



SONOMA COUNTY MENTAL HEALTH BOARD

Minutes of July 16, 2019



This Meeting:
Guerneville Veterans Building, 16255-1st Street,
Guerneville, CA 95446

Minutes are posted in draft form and after approval at www.sonoma-county.org/mhboard
Email: dhs-mhb@sonoma-county.org

Please Note: A list of commonly used abbreviations and acronyms is attached

CALL TO ORDER

Meeting called to order at 5:00 PM by Chair Mary Ann Swanson

ROLL CALL

Present: Kathy Smith, District 5 Preston Pierre, District 1 Patricia Gray, District 1;
Bob Cobb, District 4 Shellie Hadley, District 3 Dick Kirk, District 1
Robert Hales, District 5 Mary Ann Swanson, District 2

Excused: Sherry Weyers, District 5; Fran Adams, District 2; Diana Nelson, District 2; Peter McAweeney, District 4

SRJC PEERS Coalition Representative: *On Summer Break*

Sonoma County DHS, Behavioral Health Division: Bill Carter (SCBH Director)

Community Members: Susan Keller (Community Network); Erika Klohe (St. Joseph's); Laurie Petta (Goodwill Industries); Sean Kelson (Goodwill Industries); Sean Bolan (Goodwill Industries); Mary-Frances Walsh (NAMI); Kate Roberge (Goodwill Industries); Anita LaFollette (Homeless Action); Tim Miller (West County Community Services); Katie Swan (Buckelew); Dr. Emilio Licea (West County Health Services), and a few other community members.

ANNOUNCEMENTS /PUBLIC INTRODUCTIONS & COMMENTS

- 1) You may submit agenda items for consideration prior to the Executive Committee meeting, normally held on the first Wednesday of each month, 10:30 AM to Noon. Email or call MHB clerk Rhonda Darrow (565-4850), Rhonda.Darrow@sonoma-county.org to verify the next meeting date.
- 2) There are vacancies in Districts 1, 3 and 4. If you are interested in serving on the Board, please contact Rhonda Darrow (565-4850, Rhonda.Darrow@sonoma-county.org).
- 3) Please direct all your questions to the Chair.

APPROVAL OF MINUTES

MHB Draft Minutes from 5/21/19 and 6/18/19 were not approved, as the minutes were not available.

Voting of MHB Executive Committee Officers

Voting for MHB Executive Committee officers were held and approved: Kathy Smith, Chair and Dick Kirk, Vice Chair – with motion by Patricia Gray and second by Shellie Hadley.

CONSUMER AFFAIRS REPORT – Kate Roberge, Consumer Education Coordinator of the Consumer Relations Program of Goodwill Industries (kroberge@gire.org), and/or Guests

Kate Roberge's report on *Recovery Language*:

One aspect of mental health recovery is beginning to look at the language we use to describe people with lived mental health experience. Language matters. It sticks. Words become labels that follow us around—sometimes for years. Hopefully, we want to offer support to people with mental health challenges, in as egalitarian way as possible. Traditional clinical or “medical model” language has an element of one up, one

down-ness that can be judgmental, stigmatizing or create a power differential and puts the user of that language in a role of superiority. The alternative to clinical language is called recovery language.

Here are some of the most commonly used clinical terms and their recovery alternatives:

Recovery-Oriented Language

| <u>Clinical Terms</u> | <u>Recovery Language</u> |
|--|--|
| Decompensated. | Not doing well (elaborate—having trouble getting out of bed, confused, hearing or seeing things that are unusual) |
| Manipulative. | Getting needs met, strategic |
| Non-compliant. | Doesn't want to (person may have a different opinion about what's best for them) |
| High functioning. | Doing well |
| Low functioning. | Having difficulty |
| (Some may call me high functioning, but it is all relative; there are days when I would have been referred to as low functioning. Labels stick.) | |
| He's a schizophrenic. | He's a person with schizophrenia (put the person first) |
| Mentally ill. | Has a mental health challenge, has lived mental health experience |
| Unmotivated. | Doesn't want to |
| Delusional. | Sees or hears things that others do not or outside of the common reality |
| Client, patient. | Name, person I work with |
| Chronic. | In recovery (everyone's somewhere on the recovery spectrum, even if it's at the very beginning...so much more validating). |

It may, at first, seem unnatural to use recovery language. But by making this shift, you will be doing people with mental health challenges a favor. You will be teaching others about mental health recovery and speaking to and about people with lived mental health experience in a more respectful way.

PUBLIC COMMENTS/CONCERNS/ACCOMPLISHMENTS

Several community members shared their appreciation of the Mental Health Board for their letter of support to the Board of Supervisors for the family and peer-run programs.

Anita LaFollette of Homeless Action also suggested that the Mental Health Board members and others read the article dated July 12, 2019 in the local Gazette on "*Landmark Injunction Offers Protection to Homeless Individuals and Their Property.*"

Sean Bolan of the Wellness and Advocacy Center reported the Peer Support Project has started up again for peers who work with the Mobile Support Team and the Main Adult Detention Facility.

Sean Kelson invited the Board and community to Interlink's 23rd Anniversary celebration on Thursday, July 25, 2019, 2:30-4:30 PM, for community, memories, food and fun, at Interlink Self-Help Center, 1033-4th Street, Santa Rosa.

Mary-Frances Walsh of NAMI shared that she will be attending tomorrow's SMART Train board meeting (1:30 PM in their board room in Petaluma) about the recent deaths by suicide. There is a campaign to raise awareness and how to tap into increased services.

Dick Kirk asked about the status of the legislative bill, SB 10, Beall -- Mental health services: peer support specialist certification. Kate Roberge shared that it has passed the Senate and is now with the Assembly. There is hope that Governor Newsom will agree to pass the bill.

SPECIAL PRESENTATION: *Local Guerneville / West County Issues*

A community member questioned how the budget process works. He questioned how there can be talk of cuts of programs and then having money to continue these same programs. Bill Carter explained that the Board of Supervisors (BOS) had to start with balanced budgets from all County departments. The BOS then decided what programs they needed to keep open and used their discretionary funds from the general fund to add these programs back into the budget.

Tim Miller talked about the counseling programs West County Community Services provide in the Guerneville area. They are all free! Tim shared a handout for the list below:

Senior Peer Counseling – Program Manager, Vicki Wedegaertner, MFT, Phone: 823-1640 ext. 302 Intake ext. 380. Available by appointment.

We see seniors (55+) who are struggling with issues of aging or mental health concerns through our SPC program. We use volunteer seniors who have completed 35 hours of training, and who receive ongoing supervision and training to provide these services. Some seniors are more comfortable with a peer counselor than with traditional therapy. It is still a counseling service, not advocacy or case management or social contact.

Senior clients are matched with a volunteer and seen in their home for 12 one hour sessions. There is no cost. Clients can self refer for this program. They would call 823-1640 ext. 380 and leave their name and contact info and what service they are requesting. A volunteer will call them back to complete an intake. We use that information to match the client with a volunteer.

We also do have support groups for senior men and senior women. Groups for senior women take place at the Windsor Senior Center, the Rohnert Park Senior Center, Sebastopol Senior Center and at a Santa Rosa location. A men's group takes place at the Sebastopol Senior Center. Clients can self refer for these services as well – same process as above. Be aware that groups do have wait lists.

Older Adult Collaborative Therapy – Program Manager, Vicki Wedegaertner, MFT, Phone: 823-1640 ext 302. Available by appointment.

Registered Associate Marriage and Family Therapist and Licensed Marriage and Family Therapists provide seniors in Sonoma County up to 1 in home therapy sessions. Potential referrals need to be experiencing symptoms of depression.

Crisis Support – Counselor, Deb Holmes, 16390 Main Street, Guerneville, Phone: 823-1640. Thursday 1-5 pm

A crisis counselor is available to meet with residents of Guerneville on Thursdays from 1-5pm. She assists people filling out Season of Sharing applications for one time financial assistance. She also can offer immediate financial assistance for families with children needing clothing, food, laundry services.

Russian River Empowerment Center – Program Manager, Michael Martin. Phone: 707-823-1640 ext. 207. Open Monday through Thursday 11:30 AM-4:30 PM. The Empowerment Center is a peer to peer program that provides a safe place for people chronically challenged by mental health issues to work on his or her own mental health recovery. Membership at the EC is free and open to adults in West Sonoma County, ages 18+, who identify themselves as someone who has had a long-term struggle with the quality of their life due to emotional or behavioral challenges.

Staff and community volunteers develop and facilitate activities, groups, and presentations that offer members opportunities to engage in learning new skills in coping, relationship development, and personal growth.

School Counseling – Chris Van Stone, LCSW; Jenna McAdam, AMFT; Karla Fittipaldi, LMFT and Christy Davila, LMFT.

We have an on campus therapist at Guerneville Elementary School and Laguna high School, and Brookhaven Middle School available to meet with students.

Family Liaison Counselor – Counselor Deb Holmes. Monte Rio Elementary, Thursday, 10am-1pm. Guerneville Elementary.

A counselor is available on campus at Monte Rio Elementary School once a week to provide crisis support for students and their families. This service also offers one time financial assistance for families in crisis.

*If your child is a current student at any of these schools, please inquire about services with the principal or office staff.

Summer Adventures – Coordinator, Deb Holmes. Out on Adventures 2 days a week all summer. For more information and to enroll, please call Christy Davila in May. Christy.davila@westcountyservices.org 823-1640 ext. 391.

The case management includes senior peer counseling, a housing project across from the Barlow, and Rapid Re-housing to catch people before homelessness—where there are plans for the addition of two more trailer spots and four apartments being refurbished.

Dr. Emilio Licea of West County Health Centers (WCHC) attended the meeting to talk about WCHC services. Services available include, crisis counseling and brief therapy for specific behavioral issues. Services are available to all patients of WCHC including adults, adolescents and children. The Behavioral Health providers work with the client and their medical provider and care team to help you manage and achieve your health care goals and learning to manage chronic health conditions such as diabetes or hypertension, work on weight management, addictions to drugs, alcohol, tobacco or food, help to reduce and manage depression and other mood disorders (anxiety and panic), abuse and trauma issues, learn to cope effectively with stress, help with chronic pain issues, HIV/ AIDS issues, relationship problems, gay/ lesbian issues, and stress management. Dr. Licea reported that the hardest population to treat are those who are isolative and lonely--with about 46 percent of the population being screened. There is currently a robust mental health team with about twenty licensed clinicians to see community members within one to two weeks in Guerneville, Sebastopol, Forestville and Occidental.

A community member noted that WCHC, federally qualified health centers, cannot bill Medi-Cal on the same day for services by a medical and behavioral health clinician. Currently, the centers are having to get by with no Medi-Cal reimbursements for these same-day services. This is a bill that is expected to pass in the very near future.

BEHAVIORAL HEALTH DIRECTOR'S REPORT/HBH FISCAL UPDATE/MENTAL HEALTH SYSTEM

TRANSFORMATION: *Bill Carter or Designee*

Sonoma County's Mental Health Services Act [MHSA] page is at www.sonoma-county.org/mhsa

The State's MHSA page is at http://www.dmh.ca.gov/Prop_63/MHSA/default.asp

MHSA newsletter is available at the link <http://www.sonoma-county.org/health/about/pdf/mhsa/>

Bill Carter reported with the new Fiscal Year budget is in place. The Behavioral Health Division is reorganizing Youth and Family Services, increasing adult case management, reducing the CSU beds from 16 to 12, reducing some adult service contracts and a large push in hiring of staff. There is an increase in Adult Full Service Partnership (FSP) programs as a cost-savings measure instead of placing clients in long-term care facilities.

The Mobile Support Team (MST) is in Guerneville and responding to calls. The County has committed to finding money to keep ongoing funds coming in.

There is an upcoming felony incompetent to stand trial grant. There is coalition looking at transitional housing with Probation and FACT Programs. The California Health Facilities Financing Authority (CHFFA) will purchase transitional housing (money from state hospitals) to help in saving money for jails and courts.

Bill said that the hope is to bring more therapy back as County services in the near future. In response to a comment from the audience, Bill agreed that it will be preferable to shift peer-run programs back under MHSA funding if possible. This issue will be incorporated in this year's planning.

The Community Development Committee (CDC) has been working with the Division to utilize housing funds/vouchers to replace realignment funding currently used. This will free up funds for services. Our original estimate is that \$1.4M in housing funds can be secured.

The new Psychiatric Health Facility is being partnered with Marin County—14 beds for Sonoma County and 2 beds for Marin. Since the facility will have the 16 beds, this is the requirement so the beds can be reimbursed by Medi-Cal. The announcement will be made in July/August 2019. The plan is currently on track to open in March 2020.

The peer-run respite facility does not have ongoing operational costs or a place at this time. The plan is to get it up and running. It will be a small six-bed house.

Bill shared that the Whole Person Care (WPC) waiver allows more coordination of health, behavioral health and social services to a particular vulnerable group of Medi-Cal beneficiaries who have been identified as high users of multiple systems and continue to have poor health outcomes. The WPC staff is in Guerneville on Mondays. A high level of trust is needed in building these relationships.

PEERS (PEOPLE EMPOWERING EACH OTHER TO REALIZE SUCCESS) COALITION INTERN REPORT –

This is the link to SRJC's webpage about current health events around the campus:

<https://events.santarosa.edu/calendar-events>

(On summer break).

OTHER REPORTS (INCLUDING CALBHBC and Program Assessment Matrix (PAM) Ad-Hoc Committee Reports:

This is the link to California Association of Local Behavioral Health Boards and Commissions website:

<http://www.calbhbc.org/>

Dick Kirk reported that the Program Assessment Matrix Ad-hoc Committee is getting ready to schedule site visits with contractors and try out their new assessment tools with peers, program supervisors and staff.

MHB CHAIR'S REPORT:

Kathy Smith thanked Mary Ann Swanson for all of her dedication of the out-going MHB Chair.

The next Mental Health Board meeting will be the MHSA Plan Update/Public Hearing on Wednesday, August 21, 2019, 5:00 PM, at the Finley Center, Person Senior Wing, 2060 West College Avenue, Santa Rosa.

The Mental Health Board is presenting a presentation by Dr. Patrick Arbore and a panel discussion on *Elderly Suicide: Risk and Prevention* on Wednesday, September 18, 2019, 5:00 PM, at the Finley Center, Person Senior Wing, 2060 West College Avenue, Santa Rosa.

BOARD AND PUBLIC COMMENTS:

Dick Kirk requested and received approvals for a resolution to proceed with writing a letter of appreciation from the Mental Health Board to the Board of Supervisors for their work on the recent budget crisis in ways to preserve crucial mental health services.

Meeting adjourned at 6:48 p.m.

Respectfully submitted,

Rhonda Darrow, Mental Health Board Clerk

ABBREVIATIONS & ACRONYMS

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| 5150 | Declared to be a danger to self and/or others |
| AB3632 | Assembly Bill - State-mandated MH services for seriously emotionally disturbed youth - discontinued by State |
| ACA | Affordable Care Act |
| ACL | All County Letter |
| ACT | Assertive Community Treatment (program run by Telecare) |
| ANSA | Adult Needs and Strengths Assessment – a “tool” for determining which services are needed by each particular adult client |
| AODS | Alcohol and Other Drugs Services – now a part of the Mental Health Division and called SUDS |
| ART | Aggression Replacement Therapy |
| BHD | Behavioral Health Division (Sonoma County) |
| CADPAAC | County Alcohol and Drug Program Administrators’ Association of California |
| CAHPS | Consumer Assessment of Healthcare Providers and Systems |
| CalEQRO | California External Quality Review Organization |
| CALMHB/C | California Association of Local Mental Health Boards & Commissions - comprised of representatives from many MHBs in the State |
| CANS | Child, Adolescent Needs and Strengths (Assessment) – helps determine which services are needed by each child client |
| CAPE | Crisis Assessment, Prevention, and Education Team; goes into the schools when called to intervene in student mental health matters |
| CAPSC | Community Action Partnership-Sonoma County |
| CARE | California Access to Recovery Effort |
| CBT | Cognitive Behavioral Therapy |
| CCAN | Corinne Camp Advocacy Network - Peers involved in mental health advocacy |
| CDC | Sonoma County Community Development Commission |
| CDSS | California Department of Social Services |
| CFM | Consumer and Family Member |
| CFR | Code of Federal Regulations |
| CFT | Child Family Team |
| CHD | California Human Development |
| CHFFA | California Health Facilities Financing Authority |
| CIP | Community Intervention Program |
| CIT | Crisis Intervention Training (4-day training for law enforcement, to help them identify and respond to mental health crisis situations) |
| CMHC | Community Mental Health Centers, Located in Petaluma, Guerneville, Sonoma, and Cloverdale (part of SCBH)) |
| CMHDA | California Mental Health Directors Association |
| CMHL | SCBH’s Community Mental Health Lecture series - open to the public - usually takes place monthly |
| CMS | Centers for Medicare and Medicaid Services |
| CMSP | County Medical Services Program - for uninsured, low-income residents of the 35 counties participating in the State program |
| CONREP | Conditional Release Program (State-funded, SCBH-run, but will be turned over to the State 6/30/14) |
| CPS | Child Protective Service |
| CPS (alt) | Consumer Perception Survey (alt) |
| CRU | Crisis Residential Unit (aka Progress Sonoma-temporary home for clients in crisis, run by Progress Foundation) |
| CSU | Crisis Stabilization Unit (Sonoma County Behavioral Health’s psychiatric emergency services at 2225 Challenge Way, Santa Rosa, CA 95407) |
| CSAC | California State Association of Counties |
| CSN | Community Support Network (contract Provider) |
| CSS | Community Services and Support (part of Mental Health Services Act-MHSA) |
| CWS | Child Welfare Services |
| CY | Calendar Year |
| DAAC | Drug Abuse Alternatives Center |
| DBT | Dialectical Behavioral Therapy |
| DHCS | (State) Department of Health Care Services (replaced DMH July 1, 2011) |
| DHS | Department of Health Services (Sonoma County) |
| DPI | Department of Program Integrity |
| DSRIP | Delivery System Reform Incentive Payment |
| EBP | Evidence-basis Program or Practice |
| EHR | Electronic Health Record |
| EMR | Electronic Medical Record |
| EPSDT | Early and Periodic Screening, Diagnosis and Treatment (Children’s Full Scope Medi-Cal to age 21) |
| EQRO | External Quality Review Organization (annual review of our programs by the State) |
| FACT | Forensic Assertive Community Treatment |
| FASST | Family Advocacy Stabilization, Support, and Treatment (kids 8-12) |
| FQHC | Federally Qualified Health Center |
| FY | Fiscal Year |
| HCBS | High-Cost Beneficiary |
| HIE | Health Information Exchange |
| HIPPA | Health Insurance Portability and Accountability Act |
| HIS | Health Information System |

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| HITECH | Health Information Technology for Economic and Clinical Health Act |
| HSD | Human Services Department |
| HPSA | Health Professional Shortage Area |
| HRSA | Health Resources and Services Administration |
| IHT | Integrated Health Team (medical and MH services for adults) |
| IPU | Inpatient Psychiatric Unit |
| IRT | Integrated Recovery Team (for those with mental illness + substance use issues) |
| IMDs | Institutes for Mental Disease (residential facilities for those unable to live on their own) |
| INN | Innovation (part of MHSA) |
| IT | Information Technology |
| JCAHO | Joint Commission on Accreditation of Healthcare Organizations - accredits hospitals & other organizations |
| LEA | Local Education Agency |
| LG | Los Guilicos-Juvenile Hall |
| LGBQQT | Lesbian/Gay/Bisexual/Queer/Questioning/Transgender/Intersexed (also LGBTQ) |
| LOS | Length of Stay |
| LSU | Litigation Support Unit |
| M2M | Mild-to-Moderate |
| MADF | Main Adult Detention Facility (Jail) |
| MDT | Multi-Disciplinary Team |
| MHB | Mental Health Board |
| MHBG | Mental Health Block Grant |
| MHFA | Mental Health First Aid |
| MHP | Mental Health Plan |
| MHSA | Mental Health Services Act |
| MHSD | Mental Health Services Division (of DHCS) |
| MHSIP | Mental Health Statistics Improvement Project |
| MHST | Mental Health Screening Tool |
| MHWA | Mental Health Wellness Act (SB 82) |
| MOU | Memorandum of Understanding |
| MRT | Moral Reconciliation Therapy |
| MST | Mobile Support Team - gets called by law enforcement to scenes of mental health crises |
| NAMI | National Alliance on Mental Illness |
| NBSPP | North Bay Suicide Prevention Project |
| NOA | Notice of Action |
| NP | Nurse Practitioner |
| OSHPD | Office of Statewide Health Planning and Development - the building department for hospitals and skilled nursing facilities in state |
| PA | Physician Assistant |
| PAM | Program Assessment Matrix Work Group |
| PATH | Projects for Assistance in Transition from Homelessness |
| PC 1370 | Penal Code 1370 (Incompetent to Stand Trial, by virtue of mental illness) |
| PCP | Primary Care Provider (medical doctor) |
| PES | Psychiatric Emergency Services – (open 24/7 for psychiatric crises - 3322 Chanate Road) |
| PEI | Prevention and Early Intervention (part of Mental Health Services Act-MHSA) |
| PHF | Psychiatric Health Facility |
| PHI | Protected Health Information |
| PHP | Parker Hill Place - Telecare's transitional residential program in Santa Rosa |
| PHP | Partnership Health Plan |
| PIHP | Prepaid Inpatient Health Plan |
| PIP | Performance Improvement Project |
| PM | Performance Measure |
| PPP | Triple P - Positive Parenting Program |
| PPSC | Petaluma People Services Center |
| QA | Quality Assurance |
| QI | Quality Improvement |
| QIC | Quality Improvement Committee |
| QIP | Quality Improvement Policy (meeting) |
| QIS | Quality Improvement Steering (meeting) |
| RCC | Redwood Children's Center |
| RFP | Request for Proposals (released when new programs are planned and contractors are solicited) |
| RN | Registered Nurse |
| RRC | Russian River Counselors |
| ROI | Release of Information |
| SAR | Service Authorization Request |

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| SB | Senate Bill |
| SBIRT | Screening, Brief Intervention, and Referral to Treatment |
| SCBH | Sonoma County Behavioral Health |
| SCOE | Sonoma County Office of Education |
| SDMC | Short-Doyle Medi-Cal |
| SED | Seriously Emotionally Disturbed |
| SELPA | Special Education Local Planning Area |
| SMHS | Specialty Mental Health Services |
| SMI | Seriously Mentally Ill |
| SNF (Sniff) | Skilled Nursing Facility |
| SOP | Safety Organized Practice |
| SPMI | Serious Persistent Mental Illness (or Seriously Persistently Mentally Ill) |
| SUDs | Substance Use Disorders Services (formerly AODS) |
| SWITS | Sonoma Web Infrastructure for Treatment Services |
| TAY | Transition Age Youth (18-25) |
| TBS | Therapeutic Behavioral Services |
| TFC | Therapeutic Foster Care |
| TSA | Timeliness Self-Assessment |
| VOMCH | Valley of the Moon Children's Home |
| WET | Workforce Education and Training (part of MHSA) |
| WCCS | West County Community Services |
| WCHC | West County Health Centers |
| WPC | Whole Person Care |
| WRAP | Wellness Recovery Action Plan |
| WRAP (alt) | Working to Recognize Alternative Possibilities (alt) |
| Wraparound | Community-based intervention services that emphasize the strengths of the child and family |
| YS/Y&F | Youth Services/Youth & Family (Sonoma County Behavioral Health) |
| YSS | Youth Satisfaction Survey |
| YSS-F | Youth Satisfaction Survey-Family Version |