



# SONOMA COUNTY MENTAL HEALTH BOARD

## Minutes of September 18, 2018



**This Meeting:**

**Sonoma County Behavioral Health Services,  
Community Health Center-Petaluma,  
5350 Old Redwood Hwy., Suite 600, Petaluma, CA 94954**

Minutes are posted in draft form and after approval at [www.sonoma-county.org/mhboard](http://www.sonoma-county.org/mhboard)  
Email: [dhs-mhb@sonoma-county.org](mailto: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 5:05 PM by Chair, Mary Ann Swanson

### **ROLL CALL**

**Present:** Mary Ann Swanson, Shellie Hadley, Kathy Smith, Bob Cobb, Dick Kirk, Peter McAweeney, Diana Nelson, Sherry Weyers, Fran Adams

**Excused:** Patricia Gray, Matthew Jensen, John Suazo

**Absent:** N/A

**PEERS Coalition Representative:** Sara Stoxen (present)

**Sonoma County DHS, Behavioral Health Division:** Dr. Michael Kozart (BH Interim Director/Medical Director); Amy Faulstich (MHSA Coordinator); Lisa Nosal (Adult Services Clinical Specialist); Sid McColley (Acute & Forensic Services); Kathy Spence (CMHCs Program Manager); Dr. Sophie Aneson (CMHC-Petaluma).

**Community Members:** Sean Bolan (GIRE); Sean Kelson (GIRE); Carol West (GIRE); Stacey Stirling (St. Joseph's); Susan Keller; Noah Henderson; Donnell Holmes (Buckelew); Elece Hempel (PPSC); Anita La Follette (Homeless Action); 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](mailto:Rhonda.Darrow@sonoma-county.org) to verify the next meeting date.
- 2) Please direct all your questions to the Chair.

### **APPROVAL OF MINUTES**

The minutes from July 17, 2018 general meeting were approved as written by all nine members.

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

Sean Bolan announced that the Wellness Center and Advocacy Center has moved to The Hub at The Lakes, 2245 Challenger Way. Since the move on August 13<sup>th</sup>, there has been an increase in attendance to the Center. The collaboration between SCBH and The Wellness Center staff is going very well. Also, the open hours have increased from four hours a day to currently six hours, Monday through Friday, except for Wednesdays. Next month, the Wellness Center at The Hub will be open 9:00 AM to 4:00 PM, Monday through Friday, except Wednesday will be 9:00 AM to 3:00 PM.

All community members, family friends and providers are welcomed to The Wellness & Advocacy Center's Open House on Thursday, September 27, 2018, 3:30 to 5:30 PM, at The Hub at The Lakes.

## **PUBLIC COMMENTS/CONCERNS/ACCOMPLISHMENTS**

Sean Kelson invited all to the Monthly Client Forum at Interlink Self-Help Center—3<sup>rd</sup> Annual Recovery Resource Fair!—on Friday, September 28, 2018, 1:00 to 2:30 PM, at 1033 – 4<sup>th</sup> Street, Santa Rosa, CA (707.546.4481). Meet representatives from Buckelew Programs, Project Hope, Pura Vida, Behavioral Health Coop, Wellness and Advocacy Center, NAMI, Santa Rosa Community Health Centers, California Human Development, Santa Rosa Treatment Program, SRJC Students for Recovery, the new Sonoma County office of Patients' Rights team and more.

## **SPECIAL PRESENTATION: Local Petaluma/South County Issues**

Elece Hempel, Clinical Director of Petaluma People Services Center (PPSC), shared the attachments with all the kinds of services offered at PPSC.

### **Petaluma People Services Center**

#### **Counseling**

- General Counseling
- Interactive Journaling
- Prevention and Early Intervention
- Mindfulness
- KidsMatter
- Triple P Parenting
- MediCal
- C.O.T.S. - Mary Issak
- Child Welfare
- Girls Circle
- ChalkHeART
- Functional Family Therapy

#### **Employment Services**

- SonomaWorks – adult
- CareerPoint PPSC - youth
- Petaluma Day Labor Initiative

#### **Petaluma Bounty**

- Bounty Farm
- A.L.I.V.E
- Bounty Hunters
- Farmers Market L.I.F.E.
- Bounty Farm Stand
- Pharmacy

#### **Housing Programs**

- Fair Housing City of Petaluma
- Petaluma Homelessness Prevention
- SHARE Sonoma County

#### **Other Support Services**

- Information and Referral
- PPSC System of Care
- Earn It Keep It Save It
- Season of Sharing

#### **Senior Services**

- Case Management
- Meals On Wheels
- Senior Café
- Adult Day Care
- Caregivers Support Group
- iRide Petaluma
- Reducing Depression
- FallProof

Contact PPSC for more information  
707-7765-8488  
admin@petalumapeople.org  
www.PetalumaPeople.org

### **Petaluma Health Center Behavioral Health Services**

We recognize that taking care of your mental and emotional health is just as important as taking care of your body.

Our behavioral health providers, as part of your Health Care Team, work with you to evaluate barriers to your overall health and wellbeing, and address those barriers by providing solution-focused care and treatment.

Our behavioral health providers can meet with you during or after your primary care visit, or during a separate scheduled visit. Call us to make an appointment.

**707.559.7500**  
We accept Medi-Cal!

**Petaluma Health Center**

We can help you with:

- \* Stress
- \* Worry and Anxiety
- \* Chronic Illness/Pain
- \* Relationship Issues
- \* Depression
- \* Medical Conditions
- \* Sleep Disturbance & Insomnia
- \* Sexual Health
- \* Support Groups
- \* Substance Use/Chemical Dependency

PPSC accepts Medi-Cal and Beacon contracts at their sites. PPSC can also accept Kaiser-insured clients for mental health services. PPSC has about 37 clinicians who can see Kaiser clients. The clients do not have to pay at time of service. There is always the need for more bilingual and bicultural counselors. There is a very short waiting list for services, as PPSC has about 32 counselor interns. The drivers of the Older Adult Collaborative are trained to watch for depressive symptoms with their clients.

A MHB member asked about services in the Sonoma Valley. PPSC is in discussion with Sonoma Valley for behavioral health treatment. The Triple P for Parenting program is co-located at La Luz to focus on eliminating trauma in children's lives. PPSWC is also co-located in Rohnert Park with Child Parent Institute (CPI).

Undocumented clients can pay by a sliding scale or offered free services if needed.

Elece offered an invitation for the next Mental Health Board in Petaluma to share the meeting with Petaluma Community Relations Council (non-profits, government and public members).

Alaina Cantor, LCSW, Interim Operations and Program Director, Behavioral Health Services of Petaluma Health Center shared the information below. She shared that the Petaluma Health Center does accept Medi-Cal, has no waiting list and uses the Team model. They offer wrap-around services with wellness classes. Every person is screened, i.e., depression, etc. They had 400 of their staff trained by a specialized trainer on ACES and trauma.

A MHB member asked how they accomplish having a no-waiting list. The staff at Petaluma Health Center are able to shift around onto another team so clients can be seen. They have three bilingual/bicultural staff in the Petaluma office and two in Rohnert Park.

### Team Model

**Petaluma Health Center**

Same Day/Warm Hand-Off's to Care Management Team

- Behavioral Health Providers (LCSW's, MFT's, Psychologists and Post Doctoral Fellows)
- RN Case Managers
- Patient Navigators

Referrals to Wellness and Specialty Services (Groups, Acupuncture, Chiropractic Care, & more!)

EXCELLENCE COMPASSION INTEGRITY DEPENDABLE COLLABORATION INNOVATE OPTIMISM TRUST

### Integrated Behavioral Health

**Petaluma Health Center**

❖ Integrated Behavioral Health into Primary Care in 2017

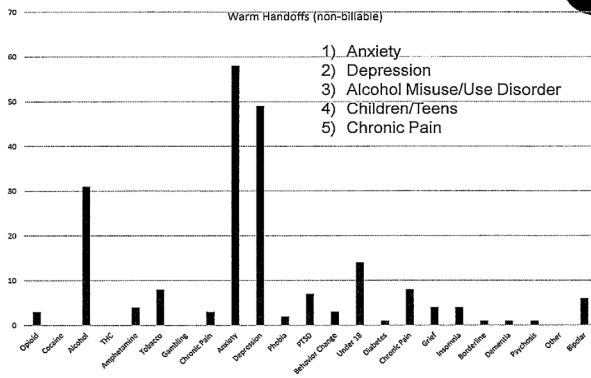
❖ Benefits include:

- No more waiting list; same day access!
- Offer a patient centered approach to care.
- Better utilization of provider extenders (navigators, case managers) and groups.
- Focus on building long term (episodic) relationships with patients and linkages with community partners.

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## Most Frequent Patient Concerns

Petaluma HealthCenter



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## BH and Recovery Services

Petaluma HealthCenter

- Serve patients across the lifespan
- Warm Handoffs & PCP Consultation
- Crisis Intervention & Safety/Risk Assessment
- Individual / Family Therapy
- Group Therapy
- Recovery Services
- Linkages to Community Based Mental Health Services and Other Resources

In 2017...

	Clinic Visits	Patients
Behavioral Health	13,331	2,881
Recovery Services	1,731	488

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## Trauma and Resiliency

Petaluma HealthCenter

### ACES throughout the lifespan:

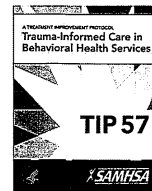
Adverse Childhood Experiences → Disrupted neurodevelopment → Social, emotional, and cognitive impairment → Adoption of health-risk behaviors → Disease, disability, and social problems → early death



### Trauma informed care in integrated behavioral health

Jeffery Brenner, MD → youtube: case for ACES in primary care

- #1 chronic health epidemic in the US. Can't be ignored!
- Minimize reaction to triggers
- Improve nonadherence to treatment and use or overuse of services (people might not follow through based on their life experiences)
- Help people understand how trauma impacts their current health connect people with the appropriate resources within the clinic and in the community.
- All staff need to be prepared to see folks with ACEs – medical exams and assessments can be intrusive. Help people manage how they are impacted by the setting.
- It's not "What's wrong with you?" or even "What happened to you?" It's "How can I support you?"



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Erin Hawkins, Community Outreach Program Manager of Petaluma Health Care District, which supports mental health services by providing sponsorships, funding programs, holding forums; and identifying local mental health needs and bringing resources to Petaluma to help meet those needs. The Community Health Initiative of the Petaluma Area (CHIPA) is an Advisory Committee of the PHCD Board and a local Health Action Chapter. They sponsored Trauma and Immigration: Supporting the Children and Families of Sonoma County, on March 9, 2018, at the Petaluma Community Center—learning objectives: identify and explain stages of migration; identify behavioral manifestations of immigration fears on children; describe trauma-informed strategies to support the resilience of immigrant families; identify resources that could support the immigration needs of immigrant families; and identify signs that you might be a risk of vicarious trauma when working with clients that have experienced trauma.

Erin also shared that The Sober Circle (PSC) Steering Committee is proud of the achievements made in the two years of operation:

- 74 individuals enrolled in the program after 190 individuals were contacted over the last two years.
- In-patient treatment completed by 40 clients.
- Major reductions to police and EMS transports, i.e., from 184 transports to zero at end of this grant.

- Significant reduction in ER visits among clients.

While PSC made significant achievements, there were some key goals that were not met:

- Relapse rates remain high.
- Exiting clients to non-shelter post-treatment is difficult.
- Coordinated entry causing complications.
- Outreach continues to be key.

“We are equally proud of the continuous and intentional learning seen among the PSC partners. Our willingness to surface and respond to unforeseen needs and new opportunities has resulted in a better understanding of client needs and improved operations. For example, the importance of onsite mental health support post-inpatient treatment for clients returning to the Mary Isaak Center was recognized among Petaluma Health Center staff and Outreach Lead Clay. After bringing this need to the Steering Committee, they worked closed with COTS staff to develop a partnership with California Human Development to provide outpatient services to address underlying mental health issues and support sobriety.”

Erin shared a release that the Petaluma Health Care District Presents \$54,000 in Grants to Local Nonprofits and Announces Community Health Award Recipients, i.e., Center for Well-Being, Committee on the Shelterless (COTS), Community Matters Program, Petaluma Health Center, Petaluma Bounty, Mothers Care, Kids Scoop News.

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

**TRANSFORMATION:** *Michael Kozart, M.D.*

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

*The State’s MHSA page is at [http://www.dmh.ca.gov/Prop\\_63/MHSA/default.asp](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/>*

Susan Keller requested an update about the Redwood Community Health Coalition’s Regional Behavioral Health Integration Project.

Dr. Kozart shared that the Regional Behavioral Health Integration Project is working on “increasing access to mental and behavioral health care and social service programs by taking practical steps to address barriers to access in Sonoma and Marin Counties, including:

- A fragmented system of primary care, mental health,, and behavioral health providers;
- A psychiatry workforce shortage in California; and
- Insufficient assessment of behavioral health patients’ social needs and referrals to the appropriate social service organization.”

Dr. Kozart suggested have a presentation of the Redwood Community Health Coalition at a Mental Health Board meeting. He shared contacting Claire Cain ([ccain@rchc.net](mailto:ccain@rchc.net)) about this presentation.

The continuum of the SCBH program moves to The Lakes Corporate Center are scheduled as follows:

- The Whole Person Care Team moves on Friday, September 21<sup>st</sup>, from 490 Mendocino Avenue to 2255 Challenger Way.
- SCBH Administration and Program Support moves on Friday, September 28<sup>th</sup>, from 3322 Chanate Road to 2227 Capricorn Way.

- SCBH Youth & Family Services moves on Friday, October 5<sup>th</sup>, from 3322 Chanate Road to 2227 Capricorn Way.
- The Mobile Support Team (MST) moves on Friday, October 5<sup>th</sup>, from 3322 Chanate Road to 2255 Challenger Way.

There have been some changes in Quality Management staff. Wendy Wheelwright is the Quality Improvement Manager and Katrina Surprise is the Quality Assurance Manager replacing Audrey Boggs who left for a position in Marin County.

The External Quality Review Organization (EQRO) review—Sonoma County Mental Health Plan audit--will be on November 14 and 15, 2018.

Contracts with SCBH's providers are still in process, as the language and scope of work had to be re-worked to accommodate all the changes from State Medi-Cal. They should be updated within the next three months.

Kathy Spence is the new program manager for the Community Mental Health Centers (Petaluma, Guerneville, Sonoma and Cloverdale). Mobile Support Team is at the CMHC-Petaluma in the evenings. SCBH is going through re-designs of programs. The Hub model—which includes the SCBH Collaborative Treatment and Recovery Team and Buckelew and Lomi staff--will also be used at the CMHC-Petaluma and Guerneville offices since the Access Team will no longer be doing case management services. They will only be doing assessments.

The Petaluma Peer Recovery Center (Goodwill Industries) is also located in the same suite as the CMHC-Petaluma office. They have been active in Petaluma for six years.

Amy Faulstich, MHSA Coordinator, shared a handout (attachment) of SCBH & Services in Southern California, *Outreach and Engagement Services*. She highlighted the Directing Change Program & Film Contest, and for more information please go to: [www.directingchange.org](http://www.directingchange.org). Teens in middle and high schools create short films about critical health topics that are then shared to change conversations in schools and communities. The Hub at 2245 Challenger Way, is a collaborative program of both SCBH and Goodwill staff working well together. The plan is to also include Buckelew and Lomi staff to offer counseling on site.

A community member asked about calling out MST instead of law enforcement. It was clarified that law enforcement calls our MST support. When the public calls law enforcement, they may request for a CIT-trained officer and are not required to call on MST. The county police and sheriff departments have a good collaborative relationship with MST. Sonoma County Sheriff's Department has all their field staff CIT trained. The MST staff in Petaluma five days a week, Monday-Friday, 1:00- 9:00 PM.

Sid McColley shared that there have been about 500 law enforcement officers in Sonoma County that have received the 32-hour CIT training. The training is offered twice a year and each session is for about 30 officers.

### **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>

Sara Stoxen, second year with PEERS Coalition, has joined the MHB. She has been placing suicide prevention posters in all the hallways at the Santa Rosa campus. Since Sara has classes on the Petaluma campus, she will be able to do more outreach there. There are new PEERS members who are currently still in training. There

have been about 900-1200 homeless SRJC students who are in need of continued support from PEERS and other resources at the school. Some data collected showed a trend of those students considering suicide to have increased, but suicides that were attempted have decreased.

The SRJC's 6<sup>th</sup> Annual Wellness Fair

**Explore Physical, Mental, & Social Wellness**

THURSDAY, OCTOBER 18th — 5:00 PM to 8:00 PM

Bertolini Student Center, Santa Rosa Campus

Join us for an evening of music, wellness activities, & free food!!

Sean Kelson shared the SRJC has great programs to support career ladders for bilingual and bicultural students in health services.

**OTHER REPORTS (INCLUDING CALBHBC Report** – Sherry Weyers

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

<http://calbhbc.weebly.com/>

Sherry shared that CALBHB/C has received non-profit status. The Behavioral Health Directors Committee and Planning Council have been tasked with coming together and sharing information with CALBHB/C.

Sherry will be attending the Central Region Meeting in Folsom, CA on 10/19/18. Sherry will provide a report at one of the next MHB meetings. The speakers will be on housing. Darrell Steinberg will be focused on housing and substance abuse.

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

The facilitator is not available for the Mental Health Board Retreat on November 3, 2018, so the retreat will have to be rescheduled to a new date.

The Mental Health Board Public Hearing of the MHSA Plan Update has been rescheduled to Wednesday, November 28, 2018, 5:00 PM, at the Santa Rosa Finley Center, Person Senior Wing.

Mary Ann shared a Petaluma Argus Courier article, September 13, which brought out the kindness of people—how each of us can touch another person and reduce stigma. She will share the link— *West Side Stories: How a brilliant teacher helped a shy kid find his voice.*

<https://www.petaluma360.com/entertainment/8725602-181/west-side-stories-how-a>

Dick Kirk shared that the Program Assessment Matrix (PAM) work group has not selected a contractor for a site visit at this time.

**OTHER REPORTS:**

No reports.

**BOARD/PUBLIC COMMENTS:**

Bob Cobb requested to have more frequent updates on the Continuum Care Reform, AB403 (for foster children and youth). The suggestion was made to invite Nick Honey of from the Sonoma County Human Service Department (HSD) to report on updates, for example how many Resource Families have been approved.

Carol West of Petaluma Peer Recovery Center shared SB 906: Peer Certification of peer specialists is being worked and is moving along through legislation.

Meeting adjourned at 6:49 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
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
BHD	Behavioral Health Division (Sonoma County)
CADPAAC	County Alcohol and Drug Program Administrators’ Association of California
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
CCAN	Corinne Camp Advocacy Network - Peers involved in mental health advocacy
CDC	Sonoma County Community Development Commission
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
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)
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)
DAAC	Drug Abuse Alternatives Center
DHCS	(State) Department of Health Care Services (replaced DMH July 1, 2011)
DHS	Department of Health Services (Sonoma County)
EPSDT	Early Periodic Screening, Diagnosis & 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
HIPPA	Health Insurance Portability and Accountability Act
HSD	Human Services Department
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)
JCAHO	Joint Commission on Accreditation of Healthcare Organizations - accredits hospitals & other organizations
LG	Los Guilicos-Juvenile Hall
LGBQQT	Lesbian/Gay/Bisexual/Queer/Questioning/Transgender/Intersexed (also LGBT)
MADF	Main Adult Detention Facility (Jail)
MHB	Mental Health Board
MHSA	Mental Health Services Act
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
OSHPD	Office of Statewide Health Planning and Development - the building department for hospitals and skilled nursing facilities in state
PAM	Program Assessment Matrix Work Group
PC1370	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)
PHP	Parker Hill Place - Telecare’s transitional residential program in Santa Rosa
PHP	Partnership Health Plan

PPP	Triple P - Positive Parenting Program
PPSC	Petaluma People Services Center
QI/QA	Quality Improvement/Quality Assurance - Wendy Sanders and Audrey Boggs and Melissa Ladrech
QIP	Quality Improvement Policy (meeting)
QIS	Quality Improvement Steering (meeting)
QIC	Quality Improvement Committee (meeting)
RCC	Redwood Children's Center
RFP	Request For Proposals (released when new programs are planned and contractors are solicited)
RRC	Russian River Counselors
SCBH	Sonoma County Behavioral Health
SCOE	Sonoma County Office of Education
SELPA	Special Education Local Plan Area
SNF (Sniff )	Skilled Nursing Facility
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)
VOMCH	Valley of the Moon Children's Home
WET	Workforce Education and Training (part of MHSA)
WRAP	Working to Recognize Alternative Possibilities
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)