

Mental Health Services Act 3-Year Plan and Annual Update FY 23/24 – 25/26

Riverside University Health System
Behavioral Health



What is MHSA?

- 2004 CA voter approved ballot proposition (Prop 63)
- 1% income tax on incomes over \$1 million
 - Funding can be unpredictable and vary over time
- Funds are divided across counties and used to “transform” public MH services
 - Prudent Reserve
 - Reversion



What is MHSA?

- MHSA has rules (regulations) about the limits and possibilities of how the money can be used
- CANNOT pay for most involuntary programs (hospital beds, Detention), supplant existing funds (November 2004), or substance use programs (unless COR or some prevention and early assessment)
- Essential Element: Community Collaboration



Community Collaboration: MHSA Stakeholder Process

- Community Program Planning Process (CPPP)
- Two types of MHSA plans
 - **3-Year-Plan**
 - Annual Update



MHSA Plan in Development

- Feedback accepted all year round
- Formalized at start of calendar year
 - Presentations at our network of community groups
- Stakeholder feedback informs the plan all year round via community advisory groups, allied health care, criminal justice, local governments, CBOs, consumers and families
 - MHSA Planning and Department Mental Health System planning are intertwined

MHSA Plan In Development

- “Backbone of Department services” ~ Dr. Chang
- “Funding of last resort” – which means program funds are typically braided/leveraged
 - Realignment, grants, Medi-Medi billing, general county funds



MHSA Plan in Development

- Current data, research and trending needs
- Most programing is rolled over into the next plan to avoid service disruption, and some programs are expanded, reinvented, or terminated based on community response and outcome data



What is the MHSA Plan?

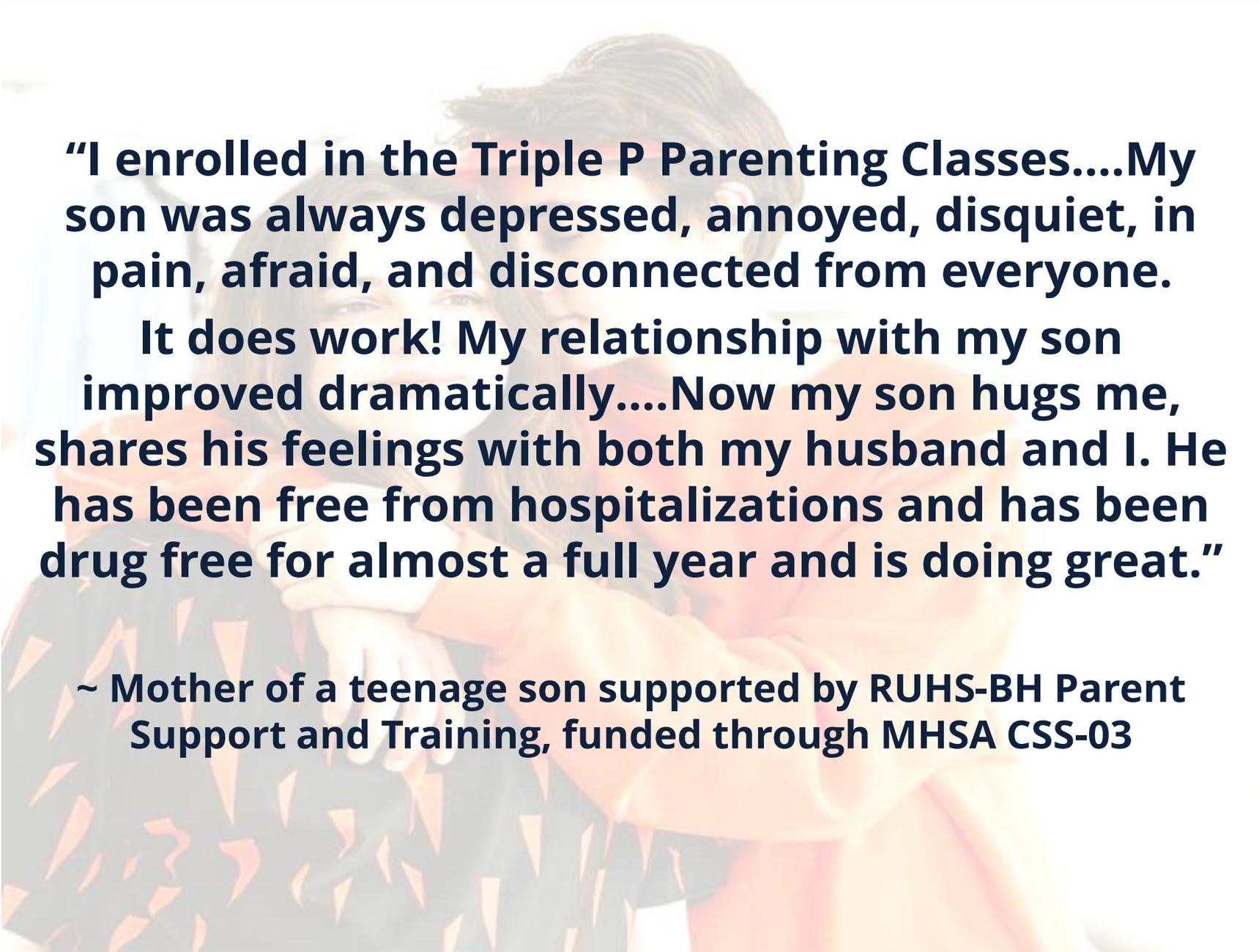
- A big report that goes to the State
- Authorizes MHSA expenditures
- Demonstrates compliance with MHSA regulation
- Provides progress and outcomes on existing MHSA funded programs
- Does not represent all RUHS-BH services or all RUHS-BH service planning

MHSA Frame

- 5 Components:
 1. Community Services and Supports (**CSS**)
 2. Prevention and Early Intervention (**PEI**)
 3. Innovation (**INN**)
 4. Workforce Education and Training (**WET**)
 5. Capital Facilities and Technology (**CFTN**)

CSS

- Largest Component
- Integrated mental health and support services to children/TAY and adults/older adults whose needs not met by other funds (including private insurance)
- Full Service Partnerships (FSP) – Over 50%
- Clinic expansion – includes adding Peer Support, specialized evidence based practices (EBP)
- Also includes Housing/HHOPE, Crisis System of Care, and Mental Health Courts/Justice Involved programs
- Riverside Workplans: 01-Full Service Partnership; 02-General Service Development; 03-Outreach & Engagement; 04-Housing



“I enrolled in the Triple P Parenting Classes....My son was always depressed, annoyed, disquiet, in pain, afraid, and disconnected from everyone.

It does work! My relationship with my son improved dramatically....Now my son hugs me, shares his feelings with both my husband and I. He has been free from hospitalizations and has been drug free for almost a full year and is doing great.”

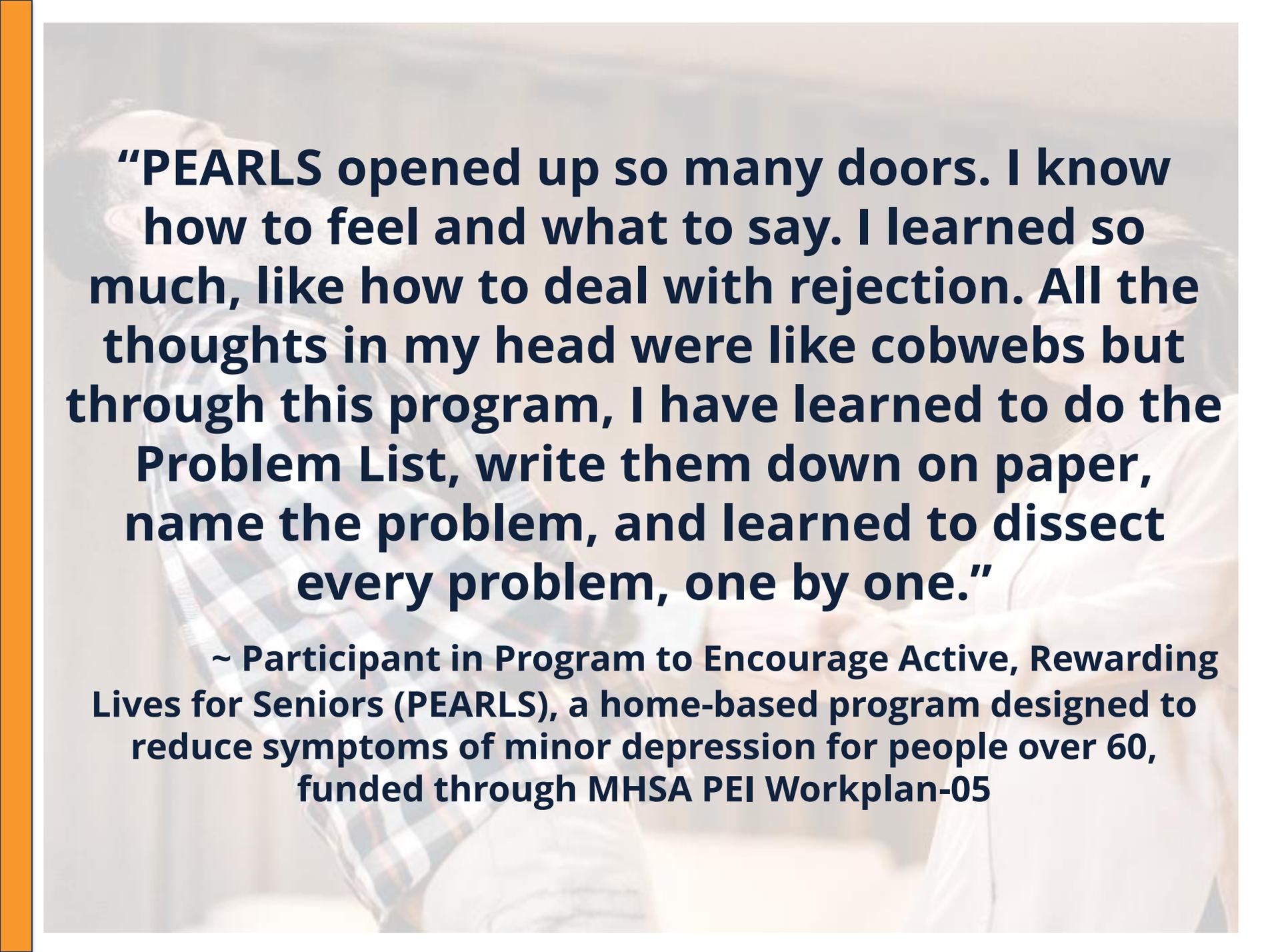
~ Mother of a teenage son supported by RUHS-BH Parent Support and Training, funded through MHSA CSS-03

CSS Plan Update Highlights



PEI

- Next largest component
- Reduce stigma related to seeking services, reduce discrimination against people with a diagnosis, prevent onset of a SMI
- Early intervention for people with symptoms for 1 year or less or do not meet criteria for a diagnosis; low intensity, short term intervention
- Services for youth under age 25 – 51%
- Riverside Workplans: 1) MH Outreach, Awareness, & Stigma Reduction; 2) Parent Education & Support; 3) Early Intervention for Families in Schools; 4) TAY Project; 5) First Onset for Older Adults; 6) Trauma Exposed Services; 7) Underserved Cultural Populations



“PEARLS opened up so many doors. I know how to feel and what to say. I learned so much, like how to deal with rejection. All the thoughts in my head were like cobwebs but through this program, I have learned to do the Problem List, write them down on paper, name the problem, and learned to dissect every problem, one by one.”

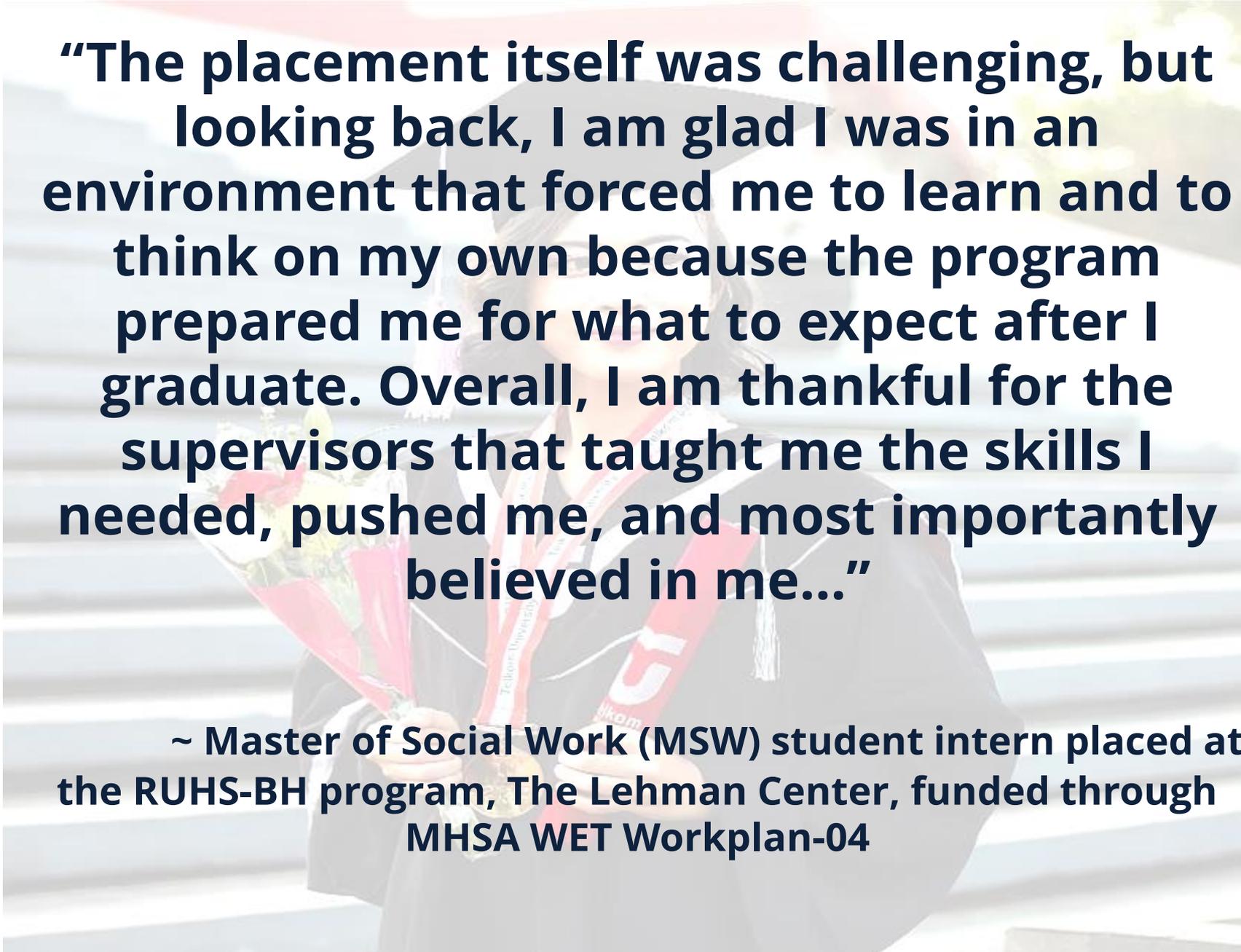
~ Participant in Program to Encourage Active, Rewarding Lives for Seniors (PEARLS), a home-based program designed to reduce symptoms of minor depression for people over 60, funded through MHSA PEI Workplan-05

PEI Annual Update Highlights



WET

- Original WET funds were 1-time funds that lasted 10 years. Expired 2018.
- Continued plans funded through a portion of CSS dollars
 - Grant: CA Dept of Health Care Access & Information (expires 2025)
- Recruit, retain, and develop the public mental health workforce (direct service and administration)
- Riverside Workplans: 1) Workforce Staffing Support; 2) Training & TA; 3) Mental Health Career Pathways; 4) Residency & Internship; 5) Financial Incentives for Workforce Development

A graduate in a black gown and mortarboard cap is shown from the chest up, holding a bouquet of flowers and a diploma. The background is a blurred outdoor setting with a building. The text is overlaid on the image in a bold, dark blue font.

“The placement itself was challenging, but looking back, I am glad I was in an environment that forced me to learn and to think on my own because the program prepared me for what to expect after I graduate. Overall, I am thankful for the supervisors that taught me the skills I needed, pushed me, and most importantly believed in me...”

~ Master of Social Work (MSW) student intern placed at the RUHS-BH program, The Lehman Center, funded through MHSA WET Workplan-04

WET Annual Update Highlights



INN

- Funded out of 4% CSS and 1% PEI
- Used to create “research projects” that advance knowledge in the field; not fill service gaps
- Time limited: 3-5 years.
- Requires additional State approval process to access funds
- Current Riverside Workplan: Tech Suite (Help @ Hand)
- Starting process for new plan proposals

A woman with short grey hair and glasses, wearing a white long-sleeved shirt, is seated at a white metal table. She is looking down at a smartphone held in her hands. The background is a brick wall. The image is semi-transparent, allowing text to be overlaid.

“Technology has been a scary ‘T-Word’ for me, a 70+ consumer who is often triggered by the thought of doing anything that is based on technology. Yet the idea of having a peer support program in an app was too irresistible.”

~ participant in A4i pilot program as part of the Innovation ‘Technology Suite’ plan, Help@Hand

INN Annual Update Highlights



CF/TN

- The last CF/TN funds were allocated in 2013-2014, but a portion of CSS funds can be used to address new workplans
- Improve the infrastructure of public mental health services: buildings and electronic programs.

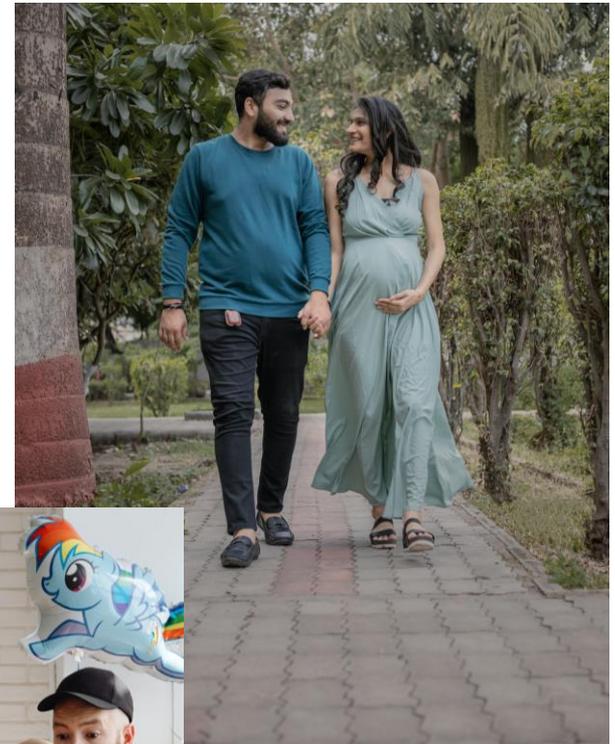
- Completed projects in the current 3-Year Plan (FY 20/21-22/23):
 - Roy's Desert Oasis
 - Arlington Recovery Community
 - MH Rehabilitation Center Expansion
 - Restorative Transformation Center

CFTN Annual Update Highlights



What's Next: Public Posting & Hearing

- May 2023 : 30 day posting
 - Read/comment on draft
- June 2023: Public Hearing
 - Provide plan feedback



Public Hearing: Last 3 Years

- Due to gathering restrictions, no in-person public hearings in 2020-22.
- “Public Hearing in your Pocket” videos were posted on all RUHS-BH social media: 1 English/ASL; 1 Spanish.
 - Also available on DVDs
 - Included a MHSA Plan Feedback voice mail number



Public Hearing In Your Pocket

- Very Successful!
 - 2020 3-Year-Plan: Seen by over 16,000 county-wide
 - 2021 Annual Update: Seen by over 12,000 county-wide
 - 2022 Annual Update: Seen by over 23,000 county-wide



Public Hearing 2023

- Hybrids for **June 2023**
 - Virtual and
 - In-person: 1 per region
 - Includes preceding Forums



What happens to my feedback?

- Reviewed and responded to by the BOS appointed Behavioral Health Commission (BHC)
- Comments and responses become a chapter in the final plan
- Once approved by the BOS, submitted to the State and posted on RUHS website
- A feedback summary is provided to the Exec Office
- Utilized to support program development

RCDMH.org

The screenshot shows the website interface for Riverside County's Mental Health and Substance Abuse Services. At the top left, the Riverside County logo is displayed with the text "RIVERSIDE COUNTY VISIT US AT: www.CountyofRiverside.us". To the right is the Riverside University Health System logo with the text "Behavioral Health". A search bar is visible on the far right. Below the logo is a horizontal navigation menu with the following items: Home, Administration, Employees, Volunteers, MyHP, Careers, Crisis Resources, Doing Business, Behavioral Health Commission, **MHPA**, Coronavirus, Take my Hand Peer Support Chat, and FSP. A red arrow points to the "MHPA" link, which has a dropdown menu open. The dropdown menu contains the following items: Capital Facilities and Technological Needs, Community Services and Supports, Innovation, Prevention & Early Intervention (PEI), Workforce Education & Training, **MHPA Plan Update** (circled in red), and MHPA Issue Resolution. Below the navigation menu is a large banner for "OUTSTANDING EMPLOYEES" featuring two individuals: Fausto Sanchez, Behavioral Health Specialist, and Cynthia Rumford-Jones, Clinical Therapist. On the right side of the page, a "Prom" section is partially visible with a list of items including "Call", "SOC", "CAI", "Sub", "24/7", and "Peer".



RCDMH.org

[Home](#) [Administration](#) [Employees](#) [Volunteers](#) [MyHP](#) [Careers](#) [Crisis Resources](#) [Doing Business](#)

[Behavioral Health Commission](#) [MHSA](#) [Coronavirus](#) [Take my Hand](#) [Peer Support Chat](#) [FSP](#)

MENTAL HEALTH SERVICES ACT
Annual Plan Update

[READ NOW](#)

(The text on the page can be translated into the language of your choice by choosing the Select Language menu on the upper right hand side of this screen.)

(El texto de la página puede ser traducido al idioma de su preferencia eligiendo el menú de Select Language "Select Language" en la parte superior derecha de esta pantalla.)

MHSA Annual Update

The Mental Health Services Act (MHSA) is a 2004 voter-approved proposition that created dedicated funding for the transformation of California's public mental health service system. Each county develops planning documents that are stakeholder informed in order to prioritize programs and services needed for each unique county region, community, and neighborhood. A stakeholder can be anybody who has a stake in behavioral health care services in Riverside County and is concerned about Riverside wellness.

Due to gathering restrictions, last year's annual update and 3-Year planning process was conducted primarily virtually.

Quick Links

THE CURRENT PLAN

- [MHSA 3-Year Plan FY 20/21-22/23 English](#)
- [MHSA 3-Year Plan FY 20/21-22/23 Spanish](#)
- [MHSA FY 20/21-22/23 Public Hearing Video English](#)
- [MHSA FY 20/21-22/23 Public Hearing Video Spanish](#)
- [MHSA FY 20/21-22/23 Toolkit](#)
- [Annual MHSA Revenue & Expenditure Report with County Certification](#)

THE OLD PLANS (ENGLISH)

- [MHSA 3-year Plan FY 17/18 – 19/20](#)
 - [MHSA Annual update 18/19](#)

Contact Info

Sign Up for Email Notifications

- MHSA@ruhealth.org
- MHSA Admin: 951-955-7198

- MHSA Admin: David Schoelen
 - DSchoelen@ruhealth.org
- PEI: Diana Gutierrez
 - DAGutierrez@ruhealth.org
 - PEI@ruhealth.org
- WET: Nisha Elliott
 - NElliott@ruhealth.org
 - WET@ruhealth.org
- INN: Michelle Downs
 - MDowns@ruhealth.org

Stakeholder Partnership and Participation Structure

BHC and Community Advisory



Collaboratives



Forums



Posting & Public Hearing

<http://www.rcdmh.org/>



**MHSA Stakeholder Partnership and Participation Structure:
“How Can My Voice Be Heard?”**



BHC & Community Advisory	Collaboratives	Forums	Posting and Public Hearing
<p><u>Behavioral Health Commission</u> Commission Meetings</p> <ul style="list-style-type: none"> • Central • Regional (Desert, Mid-County, Western) 	<p><u>Prevention and Early Intervention</u></p> <ul style="list-style-type: none"> • Steering Committee* • Quarterly Collaborative Meetings (Sign up at DAGutierrez@ruhealth.org) 	<p><u>Focus Groups</u></p> <p>Focus Groups are coordinated meetings designed to get specific feedback on community needs. They are sometimes used to initiate planning, sustain planning, or to concentrate feedback from a particular population or group.</p>	<p><u>Plan Draft Distribution</u></p> <ul style="list-style-type: none"> • RUHS-BH Clinics/Programs • Residential Housing • Peer Centers • Public Libraries • Requested by community organizations
<p><u>Behavioral Health Commission</u> Standing Committees</p> <ul style="list-style-type: none"> • Adult System of Care • Children’s Committee • Criminal Justice • Housing • Legislative • Older Adult System of Care • Veteran’s Committee 	<p><u>Workforce Education and Training</u></p> <ul style="list-style-type: none"> • Steering Committee* • Workforce survey, training evaluations, and feedback forms • Academic and community pipeline committees 	<p><u>MHSA Forums</u></p> <p>MHSA Forums are held at community events and are dedicated to an in-person public hearing. They are dedicated to education and feedback on the MHSA plan. #MHSAtalks</p>	<p><u>Public Hearing</u></p> <p>Public Hearing provides the community to give feedback on a proposed MHSA plan</p> <ul style="list-style-type: none"> • Typically scheduled in May for annual update • Virtual and/or in-person • Sometimes scheduled at other times of the year based on plan amendments
<p><u>Cultural Competency</u></p> <ul style="list-style-type: none"> • Reducing Disparities • African American • Asian American • Community Advisory on Gender and Sexuality Issues • Middle Eastern North African • Deaf and Hard of Hearing • People with Disabilities • Faith Based • Native American* 	<p><u>Central MHSA Steering</u></p> <ul style="list-style-type: none"> • Steering Committee* • Plan related development, monitoring, and support <ol style="list-style-type: none"> TAY Collaborative CSEC Program Meeting Help@Hand Program Meeting 		<p>www.RCDMH.org</p> <p>MHSA Tab</p> <ul style="list-style-type: none"> • Most recent annual update and latest 3-Year plan • Includes electronic feedback forms • MHSA@rcmhd.org • (951)955-7198

*Closed meeting



**2023 MEETING SCHEDULE
BEHAVIORAL HEALTH COMMISSION & REGIONAL ADVISORY BOARD**

BEHAVIORAL HEALTH COMMISSION

1st Wednesday of the month at 12:00 noon at the following location: Riverside University Health System – Behavioral Health, 2085 Rustin Avenue, Conference Room 1051, Riverside, 92507 on the following dates: *(Note: Due to COVID-19, meetings are currently held via Zoom. Please contact Liaison to receive details by email.)*

January 4, 2023	February 1, 2023	March 1, 2023	April 5, 2023
May 3, 2023	June 7, 2023	July 5, 2023	August – DARK
September 6, 2023	October 4, 2023	November 1, 2023	December - DARK

For further information, please contact Sylvia Bishop at (951) 955-7141.

DESERT REGIONAL BOARD

2nd Tuesday of the month at 12:00 noon at the following location: Indio Mental Health Clinic, 47-825 Oasis, Indio 92201 on the following dates: *(Note: Due to COVID-19, meetings are currently held via Zoom. Please contact Secretary to receive details by email.)*

January 10, 2023	February 14, 2023	March 14, 2023	April 11, 2023
May 9, 2023	June 13, 2023	July 11, 2023	August – DARK
September 12, 2023	October 10, 2023	November 14, 2023	December - DARK

For further information, please contact Mary Carpio at (760) 863-8586.

MID-COUNTY REGIONAL BOARD

1st Thursday of the month at 3:00 p.m. at varying locations within the Mid-County Region on the following dates: *(Note: Due to COVID-19, meetings are currently held via Zoom. Please contact Secretary to receive details by email.)*

January 5, 2023	February 2, 2023	March 2, 2023	April 6, 2023
May 4, 2023	June 1, 2023	July 6, 2023	August – DARK
September 7, 2023	October 5, 2023	November 2, 2023	December – DARK

For further information and to confirm location, please contact Hilda Gallegos at (951) 943-8015 x235.

WESTERN REGIONAL BOARD

1st Wednesday of the month at 4:00 p.m. at 2085 Rustin Avenue, Riverside 92507 on the following dates: *(Note: Due to COVID-19, meetings are currently held via Zoom. Please contact Secretary to receive details by email.)*

January 4, 2023	February 1, 2023	March 1, 2023	April 5, 2023
May 3, 2023	June 7, 2023	July 5, 2023	August – DARK
September 6, 2023	October 4, 2023	November 1, 2023	December - DARK

For further information, please contact Norma MacKay at (951) 358-4523.



BEHAVIORAL HEALTH COMMISSION - STANDING COMMITTEES 2023 MEETING SCHEDULE

(Note: Due to COVID-19, meetings are currently held via Zoom. Please contact Liaison to receive details by email.)

ADULT SYSTEM OF CARE COMMITTEE	CHILDREN'S COMMITTEE	CRIMINAL JUSTICE COMMITTEE	HOUSING COMMITTEE	LEGISLATIVE COMMITTEE	OLDER ADULT INTEGRATED SYSTEM OF CARE COMMITTEE	VETERAN'S COMMITTEE
<i>Last Thursday @ 12pm 2085 Rustin Avenue Riverside, CA 92507</i>	<i>4th Tuesday @ 12:00pm 3125 Myers Street Riverside, CA 92503</i>	<i>2nd Wednesday @ 12pm 3625 14th Street Riverside, CA 92501</i>	<i>2nd Tuesday @ 11 am 2085 Rustin Avenue Riverside, CA 92507</i>	<i>1st Wednesday @ 10:30 am 2085 Rustin Avenue Riverside, CA 92507</i>	<i>2nd Tuesday @ 12pm 2085 Rustin Avenue Riverside, CA 92507</i>	<i>1st Wednesday @ 10:00 am 2085 Rustin Avenue Riverside, CA 92507</i>
January 26, 2023	January 24, 2023	January 11, 2023	January 10, 2023	January 4, 2023	January 10, 2023	January 4, 2023
February 23, 2023	February 28, 2023	N/A	February 14, 2023	February 1, 2023	February 14, 2023	February 1, 2023
March 30, 2023	March 28, 2023	March 8, 2023	March 14, 2023	March 1, 2023	March 14, 2023	March 1, 2023
April 27, 2023	April 25, 2023	N/A	April 11, 2023	April 5, 2023	April 11, 2023	April 5, 2023
May 25, 2023	May 23, 2023	May 10, 2023	May 9, 2023	May 3, 2023	May 9, 2023	May 3, 2023
June 29, 2023	June 27, 2023	N/A	June 13, 2023	June 7, 2023	June 13, 2023	June 7, 2023
July 27, 2023	July 25, 2023	July 12, 2023	July 11, 2023	July 5, 2023	July 11, 2023	July 5, 2023
August - DARK	August - DARK	N/A	August - DARK	August - DARK	August - DARK	August - DARK
September 28, 2023	September 26, 2022	September 13, 2023	September 12, 2023	September 6, 2023	September 12, 2023	September 6, 2023
October 26, 2023	October 24, 2023	N/A	October 10, 2023	October 4, 2023	October 10, 2023	October 4, 2023
November 30, 2023	November 28, 2023	November - DARK	November 14, 2023	November 1, 2023	November 14, 2023	November 1, 2023
December - DARK	December 26, 2023	TBA	December - DARK	December - DARK	December - DARK	December - DARK
Committee Secretary Elizabeth Lagunas (951) 940-6215	Committee Secretary Saida Spencer (951) 358-7348	Committee Secretary Jared Buckley (951) 955-1530	Committee Secretary Maricela Moore (951) 955-7263	Committee Secretary Sujei Larkin (951) 955-7291	Committee Secretary Cynthia Peterson (951) 358-5891	Committee Secretary Miriam Resendiz (951) 955-7138

Meetings are subject to change. For further information, please contact the Committee Secretary. Thank you!

Prevention and Early Intervention Quarterly Collaborative Meeting

Riverside University Health System – Behavioral Health, Prevention and Early Intervention (PEI) invites you to join us in our quarterly collaborative meetings. Building upon our community planning process we will have meetings throughout the year to keep you informed about PEI programming and services, build partnerships and collaborate, and work together to meet the prevention and early intervention needs for the individuals, children, families, and communities of Riverside County.

This meeting is open for anyone who works with those who are impacted by PEI programming, agencies and organizations seeking to partner with PEI programs and providers, anyone interested in learning more about PEI services and their impact on the community, as well as anyone interested in having a voice regarding PEI programs.

2023 Schedule

All meetings will be held via Zoom. Zoom link and meeting invitation is sent out at the beginning of the month of the meeting.

Wednesday March 29, 2023 12PM-2PM

Wednesday May 31, 2023 12PM-2PM

Wednesday August 30, 2023 12PM-2PM

Wednesday November 29, 2023 12PM-2PM

For more information and to get on the Collaborative invite list email:
PEI@ruhealth.org or call

951-955-3448

This information is available in alternative formats upon request. If you are in need of a reasonable accommodation, please contact PEI at 951-955-3448.



THE ARENA
TAY RESOURCE & SUPPORT CENTER



Mid-County Collaborative 2022/23 Meeting Schedule

Takes place every 4th Wednesday of each month

NOW IN PERSON AT THE ARENA

From 3pm-4:30pm

The Arena is located at:

2560 N. Perris Blvd. Ste. N – 1 Perris, CA 92571

(951) 940-6755

The TAY Collaborative is a meeting comprised of community partners, Transitional Age Youth, and Riverside

County departments and programs to discuss the needs of TAY in Mid-County. Networking, collaboration, and discussion all take place at this monthly meeting. We look forward to seeing you there.

Next meeting will be October 26th!

2022/23 dates below:

October 26 th	April 26 th
November 23 rd	May 24 th
December 28 th	June 28 th
January 25 th	July 26 th
February 22 nd	August 23 rd
March 22 nd	September 27 th



Desert Region TAY Collaborative 2023 Schedule

The Desert Region TAY Collaborative is a meeting comprised of community partners, youth advocates, Transitional Age Youth and Riverside County departments and programs to discuss the specific and unique needs of TAY in Riverside County. Networking, collaboration, and resource support all take place at this monthly meeting. This meeting is held every 1st Wednesday of Month from 3:00pm to 4:00pm via zoom. Beginning March 1st, 2023 - forward, the meeting will be held via Microsoft Teams.

We look forward to seeing you there! 😊

January 4 th	No meeting in July
February 1 st	August 2 nd
March 1 st	September 6 th
April 5 th	October 4 th
No meeting in May	November 1 st
June 7 th	December 6 th

If you have questions or would like to join, please contact,

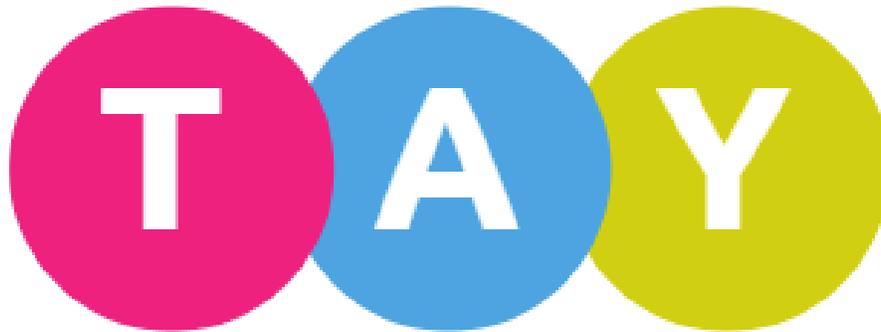
Javier Sanchez, Senior Peer Specialist

Email: JaviSanchez@ruhealth.org. Main: (760)863-7970.

Desert FLOW: TAY Resource and Support Center

78-140 Calle Tampico. La Quinta, CA 92253.

WESTERN REGION



COLLABORATIVE
2023

COME SHARE RESOURCES AND HEAR ABOUT TAY FRIENDLY PROGRAMS. THE GOAL OF THE TAY COLLAB IS JOIN TOGETHER AND COME UP WITH INNOVATE WAYS TO SUPPORT TAY IN OUR COMMUNITY

MEETINGS ARE EVERY SECOND WEDNESDAY OF THE MONTH @ 2PM
MEETINGS WILL BE VIRTUAL UNTIL FURTHER NOTICE

1/11	7/12
2/8	8/9
3/8	9/13
4/12	10/11
5/10	11/8
6/14	12/13

PLEASE CONTACT:
JANE BEAMER, SENIOR PARENT PARTNER @ STEPPING STONES TO BE ADDED TO
THE DISTRIBUTION LIST.
HOPE TO SEE YOU IN 2023!



Cultural Competency Program

The Cultural Competency Program provides overall direction, focus, and organization in the implementation of the system-wide Cultural Competency Plan that addresses the enhancement of workforce development and the ability to incorporate languages, cultures, beliefs, and practices of its consumers into the services.

AAFWAG

African American Family Wellness Advisory Group

AAFWAG focuses primarily on educating and engaging the community in reducing the stigma associated with mental health.

AATF

Asian American Task Force

AATF was organized to bring the Asian American Pacific Islander (AAPI) population together with providers and resources for networking, education, advocacy, and community building.

CAGSI

Community Advocating for Gender and Sexuality Issues

CAGSI strives to eliminate disparities in the mental health system by ensuring the implementation of culturally competent services and advocating for prevention and early intervention strategies for the LGBTQ+ community.

CCRD

Cultural Competency Reducing Disparities Committee

CCRD is a collaboration of community leaders representing Riverside's diverse cultural communities, united in a collective strategy to better meet traditionally underserved communities' behavioral health care needs.

DEAF & HARD OF HEARING

The Deaf & Hard of Hearing Committee focuses on the Deaf & Hard of Hearing community in Riverside County.

HISLA

Hispanic, Latinx

HISLA helps the community thrive, by reducing the stigma of seeking out mental health assistance, providing education, advocacy, and support with navigating healthcare systems.

MENA

Middle Eastern and North African

MENA aims to assist the mental health system in reducing disparities in behavioral health programs and improving the livelihoods of the MENA community.

NATIVE AMERICAN

The Native American Committee focuses on the cultural needs of our vast Indigenous communities which is currently planning for future meetings.

WADE

Wellness & Disability Equity Alliance

The WADE Alliance is building trusting relationships between Riverside University Health System-Behavioral Health and the People with Disabilities community

SPIRITUALITY & FAITH BASED

The Interfaith & Spirituality Committee aims to promote optimal health and well-being for all of Riverside County's faith and spiritual communities, including behavioral health providers.

Cultural Competency Meetings

AAFWAG

African American Family Wellness Advisory Group

10 to 11:30 a.m.

Meets on the 3rd Wednesday of every month.



HISLA

Hispanic, Latinx

3 to 5 p.m.

Meets on the last Thursday of every month.



AATF

Asian American Task Force

3:30 to 5 p.m.

Meets Bi-monthly, on the 2nd Tuesday.



MENA

Middle Eastern and North African

2:30 to 3:30 p.m.

Meet Bi-monthly on the 3rd Wednesday.



CAGSI

Community Advocating for Gender and Sexuality Issues

2:30 to 4 p.m.

Meets on the 3rd Tuesday of every month.



NATIVE AMERICAN

3:30 to 5 P.M.

Meets on the 3rd Monday of every month.



CCRD

Cultural Competency Reducing Disparities Committee

9 to 11 a.m.

Meets on the 2nd Wednesday of every month.



WADE

Wellness & Disability Equity Alliance

1 to 2:30 p.m.

Meets on the 1st Friday of every month.



DEAF & HARD OF HEARING

4 to 6 p.m.

Meets on the last Monday of every month.



SPIRITUALITY & FAITH BASED

10 to 11:30 a.m.

Meets on the 2nd Tuesday of every month.



Regional Key Program Grid MHSa 3-Year FY 2023/24 - 2025/26
Community Services & Supports (CSS): Full Service Partnership (FSP)

	Western Region	Mid-County Region	Desert Region
FSP Track in outpatient clinics	X	X	X
FSP Outreach Prior to Acute Hospital Discharge	X	X	X
Children's FSP			
Multi Dimensional Family Therapy	X	X	X
Wraparound	X	X	X
Youth Hospital Intervention Program (YHIP)	X	X	X
TAY (Transitional Age Youth):			
TAY FSP Program	X	X	X
Adult:			
Adult FSP Program	X	X	X
Older Adult FSP:			
SMART Program	X	X	X

CSS: General Service Development (GSD)

General			
BH Care at Community Health Center	X	X	X
Parent Child Interaction Therapy/Preschool 0-5	X	X	X
DBT, Eating Disorder, NCI, MI, TF-CBT, other EBP	X	X	X
TAY Centers	X	X	X
Crisis System of Care:			
Mobile Crisis Teams (MCRT and MCMT)	X	X	X
Mental Health Urgent Care (MHUC)	X	X	X
Crisis Residential Treatment (CRT)	X	X	X

Adult Residential Treatment (ART)			X
Clinician/Police Partner Teams (CBAT)	X	X	X
Mental Health Court & Justice Related:			
Mental Health Court/Veterans Court	X	X	X
Homeless Court	X		X
Law Enforcement Education Collaboration (CIT)	X	X	X
Youth Treatment Education Center	X		
Juvenile Justice EBP	X	X	X
Adult Detention BH Discharge Preparedness	X	X	X
Laura's Law Assisted Outpatient Treatment	X	x	x

CSS: Outreach and Engagement

Lived Experience Programs:

Consumer Affairs: Peer Support

Peer Support and Resource Centers	X	X	X
Peer Support Specialist Certification Classes	X	X	X
WRAP/Facing Up/WELL	X	X	X

Parent Support & Training: Parent Partners

Educate, Equip & Support	X	X	X
Triple P/Triple P Teen	X	X	X
Nurturing Parenting	X	X	X
Parent Partner Training	X	X	X

Family Advocates:

Family WRAP (English & Spanish)	X	X	X
Family to Family Classes (English & Spanish)	X	X	X
DBT for Family (English & Spanish)	X	X	X

Housing & Housing Programs:

HHOPE Programs	X	X	X
Homeless Outreach Teams	X	X	X
Permanent Housing Property for Chronic Homelessness	X		X
Permanent Supportive Housing Units	X	X	X

Prevention and Early Intervention (PEI)

	Western Region	Mid-County Region	Desert Region
Mental Health Outreach, Awareness & Stigma Reduction:			
Stand Against Stigma (formerly Contact for Change)	X	X	X
Promotores de Salud Mental y Bienestar	X	X	X
Community Mental Health Promotion Program	X	X	X
Integrated Outreach & Screening	X	X	X
Asian/PI Mental Health Resource Center	X	X	
Helpline	X	X	X
Parent Education & Support:			
Triple P - Positive Parenting Program	X	X	X
Mobile MH Clinics & Preschool 0-5 Program	X	X	X
Strengthening Families	X	X	X
Early Intervention for Families in Schools:			
Peace4Kids	X	X	X
Trasistion Age Youth (TAY) Project:			
Stress and Your Mood	X	X	X
TAY Peer-to-Peer Services	X	X	X
Active Minds Chapters (Send Silence Packing)	X	X	X
Outreach to Runaway Youth/Safe Places	X	X	X
Teen Suicide Awareness & Prevention Program	X	X	X

First Onset for Older Adults:

Cognitive Behavioral Therapy for Late-Life Depression	X	X	X
Program to Encourage Active Rewarding Lives (PEARLS)	X	X	X
Care Pathways - Caregiver Support Groups	X	X	X
Mental Health Liaisons to Office on Aging	X		X
Carelink/Healthy IDEAS	X	X	X

Trauma-Exposed Services:

Cognitive Behavioral Intervention for Trauma in Schools	X	X	X
Seeking Safety TAY	X	X	X
Seeking Safety Adult	X	X	X

Underserved Cultural Populations:

Mamas y Bebes (Mothers & Babies)	X	X	X
Building Resilience in African American Families -Boys	X	X	X
Building Resilience in African American Families -Girls	X	X	X
Native American Project	X	X	X
Asian American Project/KITE	X	X	

Innovation (INN)

Western Region

Mid-County Region

Desert Region

Tech-Suite (Help @ Hand) Project:	X	X	X
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MHSA in Action: Youth Hospital Intervention Program (YHIP)

PCM's Story: Forever Didn't Last

I felt disconnected. I don't know at what age I started feeling like this. The part where I am supposed to be young, wild, and free. At a young age, I thought people were supposed to stay forever. I guess there isn't anything called "forever".

Forever was a non-existent thing when it came to my family. No one stayed forever. My mother had her mental issues; my father had narcissistic issues. Then there was me; lost and confused. The number of words in the dictionary couldn't describe my father and his ways. Growing up with my father, I saw how he acted toward certain people. The way he held so much power. I saw pure evil in his eyes. He transferred that anger and hurt toward me.

I thought I would be in this abusive childhood forever with no way out. I used to think if I stayed quiet forever, things would be easier. If I turned a blind eye, no one would notice. I thought if I stayed silent forever, things would get better. I felt ashamed that the only parent I looked up to, the only parent I had, felt resentment towards me. I normalized this because I didn't know better.

I thought my tears would run forever. You can say that I was part of that 2% of students who voted they loved attending school. The school was my happy place, my sunshine to my rainbow, the hope I needed in life. School was my outlet from home. When I was attending school, I felt alive. I felt like I had something to live for. All of a sudden, my home situation started invading my safe space.

The school did not start feeling like my happy place and instead it started turning into my breaking point. That sunshine didn't last forever, clouds hovered. I don't know where I could go now. I hated myself. I hated being on this earth. I just wanted the pain to go away.

My father was verbally and physically abusive. At the time, I thought I was the issue. I thought because I had a different mother, this was his way of punishing me. My father used to call me names and insult me. In his case, he said it was to help boost my self-esteem. Growing up, those words became embedded in my brain. Those words replayed in my head occasionally. I started to believe that those words were true. I started degrading myself. I was introduced to the Riverside University Health System program when I was admitted to a mental hospital. I thought I would be in the hospital forever.

My name is PCM and YHIP [Youth Hospital Intervention Program] saved my life.

I wasn't sure about therapy. I thought my therapists would leave like everyone else. I thought to myself: How they could fix me? How can they help show me my worth? But I was wrong. The program showed me the opportunity to meet two people who shaped my life. I was taught about anxiety, depression, and other disorders.

I learned coping mechanisms that helped me. I didn't think things such as white noises and meditation would work. It sounded like a bunch of nonsense until I tried it. Going through the program taught me hope that I can understand the way I feel, the way I act, and how to respond to people.

The program showed me that there is always a way out no matter what difficulty you're going through. It was another support system for me. To this day, I am learning how to overcome the past trauma I experienced.

MHSA 3-Year Plan FY 23/24 through 25/26

Annual Update

Plan Highlights

Community Services and Supports (CSS)

- We have Improved outreach and engagement to clients in acute psychiatric hospital care settings by connecting them to Full Service Partnership (FSP) services prior to hospital discharge. This starts engagement and wraps care around the client before they leave the hospital.
- We have provided Assisted Outpatient Treatment as part of Laura's Law for consumers who present as a danger to self or others and who have had difficulty utilizing voluntary behavioral health services. Referrals are vetted for Court review and the Court can mandate outpatient services for 6 months. The Department's New Life Clinics are the primary provider for Laura's Law consumers.
- We have developed more new apartment units with supportive services for homeless consumer with severe mental health challenges: In 2023 alone, a total of 63 dedicated units are planned or completed in Riverside, and 30 units are planned in Corona.
- Parent Support and Training is a peer support program managed and run by parents who have had a child in the behavioral health service system. They provide direct one to one support to parents and also offer family education classes in the community. Services have expanded to include a new social-emotional wellness group for children, a new curriculum specifically for fathers, and the inclusion of Parent Partners in the Juvenile Justice system.
- Our Peer Support programs now report to their own Deputy Director. All lived experience programs – Parent Support and Training, Family Advocate, and Consumer Affairs – are under her administration.

Prevention and Early Intervention (PEI)

- Community Mental Health Promoters are people from these respective communities who have been trained to outreach and discuss behavioral health care within their communities. Despite COVID impacts, providers engaged with over 7,000 community members, delivering information on behavioral health topics ranging from self-care to understanding serious mental illness.
- PEI also funds the administration and activities under our Cultural Competency Unit:
 - This last fiscal year, Cultural Competency improved our service delivery infrastructure, as well as our goals, as defined in the California State required Cultural Competency Plan. Staffing expanded, and Riverside's plan has been more defined to ensure inclusion

of our Substance Use and Prevention programs. We also established a procedural review of the Cultural Competency plans of all department contractors.

- Cultural Community Liaisons were contracted or hired to reduce disparities and outreach high risk communities. These Liaisons develop relationship with grass roots organizations, places of worship, and proprietors of natural community gathering places. They problem-solved care access and service disparities issues county-wide. The Liaisons have developed and chaired their respective community advisory groups, which are open to committed and interested members of Riverside County, and also serve as a regular forum for behavioral health education and service feedback.
- Several Liaisons were pivotal in providing additional support, coordination, and education to the City of Blythe and surrounding areas. RUHS-BH has made concentrated effort last year to work with local stakeholders and community organizations to improve service access in this remote area of the county.
- PEI launched a new website that can be found at www.RCDMH.org/MHSA/PEI The PEI page includes comprehensive information about prevention and early intervention and the variety of services available to the community. The PEI page includes up-to-date contract provider information, as well as, our PEI training calendar with easy electronic training registration.
- PEI Administration continued to conduct trainings, virtually and in-person, for the general community focused on mental health awareness, wellness, trauma and resiliency, and suicide prevention. Trainings are free and available every month. In total for FY21/22, over 1,800 participants attended the 72 trainings that were offered.
- PEI funds UP2Riverside, a mental health awareness campaign, that markets behavioral health messaging and materials to the general community to reduce stigma around seeking behavioral health care. In partnership with the Coachella Valley Behavioral Health Collective, PEI utilized the existing Up2Riverside campaign to tailor outreach to the Farmworker community in Coachella Valley. A new landing page was created on the website along with downloadable and printed materials in English, Spanish, and Purepecha.
- In addition, stakeholders have increasingly expressed concern about substance use, especially among youth. PEI joined with our Substance Abuse and Prevention program to expand the Up2Riverside campaign to include strategic Substance Use and Prevention education for parents and providers of youth services. The campaign educated on the effects of substance use on the development and social-emotional wellness of youth. A new page has been added to the website: <https://up2riverside.org/learn/substance-use-and-prevention/> and a downloadable Family Resource Guide is also available.

Both regional data and stakeholder voices have indicated continued concerns over suicide deaths in Riverside County. PEI continues to increase planning in this critical area:

- PEI supports the Inland So Cal Suicide and Crisis Helpline. The Helpline is a 24/7 crisis and suicide prevention telephone line that now also serves as the communities' point of access for the RUHS-BH Mobile Crisis Response teams. These mobile teams, as part of the CSS component, dispatch behavioral health professionals in the field to people in mental health crisis.

- The Suicide Prevention Coalition, an alliance of both county and community human services agencies, launched a new website: www.rivcospc.org where you can keep up to date with scheduled meetings, events, and trainings, and learn how to get involved in Riverside County suicide prevention efforts.
- In partnership with the Suicide Prevention Coalition, PEI formed a relationship with the Trauma Intervention Program or TIP. TIP volunteers are specially trained to assist people who have experienced a traumatic event. Family and friends of someone who died by suicide are at higher risk to attempt their own suicides. TIP volunteers received specific training and materials to help suicide loss survivors manage loss and grief.
 - In addition, PEI funded short-term grief counseling for survivors of suicide loss at no cost to residents of Riverside County. This pilot project offers 6-8 free sessions to suicide loss survivors through community clinicians who are trained in suicide bereavement.
- Based on community feedback regarding substance use and prevention, as well as supporting parent-child relationships, PEI will expand Guiding Good Choices or GGC, an evidence-based, 5-week parenting course for the parents of youth ages 9-14 years old. GCC targets parents of middle school age youth countywide and focuses on the prevention of substance use and other problem behaviors. The expansion will increase the number of families served. This will be a future funding opportunity through the Request for Proposal process.
- Cognitive Behavioral Intervention for Trauma in Schools, or CBITS, is a school-based group intervention for grades 5-12 that has been shown to reduce PTSD and depression symptoms in children who have experienced trauma. This program has been offered in Riverside County since the PEI plan was first approved. New contract providers have been added and services will expand to include the Coachella Valley Unified School District.
 - Additionally, PEI will expand this model to include Bounce Back, an adaptation of the CBITS model for elementary school students in grades K-5. Community feedback and impacts from the pandemic highlight the need for trauma support to the elementary school population. This program is provided in school settings. This will be a future funding opportunity through the Request for Proposal process.

Innovation (INN)

Our current Innovation project, Help@Hand, is a five-year multidimensional project concluding in February 2024. This Collaborative effort between 14 California Cities and Counties was created to determine how technology fits within the behavioral health care system. Over the past year, the project has expanded and grown. Help@Hand highlights include:

- Kiosks have been installed in waiting areas throughout Riverside County and serve as points of service navigation and education. Here you can also find a link to the MHSA plan and how to provide feedback. THE KIOSK EXPERIENCE is a great way to locate useful resources and support at your fingertips. You can find Kiosks locations on the kiosk map locator on the Help@Hand Riverside webpage.

- The TakeMyHand Live Peer Chat provides peer-to-peer live chat interface using real-time conversations for people seeking non-crisis emotional support. The Chat is open and free to the Riverside County public age 16 or older. The online chat works on a PC, laptop, tablet, iPad, and smartphone, or can be accessed at a kiosk or directly online at TakeMyHand.com . TakeMyHand was recognized as a CA State Challenge Award Recipient. TakemyHand will soon be available as an iPhone App.
- In collaboration with The Center on Deafness Inland Empire, known as CODIE, a Deaf and Hard of Hearing Needs Assessment survey was gather information on improving mental health services for Deaf, Hard of Hearing, and Late Deafened communities. The survey is currently available through the CODIE Website at codie.org to collect information from this community.
- A4i is a mobile app is used to support the recovery process of individuals living with schizophrenia or psychosis. A4i tools include tracking treatment progress, providing medication reminders, and can help the user discern between auditory hallucinations and environmental sounds. Riverside County’s pilot team is the first in the United States to utilize this emerging healthcare technology to create an umbrella of caregiving that involves all parties involved in treatment. The technology is used in conjunction with other forms of "traditional" treatment such as therapy or medication. Clients and caregivers collaborate and are kept in sync with updated information.
- Began a County-wide marketing campaign promoting ManTherapy to combat mental health stigma among men. Men are traditionally difficult to reach regarding behavioral health care, and as a result, are more likely to experience the consequences of untreated behavioral health challenges. Man Therapy provides serious behavioral health information in a light hearted manner and encourages site visitors to take a “head inspection,” a free, anonymous, scientifically-validated, on-line self-assessment. As of March 2023, 491 self-assessments had been completed county-wide.
- The Whole Person Health Score. This health score gives Riverside University Health System (RUHS) patients and their care team an overall health assessment that is accessible and easy to understand. The goal is to help individuals take interest in improving their overall health by looking at six domains of health. A pilot was implemented in mid-March 2023 at the Corona Wellness Clinic.

Workforce Education and Training (WET)

- Staff Development Officer over Training was able to organize a training schedule that offered 302 Continuing Education units and 26 trainings focused on advanced behavioral health topics over the last fiscal year.
- WET continues to develop and refine the supporting infrastructure to bring evidence based practices to our clinics. These are proven therapies that have data outcomes for good mental health outcomes. Some of the evidence based practices include Dialectical Behavior Therapy,

Trauma Focused Cognitive Behavioral Therapy, and Eating Disorder Treatments for both youth and adults. The Department has trained over 400 clinicians to practice these modalities.

- Based on stakeholder feedback, the practice of Eye Movement Desensitization and Reprocessing (EMDR) was added just this year. Thirty Department clinicians countywide are currently being trained.
- The WET Graduate, Internship, Field and Traineeship (GIFT) program continues to be one of the most competitive internship programs in the region. In this past academic year, the GIFT Program coordinated internships for 32 masters and bachelors level students countywide. 35% were bilingual Spanish, and many had lived experiences as consumers or family members. These graduating interns become a prime candidate pool for new Department therapists.
- But there training needs don't stop upon hire. These new therapists require 3000 hours of clinical supervision and have to pass State licensing requirements. WET's Clinical Licensure Advancement and Support (CLAS) program was designed to support Department journey-level therapists gain clinical licensure. Applications to this program have increase over the past year. 32% of that cohort were bilingual. In this past year, the program assisted 15 participants in passing their State exams.

Capital Facilities and Technology

- The Renovation of the 25-bed permanent, supportive housing property for homeless consumers in Riverside called "The Place." The Place has 24/7 on-site supportive services for homeless consumers who experience serious mental illness, and originally opened in 2007. The Renovation will allow for much needed building upgrades, increase bed capacity to from 25 shared room beds to 33 single room beds, and increase the size of common living areas and group treatment areas. The renovation is scheduled to complete in December 2023.
- Wellness Villages. Full service Behavioral Health Campus that serves as a safe, monitored, and therapeutic community and living space while simultaneously delivering high quality, person-first, treatment for Behavioral Health. The Villages will be architecturally designed and landscaped and offer a full continuum of behavioral health care in one location. Consumers and their families move through the campus' continuum of care from intensive oversight and treatment activities, to decreased therapeutic contact enabling consumers to prepare for a self-sustained recovery grounded in their own community. By delivering the right level of care at the right time, this model can save cities and the County millions of dollars annually, making a long lasting impact on the community through complete health, balance, and societal reintegration. The goal is to build a Wellness Village in each of the five supervisorial districts. RUHS-BH has initially identified 2 locations: Hemet and Coachella. The space originally found in Coachella did not receive final City Council approval. We are still pursuing collaboration with the City of Hemet.