



## STAFF REPORT CITY COUNCIL

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**DATE:** November 3, 2020

**TO:** Honorable Mayor and City Councilmembers

**FROM:** Linda Smith, City Manager

**SUBJECT:** Overview of Mental Health Resources in the Tri-Valley  
*Prepared by: John Stefanski, Assistant to the City Manager*

### **EXECUTIVE SUMMARY:**

The City Council will receive a report on the mental health resources available to Dublin residents including potential ways to augment existing services. This item was prepared in response to a September 1, 2020 Item 9 request.

### **STAFF RECOMMENDATION:**

Receive the report and provide feedback to Staff.

### **FINANCIAL IMPACT:**

None.

### **DESCRIPTION:**

On September 1, 2020 the City Council made a request under Item 9 for an informational report on the mental health resources available to Dublin residents and potential ways to augment existing services through partnerships with other Tri-Valley cities or through enhanced funding from the City.

#### **Overview of Mental Health Resources**

Mental health resources can be categorized within three groups of individuals. The first group consists of individuals with private insurance, who can access mental health services via their insurance and are not generally eligible for public programs. The second group is made up of lower income populations, eligible for or enrolled in Medi-Cal, who may then take advantage of public mental health services and programs. The third group comprises unsheltered populations who may have higher mental health needs and/or may not be ready to accept services.

Recently, Governor Newsom signed SB 855 (Wiener) which bolsters the mental health services private insurance must cover beginning in January 2021. The bill requires health plans and insurers to provide full coverage for the treatment of all mental health

conditions and substance use disorders as identified under any of the diagnostic categories listed in the most recent edition of the International Classification of Diseases or that is listed in the most recent version of the Diagnostic and Statistical Manual of Mental Disorders (Health and Safety Code 1374.72(a)2).

Within the Tri-Valley, there are three main providers of mental health counseling services for individuals within the second group. The providers and services they provide are listed in Table 1 below:

<b>Table 1: Tri-Valley Mental Health Providers</b>		
<b>Provider</b>	<b>Location</b>	<b>Services</b>
AXIS Community Health	Pleasanton	Comprehensive counseling services for adults, teens, couples, families, and children. Includes addiction counseling and community-based counseling such as on-site school counseling.
Hively	Pleasanton	Counseling services for individuals, couples, and families. Provides school site counseling as well as support groups.
Horizons	Livermore	Family counseling, crisis intervention and case management for Tri-Valley youth and their families.

In addition, there are other mental health resources which seek to educate and connect individuals to appropriate care. These entities and services are described in Table 2 below:

<b>Table 1: Tri-Valley Mental Health Resources</b>		
<b>Provider</b>	<b>Location</b>	<b>Services</b>
Alameda County Behavioral Health: ACCESS Service	Countywide	Systemwide point of contact for information, screening, and referrals for mental health services for residents who have or are eligible for Medi-Cal. Telephone service staffed Monday-Friday with licensed clinicians and support.
Alameda County Mobile Crisis Team	Countywide	Crisis intervention, assessment, and referrals dispatched via telephone at 510-891-5600.
Crisis Support Services Suicide Prevention of Alameda County	Countywide	Crisis intervention counselors available 24 hours a day via 1-800-309-2131, support groups, and counseling services.
Alameda County Family Education and Resource Center (FERC)	Livermore	Free education, advocacy, and support to family caregivers of individuals with mental health issues.

Crisis Response Program for Tri-Valley	Livermore	ACCESS Services with clinical and peer staff. ACCESS is the systemwide point of contact for information, screening, and referrals for mental health, substance use services, and treatment for County residents on Medi-Cal.
Bay Area Community Services (BACS); Valley Wellness	Pleasanton	Wellness education and programming, including psychiatric support, for individuals with housing insecurity and mental health challenges.

*\*Due to COVID-19, walk-ins are not allowed, and services are provided via telephone.*

The programs and services in Tables 1 and 2 are funded through a variety of means, including but not limited to:

- Proposition 63 funding (i.e. Mental Health Services Act) administered by Alameda County Behavioral Health.
- Insurance programs and Medi-Cal.
- Contributions or grants from other governmental agencies, foundations and/or individuals.

The City, through the Community Grants Program, provides funding to Hively for behavioral health care services. For Fiscal Year 2020-21, the City provided \$21,298 to fund a Full Time Clinician who provides counseling for families and children. Additionally, AXIS Community Health receives Community Grants funding to cover a loan obligation for the 2016 expansion of their Pleasanton facility (\$13,587) and funding for a Triage Call Nurse who provides medical advice (\$9,135).

### **Opportunities to Augment Existing Services**

Staff met with representatives from AXIS Community Health to brainstorm ways to augment existing mental health services within the City of Dublin, both in terms of assisting Dublin Police Services as well as providing more immediate care needs for those in crisis.

The discussion included ways in which the City and AXIS could partner for an on-call program that would enable their therapists to assist in calls for service alongside Dublin Police Services. In addition, the discussion included an innovative option to offer a new regional urgent care center for the Tri-Valley at the Pleasanton clinic.

For the urgent care center, the operation could include a therapist or psychiatrist, and could provide after-hours crisis support and services, including a care coordinator to ensure that the individual seeking this service can be transitioned to the next appropriate place for care, be it their own medical provider or through another agency. The Tri-Valley cities and AXIS would expect that this option would likely require a regional collaboration amongst the cities and health care providers like Stanford Health-Valley Care and Palo Alto Medical Foundation. Early discussions are underway with the cities of Livermore and Pleasanton around this innovative concept.

Representatives from AXIS will attend the City Council Meeting to help answer any questions the City Council may have on these initial service options.

**STRATEGIC PLAN INITIATIVE:**

None.

**NOTICING REQUIREMENTS/PUBLIC OUTREACH:**

None.

**ATTACHMENTS:**

None.



Linda Smith, City Manager

10/26/2020