



SONOMA COUNTY MENTAL HEALTH BOARD

Minutes of April 16, 2019



This Meeting:
Cloverdale Regional Library, 401 N. Cloverdale Blvd.,
Cloverdale, CA 95425

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 5:02 PM by Chair, Mary Ann Swanson

ROLL CALL

Present: Mary Ann Swanson, District 2 Peter McAweeney, District 4 Kathy Smith, District 5
Bob Cobb, District 4 Dick Kirk, District 1 Sherry Weyers, District 5
Shellie Hadley, District 3 Robert Hales, District 5

Excused: Fran Adams, District 2; Diana Nelson, District 2

Absent: Patricia Gray, Matthew Jensen

SRJC PEERS Coalition Representative: Maria Arreguin (not present)

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

Community Members: Erika Klohe (St. Joseph's); Mary-Frances Walsh (NAMI); Debbie Mason (Healthcare Foundation Northern Sonoma County); Peterson Pierre; Doug Taylor; Lia Bresciani (Seneca); Donna Romeo (Cloverdale Regional Library); and 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

The present members approved the minutes for March 19, 2019 (Peter McAweeney seconded and there were two abstentions for not being present at the meeting).

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

No report was given as Kate or designee was not available.

PUBLIC COMMENTS/CONCERNS/ACCOMPLISHMENTS

The community members went around the room and introduced themselves.

Peterson Pierre is interested in being on the MHB for District 1 vacancy. He will be meeting with Supervisor Gorin in the next two weeks. He works at a hospital emergency room and has concerns about their psychiatric patients.

Doug Taylor is also interested in being on the MHB. He was moved to Sonoma County from Mendocino County where he was on the Mendocino County Mental Health Board.

Bill Boerum is also interested in being on the MHB, District 1.

Mary Frances Walsh, NAMI, expressed possibly offering family-to-family classes located at the Cloverdale Regional Library. She said that teachers are being trained so they can expand these courses.

Lia Bresciani of Seneca Center shared that they are a contractor with SCBH and schools. They offer services to youth, 5 to 18 years old.

SPECIAL PRESENTATION: *Cloverdale/North County Issues*

Community and MHB members discussed the limited mental health services in North County. They questioned the cost of parity of services in the geographical areas of the County, as there is no Mobile Support Team (MST) stationed in Cloverdale. MST can be requested by the Cloverdale Police Department, but it would take 45 to 60 minutes to arrive on the scene. MST services are available Monday – Friday, 1:00 to 9:00 PM.

Debbie Mason and Mary Frances Walsh reminded all to contact NAMI for referrals for free counseling and yoga classes for every-day stressors; she recommended an evidence-based phone application—Sonoma Rises—which is free at Google or Apple Stores.

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

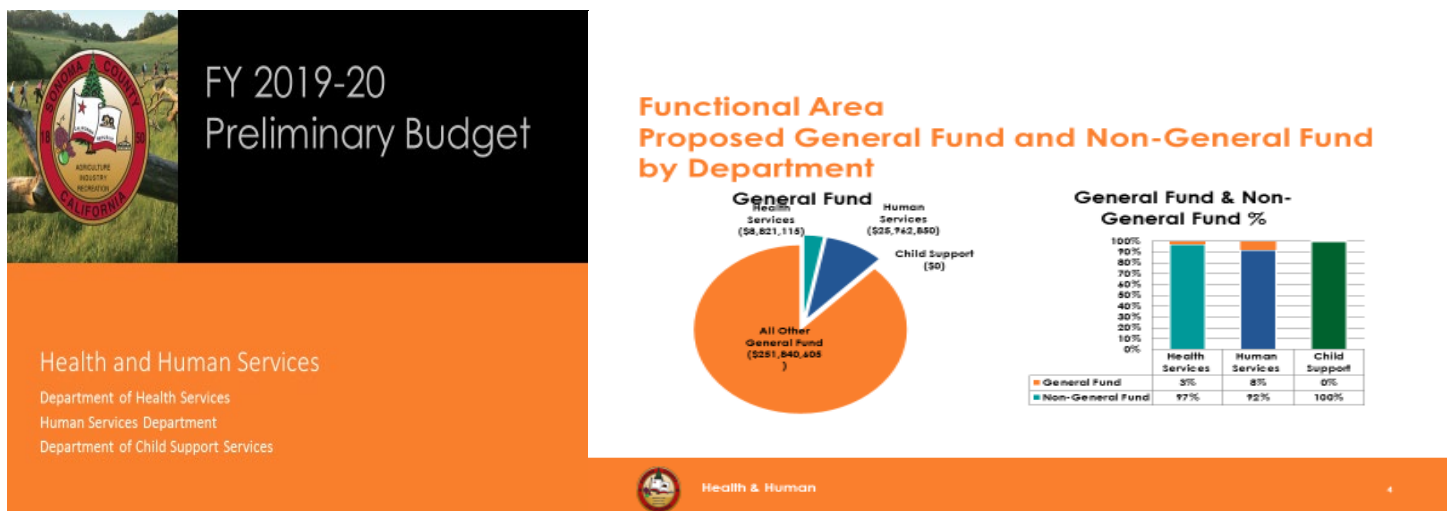
TRANSFORMATION: *Bill Carter or Designee*

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

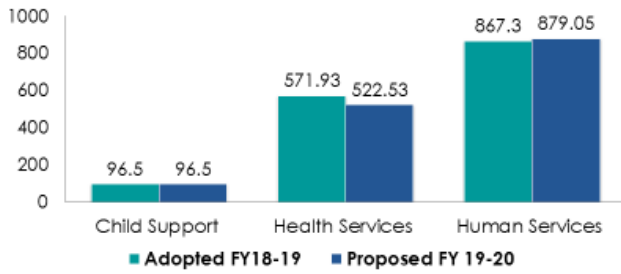
The State’s MHSA page is at http://www.dmh.ca.gov/Prop_63/MHSA/default.asp

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

Bill Carter’s handout, PowerPoint slides of the proposed Behavioral Health Division Budget presented to the Board of Supervisors:



Functional Area Proposed Positions by Department



Functional Area

Key Functional Area Challenges and Opportunities

Common Themes:

- Populations served
- Program demand increases
- Low % of general fund
- Flat revenues year over year



Functional Area

Key Functional Area Challenges and Opportunities

Key Functional Area Challenges:

- Flat or reduced revenue
- Increased expenditures
- Meeting outcome measures
- Increased need for services



Functional Area

Key Functional Area Challenges and Opportunities

Functional Area impacts to general fund cuts :

- Reduced service delivery
- Loss of positions
- Reductions in contracts



Functional Area

Key Functional Area Challenges and Opportunities

Impacts to one, impacts the other



Functional Area

Key Functional Area Challenges and Opportunities

Opportunities:

- leveraging reimbursements
- maximizing claiming services

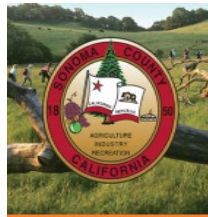


Functional Area

FY 2019-20 Collaboration Session Outcomes



- o ACCESS Sonoma County
- o New ways to collaborate



FY 2019-20 Preliminary Budget

Health and Human Services

Department of Health Services
Human Services Department
Department of Child Support Services

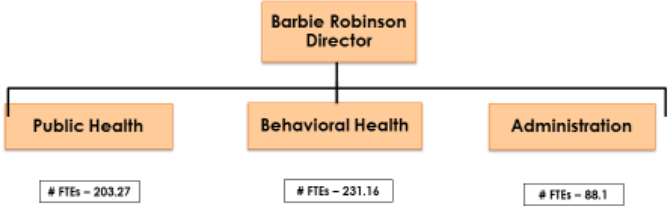


Health & Human

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Health Services Department Overview

FY 2018-19 ADOPTED: \$253,582,705
FY 2018-19 REVISED: \$264,381,976
FY 2019-20 RECOMMENDED: \$243,963,680
NET CHANGE (ADO - REC): (\$9,619,025)
TOTAL POSITIONS: 573.43 TOTAL FTE: 522.53



Department of Health Services



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Department of Health Services

Our Mission:

Promote, protect, and ensure access to services to support the health, recovery, and well-being of all in Sonoma County.

Our Vision:

Healthy People in Healthy Communities.

Our Values:

Excellence. Collaboration. Equity.



Department of Health Services

Key Operational Challenges for FY 2019-20

- o Increased institutional costs
- o Lack of supportive housing in the community
- o Sustainability of home visiting programs
- o Strengthen administrative infrastructure to ensure the effective and efficient administration of Department programs



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Department of Health Services

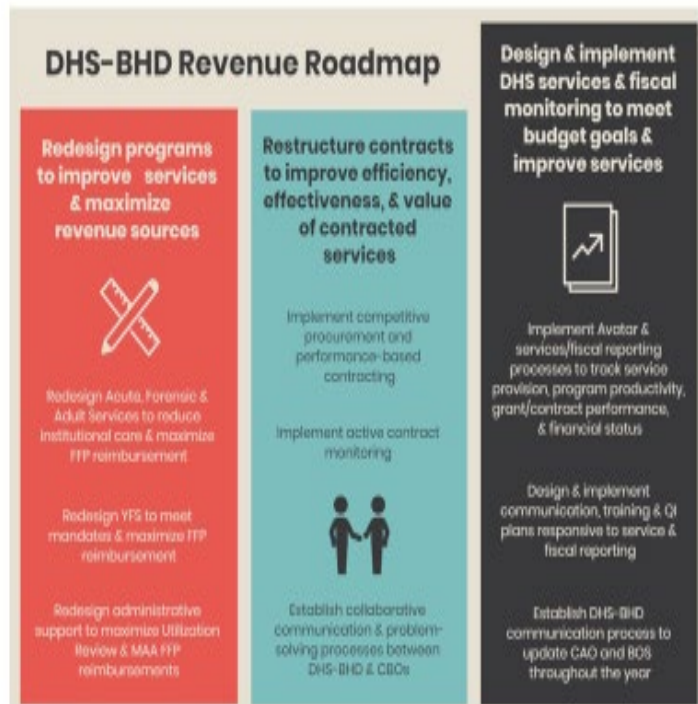
Key Operational Opportunities

Public Health

- o Coordinate and integrate services and programs for shared populations to maximize and leverage Federal dollars for programs such as home visiting.

Behavioral Health

- o Reduce institutional costs
- o Increase inpatient beds in the community with a Psychiatric Health Facility which reduces institutional costs, improving the quality of community services
- o Implement electronic health record to improve productivity and documentation, reduce administrative burden increasing staff time for direct service delivery



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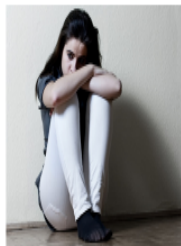
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Department of Health Services Reduction Impacts

Public Health

- o Reduction to Teen Parent Connections Program
- o Reduction to Nursing and Allied services
- o Reduction to Administrative Support services



Department of Health Services Reduction Impacts

Behavioral Health

- o Eliminate Board and Care supplemental payments
- o Reduce Peer and Family contracts
- o Reduce Crisis Stabilization Unit from 16 beds to 12 beds
- o Reduction of Adult Services Team and Outpatient contracts
- o Eliminate Crisis, Assessment, Education, and Training services
- o Reduce Workforce Education and Training Program.



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Department of Health Services Reductions – Staffing Impacts

Staffing Impact	
Division	Total Impacted FTE
Behavioral Health	25.05
Public Health	35.85
Administration	10.00
Total	70.90

Department of Health Services Reductions – Contracts

Contract Impacts – Behavioral Health	
Adult Services	\$1,259,441
Board & Care	\$3,800,840
Peer & Family	\$1,162,239
Work Force Education & Training	\$139,414
Total	\$6,361,934

Department of Health Services Priority Add-Backs

Behavioral Health Division

- Board and care services
- Adult Services Team and Outpatient Services Team

Public Health Division

- Home visiting/teen parent connection
- Nursing and Allied services



Highlights from budget discussion:

- County of Sonoma has a \$34 million shortfall and has \$8 million to mitigate potential cuts at the Board of Supervisors' discretion.
- The Department of Human Services uses more County General Funding, as they have more State mandated services.
- ACCESS Sonoma County is a new way of collaboration between the County departments;
- Supervisor Rabbitt raised questions about whether or not there is a benefit to exploring combining Departments of Health and Human Services as one department.
- All \$22 million funding from realignment is being used—\$12 million goes to institutions and board and care facilities, \$5 million to run the Crisis Stabilization Unit, and \$5 million for program support.
- If these proposed reductions go into effect, then more clients will be discharged from their board and care housing—CSU, jail, law enforcement, hospital emergency rooms will be impacted.
- Board of Supervisors asked that Departments look at other housing funds to address proposed Board & Care cuts.
- All County departments are looking at proposed reductions, including the Sheriff's Department taking some patrols off the streets.
- No Place Like Home monies are available to create housing for individuals with serious mental illness. , currently 2 projects in competitive process for about 100 units—which is 2 years out.

- Community members said that lobbyists are needed at Board of Supervisors' meetings.
- Youth and Family Services are looking for competitive procurements from applicants from all geographic areas.
- No proposed reduction from DHS-BHD Community Mental Health Center in Cloverdale.
- DHS-BHD workforce is losing staff to retirements and resignations; Bill's greatest concern is the need of recruitment and maintaining of psychiatrists, physician assistants, and psychiatric nurses.

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>

No report was given as Maria was not available.

OTHER REPORTS (INCLUDING CALBHBC Report – Sherry Weyers and Others

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

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

Sherry shared that she attended the CALBHB/C Regional meeting in Oakland the end of March. She also went to the CALBHB/C Statewide meeting in Sacramento last Monday. From these meetings, she learned the Planning Council has changed their name to the California Behavioral Health Planning Council (CBHPC), which is a majority Consumer and Family Member advisory body to state and local government, the Legislature, and residents of California on mental health services in California. Sherry feels Governor Newsom does have interest in mental health and substance use disorders issues. She shared that there are three counties in the State with a Board of Supervisor representative on their Mental Health Board.

Sherry shared that she and Erika were at the Crisis Intervention Training with law enforcement today sharing their stories as family members. She also heard Jennielynn Holmes of Catholic Charities share with the officers that some homeless community members do not want to move off the streets. Sherry shared Jennielynn stating that we cannot help all the homeless because they do not want help.

Kathy Smith shared she is a representative of the Mental Health Board on the Mental Health Services Act (MHSA) Steering Committee. The State requires stakeholders to be involved in the three-year plan in addressing where and how MHSA monies should be used.

Kathy also shared that the External Quality Review Organization, State audit of SCBH, is on the SCBH website link:

<http://sonomacounty.ca.gov/Health/Behavioral-Health/Public-Reports/>

Mary Ann assigned Bob Hales and Bob Cobb to look into having a forum on high incidents of suicide of seniors. The question is how to get this meeting well attended, is there a way to advertise, Sherry to share contact information from CALBHB/C; Debbie Mason shared showing the movie, *The "S" Word*, at various locations, i.e., The Raven in Healdsburg and Spring Lake Village in Santa Rosa, and then have a panel discussion after the viewing had successful numbers of attendees. The producer of the movie is a local and could be invited as a presenter. Mary Frances of NAMI also was very interested in being a part of this viewing and discussion.

Dick shared that he received contracts for contract providers that the MHB will be scheduling site visits. He gave thanks for Wendy Wheelwright, Quality Improvement Manager. All MHB members are asked to look them over and are invited to attend these site visits once they have been scheduled.

MHB CHAIR'S REPORT/BOARD PLANNING: – Mary Ann Swanson

The 2018 Data Notebook has been submitted to the California Planning Council and posted on the Mental Health Board website.

The MHB Retreat will be on Saturday, 4/2/19, 9:30 AM-3:00 PM, at The Hub Conference Room, 2245 Challenger Way, Santa Rosa, CA 95407.

BOARD AND PUBLIC COMMENTS:

Free Psychological Skill Training for building resiliency on July 29-30, 2019; \$40 for CEUs.

Bob Cobb, Windsor Wellness Partnership, shared a self-quiz wellness brochure that he made available to interested community members.

Meeting adjourned at 6:50 p.m.

Respectfully submitted,

Rhonda Darrow, Mental Health Board Clerk

ABBREVIATIONS & ACRONYMS

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
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
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 Reconation 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
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)
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