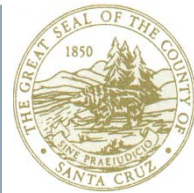




Santa Cruz County Health Services Agency Behavioral Health

We Are Serious About Mental Health & Recovery!



February 5, 2018

Santa Cruz County Behavioral Health offers a variety of services to the community by County employees, as well as through our contracts with numerous community-based agencies. Our services treat persons across the lifespan, from prevention and early intervention services to being a safety net to persons with serious emotional disturbance and serious mental illness and/or substance use disorders. In an effort to shed light on the variety of services and programs we provide, we endeavor to provide a monthly newsletter about what we do.

Trauma Informed Systems Training

As part of our ongoing effort around system transformation from a “Trauma Organized” system of care to a “Trauma Informed” system, we will be including in our monthly newsletter a Trauma Informed Principle of the Month, for reflection and consideration. This month’s principle is **Cultural Humility and Responsiveness**: We come from diverse social and cultural groups that may experience and react to trauma differently. When we are open to understanding these differences and respond to them sensitively we make each other feel understood and wellness is enhanced. We all make assumptions about people and we all have implicit biases which are attitudes or stereotypes that affect our understanding, actions and decisions in an unconscious manner. What matters is that we become conscious of our biases and not let them come out in our interactions with other people, which then in turn puts our biases into the world and can cause harm to others.

Reflection Point: In thinking about yourself, what implicit biases to you bring to your interactions with other people in your personal and professional life? This is a link to a test to help you understand your own biases:

<https://implicit.harvard.edu/implicit/takeatest.html>.

New MHSA Stakeholder Engagement Process Coming Soon...

On February 6, Behavioral health will be submitting our MHSA 3-Year Plan to the Board of Supervisors for consideration and approval for submission to the State. Significant changes to this 3-year plan include the addition of our new Innovations Program-Integrated Health and Housing Supports which served as the foundation for the County’s successful Whole Person Care grant, the expansion of services under the Drug Medi-Cal 1115 Waiver program, and the expansion of Mobile Emergency Response Team. Our current MHSA Coordinator position

is open with interviews being scheduled. The person selected will be implementing a new and active community engagement process around all of our various strategic plans, including the MHSA plan. They will be conducting quarterly town hall meetings with stakeholders in different parts of the County and utilizing a similar approach that was used to develop the MH and SUD Strategic Plans with a structured format and small focus group sessions. The purpose will be to expand stakeholder input, allow for updates on progress or barriers related to the Behavioral Health Strategic Plans, and identify new and emerging issues.

Hostage Negotiation Training

County MH Liaisons participated in a joint training with multiple law enforcement departments including the Sheriff, Watsonville PD, and Santa Cruz PD. Members of the Cabrillo College Theatre Arts Department provided challenging acting for real life scenario training. More on the training as well as pictures at the following link: <http://santacruzpolice.blogspot.com/2018/02/scpd-crisis-negotiations-team-members.html>

County Employee Recognition Awards

Congratulations to all of our staff who were recently nominated for the County of Santa Cruz Employee Recognition Award. Good luck!



WELLNESS • RECOVERY • RESILIENCE

