# BEHAVIORAL HEALTH TASK FORCE LUNCH AND LEARN Crisis Care Continuum and 988

CALIFORNIA HEALTH & HUMAN SERVICES AGENCY

May 17, 2022



## VIRTUAL MEETING PROTOCOLS

Thank you for joining us today for this informational Lunch & Learn!

- ✓ This meeting is being recorded and will be available for viewing post meeting.
- ✓ American Sign Language interpretation is provided in pinned video
- ✓ Live captioning link is provided in chat

<u>Please note</u>: This is an informational session only and there will not be a Q&A. We will have a follow-up discussion on this topic at the June BHTF meeting.



# WELCOME & OVERVIEW

Stephanie Welch, MSW. Deputy Secretary of Behavioral Health, CalHHS



#### CRISIS CARE CONTINUUM AND 988 PRESENTERS

# Update from the Substance Abuse and Mental Health Services Administration (SAMHSA)

John Palmieri, MD, MHA. Acting Director, 988 and Behavioral Health Crisis Team, SAMHSA.

#### Introduction of the California Office of Emergency Services (CalOES)

Budge Currier. 911 Branch Manager, CalOES

#### **Update from the California Department of Health Care Services (DHCS)**

Anh Thu Bui, MD. Medical Consultant, DHCS. Jim Kooler, DrPH. Special Consultant, DHCS.

#### **Update from CalHHS**

Stephanie Welch, MSW. Deputy Secretary of Behavioral Health, CalHHS



# Update from the Substance Abuse and Mental Health Services Administration (SAMHSA)

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988 and Crisis Care Transformation

John Palmieri, MD, MHA
SAMHSA

May 2022



# Today's briefing

- America's mental health crisis
- 988 a transformative moment
- The existing Lifeline
- SAMHSA's actions to date
- What you can do



## **America's Mental Health Crisis**

**TOO MANY PEOPLE ACROSS THE U.S. EXPERIENCE SUICIDAL, MENTAL HEALTH AND/OR** SUBSTANCE USE **CRISIS WITHOUT THE** SUPPORT AND CARE THEY NEED

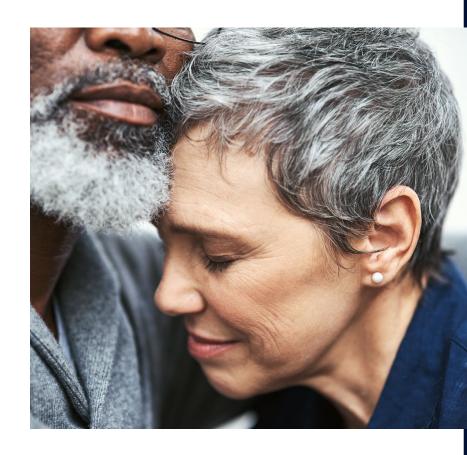
#### In 2020

there was approximately one death by suicide every 11 minutes

#### In 2020

for people aged 10–14 and 25–34 years, suicide was the second leading cause of death

From April 2020 to 2021 over 100,000 people died from drug overdoses



# The Opportunity of 988

#### A transformative moment for the crisis care system in the U.S.



#### **Short-term goal**

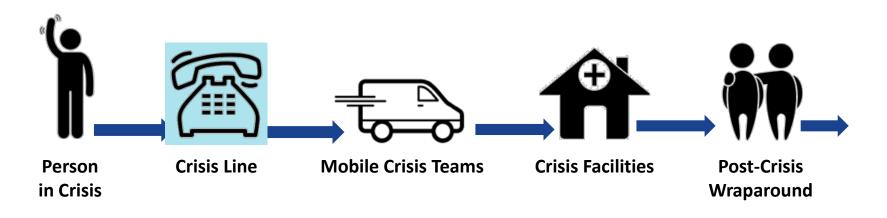
A strengthened and expanded Lifeline infrastructure to respond to crisis calls, texts, and chats anytime

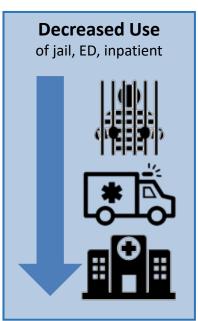
#### **Long-term vision**

A robust system that provides the crisis care needed anywhere in the country

# Crisis Contact Centers as an Essential Component of a Broader Crisis Continuum

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LEAST Restrictive = LEAST Costly

Horizon 2: Mobile crisis services<sup>1</sup>

"Someone to respond"

Horizon 3: Stabilization services<sup>1</sup>
"A safe place for help"

Horizon 1: Crisis contact centers<sup>1</sup>

"Someone to talk to"

90%+ of all 988 contacts answered in-state [by 2023]<sup>2</sup>

**80%+** of individuals have access to rapid crisis response [by 2025]

**80%+** of individuals have access to community-based crisis care [by 2027]

#### **Underlying principles**

Provide "health first" responses to behavioral health crises and ensure connection with appropriate levels of care

Integrate lived experiences of peers and support for populations at high risk of suicide, such as Veterans, LGBTQ, BIPOC, youth, & people in rural areas

Advance **equitable access to crisis services** for populations at higher risk of suicide, with a focus on Tribes and Territories

<sup>1.</sup> Inclusive of intake, engagement, and follow-up

<sup>2.</sup> Proportion may differ with chat/text vs. calls; "contacts answered" is defined as connected with a trained responder

# 988 Builds Directly on the Existing National Suicide Prevention Lifeline

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#### 2001

Congress appropriates funding for suicide prevention hotline; SAMHSA awards competitive grant to establish a network of local crisis centers

#### 2007

SAMHSA and VA partner to establish 1-800-273-TALK as access point for the Veterans Crisis Line (VCL)

#### 2015

Disaster Distress
Helpline was
incorporated into
Lifeline cooperative
agreement

#### 2020

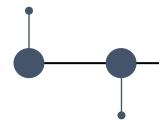
**Lifeline** began incorporating **texting** service capability in select centers

#### 2021

SAMHSA/VA/FCC are responsible for submitting multiple 988 reports to Congress

#### 2022

988 fully operational for phone and text in July 2022



#### 2005

National Suicide Prevention Lifeline (Lifeline) was launched with number 1-800-273-TALK

#### 2013

Lifeline began incorporating chat service capability in select centers

#### 2020

FCC designates 988 as new three-digit number for suicide prevention and mental health crises

#### 2020

National Hotline
Designation Act
signed into law,
incorporating 988 as
the new Lifeline and
VCL number

#### 2021

State 988 funding opportunity released, and states are responsible for submitting planning grants to Vibrant

# The Lifeline's Impact to Date

Providing 24/7, free and confidential support to people in suicidal crisis or mental health-related distress helps

 National Suicide Prevention Lifeline helps thousands of people overcome crisis situations every day Proven to work – Lifeline studies

have shown that after speaking with a

trained crisis counselor, most callers

are significantly more likely to feel

- less depressed
- less suicidal
- less overwhelmed
- more hopeful



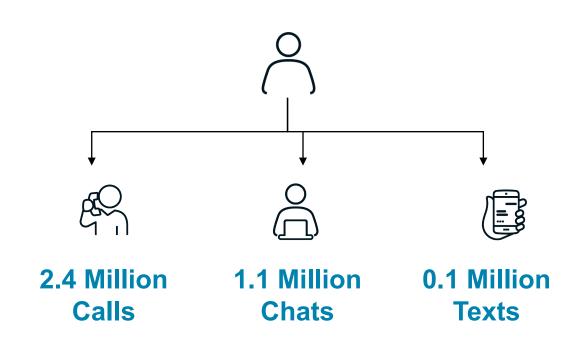
## **How The Lifeline Works**

# In FY21, the Lifeline received roughly **3.6 million contacts**

People who **call the Lifeline** are given three options:

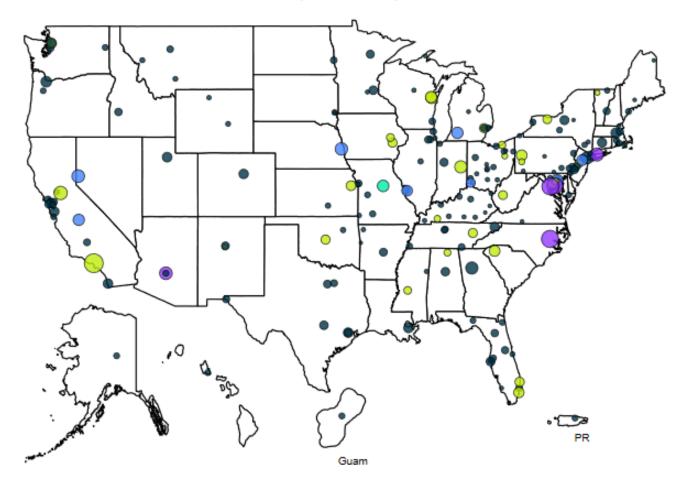
- Press 1 to connect with the Veterans Crisis Line
- Press 2 to connect with the Spanish Subnetwork
- Remain on the line and be connected to a local crisis center; if local crisis center is unable to answer, the caller is routed to a national backup center

People who **text/chat the Lifeline** are currently connected to crisis centers equipped to respond to texts and chats



# **Snapshot of the Lifeline Network**

Lifeline Centers Mar 01, 2022 - Mar 28, 2022



#### Networks

- Local
- Local + Backup
- Local + Chat/Text
- Local + Backup + Chat/Text
- Chat/Text

#### Answered Contacts

- O 2500
- 5000
- 7500

## **Current Lifeline In-State Answer Rates**

## 7 states with Lifeline answer rates above 90 percent

<u>State</u> <u>Rate</u>	Routed	Answer
AZ	2,883	92%
DC	551	90%
MS	904	90%
MT	618	97%
NC	4,248	90%
ND	283	93%
RI	268	99%

14 states with Lifeline answer rates between 80-90%

State Rate	Routed	Answer
AR	996	87%
CA	21,237	86%
KS	1,255	82%
MD	2,985	80%
MO	2,556	84%
MN	2,409	87%
NE	883	84%
PA	4,370	86%
SD	232	83%
TN	2,859	84%
VA	3,888	83%
VT	339	83%
WI	3,387	88%
WV	767	89%

21 states with Lifeline answer rates between 65-80%

<u>State</u> Rate	Routed	Answe
CT	1,699	77%
DE	332	73%
GA	4,519	67%
HI	838	66%
IA	1,334	70%
IA ID		
	864	75%
IN IO	2,650	78%
KY	1,781	68%
LA	2,195	68%
MA	3,907	68%
ME	404	67%
NH	650	78%
NJ	3,517	78%
NM	1,290	70%
NV	1,538	76%
OK	1,456	76%
OR	2,899	77%
SC	2,588	76%
UT	1,987	78%
WA	4,110	69%
WY	236	68%

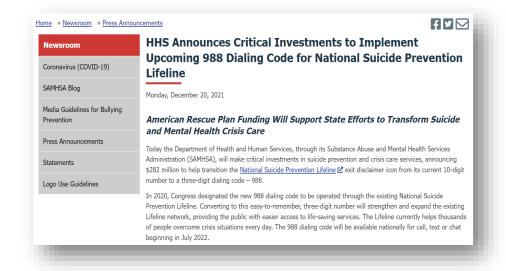
9 states with Lifeline answer rates below 65%

<u>State</u> <u>Rate</u>	Routed	Answer
AK	583	55%
AL	2,182	63%
CO	3,727	38%
FL	7,779	62%
IL	7,032	22%
MI	4918	54%
NY	10,918	63%
ОН	4,855	58%
TX	11,255	44%

\*Indicates state that has passed legislation creating a 988 cell phone fee

# Announced \$282M to help transition Lifeline to 988

- \$177 million to strengthen and expand the existing Lifeline network operations, back-up center workforce, and telephone/chat/text infrastructure
- \$105 million to build up staffing across states' local crisis call centers



# **Additional Resources that Support 988 and Crisis Services**

#### **SAMHSA:**

- 988 State and Territory Cooperative Agreement (12/22)
- Community Mental Health Services Block Grant 5% Crisis Services set-aside
- Certified Community Behavioral Health Center (CCBHC) grant
- Zero Suicide Grant
- Garrett Lee Smith Youth Suicide Prevention (GLS) Grant
- Rural Emergency Medical Services Grant
- State Opioid Response (SOR) Grant & Tribal Opioid Response (TOR) Grant
- Tribal Behavioral Health Grant (Native Connections)
- State Transformational Technology Initiative Grants (TTI-NASMHPD)
- Governors Challenges to Prevent Suicide Among Service Members, Veterans, and their Families

#### CMS:

- Medicaid/CHIP Waivers 1915 and 1115
- Medicaid/CHIP State Plan Amendments
- CMS State Planning Grants for Qualifying Community-Based Mobile Crisis Intervention Services (\$15M for 20 states)

#### **SAMHSA Technical Assistance:**

- Suicide Prevention Resource Center
- Center of Excellence for Integrated Health Solutions
- National and Regional Mental Health Technology Transfer Centers
- GAINS Center for Behavioral Health and Justice Transformation
- National Child Traumatic Stress Network

# SAMHSA 988 Playbooks & External Partners

# 988

NEVADA HEALTH BESDONSE

ALASKA NATIVE

peopleusa

#### 988 PLAYBOOKS

- Holistic view of readiness for implementation of 988 for:
  - states, territories, tribes
  - crisis contact centers
  - public safety answering points (PSAPs)
  - behavioral health providers
- Created with external partners across critical sectors
- Publishing on NASMHPD Website
  - www.nasmhpd.org

#### SNAPSHOT OF EXTERNAL PARTNERS

**GMHCN** 

**OIAED** 

**∞** nami

TAC

NASHP

MHA







🚯 BJA





TN Department of Mental Health &

National Empowermen

EDC Education

DEPARTMENT OF MENTAL HEALTH

OKLAHOMA
Mental Health &







C?RI

dmhas

Advocates

OT

**APCO**International























asper institute

Priority Dispatch





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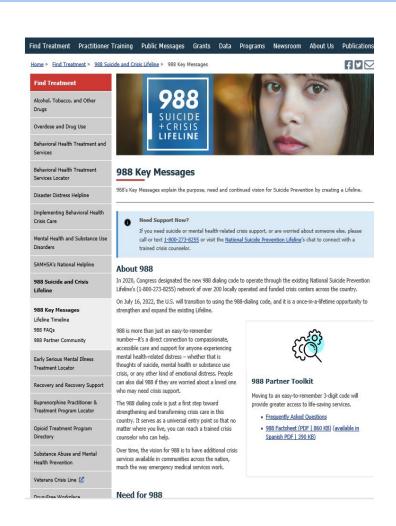
#### **ONE-STOP-SHOP FOR 988 RESOURCES**

- URL: www.samhsa.gov/988
- ABOUT 988
- PARTNER TOOLKIT
- DATA
- LIFELINE HISTORY
- MORE TO COME OVER TIME



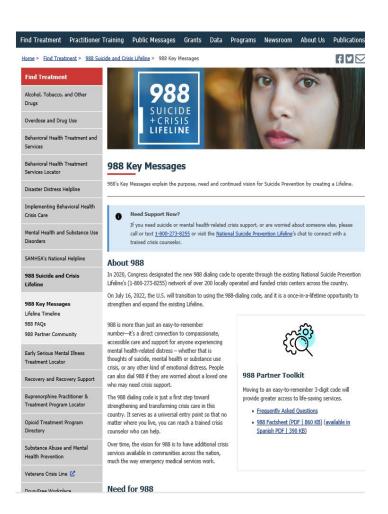
#### PARTNER TOOLKIT ASSETS AS OF APRIL

- FACT SHEET (English and Spanish)
- KEY MESSAGES
- FAQS (Adding others as needed over time)
- E-NEWSLETTER TEMPLATE
- LOGOS & BRAND GUIDANCE
- SAMPLE RADIO PSA SCRIPTS
- 988 SLIDE DECK



## **FAQs**

- 1. WHAT HAPPENS ON JULY 16?
- 2. IS THE SYSTEM READY?
- 3. WHAT SHOULD WE EXPECT?
- 4. IS SAMHSA ENGAGED IN A CAMPAIGN?



# Thank you!



And you can email questions to us at

988Team@samhsa.hhs.gov

### Resources

- National Guidelines for Behavioral Health Crisis Care Best Practice Toolkit
  - Serves as the main paper for crisis services
- Crisis Services: Meeting Needs, Saving Lives
   <a href="https://store.samhsa.gov/product/crisis-services-meeting-needs-saving-lives/PEP20-08-01-001?referer=from-search result">https://store.samhsa.gov/product/crisis-services-meeting-needs-saving-lives/PEP20-08-01-001?referer=from-search result</a>)
- National Association of State and Mental Health Program Directors (NASMHPD)
- https://www.nasmhpd.org/content/tac-assessment-papers

# Introduction of the California Governor's Office of Emergency Services (CalOES)

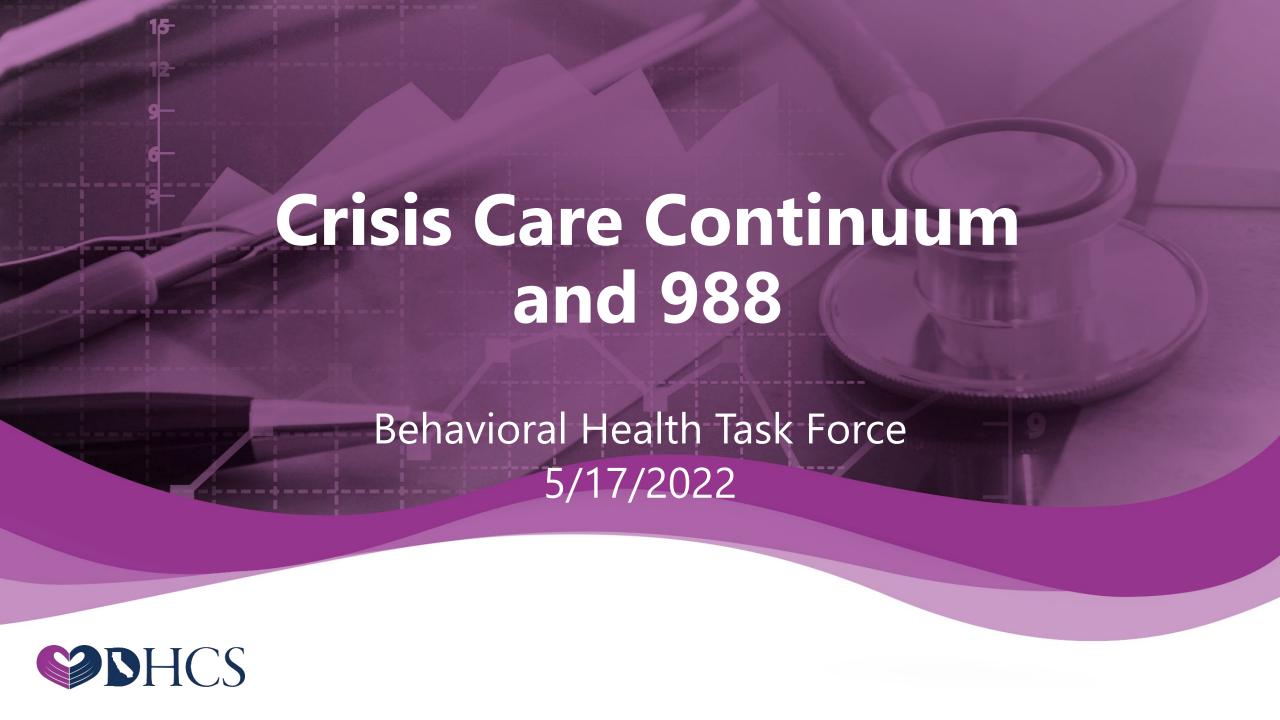
Budge Currier. 911 Branch Manager, CalOES



# Update from the California Department of Health Care Services (DHCS)

Anh Thu Bui, MD. Medical Consultant, DHCS Jim Kooler, DrPH. Special Consultant, DHCS





## **CalHOPE**

Warm hand off to treatment services

#### **CalHOPE Support:**

Crisis counseling via chat, phone, virtual, and in-person Focused on highest-risk communities

#### **CalHOPE Peer Warm Line**

#### CalHOPE Web:

Links to resources, including apps

# **CalHOPE Media:**Broad and targeted messaging

## CalHOPE Layers of Intervention and Support

CalHOPE addresses the stress and anxiety that people may feel due to isolation, health challenges, economic uncertainty, food insecurity and other negative consequences of the COVID-19 pandemic.

# **Lifeline Crisis Call Centers**

- » In 2020, about 1 out of 8 calls to the National Suicide Prevention Lifeline originated in California.
- » 13 Lifeline call centers in California
- » 312,261 calls, chats, and texts answered in 2021
- » Between January 1 and November 30, 2021, Lifeline reported state answer rates ranging from 52% to 98% with an average answer rate of 83%.
- » California achieved a Lifeline in-state call answer rate of 90% in the Jan-March 2021 quarter and has existing 24/7 in-state Lifeline call coverage.

# **Support for Lifeline Call Centers**

- » \$20M one-time investment of State General Fund to build call center capacity for 988 implementation
- » \$4.3M per year Mental Health Services Act funding
- >> \$14.48M SAMHSA grant to DHCS
  - » Support 13 California Lifeline Crisis Centers to maintain and expand the workforce to respond to anticipated increase in Lifeline call volume due to 988 implementation.
  - » Technology platform, chat/text
  - » Key performance indicators

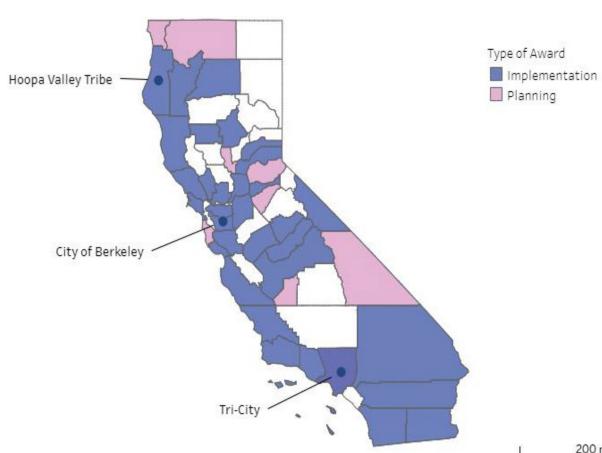
# <u>Crisis Care Mobile Units (CCMU)</u> Project: Support and expand behavioral health mobile crisis and non-crisis services.

- » Grants to implement or expand CCMU programs.
- » Provides funding for infrastructure and some direct services to create or enhance mobile behavioral health crisis services.
- » Prioritizes services for individuals 25 years old and younger.
- » Funded through <u>Behavioral Health Response and Rescue Project</u> (<u>BHRRP</u>) and the <u>Behavioral Health Continuum Infrastructure</u> <u>Program (BHCIP)</u>
  - » BHRRP: \$55 million
  - » BHCIP: \$150 million

# **CCMU Project Impact**

- » \$160 million awarded through two funding rounds\*
- » **51** county, city, or tribal entity behavioral health authorities received funding.
  - » 10 planning grants
  - » 41 implementation grants
- » 130 new CCMU teams.
- » 107 enhanced CCMU teams.

#### **CCMU Awardees**



<sup>\*</sup>Remaining funding currently allocated to future CCMU activities

# **Overview:** Medi-Cal Mobile Crisis Services Opportunity

Mobile crisis teams offer community-based intervention to individuals in need wherever they are, including at home, work, or anywhere else in the community where the person is experiencing a behavioral health crisis.



Under the American Rescue Plan Act (ARPA), states are eligible for an 85% enhanced Federal Medical Assistance Percentage (FMAP) for qualifying mobile crisis services for 12 quarters between April 2022 and April 2027.



DHCS intends to **submit a State Plan Amendment (SPA)** that establishes a new Medi-Cal mobile crisis benefit, effective as soon as January 2023.



DHCS envisions that its mobile crisis service will align with the state's other efforts to support individuals experiencing a behavioral health crisis.



DHCS is **designing a mobile crisis services benefit** to ensure all Medi-Cal members have access to coordinated crisis care 24 hours a day, 7 days a week, 365 days per year.

# Thank you!

# **Update from CalHHS**

Stephanie Welch, MSW. Deputy Secretary of Behavioral Health CalHHS



# Systemic Change to Behavioral Health Care

- This Administration, similar to the leadership demonstrated in the Legislature, is deeply committed to transforming the Behavioral Health Care System.
- Transforming the behavioral health system will ultimately create
  generational change so ALL Californians have access to high quality,
  culturally responsive and easily accessible behavioral health care.
- Critical investment is needed to build new behavioral health capacity
  and reduce fragmentation in the behavioral health system both for
  mental health and substance use disorders. Much of this is driven by
  decades of stigma, where behavioral health was not considered a core
  component of the health system.



# Systemic Change to Behavioral Health Care

Behavioral Health Assessment confirmed that there are capacity challenges across the continuum. The report calls out the **NEED** for

- A comprehensive approach to crisis services
- More **community-based living options**, from housing to long-term residential, for people living with serious mental illness and/or a substance use disorder
- More treatment options for children and youth with significant needs as well as efforts to prevent behavioral health conditions
- Services and strategies that advance equity and address disparities
- Addressing related housing, economic and physical health issues especially for individuals who are justice-involved

<u>Assessing the Continuum of Care for Behavioral Health Services in California Data, Stakeholder Perspectives, and Implications</u>



# **Key Initiatives Underway**

- California Advancing and Innovating Medi-Cal and Providing Access and Transforming Health (PATH)
- Behavioral Health Continuum Infrastructure Program and Community Care Expansion Fund
- Behavioral Health Bridge Housing
- Children and Youth Behavioral Health Initiative
- Community-Based Alternatives to State Hospitalization and Incarceration
- Healthy CA Workforce for ALL Care Economy Investments
- Medi-Cal Community-Based Mobile Crisis Services
- Extension of CalHOPE a crisis counseling assistance and training program
- Opioid Response Efforts MAT Expansion, Provider Training, Youth Fentanyl Prevention, etc.

#### CalHHS Role

CalHHS will develop a plan to support connections between prevention efforts like hotlines and peer support services, 9-8-8 mental health crisis call centers, and mobile crisis response at the local level.

- Building off of existing planning efforts, develop a blueprint with an implementation roadmap by the end of 2022
- Seek stakeholder input from diverse perspectives on the behavioral health crisis system, including state agencies, local jurisdictions, providers, consumers, caregivers, and family members, with a particular focus on individuals from underserved communities, communities of color, LGBTQ+, and youth.
- BHTF will provide a forum for vetting and disseminating draft materials



# **CalHHS Role – Blueprint and Roadmap**

- Identify the state-wide vision for full set of services for individuals experiencing crisis (interactions among 988, 911, Medi-Cal mobile crisis response, crisis receiving facilities, long term crisis residential services)
- Articulate state-wide minimum standards and metrics
- Define models / prototypes of how state-wide services could be implemented locally, recognizing different models will be needed in different counties/communities
- Provide a high-level view of resources required, or current investments that could be used, to support implementation of a robust crisis care response system.
- Outline a governance model to support future implementation, and
- Identify approaches to reach major milestones ("the how to"), including what would be needed in terms of legislative authority, funding and approximate timing – a roadmap over several years of capacity building efforts.



# **Next Steps**

- Launch CalHHS Blueprint Development (roughly 6 months)
- Participate in SAMHSA Gains Center Policy Academy on the 911/988 Nexus

 Develop Basic Informational Tools on California's Status and Progress



# **Next Behavioral Health Task Force Meeting**

June 14, 2022, 10am – 3pm

Focus on Crisis Care Continuum and 988, with brief CYBHI update

• Email <u>BehavioralHealthTaskForce@chhs.ca.gov</u> to sign up for the BHTF listserv and send any questions/comments



# Thank you for joining us today!

For information about the Behavioral Health Task Force, please visit the CalHHS website <a href="https://www.chhs.ca.gov/home/committees/behavioral-health-task-force/">https://www.chhs.ca.gov/home/committees/behavioral-health-task-force/</a>

