

# YOLO COUNTY MCAH ADVISORY BOARD

August 12, 2015

## MINUTES

The Yolo County MCAH Advisory Board met on the 12<sup>th</sup> day of August 2015, in the Thomson conference room at the Bauer building at 137 N. Cottonwood Street, Woodland, CA at 8:45 a.m.

**Voting Members Present:** Barb Boehler, Jessica Cerniak, Katy King-Goldberg, John McKean, Kathleen Middings, Jenifer Newell, Tia Will

**Voting Members Absent:** Julie Gallelo, Stephen Nowicki

**Staff & Guests:** Jan Babb, Lizeth Betancourt, Carolyn Campos, Gaby Castaneda, Marbella Colimote, Tracey Dickinson, Ramy Hussein, Ashley Logins-Miller, Laura Martinez-Chavez, Sandra Rodriguez, Zach Romawac, Nolan Sullivan, Anna Sutton, Jennifer Travis

## 8:30 A.M. CALL TO ORDER

### 1. WELCOME AND ROLL CALL.

- The meeting was called to order at 8:45 a.m. by Jenifer Newell, at which time around the table introductions were performed.

### APPROVAL OF MINUTES AND AGENDA

- The consideration for approval of the August 12, 2015 agenda. The motion was approved by Katie King-Goldberg, second by Kathleen Middings, approved by consensus and the motion carried.
- The consideration for approval of the April 8, 2015 and May 13, 2015 minutes. The motion was approved by John McKean, second by Barb Boehler, approved consensus and the motion carried.

## PUBLIC COMMENT

2. There was no public comment.

## REPORTS & ACTION ITEMS

### 3. ELECT A NEW CHAIR, *Jan Babb*

- Jan Babb announced that Julie Gallelo has accepted a position as the Executive Director of First 5 Sacramento. Since that means she will be resigning from First 5 Yolo, it also means she will be resigning from the MCAH Advisory Board. Julie has served as the MCAH Advisory Board chair for quite some time now.
- Jan reviewed the responsibilities of the MCAH Advisory Board Chair. Those responsibilities include:
  - facilitating the meeting
  - approving the agenda and minutes prior to distribution
  - organizing of annual retreat, which include one in person meeting with the MCAH Director
  - Presenting at any Board of Supervisors presentations

## YOLO COUNTY MCAH ADVISORY BOARD

- If any members are interested in becoming the chair, please email Jan Babb and CC Ashley Logins-Miller.

### 4. FY 2015-2016 CALENDAR,

- The meetings are now mostly monthly, as established last fiscal year. There will be no meeting in June, July, or December. Katy King-Goldberg motioned to approve the FY 2015-2016 calendar, seconded by Kathleen Middings. Approved condensed and motion carried.
- Please see Attachment A for the approved calendar.

### 5. COUNTY STRATEGIC PLAN: THRIVING RESIDENT GOAL, *Tracey Dickinson*

- Please see Attachment B for the 2016-2019 County Strategic Plan Goals.
- The County has been working on a County-wide 3 year Strategic Plan (2016-2019). There have been five goals identified: Robust Economy, Thriving Residents, Safe Communities, Flourishing Agriculture, and Sustainable Environments. Teams have been created for each goal to identify objectives and further identify what it means to fill that goal.
- In relation to thriving residents, the MCAH Advisory Board provided feedback that included:
  - Reduction in domestic violence
  - Strengthening families and five protective factors (strength based approach)
  - Expanding safety net to include services for those in agriculture
  - Strengthening public transportation
  - Access to healthy food, and opportunities for physical activities
  - Access to breastfeeding support services
  - More supportive services for families and children at the school sites
  - Access or referral to services for perinatal mental health
  - Preconception and contraception care
  - Availability of health care services. Providers are swamped
  - Knowledge of when to go, who to call, how to access. Health literacy
- At this point, the goal teams are collecting ideas from various stakeholders. The next step is to identify the overarching themes. After that, each Department will be responsible for developing an operation plan to help meet the identified goals.

### 6. MCAH DIRECTOR'S REPORT, *Jan Babb*

- Please see Attachment C for the MCAH Director's Report
  - As part of the expanded funding through CHVP, Step X Step has been able to expand the program criteria to include more than just the first time parents that were originally being served.
  - The Nutrition Division has received additional funding for breastfeeding support activities for mothers who work in the field.
  - August is National Breastfeeding Month. On August 24<sup>th</sup>, there will be a short training on Breastfeeding and Returning to Work. It will be in the Bauer building from 1:00 – 2:00 pm.

## YOLO COUNTY MCAH ADVISORY BOARD

- The second Garden Anniversary Celebration will be taking place on September 16<sup>th</sup>. Invitations will be sent out soon.

### 7. COMMUNICARE SERVICES PRESENTATION, *Barb Boehler*

- Please see attachments D – F
- CommuniCare Health Centers started in 1972 as a free clinic with a focus on substance abuse. CommuniCare is now a federally qualified health clinic with three main sites. Those sites are Woodland, Davis, and West Sacramento, where primary care services, pediatric services (soon to be a full time pediatric on each clinic), prenatal, women’s specialty, and dental are provided. In addition, dental services are provided in Esparto and prenatal services are offered in Winters and Dixon. Teen outreach is done in all the junior high and high schools, as well as a full student health clinic at Woodland Community College.
- CommuniCare also provides behavioral services, such as outpatient, counseling, and a substance abuse treatment program. The Perinatal Day Treatment Program has recently expanded to Woodland and is actively accepting referrals. This program provides on-site daycare and transportation services to the participants.
- Prenatal care at CommuniCare is a midwifery led program that is co-managed with Sutter West Medical Group as needed. There are six nurse midwives. Prenatal care is offered at all five sites, and patients deliver at Sutter Davis Hospital. There is a group for diabetes in pregnancy that is held in the Davis and West Sacramento clinics. About 60% of the patients are Spanish speaking only, which a large percentage being diabetic. There are also ongoing classes provided in both English and Spanish that include topics such as, car seats, sibling preparation, child birth, lactation, parenting, and newborn care. At each clinic, there is a full time health education, case manager, and client benefits advocate. Also on staff is a registered dietitian, social worker, and lactation counselor.
- CommuniCare also has a home visiting program for postpartum women. This program started about six months ago and is still being established.
- Each year around Valentine’s Day, CommuniCare hosts a diaper drive. This year over \$2,000 was donated. Every woman gets a pack of diapers and the hope is to continue to expand the program so that each woman receives a box of diapers.
- There is a midwife and doctor available on call 24/7.

### ANNOUNCEMENTS

- Jan Babb shared that due to the expansion of Medi-Cal and Covered California, CMSP (County Medical Services Program), which has a history of very limited scope of services, will be considering ways to expand/enhance services. This may be a good item for a report to the Board later in the year.
- Anna Sutton shared that Postpartum Support International (PSI) is coming to San Diego in June to provide certification and training on maternal mental health. Anna will share more information as it gets closer.

## YOLO COUNTY MCAH ADVISORY BOARD

- Nolan Sullivan shared that Health and Human Services Agency launched an expanded call center. There are about 40 staff now housed in the Child Support Building, who handle calls for Medi-Cal. Wait times are about six minutes now. You can apply, check your case, add a baby to your case, etc by calling 855-278-1594 between 8:00 – 4:00 Monday through Friday.

### ADJOURNMENT

**8. Next meeting** scheduled for: September 9, 2015

- Agenda Items:
  - *Restorative Justice Program update*
  - *CWS Data*

**9. Attachments:**

- Attachment A: MCAH Advisory Board Fiscal Year 2015-2016 Calendar
- Attachment B: Yolo County 2016-2019 Strategic Plan Goals
- Attachment C: MCAH Director's Report
- Attachment D: CommuniCare Health Center Brochure
- Attachment E: CommuniCare Behavioral Health Services Brochure
- Attachment F: Perinatal Day Treatment Program Flyer

Respectfully submitted by:



Ashley Logins-Miller, Secretary  
Yolo County MCAH Advisory Board

**Attachment A**  
**MCAH Advisory Board**  
**Fiscal Year 2015-2016 Calendar**

**YOLO COUNTY MCAH ADVISORY BOARD**

Yolo County MCAH Advisory Board **2015 -**  
Calendar **2016**

Hosted at Yolo County Department of Health Services  
Bauer Building  
137 North Cottonwood Street, Woodland, CA 95695


<b>Date</b>	<b>Type of Meeting</b>	<b>Time</b>	<b>Location</b>	<b>Possible Topics</b>
<b>August 12, 2015</b>	Regular	8:45 – 10:15	Bauer Building Thomson Room	<ul style="list-style-type: none"> <li>• <i>Child Abuse Data Update</i></li> <li>• <i>CommuniCare Services</i></li> </ul>
<b>September 9, 2015</b>	Regular	8:45 – 10:15	Bauer Building Thomson Room	<ul style="list-style-type: none"> <li>• <i>Restorative Justice Update</i></li> </ul>
<b>November 18, 2015</b>	Regular	8:45 – 10:15	Bauer Building Thomson Room	<ul style="list-style-type: none"> <li>• <i>Home Visiting Collaboration Update</i></li> </ul>
<b>December</b>			<b>No meeting</b>	
<b>January 13, 2016</b>	Retreat	8:30 – Noon	<i>TBD</i>	<ul style="list-style-type: none"> <li>• <i>Mental Health &amp; Substance Abuse data</i></li> </ul>
<b>February 10, 2016</b>	Regular	8:45 – 10:15	Bauer Building Thomson Room	<ul style="list-style-type: none"> <li>• <i>Children's mental health system of care</i></li> <li>• <i>Help Me Grow</i></li> </ul>
<b>March 9, 2016</b>	Regular	8:45 – 10:15	Bauer Building Thomson Room	
<b>April 13, 2016</b>	Regular	8:45 – 10:15	Bauer Building Thomson Room	
<b>May 11, 2016</b>	Regular	8:45 – 10:15	Bauer Building Thomson Room	
<b>June</b>			<b>No meeting</b>	

8.14.2015

**Attachment B**

**Yolo County 2016-2019 Strategic Plan Goals**

## YOLO COUNTY MCAH ADVISORY BOARD



### 2016-2019 Strategic Plan Goals

- Goals adopted February 2015
- Key Initiatives in development, to be adopted October 2015

**These goals are supported by the following guiding principles:**

- Advance innovation
- Collaborate to maximize success
- Provide fiscally sound, dynamic and responsive services
- Strategically align our organization
- Engage and empower our residents

**Meaning:** expanded definition of the Strategic Plan Goal

**Key Concepts:** actionable items reflected in the meaning

<b>Goal: Robust Economy</b>					
<p><b>Meaning:</b> <i>A balanced, thriving economy that offers job opportunities for every resident who wants to work, ample services and up-to-date infrastructure and technology for long term sustainability.</i></p>	<b>Key Concepts</b>				
	<p><b>Create an environment to support quality jobs that are right for Yolo County and our residents</b></p> <p>Attract industries and jobs that support our strengths of agriculture, research and services</p>	<p><b>Support job growth, housing and community balance throughout the county</b></p> <p>Seek a healthy regional workforce distribution between employers concentrated in cities and those located in the unincorporated county</p>	<p><b>Understand our economy to adapt to opportunities and threats</b></p> <p>Understand our economy and improve our services and infrastructure to adapt quickly to opportunities and threats</p>	<p><b>Provide a climate that makes it easier for business to succeed</b></p> <p>Support business growth and job creation by encouraging investment locally and with streamlined regulations and processes</p>	<p><b>Promote the benefits of doing business in Yolo County</b></p> <p>Foster a fair and equitable marketplace with businesses of all types and sizes to support job creation and growth</p>






<b>Goal: Thriving Residents</b>				
<p><b>Meaning:</b> <i>Social, economic and physical environments are created and supported which promote good health and protect vulnerable populations so that community members and future generations have the opportunity to learn and grow to their full potential.</i></p>	<b>Key Concepts</b>			
	<p><b>Promote healthy communities</b></p> <p>Create and improve physical and social environments and expand community resources that enable residents to make healthy lifestyle choices, decrease their risk of chronic disease and develop to their maximum potential</p>	<p><b>Protect and support vulnerable populations</b></p> <p>Protect and support those at risk for physical, emotional or economic harm (including the poor, mentally ill, elderly, homeless, physically disabled, families with children and children at risk for abuse, delinquency or already under jurisdiction of the Court)</p>	<p><b>Protect consumers</b></p> <p>Consumers are protected from fraud, public health threats, safety hazards, substandard housing and blighted conditions.</p>	<p><b>Achieve and maintain self-sufficiency</b></p> <p>Provide services (including safety net) and opportunities that support the economic security and wellness of residents so they can contribute to the stability of themselves, their families, the community and future generations</p>





## YOLO COUNTY MCAH ADVISORY BOARD

<b>Goal: Safe Communities</b>					
<b>Meaning:</b> <i>Safe communities and homes are maintained through informed offender case management, an appropriate blend of criminal justice supervision and evidence-based treatment strategies, and code enforcement of unsafe conditions</i>	<b>Key Concepts</b>				
	<b>Ensure safe communities</b>	<b>Emphasize behavior change</b>	<b>Employ evidence-based criminal justice practices</b>	<b>Provide legal representation</b>	
	Hold offenders accountable, restore victims and enforce code requirements to protect residents and visitors from unfair practices and unsafe conditions	Case manage and treat offenders with an emphasis on behavior change, recidivism reduction and regulatory compliance without compromising public safety or contributing to further victimization	Exercise collaboration among criminal justice partners are to ensure practices, policies and operating standards that have been proven to effectively reduce crime and an offender's likelihood to reoffend	Provide quality representation through zealous advocacy that protects the liberty, constitutional rights and livelihood of vulnerable and indigent clients	
<b>Goal: Flourishing Agriculture</b>					
<b>Meaning:</b> <i>Support a vibrant and resilient agricultural economy that concurrently preserves sufficient farmland to maintain regional food security in perpetuity.</i>	<b>Key Concepts</b>				
	<b>Support economic viability</b>	<b>Maintain and enhance infrastructure</b>	<b>Ensure land availability</b>		
	Prevent foreign pest infestations, provide equity in the marketplace, assist in regulatory processes and set policy to support long-term economic sustainability	Maintain a transportation and distribution network; provide training and technical support; facilitate access to water, raw and renewable materials, energy; and provide storage facilities and waste and recycling resources for ag	Preserve and protect agricultural lands for food, fiber and livestock production through mitigation, easements and land use planning		
<b>Goal: Sustainable Environment</b>					
<b>Meaning:</b> <i>Efficient utilization of natural resources to provide recreational opportunities and ensure availability for generations to come, protect and improve water quality and quantity, lower greenhouse gas emissions, maximize the use of renewable energy</i>	<b>Key Concepts</b>				
	<b>Efficiently manage natural and renewable resources</b>	<b>Protect open space and provide recreational opportunities</b>	<b>Protect and improve water and air quality</b>	<b>Lower green house gas emissions</b>	
	Protect natural areas to maintain open space and habitat for public access with sustainable revenue and maximize material reuse, recycling and resource reclamation	Maintain and enhance existing recreational facilities for residents and facilitate regional tourism	Eliminate sources of contamination water, soil and air to ensure protection of public health and the environment, including the Delta, surface and ground water resources.	Restructure and/or incentivize reduction of activities that may contribute to climate change and related impacts	

**Attachment C**  
**MCAH Director's Report**

## YOLO COUNTY MCAH ADVISORY BOARD

# MCAH Director's Report

AUGUST 12, 2015

### **AGENCY/BRANCH**

Officially became Yolo County Health and Human Services Agency on July 1. New Deputy Director, Fiscal & Admin services, Katy Eckert started in July. Dr. Caldwell retired as Health Officer but is continuing on until new HO hired. Performance Management training scheduled for all managers and supervisors agency-wide.

Accreditation efforts moving apace. Secured Dr. Ron Chapman as accreditation consultant. In-process of data dashboard purchase. Operational Excellence team began monthly meetings. Community Health Improvement Plan workgroups meeting monthly. Community Health strategic planning sessions scheduled for this fall.

---

### **AFLP (ADOLESCENT FAMILY LIFE PROGRAM)**

Small increase in allocation for 15-16. Preparing budget documents for submission to State.

---

### **CALIFORNIA HOME VISITING PROGRAM (CHVP)**

Contract executed for funding to support Yolo County Children's Alliance Step-By-Step Program.

---

### **FIMR/SIDS**

October Memorial is Sunday, 10/11/15 at 4pm at the International World Peace Rose Garden in Downtown Sacramento. October is Pregnancy and Infant Loss Awareness month as well as SIDS awareness month. For more information on the Remembrance Day, go to [www.sharingparents.org](http://www.sharingparents.org). A butterfly release is part of this annual event. Deadline to order butterflies are August 30, 2015 via an online order form.

---

### **IMMUNIZATION PROGRAM**

Scheduled back-to school iz clinics in several locations. Working on flu clinic schedule. Additional requirement this year for perinatal Hep B follow-up.

---

### **INJURY PREVENTION**

Submitted grant to First 5 Yolo for car seat safety program. Did not receive funding from OTS.

---

### **MCAH LOCAL PROGRAM**

#### ***ADOLESCENT SEXUAL HEALTH***

The Adolescent Sexual Health (ASH) program is launching a Sexual Health Advisory Group (SHAG) that is due to begin August 13<sup>th</sup>, 2015. The focus of SHAG is to advocate for the postponement of early sexual involvement and prevention of teen pregnancy and STI transmission, including HIV, through access to comprehensive health education, positive youth development, and reproductive healthcare. The ASH Outreach Specialist will also begin offering monthly sexual health education courses in Juvenile hall pending an official start date from YCOE. July 6<sup>th</sup> was the deadline for the Youth Risk Behavior Survey (YRBS). The California Department of Education (CDE) reports that our state successfully collected the required number of surveys for year 2015 and results will be reported by the Centers for Disease Control (CDC) *hopefully* by September.

#### ***CPSP ROUNDTABLE FALL 2015***

(tentative): MotherToBaby, formerly known as the CITS Pregnancy health Information Line (based out of UCSD), has been invited to present on its services to providers and public. MotherToBaby have experts on standby to answer question about medications, vaccines, chemicals, pregnancy and breastfeeding and exposure to substances (including exposure to opiates). Newly featured is an "e referral" and "fax referral" that can be generated by a provider to help support a mother with questions about current or potential exposure to a substance during pregnancy, postpartum and during breastfeeding. Time and location to be confirmed.

#### ***MOVING BEYOND DEPRESSION™***

This Fall, Yolo County MCAH will begin planning and implementation of the Moving Beyond Depression program, an evidence based program that provides therapy via a home visiting mode to eligible mothers currently enrolled in a home visitation program.

## YOLO COUNTY MCAH ADVISORY BOARD

# MCAH Director's Report

AUGUST 12, 2015

***PERINATAL MENTAL HEALTH COLLABORATIVE:***

After a short summer break, the collaborative will be resuming its monthly meetings on Friday, August 14, 2015 from 1230-2pm in Woodland. The first year of the collaborative was very successful, mostly focusing on the Blue Dot campaign. The Blue Dot's social media campaign during May attracted over 5000 FB likes, over 14 Agency photos with the Blue Dot, and an invitation to help kick off the California Taskforce for Maternal Mental Health in June. Most recently, Jan Babb and Anna Sutton were invited to speak at CHEAC on the use of the Blue Dot as a public health best practice in Social Media.

---

**NUTRITION PROGRAMS**

August is breastfeeding awareness month. Garden classes and events very active. Garden anniversary event scheduled for in September. Will be doing outreach at the Yolo County fair including bike helmet give-away.

---

**TOBACCO CONTROL/PREVENTION**

Successfully worked with Woodland City Council to pass Tobacco Retail Licensing ordinance for City of Woodland. Currently working on language for Board of Supervisors consideration regarding the use of e-cigarettes in public places.

**Attachment D**  
**CommuniCare Health Center Brochure**

## YOLO COUNTY MCAH ADVISORY BOARD

### Primary Care Services

- ◆ Primary Medical Care
- ◆ Perinatal Care
- ◆ Newborn Care & Pediatrics
- ◆ Immunizations
- ◆ Chronic Disease Care
- ◆ Women's Health & Family Planning
- ◆ Adolescent Health

### Dental Services

- ◆ Preventive Dental Care
- ◆ Restorative Dental Services
- ◆ Oral Health Education & Outreach

### Behavioral Health Services

- ◆ Mental Health Services
- ◆ Integrated Behavioral Health
- ◆ Family Services
- ◆ Substance Abuse Treatment
- ◆ Adult Services
- ◆ Adolescent Services

### Health Education

- ◆ Chronic Disease Prevention, Education & Management
- ◆ Nutrition & Exercise Education & Classes
- ◆ Tobacco Cessation Counseling & Classes
- ◆ Community & Migrant Health Education & Outreach

### Support Services

- ◆ Health Insurance Enrollment Assistance
- ◆ Specialty Services Referral Coordination
- ◆ Women's Health Case Management
- ◆ HIV Case Management

### Clinic Sites

#### Davis Community Clinic

2051 John Jones Road, Davis, CA 95616  
(530) 758-2060 – Medical  
(530) 757-4667 – Dental

Monday, Wednesday, Thursday: 8:00am to 9:00pm  
Tuesday & Friday, 8:00am to 5:00pm

#### Hansen Family Health Center

215 West Beamer Street, Woodland, CA 95695  
(530) 405-2800 – Medical  
(530) 405-2811 – Dental  
(530) 405-2815 – Behavioral Health

Monday, Tuesday: 8:00am to 9:00pm  
Wednesday–Friday: 8:00am to 5:00pm

#### Salud Clinic

500 B Jefferson Boulevard #180 & #195  
West Sacramento, CA 95605  
(916) 403-2900 – Medical  
(916) 403-2960 – Dental  
(916) 403-2970 – Behavioral Health

Monday, Wednesday, Friday: 8:00am to 5:00pm  
Tuesday & Thursday: 8:00am to 9:00pm

#### Esparto Dental Clinic

16827 Fremont Street, Esparto, CA 95627  
(530) 787-4972 – Dental only  
Tuesday: 8:00am to 5:00pm.

### AFTER HOURS CARE

1-866-392-8978

to speak with an on-call Physician  
or

1-888-203-4481 for on-call Perinatal care



Administrative Offices  
2051 John Jones Rd.  
P.O. Box 1260, Davis, CA 95617  
Phone (530) 753-3498  
Fax (530) 758-2109

[www.communicarehc.org](http://www.communicarehc.org)

## YOLO COUNTY MCAH ADVISORY BOARD

### Welcome

Welcome to CommuniCare Health Centers, a Federally Qualified Health Center providing health care services since 1972. The mission of CommuniCare Health Centers is to provide high quality health care to those in need. Our goal is to develop and maintain a long-term, healing partnership with each of our patients, while ensuring the best possible health outcomes.

Serving the communities of Yolo County, we provide comprehensive health care delivered by a dedicated team of providers and support staff at our clinic sites and through outreach programs in the community. Our services include primary medical and dental care, behavioral health services, substance abuse treatment, health education and support services.

We strive to deliver services in a supportive, safe, non-judgmental manner that emphasizes patient involvement and responsibility, health education, counseling and preventive health care in all our programs.



### Patient Centered Health Home

As a patient centered health home, CommuniCare places you at the center of care. You will have access to a wide range of services based on your individual needs and preferences. Your primary care provider will coordinate your care among a team of health professionals to benefit your overall health. Your care team includes your provider, medical assistant, nurse and other staff.

#### We will:

- ◆ Provide timely access to appointments
- ◆ Follow best practices to ensure you receive the highest quality care
- ◆ Support you in setting goals to maintain your health
- ◆ Provide you with information and resources to manage your health

When you take an active role in your health and work closely with us, you can be sure you are getting the care you need.

#### We encourage you to:

- ◆ Tell us if you get care outside of CommuniCare, or have changes in your medications or overall health
- ◆ Follow the plan developed in partnership with your care team to keep you as healthy as possible
- ◆ Participate in activities to improve your health
- ◆ Keep your appointments and arrive on time, or call us when you need to reschedule your appointment.

### Health Coverage

You are not required to have health insurance to receive services at CommuniCare.

If you do not have health insurance, CommuniCare can help you apply for health insurance or programs that may cover the cost of your visit. We offer a sliding fee scale discount on services if you are ineligible for health insurance. The discount is based on household income and family size.

CommuniCare does accept some health insurance plans and coverage through state programs. Some of the health insurance plans we accept include (but are not limited to): Medi-Cal, Partnership Health Plan, Medicare, County Medical Services Program (CMSP), Blue Shield and Anthem Blue Cross.

### MyHealth

#### Access to Health Information

All care team members, including you, have access to your electronic health record through CommuniCare's patient portal called "MyHealth."

MyHealth is an electronic tool that allows you to communicate with your care team. You can:

- ◆ Send secure e-mails to your care team
- ◆ View your medical history
- ◆ See your lab results
- ◆ Access health education materials

**Attachment E**  
**CommuniCare Behavioral Health Services**  
**Brochure**



## YOLO COUNTY MCAH ADVISORY BOARD

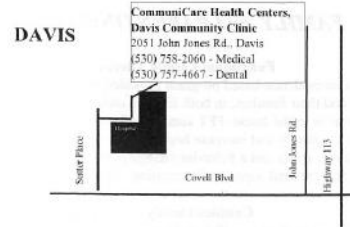
**CommuniCare Health Centers  
Behavioral Health Services**  
500 B JEFFERSON BLVD. SUITE 195  
WEST SACRAMENTO  
(916)403-2970

**HANSEN FAMILY HEALTH CENTER**  
215 WEST BEAMER ST.  
WOODLAND  
(530) 405-2815

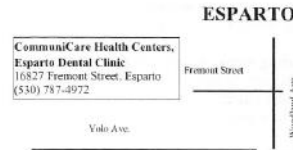
CommuniCare Health Centers has been providing behavioral health services since our inception in 1972. We provide more than 20,000 behavioral health visits annually to over 1,000 individuals. The behavioral health department is comprised of four service categories; Adult Services, Adolescent Services, Family Services and Integrated Behavioral Health Services. The behavioral health department has over 50 employees and generally 5-7 student interns. Our Behavioral Health Clinicians have Master's degrees in social work, marriage and family therapy, or clinical psychology and many are licensed clinicians. CommuniCare provides weekly clinical supervision for all license eligible staff and ongoing clinical training. Additionally, most clinicians have specialized and ongoing training in mental health diagnosis and treatment, substance abuse treatment, and a variety of evidence based practices. CommuniCare Health Centers is an NHSC student loan repayment site.

**Medical services** – CommuniCare Health Centers is dedicated to providing a patient centered health home for any individual we serve regardless of their point of entry into our system. The behavioral health team works closely with our medical, dental and perinatal providers to ensure that we are treating the entire individual. Physical examinations are offered to all clients entering our behavioral health programs. In addition, medically supervised detoxification services are offered for opiate and stimulant withdrawal.

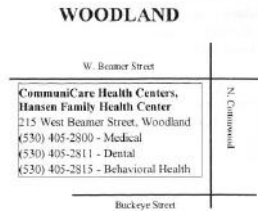
**Eligibility and Funding**  
Our Behavioral Health department has over 40 funding streams to assist with covering mental health and substance abuse treatment for residents of Yolo County. We accept Medi-Cal and private insurance and work collaboratively with various Yolo County Departments including Probation, Alcohol Drug and Mental Health and Child Welfare Services to fund clients' treatment episodes. Additionally, we have state and federal funding streams for eligible clients.



CommuniCare Health Centers,  
Davis Community Clinic  
2051 John Jones Rd.  
Davis, CA 95616  
(530) 758-2060 – Medical  
(530) 757-4667 – Dental



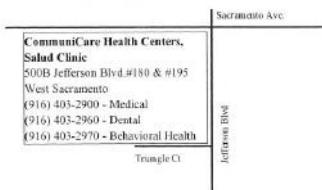
CommuniCare Health Centers,  
Esparto Dental Clinic  
16827 Fremont Street  
Esparto, CA 95627  
(530) 787-4972



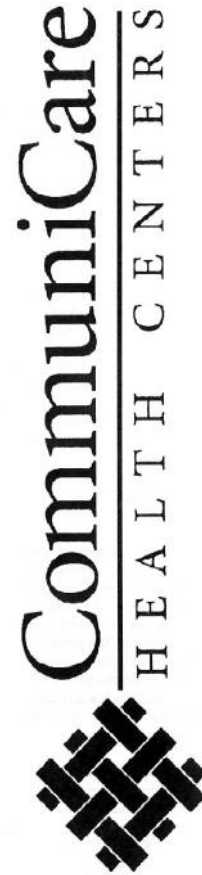
CommuniCare Health Centers,  
Hansen Family Health Center  
215 West Beamer St.  
Woodland, CA 95695  
(530) 405-2800 – Medical  
(530) 405-2811 – Dental  
(530) 405-2815 – Behavioral Health

CommuniCare Health Centers,  
Salud Clinic  
500B Jefferson Blvd., #180 & #195  
West Sacramento, CA 95605  
(916) 403-2900 – Medical  
(916) 403-2960 – Dental  
(916) 403-2970—Behavioral Health

**WEST SACRAMENTO**



Administrative Offices  
P.O. Box 1260  
Davis, CA 95617  
Phone (530) 753-3498  
Fax (530) 758-2109



*Behavioral Health Services*

**Behavioral Health Services**  
500 B Jefferson Blvd. Suite 195. W. Sac  
215 West Beamer Street, Woodland  
916-403-2970 OR 530-405-2815

## YOLO COUNTY MCAH ADVISORY BOARD

### ADULT SUBSTANCE ABUSE SERVICES

Substance Abuse programs are offered in the Woodland and West Sacramento clinics. Services for adults include medical detox for opiate and stimulant withdrawal, random drug testing, individual counseling for the duration of treatment and a physical exam. All adult programs offer **Family sessions** as an important and valuable component of the program.

#### The Perinatal Day Treatment (PNDT)

PNDT is an intensive day program (3 hours a day, 4 days per week) developed to meet the gender-specific needs of pregnant and parenting women. The program includes individual and group therapy with a strong emphasis on parenting, relationships, trauma-recovery, drug education, and well-being. A variety of evidence based and cognitive behavioral curriculum are offered including: **Seeking Safety and Courage to Change**. Transportation is provided to and from treatment for women and their children. **The Child Development Program (CDP)** runs concurrently with PNDT and offers childcare to children ages 0-5 whose mothers attend PNDT. Children in CDP are assessed for developmental needs and/or delays by competent child-centered staff who work diligently to enhance self-esteem, improve emotional and physical development while enhancing parenting abilities and confidence.

#### The Outpatient Substance Abuse Recovery Program

(OSARP) serves men and women ages 18 and over who need assistance in beginning a clean and sober lifestyle. Using evidence-based models including **Moral Reconnection Therapy** and the **Stages of Change**, this four-phase program utilizes individual and group treatment modalities to provide participants with a structured environment that provides treatment for substance use disorders. Services include an in-depth assessment, drug education, relapse prevention and other health related information. The program is a four stage program that begins three days per week and tapers down as an individual moves through the program. An after-care component is included.

#### Path 2 Recovery Program (P2R)

P2R is a Recovery program serves adults who are experiencing a range of mild to moderate mental health issues that complicate and contribute to their drug use. Clients experiencing clinically significant symptoms of depression, anxiety, or a variety of other disorders can benefit from treatment that acknowledges the interaction between these issues and drug and alcohol use. The program integrates a variety of educational, motivational, and cognitive behavioral strategies that are evidence-based such as **Illness Management and Recovery** as well as, **Dialectical Behavior Therapy (DBT)**. A focus on coping effectively with symptoms and promoting wellness to improve quality of life are essential aspects of the program. This program begins with three days a week and tapers down as an individual moves through the program. An after-care component is included.

**Substance Abuse Education Group (English and Spanish)** is for adults who do not need full alcohol and/or drug treatment. This group is one time per week and focuses on providing education about frequently abused substances including impacts on health and mental health, as well as information about substance use disorders. Issues around negative consequences of use, values, peer relationships and legal problems associated with continued use are addressed. Three individual sessions and random testing are included. The program is three to four months long. This program meets the requirements for the PC1000. **MediCal is accepted for all programs along with other available funding options.**

Walk -n screening on Monday or Thursday from 2-4pm or call (916) 403-2970

### ADULT SERVICES

#### Integrated Behavioral Health (IBH) Services

Integrated Behavioral Health (IBH) Services are delivered within the primary care clinic and are available for patients referred by their Primary Care Providers. The Behavioral Health staff is part of the patient's health care team to bridge the gap between medical and behavioral/mental healthcare services. Services provided include: brief, confidential individual counseling services, referrals to other agencies, brief case management services helping patients access SSI, Food Stamps, health care coverage, and other support services, coordination of referrals to substance abuse recovery programs, assistance in managing serious health conditions such as chronic pain, hypertension and diabetes.

#### CORE (Community Outreach Rural Engagement)

These services are offered throughout the community and at each of our primary care and behavioral health locations. CORE services are aimed at improving access and increasing life functioning for the Latino/Hispanic community of Yolo County struggling with behavioral health issues. Funded through a 3-year MHSA Innovation grant, CORE links our target population with primary and full-scope behavioral health services (counseling/psychiatry/substance abuse). All services are delivered in Spanish by clinicians who are culturally reflective of the community.

#### HIV Case Management:

Services include medical case management; transportation assistance; medication access through the AIDS Drug Assistance Program (ADAP); Housing Opportunities for Persons With AIDS (HOPWA), Short Term Rental, Mortgage and Utility Assistance (STRMU), and Hep-C and HIV outreach, education, and testing.

#### CalWORKS:

Counseling and case management services are embedded in the Department of Education and Social Services Office in both West Sacramento and Woodland. Staff assist CalWORKS participants in their efforts to overcome substance abuse, achieve stability, and effectively manage mental health conditions in order to reduce the barriers to permanent unsubsidized employment.

### FAMILY and PARENTING SERVICES

#### Functional Family Therapy (FFT)

FFT is an evidence-based program provided to CWS and JJ involved youth and their families, in both English and Spanish in our clinic locations or in the home. FFT aims to reduce negativity and blame within the family and increase hope for change. Realistic and obtainable family goals and a behavior change plan are developed collaboratively and external supports for ongoing change are identified.

#### Couples/Family Counseling

Couples counseling provides tools and support with co-parenting, relationship stress and any issue impacting the family using Cognitive-Behavioral Therapy and Solution-Focused interventions.

#### Supporting Father Involvement:

The Fatherhood group encourages and strengthens men in their relationships with their children and their partners with the ultimate goal of improving long term outcomes for families.

#### Nurturing Parents, Nurturing Families (NPNF)

NPNF is a evidence-based parent education program which meets the requirements of Welfare & Institutions Code, Section 16507.7. NPNF has been designed to enhance parent-child attachments by increasing parental knowledge, authenticity, empathy, and the capacity for sensitive responsiveness in a safe and supportive environment.

#### Co-Parenting

Co-Parenting is for parents who have decided to live apart. Co-parenting sessions may be scheduled for both parents in the same session, or for those who are in more conflicted relationships, individual sessions initially. The main goal for co-parenting to improve parental communications and interactions and increase cooperative parenting.

#### Reflective Family Practices (RFP)

Reflective Family is an innovative family counseling program based on current research in the fields of child development, attachment, mentalization, and neuroscience.

#### Family Life Skills Partnership

Family Life Skills Partnership (FLSP) was developed to provide instruction and support for the development of adult life skills and positive parenting practices. FLSP is a hands-on home visitation program, based in clients' residences to more fully integrate "real life" strengths and challenges into individualized family support services.

#### Visit Coaching/ Supervised Visitation

Families receiving supervised visits are offered strength-based feedback/coaching by Family Support Workers trained in parent education and hands-on parent coaching.

#### Differential Response (DR)

Families are offered case management, counseling, and parenting support with an effort to identify and fortify personal and family strengths and resources, promote lasting change and prevent Child Protective Services involvement.

### ADOLESCENT SERVICES

#### Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is an evidence-based therapy for youth who are experiencing significant emotional and behavioral difficulties related to traumatic life events. Youth and parents learn skills to help process, manage and resolve distressing thoughts, feelings and behaviors related to trauma; and enhance safety, growth, parenting skills, and family communication

#### Thinking for a Change (T4C)

T4C is an evidence-based, cognitive behavioral group intervention. T4C integrates cognitive restructuring, and the development of problem solving and social skills to improve the ability to deal with problem situations, reduce the risk to recidivate and positively impact skills and attitudes.

#### Cognitive Behavioral Interventions for Substance Abuse (CBI-SA)

CBI-SA is a high dosage cognitive-behavioral group intervention for JJ involved youth. CBI-SA teaches strategies for avoiding substance abuse and emphasizes skill building activities for promoting cognitive, social, emotional and coping skills development.

#### School Services

Our Adolescent Services Team partners with Yolo County Office of Education, Woodland Joint Unified School District, and Washington Unified School District to provide support to students struggling with substance abuse utilizing a Cognitive-Behavioral and Motivational Enhancement approach.

#### Wraparound Services

Wraparound services provide youth and families with strength-based, needs-driven, family-centered, and cost effective services that build life skills and strengthen individual and family supports with the aim of improving family function, overcoming barriers, preventing or reducing out-of-home placements, and developing problem-solving skills, coping skills, and self-efficacy.

**Attachment F**  
**Perinatal Day Treatment Center Flyer**

# YOLO COUNTY MCAH ADVISORY BOARD

Intensive Gender-Specific Out Patient Substance Abuse Treatment for Women and their Children

CommuniCare Health Centers

## PERINTAL DAY TREATMENT PROGRAM (PNDT)

Parenting? Pregnant? Postpartum?  
In need of substance abuse treatment?  
Need childcare for kids 0-5 during treatment hours?  
Need transportation to and from treatment?  
Need Parenting Education and Support?  
Need Family or Couples Therapy?

**WE ARE ACCEPTING REFERRALS!**



### PLEASE CONTACT:

TEGWIN MILLARD, LMFT 84909  
Perinatal and Family Treatment  
Supervisor

Phone: 916-403-2970  
Fax: 530-204-5255  
tegwinm@communicarehc.org