



# County of San Mateo

## Inter-Departmental Correspondence

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**Department:** HEALTH

**File #:** 19-582

Board Meeting Date: 6/25/2019

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**Special Notice / Hearing:** None  
**Vote Required:** Majority

**To:** Honorable Board of Supervisors

**From:** Louise F. Rogers, Chief, San Mateo County Health  
Scott Gilman, Director, Behavioral Health and Recovery Services

**Subject:** **Measure K:** Agreement with Family Service Agency of San Francisco for Outpatient Mental Health Services

### **RECOMMENDATION:**

Adopt a resolution authorizing an agreement with Family Service Agency of San Francisco for outpatient mental health services and aftercare services, for the term July 1, 2019 through June 30, 2021, in an amount not to exceed \$3,109,025.

### **BACKGROUND:**

Family Service Agency of San Francisco (FSA-SF) is the oldest, nonsectarian, nonprofit charitable social services provider in San Francisco. In collaboration with the University of California San Francisco, FSA-SF has delivered prevention and recovery for early onset psychosis, serving youth and young adults from around the Bay Area, through its innovative (re)MIND Program, formerly known as Prevention and Recovery in Early Psychosis Program. This program was the first early intervention and treatment program in Northern California and is now considered the most comprehensive program in the western United States.

In January 2014, FSA-SF began delivering Bringing Early Awareness and Management (BEAM) services, formerly known as Bipolar Early Assessment and Management. Modeled after (re)MIND, BEAM provides treatment to adolescents and young adults with bipolar disease, teaching them to manage their condition and move towards remission and recovery. In addition, FSA-SF provides aftercare services for program graduates to support the maintenance of gains achieved in psychosis and early intervention treatment.

Under the San Mateo County Mental Health Services Act (MHSA) Prevention and Early Intervention Plan, FSA-SF is working to prevent early psychosis and early bipolar disorder. Behavioral Health and Recovery Services (BHRS) conducted research on relevant programs in the San Francisco Bay Area and found FSA-SF to provide a unique approach that aligns with its MHSA Plan. The research found BEAM and (re)MIND to be the only local programs of their kind successfully incorporating elements

deemed essential by BHRS: public education, outreach and engagement, a rigorous diagnostic process, Cognitive Behavioral Therapy for Early Psychosis, algorithm-guided medication management, multifamily psycho-education groups, computer-based cognitive rehabilitation, education and employment support for clients, co-occurring treatment, and case management.

#### **DISCUSSION:**

FSA-SF will provide mental health services through its BEAM and (re)MIND programs. BEAM provides an early intervention for the treatment of bipolar spectrum disorders, bringing a coordinated series of evidence-based interventions. (re)MIND is a rigorous, evidence-based, monitored approach, targeting individuals who are at high risk of experiencing a psychotic episode and individuals having had such experiences within the past two years. In addition, FSA-SF will provide aftercare services to program graduates, integrating access into current service delivery methods seamlessly. Program graduates receive enhanced aftercare services, develop a safety net to prevent crisis, and intervene early to support graduates to stay in recovery.

Given these unique programs offered by FSA-SF, BHRS is requesting that your Board waive the requirement for the Request for Proposals process and contract with FSA-SF for the continued service delivery of BEAM and (re)MIND in San Mateo County.

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 agreement and resolution have been reviewed and approved by County Counsel as to form.

Approval of this agreement contributes to the Shared Vision 2025 outcome of a Healthy Community by providing mental health services to children and families. BHRS provides a range of services to promote wellness and recovery and to support clients remaining in the lowest possible level of care. It is anticipated that 50 percent of clients will experience a decrease in the number of days hospitalized after starting the program.

#### **PERFORMANCE MEASURE:**

Measure	FY 2018-19 Estimated	FY 2019-20 Projected
Percentage of clients who experience a decrease in the number of days hospitalized after starting the program	50% 15 clients	50% 15 clients

#### **FISCAL IMPACT:**

The term of the agreement is July 1, 2019 through June 30, 2021. The amount of the agreement is not to exceed \$3,109,025 for the two-year term. Of that amount, \$1,554,512 will be included in the BHRS FY 2019-20 Recommended Budget. Of that amount, \$818,460 will be funded by MHSa, \$432,847 by Measure K, \$268,067 by Federal Financial Participation, and \$35,138 by private insurance. There is no Net County Cost. A similar arrangement will be in place for FY 2020-21. The payment provisions and levels of service in the agreement are essentially the same as the prior agreement.