



County of San Mateo

Inter-Departmental Correspondence

Department: HEALTH

File #: 23-189

Board Meeting Date: 3/28/2023

Special Notice / Hearing: None
Vote Required: Majority

To: Honorable Board of Supervisors

From: Louise F. Rogers, Chief, San Mateo County Health
Jeï Africa, Director, Behavioral Health, and Recovery Services

Subject: Amendment to the Agreement with Heart and Soul, Inc. for Consumer-Run Peer-Support Services, Health and Wellness Services, and Technology Supports for Clients

RECOMMENDATION:

Adopt a resolution authorizing an amendment to the agreement with Heart and Soul, Inc. for consumer-run peer-support services and health and wellness services, Helping Our Peers Emerge Pilot Program, and Help@Hand Peer-ed Supports for Help@Hand Pilot and Technology Supports for Clients, increasing the amount by \$1,593,792 to an amount not to exceed \$3,873,385, and extending the term through June 30, 2024.

BACKGROUND:

In 2002, the President's New Freedom Commission on Mental Health identified consumer-operated self-help and peer-support services as critical components of effective community mental health systems. As a key service strategy in the Mental Health Services Act (MHSA) requirements, these services are essential in supporting consumers as they progress through all phases of wellness and recovery, including periods of relapse. Peer-support services are cost-effective and have been found to reach and engage mental health clients who otherwise may not be able to participate in community activity programs on their own. In 2009, Heart and Soul, Inc. (Heart and Soul) was established as an independent 501(c)(3) consumer-run organization to provide peer support and self-help services in San Mateo County. Heart and Soul have been working with Behavioral Health and Recovery Services (BHRS) since its establishment.

In September 2021, this Board approved an agreement with Heart and Soul for peer support and health and wellness services, for the term of July 1, 2021, through June 30, 2023, in an amount not to exceed \$2,188,060.

In July 2022, this Board designated the Chief of San Mateo County Health or designee to approve a Cost-of-Living-Adjustment amendment to the agreement to increase the amount by \$91,533 for a

total amount not to exceed \$2,279,593. BHRS is in the process of launching a Request for Proposals (RFP) for these services, with an expected release date of Fall 2023.

DISCUSSION:

In order to provide continuity of services while the RFP is being developed, BHRS requests that this Board approve an amendment to extend services rendered by Heart and Soul in the meantime. Through this contract amendment, Heart and Soul will continue to give informational, stigma reduction presentations and provide consumer-run peer-support services at five locations in the County. Heart and Soul provide health and wellness groups, support, and activities through the Total Wellness Program, improving the health of seriously mentally ill individuals suffering from chronic health conditions. Through the Helping Our Peers Emerge program, Heart and Soul provides peer-led services that ease the transition for individuals emerging back into the community through ongoing support and focus while maintaining stability in the community to prevent or reduce the frequency of subsequent hospital admissions. Lastly, Heart and Soul will continue to provide technology support for clients and families to re-engage clients in behavioral health treatment and recovery services.

The resolution contains the County’s standard provisions allowing amendment of the County’s fiscal obligations by a maximum of \$25,000 (in aggregate).

The amendment and resolution have been reviewed and approved by the County Attorney as to form.

BHRS provides a range of services to support consumers as they progress through all phases of wellness and recovery, including periods of relapse. The provision of consumer-run peer-support services is one established level of support. Participation in peer-support services indicates the clients’ commitment to improving their wellness and recovery. It is anticipated that 90% of clients will receive peer-support services.

PERFORMANCE MEASURE:

Measure	FY 2022-23 Estimated	FY 2023-24 Projected
Percentage of clients who receive peer-support services	85% 340 of 400 clients	90% 360 of 400 clients

FISCAL IMPACT:

The term of the amended agreement is July 1, 2021, through June 30, 2024. This amendment increases the agreement amount by \$1,593,792 to an amount not to exceed \$3,873,385 for the three-year term. Funds in the amount of \$385,480 are included in the BHRS FY 2022-23 Adopted Budget. Similar arrangements will be made for future years. Of the FY 2022-23 amount, it is anticipated that MHSA will fund 37.5% or \$144,591 and 2011 Realignment will fund 62.5% or \$240,889. Of that amount, \$1,208,312 is included in the BHRS FY 2023-24 Preliminary Budget. It is anticipated that the MHSA grant will fund \$652,370, 2011 Realignment will fund \$414,137, and the remaining \$141,805 will be Net County Cost.