

Nevada County Mental Health Board and Substance Use Advisory Board Minutes

Date:	February 07, 2020
Time:	9:30 a.m. – 12:00 p.m.
Place	Behavioral Health Department – 500 Crown Point Circle, Grass Valley

STANDING ORDERS

1. **Call to Order and Introductions** – Self-introductions were made and a sign in sheet was passed around.

2. **Public Comment.**

Members of the public may address the board on items not appearing on the agenda. Please understand that no action shall be taken on items not appearing on the agenda.

Gayatri Havighurst had heard about some changes being made to MHSA funding. Phebe Bell is on a committee through CSAC that is looking at updating MHSA to be responsive to local needs and prevent the funds from being diverted from mental health needs. There have been multiple bills that propose to use MHSA funds to pay for various needs and issues.

3. **Announcements**

Pauli Halstead announced the League of Women Voters is holding a forum on Health Care in America: The Plans Explained on Saturday February 8th from 10:00 a.m. to 12 noon at the Peace Lutheran Church in Grass Valley.

Shera Banbury announced it is Mental Health Month for self-esteem.

4. **Regional Mental Health Correctional Facility – Mali Dyck and Phebe Bell.**

Mali announced a regional effort started about one year ago to discuss mental health needs in the criminal justice system. There is a long waiting list to get into State Hospital beds. Counties involved include Amador, Contra Costa, El Dorado, Placer, Sacramento, Solano, Sutter, Yolo and Yuba. The group released an RFP for a consulting service to look at the regional needs for a facility that could be shared.

a) Stepping Up Update – Phebe Bell.

There will be a Stepping Up Meeting on February 19th from 10:30 a.m. to 12 noon in the Empire Room at the County Government Center. This meeting will look at some of the data that is being gathered.

Phebe reviewed some of the progress made over the last year. There is a mental health pre-trial diversion program and a personal services coordinator embedded in the Public Defenders Office. Behavioral Health is in the process of hiring a second therapist who will be working in the jail helping with discharge planning and connecting individuals to community resources.

Amanda Wilcox mentioned a recent webinar she participated in with a mental health and criminal justice system focus. There was discussion on Sequential Intercept Mapping.

There was a suggestion to have Sheriff Shannan Moon attend a future Mental Health Board Meeting and potentially schedule a tour of the jail.

5. Victor Community Support Services – Rachel Roos and Parent.

Victor Community Support Services provides intensive community-based treatment services for children diagnosed with a serious emotional disturbance or mental illness and their family. Mental health services, case management, therapeutic behavioral health, medication support and wraparound services. The services are meant to build on family strengths and to recognize that every family is unique.

On average there are 65 children served in the Wraparound Program. The referrals come from Behavioral Health. In order to receive Wraparound services, there must be a qualifying diagnosis, Medi-Cal, and a threat to placement that without services would lead to a higher level of care. The goal is to keep kids at home, in school, out of trouble and safe. Wraparound is strength based, individualized, family voice and choice, team based, and outcome based. The team consists of the youth and their family, natural supports, facilitator, clinician, family support counselor, parent partner and referring agency.

For July 2019 through December 31, 2019 there have been 75 clients who received services. There were 34 new referrals and 29 discharges. Eighty seven percent of discharges met their treatment goals. Average length of treatment is eleven months. All discharges report improvements on the Child and Adolescents Needs and Strengths (CANS) screening tool.

A parent of a child receiving services at Victor talked about her experience. She is very grateful for the services offered at Victor and is proud of the progress made by her child.

6. Election of Mental Health and Substance Use Advisory Board Vice-Chair.

Postponed until next month.

7. Mental Health and Substance Use Advisory Board Minutes January 3, 2020.

Correction on page 5 under communication: correct spelling is Lynne DeMartini. A motion was made to approve the minutes. The motion was seconded by Iden Rogers. All members present were in favor.

8. Peer Support – Pauline Abrons. Handout.

SPIRIT Peer Empowerment Center has been doing community outreach. SPIRIT has had a table at Briar Patch and today they will have a table at SPD Market. SPIRIT is also starting a social media page. SPIRIT has the Cause for Change at Briar Patch in February; so round up your payment to the nearest dollar or more. SPIRIT recently had a Wellness Recovery Action Plan (WRAP) I Class that was attended by 10 people. The WRAP II Intensive Training will be at the end of February.

SPIRIT has revised their Vision, Mission and Values Statement. A copy was handed out at today's meeting.

There is also a peer support training program run by Sue Haddon at Behavioral Health. Recently there was a graduation of 8 peers. Behavioral Health now has a job description and stipend for peers who are willing to participate in committees where we need more consumer voice. There were a few people from Sue Haddon's class that were interested.

There was a comment that there is a mold issue at Insight Respite. One of the rooms is not usable and the guest has been staying at a hotel. This is impacting the number of guests they can have.

9. Truckee – Lori Malone and Phebe Bell.

Lori Malone announced she is the Team Leader for the NAMI Walk scheduled for May 2nd at William Land Park in Sacramento. She is looking for team members as well as donations. NAMI is working on getting a movie that was at Sundance in 2019 titled: “Bedlam.” NAMI would like to partner with Behavioral Health and get it shown at one of the theaters locally during May for Mental Health Month. Psychiatrist Ken Rosenberg in the role of filmmaker, follows the stories of people grappling with mental illness and takes us inside Los Angeles County’s overwhelmed psych ER, a nearby jail and homeless encampments. Phebe Bell mentioned we may be able to use the Board of Supervisors Chambers if we are not able to get a theater. The cost is \$350 to show it at one location. To show it at two locations it is \$500. Phebe mentioned contacting Alison Schwedner from the Community Collaborative of Tahoe Truckee as a resource to bring the movie to Truckee.

Phebe Bell mentioned there are some issues with substance use disorder (SUD) treatment in Truckee. Granite Wellness Center runs outpatient substance use treatment in Truckee and North Lake Tahoe. It is a struggle to keep staff and to get enough clients for the program to pay for itself. Placer and Nevada County have collaborated with Granite Wellness to have staff travel up there once a week to run drug Medi-Cal outpatient SUD services. Behavioral Health has trained staff in Truckee to do assessments for residential treatment. Behavioral Health is in the process of hiring a part time temp to provide SUD counseling. The County would offer two days per week of SUD counseling and groups; and Granite Wellness would provide one day per week.

10. Forensic Task Force – Iden Rogers and Amanda Wilcox.

The Forensic Task Force met on January 24th. Heather Vance talked about Turning Point, Assertive Community Treatment (ACT) and Assisted Outpatient Treatment (AOT). AOT criteria were discussed. There were 11 AOT referrals in the past year. Six of those were court ordered. An AOT client spoke about his experience in the program. Those waiting in jail for 1368 treatment (restoration to competency to stand trial) may be in jail for 30, 60 or 90 days due to lack of treatment facilities. A solution would be for treatment to travel to the jail. Not competent to stand trial means the defendant is not able to understand what is going on in court or cannot rationally participate in his or her own defense. The Crisis Stabilization Unit reported 185 crisis assessments.

11. Continuum of Care – Pauli Halstead and Shera Banbury.

The Continuum of Care meetings include reports from the committees and best practices. Pauli Halstead and Shera Banbury are both on the shelter committee. The goal is to fill in the gap between the lack of housing, lack of a navigation center and create a safe outdoor camp that would serve as a navigation center. They have been researching other successful programs around the State that are being implemented. There is a need for an outdoor living situation where people can be stabilized.

12. Mental Health and Substance Use Advisory Board Goals. Handout.

Last year a subcommittee met several times and created several drafts in a new format that were never finalized or approved. Annette will schedule a meeting with Phebe Bell, Amanda Wilcox and Iden Rogers to meet and discuss the goals.

13. Behavioral Health Directors Report – Phebe Bell.

Behavioral Health is beginning to build the budget. Part of the work is the budget narrative that includes goals and accomplishments. Phebe Bell presented a PowerPoint of accomplishment highlights.

- Crisis Assessments continue to rise, while the hospitalizations have decreased.
- Growing Capacity to serve very young children.
- Substance Use Disorder Assessments have increased
- 60% of youth taking the CANS re-assessment after 6 months show a decrease in symptoms.
- Added 22 recovery residence beds and provided 150 homeless people with 6 months of housing.
- Secured and managed a lot of grants.
- Completed mental health needs assessment survey of 428 people.
- Quality Assurance – wrote 54 new policies and complied with 103 info notices.
- Major improvement to supporting people in jail.
- Prioritize serving people who are homeless.

14. Mental Health Services Act (MHSA) Report – Priya Kannall.

Nevada County’s first MHSA audit is on April 7th and 8th. Behavioral Health submitted the documentation for the audit in January. Priya Kannall expects the audit will have a focus on Full-Service Partnerships (FSP).

Behavioral Health has a Request for Proposal (RFP) for Western Nevada County and a joint Request for Intent (RFI) with Placer County for Eastern Nevada County. We anticipate more requests than we have funding for.

Behavioral Health is working with a graphic designer to create a document that will highlight FSP outcomes and the Needs Assessment. The Annual Progress Report is approximately 150 pages and is so long most people don’t want to read it.

Priya would like to change the date for our May meeting to allow more time for the RFP review process. Potential dates are May 15th or May 22nd.

15. Communication – Future Mental Health Board Agenda Items.

Email future agenda items to Annette LeFrancois at annette.lefrancois@co.nevada.ca.us.

Below is a list of future presentations and speakers that Mental Health and Substance Use Advisory Board members have suggested.

- a) Client Satisfaction Surveys, Yvonne Foley
- b) Toby Guevin, Suicide Prevention Coordinator
- c) Granite Wellness Center

- d) Medication Issues
- e) Sheriff Shannan Moon
- f) 211/Connecting Point
- g) Project Heart
- h) Lynn DeMartini, PhD

ATTENDANCE:

Members Present: Supervisor Hall, Amanda Wilcox, Iden Rogers, Ann Kelley, Janice Deardorff, Shera Banbury, Lori Malone.

Excused Absent: Anne Rarick, Laura Preston.

BH Staff: Phebe Bell, Annette LeFrancois, Priya Kannall.

Visitors: Pauline Abrons, Rachel Roos, Pauli Halstead, Mali Dyck, JoLynn Haines, Gayatri Havighurst.

Minutes by Annette LeFrancois