



SAN JOAQUIN COUNTY BEHAVIORAL HEALTH  
ADVISORY BOARD (BHAB)

Regular Meeting

September 20, 2023 – 5:00 -7:00 P.M.

Lodi Police Station - Rick  
Cromwell Community Room  
215 W Elm St.  
Lodi, CA 95240

Minutes

**I. CALL TO ORDER:**

- Moment of Silence
- Pledge of Allegiance
- Roll Call
- Guest Introductions

**II. PUBLIC COMMENT PERIOD – OPEN TIME**

- Kelsey from the Lodi Wellness center is open just a few blocks away. Flyers are available and they are giving tours.

**III. APPROVAL OF MINUTES**

Action

- Approval of the August 2023 Minutes  
Approved

Vote

**IV. BHAB Chair’s Report**

Action

- BHAB By-Laws Update
  - By-Laws have been approved by the board of supervisors and we are just waiting for the final revision to be sent by the BOS.

**V. Directors Update – Cara Dunn**

- Behavioral Health Program updates
  - ARTS Buildings on track to be installed but the end of October.
  - EQRO Audit taking place over the next week.
  - Triannual 10 Day review starting on 10/31/2023
  - MHSA Audit to happen March 15<sup>th</sup> 2024
- MHSA Update – Angelo Balmaceda
  - Kicking off community planning for 24-25 with the MHSA Showcase on October 5<sup>th</sup> from 3-5pm
    - Will have a Survey, T-Shirts, Bags, and opportunity to meet the staff and see what services we have to offer.
  - Community planning meetings will be happening at the end of October through November
  - 20 Plus meetings throughout the community including Manteca, Lodi, and Tracy.
  - Suggestion to find suitable location in Woodbridge
- **BHS – Lodi Clinic – Marlen Alcaraz Tapia Lodi Children’s**
  - **The Lodi Clinic is part of San Joaquin County Health Care Services Agency’s Mental Health Division. We provide clinical services to children (ages 6 to 18) and transition age youth (18 to 20.5) in need of mental health treatment. Services include time limited individual therapy, group and family therapy; case management, psychiatric services, medication support and education.**



○ **VISION**

The vision of San Joaquin County Behavioral Health Services is to collaborate as a resilient team exploring changes, sharing ideas, striving to empower consumers, families, volunteers and care providers toward building hope, addressing disparities, and fostering wellness and recovery through individual strength-based treatment.

○ **MISSION**

The mission of San Joaquin County Behavioral Health Services is to partner with the community to provide integrated, culturally and linguistically competent mental health and substance abuse services to meet the prevention, intervention, treatment and recovery needs of San Joaquin County residents.

○ **ACCESS**

Referrals are received from our ACCESS department who identifies a youth (6-18) or transitional age youth (Ages 18-20.5) in need of Behavioral Health Services. The child/youth will receive a full mental health assessment and get linked to a Mental Health Clinician for ongoing services if they meet criteria for SMHS

○ **Transfers**

A client receiving services may request to be seen in the Lodi clinic due to proximity of the clinic to their home, school, or employment

○ **Walk-Ins**

A walk in may be scheduled for future intake availability with one of our mental health clinicians who will determine if they meet criteria for SMHS and would benefit from county BHS

● **Peer Support-Parent Partner**

Mental Health Outreach Workers (MHOW) are life-trained paraprofessionals whose goal is to empower and support caregivers with: Linkage to community supportive services, parenting skills, education on basic mental health concepts of support, helping caregivers to prepare for advocacy in the school system/JJC/CPS.

MHOW's provide encouragement and hope and are always respectful and nonjudgmental. A clinician will provide this referral as needed.

● **ICC & IHBS: provided by a Mental Health Specialist**

○ **Intensive Care Coordination:** ICC is a targeted case management service that facilitates assessment, service planning and implementation; monitoring and adapting; and transitioning

○ The intention of ICC is to promote the safety, permanency, and well-being of children and families.

○ **Intensive Home-Based Services:** HBS is an Individualized, strength-based intervention designed to ameliorate mental health conditions that interfere with child/youth's functioning. Services address needs consistent with the child/youth's client plan or client plan update

○ Purpose: skill-building, successful functioning in the home and community, improving the family's ability to help the child/youth

Questions:

- Does Lodi Clinic do any homeless outreach?
  - No Homeless outreach is part of the Main Stockton clinic. But outreach does come to Lodi.
- Do we have a Map of the Coverage area for the Lodi Clinic?
  - Consumers are free to go to whatever clinic they like regardless of what part of the county they live in.
- Is there any concern about consumers in Stockton coming to Lodi limiting access to services for consumers in Lodi?
  - There is no impact to services in Lodi due to out of area consumers.

● **Therapeutic Behavioral Services (TBS)**

○ TBS provides intensive in-home based services to youths aged 0-21 and their families who are experiencing behavior difficulties which place the child at risk for psychiatric hospitalization or loss of housing placement.



- **Radically Open Dialectical Behavior Therapy (RO DBT)**
  - RO DBT is an evidenced based treatment which targets a spectrum of disorders characterized by excessive inhibitory control or overcontrol. Intended for client with chronic problems such as anorexia nervosa and obsessive-compulsive personality disorder
  - Treatment involves both individual treatment sessions and skills training classes
- **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)**
- **(TF-CBT)** is an evidence-based treatment for children and adolescents impacted by trauma and their parents or caregivers. The goals of TF-CBT are to help clients learn skills to cope with trauma, face and resolve trauma and related concerns, as well as effectively integrate their traumatic experiences and progress through life in a safe and positive manner

#### **BHS – Lodi Clinic - Anna Perez-Testo**

Who We Serve:

Individuals age 20.5 years and older who:

- Are Medi-Cal Beneficiaries, or
- Uninsured who pay an annual flat fee based on income (medications are not covered by this fee)

AND

Meet criteria for Specialty Mental Health Services

- **Specialty Mental Health Services**
  - Specialty Mental Health Services are reserved for individuals in the community who experience moderate-to-severe impairments in daily functioning that are the result of certain mental health disorders. These impairments interfere with the individual's ability to establish or maintain:
    - ❖ Employment
    - ❖ Housing
    - ❖ Social Relationships
    - ❖ Safety (of self or others)
  - Specialty Mental Health Services
    - ❖ Outpatient Specialty Mental Health Services may include:
      - ❖ Medication Prescription
      - ❖ Case Management (help with accessing community resources)
      - ❖ Rehabilitation (developing functional living skills)
      - ❖ Individual Therapy
    - Serious and Persistent Mental Illness
      - ❖ Individuals who require Specialty Mental Health Services experience what is often referred to as "Serious and Persistent Mental Illness", meaning that these individuals:
        - ❖ Meet criteria for a designated mental health diagnosis
        - ❖ Experience mental health symptoms that interfere with their ability to function safely and effectively in the community.
        - ❖ Experience impairments that are persistent (not due to typical life circumstances)
- **Accessing Specialty Mental Health Services**
  - ❖ Individuals may request Specialty Mental Health Services by:
    - ❖ Calling the SJC BHS Access Line (1-888-468-9370 or 209-468-9370)
    - ❖ The caller is given a preliminary triage by phone, using a standardized screening tool. Based on the scoring of this tool, the individual may be referred to their Managed Care Plan, or referred for an Intake Assessment with a SJC BHS Clinician, the outcome of which will determine whether an individual meets criteria for Specialty Mental Health Services
    - ❖ Meeting with the Clinic's Officer of the Day
    - ❖ The Officer of the Day collects basic demographic and contact information, discusses the individual's reason for coming to the clinic, identifies potential service needs, and schedules an Intake Assessment with a Clinician
    - ❖ Individuals who are assessed, but do not meet criteria for Specialty Mental Health Services are referred to appropriate resources to address their needs.



**VI. COMMITTEES / LIAISONS REPORTS:**

**COMMITTEES**

- QAPI (Bimonthly) - Tasso Kandris
- Legislature - Gertie Kandris
- Children / TAY (Ad-Hoc) - Ester Wolczynski
- SUD / Community Support (Ad-Hoc) - Celina Perez
- Justice and Decriminalization (Ad-Hoc) - Eliza Garza
- Housing (Ad-Hoc) - Jeff Giampetro LIAISONS
- MHSA Consortium (Monthly) - Christine Stanbrough
- Suicide Prevention Committee (Bimonthly) - Destiny Easter
- Cultural Competency Committee (Monthly) - Omar Guerrero

**VII. REMINDERS**

- MHSA Consortium - October 5th at 3pm
- Cultural Competency - October 10th at 11am
- Suicide Prevention - November 20<sup>th</sup>

**VIII. BOARD COMMENTS**

- **Esther:** Looking forward to the MHSA showcase, Would like to get together with Genevieve and Pat to gain guidance on the Children’s AdHoc Committee. Walk For Life event on September 9<sup>th</sup> at Victory Park had over 300 Preregistrations for that event.
- **Christine:**
- **Tasso:** Nobody from the Lodi was invited, BHS needed to advertise this meeting in the newspaper and should have reached out to the Lodi Mayor, Chief of Police, and the City Council Members.
- **Jeff:** Nobody reached out to the Homeless in the area or to the Salvation Army. Would like to mention that the Walk for Alzheimer’s is coming up as well Oct 14, 2023.
- **Destiny:** Nobody from Lodi came to the meeting we might as well have kept the meeting in Lodi. Lodi police station is not a great venue, especially for people of color or who have had bad experiences with the police. Would also like to point out that talking over one another at the meeting is not a good thing.
- **Tasso:** We should have tried to Book the Lodi Public Library.
- **Omar:** Appreciates the comments, Feels that the Board members also should do outreach to get community members to come to the meetings as well as more outreach from BHS. Also does not like the choice of location, it can cause anxiety people like himself who’ve had bad experiences with police, and suggests that the Board works with Luke to find a suitable location for the next meeting in Lodi.

**IX. ADJOURN TO WEDNESDAY October 18, 2023 at 5:00 P.M.**

If you need a disability-related modification or accommodation in order to participate in this meeting, please contact the Behavioral Health Board Secretary at (209) 468-8750 at least 48 hours prior to the start of the meeting.  
Government Code Section 54954.2(a)