

# 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.



### 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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## Integrated Forensics Team

By Tera Glandon, Recovery Specialist

As a Recovery Specialist for the MHSA-funded Integrated Forensics Team (IFT), it's part of my job to "walk" with our clients on their recovery path. This can look like a myriad of things, such as arranging peer socialization groups and events, providing one-on-one support when going out in the community, or simply being a shoulder to lean on, just a few of the things I do to help our clients stay on track. However, no matter what I do, the goal is always the same: to do whatever it takes to help our consumers re-connect with our community.

One tool we use in our endeavor to help our clients succeed is going on field trips. One of the many advantages of being an MHSA program is having funds available to provide these opportunities for our clients. Out of all the activities we offer, field trips appear to make the largest positive impact in the shortest amount of time. Since joining the Integrated Forensics Team almost a year ago, I've had the pleasure of organizing trips that have taken us from the central coast to the mountains! The benefits reaped by the clients who choose to participate in these excursions are immeasurable, often in surprising ways for most of them. Not only are they getting the opportunity to socialize with their peers but they're travelling to places most of them have never been and probably would never have the opportunity to go. This creates a bond for the clients to share with their peers and helps them make new friends. In turn, they begin to create or expand their own support systems. It doesn't matter if we're going to Santa Cruz or the McHenry Museum here in Modesto, the results are the same. It's been my experience that any time one gets a chance to experience something new it changes you in the smallest ways. For example, one client in particular came in to the office the day after our February trip to San Francisco. She shared with us that her depression had been increasing steadily for the last couple months and she was feeling very isolated. However, after coming back from our trip, where she got to spend time with her "recovery friends" outside and having fun, she felt like herself again. She went on to explain that she very reluctantly decided at the last minute to join us on the trip and was extremely grateful that she did because it gave her the push she needed to reconnect with her personal recovery.

As an MHSA program, the Integrated Forensics Team has the opportunity to go the extra mile for our clients and we take full advantage of this every day. We genuinely enjoy our clients and believe in what we're here to do. I feel extremely fortunate to be a part of this team for many reasons: my teammates, the opportunity to do a job that I love, and most of all, feeling that I might have made a difference in someone's life.

# BEHAVIORAL HEALTH SUMMIT 2010

## *Leadership for community results*

By Karen Hurley, MFT, MHSA Planning Coordinator

You're invited to attend the Behavioral Health Summit 2010 on May 10, 2010, 8:00 a.m. to 4:30 p.m. at the Modesto Centre Plaza/Doubletree Hotel Modesto.



Stanislaus County's Behavioral Health and Recovery Services Department (BHRS) has undertaken an ambitious effort to help communities and families better promote the health and well-being of their members. The 2010 Behavioral Health Summit—entitled *Leadership for Community Results*—will explore the three elements at the heart of this change effort: a focus on results, a commitment to community, and a passion for leadership.

Mark Friedman, Director of the Fiscal Policy Studies Institute and author of *Trying Hard Is Not Good Enough*, will present a keynote address on his world-renowned Results-Based Accountability framework.

John Ott, co-author of *The Power of Collective Wisdom* and a facilitator of successful change efforts for more than thirty years, will offer a keynote address on the leadership challenges of community transformation.

A panel of public and private sector leaders will offer diverse perspectives on the history and emerging promise of community efforts to promote health and well-being in Stanislaus County.

### Register Now!

BHRS staff will receive an offline registration form and instructions via e-mail.

All other stakeholders please register online at [www.stanislausBHSummit.org](http://www.stanislausBHSummit.org)

For more information contact Karen Hurley, [khurley@stancounty.com](mailto:khurley@stancounty.com) (209) 525-6247, Teresa Garibay, [tgribay@stancounty.com](mailto:tgribay@stancounty.com) (209) 525-6247

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## Reporting FSP Residential Changes

By Brenda Kachel, DMS/Performance Measurement

All residential changes, whether they are changes in client's address or type of housing, must be reported on a Key Event Tracking (KET) form through the DCR system. Here are some examples of types of moves for which data must be entered into the DCR system as "residential changes":



- A client moves from one apartment to another and now has a different address.
- A client switches from one type of residence to another, even though it is within the same facility/address. For example, a person is placed in temporary shelter in a hotel and then later is qualified to reside in the hotel as a Single Room Occupant (SRO).

If you have questions, contact Brenda Kachel in DMS/PM at 525-6049.

## Data Collected by the California Mental Health Directors Association on MHSA FSP Programs

By Carol Jo Hargreaves, MHSA-CSS Implementation Manager

During the month of February 2010, the California Mental Health Directors Association (CMHDA) surveyed all county mental health departments, requesting a standard set of outcome data from each county regarding their Mental Health Services Act-funded Full Service Partnership (FSP) programs. Below is the data CMHDA received from Stanislaus County for fiscal year 2008/2009 for the five BHRS FSP programs.

Stanislaus County	Total (Average)
Decreased Arrests	94%
Decreased Homelessness	88%
Decreased Incarceration	77%
Decreased Hospitalization (Psychiatric)	74%
Decreased Hospitalization (Medical)	53%
Decreased School Suspensions	50%



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).



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](mailto:chargrea@stancounty.com); or Karen Hurley, BHRS / Administration, e-mail:

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