

Nevada County Mental Health and Substance Use Advisory Board Minutes

Date:	June 04, 2021
Time:	10:00 a.m. – 12:30 p.m.
Place:	Zoom and Telephone

STANDING ORDERS

1. **Call to Order and Introductions** – Self-introductions were made.

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. Public Comment can be made during the Zoom Meeting, in the Zoom Chat or on the HNSA@co.nevada.ca.us email address. There was no public comment.

3. **Announcements**

Annette LeFrancois announced the Stepping Up Community Meeting on June 14th at 1:00 pm via Zoom: <https://us02web.zoom.us/j/86131498285?pwd=VEd5U2lnekRNNWw2VkxoSnllK01Mz09>

4. **Truckee Programs**

Promotora Program - Anibal Cordoba Sosa and Jazmin Karns.

The Promotora Program is part of Sierra Community House located in North Lake Tahoe and serves the Tahoe/Truckee area. The Tahoe/Truckee area has a larger Latinx population than Western Nevada County. The Promotora Model is a way to mobilize the community around topics relevant to the community such as affordable housing, access to public schools, transportation, stigma reduction, health and wellness. Many moms became involved in the program to promote issues relevant to their family such as access to healthcare and school readiness. The Promotoras are a critical bridge between service providers and the community. During the pandemic, the Promotora Program has been involved in COVID prevention, education and vaccine sign-up.

Sierra Community House Organizer – Jazmin Karns.

With a grant from the National Community Empowerment Project, Sierra Community House was able to add a Community Organizing Coordinator position. Jazmin's main goal is to promote immigrant integration in the community and coordinate the Promotora Program. Currently there is a focus on community needs to address the language barrier and mental health needs. The Promotora Program has several ongoing and six-week workshops: Expresarte (expression of feelings and emotions using materials and techniques from art), Healthy Life, and Zumba. Many of the workshops are in Spanish. Due to COVID many of the classes and workshops are virtual. The Promotoras build trust that can allow an individual to be open about their mental health needs. Project Mana, Tahoe Safe Alliance and North Tahoe Family Resource Center merged and formed Sierra Community House. Sierra Community House 24 hour Helpline 1 (800) 736-1060, Main Phone (530) 546-0952, jkarns@sierracommunityhouse.org and acordoba@sierracommunityhouse.org .

Emergency Warming Shelter – Cathy Foley. PowerPoint.

The Emergency Warming Center began in 2015 as a pilot program where it is open under the most severe weather nights each year. Severe weather in Truckee is considered 15 degrees or less, 1 foot or more of snow or other severe weather conditions such as heavy rain or winds. In March 2020 due to COVID, they were able to offer day services and move to a larger location temporarily. The Emergency Warming Center needs to find a larger location. Due to the partnership with Advocates for Mentally Ill Housing (AMI Housing), the Emergency Warming Center was able to apply for ESG COVID funding which will allow them to provide services through June 2022.

In April 2020 they were able to move into the Veterans Memorial Building and provide basic services. There has been an increase of people living in their vehicles. For the 2020/2021 season the Emergency Warming Shelter was open for 46 nights with 415 overnight stays. There is an average of 10-14 people each night. Due to COVID there were limitations on how many people they could accommodate in the space and maintain social distancing. With help from Nevada County they were able to house some guests in motel rooms. With rapid re-housing funds they were able to get 3 people who had lost their housing get re-housed.

Moving forward they are focused on a regional approach serving Placer and Nevada County. They will continue to offer day services four days per week. There are now two part time staff through Sierra Community House for street outreach and case management. There is a focus on getting everyone entered in the Homeless Management Information System (HMIS).

Victor Community Support Services Expansion – Amy Rudkin.

Amy Rudkin is the Director of Victor Community Support Services in Grass Valley and Truckee. Victor has been in Truckee since July 2020. Prior to that the Grass Valley staff would provide these services. There are two full time positions: a Facilitator and a Parent Partner. There is a part time Clinician. Victor provides Wrap Around Services for youth at the highest risk due to mental health needs. The goals for the next year are to become more well known and to build community relationships. Victor is also providing an Adult Case Management Program. Another service they provide is Rapid Response Program in partnership with Nevada County Child Welfare is designed to be a preventative Wrap Around like service for families with suspected child abuse reports who do not meet criteria for the child to be removed from the home. Family Urgent Response System is a State-run crisis hotline for current and/or former foster youth and their families up to age 21. Contact Nevada County Behavioral Health for a referral to Victor Community Support Services.

5. Behavioral Health Director’s Report – Phebe Bell and Jazmin Breaux.

Behavioral Health is in the process of transition for Crisis Services in Truckee. We contract with Sierra Mental Wellness Group for Crisis Services. Crisis staff who serve Tahoe Forest Hospital are on call. On call positions are hard to fill, this year due to COVID there were several vacancies and staff from down the hill had to cover these services. We are moving to a model where there will be one full time Crisis Worker supplemented with on call staff. There are also plans to have the Crisis Worker provide Mobile Crisis when they are not needed at the hospital. There is an average of 20 crisis evaluations each month in Truckee. In Western Nevada County we are hoping to expand Mobile Crisis from 40 hours per week to 7 days per week with potential funding opportunities.

CalAIM is a Statewide re-do of the Medi-Cal System in California. The goal is to get better outcomes for Medi-Cal recipients and create more alignment in all the service delivery systems: physical health, mental health and dental. There will be major shifts to Behavioral Health. The change should simplify documentation standards and payment structure. Until then, this will take a lot of staff time to implement.

The Electronic Health Record (E.H.R.) we use is Anasazi to submit claims, document services and for quality assurance to demonstrate we are meeting all the State standards around timeliness and access to services. Anasazi is being phased out by Cerner and a new product is being brought online. There will need to be changes in the E.H.R. to accommodate CalAIM and a new requirement around interoperability with other systems. The timeframe is unknown and could be as soon as one year from now, which would be a very fast timeline for this large of a shift. Behavioral Health is looking into options.

There is a growing number of individuals found Incompetent to Stand Trial (IST) involved in the Justice System. Behavioral Health is looking into how to improve our Misdemeanor IST process. Behavioral Health can mandate care to a small degree in the Mental Health System and we are mandated to serve people at the lowest level of care possible. For an individual with a primary diagnosis of substance use disorder there is no law that allows us to compel treatment. Laws that allow for involuntary treatment are based on mental illness not on substance use disorder needs. For Misdemeanor IST Behavioral Health is asked to develop a restoration plan. Behavioral Health has been finding a growing number of people to be un-restorable and do not meet conservatorship requirements. Some of the individuals' mental illness symptoms stem from long term methamphetamine use and resulting brain damage. Many of these individuals are released before Behavioral Health can do an assessment making it difficult to find them. Behavioral Health has been meeting with other Counties to learn how they manage Misdemeanor IST clients.

The Governor's May Revise includes a focus on School Based Mental Health Services. The goal is to create access to services regardless of insurance status.

Yvonne Foley-Trumbo, former Quality Assurance Manager who retired in October, passed away over the weekend.

Next Tuesday is the Mental Health and Substance Use Advisory Board presentation to the Board of Supervisors. There is an option to attend virtually. Annette will email the Board of Supervisors Agenda and information on how to join the meeting to Mental Health Board members.

6. Mental Health Services Act Update – Priya Kannall.

The MHSA Plan Update will be going to the Board of Supervisors on June 8, 2021. After approved by the Board of Supervisors our MHSA Plan Update will be submitted to the State.

7. Mental Health and Substance Use Advisory Board Minutes for May 7, 2021.

Iden Rogers commented on page 2 under Community Services and Supports that the outcomes are a mix of percent and numbers and would like to see this data more consistent with either percent or numbers not both. Suzanne Nobles made a motion to approve the minutes. The motion was seconded by Iden Rogers. All members present were in favor. No one was opposed.

8. Peer Support – Brook Bruning and Shera Banbury.

Brook reported SPIRIT Peer Empowerment Center has started to see the number of in person visits increase. The Center is helping people apply for jobs, social security and obtain housing. Shera Banbury mentioned Insight Respite Center is having a memorial tomorrow at Pioneer Park from 1 pm to 3 pm for 3 staff who passed away in the last year.

9. Continuum of Care (CoC) – Shera Banbury and Gayatri Havighurst.

The CoC meeting was held on May 20th. The CoC is planning a board retreat at their next meeting on June 17th. Also discussed were Homeless Information Management System (HMIS) Trainings. Brendan Phillips reported on 30 Housing Vouchers. The Committee Chairs reported on their Committee. CoC Coordinator application are out. There was discussion on expanding the Board, which would require a change in Bylaws.

Gayatri reported the different Committees (Housing, Youth and Shelter) are bringing what they are working on to their Board Liaison before the retreat. Each Committee will present at the larger CoC meeting most likely in July.

10. California Association of Local Behavioral Health Boards and Commissions – Shera Banbury.

The California Association of Local Behavioral Health Boards and Commissions (CALBHBC) is the State level organization. The CALBHBC has Issue Briefs on various topics available on their website. There is a Brief on Children and Youth that gives Statewide Solutions and Key Local Components. The CALBHBC website: <https://www.calbhbc.org/>. The CALBHBC has offered to have their Director Theresa Comstock present at our Board Meeting. Shera request this be added as a future agenda item.

Melissa Parrett mentioned if we are interested, we might want to invite local school representatives who are implementing Cal-Well to learn more about it and what is happening locally at the schools implanting it.

Janice Deardorff mentioned concerns about the effects of COVID restrictions on suicidality in elementary and high school kids. Phebe Bell mentioned there are a lot of resources coming and there is a focus on enhanced School-Based Mental Health Services. Behavioral Health contracts with several schools for Mental Health Services: Educationally Related Mental Health Services (schools pay for these) other Mental Health needs are provided by the insurer. For individuals on Medi-Cal Behavioral Health provides these services. Behavioral Health sometimes contracts with schools to provide Educationally Related Mental Health Services. Some Mental Health Services are offered on-site when there are multiple children at one site that qualify for Behavioral Health Services. Many Behavioral Health clinicians travel to schools regularly to provide Mental Health Services.

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

Shera Banbury asked if there were any nominations for Chair or Vice-Chair. We will vote on the nominations at our August meeting. Suzanne Nobles nominated Shera Banbury for Chair. Anne Rarick is nominated for Vice-Chair. If there are any other nominations, please mention them prior to the vote in August.

12. No July Meeting. August Meeting Agenda and Speakers – Annette LeFrancois.
On the calendar for August is Substance Use Disorder System. There was interest in having a presentation from Aegis. There was a question about returning to in-person meetings and when that might happen. Phebe Bell will get clarity on the County guidance for in-person meetings.

13. Communication – Future Mental Health Board Agenda Items.
Email future agenda items to Annette LeFrancois at annette.lefrancois@co.nevada.ca.us.
Currently we are following the Mental Health and Substance Use Advisory Board Calendar for future presentations and speakers.

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

- a) Medication Issues
- b) Sheriff Shannan Moon
- c) 211/Connecting Point
- d) Project Heart
- e) Lynn DeMartini, PhD
- f) Theresa Comstock – California Association of Behavioral Health Boards and Commissions

ATTENDANCE:

Members Present: Amanda Wilcox, Supervisor Hall, Janice Deardorff, Shera Banbury, Laura Preston, Suzanne Nobles, Iden Rogers, Anne Rarick.

Excused Absent: Lori Malone, Donna Tully, Sam Sebastian, Bethany Wilkins.

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

Visitors: Gayatri Havighurst, Brook Bruning, David Wallace, Melissa Parrett, Nicola Baldwin, Cathie Foley, Jazmin Karns, Anibal Cordoba Sosa, Amy Rudkin.

Minutes by Annette LeFrancois