Crisis Care Continuum Plan Update

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WELCOME & OVERVIEW



VIRTUAL MEETING GUIDELINES

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

Please note: This is an informational session only and there will not be a Q&A/discussion



Agenda

- Welcome & Overview
- Report Back: Community Conversations on Experiences with Crisis Care
- Crisis Care Continuum: Effort Overview & Progress Update
- Adjourn



Report Back: Community Conversations on Experiences with Crisis Care



Listening Session

Purpose: An opportunity to learn and broaden our understanding as the State is working on Crisis Care Continuum, grounding in the perspectives of people who are experiencing the system.

- Understanding the range of CCC experiences through different identity lenses.
- Learning about opportunities to expand on the strengths (Roses) and improve on challenges (Thorns) so that our crisis care system can better meet the needs of our diverse population.

Participation: Two evenings – 70+ participants, 11 breakouts, 13 hosts and notetakers



Crisis as the entry point for care

Participants shared that often, care was unavailable until a person was in a state of crisis and emphasized the importance of "pre-crisis" preventive care.

- ✓ More needs to be done at the onset of mental health conditions.
- ✓ Autism diagnosis prevents care
- ✓ Lack of resources that fit the eligibility criteria. Son deemed "too-stable", "not sick enough" to receive services that he needed.
- ✓ For children and youth, awareness in the public school system is important to destigmatize, educate, and promote early intervention.

"Crisis is when you look at your kid and their eyes are blank, staring past you. When you get to the point of calling 911, it has reached a catastrophe."



Exacerbating crisis through response

Crisis response, especially when it involves law enforcement, is a dehumanizing experience for vulnerable folks and their families. It can exacerbate the crisis and criminalize those needing help.

- ✓ No matter how well trained and effective a responder is, there is still an element of avoidable trauma that occurs by having law enforcement involved.
- ✓ Hard to know who to call besides law enforcement when in crisis
- ✓ Difficult to see family members misunderstood and mishandled
- ✓ When marginalized and dismissed, it is difficult to advocate for and navigate services.

"The ER experience was traumatic because he had been using meth at the time and the combination was overwhelming. At the ER, they had to restrain him and he responded violently and there were consequences to that. At age 35, he will still go back to that experience and remember how he was treated".



"Mental illness is a family illness!" - Impact on Families

Mental illness impacts whole families, and the role of supportive families and communities cannot be overstated. In addition to family members, other individuals and organizations also provide invaluable support and care.

- ✓ People inherently want to help but the system is situated in a way that does not allow people within it to help
- ✓ Peer support works and is needed at every level wellness and recovery specialists, peer-to-peer support, etc.
- ✓ Multi-disciplinary MRT team
- ✓ Autism Society
- ✓ NAMI sharing group

"Community and family resilience were the key to accessing care in all these stories. The systems failed; the person in crisis and their loved ones did not."



Navigating a complex system

Self-advocacy and navigation through services is very challenging. It is difficult to know what services are available and who to ask for help.

- ✓ Needs to be far more transparent and accessible. Don't put access to care on the consumers.
- ✓ Inconsistency of care "Insurance, not need, determines care"
- ✓ There is no cohesive system and people often fall through the cracks
- ✓ We need immediate care for mental health crises to avoid having to go to the hospital, urgent care, and police involvement
- ✓ We need clear statewide standards on who can authorize a hold, who does the
 discharge plan, etc.



Licensed Psychologist: "If I can't figure this out, how the hell do my clients' families figure this out?"

Linking crisis to other societal challenges

It is important to consider crisis care in the context of other impactful societal issues and inequities, such as economic forces, gentrification, trauma, racism, lack of housing, and food insecurities.

- ✓ Need more independent living (section 8)
- ✓ We are still dealing with a lot of stigma mental health is not a bad word you are a
 whole person a human being
- ✓ We need holistic recovery programs

"If you treat crisis as an issue only of mental illness or drug use, it lets the system off the hook for deep issues, like housing, that are root causes of crisis."



Crisis care and inequity

Crisis care and law enforcement responses look different based on race, ethnicity, disability status, and class/neighborhood. It is difficult to find providers and support that align with individuals' cultural, linguistic, and identity experiences and needs.

- ✓ Non-English speakers difficult to find residential treatment providing services in non-English languages (other participants may try to translate)
- ✓ Important to invite tribal governments to crisis continuum conversation.
- ✓ Foster youth and home youth law enforcement was the only option to call, with differing responses based on gender and race.
- ✓ Need more representation from smaller communities who don't have a big voice

"I'm worried about him going to juvenile justice, worried he will be met with bias and violence when he is in crisis because he is a large Black male. I'm worried he won't get past fifth grade".





Crisis Care Continuum: Effort overview & progress update

December 2, 2022

Executive summary

- CalHHS has been working with State and external stakeholders to develop the Behavioral Health Crisis Care
 Continuum Plan (CCC-P) to articulate the statewide vision for the future state crisis care system
- Based on preliminary research and stakeholder discussions, CalHHS believes that **California's current crisis care** system meets select measures of 988 readiness¹, but includes geographic variation and opportunities to improve coordination across settings
- The Plan includes three Strategic Pillars for the future state crisis care system:
 - Build towards consistent access statewide
 - Enhance coordination across and outside of the crisis care continuum of care
 - Design and deliver a high quality and equitable system for ALL Californians
- Initial implementation considerations to achieve these Strategic Pillars will be **executed over time with near, medium,** and long-term milestones over the next 5 years. The pillars will be measured against metrics that are not yet finalized
- California has made significant investments in crisis care over the last few years
- CalHHS **prioritizes inclusion and equity** and will examine best practices and evidence-based strategies to ensure the crisis care continuum meets the needs of diverse populations
- CalHHS has examined the governance structure outlined in AB-988 as well as approaches used in other states



Recap: The Behavioral Health Task Force has been involved in shaping the CCC-P

Behavioral Health Task Force (BHTF) overview

Since 2020, the BHTF, including people living with behavioral health conditions, family members, advocates, providers, health plans, counties, and state agency leaders, has advised the Administration's efforts to advance statewide behavioral health services

In particular, the BHTF provided input to planning for 988 and strengthening the Crisis Care Continuum, including crisis prevention, response and stabilization

BHTF recommendations can help the state ensure timely access to high-quality crisis services for all residents

Key themes from last session with BHTF



Prevention

- Role of multi-tiered support systems in school to support youth mental health
- Investments in BH workforce to build capacity of behavioral health services



Response

- Explore approaches to better serve members of the BIPOC and LGBTQ+ community
- Ensure crisis response systems are culturally and linguistically competent



Stabilization

 Better coordination of care and hand-offs after crisis has been stabilized, with clear communication of care plan Recap: Context of the Crisis Care Continuum Project (CCC-P)



More than **1 million individuals attempt suicide** each year nation-wide¹



More than **4,000 individuals died by suicide** in California in 2020²



There are existing challenges to accessing crisis care, including capacity, coordination, and coverage



To address existing access challenges, **federal** and state stakeholders are prioritizing crisis care:

- SAMHSA described a 5-year vision for 988, following July 2022 launch as new 3-digit number to access National Suicide Prevention Line
- California AB-988 passed Sept. 30th, 2022, which requires CalHHS to develop a detailed implementation plan by end of 2023³



SAMHSA
 CDPH Data on Suicide and Self Harm
 AB 088

Recap: Objectives of the Crisis Care Continuum Project (CCC-P)



Identify the state-wide vision for full set of services for individuals experiencing crisis



Define state-wide essential crisis services



Provide a **high-level view of resources required, or current investments** that could be used



Outline a **governance model** to support implementation



Identify a **roadmap** to reach major milestones

CalHHS' 6 strategic priorities drive the transformation of California's behavioral health system

CalHHS strategic priorities

- 1 Create an equitable pandemic recovery
- 2 Build a **healthy California** for all
- 3 Integrate health and human services
- 4 Improve the lives of the most vulnerable
- 5 Advance the wellbeing of children & youth
- 6 Build an **age-friendly state** for all



The CCC-P will follow CalHHS' guiding principles



Focus on equity



Actively listen



Use data to drive action



See the whole person



Put the person back in person-centered



Cultivate a culture of innovation



Deliver on outcomes

Proposed components of future state Crisis Care Continuum

BH crisis systems strive to serve anyone, anywhere and anytime and fall along a continuum:

Preventing Crisis

Community-based preventive interventions for individuals at risk for suicide or mental health / substance use crises (e.g., Zero Suicide, harm reduction programs, warmlines, peer support, digital-self help, recovery support services, addressing stigma¹)



Responding to Crisis

Acute crisis response services, including hotlines, 911 / 988 coordination, mobile crisis teams, social service response, and co-response models



Stabilizing Crisis

Community-based crisis stabilization services, including in-home crisis stabilization, crisis receiving facilities, peer respite, crisis residential services, sobering centers and transitioning individuals to care





^{1.} There are many ongoing efforts across the state focused on stigma reduction that contributes to prevention Source: CalHHS

Select synthesis of current state of crisis care in CA based on publicly available sources

Existing crisis infrastructure & investments

37

counties have "sufficient" mobile crisis capacity from 2022 DHCS report

16

counties have
"sufficient" crisis
stabilization capacity
from 2022 DHCS report

5+

state-wide hotlines and warmlines from the State of California & interviews with the DHCS

81+

county / local hotlines and warmlines from the State of California, external resources, and interviews with the DHCS \$2.2B

authorized for behavioral health care continuum infrastructure in 2021 from BHCIP

13

988 crisis centers based on the 988 Implementation Plan for California

Preliminary insights based on national guidance documents & stakeholder input

- According to readiness metrics outlined by NASMHPD, DHCS, and the 988 Implementation plan, California meets
 988 readiness standards within the 988 crisis centers
- There is room for improved coordination across diverse state / local crisis activities, including among call lines based on insights from the DHCS, the 988 Implementation Plan, 988 Planning Grants, and SAMHSA
- There is geographic variation in crisis care approaches, access, and quality across CA according to the DHCS and the 988 Implementation Plan

Source: RI Crisis Resource Need calculator <u>State of California</u>, interviews with the DHCS, 988 Implementation Plan for California, BHCIP, NASMHPD 988 Convening Playbook: States, Territories, and Tribes, DHCS Assessing the Continuum of Care for Behavioral Health Services in California, and 988 Planning Grants



State agencies and external stakeholders engaged (as of Dec 2, 2022)

Plan is being developed with input from both internal (12+ state agencies) and external stakeholders (10+ external entities), in addition to Behavioral Health Task Force meetings that extend invitations to Task Force members and the general public



State agencies and departments



























External stakeholders

























Department discussions and areas of input: Observations by departments (1/2)











Department

Summary of department observations and inputs

- Growing crisis-related efforts (e.g., CalHOPE, Friendship Line, FURS)
- Draft essential services are consistent with Medi-Cal coverage
- Existing challenges remain (e.g., coordination between hotlines and warmlines, counties, contact centers)
- Draft essential crisis services are largely consistent with parity law⁶
- Prevention-focused services are covered less consistently through commercial plans
- Opportunity to improve training and clarify roles of public safety partners
- Opportunity to facilitate linkages to housing through community partnerships
- Beneficial to include peers with lived experience in the justice system in crisis response

- Progress in ensuring access to BH resources for veterans
- Enhance understanding of veteran-specific issues among crisis providers working with veterans
- Beneficial to consider intersectionality within the veteran community

- Individuals with I/DD may be at increased risk of experiencing a mental health crisis
- First responders and BH providers have an opportunity to enhance training with I/DD
- Potential to improve services through training, strategic partnerships, advocates & individuals with lived experiences

How inputs integrate into the CCC-P Blueprint

- Draft essential crisis services available by 2030
- Insight on crisis related efforts and current coordination challenges are publicly available
- Draft essential crisis services available by 2030
- Potential approaches to ensuring insurance coverage for crisis services
- Approach to connect crisis services to other systems
- Approach to tailor crisis services for systeminvolved individuals
- Approach to tailor crisis services for the veteran population
- Approach to tailor crisis services for the I/DD population



^{1.} Meetings on 8/25/22, 9/1/22, 9/8/22 and 9/21/22; 2. Meeting on 10/7/22; 3. Meeting on 9/16/22 with the Council on Criminal Justice and Behavioral Health (CCJBH); 4. Meeting on 10/4/22; 5. Fact Sheet developed by CalHHS in July 2022 synthesizing meeting with DDS 6. Parity law applies to fully-insured insurance products and not self-insured products

Department discussions and areas of input: Observations by departments (2/2)











Department

Summary of department observations and inputs

- Potential for existing public health related efforts in CA to be siloed from one another
- Opportunity to increase social services (e.g., food / housing supports) and other prevention efforts to reduce the incidence of BH crises
- Beneficial for the 988 workforce to reflect CA diversity (e.g., language)

- Variability in how PSAPs
 assign first responders
 (e.g., EMS, law
 enforcement) to BH crises
- Growing efforts to integrate EMS into the crises care continuum
- Opportunity to strengthen partnerships between EMS and county BH services

- Current efforts to establish 911/988 interoperability and 988 technology platforms
- Opportunity to develop formalized processes to transfer misdirected calls (e.g., public contacts 988 when 911 is needed)
- Beneficial to train
 PSAPs to better
 understand which 988
 crisis center deploy
 mobile crisis

- Opportunity to develop programs similar to The Family Urgent Response System (FURS) for other groups
- Helpful to include traumainformed training for crisis care providers
- Opportunity to create forums where regions could share various local innovations

- Training considerations for crisis providers supporting older adults are evident
- Opportunity to further utilize The Friendship Line
- Opportunity to incorporate access to care-giving and in-home services as part of out-patient care

How inputs integrate into the CCC-P Blueprint

- Approach to emphasize prevention in the overall crisis care continuum
- Approach to equitable and appropriate care for specific populations groups
- Approach to ensure coordination within crisis systems
- Insight on efforts in flight and current challenges
- Approach to a technology platform
 - Approach on how to ensure **coordination** within crisis systems
- Approach to tailor crisis services for individuals involved in the foster care system
- Insight on how Family
 Urgent Response
 System (FURS) can be
 used as an innovation
- Approach to tailor crisis services for older adults
- Potential for The Friendship Line to be a model for the state



^{1.} Meetings on 8/25/22, 9/1/22, 9/8/22 and 9/21/22; 2. Meeting on 10/7/22; 3. Meeting on 9/16/22 with the Council on Criminal Justice and Behavioral Health (CCJBH); 4. Meeting on 10/4/22; 5. Fact Sheet developed by CalHHS in July 2022 synthesizing meeting with DDS 6. Parity law applies to fully-insured insurance products and not self-insured products

Strategic prioritization of the plan will shift over time, with initial focus on building consistent access statewide

Details to follow

Strategic priorities

- 1
- Build towards consistent access statewide *(details to follow)*
- 2

Enhance coordination across and outside the continuum

3

Design and deliver a high quality and equitable system for ALL

Potential considerations for implementation

- A Availability: Enhance system capacity across the care continuum
- B Affordability: Ensure continuity of care through coverage across all payors
- C Appropriateness: Ensure services meet the needs of diverse populations
- D Awareness: Educate communities on how to prevent, respond and stabilize crises

- A Technology infrastructure:
 Identify and develop technology
 infrastructure to enable systemwide interoperability
- B Partnerships: Ensure robust formal and informal partnerships across components of the crisis care continuum and related systems
- A Measurement strategy: Develop a data strategy that is inclusive of populations and geographies
- B Quality & equity strategy:
 Develop a quality-of-care strategy,
 including an equity-focused
 measurement framework

COIHHS Cuiterria Health & Human Services Agencia

California has made sizable investments in crisis prevention and response services, providing more than \$1.6B* over the last few years

\$1.4B

\$15M

To add qualifying community-based mobile crisis intervention services as a Medi-Cal covered benefit, this includes federal match

\$7.5M

Granted by SAMHSA to the DHCS for communities to enhance contact center readiness

\$205M

Granted to support and expand behavioral health mobile crisis and non-crisis services

Granted in FY 2022-2023, with \$6M ongoing, to support equipment for transferring calls between the 988 National Suicide Prevention Lifeline and the 911 system

\$43M

Granted \$13M to
CalHOPE, including the
statewide peer warmline,
base allocation and added
one-time \$ 30M for 3
years to support continued
services.

\$4M

Provided per year by the **Mental Health Services Act** funding

\$20M

For a one-time investment of State General Funds to build 988 crisis center capacity for 988 implementation

Essential crisis services span all steps of the continuum and will likely be rolled out based on existing infrastructure

= Near term (by FY 23-24) = Medium term (by FY 26-27) = Long term (by FY 28-29)

Preventing Crisis

1.Peer-based warmlines

2.Community-based behavioral health services, such as:

- Community-based social services
- School-based and school-linked services
- Primary care clinics and FQHCs
- Outpatient BH care (e.g., CCBHCs, urgent care clinics, transition clinics, bridge clinics)
- Peer support
- Harm reduction
- Medication for Addiction Treatment (MAT)
- Housing services
- Employment services
- 3. Digital apothecary (e.g., CYBHI digital platform, CalHOPE digital tool)

Responding to Crisis

1. Hotlines

- Operate 24/7/365
- Answer all calls (or coordinate back-up)
- Offer text / chat capabilities
- Be staffed with clinicians overseeing clinical triage

2. Mobile crisis services

- Operate 24/7/365
- Staffed by multidisciplinary team meeting training, conduct, and capability standards
- Respond where a person is
- Include licensed and/or credentialed clinicians

Stabilizing Crisis

1. Crisis receiving and stabilization services

- Operate 24/7/365 with multidisciplinary team or other suitable configuration depending on the model
- Offer on-site services that last less than 24 hours
- · Accept all appropriate referrals
- Design services for mental health and substance use crisis issues
- Offer walk-in and first responder drop-off options
- Employ capacity to assess & address physical health needs

2. Peer respite

3.In-home crisis stabilization

4. Crisis residential treatment services

- Operate 24/7/365
- 5.Post-crisis step-down services, such as (LT)
 - Partial hospitalization
 - Supportive housing
- 6. Sobering center

Sources: SAMHSA National Guidelines for Behavioral Health Crisis Care Best Practice Toolkit. September 13th BHTF meeting, DHCS: Existing California Medicaid Policies, proposed Medi-Cal Mobile Crisis Benefit, CalHHS



Potential metrics corresponding to essential crisis services

= Near term (by FY 23-24) = Medium term (by FY 26-27) = Long term (by FY 28-29)

Preventing Crisis

1. Peer-based warmlines

- % of calls to peer-based warmline answered within 20 seconds
- 2. Community-based behavioral health services, such as:
 - HEDIS measure (% of people connected with outpatient following a discharge)
- 3. Digital apothecary (e.g., CYBHI digital platform, CalHOPE digital tool)
 - # of web visits and downloads of digital apothecary services

Responding to Crisis

1. Hotlines

- In-state call answer rate
- Time to answer
- Dropped call rate
- 2. Mobile crisis services
 - Average in-person response time

Stabilizing Crisis

- 1. Crisis receiving and stabilization services
 - % of referrals accepted
- 2. Peer respite
 - Time to access peer respite
 - Distance of peer respite from population base
- 3. In-home crisis stabilization
 - Time to access in-home crisis stabilization staff

- 4. Crisis residential treatment services
 - Time to access crisis residential treatment services
 - Distance of crisis residential treatment services from population base
- 4. Post-crisis step-down services, such as (LT)
 - % of patients with engagement provided w/in 30 days of discharge
- 4. Sobering centers
 - Time to access crisis sobering centers
 - Distance of sobering centers from population base



Depending on context, several options exist for local implementation

Local implementation options for crisis service offerings:

| Option | Description | Example |
|--|--|--------------------|
| Full continuum of care | Fully integrated crisis care continuum for responding to and stabilizing crises (e.g., MCTs for crisis response, CSUs for stabilization) | San Francisco |
| Partial continuum, with focus on rapid crisis response | Deploy MCTs but use alternative approaches evidenced-based or community-defined approaches to deliver on the baseline service model ¹ for stabilizing crises (e.g., in-home crisis stabilization, peer-respite | Santa Clara County |
| Partial continuum, with focus on crisis stabilizing services | Use alternative evidenced-based or community-defined approaches to deliver on the baseline service model for responding to crisis (e.g., coresponse, virtual BH support); CSUs for stabilizing crises | Nevada County |
| Alternative continuum | Deliver all the components of the baseline service model using alternative, evidenced-based or community-defined approaches across the continuum (e.g., co-response, virtual BH support, in-home crisis stabilization, peer-respite) | N/A |

Options for scale of crisis service management:



Sub-county models



County-level models



Regional / county partnerships

Counties will be encouraged to do local implementation planning

CalHHS is prioritizing embedding equity into crisis care service delivery

NOT EXHASTIVE

Synthesis of potential approach described in the 988 Convening Playbook for States, Territories, and Tribes



Understand the **historical trauma and cultural divide** that has created distrust in current systems



Assess crisis intervention outcomes and how they vary between groups within a region



Assess social and economic conditions that impact health and examine policies and systems that influence those social and economic conditions



Integrate health equity into crisis systems using proven tools and frameworks

Potential populations who may benefit from tailored services¹

LGBTQ+ individuals System-impacted youth

Older adults Veterans

Deaf or hard of hearing Individuals with intellectual /

developmental disabilities

Diverse language needs Immigrant populations

Racial & ethnically diverse Tribes & native populations populations



^{1. 988} Convening Playbook States, Territories, and Tribes, NASMHPD Addressing unique needs of diverse populations, Improving the Quality of Mental Health Care for Veterans, The Trevor project -Youth Risk Behavior Surveillance — United States, Suicide prevention resource center, Veteran and Military Mental Health Issues, National institute of mental health, Refers to Youth Involved with the Juvenile Justice System

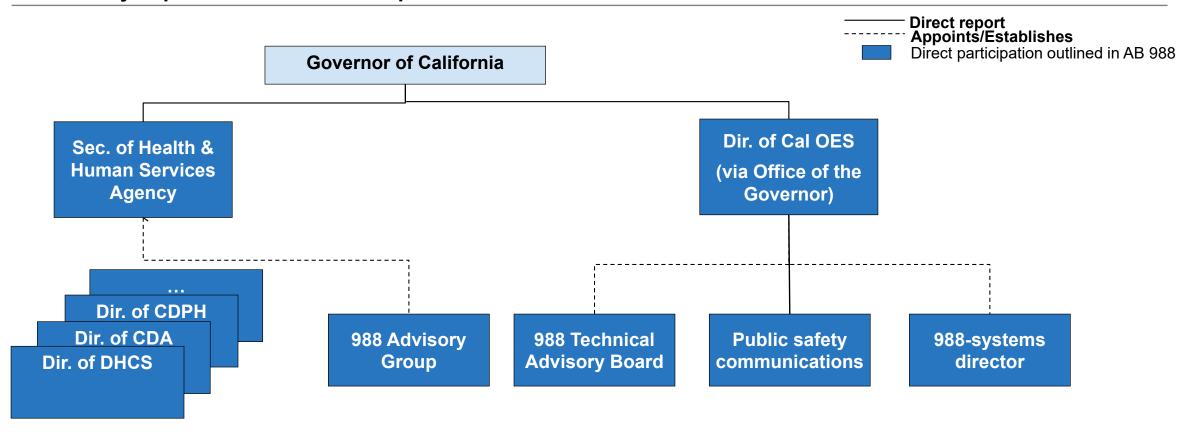
AB-988 can help expand crisis care services in California

- In September 2022, Governor Gavin Newsom signed the Miles Hall Lifeline Act (AB-988) into law as one of many recent steps to ensuring and expanding services for Californians experiencing a behavioral health crisis
- The Assembly Bill 988 (AB 988) **provides a framework and funding mechanism** for the 988 Suicide and Prevention Lifeline in California, including:
 - Starting in 2023, establishing a 988 surcharge at \$0.08 per access line per month. Starting in 2025, establishing a surcharge based on a specified formula that is not greater than \$0.30 per access line per month
 - Requiring health plan and insurer coverage of 988 center services when medically necessary and without prior authorization
- AB 988 includes a **preliminary description of state-level agency roles and responsibilities** across CalHHS, DHCS, CalOES¹, and newly formed advisory bodies
- Based on CalHHS discussions and analysis of other state crisis system infrastructure, the **State may look to examples from other jurisdictions** to inform open questions on:
 - Decision rights, meeting cadence, and additional to roles and responsibilities
 - Role of additional sectors and agencies, including at the county or local level in their crisis care system governance structures



Synthesis of preliminary roles and responsibilities based on review of AB-988 and relevant bills from other states

Preliminary depiction of roles and responsibilities based on draft AB 988



Potential next steps

- Continue to syndicate Crisis Care Continuum Plan with state and external stakeholders and finalize by December 2022
- Address funding sustainability regarding sources of recurring funding
- Publish the Plan in January 2023
- **Disseminate contents** of the Plan
- Map method of leveraging the Plan to address duties assigned to CalHHS as part of AB-988
- Begin to develop detailed implementation plan



Next Behavioral Health Task Force Meeting

December 13, 2022, 10am – 3pm
 Meeting topic: Current Efforts related to Substance Use Disorders

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



Thank you!

For resources and more information regarding our behavioral health initiatives:

<u>CalHHS Crisis Care Continuum – Plan webpage</u>

Behavioral Health Task Force webpage

