

# Summer 2011

*Note: Placer County Managed Care provides this newsletter as a service to our Network Providers. Articles presented here do not constitute an endorsement for any particular provider or mode of therapy.*



## Network Connection Newsletter

### Documenting Progress Throughout Treatment

One of the most fundamental principles that direct our clinical work is that the client and provider agree to work toward goals that improve the client's functioning and by extension, their lives. Many of those that we serve have no experience developing the kinds of goals that are the focus of psychotherapy; so they require some tactful guidance and education as the goals are developed to reflect measurable outcomes over time. Because the goals need to be in place relatively early in the treatment process, initial goals typically focus on the current presenting impairment. This is a typical and natural process, and most people we serve anticipate this type of direction and structure.

As a provider builds rapport with a client, new information or clarifications arise. It is reasonable to expect that a diagnosis may be reviewed and updated to reflect the most current symptom duration and severity. Because a treatment goal is necessarily linked to a diagnosis, it is appropriate and logical to modify a treatment goal to properly capture the changes in behavior or diagnosis. In this sense, both the diagnosis and the treatment goals serve as dynamic rather than static documentation. There is a need to periodically and consistently review and adapt the documentation to match the work being performed and the progress being made in the counseling sessions.

The best document to capture this gradual improvement in mental health is the CARE 009 Request for Reauthorization/Treatment Plan Report. When this document is received and reviewed by Placer County referring clinicians, there is an anticipation of some measure of progress being made. If progress is not forthcoming, there should be some explanation of the steps being taken, and the individual and family responses to your good efforts.

The first area that is examined is the client diagnosis. Placer County referring clinicians look for differential diagnoses, as well as improvement in the client GAF. Another important area that is carefully reviewed is significant functional impairment, which should ideally be improving. Next, the goals are reviewed and compared with the diagnosis, with attention given to changes in either area. Finally, the Transition/Termination Plan is examined for indications that steps are being made to help foster self-sufficiency through strengthened community and personal supports. In all these areas of measure, referring clinicians search for documentation of the progress you and your clients are working hard to achieve.

When a client's documentation is reviewed during an audit, the auditor will be looking for this kind of trend. Clear documentation will ensure that compliance requirements will be met, and potential recoupment will be minimized. A further benefit is for the therapist and client to find satisfaction in celebrating the incremental successes in treatment.

# CORAZÓN CURA CORAZÓN

## Latino Leadership Council Invitation

You are invited to an inspiring free Spanish-language gathering with world-renowned author and cultural expert Dr. Roberto Dansie on Saturday, October 1, 2011 from 9:00 AM to 3:00 PM at the Roseville High School Theatre. This gathering offers an opportunity to identify the elements of success in school, work, and life, and reflect on the influence of gangs at home, in school, and in our communities.

Do not miss the opportunity to participate in a movement to elevate our consciousness, heal our hearts, unify the community, and share with each other the seeds of hope that transform our lives and offer better opportunities for our children's education, financial, and social development.

Roberto Dansie, PhD, a clinical psychologist and world-renowned expert on cultural wisdom, travels worldwide to inform and entertain audiences on topics such as family, parenting, and cultural pride. This dynamic speaker brings wisdom, joy, music, and inspiration to all. Pick up your registration forms after September 9, 2011 at the following locations:

- **Lincoln:** First Street School, Glen Edwards Middle School, Lincoln and Phoenix High Schools; Harvest Time and St. Joseph Catholic Churches
- **Roseville:** Roseville, Adelante, and Independence High Schools; Kaseberg, Woodbridge, Cirby and Sierra Gardens Elementary Schools; Buljan and Cooley Middle Schools; and North Roseville REC Center
- **Auburn:** Rock Creek Elementary, EV Cain Middle School, and Placer Union and Chana High Schools

Free food, childcare, and youth and teen activities provided for participants. Free transportation from key locations in Lincoln and Auburn. Refer to registration forms for more information.

## Next Provider Relations Meeting

We invite you to attend the Network Provider Relations Committee meeting held the second Wednesday of every third month. The next meeting will be September 14<sup>th</sup> from 10:30 a.m. to 12:00 p.m. We meet at the new location of the Managed Care Unit at 379 Nevada Street, Auburn.

These meetings provide a great opportunity to stay updated on changes within the Managed Care Unit and Placer County Health and Human Services. They also provide a forum to ask questions, discuss concerns, and network with other Behavioral Health professionals and Placer County staff.

Also, we welcome Newsletter submissions from our Network Providers. Please limit your articles to approximately 500+/- words. You may e-mail your submissions to Provider Liaison, Tom Lind, at [tlind@placer.ca.gov](mailto:tlind@placer.ca.gov), or fax it to (530) 886-1888.



**Managed Care Contacts:** *Please note the new phone extensions.*  
**Twylla Abrahamson**, CSOC Assistant Drctr/ Prgm Manager: (530) 886-1853  
**Michelle Johnson**, Managed Care Unit Supervisor: (530) 886-1854  
**Linda Helling**, Patients' Rights Advocate: (530) 886-1859  
**Tom Lind**, CSOC Ombudsman/Network Provider Liaison: (530) 886-1858  
**Derek Holley**: (530) 886-1868, **Margaret Chambers**: (530) 886-1866  
**Wally Keller**: (530) 886-1871, **Kristin Kolster**: (530) 886-1882,  
**Mary Coleman**: (530) 886-1878, **Cami Burke**: (530) 886-1876,  
**Carolyn Sherman**: (530) 886-1879, **MCU FAX Number**: (530) 886-1888  
**Tami Burns**, HHS Fiscal Services, Provider Liaison: (530) 745-3136  
**Erica Collins**, HHS Fiscal Services: (530) 745-3111



## COMMUNITY CORNER

### Unintentional Opioid Overdose Deaths Increase 4-Fold, and Mirrors The Rise in Per Capita Drug Sales

The number of opioid analgesic deaths in the US has nearly quadrupled over the past decade, according to data from the CDC's National Vital Statistics System. There were 2,901 unintentional drug deaths involving opioid analgesics in 1999, compared to 11,499 in 2007 (the most recent year for which data are available). There were nearly twice as many deaths in 2007 involving opioid analgesics than deaths involving cocaine, and more than five times as many than those involving heroin. In fact, since 2003, opioid analgesics have been responsible for more unintentional drug overdose death in the US than cocaine and heroin combined, and are the second leading cause of all unintentional deaths in the US, after motor vehicle-related deaths.

Sales of opioid analgesics, such as oxycodone and hydrocodone, have increased more than 600% since 1997, according to the data from the Drug Enforcement Administration. Opioid analgesic sales increased from 96 milligrams per person in 1997 to 698 milligrams per person in 2007. The increase in deaths and sales are highly correlated ( $r=0.99$ ), supporting previous research showing a strong, statistically significant correlation between states with the highest drug-poisoning mortality rates and states with the highest overall per capita sales of opioid analgesics.

SOURCES: Adapted by CESAR from Paulozzi, L.J., Weisler, R.H., and Patkar, A.A., "A National Epidemic of Unintentional Prescription Opioid Overdose Deaths: How Physicians Can Help Control It," *Journal of Clinical Psychiatry*, 2011; and Baldwin, G. and Paulozzi, L.J., *The Epidemic of Prescription Drug Overdoses*, PowerPoint presentation provided by NCIPC, 5/23/2011, or visit [www.cesar.umd.edu](http://www.cesar.umd.edu) for more information.

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### Nearly All ER Visits for Accidental Buprenorphine Ingestion Occur In Children Under Age 6

An estimated 1,199 ER visits were related to the accidental ingestion of buprenorphine in 2009 - more than double the number of visits in 2008 and representing 5% of all buprenorphine-related ER visits in 2009. According to data from the Drug Abuse Warning System, 94% of these accidental ingestion visits involved children under the age of six, compared to 81% for hydrocodone, and 63% for oxycodone. In addition to the increasing availability of buprenorphine, the tablet formulation's resemblance to candy may also be a factor in the high rate of accidental ingestion by children. A recent study of buprenorphine exposure in toddlers, admitted to a pediatric ICU, concluded that "the sublingual buprenorphine resemblance to candy in appearance and taste may pose a special risk to toddlers and lead to more severe intoxication from chewing, rather than swallowing, the tablet." It is possible that the sublingual film version of Suboxone approved in 2010 may have a lower risk of accidental ingestion than the tablet because it is packaged in a single-dose, child-resistant pouch.

NOTES: Accidental ingestion includes childhood drug poisonings, individuals who take the wrong medication by mistake, and a caregiver administering the wrong medication by mistake. It does not include a patient taking more medicine than directed because the patient forgot to take it earlier.

SOURCES: Adapted by CESAR from data from Substance Abuse and Mental Health Services Administration, Drug Abuse Warning Network, *National Estimates of Drug-Related Emergency Department Visits, 2004-2009*, online at [https://dawninfo.samhsa.gov/data/ed/Nation/Nation\)2009\\_Illicit.xls](https://dawninfo.samhsa.gov/data/ed/Nation/Nation)2009_Illicit.xls) (accessed 7/11/11), or visit [www.cesar.umd.edu](http://www.cesar.umd.edu) for more information.



## PROVIDERS' CORNER

### New Mourning Awarded Grant

New Mourning has been awarded a grant from *First 5* to offer no-cost Maternal or Perinatal Depression sessions. Currently, we offer 12 sessions on a weekly basis, and these cover motherhood myths, nutrition, depression, self-esteem issues, and parenting assistance. Art therapy is just one of the mediums we use. We can even include child care during the mother's sessions, if needed. Other services we offer on a paid basis are bereavement, life coaching, counseling for kids and adults, art therapy, recreational therapy, educational workshops and Celebrate a Life video taping.

We are located at 148 Maple Street, Ste. C1, Auburn, CA 95603. For more information, contact New Mourning's Founder and CEO, Sherry Douden, MFT, at (530) 305-1843.

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### It's New - *Sierra Mental Wellness Group*

After 40+ years of providing mental health services in Placer County, *Sierra Family Services* has changed its name to *Sierra Mental Wellness Group*. With offices in Roseville, Auburn, and Tahoe City and therapists based off-site in Truckee and Lincoln, Sierra Mental Wellness Group, or SMWG, is providing services to the entire family throughout the county.

Earlier this year, Sierra Family Services was awarded a capacity building grant by the Community Benefits Grants Program of Sutter Roseville Medical Center and Sutter Auburn Faith Hospital. This grant earns the recipient a one year contract with *3fold Communications*, a marketing company in Sacramento. Experts in working with for profit and nonprofit groups, 3fold helps develop nonprofits in the areas of brand management, board development, fundraising, strategic planning, and much more.

In the past several years there has been a movement in our field to address wellness and to work from a strengths-based philosophy rather than a deficits, pathology-saturated approach. While we have always strived to work from this perspective and utilized a holistic, systems approach, our new name now reflects this.

We provide the same excellent services and programs delivered by the talented clinical staff many have come to know, trust, and look to as leaders in the field. Did you know that SMWG currently has two licensed therapists and six licensure candidates? In addition to the therapy services offered at the three main sites, we provide many less visible, but valuable services for the community. For instance, Sierra Mental Wellness Group employs Family Support Counselors, who provide in-home behaviorally based services, as well as a Functional Family Therapist and Therapeutic Behavioral Specialist who provide evidence-based and intensive family services. We remain committed to the therapeutic community in our work with area universities in training student trainees and new interns.

Sierra Mental Wellness Group will be hosting an open house in the near future. Please look for this announcement as well as other news items about our new name, look, and vision. We look forward to providing another 40 years of therapeutic services in the community!

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### Introduction to Mindfulness-Based Stress Reduction Training

Learn about the full 26-hour, 8-week MBSR Program, including its history and purpose. Watch a video of a MBSR class, and Bill Moyers interviewing Jon Kabat-Zinn, PhD, the founder of MBSR. Discuss how stress affects our lives and our illnesses, and how MBSR activates healing and wellness. Safely practice MBSR methods, and discuss what to expect during the full training program that begins on Wednesday, September 14, 2011.

Presented by Marty Cottler, PhD, on Wednesday, August 31, from 6:00 PM until 8:30 PM, at the Unity of Auburn located at 1212 High Street, and Thursday, September 8, from 6:00 PM until 8:30 PM, at Sierra Nevada Memorial Hospital. Limited seating available. Please make reservations by calling (530) 272-2239 or e-mail [info@martycottler.com](mailto:info@martycottler.com).



## PROVIDERS' CORNER

### Problem Gambling Services

Network Provider Laura Gauthier, LCSW, was recently certified to provide free services for persons with problem gambling or family member affected by the problem gambler's behavior. Laura offers eight initial sessions and an additional eight may be requested if desired. Contact Laura, directly, at (530) 887-1637 for additional information.

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### Applied Neurobiology in the Play Therapy Setting Training

This workshop highlights the work of Allan Schore, Ph.D and the frontiers of our knowledge of brain development, attachment theory and their relationship to psychotherapy and play therapy. Beginning with an overview of the paradigm shift occurring across all sciences from conscious, explicit left brain processes to the unconscious, nonverbal bodily based processes of the right brain (Schore & Schore, 2008), attendees will learn about the development and function of the right brain, and how it communicates unconscious states to other right brains tuned to receive the communications (Schore, 2009) and how this information can be utilized in play therapy. Lecture, case examples, and simple experiences with art media and therapy play will be used to demonstrate the fascinating ways the therapist utilizes art and play therapy, tools, and self to allow patient to communicate to the therapist via multiple, sub-symbolic channels, and engage in a two-person biology in an inter-subjective field, a space for client and therapist to exist in a mutually co-regulated state (Schore, 2010).

The presenter, Linda Chapman, MA, ATR-BC is Founder and Director The Art Therapy Institute of the Redwoods in Redwood Valley California. This institute is an educational institute offering lectures, consultation, art therapy and supervision for mental health providers. The emphasis of the Institute is utilizing art therapy for victims of child abuse, violence, traumatic injuries, and secondary PTSD symptoms in care providers. Linda has over 30 years of art therapy and play therapy experience working with severely disturbed, medically injured and abused children, teens and families. Linda was a Post-Graduate Researcher at the Children's Hospital and University of California SFGH Injury Center from 2002-2005 and 1997-2005 respectively assessing and treating PTSD in pediatrics trauma patients. Linda has been The Assistant Clinical Professor and Clinical Instructor at the University of California School of Medicine, Adjunct Instructor at UC San Diego, Sonoma State University, University of Bradford, Bradford, England, UC Berkeley, Marylhurst University, Marylhurst, OR, and College of Notre Dame, Belmont, CA. In addition, Linda is the Founder and Director of the Play Therapy Program in the Department of Pediatrics & Psychiatry, University of California, San Francisco Hospital and San Francisco General Hospital. Linda has received the Clinician Award from the American Art Association. and Distinguished Person Award from the Northern California Art Therapy Association for Leadership in Northern California Art Therapy Association and Innovative work in Medical Art Therapy.

**Date:** Saturday, September 10, 2011  
**Time:** 8:30 am - 4:00 pm  
**Location:** Shriner's Hospital for Children  
2425 Stockton Blvd, Sacramento, CA

**Registration:** For your convenience, you may register online at [www.acteva.com/go/playtraining](http://www.acteva.com/go/playtraining).  
Enter the event password: **Sac2011**

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### Free Equine-Assisted Therapy Demonstration & Open House

On Thursday, October 6, from 6:00 PM until 8:00 PM, Shea Phinney, MFT, will host EAP demonstration and open house at Penryn Oaks Stables located at 2460 Delmar Ave, Penryn, CA. For information or to register, please call (530) 401-2078 or visit [www.sheaphinneymft.com](http://www.sheaphinneymft.com).

## GROUP CORNER

### Children's Bereavement Art Group

This peer support group, facilitated by trained art therapists and volunteers, assists *grieving* children and teens (ages four through 17) in expressing emotions over the recent death of a loved one by utilizing art and other creative outlets. Note that the death must have occurred within the last year of the referral.

The goals of the group are to:

- Create a safe, sacred space where children and teens can gather with peers to experience validation;
- Provide a variety of art media so that participants may healthily and constructively express their own, unique loss experience, and
- Assist the whole family with the grief process through role modeling, normalization and education.

CBAG is offered at the following sites in the greater Sacramento area. For more information or to register a child, please contact Peggy, Dennis, or Trish at the numbers listed below:

**Peggy Gulshen, ATR-BC, LMFT**

Program Coordinator  
Sutter Cancer Center  
2800 L Street #400  
Sacramento, CA 95816  
(916) 454-6555

**Dennis Cox, LCSW**

Bereavement Coordinator  
Sutter Care at Home, Roseville  
1836 Sierra Gardens Drive #130  
Roseville, CA 95661  
(916) 797-7850

**Trish Caputo, LMFT**

Bereavement Coordinator  
Sutter Auburn Faith Hospice  
11775 Education Street #201  
Auburn, CA 95602  
(530) 886-6650 x5814

To learn more visit our website: [www.sutterchildrens.org/child\\_bereavement](http://www.sutterchildrens.org/child_bereavement). To make a donation to the CBAG programs, visit [www.checksutterfirst.org/philanthropy](http://www.checksutterfirst.org/philanthropy)

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### A Note From Your Provider Liaison

Hello Providers - The Placer County Behavioral Health Managed Care Unit is again providing our mandatory **Mental Health Documentation, Auditing, and Compliance Training** online for your convenience. The training is designed to provide you with all the tools for which to conduct your practice with Placer County referrals, also known as beneficiaries.

In addition this year, there is an additional **Beneficiary Protection Training**, as well as an additional CEU for your participation. You may take this training in the comfort of your own home or office AND receive 4 CEU's at the same time! The training will be sent to you via e-mail on September 12, 2011 and will remain available until October 24, 2011, a period of six weeks.

There is a post-test and attestation form at the end of the training which you must complete and return, as proof of your having completed the training and to receive the CEU's. *Please follow the instructions carefully at the end of the Attestation "page."*

Please also be aware that you will not receive confirmation that the Managed Care Unit has received your post-test and attestation. You will be notified if we fail to receive it. Failure to complete the training prior to October 24<sup>th</sup> will result in deactivation as a credentialed provider for Placer County beneficiaries.

On another subject, it has recently come to my attention "through the back door" of changes in Provider addresses, phone numbers, or other information about changes providers have made. The Placer County Behavioral Health Managed Care Unit wants to be very diligent about keeping our Provider lists up to date and accurate. "Through the back door" generally means we receive the information from our referring caseworkers that they have reached a number that has been disconnected, e-mail is returned to us, or a Provider informs the worker that they are not taking referrals.

If you wish to be placed in an inactive status as a Placer County Network Provider, please contact me, Tom Lind, Provider Liaison, at 530-886-1858, or [tlind@placer.ca.gov](mailto:tlind@placer.ca.gov). Otherwise your name and contact information remain on our Provider list and you will continue to be contacted with referrals.

# ANNOUNCEMENTS



## SEPTEMBER

### Saturday, September 24, 2011 Placer County - Recovery Happens

September is the National Alcohol & Drug Addiction Recovery Month. Enjoy a day of food, family fun, and great music provided by *Phillip Dudley and the Doo-Rights*.

Auburn Recreational District Park  
123 Recreation Drive, Auburn, CA

Call Cara Lucero at 916-787-8822, or  
Cyndy Bigbee at 530-889-7229 for more information.

Sponsored by: Placer County's Adult System of Care, Sierra Council on Alcoholism & Drug Dependency, New Leaf Counseling Center, Sierra Family Services, Kids First, Full Circle Treatment Center, Aegis Medical Systems, Hope, Health, and Healing, K.I.S.S., Placer Counseling Center, Center Point, Inc., Placer Mental Health, Alcohol, and Drug Board

**September 5** — **Labor Day**, County offices closed

**September 14** — **Network Provider Relations Committee**, 10:30 AM to Noon, 379 Nevada St, Auburn.

**September 24** — **Recovery Happens**, 10:00 am to 2:00 pm. ARD Park, 123 Recreation Dr, Auburn.

## OCTOBER

### New Website Announces Foster Youth's Accomplishments!

Koinonia Group Homes wishes to share a new website where they feature foster youth's success stories and accomplishments. Contact Bill Ryland, Koinonia Group Homes Administrator, directly at [bryland@kft.org](mailto:bryland@kft.org) if you have questions or stories to share. Visit the website at the following URL:  
<http://teens.kfh.org>

**October 1** — **Corazón Cura Corazón**. Refer to page [2](#) of this newsletter for more information.

**October 10** — **Columbus Day**, County offices closed

**October 15** — **Auburn Big Time Pow Wow**. See Announcements column for more information.

## NOVEMBER

**November 11** — **Veteran's Day**, County offices closed

**November 24 & 25** — **Thanksgiving Holidays**, County offices closed

## DECEMBER

**December 9** — **Network Provider Collaborative**. Save the Date!

**December 26** — **Christmas Holiday**, County offices closed.

## JANUARY

**January 2** — **New Year's Day**, County offices closed

### Auburn Big Time - Pow Wow October 15, 2011

This family friendly event offers a day-long celebration of Indigenous music, dance, food, and art. This "free to the public" event is presented by the Inter-tribal Big Time - Pow Wow Committee.



For more event information visit the following URL:  
[www.sierranativealliance.org](http://www.sierranativealliance.org).

### Save the Date!

**December 9, 2011 8:30—12:00**  
**Network Provider Collaborative**