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Director of Behavioral Health Services



Mission

- CommuniCare Health Centers' mission is to provide high quality health care to those in need. We carry out this mission in the following ways:
- We turn no one away based on inability to pay.
- We deliver health care in a supportive, safe, non-judgmental manner, emphasizing patient involvement and responsibility, health education, counseling and preventive health care in all of our programs.
- We continue to emphasize the importance of the volunteer in our organization.
- We continue our commitment to the underlying philosophy that health care is a right, not a privilege.



History

- CommuniCare Health Centers is a Federally Qualified Health Center providing health care services in Yolo County and the surrounding communities since 1972.
- CommuniCare offers comprehensive primary medical and dental services, substance abuse treatment, behavioral health services, health education and support services to the culturally diverse, low-income, and uninsured and underinsured residents of Yolo County through five community clinic sites and outreach programs.
- Three primary care community clinics - Davis Community Clinic in Davis, Peterson Clinic in Woodland, and Salud Clinic in West Sacramento - provide primary medical and dental services in the county's three main population centers. The Esparto Dental Clinic provides dental care to the residents of the rural northwestern portion of the county.



Who we serve

- In 2012, CommuniCare provided 94,791 patient visits to 21,687 patients – more than 1 in every ten residents of Yolo County – and an additional 35,282 health education and community outreach encounters. In 2012, 98% of CommuniCare's patients were at or below 200% of the poverty level, 41% were uninsured, 56% self-identified as Latino, and 36% were children and adolescents ages 0 to 19. Almost half of our patients speak a primary language other than English with the majority speaking Spanish. We also serve a significant number of immigrants not only from Mexico and Central America, but also Russia, Southeast Asia and Pakistan. Many of the patients we serve are members of seasonal and migrant farm-worker families.



Budget & Staffing

- Annual budget-\$16,557,179
- # of employees- 177
- # of volunteers -152



Behavioral Health Staff

- 38 staff
 - Physician's Assistant, Psychiatrist
 - 11 Licensed clinicians (LCSWs and MFTs)
 - 11 Masters Level Clinicians
 - 12 Addictions Specialists
- 6 interns
 - 1 PsyD, 1 MFTT, 3 MSWII, 1 BSW



Types of Services

Categories

- Adult Services
- Adolescent Services
- Children's Services
- Family Services
- Mental Health Services
- Substance Abuse Services
- Outpatient
- Day Treatment

Target Population

- Mild to moderate
- SMI/SED
- Juvenile Justice
- Criminal Justice
- Child Welfare Services
- School Based Services
- LGBTQ



Adult Services

- **Dual Diagnosis** is an integrated program serving adults with a range of mild to moderate mental health issues and drug abuse. This four-phase six month program utilizes both individual and group treatment modalities with an emphasis on stabilization of mental health and substance abuse symptoms. The program integrates a variety of educational, motivational, cognitive, and behavioral strategies promoting client involvement in the process of recovery and wellness. Participants take an active role in managing their dual disorders by developing coping strategies, improving support systems and increasing their capacity to manage their lives.
- **Outpatient Substance Abuse Recovery Program (OSARP)** serves men and women age 18 and older who need assistance in beginning a clean and sober lifestyle. This four-phase program also utilizes individual and group treatment modalities to provide participants a structured environment that promotes drug education, relapse prevention and other addiction related information. OSARP requires a minimum of five months to complete. Attention is focused on preparing the client for treatment participation, enhancing the client's motivation to change and supporting them in the initiation of action. The Transtheoretical Model of behavior change is utilized in the curricula and serves as the philosophical basis for affecting change for the participants. Other evidenced-based curricula include Thinking for a Change and curricula from the University of Cincinnati.
- **Family Groups and Couples/Family Counseling** is an expansion of the Adult Substance Abuse Programs providing supportive family treatment to clients who are involved with Child Welfare Services. A monthly "Fatherhood" group is provided to improve and strengthen men in their relationships with their children and partners. Family groups and collateral sessions are offered on a monthly basis and required for advancement. Couples counseling is also provided to clients on a case by case basis and is strongly encouraged to improve long term outcomes for successful reunification of the family. Issues such as co-parenting, absenteeism due to incarceration, lack of employment, and legal troubles are only a few of the topics discussed.



Moral Reconciliation Therapy

- **Moral Reconciliation Therapy (MRT)** is a systematic treatment strategy that seeks to decrease recidivism among juvenile and adult criminal offenders by increasing moral reasoning. Its cognitive-behavioral approach combines elements from a variety of psychological traditions to progressively address ego, social, moral, and positive behavioral growth. MRT takes the form of group and individual counseling using structured group exercises and prescribed homework assignments. MRT focuses on seven basic treatment issues: confrontation of beliefs, attitudes, and behaviors; assessment of current relationships; reinforcement of positive behavior and habits; positive identity formation; enhancement of self-concept; decrease in hedonism and development of frustration tolerance; and development of higher stages of moral reasoning. Participants meet in groups once or twice weekly and can complete all steps of the MRT program in a minimum of 3 to 6 months.

Integrated Behavioral Health Services

- Integrated Behavioral Health Services are delivered within the primary care clinics 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. Psychiatric visits brief, confidential individual counseling services. Referrals to other agencies, brief case management services helping patients access SSI, Medications, Medi-Cal, and other supportive services. Assistance in managing serious health conditions such as chronic pain and diabetes



Family Services

- **Perinatal Day Treatment Program (PNDT)** is a comprehensive women and children's program providing gender specific treatment, as well as, child centered care to their young children. This program focuses on the multiple needs of addicted women in an effort to provide the most progressive treatment for a successful outcome. 70-80% of the participants are involved with the Child Welfare system. The PNDT program focuses on the fact that although women have lower rates of addiction than men, they are more likely to suffer more serious negative effects from addiction, including loss of children, emotional difficulties, trauma related issues, and stigmatization. Women participating in this program are offered an array of services including group therapy, individual therapy, parenting and education in the areas of health and wellness, relapse prevention, relationship skills/domestic violence and trauma informed services utilizing the evidenced based curricula "Seeking Safety". In an effort to address the two most common barriers for women entering care; child care and transportation, the PNDT program offers both.



Family Services Continued

- **Child Development Program**-Children 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, and stimulate growth and awareness. The women receive care and child development education to help them enhance parenting abilities and confidence and parenting tools to enhance their children's emotional, cognitive, and physical development
- **Family Life Skills Partnership**-works with parents referred by Child Protective Services who have children in foster care and are being reunified with the parents. This program provides families with:Parenting education and tools. Information pertaining to healthier transitions when children reunify with their families.Floor-time techniques to foster secure attachment relationships and bonding.Monitoring child safety, health, and well-being.Provide parent support.
- **Supervised Visitation** -Staff supervise visits between parents/family members and their children who are involved with CWS. This contract has given the Family Services Department an opportunity to improve the quality of supervised visitation services by providing **hands-on coaching for parents**.
- **Parenting-Nurturing Parents, Nurturing Families (NPNF)** is an evidence based, strengths-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.
- **Differential Response**- Provides case management services to families who have been referred by CWS due to Hotline activities where a CPS case is not warranted and where low to moderate risk for harm to the child is indicated.Services include extensive assessment of extenuating family circumstances that contribute to stressors and subsequent family challenges. Purpose is to **identify strengths and resources to fortify family strengths** to promote lasting change for the enhancement of child growth and development and safety.



Adolescent Services

- **Cognitive Behavioral Interventions for Substance Abuse (CBI-SA):** a cognitive-behavioral approach to teach offenders strategies for avoiding substance use. Heavy emphasis is placed on skill-building activities to assist with cognitive, social, emotional, and coping skills development.
- **Functional Family Therapy (FFT):** is a structured, multistep approach to enhance protective factors and reduce risk factors within the family.
- **Thinking for a Change (T4C):** an integrated, cognitive behavioral change program for offenders that includes cognitive restructuring, social skills development, and development of problem solving skills.
- **Trauma Focused Cognitive-Behavioral Therapy (TF-CBT):** a conjoint child and parent psychotherapy approach for children and adolescents who are experiencing significant emotional and behavioral difficulties related to traumatic life events.



Funding Streams

- CCHC has 42 funding streams within Behavioral Health Services
- Adult – Drug Medi-Cal, Perinatal Drug Medi-Cal, Perinatal Substance Abuse, Cal Works, CWS Treatment, AB109, Sliding Scale
- IBH – Medi-Cal, CMSP, Prop 63
- Family –CAPIT/PSSF, Parenting, Supervised Visitation, First 5 Yolo
- Adolescent – EPSDT, Probation, Youth Treatment, YCOE



Contact Information

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