



# County of San Mateo

## Inter-Departmental Correspondence

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**Department:** HEALTH

**File #:** 19-839

Board Meeting Date: 9/17/2019

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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:** Agreement with Heart and Soul, Inc. for Consumer-Run Peer-Support Services and Health and Wellness Services, and Helping Our Peers Emerge Program

**RECOMMENDATION:**

Adopt a resolution authorizing an agreement with Heart and Soul, Inc. for consumer-run peer-support services and health and wellness services for the term July 1, 2019 through June 30, 2021, and Helping Our Peers Emerge Program for the term July 1, 2019 through December 31, 2020, in an amount not to exceed \$2,786,251.

**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 requirements, these services are essential to 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. 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, Inc. has been working with Behavioral Health and Recovery Services (BHRS) since its establishment.

On February 27, 2018, your Board approved an amendment with Heart and Soul, Inc. for the development, management, and fiscal oversight of the Helping Our Peers Emerge (HOPE) program. As part of the Whole Person Care pilot, the HOPE program assists individuals who are ready to step down from a locked psychiatric setting.

**DISCUSSION:**

Heart and Soul, Inc. gives informational, stigma reduction presentations and provides consumer-run

peer-support services at five locations in the county. Through the Total Wellness Program, Heart and Soul, Inc. provides health and wellness groups, support, and activities, improving the health of seriously mentally ill individuals suffering from chronic health conditions. Through the HOPE program, Heart and Soul, Inc. provides peer-led services that ease the transition for individuals emerging back into the community through on-going support and focus, while maintaining stability in the community to prevent or reduce the frequency of subsequent hospital admissions. Funding for the HOPE program ends December 31, 2020.

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. This agreement has been delayed due to prolonged contract negotiations and is on the Continuing Resolution.

The agreement contributes to the Shared Vision 2025 outcome of a Healthy Community by providing consumer-run peer-support services for adults and transition-age youth. 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 is an indicator of the clients’ commitment to improving their own wellness and recovery. It is anticipated that 360 clients will receive peer-support services.

**PERFORMANCE MEASURE:**

<b>Measure</b>	<b>FY 2018-19 Actual</b>	<b>FY 2019-20 Projected</b>
Percentage of clients who receive peer-support services	85% 340 of 400 clients	90% 360 of 400 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 \$2,786,251 for the two-year term. Of that amount, \$1,656,838 is included in the BHRS FY 2019-20 Approved Recommended Budget. It is anticipated that the Whole Person Care grant will fund \$1,147,154, 2011 Realignment will fund \$374,169, and Net County Cost will fund \$135,515. A similar arrangement will be in place for FY 2020-21.