

Early Childhood Mental Health Services

At the May 26, 2021 MXCAB meeting, First 5 Contra Costa presented a proposal to implement a Request for Applications (RFA) process to support the Early Childhood Prevention and Intervention Coalition (ECPIC), a local coalition of early intervention and prevention service partners.

At the November 16 Board of Supervisors meeting the proposal was included in the County Administrators' staff report as a program Board members had requested follow-up information on, but was not feasible due to insufficient funding after addressing other MXCAB and Board of Supervisors' priorities. The proposal was included in Attachment D and for informational purposes, should future allocation opportunities arise.

The proposal specifically builds supports for children birth to six years old, who experience emotional, relational, or behavioral disturbances that require mental health intervention. Measure X funding would provide First 5 Contra Costa the opportunity to implement an RFA process for grants to community-based service providers. The funding would leverage existing programs and funds dedicated to supporting mental health services for children and families in Contra Costa County.

The annual estimated cost to fully fund the proposal is \$2 million and would be used to address the immediate and unmet early childhood mental health needs of children in Contra Costa, which is estimated at 7,000 to 10,000 children.

Excluding expenditures for PES and inpatient psychiatric care for youth, the following information reflects projected FY 2021/22 children's' outpatient services for mental health.

Contracted Programs			
Programs serving children/families 0-5	\$	4,784,540	
School Based Mental Health Services	\$	11,961,350	
Residential based services	\$	4,306,086	
Crisis Support	\$	3,324,851	
Other Outpatient Support	\$	23,468,573	
Total	\$	47,845,400	71%
County Operated Programs	\$	19,554,600	29%
Children's Total Projected Expenses	\$	67,400,000	100%

- Serving children & families 0-5:
 - dyadic therapy, family therapy, parent support and education, care coordination
- School Based Mental Health:
 - school based mental supports K-12 in districts with high mental health needs and high proportion of students with free or reduced lunch. Services include individual-, group-, family therapy, care coordination, behavioral supports in classrooms
- Residential therapy
 - Mental health services for youth placed in Short Term Residential Treatment Programs (STRTP).
- Crisis Supports
 - Mobile Response Team. Mobile (family-, school-, field-based) crisis intervention for minors experiencing mental health crises. Intensive supports for minors (and their families) at risk of hospitalization or re-hospitalization.

- Other outpatient supports:
 - Wraparound
 - Therapeutic Behavior Therapy
 - Intensive Home Based Services
 - Family-and clinic based counseling support
 - Family based treatment for youth involved with Juvenile Justice and/or struggling with co-occurring substance and mental health disorders
- County-operated programs:
 - Three regional clinics that offer therapy and care coordination, including evidence-based programs for minors experiencing trauma, eating disorders, and severe emotions dysregulation
 - Wraparound
 - Intensive Care Coordination
 - Services for youth in juvenile detention
 - County-wide assessment team for youth referred by Child Welfare and exiting psychiatric hospitals
 - Emergency Foster Care: support for youth entering foster care.

Recommendation

Due to limited resources, no additional Measure X funding is recommended directly for these services; however, some of the EPSDT leverage funding (\$3,250,000) allocated on November 16, 2021, may support these services. The Health Services Department received funding to pay for future Cost of Living Adjustment (COLA) for Early and Periodic Screening, Diagnostic and Treatment (EPSDT) providers. The revolving fund account will use funding from Measure X in conjunction with the 2011 Realignment Growth funds to secure federal matching dollars.

Measure X funds will be used as match to fund the COLA for EPSDT providers in the year awarded. The EPSDT funding is specifically for Medi-Cal eligible children under age 21 and therefore, the \$3.25 M in Measure X funding for EPSDT leverage is specifically targeted to EXPAND children's mental health services. Once the Realignment Growth funds become available, they will be used to replenish the revolving fund account. In years when the state economy is trending upward, there will be sufficient Realignment Growth distribution to replenish the fund and repeat the process. In the event that Realignment Growth is insufficient to fully replenish the revolving fund account, there will be less funding in the account to pay for COLAs for the upcoming year.