MEMORANDUM
HEALTH AND HUMAN SERVICES
ADULT SYSTEM OF CARE
County of Placer

TO: Board of Supervisors

FROM: Jeffrey S. Brown, M.P.H., M.S.W., Director of Health and Human Services

SUBJECT: Contract with Nevada County Behavioral Health for Crisis Stabilization Services

ACTION REQUESTED
Approve a contract with Nevada County Behavioral Health Services in the amount of $75,000, for Placer County adult residents in need of short-term (23 hours or less) crisis stabilization services from December 1, 2016 through June 30, 2018, and authorize the Director of Health and Human Services or designee to sign the contract and subsequent amendments not to exceed 10 percent of the total agreement amount, consistent with the subject matter and scope of work, with Risk Management and County Counsel concurrence.

BACKGROUND
Placer County Adult System of Care provides mandated mental health crisis intervention services to individuals who are experiencing a mental health crisis. During FY 2015-16, 2,600 individuals received crisis evaluation services and approximately half of those required expensive inpatient psychiatric hospitalization at either the County Psychiatric Health Facility (PHF) or at a private psychiatric hospital if the County PHF was at capacity. During FY 2015-16, the County spent approximately $500,000 on private psychiatric hospitalizations for its Medi-Cal Beneficiaries and non-insured residents. The current FY 2016-17 anticipates the same level of expenditures. The average length of stay for private psychiatric hospitalizations is 7-10 days.

The Nevada County Crisis Stabilization Unit (CSU) is a new 4 bed crisis program located in Grass Valley adjacent to Sierra Nevada Memorial Hospital and has been in operation since December 2015. Residents receive short-term psychiatric evaluation and treatment, including medication management, in a therapeutically safe and comfortable milieu for up to 23 hours. The majority of residents are then safely discharged back into the community with appropriate referrals and linkage to necessary mental health and other services. Nevada County currently contracts the operation of this program to Sierra Mental Wellness Group, which is a Community Based Organization familiar to Placer County through other partnerships for contracted mental health crisis services.

The addition of the CSU option is valuable given the shortage of psychiatric beds across the State. Individuals in crisis often spend unnecessary hours in our overcrowded local emergency departments waiting for available psychiatric beds. The CSU alternative will help reduce the burden of crowded emergency departments in our community. Further, this model presents the option of short-term treatment and stabilization for those experiencing a mental health crisis and is considered a more favorable and cost-effective approach across the state as an alternative to the traditional expensive and lengthy inpatient psychiatric hospital model. From December 2015 through October 30, 2016, the CSU has served 303 individuals and approximately 190 of them did not require a higher level of care upon discharge.

It is anticipated that utilization of this service will mitigate the costs of expensive private treatment options, currently estimated at $500,000 annually, and thereby reducing the overall costs the County spends on mental health crisis services at the most restrictive and intensive levels.

FISCAL IMPACT
Expenditures are included the Department's FY 2016-17 final budget and will be included in the FY 2017-18 Requested budget. This contract is funded with Federal and State sources in the amount of $54,750. The remaining $20,250 is County General Fund match. This amount is included in the Adult System of Care's FY16-17 final budget. No additional County general funds are required. This agreement is on file with the Clerk of the Board for review.