

QUALITY IMPROVEMENT



MONTEREY COUNTY
BEHAVIORAL HEALTH

Avanzando Juntos Forward Together

January 2020

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WELCOME NEW QI STAFF!!!



Please welcome Thi Velasquez, LMFT, as one of our newest Behavioral Health Unit Supervisors. Thi previously worked in the Adult System of Care Coastal Region for 2.5 years as a Behavioral Health Unit Supervisor. Prior to that, Thi served as a Psychiatric Social Worker to the Adult System of Care. Before joining the County, Thi worked as a Clinical Specialist for Interim Inc., providing services for their Crisis Residential Program. Thi also has previous experience as a social worker for people with developmental disabilities. Thi brings with her 11.5 years of experience providing direct services.



Please welcome Chino Abatol to Behavioral Health as our New Departmental information System Specialist at Quality Improvement. He will be assisting in providing IT/ Avatar technical support to MCBH Staff and Contracted Agencies. Chino has a degree in Computer Science with focus on Software Programming. We are excited to welcome him to MCBH QI!

POLICY CORNER - UPDATES OF POLICIES

Policy 104-Compliance Plan

MCBH compliance plan is articulated in its entirety in the “Monterey County Behavioral Health Compliance Plan” (“Compliance Plan”), which can be found at www.mtyhd.org/QI or requested from MCBH QI by contacting 831-755-4545. It is the policy of MCBH that all of its staff and contract providers abide by the content of the Compliance Plan. Failure to comply with its provisions will result in progressive discipline per Monterey County policies or contractually established sanctions.

[Click here to view the policy](#)

Policy 132-Credentialing and Recredentialing

MCBH shall ensure that each of its County staff and its contracted providers who deliver covered services is qualified in accordance with current legal, professional, and technical standards, and is appropriately licensed, registered, waived, and/or certified. County staff and its contracted provider staff must be in good standing with the Medicaid/ Medi-Cal programs. Any County staff or contracted provider staff excluded from participation in Federal health care programs, including Medicare or Medicaid/Medi-Cal, may not participate in any MCBH’s network of providers.

[Click here to view the policy](#)

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National Alliance on Mental Illness

NAMI Monterey County

NAMI Monterey County is offering a free Family-to-Family & Peer-to-Peer courses starting next year.

REGISTRATION OPEN

NAMI Family-to-Family Educational Program (English)

January 28th through April 7th 2020
Every Tuesday for 11 weeks
6:00 pm - 8:30 pm
IN SALINAS

This class helps family members learn more about their loved one's mental illness, to better support and understand recovery.

This is a FREE psycho-educational class that has benefited many families and individuals in our county.

For more information:

NAMI Monterey County
1020 Merrill St. Suite 1015
Salinas, CA 93901
(831) 422-6264
info@namimonterey.org
www.namimonterey.org

NAMI Peer to Peer Educational Program (English)

February 12th through April 1st 2020
Every Wednesday for 8 weeks
9:00 am - 11:00 am
IN SALINAS

This class helps consumers learn more about their mental illness, for better self support, recovery and healing.

This is a FREE psycho-educational class that has benefited many individuals in our county.

To view the flyers click
on the links below:

[Peer-to-Peer](#)

[Family-to-Family](#)

PRE-REGISTRATION
REQUIRED - SPACE IS
LIMITED

Intensive CBT Basic Training (2 Days)

Presented by Leslie Sokol, Ph.D.

Target Audience: MCBH Supervisors & Line Staff who are Licensed or License Eligible. **Priority Enrollment will be given to staff participating in an Implementation Track.** Contact Jill Walker for more information about Implementation Tracks.

Course Description: Intensive CBT Basic Training is designed for the both the beginner and advanced student of CBT. Through didactic lecture, experiential exercises, and video observation participants will gain a comprehensive understanding of the cognitive model and how to apply it to understanding clients and their problems. Specific strategies for intervention will be discussed and demonstrated with opportunities to practice.

As participants, we will learn to:

- 1) Develop case conceptualization skills to better understand clients through the lens of the cognitive model.
- 2) Apply evidence-based CBT techniques in the treatment of depression.
- 3) Gain skills in identifying, evaluating and modifying dysfunctional thoughts, assumptions and beliefs.
- 4) Gain skills in behavioral interventions including behavioral activation and exposure.
- 5) Learn techniques to self-evaluate one's own work samples for fidelity and competency to the cognitive model.



Dr. Leslie Sokol, PhD, is a licensed psychologist, and distinguished founding fellow, certified trainer/consultant, past president, and credentials chair of the Academy of Cognitive Therapy. A fellow of ABCT, she was a past director of education at the Beck Institute Cognitive Behavior Therapy for almost fifteen years and is a highly acclaimed national and international lecturer. Her private practice is located in the Philadelphia suburbs. She recently published a CBT skills book.

Training Details	Registration
<p>January 27-28, 2020 Marina Training Center</p> <p>Sign-In: 8:30 AM – 9:00 AM Course: 9:00 AM – 4:30 PM</p> <p><i>Snacks Provided. Lunch on Your Own</i></p>	<p>Cost: Free</p> <p>Enrollment (Max = 50) Via myLearningPointe (mLP), through the "Request A Course" function.</p> <p>Continuing Education Twelve (12) Credits for: LCSW, LMFT, LPPC, LEP Click here for more details.</p>

Contact Information:

Accommodations related to access or food:

- ◇ MCBH Training Department: 831-755-4727 or 415-Training@co.monterey.ca.us.

Concerns or Grievances

- ◇ Jill Walker, Ph.D., MCBH Training Manager, at 831-796-1271 or walk-erj@co.monterey.ca.us, or
- ◇ MCBH Quality Improvement, 831-755-4545

MCBH's Policy regarding CE credits {Policy 207}:

- ◇ <http://qi.mtyhd.org/index.php/policies-and-procedures-2/>

2020 Mom Annual Forum Webcast

WE CAN DO MORE in Maternal Mental Health Care

February 12-13, 2020

Join us!

This Forum will be available to us here in Monterey County through simultaneous webcast

-- No Cost! Register Early, Limited Seating--

Locations Include:

- Soledad City Hall, 248 Main St, Soledad
- Monterey County Government Center, 1441 Schilling Place, Salinas
- Behavioral Training Center, 289 12th Street, Marina

The Monterey County Maternal Mental Health Task Force Invites You

The Forum is two full days packed with speakers representing some of the most well-known researchers, practitioners, policymakers and agencies addressing maternal mental health in California and the nation! This event is designed for change agents in women’s health and mental health.

Schedule:

- Wednesday, February 12, 2020 | 9:00am – 5:00pm
- Thursday, February 13, 2020 | 8:30am – 3:30pm

To view a [list of sessions](#), please visit the full agenda.
Refreshments and lunch will be provided.

Clinical Keynote Pilyoung, Kim, PhD

*Two Generations, One Future:
How Babies and Mothers Brains Evolve During Early Parenting*

As an Associate Professor in the Department of Psychology and the Director of Family and Child Neuroscience Laboratory at the University of Denver, Dr. Kim and her team investigate the roles of prenatal and postnatal exposure on poverty and stress in (1) neural adaptation to parenthood in new mothers and (2) brain development in infants and young children. To learn more about Dr. Pilyoung, visit <https://www.2020mom.org/2020-annual-forum>.



Registration: Early Registration closing date of Wednesday, February 5, 2020

Attendees are invited to register by half day sessions. We welcome you to join the Webcast for as many sessions as your schedule permits. For registration, please click or scan the QR code →



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December 2019

2019 TRAININGS AT A GLANCE

TRAINING	DATE	TIME	LOCATION
February			
myAvatar Training	21st	9:00a-4:30p	Whitney Conf Rooms

To Register for any of the trainings,
[Click here](https://www.mylearningpointe.com/)
(<https://www.mylearningpointe.com/>)

CONTACT US IN QUALITY IMPROVEMENT.



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