



## Fremont City Council

3300 Capitol Avenue  
Fremont, CA 94538

**SCHEDULED**

Meeting: 07/09/19 07:00 PM  
Div/Dept: Human Services Department  
Category: Agreements and Contracts

### STAFF REPORT (ID # 3802)

Sponsors:  
DOC ID: 3802

## **ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES MENTAL HEALTH SERVICES AGREEMENT - Authorization to Contract with Alameda County Behavioral Health Care Services for Mental Health Services; and Appropriate Additional Funds**

### **Contact Persons:**

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**Executive Summary:** Staff is recommending the City Council approve and authorize the City Manager to execute three agreements totaling \$2,541,800 including:

- an agreement with Alameda County Behavioral Health (ACBH), in the amount of \$1,855,339, for the Human Services Department's Youth and Family Services (YFS) Division, Aging and Family Services (AFS) Division, and Family Resource Center (FRC) Division to provide mental health services. These services include:
  - Early Periodic Screening Diagnosis and Treatment (EPSDT) services to children with full-scope Medi-Cal insurance, on a fee for service basis; and
  - Geriatric mental health to seniors 60 years of age and older, who are isolated and therefore unable to access clinic services, and unable to manage independence due to physical/mental disabilities; and
  - Peer support to LGBT+ older adults; and
  - Adult Outpatient Therapy, including mental health services, case management, crisis intervention and medical support to adults between the ages of 21-59 with moderate to severe mental health issues, with the goals of reducing symptoms of mental illness; and reducing the impact of mental health issues on the ability of individuals to maintain important personal, familial, and community stabilizing behaviors.
- an agreement with ACBH, in the amount of \$454,233, for YFS to provide outpatient substance use disorder treatment services for adolescents.
- an agreement with LaFamilia, in the amount of \$232,228, for the Human Services Department's Family Resource Center (FRC) division to provide mental health counseling services, on a fee for service basis, as part of a multi-disciplinary Family Service Team (FST), to adults receiving Cal WORKs benefits, who are transitioning to work.

As part of the FY 2019/20 Adopted Budget, the City Council appropriated \$2,458,229 in anticipation of these funds. The actual contracts amounts are slightly higher, due to cost of living adjustments provided by the County. Staff is also requesting the City Council appropriate an additional \$83,571 to match the three-contract total of \$2,541,800.

### **BACKGROUND:**

### **ACBH Mental Health Services Contract**

**The YFS Division** has received Medi-Cal reimbursement from ACBHCS for eligible mental health services provided to children and adults through its various programs since FY 1999/00. YFS provides services to children with "full-scope Medi-Cal" (i.e., complete Medi-Cal coverage) that are funded through EPSDT, which is the joint county, state, and federal Medicaid reimbursement mechanism for services provided to children. EPSDT provides reimbursement for services based on actual costs up to the maximum allowed, which requires the development of interim reimbursement rates and a final cost settlement each year. The FY 2019/20 contract initially establishes interim reimbursement rates, which enables the City to claim reimbursement for services on a monthly basis. Any differences between the City's actual costs and the reimbursement paid are settled through the end-of-year cost settlement process.

**The AFS Division** has provided mental health services to isolated seniors in their homes since 2008. This portion of the agreement is funded through Mental Health Services Act (MHSA), which was designed to expand and transform California's county mental health services system. MHSA provides supplemental funding for mental health services through an additional one percent tax on individual taxable incomes of \$1 million or more.

Shortly after passage of MHSA, a county-wide planning process identified a need for geriatric mental health services, specifically targeted at seniors isolated in their homes and unable to access services due to transportation and physical/mental health barriers. As a result of this identified need, the City developed the Mobile Mental Health Team to provide geriatric mental health services in southern Alameda County and thereby improve the mental health of seniors 60 years of age and older, who are 1) isolated and therefore unable to access clinic services, and 2) unable to manage independence due to physical/mental disabilities. These seniors are often at risk of institutionalization, nursing home care, hospitalization, repeated 911 calls, and emergency room visits.

**The FRC Division** Since 2001, the FRC has collaborated with Alameda County to form a multi-disciplinary and multi-agency Family Service Team (FST) for clients with multiple issues, who are receiving public assistance through CalWORKs, providing mental health and wrap-around services, helping participants move from welfare to work. The county re-bid these contracts for FY 2019-20 and required providers to serve a much larger geographic area of the county which included the Tri-Cities, the Tri-Valley area, Hayward and San Leandro. Therefore, the FRC Division will be subcontracting with La Familia to jointly provide these services to an expanded south county group of CalWORKs participants.

**The FRC and YFS Divisions** will be continuing to provide Adult Outpatient Therapy services to adults with moderate to severe mental health issues. Services will be provided by licensed staff and graduate clinical interns.

### **ACBH Substance Use Disorder (SUD) Contract**

Since FY 2012/13, ACBH has provided funding for YFS to implement best practice models of adolescent early intervention and outpatient Substance Use Disorder (SUD) treatment services, and to hire staff with certified adolescent SUD treatment credentials and expertise. YFS also recently became a certified Drug Medi-Cal provider.

YFS' best practice models are based on the State of California's Youth treatment Guidelines, and standardized assessment protocols for the youth and families referred for services. The SUD intervention specialist conducts a family focused assessment of the youths' and parent's alcohol and drug abuse history. Youth who are assessed as drug dependent receive case management and referrals to higher levels of treatment as needed, and the youth with less serious presenting problems participate in early intervention which includes individual and family meetings, groups for the youth and Multi-family groups for parents. The intervention services for youth are based on two best practice models: Why Try and the Matrix Model for Teens and young adults.

### **La Familia Contract**

**The FRC Division**, beginning in FY 2019/20, will provide mental health and wrap-around services to CalWORKs participants in partnership with La Familia Counseling Services. Together, the City and La Familia submitted a successful regional application for CalWORKs services, with La Familia as the lead agency and the City as a subcontractor.

### **DISCUSSION/ANALYSIS:**

**The YFS Division**, in FY 2019/20, will provide approximately 5,300 service hours in the following categories:

- Healthy Choices School-Site Counseling Services at Fremont school sites;
- The Infant Toddler Program, which serves families with children who are five years old and younger. The program includes the Early Connections project, which includes a full-time Family Partner that promotes family-driven mental health care for children;
- The Youth Service Center, which serves youth with mental health needs and their families;
- The Truancy Intervention and Probation Youth Program, which serves pre-delinquent and delinquent youth and their families; and
- Outpatient Adult Mental Health brief therapy services (the AFS and FRC division will provide additional support in providing these services).

YFS will also provide the following SUD services:

- Outpatient, Intensive Outpatient, and Recovery Support Services to adolescents and transitional age youth 12-21 years of age;
- Individual and group services will be provided to youth at the YFS clinic located at the FRC and at Robertson High School and Kennedy High School in Fremont, and Bridgepoint High School in Newark;
- Support groups and psychoeducation for the parents of youth receiving services;
- Drug testing is required as part of this contract and is used as an objective tool used for the purpose of diagnosis, treatment, and promotion of long-term recovery. Drug testing will occur at intake as part of assessment; weekly during initial stages of treatment, until abstinence is achieved; and then twice per month or as clinically appropriate while the youth remains in treatment.
- All drug testing will be random. Staff are trained and follow best practices standards and a strict protocol to ensure high quality services and integrity of the samples

collected. An approved toxicology laboratory service will be used to receive and analyze any samples that are positive for drugs/alcohol.

**The AFS Senior Mobile Mental Health Program** provides mental health services to a minimum of 55 clients a year in order to improve their ability to live safely in the community. An additional 10 clients are supported in Recovery and Resiliency program, a 'step down' program that offers a transition to Senior Mobile Mental Health Program clients. Together these two programs will provide 1,914 hours of outpatient services, which will include 500 hours of medication support, and an additional 176 hours of outreach and engagement. The team is multi-disciplinary, consisting of a part-time psychiatrist, part-time physicians' assistant, licensed counselor and clinical supervisor. The team visits isolated seniors in their own homes to diagnose their mental status and assess their need for mental health services. The treatment team works with the seniors, and where possible their family, to develop a treatment plan that may include prescribing and monitoring psychotropic medications, providing counseling, and referring seniors to other resources as needed. The Mobile Mental Health team works closely with the City's senior case management program and Adult Protective Services, and coordinates home delivered meals and inpatient hospitalization, if needed.

In addition, AFS will provide a Mental Health Peer Coaching program to LGBT+ seniors. The peer model was originally developed to reduce loneliness and increase self-efficacy among older adults (at least 60+) with severe to moderate mental illness. The model had positive outcomes that improved both coaches and the peer to have emotional, mental and physical stability with supportive environment. The peer support program was expanded to target LGBTQ population in FY 2016/17. The program includes process of engaging, empathetic listening, encouraging and educating LGBT older adults around enhancing wellness and recovery from mental illness.

**The FRC Division** assists clients who are on CalWORKs in removing barriers to employment. The FRC FST program provides a coordinated and integrated system of support for clients and their families, which may include health, substance abuse and mental health services, as well as educational and job search assistance, aimed at helping them to exit the CalWORKs system. In FY 2019/20, the FRC will provide 903 hours of counseling and 267 hours of case management services to CalWORKs clients working with the FST.

The YFS and FRC divisions will provide 652 hours of service to 30 unduplicated clients in the Adult Outpatient Therapy program, referred by ACCESS.

**FISCAL IMPACT:** Funding under these agreements offsets the costs of full-time mental health professionals, clinical supervision, clerical support costs and City overhead expenses. While the reimbursement rates for the fee for service portions of the agreements may vary between the contracts and cost settlement, the total maximum amount for which the City can be reimbursed remains at \$2,541,800. As part of the FY 2019/20 Adopted Operating Budget, the City Council appropriated \$2,458,229 to these programs. Staff is requesting a total of \$83,571 in additional appropriations in three funds to match the actual total of the three contracts.

FY 2019/20 Additional Appropriation Request

Division	Fund	Contract Total	Original City Council Appropriation	Additional Appropriation Request
YFS	170	\$1,169,391	\$1,113,705	\$55,686
YFS	170	\$454,233	\$438,872	\$15,361
FRC	172	\$232,228	\$232,228	\$0
AFS	104	\$685,948	\$673,424	\$12,524
		<b>\$2,541,800</b>	<b>\$2,458,229</b>	<b>\$83,571</b>

**ENVIRONMENTAL REVIEW:** This agreement is not subject to review under the California Environmental Quality Act (CEQA) pursuant to CEQA Guidelines section 15061 and 15378 as the activities contemplated are organizational activities of government that will not result in direct or indirect physical changes in the environment.

**ATTACHMENTS:** None.

**RECOMMENDATION:**

1. Approve and authorize the City Manager or designee to execute three FY 2019/20 agreements totaling \$2,541,800, including:
  - a. an agreement with Alameda County Behavioral Health (ACBH), in the amount of \$1,855,339, to provide mental health services
  - b. an agreement with ACBH, in the amount of \$454,233, to provide substance use disorder services.
  - c. an agreement with LaFamilia, in the amount of \$232,228, to provide mental health counseling services to adults transitioning to work,
2. Staff is also requesting the City Council appropriate additional funds totaling \$83,571, to equal the three-contract total of \$2,541,800, as described in the report.