

MHSA Newsletter

Stanislaus County Behavioral Health & Recovery Services
A Mental Health, Alcohol and Drug Service Organization

...a newsletter to share information about Stanislaus County's Mental Health Services Act (MHSA) programs with staff, consumers, stakeholders, other county departments and the community at large.



TELECARE PROGRAMS

By Linda Sanders, Telecare Administrator

Treatment + Community Resources = Hope

Telecare is very proud to be a Stanislaus County Mental Health Services Act provider! Telecare programs are located at Jana Lynn Place, 500 North 9th Street, Modesto, except Josie's TRAC (Telecare Recovery Access Center). Full Service Partnership (FSP) programs are in Suite B. General System Development (GSD), less intensive programs are in Suite A. Josie's TRAC is located at 1208 North 9th Street, Modesto.

Telecare Programs:

1. FSP: **Westside Stanislaus Homeless Outreach** Program expanded through MHSA to continue serving a very diverse group of 40 clients on the west side of Modesto.
2. FSP: **Partnership TRAC** serves up to 60 Stanislaus County clients that have previously been underserved, including uninsured.
3. FSP: **Josie's TRAC** serves 28 Stanislaus County Transitional Age Youth, ages 18-25.
4. GSD: **Fast TRAC** (outpatient model) serves 45 highly diverse clients, most of whom are uninsured, at medium high intensity level.
5. GSD: **Wellness TRAC** serves 60 clients who benefit from peer led support groups and medication.

Telecare staff address the unique challenges of young adult consumers and help them make smooth transitions between levels of care when needed. (See September edition of this newsletter for more details about Josie's Place.)

Telecare Partnership TRAC, Fast TRAC and Wellness TRAC programs began in November of 2007. Telecare was the first MHSA program to provide a "system of care" under one umbrella. Telecare serves those who have Medi-Cal insurance as well as those who are uninsured. Clients can receive services from any of the three programs but most often a client begins at the most intensive level (Partnership TRAC) and moves down to less intensive services as his/her needs change.

The goal in the transition process is always to support the client in finding a way to develop or reconnect with resources in the community and eventually leave the mental health system. The following story is an example of a client who moved between levels.

Mr. C. was referred to Telecare in February 2009 by a Modesto Police officer and began receiving services from Wellness TRAC. Mr. C. was married, nicely dressed, articulate, and highly educated (Master's degree). His life, however, was out of control and, at the time of his enrollment, he was at risk of losing both his marriage and his job. Mr. C. had uncontrollable anger outbursts almost daily and then would feel depressed and remorseful. He originally had good support from his church but he was asked to step down from the music ministry due to his angry outbursts.

Mr. C. began taking a mood stabilizer and attended some anger management groups but his life continued to fall apart. His wife had made him leave their home, he was losing his job, and he had a DUI and wrecked his car. Mr. C. came into the office tearful asking that we please not give up on him. At that time, Mr. C. was transferred to Fast TRAC (a higher level of care) and was offered individual therapy.

The turning point for Mr. C. came when he began using his church and recovery group support and began to make changes for himself. These community resources are what helped sustain his hope. Today Mr. C. has over 30 days of being clean and sober. He is stable and has a car and a job. He has hope of reuniting with his wife and family very soon.

Mr. C. is currently enrolled in Fast TRAC, outpatient program. He now receives most of his support in the community. Telecare staff has enjoyed helping him progress to this point!

MHSA Five Essential Elements:

- Community Collaboration
- Cultural Competence
- Client/Family-Driven Mental Health Systems
- Wellness for Recovery & Resilience
- Integrated Service Experiences

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UPDATE: MHSA TECHNOLOGICAL NEEDS— CONSUMER AND FAMILY EMPOWERMENT PROJECTS

By Karen Hurley, MFT, MHSA Planning Coordinator



MHSA Technological Needs Project planning is underway and a survey is now available for consumer and family member input. Data from this survey, developed in partnership with BHRS Consumer/Family Member Steering Committee, will be combined with other information to assist in the development of technological needs projects designed to increase computer access and empowerment to use computing resources.

The survey is running from October 15, 2009 through November 4, 2009. Input from all age groups is needed. Responses are confidential. One survey per person, please.

A link that takes you directly to the survey may be found on the local MHSA homepage: www.stanislausmhsa.com

There are two ways to submit a survey:

- 1) Online - **(RECOMMENDED OPTION!)**
- 2) Print the survey and complete with pen/pencil.

If you choose the print option:

- Send via U.S. mail to: MHSA Planning and Implementation, 800 Scenic Drive, Bldg B, Modesto, CA 95350.
- Send via Interdepartmental (ID) mail to: MHSA Planning and Implementation
- Drop off in person at: MHSA Planning and Implementation, 800 Scenic Drive, Bldg B, Modesto.

Consumers and family members who don't have access to a computer or online connection may ask for assistance from BHRS or contract agency staff or come by the MHSA Planning and Implementation Office at 800 Scenic Drive, Bldg. B, Modesto.

Other key locations

where computers are available for use by consumers and family members are: Consumer Empowerment Center (800 Scenic Drive, Modesto); Josie's Place (1208 9th Street, Modesto); Wellness Recovery Center, NAMI/Consumer Network Office (900 N. 9th Street, Modesto), Family Partnership Center (421 E. Morris Avenue, Modesto) or Stanislaus County Library Branch locations.

Your participation in this survey is important to us. If you would like more information, please contact khurley@stancounty.com or call 525-6274.

If you already completed the survey, **THANK YOU!**

Please inform others who may be interested.



SAVE THE DATE!

By Carol Jo Hargreaves,

MHSA-CSS Implementation Mgr.

MHSA Full Service Partnership (FSP) programs transition from Teleforms System to electronic data submission on December 1st!!

FSP staff are invited to attend training on the new DCR (Data Collection and Reporting) system. This system, offered by the Department of Mental Health, takes PAFs, KETs and Quarterlies from paper to electronic entry and submission!

Training will be a combination of lecture and hands-on, conducted in the Community Services Agency computer training lab at 251 East Hackett Road, Modesto. Training session dates/times:

Thursday afternoon, November 19, 1:30-3:30 p.m.

Friday morning, November 20, 10:00 a.m.-12:00 p.m.

This training is mandatory for all FSP staff. Advance registration will be first come, first served as there are limited seats available in the training lab for each session.

FSP staff, please mark your calendars and plan to attend one session of the 2-hour training. You will be provided additional detailed information about how to register for the class very soon.



If you have questions or suggestions regarding MHSA, please forward them by I.D. mail or e-mail to: Carol Jo

Hargreaves, BHRS / Administration, e-mail: chargrea@stancounty.com; or Karen Hurley, BHRS / Administration, e-mail: khurley@stancounty.com



The MHSA-CSS (Communicate, Share, and Support) Meeting is held the 4th Monday of each month at 10:00 a.m. in the Redwood Room, 800 Scenic Drive (unless otherwise notified).