



DEPARTMENT OF HEALTH SERVICES BEHAVIORAL HEALTH SERVICES

Our Mission

To provide a culturally competent system of care that promotes holistic recovery, optimum health, and resiliency.

Our Vision

We envision a community where persons from diverse backgrounds across the life continuum have the opportunity to experience optimum wellness.

Our Values

Respect, Compassion, Integrity • Client and/or Family Driven • Equal Access for Diverse Populations • Culturally Competent, Adaptive, Responsive and Meaningful • Prevention and Early Intervention • Full Community Integration and Collaboration • Coordinated Near Home and in Natural Settings • Strength-Based Integrated and Evidence-Based Practices • Innovative and Outcome-Driven Practices and Systems • Wellness, Recovery, and Resilience Focus

DBHS-Managed Care Plan Quarterly Meeting

Date: November 22nd, 2024

Time: 11:00 a.m. – 12:00 p.m.

Location: Teams

Facilitators: Darlene Moore, Human Services Program Planner

Attendees:

Allison Williams
Annesha Land
Darlene Moore
Emely Arianza
Elizabeth Whitteker
Janet Paine

Jennifer Shebesta
John Ebersberger
Kalil Macklin
Lauren Torelli
Laurence Gonzaga
LaVonne Ricks

Maria Martinez
Michael Amenyro
Myriah Kemp
Randy Nater
Robert Durborough

Sheri Green
Stuart Buttlair
Timothy Perkins
Tory Ross
Vanessa Bovee

ITEM	DISCUSSION	ACTION/DATE
Welcome, Introductions, & Announcements	<p style="text-align: center;"><i>The meeting began with introductions from meeting attendees.</i></p> <ul style="list-style-type: none"> ❖ <u>County Announcements:</u> <ul style="list-style-type: none"> ➤ Michael Amenyro is our new <i>Health Program Manager</i>. 	
Maternal Mental Health	<ul style="list-style-type: none"> ❖ <u>Each managed care plan discussed their Maternal Mental Health Resources.</u> <ul style="list-style-type: none"> ➤ <u>Molina Healthcare</u>- shared by Elizabeth Whitteker: <ul style="list-style-type: none"> ○ Molina has developed a High-Risk OB Case Management specialized for a while 	

Maternal Mental Health
(continued)

but has now expanded Maternal Case Management focus regardless of how risk stratification happens.

- ✓ This would include anyone one year after birth through pregnancy and up to one year after birth, or fetal demise.
- ✓ They are currently still expanding as well as in the process of identifying providers that specialize with those members.

○ The clients can be referred through the Case Management Portal.

✓ Molina Maternal CM Direct Contacts:

- **Betsy Roberts-** elisabeth.roberts@molinahealthcare.com
- **Janelyn Martin-** janelyn.martin@molinahealthcare.com

➤ Anthem- shared by John Ebersberger:

- Anthem has had OB High Risk Case Managers that refer to their Behavioral Health Team to collaborate and work together for the clients.
- They also have Community Outreach Workers (OCS staff) who can work directly in the field with people and will sometimes help by accompanying them to appointments, filling out paperwork, or assisting with finding resources.
- Clients also have access to their *Live Health Online*.
 - ✓ Provides 24/7 Urgent Care via Telehealth.
 - ✓ Also has a Maternal Health Module for specifically to support and address expecting mothers.

➤ Kaiser Permanente- shared by Emely Arienza:


- **Mental health During and After Pregnancy:** KP members can reach out to the care team 24/7 for help with mental health.
 - ✓ [Mental Health During and After Pregnancy | Kaiser Permanente](#)
- **Depression During Pregnancy** – see links below for various resources related to maternal mental health/PMADs.
 - ✓ [Mental Health During and After Pregnancy | Kaiser Permanente](#)
 - ✓ [Depression | My Doctor Online](#)

Maternal Mental Health
(continued)

- **My Doctor Online:** There is additional information on My Doctor Online to help guide our members on their pregnancy journey – offering personalized health reminders and pregnancy information.
 - ✓ <https://mydoctor.kaiserpermanente.org/ncal/pregnancy/>
- **Early Start** is an award-winning perinatal substance use intervention program in KP Northern California that supports pregnant people who are using, or are at risk of using alcohol, cannabis, tobacco, and other substances.
 - ✓ Our mission is to intervene early in pregnancy to provide encouragement and support while working to decrease complications and negative outcomes related to substance use.
 - ✓ The Early Start care pathway begins with screening tools—the Prenatal Screening Questionnaire and Urine Drug Screens—typically completed at the start of pregnancy.
 - If a patient screens positive, their physician introduces and recommends Early Start.
 - ✓ An assessment visit with a local Early Start Specialist includes a full psycho-social assessment and thorough substance use screening.
 - During this visit, psychoeducation on substance use during pregnancy is provided, along with resources for managing stress, reducing anxiety, maintaining a healthy pregnancy, and referrals to psychiatry for additional mental health treatment if needed.
 - ✓ If recommended, the Early Start specialist can continue to support the patient throughout the pregnancy.
 - ✓ Here is our external website: [Early Start | An holistic approach to health and wellness in pregnancy](#)
- Lastly, each ObGyn clinic has the ability to refer a patient with mental health needs to an appropriately trained practitioner.
 - ✓ Our physicians have received training about diagnosing depression or mental health disorders in pregnancy as well as training on evidence-based treatments.
 - ✓ There are also classes and groups available to clients.

➤ Health Net- shared by Annesha Land:

- A Start Smart for a Baby Program is provided to expecting mothers.
 - ✓ From there, if a mother needs more behavioral health needs, they will be

<p>Maternal Mental Health (continued)</p>	<p>referred over to their Behavioral Health Case Management Program.</p> <ul style="list-style-type: none"> ❖ <u>We'd like to have representation from the managed care plans at the Maternal Mental Health Advisory Committee.</u> <ul style="list-style-type: none"> ➤ If you have not done so already, please make sure to email the names of your representatives from your managed care plan to Darlene and Michael to participate in the committee. 	
<p>Update regarding MOU</p>	<ul style="list-style-type: none"> ❖ <u>The MOU Meetings will resume in January 2025.</u> 	
<p>Coordination of Care & Screening/ Transition of Care Tool Check-In</p>	<ul style="list-style-type: none"> ❖ <u>There were no issues reported from the Managed Care Plans or BHS.</u> ❖ <u>Please see the attached Q42024 BH Data Sheet.</u> 	 <p>Q4 2024 BH Data Sheet - Sacramento</p>
<p>MHP Updates</p>	<ul style="list-style-type: none"> ❖ <u>Children/Youth Update:</u> <ul style="list-style-type: none"> ➤ We will be going to the Board in January to add Outreach and Engagement Dollars to our Outpatient System Contracts. We call them Flexible Integrated Treatment (FIT) which has been focused on specialty mental health services. <ul style="list-style-type: none"> ○ However, have had poor penetration into high-risk vulnerable zip code areas with high Medi-Cal, infant death, foster care, and suicide rates. ○ We will be converting some of our treatment dollars into Outreach and Engagement with hopes of engaging at the neighborhood level by getting the community more interested in the supportive services that we can offer through our mental health plan for those that meet medical necessity. ❖ <u>HEART Update:</u> <ul style="list-style-type: none"> ➤ We received two grants from the state DHCS for a total of \$58,000,000 to build interim housing. <ul style="list-style-type: none"> ○ Housing criteria would be people experiencing homelessness in encampments. <ul style="list-style-type: none"> ✓ They would be moved into the interim housing and during this time, they can receive mental health services, substance use services, assessment, linkage to other resources and needs they may have. ○ The grant goes to the term of June 27th with some of our projects already live. 	

- ✓ The parking lot at East Parkway is one of our sheltered residential sites that help aid clients during their recovery journey while waiting for permanent housing.

❖ **Adults Updates:**

- We have expanded our Adult Mental Health Outpatient Continuum to include three new outpatient programs focused on our court and justice involved individuals.
 - The continuum is called *THRIVE*.
 - ✓ Two of those programs are our Outpatient Programs and one Full-Service Partnership (FSP).
 - BACS is operating the FSP and one of the outpatient programs which went live on November 4th, 2024.
 - The other outpatient program will be operated by WellSpace Health and will be going live this month.
- Within our Full-Service Continuum, we are also expanding our employment supports by adding individualized placement and support evidence-based practice to these contracts.
 - Our programs will be receiving training within the next month or so to support in providing this additional service to our members within our FSPs.

❖ **ACCESS Updates:**

- The ACCESS team will be transitioning into a new program known as the Behavioral Health Services Screening and Coordination Team.
 - Beginning January 2025, individuals seeking substance use prevention and treatment services that need to refer new clients would just have to call one phone number.
 - ✓ By calling **(916) 875-1055**, you would be able to get a screening for an individual that needs SUPT or Mental Health services.

MHP Updates
(continued)

Next Meeting: February 28th, 2025

Time: 11:00 a.m. – 12:00 p.m.

Location: Teams

Scribe: Deanna Insixiengmay, Senior Office Assistant, BHS