

# Quality Improvement Newsletter

County of Monterey

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**MONTEREY COUNTY BEHAVIORAL HEALTH**  
 Avanzando Juntos  
 Forward Together

## CONSUMER PERCEPTION SURVEY DATA COLLECTION MAY 14-18, 2018



The surveys are conducted over the course of one week at all our clinics as well as our Community Partner clinics. The surveys are completed by adults, caregiver’s of children, and transitional age youth. We ask that Community Partners designate a \*point of contact to ensure we send the necessary information regarding the surveys.

We will be sending Thank You gifts to our county clinics to hand out to participants.

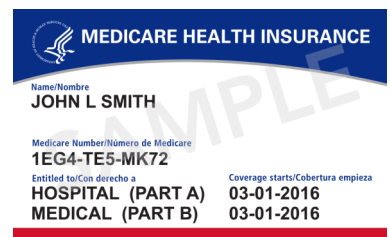
Please send all completed surveys to Quality Improvement at 1611 Bunker Hill Way, Suite 120, Salinas, CA 93906 by **Friday, May 25th, 2018**.

\*To designate a point of contact or if you have any questions concerning the survey period, please email Mary Alderete-Brown brownmf@co.monterey.ca.us or call (831)755-4545

[Click here](#) to view the directions. Surveys are available to print [here](#)

## NEW MEDICARE CARDS

Effective May 1, 2018 all persons who are currently enrolled in Medicare program will receive a NEW Medicare (red, white, blue card) in the mail. The new Medicare card will have a **new number** that’s unique to the individual, instead of their Social Security number. This will help to protect the person's identity.



Due to the issuance of a new Medicare number, please ask clients who have Medicare for a copy of their new Medicare card and ask them to sign the Medicare Payment Authorization in Avatar.

## May is Mental Health Matters Month

May 1st kicks off **Mental Health Matters Month**, a period dedicated to help raise awareness about mental health issues, promote good mental health practices, and encourage people to support others around them.



For 2018, Each Mind Matters: California's Mental Health Movement developed a toolkit with the theme "Deeper Connections: From Small Talk to Real Talk" to help start conversations and focus on strengthening social support networks, which research suggests can contribute to a healthier, happier life.

Monterey County Behavioral Health will be distributing the Ribbon Wall Activity Toolkits throughout Monterey County Behavioral Health Clinics and Community Agencies! Please participate in the Ribbon Wall Activity and let us know about other Mental Health Awareness activities that are happening. **Show your lime green spirit!!!**

### Participating sites will:

- Host a ribbon wall activity at their site during May as part of Mental Health Awareness Month
- Encourage staff and visitors to show their lime green spirit by decorating the lobby, office doors, bringing in lime green inspired treats, wearing lime green, or celebrating mental health awareness in other ways.
- Take a picture and post it to your social media using #EachMindMatters and tagging us @MontereyCountyBehavioralHealthBureau.
- There will be Prizes!!!!
- **For more information contact Dana Edgull at [edgulldr@co.monterey.ca.us](mailto:edgulldr@co.monterey.ca.us)**

You can get involved with Each Mind Matters: California's Mental Health Movement. Go to:

[2018 Mental Health Matters toolkit](#)

## April 30 – May 6 is Maternal Mental Health Awareness Week!



This year we are also raising awareness about Maternal Mental Health.

We want to raise awareness of available resources and supports while decreasing stigma and shame associated with postpartum depression and other perinatal mood disorders. Maternal mental health disorders are the #1 complication of childbirth yet many women suffer in silence. Here are some resources:

- Monterey County Postpartum Warmline: 831-783-5933 (free support line and support groups)
- Support Groups: 2<sup>nd</sup> Tuesday/Month 10:00-11:30 Marina & 3<sup>rd</sup> Tuesday/month 10:00-11:30 Salinas
- Postpartum Support International: 1-800-944-4773 <http://www.postpartum.net/>
- 2020MOM <https://www.2020mom.org/>

The Blue Dot is the national symbol for maternal mental health survivor-ship, support and solidarity.

Visit <https://www.thebluedotproject.org/> to learn more

## Update from the Community Stakeholder Process for the Mental Health Services Act (MHSA) Annual Update

Thank you for helping get the word out about the community stakeholder process for the MHSA Annual Update! hosted 4 regional meetings where 114 community members participated and shared their feedback. There was representation from community based agencies, MCBH staff, Behavioral Health Commissioners, elected local officials, mental health clients, family members, community members and law enforcement. MHSA presented the plan for the next 3 years with a focus on activities and programs funded through Prevention and Early Intervention (PEI) and to be proposed through Innovations (INN).

We are excited to have the opportunity to offer community based presentations and workshops through PEI and we asked participants to identify topics and issues that matter to them. They voted and prioritized topics that they would like to be presented first in their communities.

### The following are the top 5 topics:

Information Topics	Number of Priority Votes
How to access services and what is available in Monterey County	50
Mental health as part of overall health and wellbeing	41
Parenting education	33
Signs and symptoms of mental illness	32
Talking with your child/teen about drugs, gangs and other issues	26

If you are interested in participating in a community presentation or outreach event, please go to: <https://montereyqi.wufoo.com/forms/qlcwjji1uwlt0b/> and let us know -

We also received feedback on the proposed Innovation projects. In each meeting, there was consensus that MCBH should move forward with developing the projects and submitting them for approval to the state. The following are the three primary INN projects

- Transportation Coaching by Wellness Navigators
- Web-based Application for Screening & Referrals
- Micro-Innovations for Engaging Latino Communities

Please go the Health Department Website to review the MHSA Annual Update plan in detail:

<http://www.co.monterey.ca.us/government/departments-a-h/health/behavioral-health/mental-health-services-act>

## NEW BRIDGE HOUSE RIBBON CUTTING MAY 11TH 11:45AM-1:30PM

Interim, Inc. is very close to completing construction on its new Bridge House residential treatment facility serving adults with a co-occurring mental illness and a substance use disorder.

Construction began March 27th, 2017. The Bridge House program, currently operating in Monterey, will begin serving adults with a mental illness and a substance use disorder (dual-diagnosis) at the new and expanded home in Marina in the spring of 2018.

The new facility will serve an estimated 70 people combined per year through the 14-bed residential and day rehabilitation programs.



## UPCOMING TRAININGS - 2018 - AT A GLANCE

Month	Date	Time	Location
<b>May</b>			
Universal Psychosocial Assessment	3rd	8:00am-12:00pm	Whitney Conference Rooms
Treatment Planning	3rd	1:00pm-5:00pm	Whitney Conference Rooms
CPI Non-Violent Crisis Intervention	10th	1:00pm-5:00pm	Marina Training Center
5150 Legal Requirements	16th	1:00pm-3:00pm	Whitney Conference Room B
Progress Note Writing	22nd	8:30am-12:00pm	Marina Training Center
<b>June</b>			
Universal Psychosocial Assessment	14th	8:00am-12:00pm	Marina Training Center
Treatment Planning	14th	1:00pm-5:00pm	Marina Training Center
CPI Non-Violent Crisis Intervention	20th	8:30am-4:30pm	Marina Training Center
5150 Legal Requirements	20th	1:00pm-3:00pm	Whitney Conference Room B
5150 Practical Aspects	27th	9:00am-12:00pm	Marina Training Center

## REGISTRATION

Our complete Training Calendar is accessible on the web at <http://qi.mtyhd.org/index.php/training/calendar-of-events/>. It is updated regularly so be sure to check it out frequently.

Registration for these and other courses can be completed through the myLearningPointe Learning Management System at <https://www.mylearningpointe.com/>, unless noted otherwise on the Training Calendar event page. You may reach out to Juve Zavala, Training Assistant for any technical assistance with registering at phone number 831-755-4727 or via email at [zavalaj2@co.monterey.ca.us](mailto:zavalaj2@co.monterey.ca.us).

## Avatar Training

May 18, 2018  
9:00 am - 4:30 pm

[Click here to register](#)

June 15, 2018  
9:00 am - 4:30 pm

[Click here to register](#)

**Location for both trainings:** MCHD - Whitney Rooms - 1270 Natividad Road - Salinas, CA 93906

## CONTACT US IN QUALITY IMPROVEMENT.



Quality Improvement - 1611 Bunker Hill Way, Ste 120 - Salinas, CA 93906  
Telephone: (831) 755-4545 - Toll free: (844) 287-8041 - Fax Number: (831) 755-4350