

BHRS Board and Care (B&C) Supports Presentation MHSARC Older Adult Committee Meeting – 2/3/21

Question & Answer

1. Does BHRS only house their clients in the contracted B&Cs?

Housing resources for BHRS clients can include a variety of levels including independent, Board and Care, and supported housing. Both BHRS and Full-Service Partnership program clients, are eligible for placement in BHRS contracted B&C's. FSPs also utilize room and board arrangements with care being provided by the FSP.

2. Are there non-BHRS clients residing in the BHRS contracted B&C facilities? All clients are open to either BHRS or a Full-Service Partnership provider (i.e. Edgewood, Telecare or Caminar).

3. Is there a list of the non-licensed B&Cs? There is no comprehensive list. Case Managers over time find out about places and develop their own list. The Bridges to Wellness Team use these types of placements and could be a good resource.

4. You mentioned shortage of beds. Do you have figures on what the needs are, and the projections 5yrs down the road?

In San Mateo County, there are 240 licensed Residential Care Facilities for the Elderly (RCFE) and 107 licensed Adult Residential Facilities (ARF), which serves clients ages 18-60. BHRS contracts with B&Cs include 5 RCFE (74 beds) and 13 ARF (117 beds); including Cordilleras Suites and one facility that specializes in co-occurring substance use issues. Additional BHRS contracted ARF licensed facilities (not considered B&C) provide support services to clients that are more independent and higher functioning (20 beds).

In terms of the need, over the past four years BHRS has lost 33 beds. B&C operators are retiring and closing their facility. The waitlist for B&Cs at any given week, can range from 15-20 referrals. Demand for RCFE for aging clients that require more support continue to rise. For our smaller B&Cs we have fewer beds available for females ages 18-60, so we could use more female ARF beds. Overall, we have more male clients.

5. What is the difference between the B&C coordinator and a clients' case manager?

All B&C clients have to have a case manager and connected to a treatment team. The B&C Coordinator is responsible for overseeing the B&C placement and keep track of who is entering and exiting B&C placements. They review all referrals to ensure appropriate placement, set up meetings with the clients to further assess needs as needed, forwards the referral to the B&C operator and supports them with obtaining paperwork needed for placement. B&C Coordinators have regular check-ins with the B&C operators and support clients placement stabilization. At times, the B&C Coordinator does conduct case management activities but, most of the time they are linking with the treatment team to ensure that they are aware of any issues and following up.

6. Are Peer Support Services used in these facilities? If so, who employs them?

Peer Support is usually offered via the BHRS regional clinics, Older Adult System of Integrated Services (OASIS) program or the Full-Service Partnership program that clients are receiving treatment from. There are some occasions where a client may be connected with peer support via programs such as Helping Our Peers Emerge, which provide peer support to clients at the point of step-down from a locked program, for example, or other higher level of care. In those instances, the peer mentor stays with the client and supports the transition to a lower level of care.

7. How are the tablets being used by B&C?

The tablets are being used for virtual groups such as illness management and recovery, Seeking Safety, Wellness Recovery Action Plan (WRAP), and co-occurring harm/reduction sessions

8. How many clients vs. how many chrome pads (tablets)?

30 tablets with data plans were procured to rotate through B&C facilities. Given, the Covid 19- pandemic, each client is provided a tablet to use to log into the group. A current goal is to have more than one B&C participating in any given group session vs. one virtual group per B&C to expand the reach of group topics.

9. What are the training topics?

A variety of training topics are provided to B&Cs, below is a sample training topic list.

CEU Schedule of Classes
BHRS – B&C Operators

Title	Approved #	Hours	Proposed Date	Time	Duration	Location	Instructor
Managing Alzheimer's and Related Dementia's		2hrs	10/8/20	10 am-12 pm	2hrs.	Zoom	Dr. Barbara Weisman MD
Behavioral Health Emergencies		2hrs	1/7/21	10 am-12 pm	2 hrs.	Zoom	Jennifer Blaser LMFT
Hospice Continuum of Care		2hrs	2/4/21	10 am-12 pm	2 hrs.	Zoom	Bethany Berkowitz LCSW
Preventing Coronary Artery Disease		2 hrs.	4/1/21	10 am-12 pm	2 hrs.	Zoom	TBA
Trauma Informed Care Part II		2 hrs.	5/6/21	10 am-12 pm	2 hrs.	Zoom	Cindy Donis LMFT
Cultural Humility		2hrs.	6/3/21	10 am-12 pm	2 hrs.	Zoom	ODE
SOGI		2hrs	7/8/21	10 am-12 pm	2 hrs.	Zoom	PRIDE Center

10. What kind of assistance are you contemplating offering to entice new Board and Care startups?

We are competing with private B&Cs that can charge up to \$7K per month. Some ideas mentioned include having targeted recruitment that could include B&C informational sessions to showcase the amount of support they will get from BHRS if they do sign up. Additionally, sign on bonuses or covering start-up costs.