

Behavioral Health Services Combined Councils Bi-Annual Meeting



April 8, 2024 | 10-11:30 a.m.

Zoom meeting link for registration sent via Outlook:

<https://us06web.zoom.us/join/91464894797?pwd=VjZ0ZDZ0dDZlR0p2aW5kZ0p3aDZldz09>

CYF Council Co-Chairs	TAY Council Co-chairs	Adult Council Co-Chairs	Older Adult Council	Housing Council	Peer Council
Stephanie Escobar Celica Garcia-Plascencia	Ann Lacy Victor Esquivel	Jeffrey Najarian Marisa Varond	Donovan Ackley III Evelyn Parada (past Chair)	Lisa Huff Precyous Newton	Mary Jo O'Brien Robert Forte

Welcome and Introductions, (Dr. Piedad Garcia and Connie German-Marquez, LMFT) **5 minutes**

Business Items (Dr. Piedad Garcia) **5 minutes**

- Public Input
- Review of October 16, 2023, Combined Councils Meeting Summary - Handout
- Councils' written Updates - Handouts
 - Children, Youth and Families Council
 - Transitional Age Youth Council
 - Adult Council
 - Older Adult Council
 - Housing Council
 - Peer Council

Behavioral Health Services – Older Adult Services (PowerPoint) (Dr. Piedad Garcia and Connie German-Marquez, LMFT) **40 minutes**

Aging & Independence Services (AIS) (Rachel Lehnert, Outreach & Education Specialist) **25 minutes**

Q&A (Dr. Piedad Garcia, Connie German-Marquez, LMFT, and Rachel Lehnert) **10 minutes**

Closing Remarks and Announcements (Dr. Piedad Garcia) **5 minutes**

- Stakeholder Announcements – unmute or add information to the chat
- Upcoming Councils Meetings
 - CYF: Monday, May 13, 2024 from 9:00 a.m. to 10:30 a.m. (Virtual)
 - TAY Council: Wednesday, May 22, 2024 from 3:00 p.m. to 4:30 p.m. (Virtual)
 - Adult: Monday, May 13, 2024 from 11:00 a.m. to 12:30 p.m. (Virtual)
 - Older Adult: Wednesday, May 22, 2024 from 10 a.m. to 12:00 p.m. (Virtual)
 - Housing: Thursday, May 2, 2024 from 11:00 a.m. to 12:00 p.m. (Virtual)
 - Peer: Tuesday, May 21, 2024 at 2:00 p.m. to 3:30 p.m. (Virtual)
- Next Combined Councils meeting is tentatively scheduled for October 14, 2024 (led by Adult Council)

Behavioral Health Services Combined Councils Bi-Annual Meeting



October 16, 2023 | 9-10:30 a.m.

Zoom meeting link for registration sent via Outlook meeting invitation:

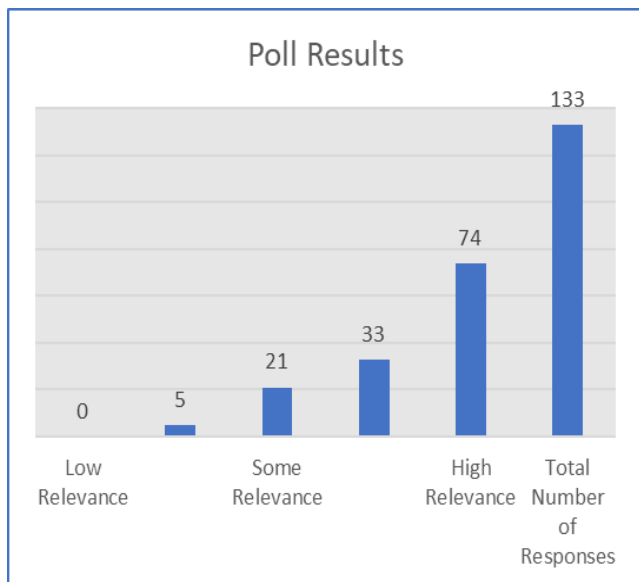
<https://us06web.zoom.us/join/93620882818?pwd=ZlZlYUJpY0pGNDV9SmGskByXU6NuT6wso#/registration>

CYF Council Co-Chairs	TAY Council Co-chairs	Adult Council Co-Chairs	Older Adult Council	Housing Council	Peer Council
Stephanie Escobar Celica Garcia-Plascencia	Ann Lacy Victor Esquivel	Jeffrey Najarian Marisa Varond	Velia Gitari Donovan Ackley	Lisa Huff	Mary Joe O'Brien Robert Forte

ITEM	SUMMARY AND ACTION ITEMS
<p>Welcome and Introductions, (Yael Koenig)</p> <ul style="list-style-type: none"> Expanded participation for the Combined Councils 	<ul style="list-style-type: none"> Yael Koenig welcomed meeting participants and announced the Combined Councils meeting expanded Councils' participation to include Older Adult, Housing, and Peer Councils
<p>Business Items (Yael Koenig)</p> <ul style="list-style-type: none"> Public Input Review of April 10, 2023, Combined Councils Meeting Summary - Handout - Pages 2-6 Councils' written Updates - Handouts - Pages 7-15 <ul style="list-style-type: none"> Children, Youth and Families Council Transitional Age Youth Council Adult Council Older Adult Council Housing Council Peer Council 	<ul style="list-style-type: none"> Public input: <ul style="list-style-type: none"> Angela Rowe shared that despite of statistics reflecting a significant reduction of children and youth in the foster care system, those providing services to individuals/families needing Substance Use Disorder (SUD) related services have not seen a decrease. Additionally, there is a concern of vulnerable youth that may become victims of the " drug cartels" Mary Jo O'Brien, Peer Council Co-Chair shared the excitement of the "Peer voice" through this Council Please submit edits to the April 10, 2023 Combined Councils meeting to Aprille.Pena@sdcounty.ca.gov by the end of today Yael Koenig informed meeting participants that Councils' updates were included in the meeting packet
<p>Community Assistance, Recovery and Empowerment (CARE) Act Program Update (Cecily Thornton-Stearns and Charity White-Voth) Handouts – Pages 16-17</p> <p>CARE Act Program (sandiegocounty.gov) County and Court Officials Preview Start of New CARE Act Program - YouTube</p>	<p>Charity White-Voth and Cecily Thornton-Stearns provided an overview of the CARE Act program. Meeting attendees utilized the Chat function and also unmute themselves to ask questions and to provide input.</p> <p>Action Item: To make the PowerPoint presentation available. Update: Presentation was sent to the Councils distribution lists and also made available at: PowerPoint Presentation (sandiegocounty.gov)</p>
<p>Hot Topic: Housing and Homeless Panel (Piedad Garcia Ed. D., LCSW) Presentation handout: Pages 19-37</p> <ul style="list-style-type: none"> Piedad Garcia Brenda Sarabia, DSW, LCSW Yael Koenig Simonne Ruff, Corporation for Supportive Housing (CSH) <p>Dialogue (Questions/Answers)</p>	<p>Piedad Garcia facilitated the presentation with Simonne Ruff, Yael Koenig, and Brenda Sarabia that included a historic overview of the BHS housing initiative, current efforts, and challenges. There was an active participation from meeting attendees.</p>

Closing Remarks and Announcements (Cara Evans Murray)

- Poll Question – Overall relevance of today’s meeting
- Stakeholder Announcements – unmute or add information to the chat
- Upcoming Councils Meetings (Virtual)



Cara Evans-Murray provided the closing remarks and covered the following items:

- Poll results are included on the left column
- Stakeholder announcements shared via Chat and by unmuting:
 - Anyone interested in discussing the Child Welfare System through the lens of families and children 0-5, please attend the Early Childhood Mental Health Committee. Meeting today at 10:45 a.m. E-mail Committee co-chair, Stephanie Gioia-Beckman for a calendar invitation at: Stephasgioiabekman@rchsd.org
 - The Recovery Residences Association has some homes that welcome women and children, and men and children, and expecting more in the coming months. More information at: [Directory – Recovery Residence Association \(rrasd.org\)](http://Directory-RecoveryResidenceAssociation(rrasd.org))
 - The 2023 Regional Task on Homelessness is scheduled for December 5-6, 2023 at the Hilton San Diego Bay Front. More information at: <https://www.rtfhsd.org/>
- Upcoming Councils Meetings (Virtual)
 - CYF: Monday, November 13, 2023 from 9 to 10:30 a.m.
 - TAY Council: Wednesday, January 24, 2024 from 3 to 4:30 p.m.
 - Adult: Monday, November 13, 2023 from 11 a.m. to 12:30 p.m.
 - Older Adult: November 15, 2023 (Rescheduled from November 22, 2023) from 10 a.m. to noon
 - Housing: Thursday, November 2, 2023 from 11 a.m. to noon
 - Peer: Tuesday, November 21, 2023 at 2 p.m.
- Next Combined Councils meeting is tentatively scheduled for April 8, 2024

**Councils Members Attendance
Housing Council**

+= Member in Attendance O= Absent E= Excused

Member	Status	Member	Status
Nicole Aguilar	O	Jeffrey Najarian	+
Tina Cobarrubias	O	Precyous Newton	+
Vianey Del Real Ochoa	+	Angela Rowe	+
Lisa Huff	+	Jon Walters	O
		Whitney Wilson	+

Peer Council

+= Member in Attendance O= Absent E= Excused

Mental Health	Status	Substance Use Disorder (SUD)	Status
Mary Jo O'Brien (Co-chair)	+	Robert Forte (Co-chair)	+
Linda Puebla	O	Josh Roberts	O
Haley Jurbala	O	Devin Eshelman	O
Leticia Zuno	O		
Jo Barrett	+		
Isaac Lara	O		

CYF Council
+= Member in Attendance O= Absent E= Excused

Constituency		Member	Status	Alternate	Status
PUBLIC SECTOR					
1	Behavioral Health Advisory Board (BHAB)	Bill Stewart	O	Joel San Juan	O
2	Behavioral Health Services (BHS)	Dr. Laura Vleugels	O	Dr. Patricia Cardenas-Wallenfelt	O
3	Public Safety Group/ Probation	Tabatha Wilburn	O	Delona King	O
4	Child and Family Well Being (CFWB) Department – Office of Child Safety	Steven Wells	+	Norma Rincon	O
5	Homeless Solutions and Equitable Communities	Rosa Gracian	O	Liki Porotesano	O
6	Public Health	Dr. Thomas R. Coleman	O	Rhonda Freeman	O
7	Medical Care Services	Dr. Kelly Motadel	+	Heather Summers	O
8	Juvenile Court	H. Judge Ana España	O	Beth Brown	+
9	CFWB Department – Office of Child and Family Strengthening - First 5 San Diego	Alethea Arguilez	O	Stephanie Escobar	+
EDUCATION SECTOR					
10	Special Education Local Plan Area (SELPA)	Russell Coronado	O	Jaime Tate-Symons	O
11	Regular Education Pupil Personnel Services	Heather Nemour	O	Mara Madrigal-Weiss	O
12	School Board	Barbara Ryan	+	Debra Schade	+
13	Special Education	Yuka Sakamoto	+	Misty Bonta	O
PRIVATE SECTOR					
14	San Diego Regional Center (SDRC) for Developmentally Disabled	Zachary Guzik	O	Lori Sorenson	+
15	Alcohol and Drug Service Provider Association (ADSPA)	Angela Rowe	+	John Laidlaw	O
16	ADSPA	Marisa Varond	+	Claudette Allen Butler	O
17	Mental Health Contractors Association (MHCA)	Julie McPherson	+	Vanessa Arteaga	+
18	MHCA	Laura Beadles	O	Golby Rahimi	O
19	Fee- For-Service (FFS) Network	Dr. Sherry Casper	O	Marcelo A. Podesta	O
20	Managed Care Health Plans	Kathleen Lang	+	James Trout	O
21	Healthcare/ Pediatrician	Dr. Pradeep Gidwani	+	Vacant	
FAMILY AND YOUTH SECTOR					
22	Consumer Advocacy/Family Education Services	Khalif Kelly	O	Sten Walker	+
23	Caregiver of child/youth served by the Public Health System	Vacant		Karilyn “Kari” Perry	+
24	Youth served by the Public Health System (up to age 26)	Veronica Hernandez	O	Vacant	
25	Youth served by the public health system (up to age 26)	Caitlynn Haw	O		
COMMITTEES (Non-voting members unless a member of the Council)					
-	Executive	Stephanie Escobar/Celica Garcia-Plascencia	+/+		
-	Cultural Competence Resource Team (CCRT)	Rosa Ana Lozada	E		
-	CYF CADRE	Julie McPherson/Marisa Varond	+/+		
-	Early Childhood	Stephanie Gioia-Beckman/Jennifer Kennedy	+/O		
-	Education	Heather Nemour	O		
-	Family and Youth as Partners	Sten Walker	+		
-	Outcomes	Emily Trask Eileen Quinn-O'Malley	O/+		
-	Training	Edith Mohler Jennifer Rusit	+/O		

TAY Council
 += Member in Attendance O= Absent E= Excused

Membership Seat	Member	Status
Child Welfare Services (CFWB)	Steven Wells	+
Client Advocacy	Paul Herrmann	+
Commercial Sexual Exploitation of Children	OPEN	
Education	Marian Edelbrock	O
Employment Services	Pam Meza	+
Foster Youth (current or former Extended Foster Care TAY)	Gabriela Garcia	+
Homeless Services/Outreach/Co-Chair	Anne Lacy	+
Hospital Partner	OPEN	
Housing	Jennica Valdez	O
Law Enforcement	OPEN	
LGBTQ	Khalif Kelly	O
Mental Health Prevention and Early Intervention	Katie Blevitt	O
Peer Support Specialist in TAY Program	Eliza King	+
Pregnant or Parenting Youth Provider	Laura Tancredi-Baese	+
Primary Health Care	OPEN	
Public Safety Liaison/Juvenile Probation	Rafael Ortiz Gomez	+
Refugee and Immigrant Populations	Jesse Emerson	O
San Diego Regional Center for the Developmentally Disabled	Rebecca Hamada	O
Substance Use Disorder Services/Co-Occurring	OPEN	
Transitional Age Youth (1)	Nicole McDonald	O
Transitional Age Youth (2)	Simone Hidds Monroe	O
TAY Social Support/Activities	Tanya Zepeda	+
Underserved Communities/CCRT	Eycleisha Eriksen	+
Open Seat (1)	Ahni Rocha-Redmond	O
Open Seat (2) /Co-Chair	Victor Esquivel	+

Adult Council
+= Member in Attendance O= Absent E= Excused

Constituency	Member	Status	Alternates	STATUS
(Alcohol & Drug Services) Vista Hill	Rowe, Angela	+		
(Behavioral Health Advisory Board)	San Juan, Joel	O		
(TAY) Pathways LLC.	Baraceros Mary	+	Emory, Christopher	
(Co-occurring Disorder/CADRE) McAlister Institute for Treatment & Education	Varond, Marisa	+	Jackson, Shannon	+
(Employment Services) San Diego Workforce Partnership	Ta, Kim	O		
(Employment Services) MHS Inc.- Employment Solutions	Del Real Ochoa, Vianey	+	Downing, Amanda	+
Community College District	Easton, Leslie	+	Kamp, Julia	O
(Community College District) San Diego Mesa College	Woodruff, Monica	O		
Cultural Competence Resource Team	Glezer, Natanya	+	Riley, Claire	+
Health Plan	Lang, Kathleen	+	Fritz, Kimberly	O
HHSA - Central Region	Reinhardt, Jayne	O		
(Homeless Services Provider) Catholic Charities	Fallon, Antoinette	+		
(Hospital Partners)	Sumek, Caryn	+		
(Advocacy) NAMI San Diego	Fischer, Anita	O	Hebert, Valerie	O
(Advocacy) Jewish Family Services	Hall, Melissa	+		
(Advocacy) Mental Health America	Watson, Daphyne	O	Patterson, Judy	
(Mental Health Contractor's Association) CRF Behavioral Healthcare	Rogers, Diego	O		
(Mental Health Coalition) Exodus Recovery	Stark, Tamara	O		
Persons Served 1	Williams, Kyle	O	Fischer, Laurel	O
Persons Served 2	Tompson, Stacy	O	Jayna Lee	O
Persons Served 3	Waters, Scott	O	Caro, Karla	O
Prevention and Early Intervention Constituency	Imam, Syed	O	Hempstead, Karen	O
(Primary Health Care/Clinical Director's Office) Behavioral Health Services	Ramos, Nilanie	O		
(Regional Center for the Developmentally Disabled) San Diego Regional Center	Webb, Peggie	O	David, Therese	O
Long Term Care	Jajou, Gwen	+	Baker, Carrie	O
UCSD Psychiatry	Kistler, Janelle	O		
(Advocacy) League of Women Voters	Kruidenier, Liz	O		
(Fee For Service) San Diego Psychological Association	Miller, Don	O	Tess, Steve	O
(Housing Council) Wakeland Housing & Development Corporation	Najarian, Jeffrey	+	Dalila Valencia	O
(Advocacy) Consumer Center For Health Education & Advocacy	O'Brien, Mary Jo	+		
(Veterans Services) Office of Military & Veterans Affairs	Quintong, Wil	O	Relieve, Adonis	O
(Underserved Communities) Deaf Community Services	Devine, Alisha	O	Patel, Trisha	O

Older Adult Council
+= Member in Attendance O= Absent E= Excused

Agency	Member	Status	Alternates	Status
San Diego State University Research Foundation	Ackley (III), Donovan	O	N/A	
Council of Community Clinics	Adelman, Marty	O	Pending	
Sharp Mesa Vista Hospital	Atterton, Caroline	O	Pending	
VA/UCSD	Ayers, Catherine	O	Pending	
Neighborhood House Association. - Project ENABLE	Estrada, Elizabeth	O	Pending	
CRF - Senior Impact	French, Lauren	O	Natalia Barsotti	O
Older Adult Community Member	Garcia, Lisa	+	N/A	
UPAC EMASS Program Manager	Gitari, Velia	+	Maria Ayala	O
San Diego State University	Harris, Olita	O	Pending	
Jewish Family Service Patient Advocacy Program	Little, Tammy	+	Caitlin Woodruff	O
County of San Diego Behavioral Health Advisory Board	Matthews, Mike	O	Pending	
Telecare: AgeWise	RaeEllen Keeney	O	Alexis George	O
Consumer Center for Health Education & Advocacy (CCHEA)	Neidenberg, Carol	O	Pending	
Older Adult Community Member	O'Brien, Mary Jo	+	N/A	
RI International	Opsal, Sandy	O	Pending	
UPAC - Counseling and Treatment Center	Parada, Evelyn	+	Pending	
Aging & Independence Services	Pearce, Kimberly	+	Madelyn Ochoa-Wingate	O
OptumHealth	Richards, Serena	O	Gwen Jajou	+
Serving Seniors	Sinnott, Jennifer	O	Pamela Alvarado	O
MHS, Inc. - North Inland Mental Health Center	Thurston, Lisa	+	Rita Moufarrege	O
Mental Health America of San Diego County	Watson, Daphyne	O	Pending	

Total Attendees: 179

Alexis Anderson	Dawn Hull	Karen Marie	Pedro Estrada Jr.
Alexis Cabarga	Debbie Ladisernia	Kari Perry	Perla Vega
Amanda Downing	Debra Schade	Katherin Torres	Pradeep Gidwani
Amir Vahabinejad	Delia Machado	Kathleen Derby	Precyous Newton
Anapaola Corona Paez	Delrena Swaggerty	Kathleen Lang	Rachel Lehnert
Angel Vargas	Diana Snyder	Katie Wood	Rafael Ortiz-Gomez
Angela Rowe	Dina Ali	Kelly Bordman	Reigel Javinal
Anne Lacy	Divya Kakaiya	Kelly Motadel	Rhonda Crowder
Antoinette Fallon	Dominique Holton	Kenia Urrutia	Robert Forte
Aprille Peña	Edith Mohler	Kimberly Pearce	Roberto Suarez
Armando Shola	Eileen Quinn-O'Malley	Kimberly Russell-Shaw	Sade Carswell
Asheka Huey	Eliza King	Kristin Garrett	Samantha Volk
Ashley Rambeau	Eliza Reis	Laura Tancredi	Shane Morey
Barbara Ryan	Elizabeth Dauz	Leslie Easton	Shannon Jackson
Bernie Miles	Emily Gaines	Leslie Manriquez	Shaun Goff
Beth Brown	Eric G.	Lisa Garcia	Simonne Ruff
Betsy Knight	Erick Mora	Lisa Huff	Sonya Yu-
Betty Lemos-Arellano	Erika Hernandez	Lisa Thurston	Stacey Musso
Brenda Estrada	Erin Murphy	Liz Miles	Sten Walker
Brenda Sarabia	Evan Hodges	Lorena Locano	Stephanie Escobar
Brianna Ferreira	Evelyn Parada	Lori Sorenson	Stephanie Gioia-Beckman
Carmen Lucci	Eycleisha Eriksen	Mareeh Marquez	Steven Wells
Carmen Pat	Fabiola Bellinger	Margarita Hernandez	Susan Bower
Carolina Reyna	Faeth Jackson	Maria Morgan	Susana Antonio
Carrie McClellan	Gabriela Garcia Presa	Maria Ventura	Tammy Little
Caryl Montillano	Gina Herbert	Maria Whitehead-Griffin	Tanishsha Harrell
Caryn Sumek	Grisel Ortega-Vaca	Maribel Gunner	Tanya Mercado
Cassie Padilla	Gwen Jajou	Marisa Varond	Tanya Zepeda
Cara Evans Murray	Hannah Zimmerman	Martin Dare	Taylor Valdivia
Cecily Thornton Stearns	Hope Graven	Mary Ellen Baraceros	Terri Kang
Celeste Hunter	Jamie Pellegrino	Mary Jo O'Brien	Linda Puebla
Celica Garcia Plascencia	Janette Magsanoc	Mayra Gonzalez-Munoz	Tim Nou
Chana Kelly	Jazmin Oregon	Megan Perez	Valerie Ramirez
Charity White-Voth	Jean McDonald	Melanie Collaco	Vanessa Arteaga
Chris Khabbaz	Jeffrey Najarian	Melanie Morones	Velia Gitari
Christine Davies	Jennifer Busico	Melissa Hall	Vianey Del Real Ochoa
Christine Maggio	Jerry Hall	Melissa Linda	Victor Esquivel
Christopher Emory	Jo Barrett	Melissa Penaflor	Wassam Auef
CJ Valasek (Chad Valasek)	Joseph Henson	Michael Miller	Wendy Maramba
Claire Riley	Judi Holder	Michelle Raby	Whitney Wilson
Connie German-Marquez	Julie McPherson	Natanya Glezer	Yael Koenig
Cynthia Robles	Kacie Rodvill	Pamela Meza	Yuka Sakamoto
Danielle Eguiza	Kameka Smith	Patricia Bauer	Zayra Rios
Danyte Mockus-Valenzuela	Kamyar Moghbeli	Paul Herrmann	4 Unknown callers

**Behavioral Health Services (BHS)
Combined Councils Meeting
April 8, 2024**



Submitted by Yael Koenig and Edith Mohler

Children, Youth and Families (CYF) Council Update

Fiscal Year 2023-24 Focus Highlights (October 2023-March 2024)

- Executive committee continued to plan Council meetings, manage infrastructure to promote valuable information exchange, deliberation, and actions, including support to the Council-committees
- Shared relevant information at Federal (when applicable), State, and local level, including, but not limited to:
 - [Medi-Cal Transformation](#)
 - [Children and Youth Behavioral Health Initiative \(CYBHI\)](#)
 - [Board of Supervisors Letters](#)
 - BHS Director’s monthly reports located at: [Behavioral Health Advisory Board \(sandiegocounty.gov\)](#)
- Maintained the [CYF Council website](#) updated
- Considered current landscape and systems priorities, identified opportunities for synergy to advance system of care:
 - Hosted the Combined Councils meeting on October 16, 2023, expanded to include all BHS Councils:
 - CYF
 - Transitional Age Youth (TAY)
 - Adult
 - Housing
 - Older
 - Peer
 The main topic was Housing and Homelessness. An update on [Community Assistance, Recovery and Empowerment \(CARE\)](#) program was also provided. The meeting was attended by 179 individuals.
 - The Hot Topic for the November 13, 2023 meeting, was [Healthy Outcomes from Positive Experiences \(HOPE\)](#). The meeting was attended by 99 individuals.
 - The [January 8, 2024](#) and [February 12, 2024](#) meetings were dedicated for Sector, Committees, and other pertinent mid-year updates/highlights. Due to time limitations, the last three updates were provided at the March 12, 2024 meeting. The January and February meetings were attended by 96 and 112 individuals respectively.
 - The March 12, 2024 meeting Hot Topic was Recent Floods in San Diego and its impacts on Mental Health. The meeting was attended by 98 individuals.
- Continued to Address Equity and Racial Justice through information sharing, including relevant conferences, events, and the Culture Share standing agenda item:
 - **Information:**
 - [2024 Birth of Brilliance conference and Cultural Fair](#), a conference conceived to raise the collective consciousness around the effects of racial disparities and implicit bias in mental health, social services, developmental services, early childhood, education, and medical care.
 - The California Mental Health Advocates for Children and Youth ([CMHACY](#)) conference, an annual event with a mission to advance the social, emotional, and behavioral well-being of children and families and promote inclusion, racial equity, and social justice.
 - **Culture Share:**
 - November 13, 2023 – Immigration experience Culture Share and acknowledgement of [National Native American Heritage Month](#)
 - January 8, 2024 - Experience as a first generation born in the United States from Mexico, highlighting advocacy, and promoting growth
 - February 12, 2024 - Acknowledged Black History month
 - March 11, 2024 - Ramadan

Meeting Information	Council Leads
MEETING DATE: Second Monday of the month LOCATION: Virtual via Zoom TIME: 9 to 10:30 a.m.	Co-Chairs: Stephanie Escobar and Celica Garcia-Plascencia BHS Lead: Yael Koenig Rhonda.Crowder@sdcounty.ca.gov



TAY Council Update

Fiscal Year 2023-24 Focus Highlights

Highlighted program presentations to the Council:

- APEX- Outpatient Withdrawal/Detoxification
- Harmonium- Enhanced Care Management
- San Diego Workforce Partnership- Access to Career Pathways for Foster Youth

Three Primary Areas of Focus:

- Housing
- No updates to report.
- Health Wellness & Healing

Health wellness and healing met with the County's Community Engagement team regarding the roadmap and resource guide. We discussed potentially publishing the roadmap to a website and having the council maintain it.

- Education/Employment Services

The Education and Employment subcommittee has developed questions to obtain data needs of TAY youth related to Education and Employment, and these questions have been added to the survey designed by the Health and Wellness subcommittee. We have also been engaging in resource mapping to explore what resources are available for TAY focusing on Educational and Employment. The group is collecting resources to include information on all programs and resources to include the names, locations, program focus/design, services offered, eligibility criteria, and other relevant information about the program. The resource mapping will hopefully add to efforts to centralize resources for TAY therefore reducing the time and effort TAY expend to find resources to assist with various needs. The subcommittee is also consulting existing data, research, and other authoritative sources of information to learn about the depth and breadth of TAY needs for educational and employment support.

Fiscal Year 2024-25 Areas of Focus

- Recruit members for vacant seats.
- Further developing the Health Wellness & Healing roadmap to be distribute to public.
- Focusing on development of Sector output during the monthly meetings.
- Bringing in more resources to TAY council.

Meeting Information

MEETING DATE: 4th Wednesday of the month
 LOCATION: Microsoft TEAMS
 TIME: 3:00 pm

Council Leads

Co-Chairs: Anne Lacy & Victor Esquivel

 BHS Lead(s): Claire Riley & Michael Miller

**Behavioral Health Services (BHS)
Combined Councils Meeting
April 8, 2024**



Please submit your update to Francisco Evangelista at: Francisco.Evangelista@sdcounty.ca.gov and Loretta Ramirez at: Loretta.Ramirez@sdcounty.ca.gov no later than March 25, 2024.

Adult Council Update
Fiscal Year 2023-24 Focus Highlights/Goals
<p>Highlights</p> <ul style="list-style-type: none"> BHS restructuring and reorganization by levels of care CARE Program overview and presentation of referral pathways <p>Cultural Competence Resource Team Updates</p> <ul style="list-style-type: none"> Liz Miles presented at the February CCRT meeting on Addressing the Latino Penetration Rate. The Education & Training workgroup is reviewing the legal entities (LE) cultural competence plans for substance use programs. CORS to provide feedback to the LE on their submissions. <p>SB 43 Updates</p> <ul style="list-style-type: none"> BHS planning and design of SB 43 for implementation 1/2025 <p>FY 23/24 Goals</p> <ul style="list-style-type: none"> Health Equity Index/Community Experience Partnership Update (Liz Miles/UCSD) – Completed Optimal Care Pathways (Kim Pauly) – May COC Outcomes (Dr. Esposito’s Team) – TBD Healthy San Diego Presentation on MCP transition (January) – Completed

Fiscal Year 2024-25 Areas of Focus
<ul style="list-style-type: none"> SB 43 planning and implementation updates PIT/RTFH Presentation (TBD) Fall 2024 MHSA-BHSA Modernization Update (TBD) Fall 2024 CARE program updates Opioid Overdose Updates

Meeting Information	Council Leads
<p>MEETING DATE: Meets the second Monday of the month LOCATION: Zoom TIME: 11:00 to 12:30 pm</p>	<p>Co-Chairs: Marisa Varond – marisa.varond@mcasterinc.org Jeffrey Najarian – jnajaran@wakelandrs.org</p> <p>BHS Lead(s): Piedad Garcia – piedad.garica@sdcounty.ca.gov Cara Evans Murray – cara-evansmurray@sdcounty.ca.gov Maria Morgan – Maria.Morgna@sdcounty.ca.gov Natanya Glezer – natanya.glezer@sdcounty.ca.gov</p>



Older Adult Council Update

Fiscal Year 2023-24 Focus Highlights

Highlights

- BHS restructuring and reorganization by levels of care
- CARE Program Overview and presentation of referral pathways
- Monthly review of CA Master Plan on Aging Bold Goals and Annual Report
- Presentation on Alzheimer’s Response Team Update

SB43 Updates

- BHS Planning and Design of SB43 for implementation 1/2025

Chair-Elect position remains vacant as of 1/1/24. Continue to try to fill vacancy.

Fiscal Year 2024-25 Areas of Focus

- Continue focus on CARE program and SB 43 planning and implementation
- Continue Recruitment of OAC voting members
- Housing for Older Adults
- Overlap of dementia and MH services
- Long Term Care for OAs with BH concerns

Meeting Information

MEETING DATE: Meets every fourth Thursday
 LOCATION: Virtual Platform (Zoom)
 TIME: 10AM-12PM

Council Leads

Chair: Donovan Ackley III, Ph.D, CADC, PSS
 Chair-Elect: Vacant

BHS Lead(s): Dr. Piedad Garcia, Deputy Director and Connie German-Marquez, BH Program Coordinator



Housing Council Update

Fiscal Year 2023-24 Focus Highlights

The FY 2023-24 implementation Plan is organized according to the BHS Housing Strategic Plan Goals and Focus Areas. Actions were prioritized for this fiscal year at the Housing Council planning retreat in May, 2023. Four Focus Areas were identified as priorities in this 2023-24 fiscal year:

- #1 Diversity of Housing Options
- #3 Priority Populations
- #5 Effective Collaboration and Integrating Systems Priorities
- #7 Recovery & Retention Supports

Presentations on the following topics:

July- no speaker
August- 988 Suicide & Crisis Lifeline
September- Point-In-Time Count
October- Harm Reduction
November- HomeKey
December- Recovery Residence Association
January- no speaker
February- Safe Parking Program
March- Housing Retention
April- Housing Blueprint
May- no speaker
June- Harm Reduction

Fiscal Year 2024-25 Areas of Focus

Proposition 1 (if approved) and SB43 are going to drive system changes within Behavioral Health Services with a strong focus on supportive housing development and clinical bed development (e.g. 10,000 new beds) for BHS clients, along with increased resources for housing. **Opportunities to Open More Doors include:**

- Understanding the 30% set aside for housing expenses. Note: Up to 25% of the 30% set aside for housing could go to capital funding for supportive housing (could be up to \$20 million per year); \$275 million of annual MHSA revenue projected (FY23-24); in past HC has proposed \$10 million per year of MHSA funds.
- Diversifying housing options across the Behavioral Health System to include more housing options for:
 - ❖ People with Substance use services needs and housing needs
 - ❖ People with clinical needs (e.g. care and supervision)
 - ❖ Veterans with mental health/substance use service needs and housing needs



- Recognizing \$1B+ is dedicated for supportive housing for veterans with behavioral health needs, with funding likely flowing through the State Housing and Community Development annual SuperNOFA (NOFA released ~ May; application released ~ June; awards ~Feb every year)

Goal 2. Driving Collaboration Through Active Connectivity

Proposition 1/SB43 are going to drive system changes within Behavioral Health Services and its related focus on supportive housing development for its clients. Focused areas of collaboration and active connectivity needed for specific housing funding opportunities include:

- a. Veterans & Veterans families experiencing or at risk of homelessness
- b. General population of people experiencing or at risk of homelessness
- c. Behavioral Health Continuum Infrastructure (clinical beds) – facilities/housing that provides for clinically-enriched longer term treatment and rehabilitation (to include substance use disorder residential)

Proposition 1/SB43 are going to drive system changes within Behavioral Health Services with a strong focus on supportive housing development and clinical bed development (e.g. 10,000 new beds) for BHS clients, along with increased resources for housing. Opportunities to *Expand Services approaches* include:

- Using BHSA resources in new ways to provide supports (combined with housing options) for people using substances
- Modeling services approaches, including central peer roles, that would provide support for Behavioral Health Continuum Infrastructure beds to effectively support BHS clients who are accessing these new clinical beds
- Expanding services capacity to collaborate with veterans serving organizations

Meeting Information	Council Leads
MEETING DATE: First Thursday of the month(bi monthly)	Co-Chairs- Lisa Huff and Precyous Newton
LOCATION: Via Zoom	BHS Lead(s): Betty Lemos-Arellano and Lorena Camacho
TIME: 11 to 12:00 p.m.	



Peer Council Update

Fiscal Year 2023-24 Focus Highlights

- Staying up to date with large policy changes such as SB43 and Prop 1 and endeavoring to ensure peer voices and concerns are in the conversation.
- Giving peers networking opportunities.
- Finding out what is important to peers and relaying that information to the county.
- The following image is a word cloud made up of potential areas of interest produced by Peer Council attendants:



Fiscal Year 2024-25 Areas of Focus

- Beginning a quarterly process of focusing in on specific proposals and positions of peers.
- The first month of each quarter, we hold breakout rooms allowing peers to converse and produce a list of proposals pertaining to mental health care in San Diego County.
- After the list is produced, the seats will vote on which of the proposals to focus on. Then we will hold another meeting to talk about that subject.
- The following month will focus on writing a letter about the Peer Council’s position on the subject matter and submit it to the county.
- There will be a focus to integrate more with the other councils which attend the combined council meeting.

Meeting Information

MEETING DATE: 4/8/24
LOCATION: Virtual
TIME: 10:00a.m.

Council Leads

Co-Chairs: Mary Jo O’Brien, Robert Forte
BHS Lead(s): Wassam Auef, Kendra Mackey

Behavioral Health Services - Older Adult Services

Presenter: Dr. Piedad Garcia & Connie German-Marquez

Date: April 8, 2024



LIVE WELL
SAN DIEGO

OA Behavioral Health Services Fiscal Year 2022-2023

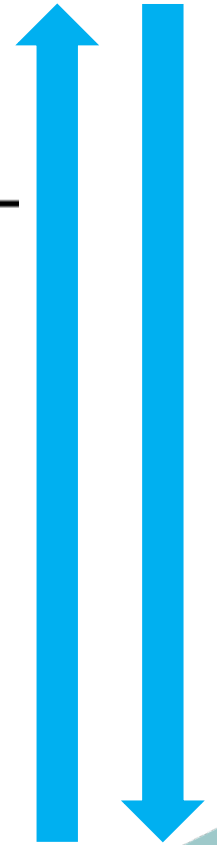


FY 21-22 Comparison

- **Outpatient Services:**
 - **ACT total clients= 533**
 - **CM (Institutional) total client= 405**
 - **CM (Strengths)= 566**
 - **CM Transitional=4**
 - **Fee for Service = 1049**
 - **Outpatient= 1813**

OA BHS Services Provided

Outpatient Services	Total Visits	Total Clients
ACT	27,350	557
Case Management	801	305
Case Management - Institutional	4,789	363
Case Management - Strengths	11,170	585
Case Management - Transitional	0	0
Fee for Service	11,015	1,245
Outpatient	19,300	1,857
Prevention	20	<5



OA Behavioral Health Services Fiscal Year 2022-2023



FY 21-22 Comparison

- **Age**
 - **Age 60-69= 71%**
 - **Age 70-79=21%**
 - **Age 80+= 7%**

- **Gender**
 - **Females= 3,190 (52%)**
 - **Males = 2950 (48%)**
 - **Transgender= <1%**
 - **Another Gender Identity= <1%**
 - **Genderqueer= <1%**
 - **Questioning/Unsure= <1%**
 - **Declined to State= 1%**

OA (60+) Clients Receiving Services Unique Clients 6,449

Age	Unique Clients	%
Age 60-69	4,568	71%
Age 70-79	1,384	21%
Age 80+	497	8%

Gender Identity	Unique Clients	%
Cisgender	2,187	95%
Transgender	11	<1%
Intersex	<5	-
Other	23	1%
Decline to State	86	4%
Missing	4,141	

Gender	Unique Clients	%
Female	3,326	52%
Male	3,097	48%
Non-Binary/Genderqueer	<5	-
Questioning/Unsure	<5	-
Other	<5	-
Unknown	6	<1%
Decline to State	11	<1%

OA Behavioral Health Services Fiscal Year 2022-2023



FY 21-22 Comparison

- **Diagnosis**
 - **Schizophrenia and Other Psychotic Disorder= 49%**
 - **Bipolar= 17%**
 - **Depressive Disorder= 24%**
 - **Stressor and Adjustment Disorder= 4%**
 - **Anxiety= 2%**
 - **Other= 3%**

- **Substance Use Diagnosis**
 - **Dual Diagnosis= 32%**
 - **Co-Occurring Disorder= 37%**
 - **Any Substance Use= 38%**

Diagnosis	Unique Clients	% **
Schizophrenia and Other Psychotic Disorders	2,630	50%
Bipolar Disorders	884	17%
Depressive Disorders	1,279	24%
Stressor and Adjustment Disorders	219	4%
Anxiety Disorders	99	2%
Other/Excluded	129	2%
Invalid/Missing	1,209	

Substance Use	Unique Clients	%
Dual Diagnosis	2,018	31%
Co-occurring Disorder	2,369	37%
Any Substance Use	2,414	37%

OA Behavioral Health Services Fiscal Year 2022-2023



- FY 21-22 Comparison**
- **Employment**
 - **Competitive Job= 5%**
 - **Seeking Work= 6%**
 - **Not in Labor Force 36%**
 - **Not Seeking Work= 25%**
 - **Resident/Inmate of Institution= 1%**
 - **Other= 27%**
 - **Unknown= 626 clients**
 - **Living Situation**
 - **Lives Independently =69%**
 - **Board & Care= 7%**
 - **Justice Related= 2%**
 - **Homeless =11%**
 - **Institutional= 12%**
 - **Other/Unknown= 447**

Employment Status	Unique Clients	% *
Competitive Job	275	5%
Seeking Work	349	6%
Not in Labor Force	1,914	33%
Not Seeking Work	1,511	26%
Resident/Inmate of Institution	61	1%
Other	1,629	28%
Unknown	710	

Living Situation	Unique Clients	% *
Lives Independently	4,050	68%
Board & Care	404	7%
Justice Related	149	3%
Homeless	619	10%
Institutional	691	12%
Other/Unknown	536	

Assertive Community Treatment (ACT) Services

- **Target Population:** Persons experiencing Homelessness or at risk of homelessness with Severe MI/ may have a co-occurring condition.
- Services are provided in a multi-disciplinary team approach
 - Staff ratio~1:10
- 24 hours a day/7 days a week/365 days a year
- Includes:
 - Integrated MH and medication Services
 - Rehabilitation
 - Recovery Services
 - Intensive Case Management
 - Access and linkage to Supportive Housing
 - Employment/Vocational
 - Care Coordination



BHS Mental Health Program Older Adult - ACT

Senior IMPACT

928 Broadway, San Diego, CA 92101

Phone:

(619) 977-3716

FAX:

(619) 481-3075



Strengths-Based Case Management Services (SBCM)

- Target Population: Persons with Severe MI/ may have a co-occurring conditions.
- The SBCM model emphasis is on:
 - Clinical case management services
 - Staff ratio~1:25

Services Provided include but not limited to:

- Medication Management
 - Fee for Service
- Rehabilitation and Recovery Services
- Care Coordination to needed services
- Co-occurring Services linkage
- Access and linkage to Supportive Housing
- Access to Supportive employment/vocational and educational services

BHS Mental Health Program Older Adult - SBCM

AgeWise Older Adult
6160 Mission Gorge Road, Suite #108
San Diego, CA, 92120
619-481-5200 Main
619-481-5217 Fax
OFFICE HOURS Monday - Friday: by appointment
Crisis services available 24/7

Institutional Case Management Services

- Institutional case management serves members who are Conserved and placed in a long-term care facility.

The program provides members with:

- support in obtaining and maintaining benefits
- care coordination
- discharge planning
- advocacy.

Members are assessed to ensure that they are placed in the least restrictive environment possible.



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BHS Mental Health Program Older Adult - ICM

AgeWise Older Adult

6160 Mission Gorge Road, Suite #108

San Diego, CA, 92120

619-481-5200 Main

619-481-5217 Fax

**OFFICE HOURS Monday - Friday: by
appointment Crisis services available**

24/7



LIVE WELL
SAN DIEGO

Older Adult Outpatient- Older Adult Specialist (OAS) & Older Adult Older Adult Outreach Specialist (OAOS)

- Licensed Mental Health Clinicians or Registered Nurses, with expertise and knowledge of the geriatric population.
- Serving older adults who are unable or unwilling to seek assistance from other mental health settings.
- Services may be provided on site, and/or via outreach and home visits.
- Evaluates and responds to urgent and emergency referrals from the community to include family members, community at large, and Aging and Independent Services (AIS).
- Provides crisis intervention services including assessment for voluntary or involuntary hospitalizations if indicated

9 BPSR Clinics w/ OAOS

- MHS TURN North Inland
- MHS TURN North Coastal
- UPAC Promise Wellness Center
- UPAC CTC
- CRF Heartland
- CRF Douglas Young
- CRF Maria Sardinias
- CRF South Bay Guidance
- Alianza Wellness Center

5 BPSR Clinics w/OAS

- MHS TURN North Inland
- MHS TURN North Coastal
- CRF Maria Sardinias
- CRF South Bay Guidance
- Neighborhood Housing-Healing Oaks

Older Adult Housing

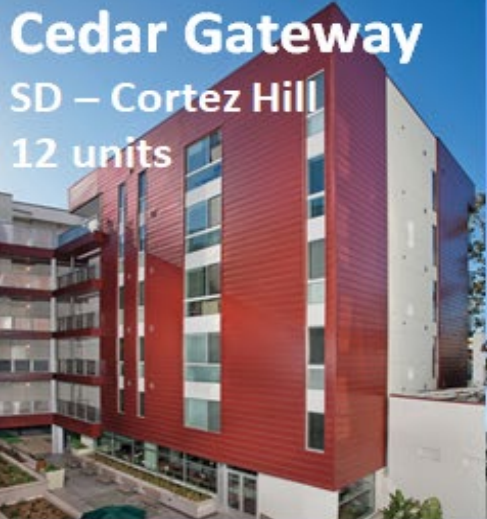


- 50 Sponsor-Based Subsidies dedicated to CRF Senior IMPACT and CRF IMPACT in the City of San Diego

MHSA Housing Developments

- 13 OA housing developments operational or in the pipeline
 - 8 operational MHSA Developments with dedicated senior/OA units
 - 97 dedicated senior/OA MHSA units at these developments
 - Service providers are CRF Senior IMPACT (ACT) and Telecare AgeWise (SBCM)
- 5 MHSA Developments with dedicated senior/OA units are planned or under construction
 - 111 combined senior/OA MHSA units at these developments
 - Valley Senior Village (24)
 - Nestor Senior Village (35)
 - Santa Fe Apartments (21)
 - Santa Fe Senior Village (25)
 - Ulric Apartments II (6)
 - Developments are priced to be affordable for very low-income clients (through vouchers or other operating subsidies)

Older Adult Housing



Cedar Gateway
SD – Cortez Hill
12 units



Citronica II
Lemon Grove
10 units



New Palace
SD - Bankers Hill
16 units



Tavarua Apartments
Carlsbad
10 units



Ivy Senior Apartment
SD – Clairemont
7 units

Older Adult Prevention and Early Intervention Services

BHS contracts for prevention and early intervention services for older adults and caregivers.

The programs listed are highlights of the ways the County Health and Human Services Agency's Behavioral Health Services is providing services for older adults in our community.

* Copies of Older Adult PEI services available via Electronic copy upon request



Services:

- ELDER MULTICULTURAL ACCESS SUPPORT (EMASS)
- POSITIVE SOLUTIONS
- CAREGIVERS SUPPORT SERVICES
- DREAMWEAVER CONSORTIUM
- MENTAL HEALTH FIRST AID
- COURAGE TO CALL
- IT'S UP TO US
- ACCESS AND CRISIS LINE (ACL)

AGING & INDEPENDENCE SERVICES



Aging & Independence Services (AIS), part of the County of San Diego Health and Human Services Agency, provides programs and services to help older adults and persons living with disabilities to stay safe, healthy, engaged, and as independent as possible

Mental Health

Mental health issues impact people of all ages. Aging & Independence Services provides crisis assessment and assistance for older adults and can help you get connected to other mental health resources.

- Older Adult Outreach Specialist are connected via the AIS Call Center
 - Aging & Independence Services (AIS) Call Center - (800) 339-4661

AIS link <https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Older-Adults.html>



OA Geriatric Certificate Academy (Placeholder)

Older Adult Council



- **Mission Statement:**

- The purpose of the Older Adult Mental Health System of Care (OABHSOC) Council is to facilitate the design and implementation and evaluation of an older adult mental behavioral health system of care, by providing feedback and recommendations to the Behavioral Health Director.

- **Meeting Time:** 4th Wed of the month 10am-12pm/ All welcome to attend (Virtual via Zoom platform)

- **Chair:** Donovan Ackley III, Ph.D., CADC, PSS

- Program Specialist/Research Coordinator
- Improving Health Outcomes Through Technology Lab (iHOTT)
- San Diego State University Research Foundation
- (619) 786-2950

- **Chair Elect:** Vacant



LIVE WELL SAN DIEGO



Healthy San Diego

Medi-Cal Managed Care Plan Contact Card

Health Plan	Member Services/Transportation	Behavioral Health	Transportation	Telephone Advice Line	Vision Services
Blue Shield CA Promise Health Plan	1-855-699-5557	(855) 321-2211	1-855-699-5557	1-800-609-4166	1-855-699-5557
Community Health Group	1-800-224-7766	(800) 404-3332	1-800-224-7766	1-800-647-6966	Vision Service Plan 1-800-877-7195
Kaiser Permanente	1-800-464-4000	(877) 496-0450	1-800-464-4000	1-800-290-5000	1-800-464-4000
Molina Healthcare	1-888-665-4621	(888) 665-4621	1-888-665-4621	1-888-275-8750	March Vision Services 1-888-463-4070
Contact the Medi-Cal Managed Care Plans Member Services Department for help accessing Medi-Cal covered services					
County Mental Health Plan To access Specialty Mental Health and the Drug Medi-Cal Organized Delivery System 1-888-724-7240		Jewish Family Service Patient Advocacy Program Complaints and Grievances/Residential Psychiatric Services 1-800-479-2233		Consumer Center for Health Education & Advocacy Help obtaining covered services and breaking down barriers 1-877-734-3258	

Pharmacy benefits for all Medi-Cal recipients are covered by the State's Medi-Cal Rx. Program (800) 977-2273



2-6-24 Medi-Cal Managed Care Plans cover transportation to all Medi-Cal covered services including Specialty Mental Health, Drug Medi-Cal Organized Delivery System and Denti-Cal

Resource Links/Websites



- **BHS Adult/Older Adult System of Care Resource Directory link**
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental health services adult_older_adult.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_adult_older_adult.html)
- **Technical Resource Library:**
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/technical_resource_library.html
- Section 2. Adult/Older **Adult System of Care**
- **CalAIM Community Supports**
<https://www.dhcs.ca.gov/CalAIM/Documents/CalAIM-CS-a11y.pdf>
- **CalAIM Enhanced Care Management**
[California Advancing and Innovating Medi-Cal \(CalAIM\) Enhanced Care Management](#)



Thank you
Q&A

Aging & Independence Services

County of San Diego
Health and Human Services Agency
Aging & Independence Services



County of San Diego



LIVE WELL
SAN DIEGO

Building
Better
Health

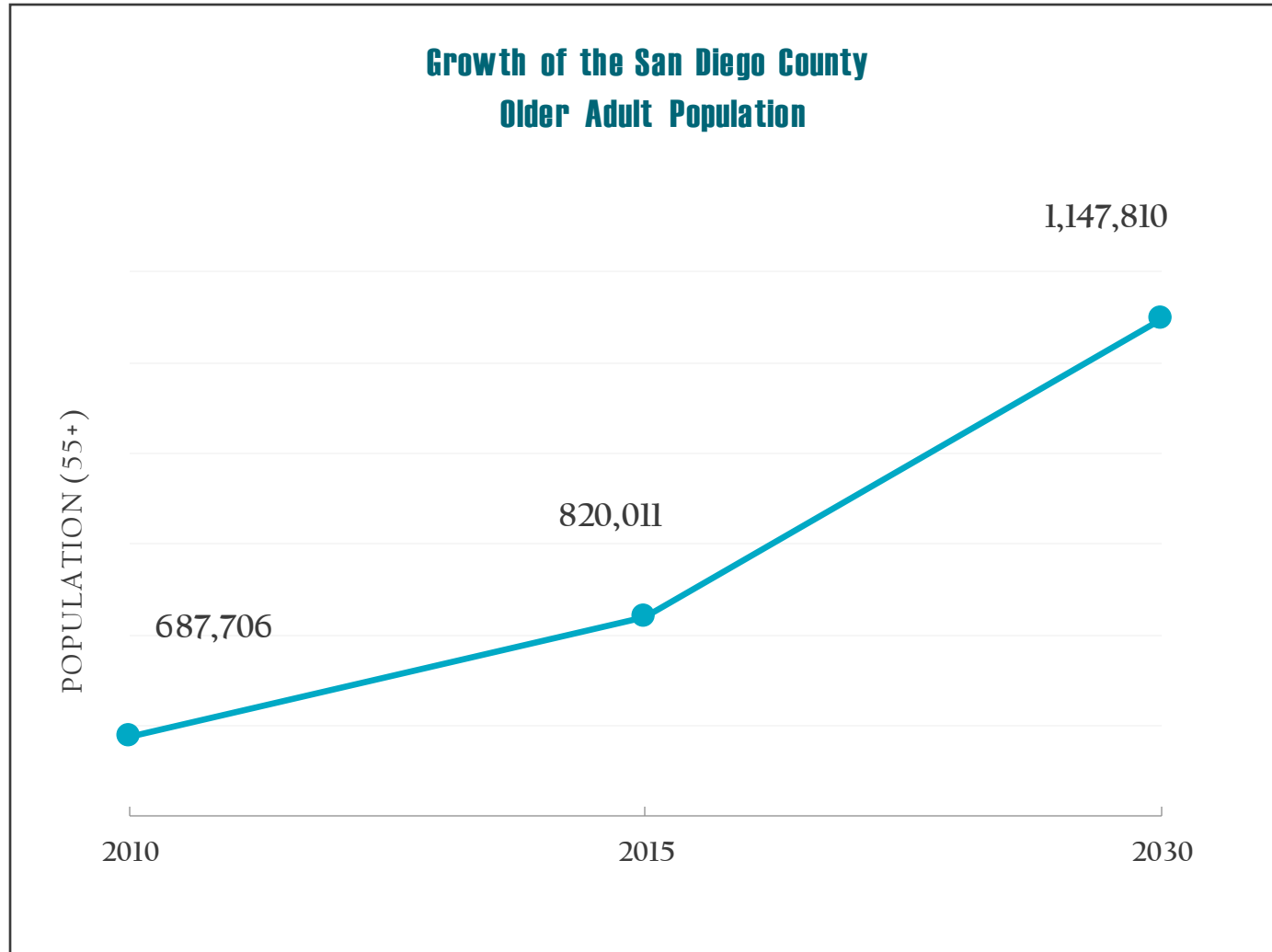
Living
Safely

Thriving

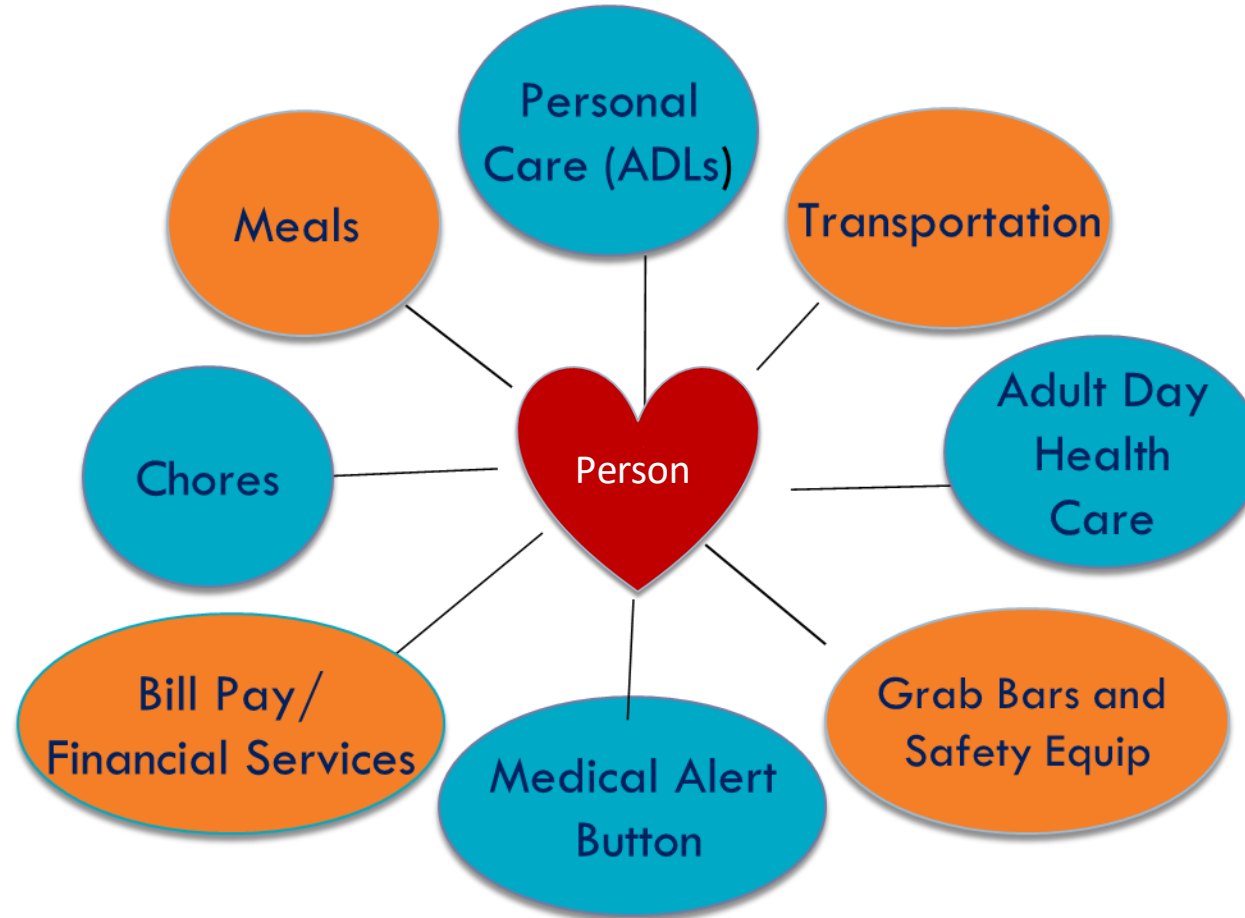
Health and Human Services Agency (HHSA)
Aging & Independence Services (AIS)



A Growing Population



Long-Term Services



AIS Call Center

Aging & Independence Services (AIS) Call Center:

1-800-339-4661

- The place to start for information and assistance
- Referral to community services
- 24-hour reporting line for abuse



Programs & Services



Independence

Dependence

Info and Assistance
Volunteer Programs
Health Promotion
Outreach and Education

Senior Dining
Home-Delivered Meals

Case Management
Caregiver Support

IHSS

APS
Ombudsman
Project Care
Public Guardian



Intergenerational



Adult Protective Services

Physical/Sexual

Mental
Suffering

Neglect/Self-
Neglect

Financial

Abandonment

Isolation

- Serves adults 60 and older and dependent adults 18-59, who are harmed, or threatened with harm.
- Investigates elder and dependent adult abuse.



Long-Term Care Support



- **Choose Well: www.choosewellsandiego.org**
 - Web-based tool to compare features of assisted living facilities
 - Voluntary rating system
- **Long-Term Care Ombudsman**
 - Advocates for residents of nursing and assisted living facilities



Public Guardian/Public Administrator

Public Guardian

- Serves as the legally appointed guardian or conservator for persons lacking capacity to take care of themselves or their assets.
- Manages finances and protects income and property from loss and/or misappropriation.
- Provides case management services.
- May make medical decisions on behalf of the conservatee.

Public Administrator

- Administers estate of deceased persons who died without a will or without an appropriate person able to act as estate administrators.
- Makes funeral or burial arrangements, pay bills and taxes.
- Locates persons who are entitled to inherit from the estate.
- Takes care of abandoned cremains.



Case Management

Assess:

- Ability to complete daily tasks
- Home Environment
- **Client Priorities & Goals**

Care Plan:

- Meals
- Transportation
- Home care

Outcomes:

- Meet client goals
- Reduce caregiver burden
- Improve stability in home

Programs:

- Linkages (18-64 years of age)
- Multi-Purpose Senior Services Program (MSSP) (65 years usually Medi-Medi)
- Senior Options, Advocacy, & Referrals (SOAR) (60 years of age)
- SD VISA Veterans



In-Home Supportive Services

- Over 36,000 recipients
- Goal: remain safely at home and avoid moving to a facility
- Participants in the program must be Medi-Cal eligible



Caregiver Support

Family Caregiver Support Programs include:

- Southern Caregiver Resource Center – Respite, Counseling, Education, Support
- Respite and Support for Kinship Family Caregivers
- Minor Home Repair
- Elder Law & Advocacy
- Caregiver Coalition of San Diego & Caregiver Handbooks



Living Safely

Project CARE

(Community Action to Reach Elderly)

VIAL OF LIFE
MEDICAL INFORMATION

In an emergency, dial 9-1-1 and give the following information:

1. Name and phone number
2. Address of emergency
3. Description of the emergency
4. Remain on the line until the dispatcher hangs up
5. Have someone wait outside to direct help

For information on additional programs and services:
1-800-339-4661
www.aging.sandiegocounty.gov

Vial of Life is a component of Project CARE, a program facilitated by the County of San Diego Health and Human Services Agency, Aging & Independence Services.

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL
SAN DIEGO
LIVEWELLSO.ORG

VIAL OF LIFE: MEDICAL INFORMATION
Information & Assistance / Información y Ayuda:
1-800-339-4661 | www.aging.sandiegocounty.gov

Updated: _____

Name: _____
 Blind

Address: _____

Phone: _____
Social Sec: _____
Medicare: _____

Other Insurance: _____

Do you have an Advance Health Care Directive? / ¿Tiene Usted un Formulario Directivo Médico Anticipado? Yes No

Related Dementia / Alzheimer: _____
Zip Code / Código de Postal: _____
of Birth / Fecha de Nacimiento: _____
digito: _____
Número de póliza: _____

Vial of Life

HHSA LIVE WELL SAN DIEGO

Cool Zones

www.coolzones.org



Senior Nutrition Programs



- Congregate meal sites
- Home-delivered meals
- Over one million meals served annually



- CalFresh Expansion Program
 - Extra money for food each month!
- Apply in-person, online, or call 211
- CalFresh Healthy Living Workshops



Health & Fitness

- Tai Chi: Moving for Better Balance
- Feeling Fit Club: 30+ sites, on TV
- Healthier Living
- Fall Prevention
- For schedules:

www.HealthierLivingSD.org



Volunteer Programs

Retired Senior Volunteer Program (55+)

Senior Volunteers in Action (50+)



RSVP

Lead with Experience



SENIOR VOLUNTEERS IN ACTION



www.seniorvolunteersd.org



Intergenerational Programs

Intergenerational Opportunities

- IG tutoring/mentoring
- IG Book Club and discussion groups
- Family enrichment activities

Kinship Family Support

- Handbook for Grandparents and Other Relatives Raising Children
- Call 211 for free resources



Digital Inclusion Program

About Program

- The AIS Digital Inclusion Program helps older adults and adults with disabilities to engage with the digital world. Eligible participants receive an iPad with internet service for a limited time at no cost—while supplies last.



Eligibility Requirements

- Be 60 years of age or older OR 18 years of age or older with a disability,
- Reside in San Diego County, and
- Not have a laptop or tablet computer AND/OR not access to home internet.



Outreach & Education

Community Outreach

- Health & Resource Fairs
- Senior Centers
- Community events
- Live Well on Wheels
- Community Action Networks

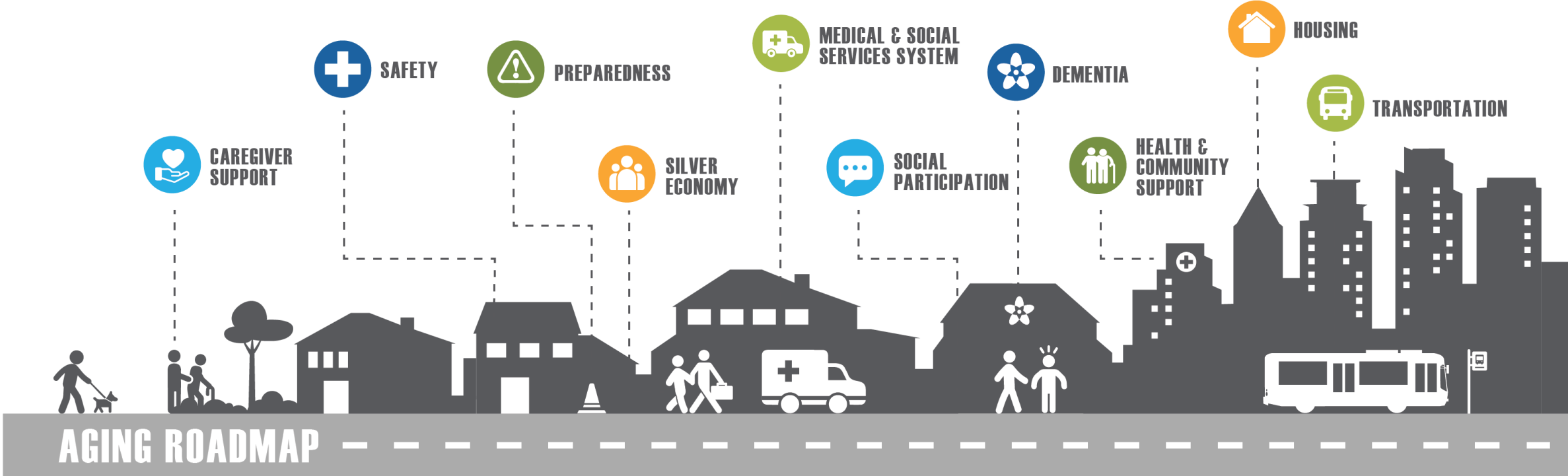


Educational Presentations

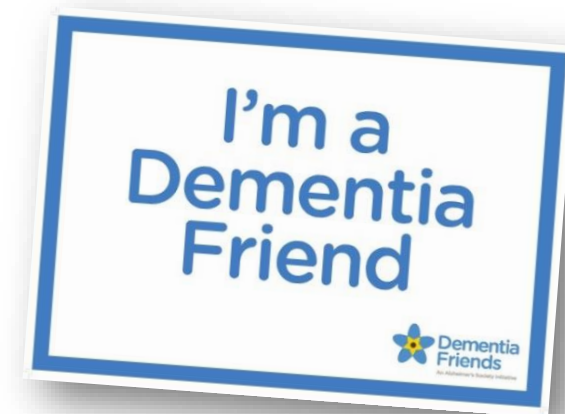
- Overview of AIS & Community Resources
- Good Mental Health is Ageless
- Elder and Dependent Adult Abuse
- Advance Health Care Directives
- Alzheimer's Disease and Related Dementias



Aging Roadmap



Dementia Friendly



Join Our Efforts

Get Involved

- Age Well Theme Teams
- AIS Advisory Council
- Fall Prevention Task Force
- Health Promotion Committee
- Caregiver Coalition
- Community Action Networks



Stay Informed

- AIS monthly newsletter
- Sign up for Gov Delivery

www.Aging.SanDiegoCounty.gov August 2022

AGING & independence

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY
AGING & INDEPENDENCE SERVICES

Being "Whole": Lessons of Life (with a Disability)

By Kim Gallo
Director, Aging & Independence Services

From a very young age Sue Madison, 72, has known what it feels like to live life with an extra layer of challenges. As a child, Sue's disability was not highly apparent. She could walk and move around, yet she was always stiff in the morning and had to force her knees to straighten. Going up steps was especially hard. At the age of six, Sue's parents took her from their small, rural town in Minnesota to the "big city" of Minneapolis to consult with doctors. She was diagnosed with Rheumatoid Arthritis (RA).

At age 9, Sue's family relocated to Phoenix in hopes that she would benefit from the dry climate. Although it was an era when "you could just grow up and nobody talks about it" other kids eventually started to notice the joint deformities in her hands. Sue was acutely aware that she was starting to look a bit different. While RA did slow Sue down, she was able to live a fairly typical childhood. It wasn't until early adulthood that Sue's mobility struggles became more severe. But if RA has taught her anything, it is the importance of perseverance—a value that has served her well throughout life. It may have taken ten years to earn her college degree, but she stuck with it.

Sue notes that navigating life with a disability can instill positive approaches that can serve one their entire life. "It can have some advantages...you adapt...you figure out how to do things differently, how to use assistive devices and advocate. These experiences develop inner strength and endurance." While not everyone is equipped (or has the supports) to allow these positives to unfold and to be fully engaged with life, Sue made it a priority to be out in the world, no matter how challenging it was at times. Certainly, there were bumps along the way. In 1979, Sue had double knee replacements and double hip replacements. She spent two months recovering in the hospital. However, those surgeries ended up being an excellent investment. Sue notes, "Today I have doctors that say, 'That hip of yours is older than I am!'"

Sue enjoyed a rich and meaningful career in the social services sector. She worked at a rape crisis center, an independent living center for those with disabilities, and a friendly visitor program that assisted seniors and people with disabilities. She also had the honor to serve as the Director for the Governors' Council on Developmental Disabilities in Arizona and to participate in a public policy fellowship for the National Council on Disability in Washington DC. In 2001, Sue moved to San Diego to be closer to her daughter. She finished her career with the City of San Diego, working as the Americans with Disabilities Act (ADA) Director.

Sue notes that she personally benefited from being immersed in the disability rights movement which came to life during her career. The movement espoused an empowering message of independence and "Nothing about us, without us." Throughout her life, Sue has remained

(Continued on page two)



Sue Madison

LIVE WELL SAN DIEGO
LIVEWELLSD.ORG



When you don't know where to turn, turn to us!

- Our programs support healthy aging, safety, and independence.
- We are here for you and your loved ones!
- **AIS Call Center: 1-800-339-4661**

