



SONOMA COUNTY MENTAL HEALTH BOARD
Minutes of February 19, 2019



This Meeting:

**The Hub Conference Room, 2245 Challenger Way,
Suite 100, Santa Rosa, CA 95407**

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

Excused: Sherry Weyers, Diane Nelson

Absent: Patricia Gray, Matthew Jensen

SRJC PEERS Coalition Representative: Maria Arreguin (present)

Sonoma County DHS, Behavioral Health Division: Wendy Wheelwright (Quality Improvement Coordinator); Lisa Nosal (Quality Assurance Manager); Bill Carter (BH Director).

Community Members: Kevin Keane; David Cox; Sean Bolan (Goodwill); Brittney Timmons (PPSC); Cynthia Willsomore (PPSC); Susan Keller (Community Network); Erika Klohe (St. Joseph's); Laurie Petta (Goodwill); Donnell Holmes (Buckelew); Anita LaFollette (Homeless Action); Sean Kelson (Goodwill); Christina Barasch; Carol Parisek; Carol West (Goodwill); Grace Harris (CPI); Shannon Ryan (PPSC); and several 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) Please direct all your questions to the Chair.

APPROVAL OF MINUTES

The present members approve the minutes for September 18 (Peter made motion, all approved) and October 16 (Peter made motion, approved except for two abstentions—Shellie and Robert), 2018, and January 15, 2019 (Peter made motion, approved except for two abstentions—Kathy and Bob). The approval of the minutes for December 5, 2018, have been deferred due to corrections and will be put over to the next meeting on March 19, 2019.

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

Sean Bolan shared that Wellness and Advocacy Center has been hosting speaker groups for the last two months. Please contact Sean (707.565.7800) if you would like to be a part of these speaking engagements to tell your story.

PUBLIC COMMENTS/CONCERNS/ACCOMPLISHMENTS

Susan Keller of Community Network gave each MHB member a *Toolkit for Advance Care Planning with Mental Health in Mind*.

Materials in this packet include:

Making a PLAN – Thinking AHEAD Workbook designed as a guide to help people advocate for themselves and stay in control of their lives through serious illness and at the end life. People are encouraged to use the workbook in preparation for completing the forms.

Making a PLAN—Thinking AHEAD Forms which includes an “Advance Health Care Directive” form and a “Personal Requests” form to assist people to make their wishes known and honored.

The **Mental Health Supportive Care Plan with Checklists (v1)** helps people clarify their needs and wishes specifically concerning care in times of a mental health crisis. It includes sections with checklists to assist the user in making wishes known.

The **Mental Health Supportive Care Plan with Open Ended Questions (v2)** is identical to the Checklist version except that in sections 3-6, the form uses open ended questions. In this version, the checklists contained in v1 are included as a “Checklist Worksheet” attachment for easy reference.

We recommend that the Mental Health Supportive Care Plan be used as an attachment to a person’s Advance Health Care Directive (AHCD) to give it the legal standing that comes with a properly completed AHCD. There are many AHCD forms to choose from. The Making a Plan –Thinking Ahead Advance Health Care Directive and Forms were designed specifically to serve the special needs of people living with serious mental health challenges. Others are welcome and encouraged to use any and all of these materials when helpful.

Materials were created and pilot tested through collaboration of: the Community Network Journey Project; the Older Adult Team (OAT) Sonoma County Behavioral Health Division; the Coalition for Compassionate Care of CA; and Goodwill Redwood Empire (Interlink Self-Help Center and the Wellness & Advocacy Center). Funding was provided in part by the Sonoma County Behavioral Health Division and the California HealthCare Foundation (CHCF) which works to ensure that people have access to the care they need, when they need it, at a price they can afford. Visit www.chcf.org to learn more.

Please Note: Permission to freely reproduce these materials, as they exist, is herein granted to any all interested parties for non-commercial use and may be accessed via www.CaringCommunity.org. For more information please contact: Susan Keller, Project Coordinator, Community Network, skeller@pacific.net, (707) 539-2364.

Anita LaFollette of Homeless Action hoping for public involvement by attending the Sonoma County Community Development Commission meetings to participate in ways to alleviate homelessness.

Sean Kelson invited interested community members to attend “Understanding Your Medicare” presented by Health Insurance Counseling & Advocacy Program (HICAP)—*Free Service to Medicare Beneficiaries*, on Friday, February 22, 1:00 PM, at Interlink Self-Help Center, 1033-4th Street.

SPECIAL PRESENTATION: *California HOPE, Crisis Counseling Program—Report on Community Needs and Outcomes for Fire Survivors (Presenter: Wendy Wheelwright)*

(Please see attached PowerPoint presentation)

Highlights:

Older adults, Latinos, parents with young children and people with mental health and substance use disorders were largest populations affected by fire disaster.

California Hope Crisis Counselors will meet you where you are—in a restaurant, home, school, business, church, park, neighborhood, etc. They provide crisis counseling, resource navigation and disaster recovery education. They help you with understanding your current reactions, reducing stress, providing emotional support, prioritizing needs and solving problems and connecting with other people and agencies who can help.

California HOPE Brochure:

Important Things to Know About Disaster Events

If you were involved in a disaster, you may be affected personally regardless of whether you were hurt or lost a loved one.

You can be affected just by witnessing a disaster

It is common to show signs of stress after exposure to a disaster, and it is important to monitor your physical and emotional health.

Try to identify early warning signs of stress, which usually show up in four areas: emotional, physical, behavioral, and thinking.

Remember that connecting with others builds resilience and promotes recovery.



*Information in brochure adapted from SAMHSA

Mission

The California HOPE team provides Sonoma-Complex Fire crisis counseling and disaster recovery education to Sonoma County residents through community based outreach.

California Hope Crisis Counselors will:

Meet you where you are

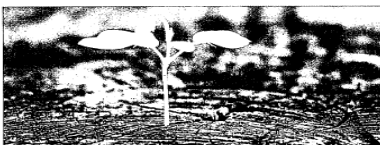
- In a restaurant, home, school, business, church, park, neighborhood, etc.

To provide

- Crisis counseling
- Resource navigation
- Disaster recovery education

To help you with

- Understanding your current reactions
- Reducing stress
- Providing emotional support
- Prioritizing needs and solving problems
- Choosing coping strategies
- Connecting with other people and agencies who can help



Helpful Resources in Sonoma County

CCP Partners:



PETALUMA PEOPLE SERVICES CENTER



CAHopeSonoma@councilonaging.com
CAHopeSonoma@petalumapeople.org
CAHopeSonoma@westcountyservices.org
CAHopeSonoma@gire.org

Fire Recovery Support

Free Therapy:

Lomi Psychotherapy Clinic—707.579.0465 x227

NAME: Wildfire Mental Health Collaborative—707.527.6655

Support Groups:

Buckelew Programs Sonoma County—707.571.5581

Jewish Family Children's Services—707.303.1521

RECAMFT—707.583.1607

Social Advocates for Youth—707.544.3299 x213

St. Joseph Hospice—707.568.1094

Substance Use Services:

Center Point DAAC (Drug Abuse Alternatives Center)—707.544.3295

Orenda Center—707.565.7460

Hotlines:

24 Hour Crisis Line—707.576.8181/800.746.8181

24 Hour Access Line—707.565.6900/800.870.8786

North Bay Suicide Prevention—855.587.6373

Reactions to a Disaster

Emotional:

- Anxious or fearful
- Overwhelmed by sadness
- Angry
- Guilty, even when you had no control over the event
- Heroic, like you can do anything
- Too much energy or no energy at all
- Disconnected, not caring about anything or anyone
- Numb, unable to feel either joy or sadness

Physical:

- Stomachaches or diarrhea
- Headaches or other physical pain for no clear reason
- Eating too much or too little
- Sweating or chills
- Tremors (shaking) or muscle twitches
- Being jumpy or easily startled

Behavioral:

- Trouble falling asleep, staying asleep, sleeping too much, or trouble relaxing
- Increase or decrease in energy and activity levels
- Feeling sad or crying frequently
- Using alcohol, tobacco, illegal drugs or even prescription medication in an attempt to reduce distressing feelings or to forget
- Outbursts of anger, feeling irritated and blaming others for everything
- Difficulty accepting help or helping others
- Wanting to be alone and isolating yourself

Thinking:

- Trouble remembering things
- Trouble thinking clearly and concentrating
- Feeling confused
- Worrying a lot
- Difficulty making decisions
- Difficulty talking about what happened or listening to others



Providing Sonoma-Complex Fire survivors with crisis counseling and disaster education. Services available in Spanish.



Eat Well,
Move Daily,
Hydrate Often,
Sleep More,
Love, Laugh, and Connect

Project Manager: 707.565.4868
Adults age 50 or better: 707.608.8804
Santa Rosa: 707.608.8805
North County: 707.608.8807
Sonoma Valley: 707.608.8806
South County: 707.608.8806
West County: 707.608.8807



Tips for Survivors

Talk with Others:

- Talk to those who understand and accept how you feel
- Connect with other survivors of the disaster

Body Movement:

- Helps to get rid of the buildup of extra stress hormones
- Exercise once daily or in smaller amounts throughout the day
- Consider taking walks, stretching, or meditating

Exhale Slowly:

- Deep breathing can move stress out of your body and help you to calm yourself

Listen to Music:

- Music is a way to help your body relax naturally
- Play music timed to the breath or to your heartbeat

Pay Attention to Your Physical Self:

- Make sure to get enough sleep and rest each day
- Eat healthy meals and drink plenty of water

Use Known Coping Skills:

- How did you handle past traumatic events?
- What helped then (e.g., spent time with family, went to a support group)?

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

TRANSFORMATION: *Bill Carter*

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 said current year and FY 19-20 budgets are still being assessed. There are some changes with budget organization, proposed structural changes (Youth & Family Services and Adult Services-Collaborative Treatment and Recovery Team redesigns) and putting improved procedures and tools in place that enable staff to track productivity and improve documentation. Bill also shared some of the challenges that need to be addressed: 1) increased costs and relatively flat revenues; numerous paybacks to the State; and the need to expand Youth & Family Services to meet State mandates.

Bill said that Youth & Family Services need to be streamlined. SCBH Youth & Family Services will take on the access assessments and full service partnership programs. This first step in reorganization will standardize caseload numbers for county providers. Contract providers will provide individual, group, family and in-home services to support FSP teams, and will independently serve children who do not need FSP level care.

The Adult Access Team currently do access assessments and carry short term caseloads because the adult case management programs are beyond caseload limits. Access staff caseloads will be moved to Collaborative Treatment and Recovery Team, which is a hybrid County and Buckelew program. SCBH staff will take the roles of case managers and Buckelew Supportive Services will provide the in-home supportive treatment.

From November 1 to today, 23 SCBH staff have been hired with an additional 10 more in the hiring process. There is a need for an additional 30 more staff.

One of the current key projects is the electronic health record (Avatar) implementation. We recently implemented the electronic signature ability so staff do not have to create copies of chart documents to sign by hand and file in paper charts.

There are three jail diversion grants being developed: 1) DSH funding for Felony Incompetent to Stand Trial; Board of State & Community Corrections (Proposition 47) jail diversion; and CA Health Facilities Finance Authority facility for jail diversion.

Sonoma County has submitted two applications to the competitive No Place Like Home Program. One application is from the Caritas Homes (64 units, half of which would be homeless-dedicated, and the target households with extremely low to zero income), and the College Avenue Supportive Housing (51 units).

The interim MHSA Coordinator is Melissa Ladrech. She will be leading the new MHSA Steering Committee which will begin in March.

The psychiatric health facility (PHF) is still in the planning stages. The plan is to open next year with free-standing 16 beds that will be able to take some of the clients from CSU and Medi-Cal will be able to be claimed for the PHF's services. The plan is for Marin County to have two beds and Sonoma County to have fourteen beds.

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>

Maria Arreguin, PEERS Coalition representative, shared a flyer, *Movies for Mental Health*, which will be shown on Thursday, April 11, 4:00-6:00 PM, at Santa Rosa Junior College, Bertolini Student Activities Center. There will be free food, short films and discussion. *“Join us as we harness the power of thought-provoking short film and open dialogue on the topic of mental health within your own community!”*

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 was not available to give CALBHB/C report.

Dick shared that the PAM ad hoc committee is in the process of looking for qualitative information of SCBH services.

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

Mary Ann shared that Michael Gerson, a Washington Post reporter and columnist, shared how despair can grow like a tumor inside you. He has suffered from depression since his 20’s. He have a sermon on this issue Sunday at the Washington Cathedral.

BOARD COMMENTS:

Members expressed their appreciation for all of the great work with the fire disaster aftermath.

A community member expressed their appreciation of the services their son is receiving from the Forensic Assertive Community Treatment (FACT).

Meeting adjourned at 6:23 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
LGBQQTI	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