

Welcome to the WYS Times
July 2023



Every month, the WYS Times will include a staff spotlight, highlighting different staff from the multiple programs that we have throughout the agency, BBS and BOP updates, resources, agency training updates, and more!

Staff Highlights

Belen Carbajal



Hello everyone at WYS! I'm sure that some of you know me but for those who don't, let me introduce myself. My name is Belen Carbajal, and I am an Administrative Assistant in Central Services MHSA Program since July 2016, but I have been at WYS since 2000. I never thought that I was going to be here for so long in this job. I have met wonderful coworkers that became very good friends, and some are like family to me. My favorite hobbies are dancing, cooking & traveling with my kids, hiking, watching sports, and spending quality time with my family and friends. I am very grateful to all my supervisors & colleagues for guiding me through the ups and downs of my job and I can't wait for more great things to come in the future!

Clinical Resources

Self-Harm

Self-Harm is the deliberate injury to our own body. Each year, 1 in 5 females and 1 in 7 males engage in self-harm and the average age of onset is 13 years old. Furthermore, approximately two million cases are reported annually in the United States. Due to this, as a mental health non-profit agency working with children and youth, it is important for us to learn more about psychosis and how it can impact children and youth. Please see below for some resources.

[Adolescent Self-Harm](#)

[When Children and Teens Self-Harm](#)

[Self-Injury In Adolescents](#)
[Treatment for Suicidal Ideation, Self-Harm, and Suicide Attempts Among Youth](#)
[Crisis Text Line- Help for Self-Harm](#)
[Helping Teens Who Self-Harm](#)

DEI Updates and Resources

We are excited to share DEI updates and the many DEI efforts that are taking place this month! Please see below:

The 1st round of the 'How to Have Conversations on Race' workshop was held on June 1 and June 2 for core leadership. The curriculum focused on how to hold cross-race conversations, and a lot of positive feedback was shared about the workshop. Thank you to everyone that participated!

We are now in the process of planning for the next round, which will most likely be held in October. We will keep you all posted as more information becomes available.

July is **Bebe Moore Campbell National Minority Mental Health Awareness Month**. This month is dedicated to enhancing public awareness on the inequities in care, support and/or mental health that underserved and BIPOC (Black, Indigenous, and People of Color) communities face. Please see below to learn more about the founding and founder of National Minority Mental Health Awareness Month, Bebe Moore Campbell.



The establishment of Bebe Moore Campbell National Minority Mental Health Awareness Month

Bebe Moore Campbell sought to highlight and change the systemic and structural deficits of the mental health system that prevented care for people living with mental health conditions. She, along with a group of dynamic mothers founded NAMI Inglewood, now NAMI Urban Los Angeles in a predominantly Black and brown neighborhood to support and advocate for radical change to the LA county system of mental health care, inspiring a national movement to erase the stigma and support parity between mental and physical health and diagnosis.

Her life as an author narrated her journey as an advocate and pioneer for racial justice. On June 2, 2008, Congress formally recognized **Bebe Moore Campbell National Minority Mental Health Awareness Month** to bring awareness to the unique struggles that underrepresented groups face in regard to mental illness in the United States.



For resources and additional information about Bebe Moore Campbell National Minority Mental Health Awareness Month and to learn about other holidays, diversity days, and other days of significance, please visit the month of July in the DEI Shared calendar.

LGBTQ+ Updates and Resources

The LGBTQIA+ Committee would like to thank everyone who participated in PRIDE this month! Thank you for taking the time and effort to learn about, represent, support, and advocate for the 2SLGBTQIA+ community! Please see this wonderful representation across regions through the PRIDE door contest!

Keep your eye out for the opportunity to vote for the final prize winner from the LGBTQIA+ Committee! Winner will receive a \$25 gift card to Starbucks.



We plan to continue our mission to increase resources/ materials, training, and support throughout the rest of the year!

Community Programs Updates

Western Youth Services, along with five local area partners, formed the Behavioral Health Training Collaborative (aka BHTC) in December 2019 to work together to provide mental health and wellness trainings at no cost to the Orange County, California community.

In June, BHTC provided trainings such as Positive Parenting through Communication.

More trainings can be found [here!](#)

Cal AIM and Medi-Cal Updates

Caregiver Questionnaire: We will be removing the WYS Screener from our assessment process and incorporating the questions into the Caregiver Questionnaire (most are already overlapping questions outside of the psychosis items). This means that we will be requiring the Caregiver Questionnaire and eliminating the WYS Screener from the assessment process.

Exym Changes: New changes have been implemented due to Cal-AIM and County Payment Reform. Examples include using a modifier to bill for PWB/ICC services, the use of family therapy and removal of collateral services, and new minimum and maximum number of service minutes for notes. Please see the LiveBinder under Progress Notes for more information.

QR Tips

When conducting a 6-month Review and Update for a Pre-CalAIM chart, do NOT change the cycles, unless something will be changed/added. In that case, change the cycle end dates to match the original cycle end dates.



Reminder: There is a drop in Medi-Cal Documentation and EXYM Support Hour on Thursdays at 9 am-10 am on [Zoom](#). It can be found on the Training Calendar.

CEO Corner

As always, I would like to start by expressing gratitude. This month Scott Nielson, Accounting Supervisor, has been tirelessly working on our budget for 23-24 fiscal year budget on top of all the year-end financial duties. He's been working closely with Katie, Annette, Zane, Gail, and their respective teams to work on next year's budget. As you see below, some of our ongoing contracts were approved in June, meaning there's still some work to be done.

I also want to recognize that June was a particularly difficult month. It's been hard on everyone, at every level. We'll make it and come out stronger. I believe that.

Here are some updates about our contracts outside of HCA Outpatient.

Santa Ana Unified District approved a contract for school-based services on 6.13.23

We are pleased to announce that SAUSD re-contracted with us to provide on-site behavioral health clinical services during the 23-24 school year.

Anaheim Elementary School District approved a contract and funding for school-based services on 6.15.23

We are pleased to announce that AESD also re-contracted with us to provide the on-site school-based behavioral health services during the 23-24 school year.

School Behavioral Health Infrastructure Plan (SBHIP) – Contract and funding are approved

This program will be providing behavioral health competency training to school districts that are developing the infrastructure to be able to bill Medi-Cal directly. Training might include topics such as specific clinical modalities, as well as ACEs Awareness. WYS attends meetings with OCDE, all school district superintendents, CalOptima, CHOC, HCA as a collaborative effort to coordinate care for all youth in Orange County, particularly those who have Medi-Cal as the schools become able to bill Medi-Cal for non-specialty (mild to moderate) mental health services – as they become providers for CalOptima. The districts have not decided what they will look like yet.

Super Resilient® Youth Beta Test

We are thrilled to announce the successful launch of the beta test for the Super Resilient™ Youth curriculum at the Fullerton Boys and Girls Club! Our dedicated team has been working closely with the club's staff to implement this innovative program aimed at equipping young individuals with essential life skills and fostering resilience.

The feedback received so far has been overwhelmingly positive, indicating the curriculum's potential to make a lasting impact on the lives of our youth. As the beta test continues, we look forward to gathering further insights and refining the curriculum to ensure its effectiveness and suitability for a wide range of youth programs.

Until next time, know that you are appreciated.

Do you have requests for topics, training requests, tips, etc.?

We want to hear from you! Please [email us!](#)