

## Executive Summary

The Napa County Health and Human Services Agency's Behavioral Health Division (hereafter BH Division) is committed to provide culturally competent mental health services that promote individual strengths, inspire hope, and improve the quality of life for people within Napa County. The Mental Health Services Act (MHSA) is essential to providing preventative, effective mental health service and promotes access to care throughout Napa County.

The purpose of the MHSA FY 24-25 Annual Update to the Three Year Plan for FY 23-24 to FY 25-26 (hereafter MHSA FY 24-25 Annual Update) is to:

1. Inform the community and local stakeholders of the implementation of MHSA programs in the Napa County;
2. Provide local stakeholders an opportunity to offer input, feedback, and commentary on MHSA programs and services;
3. Provide an update on the implementation of MHSA programs and services and any changes to the Napa County Board of Supervisors;
4. Submit an update of the implementation of Napa County MHSA programs and services and any changes to the California Department of Health Care Services and the Behavioral Health Services Oversight and Accountability Commission (BHSOAC).

The MHSA FY 24-25 Annual Update includes updates to MHSA programs, demographics, services, and outcome data from FY 22-23. Updates, demographics, services, and outcome data for FY 23-24 programs will be included in the MHSA FY 25-26 Annual Update to the Three Year Plan for FY 23-24 to FY 25-26.

Program updates are organized by the MHSA components of Community Services and Supports (CSS), CSS Housing, Prevention and Early Intervention (PEI), Innovations (INN), Workforce Education and Training (WET) and Capital Facilities/Technological Needs (CF/TN). Components are further broken down by program and include the following information: program summary, program cost, total number served, projected service targets and outcomes as well as anticipated changes as a result of any identified challenges. The COVID-19 Pandemic, which officially ended in May 2023 continued to be the most significant challenge experienced by all MHSA programs in FY 22-23 as programs adapted their service delivery models to meet the changing needs of the populations they serve.

## MHSA REVENUE

The Mental Health Services Act (MHSA) passed as Proposition 63 in 2004, became effective January 1, 2005, and established the Mental Health Services Fund (MHSF). Revenue generated from a one percent tax on personal income in excess of \$1 million is deposited into the MHSF and then distributed by the State Controller to all Counties.

Counties are required to rely on the revenue forecast provided by the Dept of Finance (DOF) and the MHSA fund is highly volatile. Over the years, the MHSA revenue source has fluctuated substantially, from swings as low as 40% less during the great recession to a 63% increase in 2020-21 as funds were carried over from 2020 into 2021 due to the pandemic-related tax payment deferral and the healthier than anticipated economy.

MHSA revenue was anticipated to decrease by 16% in FY 22-23 due to the Covid-19 Pandemic, but instead decreased by only 2.5%. MHSA revenues continued to increase in FY 23-24 by 20% in part due to deferred tax payments mentioned previously. Revenues in FY 24-25 are projected to decrease by 16% and by 25% in FY 25-26. The BH Division will carefully track revenue and expenditures to determine if funding and program adjustments will need to be made.

### Highlights, Changes, and Opportunities for FY 24-25

#### Passage of Proposition 1 – Behavioral Health Services Act/ Senate Bill 326

The passage of Proposition 1 – the Behavioral Health Services Act and Senate Bill 326 in the March 2024 Primary Election portends significant changes to current MHSA programming and fund distribution. BH Division staff will continue to participate in planning meetings to stay informed of policy developments and new regulations as they are drafted.

#### Children’s FSP Expansion: High Fidelity Wraparound for Child Welfare and Juvenile Probation Youth

The BH Division expanded the current Mental Health Services Act (MHSA) Children’s Full Service Partnership (CFSP) to include contracted FSP services for Child Welfare Services and Juvenile Probation-involved youth with Serious Emotional Disturbance (SED) or Severe Mental Illness (SMI). The County has contracted with Seneca Family of Agencies to implement the High Fidelity Wraparound for Child Welfare and Juvenile Probation Youth Full Service Partnership. The contract was approved in March of 2024 and Seneca has begun to offer hire staff, secure office space in Napa, and prepare to provide services.

#### Community Services and Supports (CSS) Housing

The Progress Foundation Hartle Court Housing Apartment Complex is comprised of 18 units of MHSA permanent supportive housing for adults with mental illness who are homeless or at risk

of homelessness. The Hartle Court Apartments need repairs to the Heating and Air Conditioning System as well as other facility repairs and augmentation of the Capitalized Operating Subsidy Reserve (COSR). The BH Division had allocated an additional \$1,264,000 to CSS Housing for this housing project in FY 23-24 to send to the California Housing Finance Authority (CalHFA) to augment the COSR, which is managed by CalHFA. CalHFA has only recently developed a protocol to receive additional funds, so we anticipate that those funds will be sent to CalHFA in FY 24-25.

### 3rd Round Prevention and Early Intervention Request for Proposals (RFP)

The Behavioral Health Division issued a 3<sup>rd</sup> Round PEI RFP in March 2023 focused on addressing the needs/gaps identified in the MHSA FY 22-23 Community Program Planning Process. Contracts were approved in July of 2023. Program reports are still being received and will be included in the MHSA FY 25-26 Annual Update to the Three Year Plan.

PEI Round 3
<p><b>On The Move LGBTQ Connection Rise for Napa PEI Program:</b> The LGBTQ Connection Rise for Napa PEI Program will provide additional funding to launch the LGBTQ Connection’s Rise for Napa program, a Universal Prevention program supporting the families, educators and providers who interact daily with LGBTQ children and youth, addressing the multitude of unmet needs and lack of accepting, inclusive support throughout their lives. The RISE Model is recognized as an Evidence-Based Practice by the California Child Welfare Clearinghouse. The LGBTQ Connection’s Rise for Napa PEI Program shall focus on geographically underserved areas in Napa County including UpValley and American Canyon. The target populations will be families of LGBTQ children and youth, with an emphasis on Latine families and low-income, predominantly Spanish-speaking families. Trainings will also be provided to educators, school staff, mental health providers, practitioners, churches, social workers, and family resource center staff supporting LGBTQ youth and families.</p>
<p><b>Mentis Bridges Community Mental Health Treatment:</b> As the Napa County moves towards recovery from the pandemic, many of the most vulnerable members of the community continue to experience significant personal challenges, including increases in anxiety, depression, post-traumatic stress disorder, self-harm risk, addiction, domestic violence and other forms of abuse, and other chronic illnesses that have gone un- or undertreated during the pandemic. Many live in challenging situations and deal with circumstances that cause stress and/or worsen existing stressors, ultimately creating greater demand for more intensive mental health services. Mentis’ Bridges Community Mental Health Program will:</p> <ul style="list-style-type: none"><li>• Identify consumers at risk for self-harm and intervene early</li><li>• Screen for suicidal ideation throughout treatment</li><li>• Provide crisis support to maintain safety</li><li>• Provide mental health prevention and early intervention/brief treatment services in accessible, familiar locations or via telehealth</li><li>• Improve consumers’ mental health by reducing level of emotional distress; reducing symptoms of depression and anxiety; and preventing worsening symptoms and improving daily functioning</li></ul>

**NEWS (Nurture, Empowerment, Worth, Safety) Kids Exposed to Domestic Violence:** For Domestic Violence (DV) survivors, the effects of violence on their physical and mental health are severe. Physical injuries are apparent and have their own timeline for recovery and healing. Toxic stress resulting from living in an abusive environment has been documented to cause both long-term physical ailments and serious mental health conditions. Studies continue to show that children exposed to DV are at higher risk of negative health outcomes as they experience increased emotional stress, harming the development of their brains and impairing cognitive and sensory growth. Children exposed to DV are also more likely to exhibit depression, anxiety, and aggressive social behaviors. DV survivors and their children require confidential, trauma-informed, and consumer-oriented supports to improve protective factors. Mental health supports are also needed for both parents and children that increase coping skills and use of protective factors are required to reduce the risk of children developing poor mental health outcomes. In order to address these identified needs, NEWS Kids Exposed to Domestic Violence (KEDs) PEI Program will reduce barriers and build protective factors for children exposed to DV; improve access to mental health resources for families experiencing DV; and facilitate collaboration, referrals, and linkages with Napa service agencies to support families experiencing DV.

**Molly's Angels Older Adults PEI Program:** Older Adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss. Social isolation and loneliness lead to detrimental health outcomes including increased risk of developing dementia, and an increased risk of mortality from all causes, rivaling smoking, obesity, and physical activity. Loneliness is linked with higher rates of clinically significant depression, anxiety, and suicidal ideation. Molly's Angels Older Adult PEI Program will conduct outreach, engagement, and screening in order to improve the quality of life for Older Adults 60+ who are living in low-income communities Up Valley and throughout Napa County by reducing risks associated with social isolation and geriatric depression through the connection to consistent, caring adults and access to transportation and wrap-around supportive services.

**On The Move Guaranteed Income for Foster Youth:** Transitioning foster youth experience a high incidence of homelessness, incarceration, unemployment, substance abuse and addiction, teen pregnancy, and mental illness. Without sufficient, dependable income, young people are unable to overcome their circumstances. On The Move's Guaranteed Income for Foster Youth Program will focus on Napa County's most vulnerable transition age youth, who all face the same challenges to achieving self-sufficiency including community-wide housing instability; limited, inaccessible services; trauma; disconnection from school; gaps in basic employment support and high rates of poverty. Guaranteed Income for Foster Youth Program will serve youth participating in Extended Foster Care, meet the income threshold and whose County of Origin is Napa.

**Aldea Supportive Outreach and Access to Resources (SOAR) PEI Program:** Aldea's SOAR Program utilizes the UC Davis Early Psychosis Program's evidence-based Coordinated Specialty Care Model, which has demonstrated efficacy with individuals within the first two years of the onset of psychosis and those at risk of developing psychosis. Early detection and intervention

can help reduce the negative impact of psychosis and mood disorders on the life of the individual and family by more quickly reducing the severity of symptoms over time.

**Napa Valley Education Foundation (NVEF) Wellness Centers as Hubs for Access and Intervention PEI Program:** Napa Valley has suffered several natural disasters over the past several years which has had a detrimental effect on the lives of local residents. Add to that the social isolation, trauma, and stress exacerbated by the Covid pandemic and it not surprising that children and youth are struggling in school and suffering from a variety of symptoms ranging from mild depression and aggressive behavior to memory impairment. NVEF’s Wellness Centers as Hubs PEI Program will:

- Offer a behavioral health screening for all students to identify who needs mental health services.
- Triage students, using assessment data and teacher/parent/student input to determine type of support (group therapy, mentoring, individual, etc.)
- Organize monthly Wellness Cafés to middle and high school students identified by NVUSD staff, including ELD (English Language Development) classes, incorporating evidence-based curriculum The Positivity Project.
- Offer evidence-based Question, Persuade, and Refer (QPR) Suicide Prevention Trainings to high school students.
- Train Teen Peer Counselors in LGBTQ (Lesbian, Gay, Bisexual, Transgender, and Questioning) Best Practices and Suicide Prevention
- Conduct outreach presentations to students and parents

### One-Time MHSA Capacity-Building Grants

The Behavioral Health Division offered current MHSA Contractors implementing CSS and PEI Programs the opportunity to apply for One-Time Capacity-Building Grants – see below for details. Contracts were approved In June of 2023. Program reports are still being received and will be included in the MHSA FY 25-26 Annual Update to the Three Year Plan.

One-Time MHSA Capacity Building Grants	
Agency – Program Expansion	Description
PEI: Mentis – Expansion of HMHA, Suicide Prevention, Bridges Safety Net for Youth Mental Wellness Program, Older Adult Therapy, Students Connect Napa Valley College	Implementation and Consultation costs for new Electronic Health Record (HER) system
<b>PEI: Napa Valley Education Foundation</b> – Expansion of American Canyon MH Access PEI Program to American Canyon and other NVUSD Schools	<ol style="list-style-type: none"> <li>1. Support for NV Wellness Conference – a two day wellness conference of trainings for 125 social workers, counselors, school leaders, community nonprofits, March 2024</li> <li>2. Cognitive Behavioral Intervention to Trauma in Schools (CBITS), Racial Trauma, Support for Students</li> </ol>

	<p>Exposed to Trauma (SSET), and Bounce Back school-based provider trainings</p> <ol style="list-style-type: none"> <li>3. Trauma Informed Schools Training for NVUSD administrators and Multi-Tiered System of Supports (MTSS) teams to improve crisis response systems.</li> <li>4. Wellness Center and other campus signage at NVUSD Schools to improve visibility and increase utilization of Wellness Centers and Behavioral Health Resources and to reduce stigma and discrimination.</li> <li>5. Computers and printers for Wellness Center staff.</li> </ol>
<p><b>On The Move</b> – Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) Connection</p>	<p>Computers, portable screen, and projector for trainings</p>
<p>– Innovations Community Center (ICC)</p>	<ol style="list-style-type: none"> <li>1. Registration and housing for staff to attend Creating Change Conference.</li> <li>2. Laptops, washer/dryer, furniture, facility improvements, garden, and art supplies; participant field trips and staff trainings.</li> </ol>
<p><b>PEI: UpValley Family Resource Centers (FRCs)</b> – Challenging Latinos to Access Resources and Opportunities (CLARO)/Challenging Latinos through Awareness, Resources, and Action (CLARA)</p>	<p>Office/program furniture, equipment, and supplies; wellness event for students, and registration fees for staff to attend conference.</p>
<p><b>PEI: Cope FRC</b> – Parents As Teachers, Triple P; Ready, Set, Go! Napa Programs</p>	<p>Laptops for staff, Triple P curriculum materials and Training, program supplies, signage, Infant Parent MH Program Tuition for 2 staff, ASQ Training and Database, and Data Collection/Evaluation Consultant</p>
<p><b>CSS: ParentsCAN</b></p>	<p>Cost for creation and integration of evaluation tools in consumer database to assess individual and group services and staff time to work with developer, implement and test solution and set up automated reports.</p>

**Prevention and Early Intervention 4<sup>th</sup> Round RFP**

In March 2024, the BH Division issued a 4<sup>th</sup> Round of Request for Proposals for Prevention and Early Intervention Programs. The release of the 4<sup>th</sup> Round PEI RFP was in conjunction with the robust Community Health Needs Assessment (CHNA) conducted by Health and Human Services

Agency’s Public Health Division in collaboration with Providence Queen of the Valley Medical Center. The CHNA findings on community behavioral health needs listed on page 34 are consistent with Division’s MHSA Community Program Planning Process (CPPP) input. Programs were funded in the following specific categories to address the CHNA identified needs of unserved/underserved populations. These programs will begin in July 2024.

<b>PEI Round 4 Funded Programs</b>
<b>Prevention</b>
<p><b>Napa Valley Child Advocacy Network, Inc. dba ParentsCAN</b>                      - ParentsCan’s Parent Stress Intervention (PSI) Program shall use an evidence-based prevention curriculum to teach parents to manage and mitigate chronic stress and build coping skills and protective factors.</p>
<p><b>UpValley Family Centers of Napa County (UVFC)</b>                      - UVFC’s Senior Wellness Program                      UpValley Family Centers’ Senior Wellness Program delivers culturally competent, and linguistically appropriate services for low-income and Latino/a/e seniors to promote wellness, foster mental health, reduce social isolation, and build a sense of community.</p>
<p><b>Napa Valley Education Foundation (NVEF)</b>                      - Middle School Access to Mental Health Program                      After several years of natural disasters including earthquakes, wildfires, and the COVID-19 Pandemic, middle school student reports show that 33% of 7th graders feel chronically sad or hopeless; 12% have considered suicide; and 38% do not have caring adult relationships at school. Of the 167 suicide risk assessments conducted since September 2023, 59% are from middle school. NVEF’s American Canyon Middle School Access to Mental Health Program addresses the prevention and early intervention needs of youth in American Canyon middle schools, which have been historically underserved.</p>
<p><b>On The Move (OTM)</b>                      - VOICES Napa’s Guaranteed Income for Foster Youth Program                      Transition Age Youth are affected by their circumstances in numerous ways, including a high incidence of homelessness, incarceration, unemployment, substance abuse and addiction, teen pregnancy, and mental illness. Without sufficient, dependable income, young people are unable to overcome their circumstances. OTM VOICES Napa’s Guaranteed Income For Foster Youth (GIFFY) Program will focus on Napa County’s most vulnerable transition age youth, who all face the same challenges to achieving self-sufficiency including community-wide housing instability; limited, inaccessible services; trauma; disconnection from school; gaps in basic employment support and high rates of poverty.</p>
<p><b>Napa County Triple P Collaborative (NCTPC)</b>                      1. <b>Cope Family Center</b> shall lead the countywide Triple P Collaborative to implement a system of mental and behavioral healthcare interventions for families at risk of child abuse. Using the evidence-based Triple P program, Cope Family Center and collaborative partners will offer parent education services to parents who are struggling with the pressures of parenting.</p>

County-wide families will have access to these prevention services, which will improve family functioning and child well-being.

2. **UVFRC** shall participate in the countywide Triple P Collaborative, led by Cope Family Center, which will implement a system of mental and behavioral healthcare interventions for families at risk of child abuse.

3. **ParentsCAN** shall participate in the Countywide Triple P Collaborative, led by Cope Family Center, which will implement a system of mental and behavioral healthcare interventions for families at risk of child abuse.

**Cope Family Center**

- Pathways to Family Mental Health and Wellbeing (Pathways) will bolster mental health wellbeing and improve access to mental health services, particularly for under-resourced families. Together, the Cope Family Resource Center and their Parents As Teachers program utilize a community pathways model to coordinate and expand service navigation services, encompassing assessment, prevention plans, service coordination, research- and evidence-based service delivery, and oversight.

**Early Intervention**

**Aldea, Inc.**

- Supportive Outreach and Access to Resources (SOAR)  
Aldea’s Supportive Outreach and Access to Resources (SOAR) Program employs the UC Davis Early Psychosis Program’s evidence-based Coordinated Specialty Care Model, which has demonstrated efficacy with individuals within the first two years of the onset of psychosis and those at risk of developing psychosis. Early detection and intervention can help reduce the negative impact of psychosis and mood disorder on the life of the individual and family. Approximately 40% of people with psychosis will be diagnosed with substance use/abuse at some point in their lifetime, at least double the rate seen in the general population.

**Mentis**

- Bridges Community Mental Health Treatment Program  
Mentis’ Bridges Community Mental Health Program will address persistent barriers to mental health services including lack of insurance, inability to pay for services, and lack of providers by providing mental health supports to Napa County residents thereby reducing increased anxiety and depression in the community.

**Stigma and Discrimination Reduction**

**Mentis**

- Middle School Foundations of Wellness Initiative



In 2022, 36% of Napa Valley Unified School District (NVUSD) 7th grade students reported feeling chronically sad or hopeless with 15% saying that they had considered suicide in the past year. Mental health struggles have increased significantly in the past three years due to the COVID-19 pandemic and wildfire disasters in Napa County. Mentis' Middle School Wellness Program will address these needs by providing the Positivity Project (P2) curriculum to middle school students ages 11-13 in Napa Valley Unified School District schools.

### **Suicide Prevention**

#### **Mentis**

- Implementing Napa County's Strategic Plan for Suicide Prevention

Suicide rates are on the rise across the state, especially among adolescents, men, and seniors. Stigma, social isolation, uncertainty, and disconnection from needed services contribute to the likelihood that someone may consider ending their lives. CONTRACTOR's Suicide Prevention Program shall reduce stigma around mental illness and suicide and prepare individuals, communities, and organizations to recognize warning signs for suicide and to intervene when someone is at risk.

### **Access and Linkage to Treatment**

#### **Molly's Angels**

- Molly's Angels' Comprehensive Assistance and Resources for the Elderly (CARE) Program will improve the health outcomes for Older Adults 60+ and reduce the risk of social isolation and geriatric depression through connections to consistent, caring adults and access to transportation and wrap-around supportive services.

#### **Queen of the Valley Medical Center (QVMC)**

- Bilingual Behavioral Health Screening and Referrals in the Emergency Department

QVMC's Bilingual Behavioral Health Screenings and Referrals in the Emergency Department Program will offer access and linkage to treatment by screening patients using validated tools, assessing behavioral health needs, and making referrals and connections to mental health and substance use disorder services in the community. This program aims to increase access to behavioral health care and prevent the development of serious mental illness among patients coming to the Emergency Department. Many mental health conditions, if left untreated, can lead to avoidable emergency department visits. By helping patients access needed behavioral health services sooner, the goal is to prevent the progression of symptoms and address patient needs in a timelier manner.

### **Outreach for Increasing Recognition of Mental Illness**

#### **Planned Parenthood Northern California (PPNC) - Napa**

- Expanding Access to Equitable Mental and Behavioral Health Care in Napa Valley PPNC Napa shall offer accessible, affordable behavioral health care and wraparound services at the Napa

Planned Parenthood Health Center through their Expanding Access to Equitable Behavioral Health Care Program which will enhance the mental well-being and quality of life of marginalized residents (including LGBTQIA+, BIPOC, undocumented, low-income, underinsured, uninsured, rural/remote populations) who use Planned Parenthood services.

### **Workforce Education and Training (WET) - Greater Bay Area Regional Partnership**

BH Division has partnered with the Greater Bay Area Regional Partnership for Workforce, Education, and Training with the California Mental Health Services Authority (CalMHSA) and the California Department of Health Care Access and Information (HCAI) to implement strategies for staff retention and recruitment. The Division will allocate \$200,000 in FY 24-25 using the 20% rule (regulations allow counties to transfer 20% of the average of the past five years of MHSA funding) to Workforce Education and Training. These funds will be utilized to participate in Greater Bay Area Regional Partnership Workforce Development initiatives managed by CalMHSA. Funding will also be utilized to support BH Division Staff Development, Training, Recruitment, and Retention Strategies.