, pet supplies, a play area for the dogs accompanying the clients, and a cafeteria that will serve breakfast, lunch, and dinner daily.

PREVENTION & EARLY INTERVENTION (PEI)

The Prevention and Early Intervention (PEI) portion of MHSA "is intended to reduce the long-term, adverse impacts of untreated mental illness by reducing barriers to care prior to first onset of a mental illness or before that illness becomes severe and disabling." ("Finding Solutions." MHSOAC. November 2016). Services include those that prevent mental illness from becoming more severe and those that reduce the duration of untreated severe mental illness. Specifically, PEI seeks to reduce negative outcomes that may result from untreated mental illness including suicide, incarcerations, prolonged suffering, hospitalization, and homelessness.

With a population less than 100,000, Tehama County will abide by California Code of Regulations Title 9, Division 1, Chapter 14 MHSA-Article 5 Reporting Requirements, Section 3560.010, 8€ and will report demographics for the county's entire Prevention and Early Intervention Component instead of by each program or strategy.

Demographics:

With a population less than 100,000, Tehama County will abide by California Code of Regulations Title 9, Division 1, Chapter 14 MHSA - Article 5 Reporting Requirements, Section 3560.010, 8 (e) and will report demographics for the County's entire Prevention and Early Intervention Component instead of by each program or strategy.

Age Groups	FY 2020/21	FY 2021/22	FY 2022/23
0-15 (children/youth)	1	188	223
16-25 (transition age youth)	10	1,684	1,844
26-59 (adult)	80	748	886
ages 60+ (older adults)	9	96	172
Declined to answer	68	675	635
Race by category			
American Indian or Alaska Native	3	118	122
Asian	1	24	27
Black or African American	4	44	53
Native Hawaiian or Pacific Islander	1	34	33
White	69	1,594	2,223
Other	9	492	524
More than one race	5	85	107
Declined to answer	76	1,000	671
Ethnicity by category			
Hispanic or Latino/x			
Caribbean		7	6
Central American	2	34	35
Mexican/Mexican American/Chicano	26	714	881
Puerto Rican	1	8	15
South American			
Other	3	56	79
Non-Hispanic or Non-Latino/x			
African	2	24	25
Asian Indian/South Asian	1		5
Cambodian			
Chinese			
Eastern European	5	119	154
European	19	390	581
Filipino	1	15	22
Japanese		7	13

	Korean			
	Middle Eastern			
	Vietnamese			
	Other	8	254	356
	More than one ethnicity	5	68	77
	Declined to answer	95	1695	1,511
Primary Language				
	English	93	2,204	2,626
	Spanish	10	305	413
	Decline to answer	65	882	721
Sexual Orientation				
	Gay or Lesbian	1	12	27
	Heterosexual or Straight	100	2,221	2,781
	Bisexual	4	15	17
	Questioning or unsure of orientation		7	12
	Queer	1	5	7
	Another Sexual Orientation	2	7	13
	Declined to answer	62	1,134	903
Disability (Physical or Mental Impairment or Medical Condition lasting at least six months that substantially limits a major life activity, which is not the result of a severe mental illness.)				
	Yes	9	67	77
Communication				
	Difficulty seeing		12	22
	Difficulty hearing, or being understood	1	14	18
	Other		5	8
Mental domain not including a mental illness (Including, but not limited to a learning disability, developmental disability, dementia)				
	Physical/mobility domain	6	20	23
Chronic health condition (including, but not limited to, chronic pain)				
	Other	3	23	26
	No	89	1,071	2,657
	Declined to answer	70	2,253	1,026
Veteran Status				
	Yes	10	135	155

No	94	1,003	1,549
Declined to answer	64	2,253	2,056
Gender			
Assigned sex at birth			
Male	19	407	735
Female	88	2,153	2,553
Declined to answer	61	831	472
Current Gender Identity			
Male	20	408	733
Female	78	2,142	2,544
Transgender			
Genderqueer			
Questioning/Unsure			
Another gender identity		2	3
Declined to answer	69	839	480

PEI: Early Intervention

MHSA Early Intervention programs focus on providing services to those in need prior to an event leading to a severe and persistent condition.

PEI: Early Intervention: Mobile Crisis Team

In response to the California Department of Healthcare Services (DHCS) Behavioral Health Information Notice (BHIN) 23-025, TCHSA implemented Mobile Crisis Services across the County beginning January 18, 2024. Services are available 24 hours a day, 7 days a week, 365 days a year and are designed to provide intervention, de-escalation, and relief to people wherever they are, including at home, work, schools, or on the street. Anyone can call, for themselves or for someone else in crisis in Tehama County. Services may be provided via telephone, telehealth or in person, and include crisis intervention and assessment, referrals for other mental health services such as therapy, and linkage to other healthcare services and/or substance use treatment.

Mobile Crisis Services help ensure that everyone has year-long access to crisis services and creates meaningful interactions with community members. Crisis interventions and wraparound services begin while the individual is in a community-based setting. Delivering services in community-based settings assists with streamlining the delivery of services, increasing access to behavioral health services, and promptly connecting individuals to a wide array of services through earlier intervention.

Mobile crisis services can be access by calling the Tehama County Health Services Behavioral Health Hotline at **1-800-240-3208** or the Suicide and Crisis Lifeline at **988**.

This change in how and where services are delivered means that the Community Crisis Response Unit (CCRU) at 1850 Walnut Street, Red Bluff was closed on January 17, 2024. Instead of needing to come to TCHSA, the Mobile Crisis Team can come to you when appropriate!

Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14 MHSA – Article 5 Reporting Requirements.

Program Name: Mobile Crisis Team

PEI Component Type: Early Intervention

Unduplicated Number of Individuals Served in FY 2022/2023:

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Demographics:

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PEI: Early Intervention: Community Engagement & Outreach

Community Engagement & Outreach encompasses a variety of activities such as expanding services for the Latino community including bilingual Spanish clinicians, provision of cultural sensitivity training to service providers, Latino community outreach activities, and general community education activities. Corning (south county) and Los Molinos (east county) are key communities that need bilingual Spanish services and Latino outreach.

Tehama is geographically large, and a barrier to accessing care is lack of affordable transportation and/or not being able to travel into Red Bluff or another regional center for services. Providing services in Manton, Payne’s Creek, and other areas of the county remain strong goals of TCHSA.

TCHSA continues to partner with Latino Outreach of Tehama County, a local non-profit, to provide events and services. Major outreach events include a Cinco de Mayo family event and a county multi-cultural health fair in collaboration with multiple community partners. In addition to partnership events, TCHSA staff actively network with the Latino community through CPPP outreach events in Corning with bilingual Spanish support.

*Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14
MHSA – Article 5 Reporting Requirements.*

Program Name: Community Engagement & Outreach

PEI Component Type: Early Intervention

Unduplicated Number of Individuals Served in FY 2022/2023:

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Demographics:

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PEI: Stigma Reduction

Stigma has been ranked the lowest barrier in accessing mental health care; however, being too sick to engage in services, not having insurance, or reliable transportation are significant barriers to the rural residents of Tehama County.

PEI: Stigma Reduction: Mental Health First Aid (MHFA) Training

Mental Health First Aid (MHFA) is an international evidence-based program and is comparable to medical first aid trainings by the Red Cross: Instead of physical first aid, MHFA focuses on mental health. The first outcome of the MHFA program is training individuals in basic intervention techniques. MHFA teaches ways to identify signs and symptoms of mental illness and provides insight on how to advocate that an individual seeks proper care. A second outcome of MHFA is stigma reduction. By increasing knowledge and familiarity around mental health issues, MHFA training reduces fear and stigma around mental illness.

*Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14
MHSA – Article 5 Reporting Requirements.*

Program Name: Mental Health First Aid (MHFA) Training

PEI Component Type: Stigma Reduction

Unduplicated Number of Individuals Served in FY 2022/2023:

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Health Act (HITECH) and their implementing privacy and security regulations, the California Information Practices Act, and any other applicable state or federal privacy laws.

Demographics:

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PEI: Stigma Reduction: Crisis Intervention Team (CIT) Training – Law Enforcement, First Responders, and Civilian Staff

CIT is designed to help law enforcement and first responders (via a two-day training seminar) manage events and encounters that involve individuals suffering from mental illness. Recently added is a one-day session geared towards the education of civilian staff members in the areas of the dynamics of homelessness, de-escalation techniques, an overview of mental illness signs and symptoms, returning veterans, suicide awareness, and problem customers.

Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14 MHSA – Article 5 Reporting Requirements.

Program Name: Crisis Intervention Training (CIT)

PEI Component Type: Stigma Reduction

Unduplicated Number of Individuals Served in FY 2022/2023:

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Demographics:

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PEI: Suicide Prevention

The goal of Behavioral Health’s suicide prevention activities is to educate community members to be familiar with the signs and symptoms of suicide through training, information campaigns, events, and suicide screening. Additionally, the overall objective of suicide prevention training is for community members to become proficient in identifying the signs of suicidality and become comfortable in helping individuals reach out for help when needed.

PEI: Suicide Prevention: Suicide Prevention Activities, Events, & Social Marketing

A key resource in suicide prevention is information and social marketing campaigns. A state-wide California Mental Health Services Authority (CalMHSA) Campaign, “Know the Signs”, focuses on recognizing the warning signs of suicide, finding the words to use with someone in crisis and finding professional help and resources. TCHSA “Know the Signs” materials are used heavily during May is Mental Health Month. The core refrain of “Know the Signs” is know the signs, find the words, and reach out. Behavioral Health integrates suicide prevention materials into May is Mental Health Month to leverage this set period of intense community outreach.

Additionally, TCHSA has joined with various community members, non-profits, tribal health organizations, tribal social services, educators, and the Tehama County Arts Council to form a collective of Native American and Alaskan Native Culture Bearers. This collaboration has resulted in an annual Native American Cultural Celebration with takes place every September and seeks to encourage the appreciation of area cultures while fostering intergenerational learning and bringing resources to an under-served population. This celebration of all Native Cultures was recently recognized by the Mental Health Services Oversight and Accountability Commission (MHSOAC) with a Striving for Zero Excellence Award: Infusing Culture into Suicide Prevention Efforts.



Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14 MHSA – Article 5 Reporting Requirements.

Program Name: Suicide Prevention Activities, Events, & Social Marketing

PEI Component Type: Suicide Prevention

Unduplicated Number of Individuals Served in FY 2022/2023:

The County shall exclude from the Annual Prevention and Early Intervention Report personally identifiable information as defined by the Health Insurance Portability and Accountability Act of 1996 (HIPAA), the Health Information Technology for Economic and Clinical Health Act (HITECH) and their implementing privacy and security regulations, the California Information Practices Act, and any other applicable state or federal privacy laws.

Demographics:

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PEI: Suicide Prevention: Applied Suicide Intervention Skills Training (ASIST)

ASIST, developed by Living Works Education, is a standardized, evidenced-based, and customizable two-day, two-trainer workshop designed for members of all care-giving groups. The emphasis is on teaching suicide first-aid to help an at-risk person stay safe and seek help. Participants learn how to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safety plan based upon a review of risk, be prepared to do follow-up, and become involved in suicide-safer community networks.

Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14 MHSA – Article 5 Reporting Requirements.

Program Name: Applied Suicide Intervention Skills Training (ASIST)

PEI Component Type: Suicide Prevention

Unduplicated Number of Individuals Served in FY 2022/2023:

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Demographics:

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PEI: Parenting and Family Support

These programs are designed to assist parents, family members, and caregivers in providing the support and care necessary to loved ones experiencing mental health challenges.

PEI: Parenting and Family Support: Nurturing Families

TCHSA offers the Nurturing Families (NF) program: NF is a family-centered, trauma-informed, and evidence-based modality. NF provides weekly group activities for up to fifteen weeks. Parents/caregivers participate in a parenting group while school age children (ages 5 to 11) participate in a separate group. Participants learn, practice, and apply core values that teach healthy interactions to support appropriate childhood development. Both parents/caregivers and youth share a healthy snack break together in each weekly group meeting.

Classes are designed to build nurturing skills, and the parent/caregiver is shown how to identify, use, and expand alternatives to abusive or neglectful parenting. Behavioral Health (BH) collaborates with Substance Use Recovery Services (SURS) to provide NF, which supports

parents and caregivers on developmentally appropriate ways to parent, and building strong, healthy families by learning and reinforcing core values. These core values include positive self-worth, empathy, empowerment, the development of a strong will, structure, discipline, laughter, humor, and play.

Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14 MHSA – Article 5 Reporting Requirements.

Program Name: Nurturing Families (NF)

PEI Component Type: Early Intervention

Unduplicated Number of Individuals Served in FY 2022/2023:

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Demographics:

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PEI: Parenting and Family Support: Support for Family Members and Caregivers & First Episode Psychosis (FEP)

There are two key areas in TCHSA’s service delivery system that need family support to maximize effectiveness and to ensure outcomes: 1) providing support for family members and care givers; and 2) support for First Episode Psychosis (FEP) for youth and TAY, and their family members/caregivers. TCHSA is committed to providing support for family members and care givers.

The FEP program serves individuals aged 15-30 who have been experiencing psychotic symptoms for less than 5 years. These individuals will receive a specialized screening and will be connected to specialized case management, therapy, medication, and support in education and employment. Additional support for family and support networks is also available in the form of groups and communication with service providers. Individuals can inquire about the program through contact with any TCHSA Behavioral Health service provider and request a referral for screening.

Psychosis can be treated, and early treatment increases the chance of a successful recovery. Research indicates that if people who are experiencing psychotic symptoms (such as hallucinations and/or delusions) for the first time in their life are connected to case

management, therapy, medication and support in education/employment, long-term outcomes are significantly more favorable.

Psychosis symptoms can be confusing, scary, and overwhelming and this can lead to individuals not reporting their symptoms: TCHSA encourages people experiencing psychotic symptoms to reach out for support in navigating a new path to life goals. Studies show that it is common for a person to have psychotic symptoms for more than a year before receiving treatment. Reducing the duration of untreated psychosis is important because early treatment often means a better recovery. Research supports a variety of treatments for first episode psychosis, especially coordinated specialty care (CSC). CSC includes the following components:

- Individual or group psychotherapy is typically based on cognitive behavior therapy (CBT) principles. CBT helps people solve their current problems. The CBT therapist helps the patient learn how to identify distorted or unhelpful thinking patterns, recognize, and change inaccurate beliefs, relate to others in more positive ways and change problematic behaviors.
- Family support and education teaches family members about psychosis, coping, communication, and problem-solving skills. Family members who are informed and involved are more prepared to help loved ones through the recovery process.
- Medications (also called pharmacotherapy) help reduce psychosis symptoms. Like all medications, antipsychotic drugs have risks and benefits. Clients should talk with their health care providers about side effects, medication costs and dosage preferences (daily pill or monthly injection, for example).
- Supported Employment/Education (SEE) services help clients return to work or school and achieve personal life goals. Emphasis is on rapid placement in a work or school setting combined with coaching and support to ensure success.
- Case management helps clients with problem solving. The case manager collaborates on solutions to practical problems and coordinates social services across multiple areas of need.

The goal of the TCHSA FEP program is to identify those experiencing symptoms of psychosis, as early as possible. Individuals having their first experiences with psychotic symptoms will be able to access coordinated specialty care, so these symptoms are addressed early and effectively enabling these individuals to experience an uninterrupted trajectory towards success in schooling, employment, and in their support network.

As a small rural county, Tehama is leveraging both MHSA and SAMHSA block grant funding to implement a full array of services for FEP. Currently, MHSA funding is provided to start the family support and education component associated with this program. TCHSA understands the

importance of FEP services and is moving forward with program implementation, serving appropriate clients and their family members/caregivers.

Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14 MHSA – Article 5 Reporting Requirements.

Program Name: Support for Family Members and Caregivers & First Episode Psychosis (FEP)

PEI Component Type: Early Intervention

Unduplicated Number of Individuals Served in FY 2022/2023:

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Demographics:

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PEI: Evidence-Based Interventions

These programs employ an approach to treatment that is based on the best available scientific evidence, involving interventions that have been shown to be effective through research and clinical trials.

PEI: Evidence-Based Interventions: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is a therapy model used for children ages 3 to 18 who have experienced one or more significant traumatic life events, resulting in PTSD symptoms or functional impairments* TF-CBT provides a comprehensive model of therapy which assesses anxiety, PTSD (post-traumatic stress disorder), depression and other trauma-related symptoms while developing an individual flexible treatment plan for children and youth who have experienced trauma. TF-CBT recognizes the significance of varied family systems and is a culturally diverse application which values the impact of cultural differences experienced when traumatized. TF-CBT encourages parents, children, and adolescents to work collaboratively to build skills to address mood regulation and safety.

Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14 MHSA – Article 5 Reporting Requirements.

Program Name: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

PEI Component Type: Early Intervention

Unduplicated Number of Individuals Served in FY 2022/2023:

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Demographics:

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PEI: Evidence-Based Interventions: Cognitive Processing Therapy (CPT)

CPT is a specific type of Cognitive Behavioral Therapy (CBT) and is typically 12 sessions in length. CPT teaches the individual how to identify, evaluate, and alter negative thoughts/perceptions. By altering your thoughts, you can affect how you feel.

CPT is a modality suited for treatment of trauma and PTSD. The American Psychological Association’s website describes CPT as “a specific type of cognitive behavioral therapy that has been effective in reducing symptoms of PTSD that have developed after experiencing a variety of traumatic events*.”

CPT is generally delivered over 12 sessions and helps patients learn how to challenge and modify unhelpful beliefs related to the trauma. In so doing, the patient creates a new understanding and conceptualization of the traumatic event so that it reduces its ongoing negative effects on current life.

* Source: www.apa.org/ptsd-guideline/treatments/cognitive-processing-therapy.aspx

Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14 MHSA – Article 5 Reporting Requirements.

Program Name: Cognitive Processing Therapy (CPT)

PEI Component Type: Early Intervention

Unduplicated Number of Individuals Served in FY 2022/2023:

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Demographics:

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PEI: Evidence-Based Interventions: Therapeutic Drumming

Therapeutic drumming is an evidence-based strategy for wellness at TCHSA that has proven to be effective, efficient, and flexible. Drumming participants report an immediate calming and grounding effect (efficacy). Its relatively low overhead (efficiency) and mobility can utilize a variety of locations (flexibility).

A key factor in the drumming protocol allows the process to be adapted to situations, environments, participant demographics, and participants’ cultural norms. A portion of the protocol for drumming is ended with a period of guided imagery and a wellness exercise. By combining the psycho-physical activity of drumming with time dedicated to guided meditation and wellness, participants receive a “dose” of therapy at the end of each drumming session. Drumming is also a community outreach tool. Providing drumming classes is a fun and effective way to introduce the community to TCHSA. Drumming is widely accessible: The drumming program was designed to have cross-cultural linkages. Drumming is appropriate for all ages, and some participants may find that a physical focus (drumming) is a helpful therapeutic communication prompt. Drumming is accessible to people with physical and/or cognitive challenges.

Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14 MHSA – Article 5 Reporting Requirements.

Program Name: Therapeutic Drumming

PEI Component Type: Early Intervention

Unduplicated Number of Individuals Served in FY 2022/2023:

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Demographics:

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PEI: Peer Advocate Program

Our Peer Advocates are individuals who share the experience of living with mental health challenges and are trained to provide recovery-oriented, culturally appropriate services; promoting socialization, self-sufficiency, advocacy, engagement, and supports that are trauma aware.

PEI: Peer Advocate Program: TalkLINE Staffing & Community Outreach

Open 365 days a year, TalkLINE is a sub-crisis “warm line” available from 4:30 PM to 9:30 PM. When life gets challenging, anyone can call and receive confidential, peer-to-peer support.

The TalkLINE originated through Butte County’s MHSAs programs and a partnership with TCHSA. In collaboration with Butte County, TCHSA is increasing the capacity of the TalkLINE and providing an important service to Tehama County. TalkLINE staff participated in outreach events through Shasta College, the community’s “LIFT” event, and resource fairs throughout the community. Peer Advocates also staff an outreach booth at the local Farmer’s Market.

TCHSA Peer Advocates work as operators for the “TalkLINE”. A Peer Advocate Team Lead oversees 1 to 2 Peer Advocate Operators with the result of 2 to 3 Peers working the TalkLINE hours.

Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14 MHSAs – Article 5 Reporting Requirements.

Program Name: TalkLINE Staffing & Community Outreach

PEI Component Type: Early Intervention

Unduplicated Number of Individuals Served in FY 2022/2023:

The County shall exclude from the Annual Prevention and Early Intervention Report personally identifiable information as defined by the Health Insurance Portability and Accountability Act of 1996 (HIPAA), the Health Information Technology for Economic and Clinical Health Act (HITECH) and their implementing privacy and security regulations, the California Information Practices Act, and any other applicable state or federal privacy laws.

Demographics:

With a population less than 100,000, Tehama County will abide by California Code of Regulations Title 9, Division 1, Chapter 14 MHSAs – Article 5 Reporting Requirements, Section 3560.010, 8 (e) and will report demographics for the county’s entire PEI component instead of by each program or strategy.

PEI: Peer Advocate Program: Groups & Social Engagements

Applying the values and principles of wellness and recovery, Peer Advocates have been and continue to advocate on behalf of STANS clients. Advocacy includes conducting groups and

various activities listed on the monthly events calendar. Peer advocates provide a bridge between case resource specialists (case managers) and clients.

The Peer-led groups include (but are not limited to):

- **Arts & Crafts:** Find your muse! Participate in fun Arts and Crafts activities. Supplies will be provided.
- **CalFresh Healthy Living:** Discussions on health topics with cooking and nutrition tips to live a healthy life!
- **Computer Lab:** Need access to a computer? Visit the computer lab! Laptops available for use.
- **Discovery Group:** Do you like variety? Do you enjoy learning about different things? Take a dive into diverse topics to promote wellness.
- **Drumming:** Let's make some noise! Hand drums are provided, or you can bring your own.
- **Game Day:** Shall we play a game? Have some fun playing a game of your choice!
- **Healthy Boundaries:** Learn how to establish and reinforce boundaries to create a healthier, happier you in relationships.
- **In the Garden:** Join us in the Garden! Get a little sunshine and learn how to plant and care for flowers and vegetables.
- **Let's Go!** Time for a little gentle exercise. Walks, Qigong, Tai Chi, and gentle stretching are just some of the things we will explore! No experience necessary.
- **Meditation:** Join us for a brief check-in and 20-30 minutes of meditation to promote wellness.
- **Member's Meeting:** Meet to discuss the goings on at your Wellness Center and make suggestions for improvements. A snack will be provided.
- **Movie Day:** Let's socialize and watch a movie or a documentary! There may even be popcorn.
- **Outings:** Various adventures around Red Bluff and the surrounding area! Call for details!

Support by trained peers is a proven benefit and is considered best practice. The California Mental Health Planning Council describes the role and impact of peer workers:

- Peer Specialists are empathetic guides and coaches who understand and model the process of recovery and healing while offering moral support and encouragement to people who need it. Moral support and encouragement have proven to result in greater compliance with treatment/services, better health function, lower usage of emergency departments, fewer medications and prescriptions, and a higher sense of purpose and connectedness on the part of the consumer. *

*Source: www.dhcs.ca.gov/services/MH/Documents/CMHPCPeerCertPaper.pdf

*Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14
MHSA – Article 5 Reporting Requirements.*

Program Name: Groups & Social Engagements

PEI Component Type: Early Intervention

Unduplicated Number of Individuals Served in FY 2022/2023:

The County shall exclude from the Annual Prevention and Early Intervention Report personally identifiable information as defined by the Health Insurance Portability and Accountability Act of 1996 (HIPAA), the Health Information Technology for Economic and Clinical Health Act (HITECH) and their implementing privacy and security regulations, the California Information Practices Act, and any other applicable state or federal privacy laws.

Demographics:

With a population less than 100,000, Tehama County will abide by California Code of Regulations Title 9, Division 1, Chapter 14 MHSA – Article 5 Reporting Requirements, Section 3560.010, 8 (e) and will report demographics for the county’s entire PEI component instead of by each program or strategy.

PEI: Peer Advocate Program: Peer Counseling

Peer advocates receive on-going training and supervision, providing services to clients at the STANS Wellness & Recovery Center. Through Peer Advocates, clients receive more “one on one” support and individualized support from someone who has been through, or is still in recovery from, major mental illness. Peer Advocates demonstrate resilience and paths to recovery. For the Peer Advocate, employment can lead to future opportunities.

Peer Advocates are contracted for services through Northern Valley Catholic Social Service on an annual basis, as is the Peer Supervisor.

*Reporting Requirements Specific to Title 9 California Cod of Regulations, Division 1 Chapter 14
MHSA – Article 5 Reporting Requirements.*

Program Name: Peer Counseling

PEI Component Type: Early Intervention

Unduplicated Number of Individuals Served in FY 2022/2023:

The County shall exclude from the Annual Prevention and Early Intervention Report personally identifiable information as defined by the Health Insurance Portability and Accountability Act of 1996 (HIPAA), the Health Information Technology for Economic and Clinical Health Act (HITECH) and their implementing privacy and security regulations, the California Information Practices Act, and any other applicable state or federal privacy laws.

Demographics:

With a population less than 100,000, Tehama County will abide by California Code of Regulations Title 9, Division 1, Chapter 14 MHSA – Article 5 Reporting Requirements, Section 3560.010, 8 (e) and will report demographics for the county’s entire PEI component instead of by each program or strategy.

INNOVATION (INN)

INN projects are novel, creative, and/or ingenious mental health practices and approaches that contribute to learning, and that are developed within communities through a process that is inclusive and representative, especially of unserved, underserved, and inappropriately served individuals.

In Innovation project is defined, for purposes of these guidelines, as one that contributes to learning rather than a primary focus on providing a service. By providing the opportunity to “try out” new approaches that can inform current and future mental health practices/approaches in communities. To clarify, a practice/approach that has been successful in one community mental health setting cannot be funded as an INN project in a different community even if the practice/approach is new to that community, unless it is changed in a way that contributes to the learning process. Merely addressing an unmet need is not sufficient to receive funding.

INN: Help@Hand

Help@Hand is a three-year demonstration project funded and directed by counties, with the primary purpose of increasing access to mental health care and support, promoting early detection of mental health symptoms, and predicting the onset of mental illness.

California Mental Health Services Authority (CalMHSA) administers Help@Hand on behalf of participating member counties. Through the utilization of multiform-factor devices — such as smart phones, tablets, and laptops — as a mode of connection and treatment to reach people who are likely to go either unserved or underserved by traditional mental health care, this project focuses on prevention, early intervention, family, and social support to decrease the need for psychiatric hospital and emergency care service.

The vision of Help@Hand is to save lives and improve the wellbeing of Californians by integrating promising technologies and lived experiences to open doors to mental health support and wellbeing.

TEHAMA COUNTY HEALTH SERVICES AGENCY – BEHAVIORAL HEALTH (TCHSA-BH)

Population	Square Mileage	Population Density (Population/Square Mileage)	Percent who Speak Non-English Language at Home	Percent of Population in Urban Region	Percent of Population in Rural Region	Median Household Income
65,829	2,949	22.3	20%	43%	57%	\$59,029

Source: U.S. Census Bureau. (n.d.). U.S. Department of Commerce. Retrieved February 11, 2024, from <https://data.census.gov/>

Name of the Innovative Project

Increasing Access to Mental Health Services and Supports Utilizing a Suite of Technology-Based Mental Health Solutions

Priority issue related to mental illness or to an aspect of the mental health service system for which the County/City chose to design and test the Innovative Project

Priority Issue(s) Identified in County/City Proposal	Tehama County has a high proportion in geographic isolation and poverty. They also have high suicide rates among adult males. Use of mental health services are reduced due to lack of public transportation options, behavioral health workforce shortage, as well as limited knowledge of mental illness and mental health stigma.
Core Audience(s) Identified in County/City Proposal	<ul style="list-style-type: none"> • Individuals in remote, isolated areas who have less access to social support and mental health services. • Youth and TAY • Men at risk of suicide willing to engage in private and confidential services
Project Approval/Start Date/ End Date	September 2018/January 2019/ December 2023
Project Budget	\$118,088

Project activities during the Innovative Project

Technology/Activity (Years Worked On)	Intended Core Audience(s)	Developed Technology	Explored Technology	Tested Technology	Planned Pilot	Completed Pilot	Planned Implementation	Completed Implementation	Planned Activity	Completed Activity
Happify (2020)	Core audience(s) not specified		X							
myStrength (2020-23)	<ul style="list-style-type: none"> • Isolated individuals • Individuals experiencing homelessness • TCHSA-BH clients 		X		X	X				
Device Access (2022-23)	<ul style="list-style-type: none"> • Those in myStrength pilot • Community members 								X	X
Digital Literacy Trainings (2022-23)	<ul style="list-style-type: none"> • Those in myStrength pilot • TCHSA-BH clients 								X	X

Description of any changes that the County/City made to the Innovative Project during the course of its implementation and evaluation and the reasons for and impact of the changes, including any changes in the timeline.

	Change (Year Change Occurred)	Reason for Change	Impact of Change
Change in Core Audiences	Pivoted from TAY and men at risk of suicide to individuals experiencing homelessness and TCHSA-BH clients as core audiences in myStrength pilot (2020)	Increased demand for mental health services for individuals experiencing homelessness and TCHSA-BH clients at onset of COVID-19	Served core audiences needing services
Change in Technologies	Pivoted from virtual services and digital phenotyping to other technologies (2019)	Virtual services and digital phenotyping did not fit core audiences	Had to find technologies that better fit core audiences
Change in Project Approach	Pivoted from receiving feedback from a steering committee of clients and family members to receiving feedback from Peers (2021)	Limited resources to convene a large steering committee	Received rich Peer insights/feedback
	Pivoted to test/pilot technologies (2020)	Learned of the importance of such an approach	Delayed timeline, but allowed TCHSA-BH to improve fit and workflows on a smaller scale
	Broadened project to include digital literacy and device access efforts (2022)	Learned core audiences had limited access to devices and differing level of digital literacy	Improved engagement in the project
Change in Timeline	Delayed timeline (2019-21)	<ul style="list-style-type: none"> • Pivot from virtual services and digital phenotyping (2019) • Pivot to explore/pilot products (2020) • Need to review data sharing agreements (2021) 	Delay in technology selection and pilot
Other County/City Specific Changes	Change in contracting staff	Staff turnover	Delayed timeline

Whether and how the County/City will continue the Innovative Project, the reason for the decision, how the County/City involved stakeholders in the decision, and the source of ongoing funding, if applicable

Completed Technology/Activity	Status	Primary Reason for Decision	Stakeholder Engagement in Decision	Funding Source to Sustain Technology/Activity
myStrength	Will not continue	Poor fit for core audiences	Involved staff and Peers in decision	Does not apply
Device Access	Incorporated in County operations	Had key staff and technology to support effort	Peers expressed enthusiasm to continue	Operational funds
Digital Literacy Trainings	Will sustain until June 2024	Community members attend trainings Had key staff and technology to support trainings	Peers expressed enthusiasm to continue	Operational funds

Description of how the County/City disseminated the results of the Innovative Project to stakeholders, and if applicable to other Counties/Cities

Report	x
Website	
Social Media	x
Meetings	
Presentations	
Community Events	
Academic Journal Article	

The beginning of the report will include a timeline of milestones from all Counties/Cities. Below are the key dates for your County/City. Please let us know if you have any edits and/or would like to add any other milestones.

Year 1 (2018-19)

- Sept 2018: Tehama Help@Hand project approved by OAC.
- Jan 2019: Tehama Help@Hand project started.

Year 2 (2020)

- February 2020: Tehama explored Happify.
- May 2020: Happify left the project due to COVID-19.
- May 2020: Tehama explored myStrength and began planning myStrength pilot.

Year 3 (2021)

- Jan-Feb 2021: Tehama executed contract with myStrength.
- Mar-Apr 2021: Tehama launched myStrength pilot and paused.
- Dec 2021: Tehama began planning about device access.

Year 4 (2022)

Year 5 (2023)

- Mar 2023: Tehama began planning digital literacy trainings.
- May 2023: Tehama resumed planning myStrength pilot.
- Oct 2023: Tehama began hosting digital literacy trainings (e.g., Computer Club).
- Oct 2023: Tehama began allowing access to devices.
- Nov-Dec 2023: Tehama launched and completed myStrength pilot.
- Dec 2023: Tehama Help@Hand participation ended.

WORKFORCE EDUCATION AND TRAINING (WET)

WET: Description

WET provides training for existing employees, recruitment of new employees, and financial incentives to recruit or retain employees within the public mental health system.

TCHSA works closely with staff to identify funds for additional training, certifications, and/or clinical degrees. TCHSA provides internship supervision and learning opportunities for clinical mental health students and actively seeks to hire participants.

Another component of WET is providing evidence-based training to staff and consumers allowing for the development of new and effective skills. As new services are introduced in our MHSA components, there is often a need for staff training. WET funding is utilized to provide that training for new programs and to ensure that new staff are fully trained to existing standards and programs.

Beginning in 2016, and supported by MHSA WET funds, TCHSA uses a web-based educational platform, Relias, as one of its staff training tools. Relias provides evidenced-based mental health training and includes topics about recovery. TCHSA can assign Relias content to all levels of staff, including consumer staff.

- TCHSA used WET funding with a continued goal of training all TCHSA employees in MHFA and ASIST.

- TCHSA will continue to explore and review evidence-based therapeutic modalities that will improve outcomes. Priority will be placed on modalities that are trauma-focused and are congruent with mental health wellness and recovery principles. When modalities are chosen, TCHSA will develop an implementation plan that will include any required initial and ongoing training (i.e., Parent Child Interaction Therapy (PCIT) and Brainspotting).
- Continue to integrate Wellness Recovery Action Plan (WRAP) in all areas of mental health and train all levels of staff and include local community partners including law enforcement and First Responders in using this method.
- TCHSA has connected employees to the state and federal stipend programs and loan repayment programs. This has helped alleviate staff shortages. Staff members participated in distance learning programs established by the Superior Region MHSA WET Committee. Other staff members have taken part in loan repayment programs through the California Department of Health Care Access and Information (HCAI).
- TCHSA continues to grow and evolve its client work program of peer advocates and peer assistants.

CAPTIAL FACILITIES AND TECHNOLOGICAL NEEDS (CFTN)

CFTN provides additional infrastructure needed for increased services, such as clinics and facilities. CFTN also develops technological infrastructure for the mental health system, such as electronic health records (EHR) for mental health services.

TCHSA has focused its use of CFTN funds on the purchase and implementation of an EHR system. Multiple delays have pushed back the go-live date of the EHR system and vendor selection (MyAVATAR). One delay allowed for necessary upgrades to TCHSA servers. Remaining delays stemmed from vendor staff turnover and lack of adequate vendor support. The go-live date of MyAVATAR occurred in early 2023.

As noted above, TCHSA may elect to use CSS funds for CFTN projects including, but not limited to, improvements to the EHR system that support efficiency, accuracy, regulatory compliance, required reporting, best practices, or functional requirements.

- TCHSA completed a major upgrade to its IT infrastructure to the level required necessary for an electronic health records system.
- EHR, MyAVATAR went live in early 2023.

PERMANENT SUPPORTIVE HOUSING (PSH)

Permanent Supportive Housing (PSH)

Permanent Supportive Housing is affordable, long-term multifamily housing that is linked with supportive services for homeless people with disabilities. The supportive services assist the tenant to retain housing, improve his or her health, and increase his or her self-sufficiency. Supportive services will be provided on-site and off-site by the Tehama County Health Services Agency, Behavioral Health (TCHSA-BH), and other community-based service providers.

Permanent Supportive Housing Funds

MHSA Local Government Special Needs Housing Program (SNHP)

TCHSA-BH received an allocation of housing development funds from Proposition 63, Mental Health Services Act. By 2017, these MHSA funds were rolled into the Local Government Special Needs Housing Program (SNHP), administered by the State's California Housing Finance Agency (CalHFA). The eligible use of the funds is the construction of permanent supportive rental housing linked with supportive services.

Target Population:

The SNHP units are restricted for occupancy by individuals with serious mental illness who are homeless or at risk of homelessness.

In 2019, the MHSA Housing Committee reviewed and recommended a permanent supportive rental housing project to utilize this funding. In January 2020, CalHFA approved and issued an SNHP initial commitment letter for \$877,773 to TCHSA-BH for its PSH project, Olive Grove Apartments.

No Place Like Home (NPLH)

The California Department of Housing and Community Development, HCD, administers these affordable housing funds. There are three categories of NPLH funds:

- Technical Assistance
- Noncompetitive (allocated through a formula)
- Competitive funds (four rounds issued through Notice of Funding Availability by HCD)

Tehama County previously accepted technical assistance funds from HCD's NPLH program, which were used to meet the program's requirements. For example, the technical assistance funds were used to create the Tehama County Homeless Continuum of Care's 10-Year Plan to

End Homelessness. This plan incorporates HCD's NPLH key elements and is a threshold item for receiving funding for the NPLH program.

In 2019, Tehama County fulfilled the requirements to accept HCD's allocation of Noncompetitive No Place Like Home (NPLH) funds for \$500,000. The NPLH Noncompetitive and Competitive funds are to finance capital costs and capitalized operating subsidy reserves for the development of Permanent Supportive Housing (PSH). PSH is housing without any limits to the length of stay, must be occupied by an eligible NPLH target population, and must be linked with on-site and off-site supportive services to assist the tenant in maintaining housing and increase the tenant's self-sufficiency.

Target Population:

Adults, 18 years or older, living with a diagnosed Serious Mental Health Disability who are either:

- Chronically Homeless
- Homeless
- At-Risk of Chronic Homelessness

TCHSA-BH will be the lead supportive services provider. Services will be provided both on-site and off-site. Behavioral Health will also partner with other community-based partners. The types of services provided to the supportive housing tenants will be:

- Mental Health
- Substance Use Recovery Services
- Case Management
- Budgeting
- Linkage to Physical Health Care
- Basic Housing Retention Skills

Tehama County Continuum of Care-Homeless Management Information System (HMIS) and Coordinated Entry System (CES)

The MHSA Coordinator, Housing Consultant, and Tehama County Continuum of Care's HMIS Coordinator worked all of 2021 to incorporate the NPLH program into the CoC's system of care. The HMIS and CES policy was updated to include the NPLH program, and the HMIS software, Apricot, was updated to capture NPLH target population universal data. A new Permanent Housing Community Queue was established.

NPLH Tenant Referrals from CES Permanent Housing Queue:

- The project partners will utilize the CES Permanent Housing Queue for all its NPLH tenant referrals. The property management will notify the TCHSA-BH case managers when NPLH units become available.
- The TCHSA-BH case managers will access the CES Permanent Housing Queue, select three or more of the highest-ranked NPLH eligible individuals, verify their homeless status and serious mental illness disability, and refer them to the property management.
- The property management will process applicants for a tenancy using a Housing First, low-barrier tenant screening and selection process.

In 2023, the HMIS Coordinator transitioned the software for the Coordinated Entry System. The MHSA Coordinator worked to update the PSH CES Queue to align with the new software.

TCHSA-BH Permanent Supportive Housing Projects

NPLH-Round 2

In January 2020, TCHSA-BH and the project partner submitted an NPLH Round 2 Noncompetitive and Competitive application to HCD for the project. HCD awarded NPLH funds to the project on June 25, 2020. Below is a brief description of the project.

Name: **Olive Grove Apartments, Corning**

Developer: Rural Communities Housing Development Corporation

Units: 32 total units, 16 low-income households, 15 NPLH/SNHP, and 1 resident manager unit

Status: In February 2023, RCHDC completed the construction of the apartment complex. The lease-up started in March and finished in April 2023.

NPLH-Round 4

In 2021, TCHSA-BH staff and Housing Consultant worked with two separate affordable housing developer partners to submit NPLH Competitive applications to HCD. Both projects are in the City of Red Bluff and received NPLH funds on June 28, 2022. In addition, the Plumas County Housing Authority awarded both projects for Project-Based Vouchers. Below is a brief description of the projects.

Name: **Palm Villas at Red Bluff**

Developers: Northern Valley Catholic Social Service and Palm Communities

Units: 61 total units, 50 low-income households, 10 NPLH units, and 1 resident manager unit

Status: The project partners will submit additional applications to other affordable housing grant programs in 2023 and 2024. Estimate start of construction in 2025 and lease-up of the units in 2026.

Name: **The Bluffs Community Housing, Red Bluff**

Developer: Pacific West Communities

Units: 41 total, 25 low-income homeless households, 15 NPLH, and 1 resident manager unit

Status: The project partner will submit additional applications to other affordable housing grant programs in 2023 and 2024. Estimate start of construction in 2024 and lease-up of the units in 2026.

Goals for the next year (FY 24-25)

- Continue developing best practices using Tehama County's Continuum of Care Homeless Management Information System (HMIS) and Coordinated Entry System (CES) for NPLH projects.
- TCHSA-BH will provide ongoing on-site and off-site supportive services to the 15 NPLH tenants at Olive Grove Apartments.
- NPLH-Round 4 project partners will apply for other affordable housing funds (Palm Villas at Red Bluff and the Bluffs Community Housing).
- Start construction on the two NPLH-Round 4 projects.