

# **SAN BENITO COUNTY BEHAVIORAL HEALTH**

## **Mental Health Services Act Prevention and Early Intervention Annual Update and Funding Request**

*Supplement to the Prevention and Early Intervention Program and  
Expenditure Plan for Fiscal Years 2007-2008 and 2008-2009*

### **Fiscal Year 2009-2010**

**POSTED**

**January 27, 2009**

This MHSA PEI Plan Update and Funding Request is available for public review and comment through February 26, 2009. We welcome your feedback in writing or at the Public Hearing on February 26, 2009.

For more information, please contact:  
San Benito County Behavioral Health  
MHSA PEI Update Plan Feedback  
1131 San Felipe Road, Hollister, CA 95023

Phone: 831-636-4020

Fax: 831-636-4025

Thank you!

**San Benito County Behavioral Health  
Mental Health Services Act FY 2009-2010 Annual Update  
Prevention and Early Intervention  
Funding Request**

*Supplement to the Prevention and Early Intervention Program and  
Expenditure Plan for Fiscal Years 2007-2008 and 2008-2009*

Per DMH Notice No. 08-28, “counties that have not yet submitted their initial component Work Plans may include the applicable Exhibit E – Funding Requests for FY 2009/10...as part of their initial component plan submission.”

San Benito County Behavioral Health has included “Exhibit E – Funding Requests for FY 2009/10” as a supplemental component of the PEI Program and Expenditure Plan for Fiscal Years 2007/08 and 2008/09. In addition, SBCBH has included “Exhibit D – MHSA Work Plan Description” as a narrative to this supplement. Budget narratives have been included as supporting documentation.

This MHSA PEI Update and Funding Request is available for public review and comment through February 26, 2009. Copies of the PEI Update have been distributed to the Steering Committee for review and comment. The draft PEI Update has also been made available across the county in locations consistent with the CSS Plan distribution. It is available for viewing on the San Benito County website. In addition, copies of the PEI Update have been placed at Esperanza Center, partner agencies, the public library, and a number of public facilities. The PEI Update has been made available to clients, family members, and other interested stakeholders.

Feedback is welcome in writing or at the Public Hearing on February 26, 2009.

**COUNTY CERTIFICATION  
MHSA FY 2009/10 ANNUAL UPDATE**

I hereby certify that I am the official responsible for the administration of public community mental health services in and for said County and that the County has complied with all pertinent regulations, laws and statutes for this Annual Update. Mental Health Services Act funds are and will be used in compliance with Welfare and Institutions Code Section 5891 and California Code of Regulations (CCR), Title 9, Section 3410, Non-Supplant.

This Annual Update has been developed with the participation of stakeholders, in accordance with CCR, Title 9, Sections 3300, 3310(d) and 3315(a). The draft FY 09/10 Annual Update was circulated for 30 days to stakeholders for review and comment and a public hearing was held by the local mental health board or commission. All input has been considered with adjustments made, as appropriate.

<to be signed prior to submittal to State>

County Behavioral Health Director

\_\_\_\_\_ Date

Executed at Hollister, California

**FY 2009/10 Mental Health Services Act  
Prevention and Early Intervention Funding Request**

County: San Benito

Date: 1/27/2009

PEI Work Plans			FY 09/10 Required MHS Funding	Estimated MHS Funds by Type of Intervention			Estimated MHS Funds by Age Group			
No.	Name	Universal Prevention		Selected/ Indicated Prevention	Early Intervention	Children, Youth, and Their Families	Transition Age Youth	Adult	Older Adult	
1.	Children and Youth PEI Services	\$191,788				\$95,894	\$95,894			
2.	Suicide Prevention	\$6,000				\$1,500	\$1,500	\$1,500	\$1,500	
3.	Older Adult PEI Services	\$171,747							\$171,747	
4.	Women's PEI Services	\$25,000					\$5,000	\$20,000		
5.										
6.										
7.										
8.										
9.										
10.										
11.										
12.										
13.										
14.										
15.										
16.										
17.										
18.										
19.										
20.										
21.										
22.										
23.										
24.										
25.										
26.	<b>Subtotal: Work Plans<sup>a/</sup></b>	<b>\$394,535</b>	\$0	\$0	\$0	\$97,394	\$102,394	\$21,500	\$173,247	
27.	<b>Plus County Administration</b>	<b>\$44,800</b>								
28.	<b>Plus Optional 10% Operating Reserve</b>	<b>\$28,565</b>								
31.	<b>Total MHS Funds Required for PEI</b>	<b>\$467,900</b>								

**Total allocation 09/10 \$ 467,900**

a/ Majority of funds must be directed towards individuals under age 25--children, youth and their families and transition age youth . Percent of Funds directed towards those under 25 years=

50.64%



**County Name**

San Benito

**Work Plan Title**

Children and Youth Prevention and Early Intervention

**Population to Be Served**

This project will serve children and youth, ages 0-18, and their families. This project has several components and will target various populations, including, but not limited to, males and females, ages 13-18; Latinos; families; monolingual Spanish speakers; and young and very young children.

**Work Plan Description**

This program is staffed by three (3) Case Managers. The lead Case Manager focuses on promoting mental health screening for children and youth across San Benito County. This individual offers training to children’s agencies, educational settings, health care settings, and providers. A Mental Health Screening Tool is used to assist education and care providers in the community to recognize early signs and symptoms of mental health problem behaviors. This Case Manager is also available for providing brief intervention services at school during the day and during after school activities.

Two additional Case Managers are utilized to provide peer-to-peer support groups at the local middle schools and high schools, as well as provide family-to-family support groups to family members. These individuals are involved in school activities, as well as offering after-school activities. A component of this program is the promising practice program, *El Joven Noble – Male Rites of Passage*, a male Latino youth development and leadership enhancement program. This culturally-based program is designed to work with youth to develop life skills, cultural identity, character, and leadership skills. It is proven effective in reducing gang activities and providing mentoring and leadership to youth who are considered at risk of using drugs or not graduating.

A similar program for young females, called CLARITY (Combining Literature Around Reality Including Today’s Youth), will be implemented in this Fiscal Year. This teen pregnancy/youth development program utilizes literature by Latino authors as a focal point for discussing social-cultural identity and life issues, including relationships, sexuality, addictive behaviors, and future planning.

The *El Joven Noble* curriculum has a family component, *Cara Y Corazon – Family Strengthening Curriculum for Parents*, which will also be implemented in Fiscal Year 09/10. Families meet regularly to participate in activities which promote positive family relationships. The *Cara Y Corazon* component encourages parents to create relationships with the school, visit the campus to understand their youth’s academic activities, and assists parents to reinforce the *El Joven Noble* and CLARITY teachings at home.

This project builds collaboration between the schools, health services, preschools, community organizations, probation, and mental health services. Through training activities utilizing the Mental Health Screening tool, early identification of behaviors of concern, and development of culturally-relevant activities, this program promotes wellness and recovery for children, youth, and families. This collaborative project combines an excellent, early intervention program with the development of a supportive, culturally-relevant early intervention program to promote healthy behaviors.

**COMMUNITY SERVICES AND SUPPORTS**

Annual Number of Clients to Be Served

\_\_\_\_\_ Total

Number of Clients by Funding Category

\_\_\_\_\_ Full Service Partnerships

\_\_\_\_\_ System Development

\_\_\_\_\_ Outreach & Engagement

**PREVENTION AND EARLY INTERVENTION**

Annual Number to Be Served

70 Total

Number of Clients by Type of Prevention

30 Early Intervention

40 Indicated/Selected

0 Universal

**San Benito County Behavioral Health  
Prevention and Early Intervention Plan  
Fiscal Year 2009-2010 Budget Narrative**

All budgeted amounts are based on historical averages for other Mental Health programs. Salaries and Benefits amounts are based on the most current pay schedule of the subcontractor.

***Project: Children and Youth Prevention and Early Intervention***

**A. Expenditures**

1. Personnel – No expenditures are estimated for this category for this project.
2. Operating Expenditures – No expenditures are estimated for this category for this project.
3. Subcontracts/Professional Services – This category includes a subcontract between San Benito County Behavioral Health and the Hollister Youth Alliance to provide Prevention and Early Intervention services to youth and their families. The estimated FY09-10 contract is outlined below and reflects a 1% COLA increase for staff salaries. No non-recurring expenses are anticipated in Fiscal Year 2009-10

<b>Hollister Youth Alliance Estimated Expenses</b>	<b>Cost per Unit</b>	<b>Total FY09-10</b>
A. Expenditures		
<b>1. Personnel</b>		
a. Salaries		
1.0 FTE Lead Case Manager	\$49,768	\$49,768
2.0 FTE Case Managers	\$43,465	\$86,930
b. Benefits and Taxes @22%	\$30,074	\$30,074
c. Total Personnel Expenditures		<b>\$166,772</b>
<b>2. Operating Expenditures</b>		
a. Facility Costs		
b. Other Operating Expenses (includes 15% Indirect Cost)	\$25,016	\$25,016
c. Non-recurring Expenses		
d. Total Operating Expenditures		<b>\$25,016</b>
<b>3. Total Proposed Subcontract FY 2008-09</b>		<b>\$191,788</b>

*Project: Children and Youth Prevention and Early Intervention, continued...*

**B. Revenues**

SBCBH is not projecting any revenues for this specific project. Hollister Youth Alliance (HYA) will provide an in-kind contribution of \$48,000. This contribution includes the HYA Director's time for supervision/mentoring program staff; an administrative assistant's time for general offices duties to support the program; fees for facility space; communication and travel expenses; and general supplies.



**County Name**

San Benito

**Work Plan Title**

Suicide Prevention Training

**Population to Be Served**

This project will serve children, youth, adults, and older adults who are at risk of suicide, including individuals who have experienced trauma. Trainings will target law enforcement personnel and other first responders. In addition, family members and friends of suicide victims will be served through support groups.

**Work Plan Description**

This program will support the expanded number of suicide prevention trainings available to first responders in the county. These trainings, provided by the Suicide Prevention Services of the Central Coast, target first responders, such as law enforcement, and teach them to recognize the warning signs of suicidal behavior, develop techniques to improve response to suicidal events, and develop methods for linking individuals to community resources. This continued funding will support the Suicide Prevention Services of the Central Coast training and target additional groups to receive the training.

In addition, this program offers suicide survivor support groups for family members whose relatives who have committed suicide.

This program builds upon the collaboration between the Suicide Prevention Services of the Central Coast, Behavioral Health, law enforcement, education, and social services. As a result of the suicide prevention training, these first responders will be better able to promote early identification and have the appropriate skills to de-escalate suicidal behavior. Individuals who attend the family suicide survivor support groups will have the opportunity to share feelings and obtain the support needed to heal and recover.

**COMMUNITY SERVICES AND SUPPORTS**

Annual Number of Clients to Be Served

\_\_\_\_\_ Total

Number of Clients by Funding Category

\_\_\_\_\_ Full Service Partnerships

\_\_\_\_\_ System Development

\_\_\_\_\_ Outreach & Engagement

**PREVENTION AND EARLY INTERVENTION**

Annual Number to Be Served

60 Total

Number of Clients by Type of Prevention

10 Early Intervention

0 Indicated/Selected

50 Universal



**San Benito County Behavioral Health  
Prevention and Early Intervention Plan  
Fiscal Year 2009-2010 Budget Narrative**

All budgeted amounts are based on historical averages for other Mental Health programs. Salaries and Benefits amounts are based on the most current pay schedule prepared by the County Department of Finance.

***Project: Suicide Prevention Training***

**A. Expenditures**

1. Personnel – No expenditures are estimated for this category for this specific project.
2. Operating Expenditures – No expenditures are estimated for this category for this specific project.
3. Subcontracts/Professional Services – This category includes a subcontract between San Benito County Behavioral Health and the Suicide Prevention Services of the Central Coast to provide suicide prevention services to individuals in our county. The Suicide Prevention Services currently provides suicide prevention services to San Benito County. These continued PEI funds will be help to cover recurring operational expenses, such as utilities and supplies. Allocated funding is slightly increased in FY 2009-10.

**B. Revenues**

SBCBH is not projecting any revenues for this specific project.



**County Name**

San Benito

**Work Plan Title**

Older Adult Prevention and Early Intervention

**Population to Be Served**

This project will serve older adults, ages 60 who experience isolation, loss, and medical issues, and who are at risk of mental illness, such as depression. Individuals at risk of hospitalization and/or who are homeless will also be served. Caregivers of older adults will be supported as well.

**Work Plan Description**

The Older Adult Prevention and Early Intervention Program provides early mental health screening and intervention to older adults attending *Jóvenes de Antaño* and/or are receiving Meals on Wheels. This program also trains agency partners, including Public Health and local physicians, in recognizing signs and symptoms of mental illness in older adults. This program provides linkage and support for older adults to access mental health and health care services.

The Older Adult Prevention and Early Intervention Program utilizes a full-time Clinician to provide prevention and early intervention activities throughout the county in order to identify older adults who need mental health services. The program offers comprehensive assessment services to those older adults experiencing mental health problems that may interfere with their ability to remain independent in the community. These individuals are then linked to resources within the community, including County Behavioral Health services.

The Clinician also offers caregiver groups to provide support and early intervention to family members who are caring for an elderly relative. Attending a caregiver support group once or twice a month provides the caregiver with some time out of the home and develops supportive relationships with others who are experiencing the same situation. Through recognition of signs of caregiver stress and the warning signs of early symptoms, the likelihood of diagnosable depression, other health problems, and isolation are reduced.

In Fiscal Year 2009-10, we plan to hire a 0.5 FTE Case Manager for this PEI project. This new position will ensure that prevention and early intervention services provided to older adults are focused on individual needs, resulting in improved care for at-risk seniors. This individual will be an advocate for clients and provide assistance to help individuals gain access to needed services and to obtain positive outcomes and maximize their potential. This position will promote the delivery of culturally and linguistically competent services and help engage diverse communities in services.

This program develops service alternatives for older adults who have been unserved and underserved in this community. Services are voluntary and client-directed, strength-based, employ wellness and recovery principles, address both immediate and long-term needs of program members, and are delivered in a timely manner that is sensitive to the cultural needs of the population served.

**COMMUNITY SERVICES AND SUPPORTS**

Annual Number of Clients to Be Served

Total

Number of Clients by Funding Category

Full Service Partnerships

System Development

Outreach & Engagement

**PREVENTION AND EARLY INTERVENTION**

Annual Number to Be Served

60 Total

Number of Clients by Type of Prevention

30 Early Intervention

30 Indicated/Selected

0 Universal

**San Benito County Behavioral Health  
Prevention and Early Intervention Plan  
Fiscal Year 2009-2010 Budget Narrative**

All budgeted amounts are based on historical averages for other Mental Health programs. Salaries and Benefits amounts are based on the most current pay schedule prepared by the County Department of Finance.

***Project: Older Adult Prevention and Early Intervention Services***

**A. Expenditures**

1. Personnel – Expenditures are based on current County Personnel Salary tables. Benefits are calculated at approximately 56%.

Mental Health Clinician I – This individual is responsible for the implementation and support of prevention and early intervention activities and individual and group services for Older Adults at risk. The Clinician will deliver services in the community or home, as appropriate. This position ensures that the service system is sensitive to, respectful of, and responsive to the mental health needs of the individual participants.

Mental Health Case Manager – This new half-time position will ensure that prevention and early intervention services provided to older adults are focused on individual needs, resulting in improved care for at-risk seniors. This individual will be an advocate for clients and provide assistance to help individuals gain access to needed services and to obtain positive outcomes and maximize their potential. This position will promote the delivery of culturally and linguistically competent services and help engage diverse communities in services.

2. Operating Expenditures – Expenditures include costs that support the clinical and case manager positions, including rent, utilities, office supplies, and mileage reimbursement for personal vehicles when delivering services in the community.
3. Subcontracts/Professional Services – No expenditures are estimated for this category for this specific project.

**B. Revenues**

As we are still implementing this PEI program, SBCBH had determined not to project revenues for this program until FY 2010-11. This timeframe will provide us with enough experience and data to more accurately project revenues to help maintain the program in future years. SBCBH does, however, intend to collect revenue where and when applicable through this program.



**County Name**

San Benito

**Work Plan Title**

Women’s Prevention and Early Intervention

**Population to Be Served**

This project serves adult women, ages 18+. Special emphasis is placed on those women who experience or are at risk of domestic violence, and/or are monolingual Spanish speakers.

**Work Plan Description**

This project offers mental health early intervention groups at the local women’s shelter, *Emmaus House*, and in the community, to help victims of domestic violence, reduce stigma, and improve access to the Latino community.

A women’s group will provide prevention and early intervention services for women, with a special emphasis on monolingual Spanish speakers and victims of domestic violence. The group also functions as a support group to promote self-determination, develop and enhance the women’s self advocacy skills, strengths and resiliency, discuss options, and help develop a support system to create a safe environment for her and her children. The group is held in the community to promote easy access and develop healthy relationships.

Individuals participating in the women’s group will receive services from a counselor under contract with San Benito County Behavioral Health. The counselor will be bilingual, bicultural to ensure that services are culturally sensitive and delivered in the women’s primary language. The clinician will be knowledgeable of other county agencies which provide services to this population, including, but not limited to, the Health and Human Services Agency, Child Protective Services, local physicians, Public Health, and Cal Works. Referrals and linkages to the appropriate services will be made, as needed.

This project is a collaborative effort that combines prevention and early intervention mental health activities with a strong community program for women seeking safety. This program will provide supportive, culturally-relevant services to promote healthy behaviors for women and their families.

**COMMUNITY SERVICES AND SUPPORTS**

Annual Number of Clients to Be Served

\_\_\_\_\_ Total

Number of Clients by Funding Category

\_\_\_\_\_ Full Service Partnerships

\_\_\_\_\_ System Development

\_\_\_\_\_ Outreach & Engagement

**PREVENTION AND EARLY INTERVENTION**

Annual Number to Be Served

20 Total

Number of Clients by Type of Prevention

10 Early Intervention

10 Indicated/Selected

0 Universal

**San Benito County Behavioral Health  
Prevention and Early Intervention Plan  
Fiscal Year 2009-2010 Budget Narrative**

All budgeted amounts are based on historical averages for other Mental Health programs. Salaries and Benefits amounts are based on the most current pay schedule prepared by the County Department of Finance.

***Project: Women's Prevention and Early Intervention***

**A. Expenditures**

1. Personnel – No expenditures are estimated for this category for this project.
2. Operating Expenditures – No expenditures are estimated for this category for this specific project.
3. Subcontracts/Professional Services – This category includes a continuing subcontract between San Benito County Behavioral Health and a local domestic violence organization to address domestic violence and offer mental health prevention and early intervention groups to help reduce stigma and improve access to the Latina community in San Benito County. A women's support group will be facilitated by a contracted clinician to address domestic violence, promote healthy relationships, and provide supportive services to monolingual and bilingual Spanish speakers in the community. These funds, increased in FY 2009-2010, will continue to support the project, including staff time, materials, and operating expenses.

**B. Revenues**

SBCBH is not projecting any revenues for this specific project.

**San Benito County Behavioral Health  
Prevention and Early Intervention Plan  
Fiscal Year 2009-2010 Budget Narrative**

All budgeted amounts are based on historical averages for other Mental Health programs. Salaries and Benefits amounts are based on the most current pay schedule prepared by the County Department of Finance.

***Administration – Prevention and Early Intervention Projects***

**A. Expenditures**

1. Personnel – No expenditures are estimated for this project.
2. Operating Expenditures – This line item includes expenses for a consultant to perform PEI evaluation activities.
3. County Allocated Administration – Expenditures include A-87 costs attributable to the PEI projects.

**B. Revenues**

We are not projecting any revenues at this time.



## San Benito County Behavioral Health Department

**Please send your written comments and feedback on the  
Mental Health Services Act, Prevention and Early Intervention  
Annual Update Funding Request, Fiscal Year 2009-2010 to:**

Maria Sanchez, MHSA Coordinator  
San Benito County Behavioral Health  
1131 San Felipe Road  
Hollister, CA 95023

[msanchez@sbcmh.org](mailto:msanchez@sbcmh.org)  
(831) 636-4020