

Mental Health Services Act Stakeholder Meeting

Zoom/Virtual

Friday, May 23, 2025 | 1:00PM



**Behavioral Health
Department**
Alameda County Health



WELLNESS • RECOVERY • RESILIENCE

Facilitator:

Noah Gallo | MHSA Senior Planner
Alameda County Behavioral Health
Mental Health Services Act

MHSA STAKEHOLDER GROUP (MHSA-SG)

Friday, May 23, 2025 (1:00-3:00pm)

ZOOM MEETING TELECONFERENCE: [Join Zoom meeting](#)

United States (Toll Free): 877-336-1831; Access Code: 3pvMmT

MISSION	VALUE STATEMENT	FUNCTIONS
<i>The MHSA Stakeholder Group advances the principles of the Mental Health Services Act and the use of effective practices to assure the transformation of the mental health system in Alameda County. The group reviews funded strategies and provides counsel on current and future funding priorities.</i>	<i>We maintain a focus on the people served, while working together with openness and mutual respect.</i>	<p>The MHSA Stakeholder Group:</p> <ul style="list-style-type: none"> • <i>Reviews</i> the effectiveness of MHSA strategies. • <i>Recommends</i> current and future funding priorities. • <i>Consults</i> with ACBH and the community on promising approaches that have potential for transforming the mental health systems of care. • <i>Communicates</i> with ACBH and relevant mental health constituencies.

1:00 Meeting Starts

1:05 Icebreaker: “Choose only one option: Person, Animal, or Thing? (identify it)

1:15 La Familia, Clinical Presenters – Alexis Peciulis (Chief Clinical Officer) and Tejasi Bilgi (Deputy Chief Clinical officer)

- Presentation, Questions & Answers

2:00 BHSA Updates – Noah Gallo

2:30 Open forum/Group Updates/Announcements

3:00 Meeting adjourns

Documents Attached:

1. Meeting Agenda
2. Meeting Agreement
3. La Familia BH Programs & Project Overview Slide deck

ICEBREAKER

“Choose only one option: Person,
Animal or Thing? (identify it)”

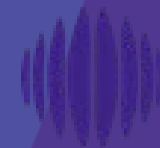


**Behavioral Health
Department**

Alameda County Health

Meeting Agreements

1. BE PRESENT
2. SPEAK FROM YOUR OWN EXPERIENCE
3. ONE VOICE AT A TIME
4. STEP UP, STEP BACK
5. SEEK TO UNDERSTAND AND THEN BE UNDERSTOOD
6. HOLD QUESTIONS TO THE END OF THE PRESENTATION





BEHAVIORAL HEALTH

Program and Projects Overview

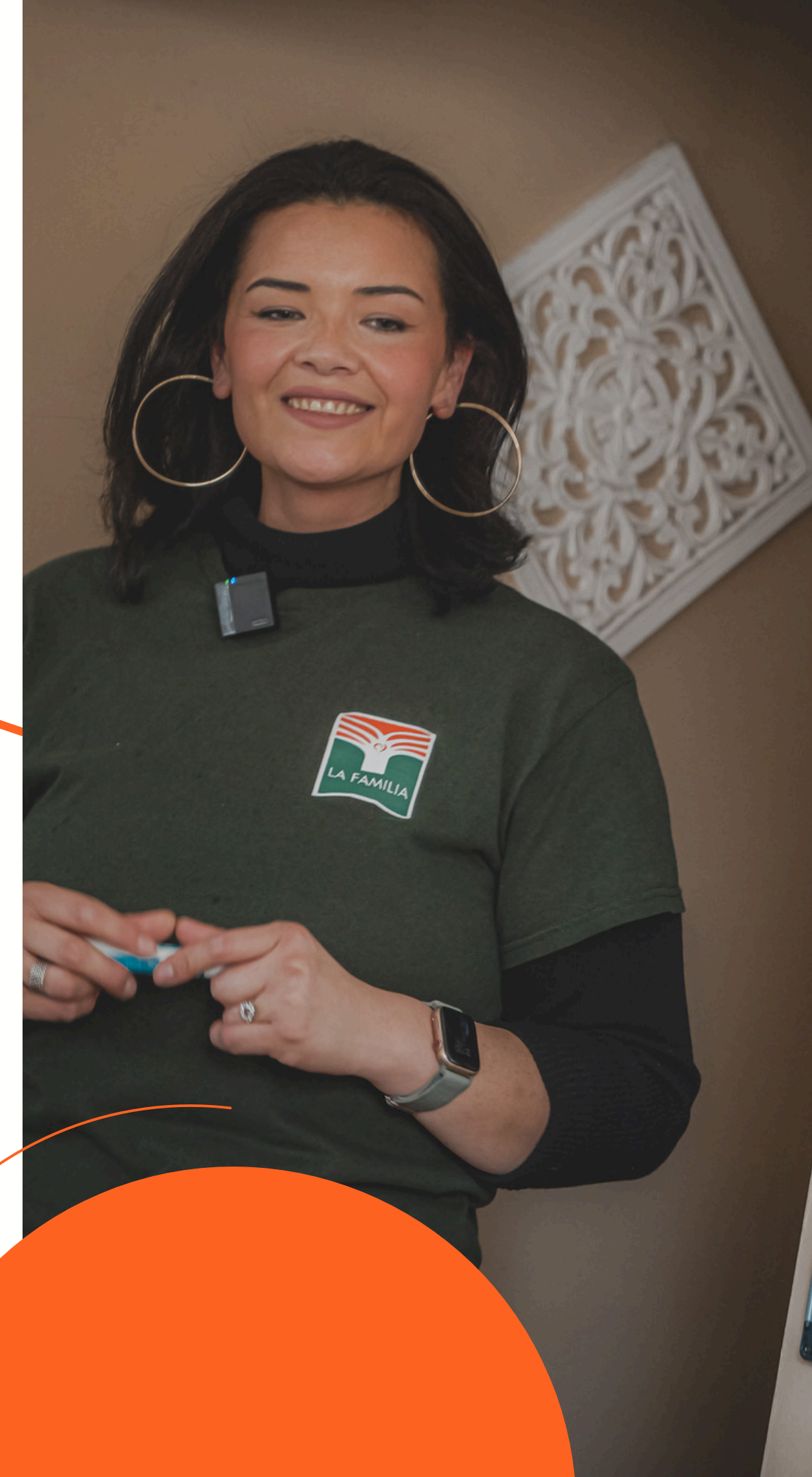
Presented by:

Alexis Peciulis, Chief Clinical Officer
Tejasi Bilgi, Deputy Chief Clinical Officer



Agenda

- Introductions
- Overview of Programs
 - Adult Outpatient
 - Children's Outpatient
 - Recovery & Wellness
 - Community Mental Health
- New Projects
 - BHCIP CSU/CRT (Mocine)
 - BHCIP Tay Residential Treatment/Outpatient (Galindo)



WHO WE ARE

Strong providers of high-quality mental health and community support services for over 40 years.

Committed to building our vibrant and multicultural agency to provide services that meet the needs of the individuals and families in our community.





Our Values

Self Determination
Belonging
Social Justice
Integrity
Partnership



La Familia

Mission

We provide underserved multicultural communities with the tools and support necessary to build resilience, wellness, and economic power.

Vision

We envision healthy, prosperous, and safe communities for all.





Adult Outpatient:

ACCESS/ Service Team
Re-Entry/ Healing Hearts

Adult Outpatient:

ACCESS/ Service Team/ Re-Entry/ Healing Hearts

- **Adult Outpatient Programs:** People presenting with mental health and case management service requests receive individual, family, group counseling, case management, psychoeducation, and referrals to appropriate programs in order to support stabilization and wellness for a high quality of life.
- **Client needs:** often struggling with mental health challenges which also impact ability to improve social determinants of health such as unstable housing, food insecurity, difficulty navigating systems of resources to have their needs met.
- **Client presentation:** PTSD, depression or anxiety –related disorders, bipolar disorders, schizophrenia, or Personality Disorders.

Adult Outpatient:

ACCESS/ Service Team/ Re-Entry/ Healing Hearts

What is it?

- **Spanish Language ACCESS:**

- Spanish-speaking and/or Latine/x/a/o adults 18+
- Front Door ACCESS program is intended to be low barrier to treatment
- **Services include:** assessment, psychiatric evaluation, case management, support to learn life and coping skills and medication management.
- **Interventions/ approaches:** Psychoeducation, motivational interviewing, CBT, and DBT are evidence based interventions used in.

Although the program model is to assess, treat, and refer out, we find some clients are so helped by the therapy they are no longer in need of support through referrals.

Adult Outpatient:

ACCESS/ Service Team/ Re-Entry/ Healing Hearts

What is it?

- **Service Team**

- Spanish-speaking adults 18+ who have severe mental illness (SMI) and significant case management stability needs.
- Helps clients overcome mental health challenges, improve stability and overall daily functioning.
- **Services include:** intensive targeted case management, support to learn life and coping skills, vocational training, and psychiatric evaluation/medication management.
- **Interventions/ approaches:** motivational interviewing, CBT for psychosis, emotional and life skill building, building relationships and care coordination (supports client/family in to attend to their daily living tasks and medical and mental health needs)
- No direct referrals, must call ACCESS line 800-491-9099

We have seen people go from not being able to manage every day tasks to clients who are graduating from college, working, and getting married.

Adult Outpatient:

ACCESS/ Service Team/ **Re-Entry**/ Healing Hearts

What is it?

- **Re-Entry Treatment Team:** 12-18 months of services to justice-involved adults 18+ with mental health disorder and impacted by incarceration or the criminal justice system.
 - Aims to help clients with chronic, often severe, mental illness that impacts their ability to work, maintain housing, and form and maintain supportive relationships.
 - **Services include:** intensive mental health treatment, care coordination, in-house psychiatric/ medication support services, emotional and life skill building, benefit application support (SSI, general assistance and CalFresh, linkage to primary/dental care, help with connecting to food, transportation, wellness services, linkage to vocational/ educational programs).
 - **Interventions/ approach:** harm reduction, strengths-based/client-based, trauma-informed care, CBT, Critical Time Intervention, psychoeducation, motivational interviewing, targeted case management, emotional and life skill building, crisis de-escalation, clients have access to modest funds to build a life in recovery

Adult Outpatient:

ACCESS/ Service Team/ Re-Entry/ **Healing Hearts Family Counseling**

What is it?

- **Healing Hearts Family Counseling:** individualized/ family-centered counseling services that are accessible to all realignment participants, regardless of their city of residence
 - **Services include:** individual therapy, family therapy, group, evening/weekend hours to accommodate varying schedules
 - **Interventions/ approach:** whole-family problem-resolution counseling, trauma-informed/ culturally responsive, Multi-dimensional Family Therapy (MDFT), Functional Family Therapy (FFT)– improving communication, resolving conflicts, and strengthening family bonds, Therapy will be offered both in-person and via telehealth for flexibility to meet client needs within demanding life schedules

Priority is therapy that is relevant, effective, and culturally aligned with the needs of the participant and each family member



EPSDT: **Children's Outpatient & School Based Behavioral Health**

EPSDT:

Children's Outpatient & School Based Behavioral Health

- **Early and Periodic Screening, Diagnostic, and Treatment Programs:** Individualized/ family-centered counseling services for youth and families to increase school achievement and quality of life for themselves/families.
- **Client needs:** Complex traumas/ community violence and grief support often struggling with social determinants of health such as unstable housing, food insecurity, families having difficulty navigating systems of resources to have their needs met to thrive.
- **Client presentation:** PTSD-like symptoms, depression/anxiety-related disorders, Major depressive disorder, trouble focusing, disruption in family relationships and peer connections, isolation, irritability, 5585's (3 day), self-injury, suicide ideation, anger, sadness and crying, difficulties with adjustment

EPSDT:

Children's Outpatient & School Based Behavioral Health

What is it?

- Individual therapeutic treatment plans for positive coping strategies, life skills, ability to actively participate and engage in school, home, community settings; increase caregiver's ability to support youth, improve youth's ability to cultivate/maintain positive relationships with peers and adults.
- **Services include:** assessment and screening, evaluation, plan development, collateral, family engagement, peer support services, individual and group therapy
- **Intervention/Approach:** Brief Strategic Family Therapy (BSFT) and Child-Parent Psychotherapy (CPP), integrative approaches/ techniques used in Play Therapy, Art Therapy, Eye Movement Desensitization and Reprocessing (EMDR), Psychodynamic Therapy, Cognitive-Behavioral Therapy, and Dialectical Behavioral Therapy (DBT)

EPSDT:

Children's Outpatient & **School Based Behavioral Health**

What is it?

- Individual therapeutic treatment plans in school settings focused on school success (oping strategies, life skills, actively engage in school setting; support youth's ability to cultivate/ maintain positive relationships with peers and adults for successful school/ learning experiences).
- **Services include:** assessment and screening, evaluation, plan development, collateral, individual therapy, family engagement where applicable
- **Intervention/Approach:** Trauma-Informed Therapy, Short-Term Dynamic Therapy, Cognitive Behavioral Therapy, art therapy, Psychodynamic Therapy, Cognitive-Behavioral Therapy, and Dialectical Behavioral Therapy (DBT)

EPSDT:

Children's Outpatient & School Based Behavioral Health

What are we seeing?

- **Common Diagnoses:**

- Adjustment-like disorders with prolonged duration of more than 6 months without prolonged duration of the stressor
- Increase in youth meeting criteria for Other Specified Trauma- and Stressor-Related Disorders
- Depressed mood (low energy, hopelessness)
- Anxiety (nervousness, worry)
- sometimes mixed depressed and anxious mood, or disturbance in conduct (defiant, refusal to follow rules)

CONTINUED- EPSDT:

Children's Outpatient & School Based Behavioral Health

What are we seeing?

- **Common Behaviors:**

- Irritable, anger outbursts, hypervigilance, sleep disturbance, problems with concentration.
- Family functioning (conflicts with siblings and parents, withdrawn from family)
- Social functioning (challenges with establishing or maintaining peer relationships, isolation)
- Academic functioning (challenges with completing assignments, concentrating in class, suspension, risk of being kicked out of school or daycare).

Unaccompanied Immigrant Youth “CAMINOS”



UIY: CAMINOS

- **Focused population:** Youth (under 21) apprehended crossing the United States border with/out an accompanying adult experiencing mental health issues and trauma
- **Services include:** assessment and screening, mental health consultations/preventative counseling, case management, referrals, up to 18 months with extension
- **Interventions/ approach:** culturally-responsive, trauma-informed, and family-oriented with focus on complex traumas/ community violence and grief support, outreach/engagement and psycho-education, workshops in community and schools

UIY: CAMINOS

What are we seeing?

- **Client presentation:** Extreme trauma in the past- being separated from close family members, death, immigration and incarceration
 - Increase in students witnessing/ being a victim of community and school violence
 - Fear is heightened by the new immigration policies
 - Students refusing to go to school- afraid to be on campus
 - Afraid to transport to and from school because of community violence
 - Fear of being obtained by ICE
 - Missing classes because in health clinic (stomach/head aches, panic attacks, hyperventilating/racing heart beat
 - Difficulties concentrating in class because of anxiety
 - Not sleeping at night, nightmares, minds racing/ cannot fall asleep.

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Recovery & Wellness

Recovery & Wellness: Si Se Puede/ Recovery Incentives

What is it?

- **Adult Outpatient Substance Use Treatment Program:** MediCal beneficiaries presenting with a substance use disorder receive individual and group counseling, case management, psychoeducation aimed at improving overall health and wellness of those using substances.
- **Recovery Incentives:** A component of our adult SUD treatment program providing evidence-based behavioral interventions shown to be effective in treating stimulant use disorders (StimUD), where clients are able to earn up to \$599 over 24 months for maintaining abstinence from stimulants.

Recovery & Wellness: Youth For Change

What is it?

- **Youth Outpatient Substance Use Treatment Program:** This program serves youth 11-21 years of age who present with substance use and misuse concerns at local schools, Juvenile Justice Center and in the community. Services offered include assessment, individual and group counseling, screening, engagement and outreach, psychoeducation, and family based interventions.

Recovery & Wellness: El Chante

What is it?

- **20-Bed Licensed Men's Residential Facility:** This program serves adult men that need residential treatment for addressing substance use disorders. Services offered at El Chante include assessment, individual and group counseling, crisis intervention, case management, family therapy and interventions designed for improving overall health and wellness.

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Community Mental Health

Community Mental Health: Sally's Place

What is it?

- Sally's Place Peer Respite is a community-based, unlocked respite facility that serves individuals who are experiencing mental health distress through voluntary, trauma-informed recovery support services.
- Peer Support Staff support clients in resolving mental health concerns or distress, develop effective self-reliance skills, and restore sense of hope and purpose among participants;

Community Mental Health: Safe Harbor

What is it?

- Safe Harbor Peer Respite is a home-like setting, run by and for individuals who have lived experience of mental health and/or substance use disorders.
- We welcome those who are justice involved and in need of support and supportive services to aid in their reentry and recovery.
- For individuals who would benefit from a brief moment of pause to address any uncertainties coming up for them in their recovery journey.

Forensic Peer Respite- Safe Harbor



Crisis Stabilization Unit (CSU) & Crisis Residential Treatment (CRT) (Project Title: Mocine)

- Behavioral Health Continuum
Infrastructure Projects



CSU/CRT (Mocine)

What is it?

- **Crisis Stabilization Unit:** An unlocked facility for community members to receive urgent care for mental health symptoms, where the individual can stay for up to 23 hours and receive clinical support to regain stability
- **Crisis Residential Treatment:** An unlocked facility where individuals can stay up to 14 days and receive clinical treatment before transitioning to a lower level of care once stabilized

Which current La Familia program is it most like?

- This type of programming is **new** to La Familia and will provide a higher level of clinical care than Sally's Place, but a similar home-like atmosphere at the CRT.

CSU/CRT (Mocine)

How many beds will it add?

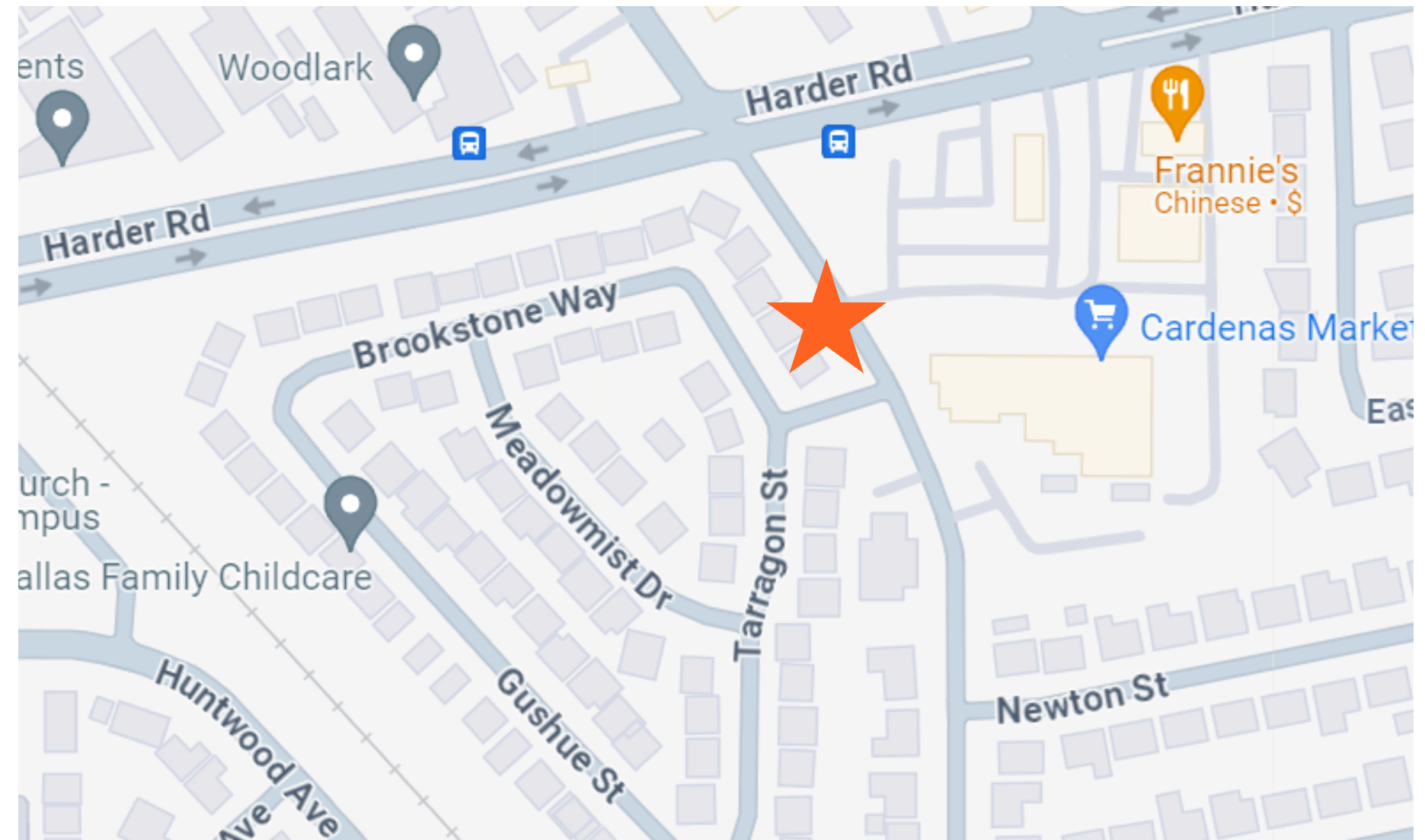
- CSU – 16 spaces
- CRT – 16 beds

When will it start?

- Construction – September 2025
- Programming – July 2026

Which department/ director will lead programming?

- This will be lead by a new Director, forming a new department in the Behavioral Health branch at La Familia



CSU/CRT (Mocine)





TAY Residential Treatment (RT) & TAY Outpatient (Project Title: Galindo)

- Behavioral Health Continuum
Infrastructure Projects



TAY Residential & Outpatient (Galindo)

What is it?

- **Residential Unit:** An unlocked facility for Transition Age Youth community members to receive behavioral health services in a residential setting (Up to 30 days).
- **Outpatient:** Individual and group rooms to provide outpatient behavioral health services to Transition Age Youth (Typically 50 minute visits)

Which current La Familia program is it most like?

- Similar to El Chante but for behavioral health.
- Very similar to outpatient behavioral health services provided to adolescents through EPSDT.

TAY Residential & Outpatient (Galindo)

How many beds will it add?

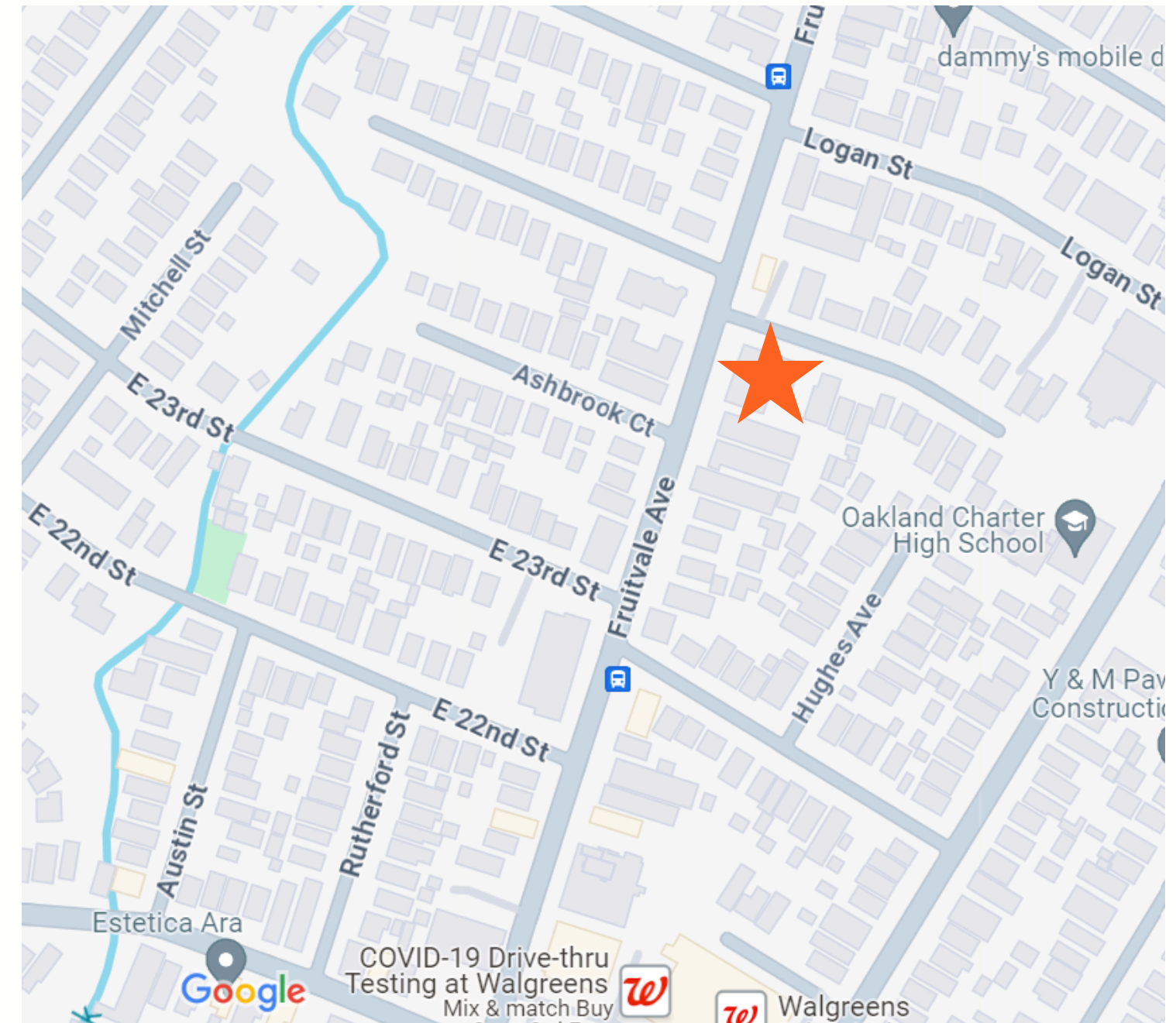
- Residential Treatment – 16 beds
- Outpatient – Up to 300 patients

When will it start?

- Construction – January 2026
- Programming – September 2026

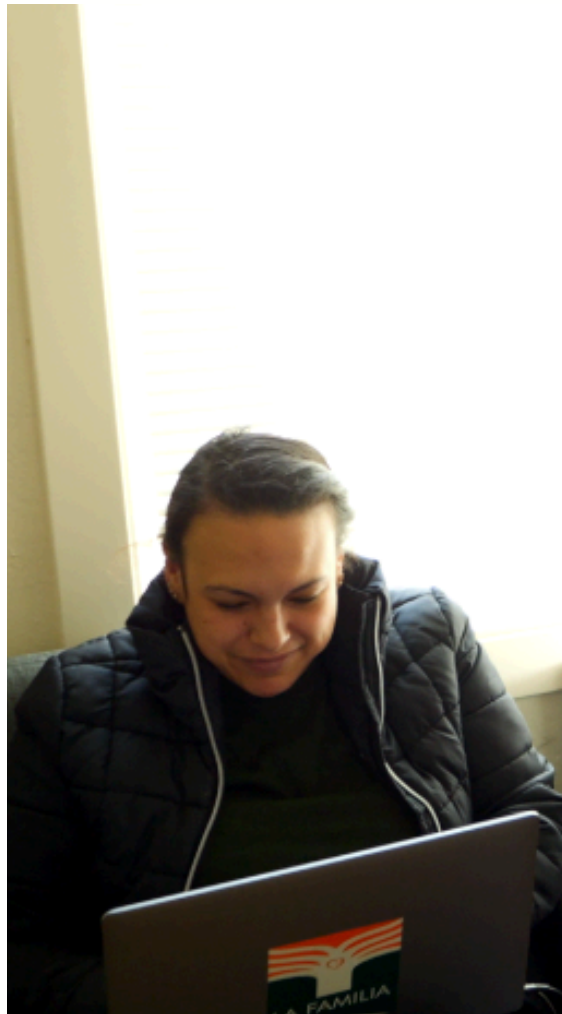
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TAY Residential & Outpatient (Galindo)



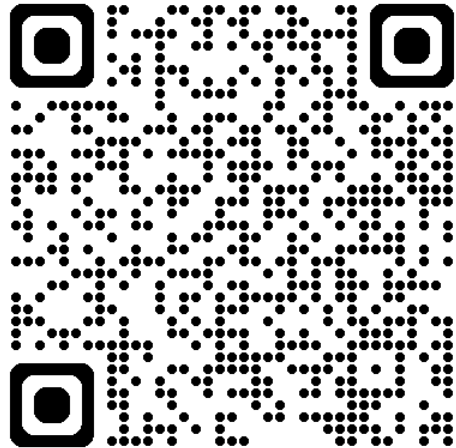


***Thank
You***

Questions?



Please visit us at:



**Next meeting:
Friday, June 27, 2025
1-3PM**

or

<https://acmhsa.org>



**Behavioral Health
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Alameda County Health