

**Santa Clara County Mental Health Board
Family, Adolescents and Children's Committee (FACC) Chairs' Report
January 9, 2014**

Introduction

The following summarizes the FAC Committee's Objective in addressing mental health services and support for adolescents and young adults facing mental health crises. We recognized the need for additional alternatives (beyond emergency psychiatric services and transfer to out-of-county hospitals) to better support the various transitions from "crisis to care." We have talked to various providers of services for youth facing psychiatric crises, including stabilization, and on-going treatment plans.

Background

Based on both data and anecdotal information, we reconfirmed that Emergency Psychiatric Services (EPS) is not equipped to appropriately serve youth even as temporary service. Further, there is a lack of emergency beds for adolescents in Santa Clara County.

In all cases, the provision of psychiatric services (stabilization and treatment in a hospital setting) is very expensive and is not as compassionate and appropriate for adolescents and young adults.

Options and Recommendations

A FACC panel discussion in November 2013 focused on "Improving Services for Transitional Youth (17 to 25) to Deal with Transitions from Crisis to Care (Hospital, Post-Hospital, Family, School, and Community)."

The panelists summarized noteworthy programs, as well as opportunities and challenges they face in providing needed support for youth and their families with mental health or drug/alcohol challenges. Panelists also suggested partnerships and opportunities to expand alternative services and clarified the difference in laws between minors (under 18 years of age) and adults (over 18 years of age).

Within the County there are existing programs that address some aspects of crisis support and are in the process of expanding options, which provide viable diversions from psychiatric hospitalization and various types of on-going support. These alternative models will expand current capacity and are located within Santa Clara County thereby accessible to individuals and families. All of the programs address drug and alcohol treatment needs within their respective programs.

Additional Service Models (Pre, During, and Post Psychiatric Crisis)

The four are as follows:

1. EMQ Families First, located in Campbell, is a private non-profit behavioral health care organization serving children, adolescents and families. has a long history of providing mental health services, including a mobile crisis unit (serves ages 0 to 17), community transition services. Each program has a varying length of service: mobile crisis (2-4 hours), community transition services (1-90 days) and Crisis Community Transition Services and Crisis Stabilization Services, an alternative to EPS (23 hours and 59 minutes) for minors under the age of 18. The City of Campbell's Planning Commission passed and established the program in their Campbell campus. It has taken about a year to deal with the permits of the facility; the planning to proceed will start in about 90 days from now. This represents a 75% diversion rate. Santa Clara County Mental Health Department has supported these efforts.
2. Rebekah Children's Services, located in Gilroy, also has provided mental health services to the community over many decades. They provide a wide range of critical services incorporating crisis stabilization, hospital diversions, residential treatment group home, day treatment, outpatient mental health services and therapeutic behavioral services. Rebekah Children's Services is in the process of expanding its youth hospital diversion program and residential care program by 15 to 20 beds.
3. The ASPIRE program, The After-School Program Interventions, under the auspices of El Camino Hospital is designed to provide meaningful and effective treatment for teenage youth who are experiencing anxiety, depression, or other symptoms related to a mental health condition. Emotional wellness is technical assistance goal and the program emphasizes communication and a supportive environment. An after school program such as ASPIRE provides structure and training in mental wellness skills which help adolescents learn and implement healthy coping strategies. This after-school program and holistic treatment plan requires at least four afternoons a week for eight weeks; Mt. View Los Altos High School District grants academic credit to students who complete this course.
4. DADS' Children, Family Community Services Division provides services at 35 different sites such as schools, clinics and Juvenile Hall. The services up to this point have been targeted towards the adolescent population age 12-18 years of age; giving services up to age 21 due to the flexibility of the funding provided to DADS. There is specialization in being able to provide

expertise in substance use disorders, co-occurring mental health disorders and adolescent population. In the last two years there has been a growing awareness about need for better care for the transitioning population group, those exiting in the children's system and entering the adult system where the two systems were not bridged. The background has been specialization in being able to provide services and expertise in substance use disorders, co-occurring mental health disorders, developmental stage of the adolescents', and in dealing with resistant clients. According to a SAMHSA study on transition age group, in terms of comparing populations such as teens or adults over the age of 26; population of age 18-25 has the highest rate of holistic drug use and highest rate of co-occurring disorders. In July, a TAY specific program was started focusing on life skills and health decision-making through evidence based treatment models.

Motion from the FAC Committee:

The SCC Mental Health Board commends both the SCC Mental Health Department and SCC Department of Drug and Alcohol Services (DADS) for its efforts in supporting these types of programs addressing Crisis to Care needs of our county's youth and encourages expanded collaboration and partnerships so that all youth/families can access appropriate services.