



Mobile Crisis Support Team

*in partnership with Law Enforcement and
Hope Cooperative*

Field Response Hours of Operation: Tuesday – Friday, 9am – 7pm

Follow-Up Support: Monday – Friday, 8am – 5pm

This program is funded by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental health Services Act (MHSA) and the SB 82 Mental Health Wellness Grant

Funding and Development

- The MCST program is funded by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA) and the SB 82 Mental Health Wellness Grant.
- The Program was operationalized in April 2015 and has had 3 subsequent Board approved expansions (*November 2016, 2017 and in 2019*).

MISSION STATEMENT

The Mobile Crisis Support Team (MCST) serves individuals of all ages and diversity in Sacramento County by providing a first response to emergency calls for timely crisis assessment and intervention to individuals experiencing a mental health crisis.



MCST Goals

- Provide safe, compassionate, and effective responses to individuals with mental illness
- Increase public safety
- Decrease unnecessary Hospitalization
- Decrease unnecessary Incarceration
- Provide knowledge of, and access to resources
- Link individuals to on-going care



Who is the MCST?

- A participating law enforcement Police Officer or Sheriff's Deputy trained in Crisis Intervention Training (CIT)
- A Sacramento County Division of Behavioral Health licensed Senior Mental Health Counselor
- A Sacramento County contracted Peer Navigator

How Does MCST Help?

- An MCST Counselor and Officer/Deputy partner to provide a ride-a-long, first response model to emergency calls involving a mental health crisis.
- The MCST response allows utilization of skills and expertise from both law enforcement and behavioral health to increase diversion of individuals from unnecessary incarceration or hospitalization.
- MCST involves Peer Specialists with lived experience and community resource expertise to provide follow-up engagement and navigation to ongoing mental health services.

How Does it work

- The Mobile Crisis Support Team (MCST) is dispatched through law enforcement to provide immediate engagement with individuals experiencing a mental health crisis.
 - Law Enforcement emergency and non emergency calls are routed via dispatch and communication centers to Patrol
 - MCST Units triage calls with officers to identify and respond to calls.

Triaging Calls for Service

MCST CIT Unit responds to mental health related crisis calls, including but not limited to:

- Welfare checks or Mental Health calls
- Attempted suicide
- Juvenile disruption or delinquency calls
- Domestic disturbances
- Incomplete phone calls
- Trespassing or suspicious suspect calls
- Assault and battery
- Sexual assault
- **Any call that may have a mental health component or likely result in trauma or distress requiring mental health support or resources**

MCST Officer/Deputy Role

- Prioritize Mental Health Calls and Apply CIT training
- Collaborate with MCST Counselor in approaching the scene/event
 - Provide information regarding history of law enforcement encounters
 - Manage safety including “clearing the scene”
- Collaborate with other first responders
- Coordinate with MCST Counselor to support linkage to ongoing resources
 - Provide information regarding legal strategies options
 - Develop support strategies for access to resources in the moment
- Observe privacy rules for individuals discussing personal crisis or MH information

MCST Counselor Role

- Provide crisis intervention
 - De-escalate and complete needs assessment
 - Develop safety plans
 - Mobilize providers and natural supports
 - Complete 5150 application processes when necessary
 - Ancillary individuals at the scene to offer support, psychoeducation and resources
- Provide coordination and/or linkage to Mental Health or Alcohol and Drug treatment providers
- Provide consultation to law enforcement, hospital emergency personnel, community agencies, and the community
- Refer to MCST Peer Navigator for follow-up

MCST Peer Navigator Role

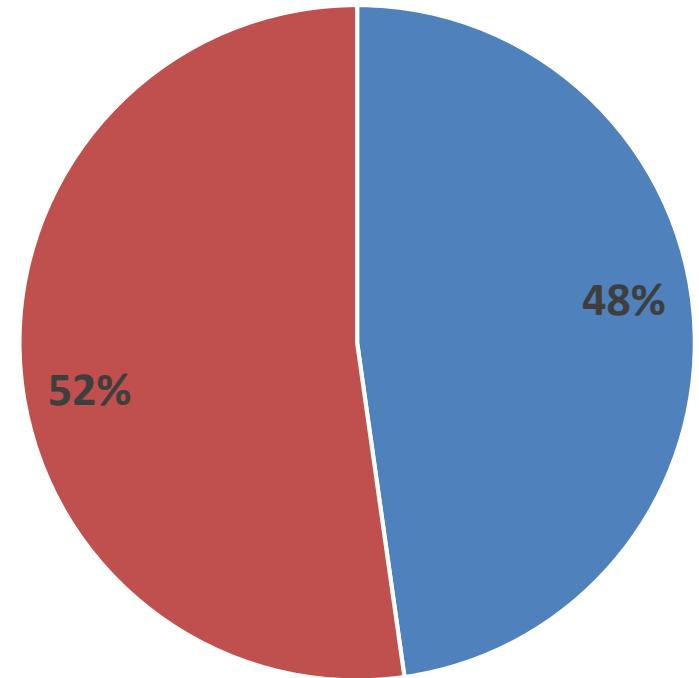
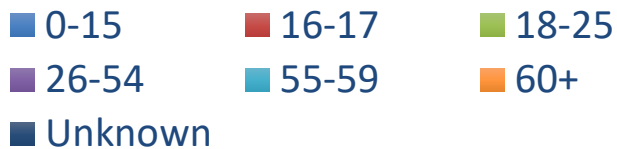
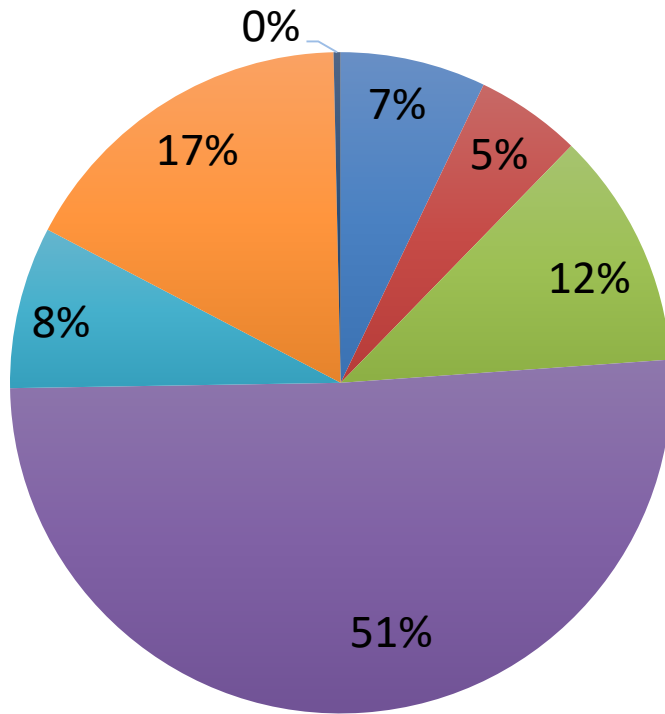
- Coordinate with referring party
- Apply lived experience in culturally relevant ways, using wellness and recovery principles to support individuals, families and community
- Engage individuals in the community to support linkage & navigation to prevent relapse into crisis
- Work individually and with natural supports to mediate barriers to engaging in ongoing services
- Intervene with MCST Counselor & Officer/Deputy when needed

MCST Support for Patrol

- Provide consultation and resources for mediating or staging response
- Support de-escalation and resolution of calls
- Work in partnership with officers responding to chronic callers to create plan for support/resources/services
- Respond to individuals who have experienced a sudden and unexpected loss (Homicide/Suicide/Infant Deaths)
- Coordinate regarding individuals who are experiencing mental health symptoms and stressors who would benefit from resources
- Respond to requests for support upon referral

DEMOGRAPHICS

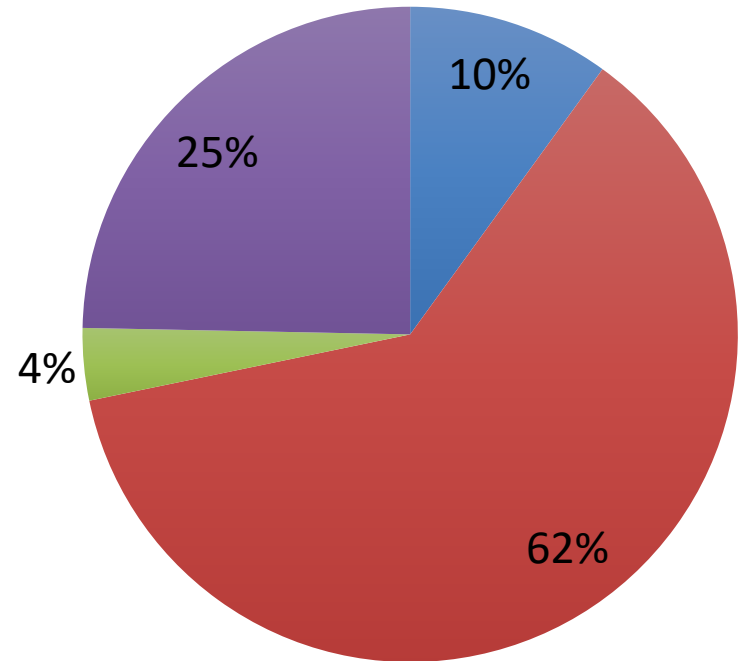
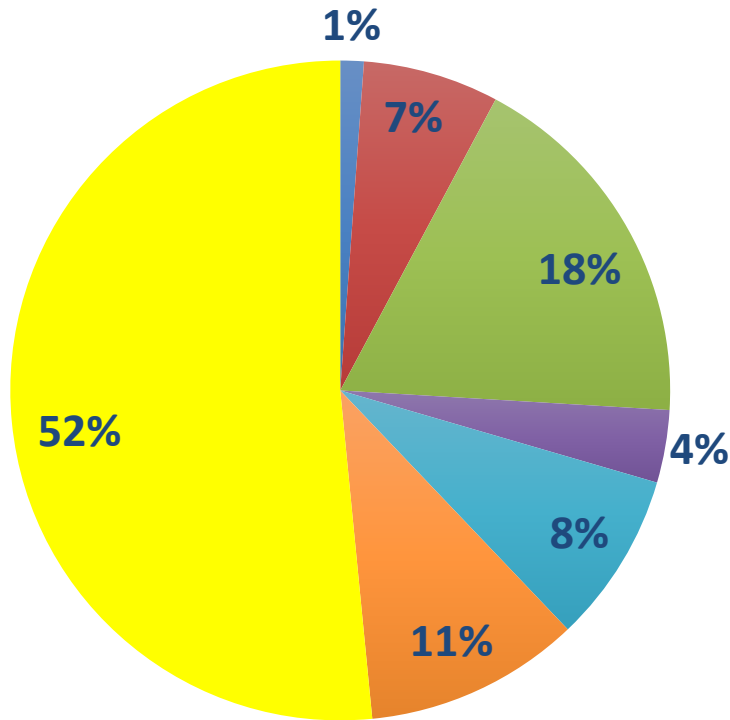
AGE & GENDER (N=871)



*Based on the number of unduplicated number of clients screened July – December FY 19/20.

DEMOGRAPHICS

RACE & ETHNICITY



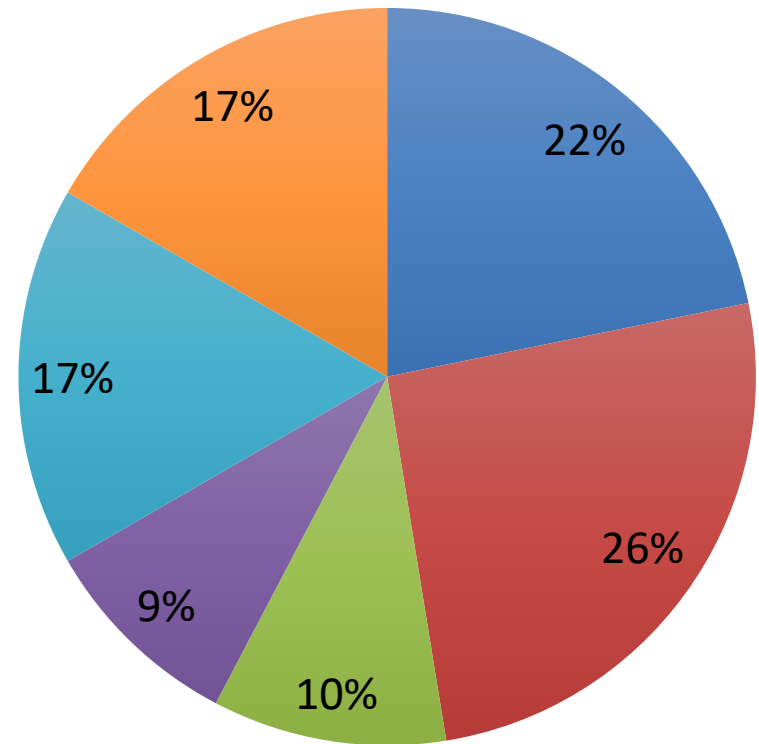
- American Indian
- Black/African-American
- Other Race
- White
- Asian/Pacific Islander
- Multi-Race
- Unknown/Not Reported
- Hispanic
- Other
- Not Hispanic
- Unknown

*Based on the number of unduplicated number of clients screened July – December FY 19/20.

DEMOGRAPHICS

SUBSTANCE USE

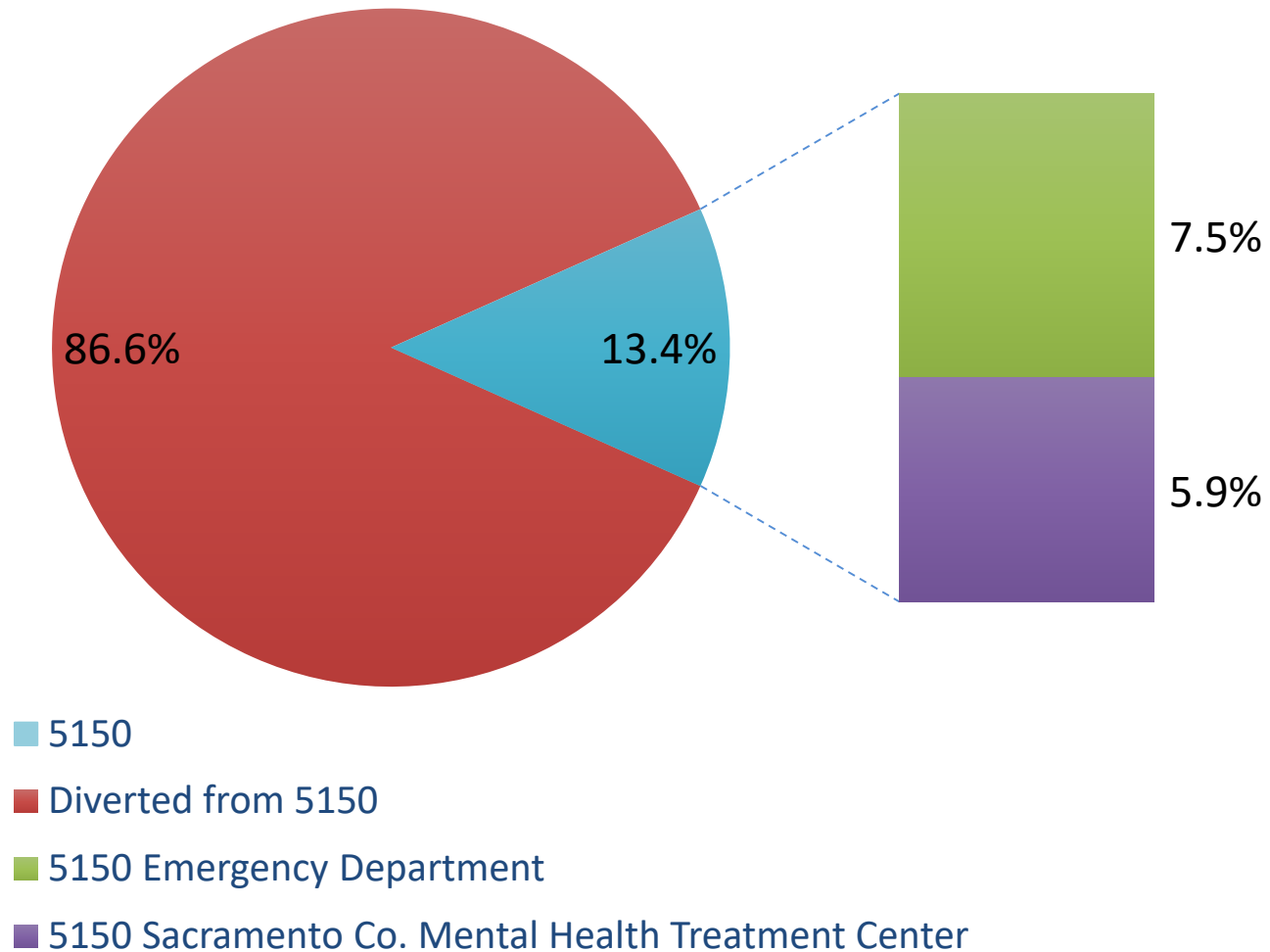
Of 871 unduplicated clients screened, 78 (9%) had an identified substance use diagnosis while served by the Sacramento County Mental Health Plan (MHP)



- Alcohol abuse
- Amphetamine abuse
- Cannabis abuse
- Cocaine abuse
- Drug Dependence Unspecified
- Opioid dependence

*Based on the number of unduplicated number of clients screened July – December FY 19/20.

5150 Encounters (N=991)



Mobile Crisis Support Teams

County Wide

- Citrus Heights Police Department - CIT3
- Elk Grove Police Department – City of Elk Grove – CIT11
- Folsom Police Department - CIT9
- Sacramento Sheriff Department North Patrol - CIT1 & CIT2
- Sacramento Sheriff Department - Central Division - CIT6

MCST Officer/Counselor team

Mon – Fri : 9am-7pm (*depending on area*)

Peer Navigator Follow-Up

Mon – Fri. 8am – 5pm

Team Discussion: Role & Services

Q&A