

Santa Cruz County FIT

Focused Intervention Team

Evaluation Update: January–December 2019

This report provides an update on all contacts and outcomes relating to the **78 clients** served by the Focused Intervention Team between January 1 and December 31, 2019. All data were provided by FIT team members at the County Mental Health Services Office and Sheriff's Office and analyzed by Applied Survey Research.

KEY FINDINGS

TOTAL REFERRALS

- **170 people** have been referred to the Focused Intervention Team (as of December 31, 2019).
 - 78 clients *were accepted and became FIT clients these* (those served between January and December) are the subject of this report.

CLIENT ENROLLMENT & OUTREACH

- FIT enrolled and served **78 clients** over the 2019-year January 1st to December 31st.
- Fifty six percent of clients had been living in Santa Cruz County for at least 10 years.
- Clinicians and law enforcement officers made **2,997 contacts** with 78 FIT clients between January and December 2019, an average of 250 contacts per monthly caseload (including arrests and excluding in-custody contacts by Law Enforcement).
- On average, each client was contacted by a clinician or officer in the field **9.6 times per month of enrollment**.

ARRESTS & JAIL DAYS

- As of December 31st the **percentage of clients arrested** was 74%, a 10% increase from the 64% reported at the half year mark at June 30th. At the mid-year mark, the **percentage of clients arrested dropped** from 100% before FIT to 64% during FIT.
- The average number of **arrests per client declined** from one per month to one every two months.
- As of December 31st the percentage of clients who spent time in jail slightly increased from 85% to 86%. At the half year mark (June 30th), the percentage of clients who spent time in jail dropped from 84% prior to FIT to 60% after joining FIT.
- **Average jail days per client increased** from 5.0 days per month to 7.5 days per month.

MENTAL HEALTH & SUBSTANCE USE TREATMENT

- Among 57 clients in need of mental health treatment, **participation in MH treatment programs increased** from 38% (n=18) before FIT to 53% (n=30) during FIT.
- The average number of **days in mental health treatment more than doubled** after joining FIT, from 0.9 days per month to 2.3 days per month among those in need.
- Participation in **substance use treatment programs increased** from 12% (n=9) before FIT to 27% (n=21) during FIT.
- Across all 78 clients, the average number of **days in substance use treatment increased**, from 0.4 days per month to 3.6 days per month.

CASE CLOSURES

- By December 31st, 2019, 68% of cases (n=53) were closed. Prior in June 30th, 36% of cases (n=16) were closed.

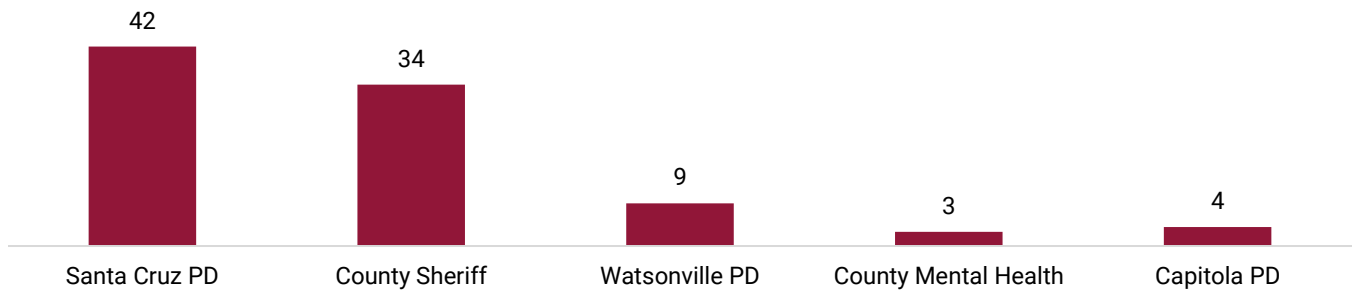
REFERRALS TO FIT

- ✓ **170 Individuals** Were referred to FIT during the first year of FIT (2019).
 - **78 have been accepted to FIT (46%).**
Note: The rest of this report details the status of the 78 **people** accepted and served by FIT between January and December 2019.
 - **92 were not accepted to FIT (54%).**
Common Reasons: Did not meet FIT eligibility; District Attorney not willing to work with the individual; already in-custody on a serious offense; already being monitored by Parole; sent to a State Hospital.
 - **0 are yet to be processed (0%).**

REFERRAL SOURCES OF 78 CLIENTS

- Most of the 78 clients served between January and December 2019 were referred by the Santa Cruz City Police Department (42 clients) or the Sheriff's Office (34 clients).

Referral Sources (N=78 Clients)



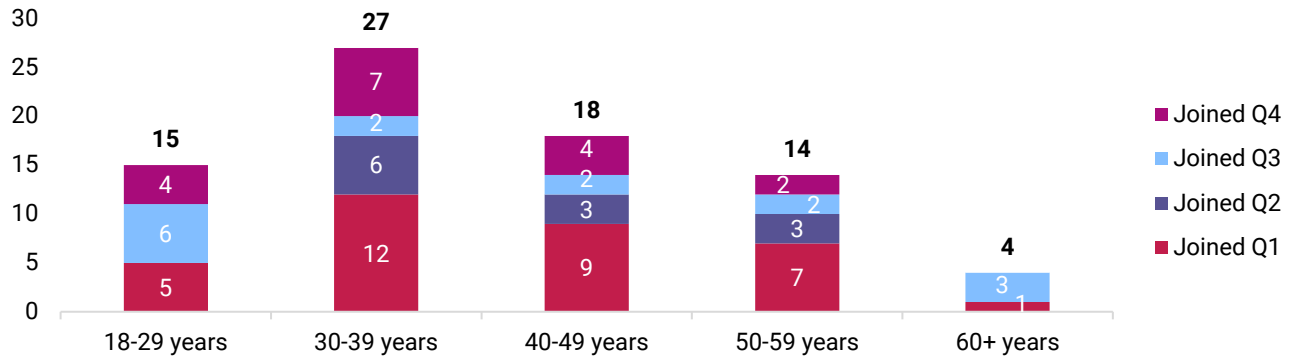
Note: The sum of all referral sources is greater than 78 because 14 clients were referred by multiple sources.

DEMOGRAPHIC PROFILE (78 CLIENTS)

AGE

- Average: 41 years old.

Total Clients by Age at Entry (Avg = 41 years)



Source: Santa Cruz County Behavioral Health Department.

RACE & GENDER

- 87% of clients were men; 74% of clients were white. (N=78 clients)
- 65% of clients have been white men.

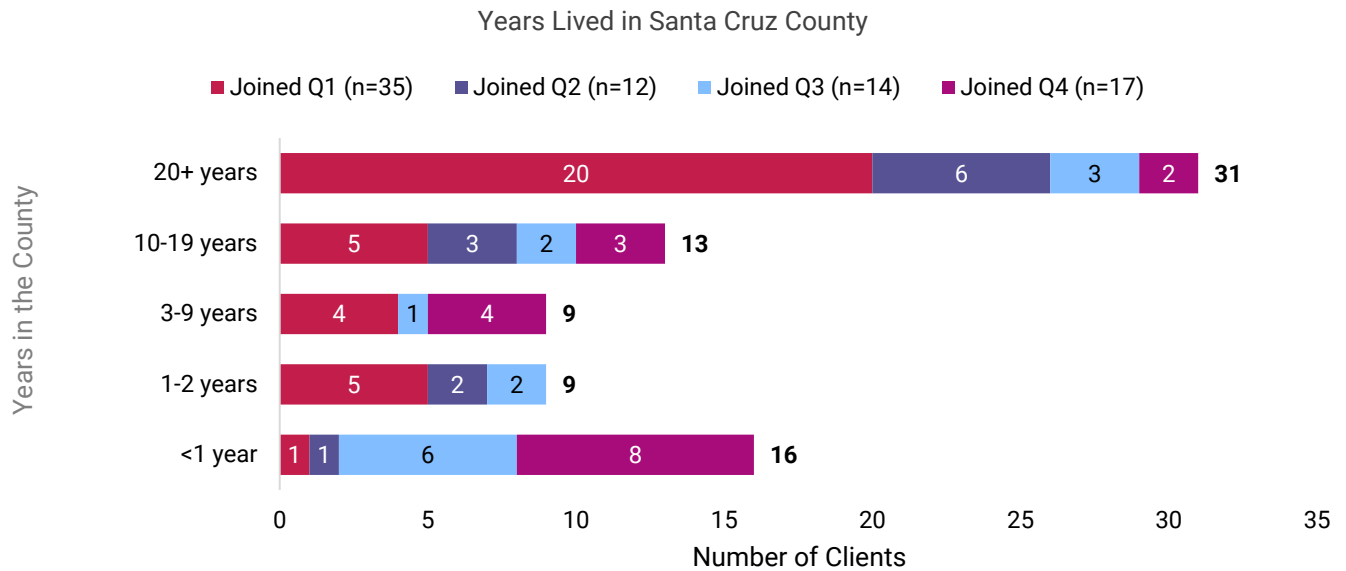
Race/Ethnicity and Gender

	WHITE	LATINO/ HISPANIC	AFRICAN AMERICAN	OTHER	TOTAL
Men	51 (65%)	10 (13%)	6 (8%)	1 (1%)	68 (87%)
Women	6 (8%)	2 (4%)	0	1 (1%)	9 (12%)
Non-binary	1 (1%)	0	0	0	1 (1%)
TOTAL	58 (74%)	12 (15%)	6 (8%)	2 (2%)	78

Source: Santa Cruz County Behavioral Health Department.

YEARS IN SANTA CRUZ COUNTY

- **56%** of clients (n=44) have lived in the county for at least 10 years prior to their FIT referral.

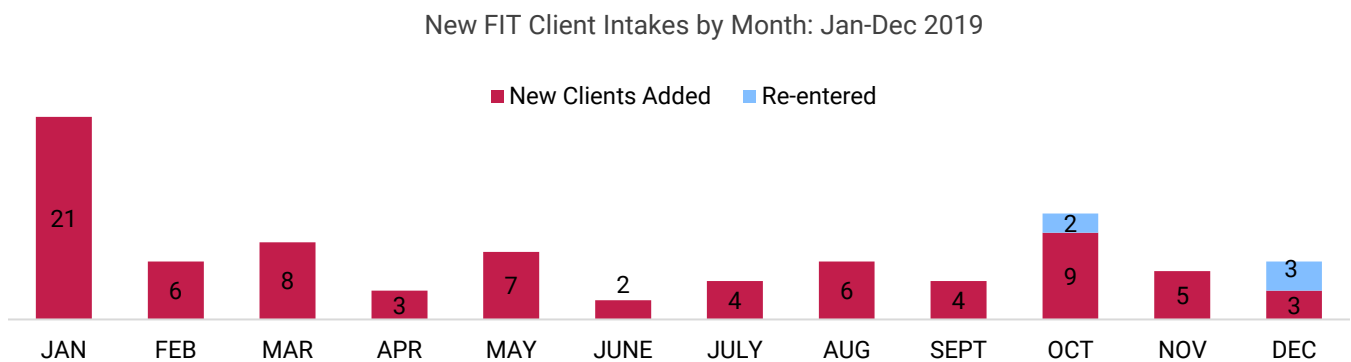


Source: Santa Cruz County Behavioral Health Department.

ENROLLMENT AND OUTREACH WITH CLIENTS

CLIENT INTAKES BY MONTH

- Nearly a half of clients (45%) started the program between January and March 2019.
- Five clients completed the FIT program and later re-entered.

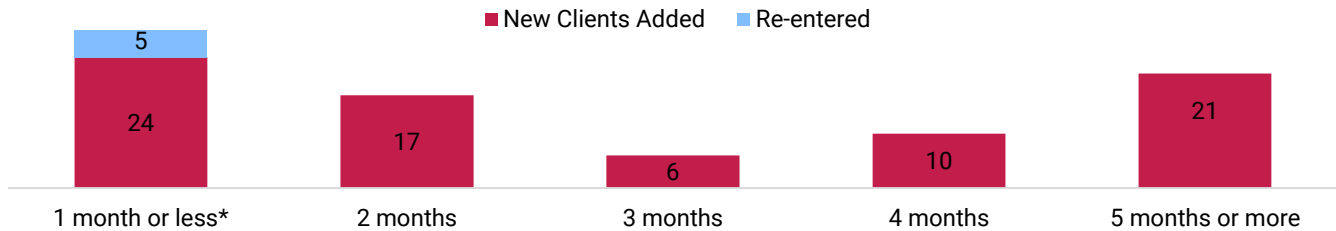


Source: Santa Cruz County Behavioral Health Department.

LENGTH OF ENROLLMENT (THROUGH DECEMBER)

- Thirty-seven (47%) were in FIT for at least three months between January and December 2019.
- Nine of 24 clients spent one month or less in FIT because they did not start until November or December.

Number of Months in FIT through December 2019



*All 5 of the re-entering clients spent one month or less in FIT because they did not start until November or December. Nine of these 24 clients joined FIT in November or December. The remaining 15 clients closed within one month or less of joining the FIT program.

Source: Santa Cruz County Behavioral Health Department.

OUTREACH AND CONTACT WITH CLIENTS

Between January and December 2019, clinicians and law enforcement officers made **2,997 contacts** with clients after they joined FIT (not including in-custody law enforcement contacts). Based on a typical caseload of 32 clients each month, the clinicians and law enforcement officers made an average of **250 contacts per month** with FIT clients, or about 63 per week.

Seventy-three clients (94%) were reached directly by law enforcement and 72 clients (92%) were reached directly by clinical staff. On average, individual clients were in contact with clinicians or law enforcement **9.6 times per month of enrollment**.

Contact with Clients

	TOTAL CONTACTS MADE	CONTACTS PER CLIENT PER MONTH**	NUM. OF CLIENTS REACHED AT LEAST ONCE
Field Contacts by Law Enforcement*	839 (28%)	2.8	73 of 78 (94%)
Clinical Staff Contacts (always with law enforcement present)	2,154 (72%)	6.9	72 of 78 (92%)
TOTAL	2,997	9.6	73 of 78 (94%)

Source: Santa Cruz County Sheriff's Office & Behavioral Health Department.

*Law enforcement contacts in the field include:

- 1) All successful attempts at outreach by Sheriff's deputies between October and December (outreach attempts were not recorded prior to Q3), not including outreach attempts in which client could not be located, and
- 2) All Jan-Dec. arrests, citations and other responses to calls regarding FIT clients by Sheriff's deputies, Santa Cruz City Police, Capitola Police or Watsonville Police. Does not include contacts while in custody.

**Average is adjusted for the number of months clients were enrolled during the year.

OUTCOMES

CRIMINAL JUSTICE: ARRESTS AND JAIL DAYS

Frequency of Arrests

As of December 31st, 2019, 27% of clients had not been arrested after joining FIT (73% were arrested at least once).

Average arrests have declined for FIT clients from about one every month before joining FIT (0.9/month) to one every two months during FIT (0.5/month).

Arrest Rates Before & During FIT

	ARRESTS	
	6 MONTHS BEFORE FIT	DURING FIT
Arrested At Least Once	78 clients (100%)	57 of 78 clients (73%)
Frequency of Arrests BEFORE FIT...	<i>Arrests/month</i>	<i>Arrests/month</i>
➤ Less Frequently Arrested: <1 Arrest/month (n=49)	0.5 arrests	0.4 arrests [34 clients arrested]
➤ Very Frequently Arrested: 1-4 Arrests/month (n=26)	1.5 arrests	0.5 arrests [22 clients arrested]
OVERALL (N=78)	0.9 arrests	0.5 arrests

Days in Jail

Jail days have increased from an average of 5.0 days per month before FIT to 7.5 during FIT. The increase in jail days is largely attributed to an increase among the 32 clients who had been averaging 1-2 days in jail per month prior to FIT (from 1.2 to 6.4 days per month). This group was identified within the sample of 78 clients.

Jail Days Before & During FIT

	JAIL DAYS	
	6 MONTHS BEFORE FIT	DURING FIT
At Least One Day in Jail	66 of 78 clients (85%)	67 of 78 clients (86%)
Average Jail Days BEFORE FIT...	<i>Days/Month</i>	<i>Days/Month</i>
➤ No Jail Time: 0 jail days (n=12)	0.0 days	5.4 days [10 clients in jail]
➤ 1-2 days/month in jail (n=32)	1.2 days	6.4 days [28 clients in jail]
➤ 3-9 days/month in jail (n=17)	4.4 days	7.1 days [14 clients in jail]
➤ 10 or more days/month in jail (n=17)	15.7 days	11.2 days [16 clients in jail]
OVERALL (N=78)	5.0 days	7.5 days

MENTAL HEALTH SERVICES

Overall, the percentage of clients in need of mental health treatment who received it increased from 39% (22 of 57) before joining FIT to 53% (30 of 57) during FIT. Clients were classified as needing treatment based on four criteria from their case history and assessment data.¹

Treatment & Services Before FIT

Before FIT, 59% of all clients (46 of 78) had been in contact with or received mental health services in the previous six months.

The most common service was crisis-related mental health services (55%), which include interactions with the MERT and MHLs.

Contact with Mental Health Services BEFORE FIT

BEFORE FIT (6 MONTHS PRIOR)	TOTAL CLIENTS	AS A PERCENTAGE OF...	
		ALL CLIENTS (N=78)	CLIENTS NEEDING MH TREATMENT (N=57)
Received Crisis MH Services (MERT/MHL*)	43	55%	75% (43/57)
In contact with MH system/case manager	25	32%	44% (25/57)
Enrolled in MH Treatment (inpatient or outpatient)	20	26%	35%
➤ MH Inpatient services	18	23%	32%
➤ MH Programs (e.g., Telos, EDC, Casa Pacific, Pathways)	10	13%	18%
Any of the above (Crisis, inpatient, other MH programs and contacts)	46	59%	81% (46/57)

*MERT: Mobile Emergency Response Team; MHL: Mental Health Liaison.

¹ Seventy-five clients were determined to need MH treatment because they met at least one of the following criteria: 1) Received MH treatment within the six months prior to FIT or during their FIT enrollment period. 2) Were formally referred to MH services based on an assessment. 3) Agreed to accept Specialty Mental Health Services (SMHS) and received an ACCESS assessment. 4) Were determined by a FIT clinician to need SMHS and were encouraged to have an ACCESS assessment.

Treatment & Services During FIT

Fifty-seven clients were considered likely or certain to have a mental health need based on prior history and assessment data, and FIT clinicians referred 31 of them to services (54%).

Thirty of 57 clients with a mental health need (53%) eventually received some type of outpatient or inpatient treatment.

Contact with Mental Health Services DURING FIT

MH NEEDS & SERVICES DURING FIT	TOTAL CLIENTS	AS A PERCENTAGE OF...	
		ALL CLIENTS (N=78)	CLIENTS NEEDING MH TREATMENT (N=57)
Clients with MH Treatment Need	57	73%	100%
Clients Referred by FIT to MH Services This includes...	31	40%	54%
➤ Clients encouraged to have ACCESS assessment (strong likelihood of SMHS)	18	23%	31%
➤ Clients accepted and open to County BH services (Specialty MH)	17	22%	30%
➤ Clients referred and showed up ("got in the door")	21	27%	37%
MH Programs & Services Received...			
➤ Specialty Care Participants	22	28%	39%
➤ Integrated Behavioral Health Participants	4	5%	7%
➤ Received Outpatient MH Treatment	25	32%	45%
➤ Received Inpatient MH Treatment	19	24%	33%
Rec'd Any MH treatment during FIT (any outpatient or inpatient services)	30	38%	53%
➤ Completed or remained in treatment (did not withdraw)	18	23%	31%
➤ Withdrew from treatment, then returned	7	9%	12%
➤ Withdrew from treatment, have not returned	5	6%	9%

SUBSTANCE USE DISORDER TREATMENT

In contrast to mental health treatment, *all* 78 clients were determined to need substance use treatment services. Overall, the percentage of clients in SUD treatment rose from 12% before joining FIT to 27% during FIT.

Treatment Before FIT

Before FIT, 23% of clients (n=18) had received substance use disorder (SUD) services or treatment in the previous six months. Six of these clients had participated in treatment programs.

SUD Treatment and System Contacts BEFORE FIT

BEFORE FIT (6 MONTHS PRIOR)	TOTAL CLIENTS	PCT OF CLIENTS
In contact with SUD system*	18	23%
In a SUD treatment program	9	12%

**Includes contacts with Alto Counseling, contact with HOPES or other SUDS outreach clinician, or a very brief program experience.*

Treatment During FIT

After joining FIT, 17% of clients (n=13) were referred by FIT clinicians to SUD treatment.

Twenty-one clients received outpatient or inpatient SUD treatment while in the FIT program

Twenty clients (26%) entered residential treatment programs. Within this group, two clients also entered outpatient treatment programs within their FIT program duration.

Fourteen of these clients have completed or remained in treatment through December 2019, while seven have withdrawn from programs and not returned.

SUD Treatment and System Contacts DURING FIT

DURING FIT	TOTAL CLIENTS	PCT OF CLIENTS
Clients Referred by FIT to SUD Treatment*	13	17%
Entered Detox	2	3%
Entered Outpatient Program	3	4%
Entered Residential Treatment Program	20	26%
Received ANY SUD Treatment during FIT (outpatient or inpatient)	21	27%
➤ Completed or remained in treatment (did not withdraw)	7	9%
➤ Withdrew from treatment, then returned	7	9%
➤ Withdrew from treatment, have not returned	7	9%

**SUD treatment referrals involve a FIT clinician working with the client to complete the application and intake process for treatment; not simply a recommendation to the client to seek treatment.*

DAYS OF TREATMENT RECEIVED BEFORE AND DURING FIT

The analysis below details how many clients received additional treatment for mental health and substance use after joining FIT.

Average days of treatment during the six months prior to FIT were compared to the days of treatment received post-FIT entry. Average totals were then converted to monthly averages to create comparable units of analysis (i.e., treatment days per month).

Days in Mental Health Treatment (57 Clients)

The analysis of mental health treatment days (Fig. 12) includes 57 clients who were determined to need treatment.²

The number of clients who received MH treatment rose from 22 out of 78 (28%) before FIT to 30 of 78 (38%) after joining FIT. Twenty-two of 57 FIT clients (39%) spent more days in MH treatment after joining FIT than before FIT.

On average, clients with a MH need more than doubled their days of treatment, which rose from 0.9 days per month before FIT to 2.3 per month after joining FIT.

Mental Health Treatment Received Before & During FIT

	MENTAL HEALTH TREATMENT*	
	6 MONTHS BEFORE FIT	DURING FIT
Clients Who Rec'd Any Treatment	22 of 57 clients (38%)	30 of 57 clients (53%)
<i>By degree of treatment per month BEFORE FIT...</i>	<i>Avg. Days/Month</i>	<i>Avg. Days/Month</i>
➤ 0 Days of treatment (n=37)	0.0 days	1.6 days** [14 started treatment]
➤ 1 Day/month or less (n=9)	0.4 days	2.2 days [7 started treatment]
➤ 2+ Days/month (n=11)	4.3 days	3.5 days [9 started treatment]
OVERALL (N=57)	0.9 Days	2.3 Days*** [30 started treatment]

*Average days spent in inpatient care and other MH programs; does not include days in contact with crisis services or case managers.

**14 of 22 clients without prior treatment started treatment during FIT; their average was 8.1 days/month.

***22 of 57 clients increased their average treatment days per month.

² These 57 clients met at least one of the following criteria: 1) Received MH treatment within the six months prior to FIT or during their FIT enrollment period. 2) Were formally referred to MH services based on an assessment. 3) Agreed to accept Specialty Mental Health Services (SMHS) and received an ACCESS assessment. 4) Were determined by a FIT clinician to need SMHS and were encouraged to have an ACCESS assessment.

Substance Use Disorder (SUD) Treatment Days

The analysis below includes all 78 FIT clients because all were determined to need substance use treatment.

The number of clients receiving SUD treatment rose from 9 prior to FIT to 21 after joining FIT. Eighteen of 78 FIT clients (23%) spent more days in SUD treatment after joining FIT than before FIT. On average, clients increased the days they spent in SUD treatment from 0.4 per month to 3.6 per month.

Substance Use Treatment Received Before & During FIT

	SUBSTANCE USE TREATMENT	
	6 MONTHS BEFORE FIT	DURING FIT
Clients Who Rec'd Any Treatment	9 of 78 clients (12%)	21 of 78 clients (27%)
<i>By degree of treatment per month BEFORE FIT...</i>	<i>Avg. Days/Month</i>	<i>Avg. Days/Month</i>
➤ 0 Days: No treatment (n=66)	0.0 days	3.9 days [14 started treatment*]
➤ 1+ Days of treatment (n=9)	3.1 days	4.0 days [7 in treatment]
OVERALL (N=78)	0.4 Days	3.6 Days**

*14 of 66 clients without prior treatment started treatment during FIT; their average was 18.0 days/month.

**18 of 78 clients increased their days of treatment per month.

ACCESS TO PRIMARY CARE

Before joining FIT, 25 clients had seen a primary care physician (PCP) in the previous year. By December 2019 a total of nine (12%) clients had seen a PCP. Three of the nine clients had not seen a PCP prior to a year before FIT.

Visit with Primary Care Physician

	TOTAL CLIENTS	PCT OF CLIENTS
Year Prior to FIT: Visited primary care physician (PCP)	25	32% (of 78)
During FIT: Visited PCP	9	12% (of 78)
➤ Clients <i>with</i> prior PCP visit who also had one during FIT	6	8% (of 78)
➤ Clients <i>without</i> prior PCP visit who had one during FIT	3	4% (of 78)
Any PCP visit: Either during FIT or one year prior	28	36% (of 78)

BENEFITS

Social Security and Medi-Cal coverage did not change significantly after clients joined FIT.

Social Security & Medi-Cal Benefits

	PRE-FIT	AFTER JOINING FIT
Social Security	19% (n=15)	19% (n=15)
Medi-Cal	77% (n=60)	82% (n=64)

HOUSING

At enrollment in FIT, 94% of clients were living on the street or outdoors. Since then, thirty-four clients (44%) upgraded their living/housing situation by the end of the December or FIT exit; thirty entered a residential treatment program.

Changes in Housing Status for FIT Clients

TIME IN PROGRAM	PRE-FIT: CLIENTS LIVING ON THE STREET	CLIENTS W/ UPGRADED HOUSING STATUS →	CLIENTS UPGRADED TO...			
			SHELTER	RES. TRMT	SLE/ TRANS.	IND. HOUSING
1 month (n=22)	22	3 (14%)	2	2	-	-
2 months (n=14)	10	5 (38%)	-	5	-	-
3 months (n=6)	5	2 (33%)	1	1	-	-
4 months (n=10)	10	5 (50%)	1	5	1	-
5 months (n=3)	3	3 (100%)	2	3		-
6 months + (n=20)	20	16 (80%)	4	14	2	1
OVERALL (N=78)	73 (94%) **	34 (44%)	10 (13%)	30 (38%)	3 (4%)	1 (1%)

Notes: Shelter Bed Days: Average of 20.8 days for 10 clients who spent time in a shelter at some point during FIT.

**Two clients were not on the street at the start of FIT because they had Independent housing prior to participating in FIT. Three other clients were in shelters prior to FIT.

CASE CLOSURE / REMOVALS FROM FIT

53 of the 78 FIT cases (68%) were closed by Dec 31, 2019. The most common reasons were clients completing the FIT program (n=20) and leaving the county (n=12).

Case Closures

OUT OF 78 CLIENTS SERVED...	NUM. CLIENTS CLOSED	PCT OF CLIENTS
Closed Cases	53	68%
• Closed before 1 month	8	10%
• Closed before 2 months	8	10%
• Closed before 3 months	9	12%
• Closed before 4 months	7	9%
• Closed before 5 months	8	10%
• Closed before 6 months	3	4%
• Closed after 6 months or more	10	13%
Reasons for Closure		
• No Arrests for 60 days	20	26%
• Left County	12	15%
• New Felony	8	8%
• No Contact	3	5%
• LPS Conservatorship	3	4%
• Deceased	2	3%
• Completed Q3 and returned Q4	3	5%
• Left the county and returned Q4	1	1%
• Client completed Q4 and returned Q4	1	1%

**The 12 clients who left the county had lived in the county for an average of 6.7 years (specifically: <1 (3), 1, 1, 2, 4, 7, 10, 17, 19, and 20 years in the county before departing).*

***All eight were charged with violent felonies.*