



**SONOMA COUNTY MENTAL HEALTH BOARD**  
**Minutes of June 19, 2018**



**This Meeting:**  
**Norton Mental Health Center, West Wing Conference**  
**Room, 3322 Chanate Road, Santa Rosa, CA 95404**

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 5:03 PM by Chair, Asghar Ehsan

**ROLL CALL**

**Present:** Asghar Ehsan, Matthew Jensen, Mary Ann Swanson, Shellie Hadley, Kathy Smith, Sherry Weyers, Bob Cobb, Diana Nelson, Fran Adams, Dick Kirk, Lyndal-Marie Armstrong, Peter McAweeney

**Excused:** John Suazo, Patricia Gray

**Absent:** N/A

**PEERS Coalition Representative:** Sara Stoxen (not available)

**Sonoma County DHS, Behavioral Health Division:** Dr. Michael Kozart (BH Interim Director/Medical Director); Sid McColley, (Acute & Forensic Services Section Manager); Lisa Nosal (CMHC Clinical Specialist).

**Community Members:** Kate Roberge (GIRE); Susan Keller (Community Network); Donnell Holmes (Buckelew); Lana Zientek (GIRE); Sean Bolan (GIRE); Sean Kelson (GIRE); Marty Thrower (Telecare); Robin Bowen (CPI); Laurie Petta (GIRE); 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](mailto:Rhonda.Darrow@sonoma-county.org) to verify the next meeting date.
- 2) Please direct all your questions to the Chair.

**VOTE OF NEW EXECUTIVE COMMITTEE OFFICERS**

Vote approved the following:

**Mary Ann Swanson – Chair**

**Dick Kirk – Vice-Chair**

**Matthew Jensen – Secretary**

**Shellie Hadley – Treasurer**

**Sherry Weyers – CALBHB/C Liaison**

**APPROVAL OF MINUTES**

The minutes from May 21, 2018 general meeting were approved as written with one abstention from Peter McAweeney. The minutes from April 28, 2018, Working Retreat, were approved as written.

**PATIENTS' RIGHTS ADVOCATE REPORT** – Tamara Winer, PRA ([Tamara.Winer@sonoma-county.org](mailto:Tamara.Winer@sonoma-county.org)) and Lauren Petersen, PRA Assistant (707) 565-4978

No report.

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

Kate read the following:

**SAMHSA Definition and Components of Recovery**

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

Here are some components of recovery:

**Hope**

We can and do overcome the internal and external challenges, barriers, and obstacles that confront us.

**Person-Driven**

Self-determination and self-direction are the foundations for recovery. We become empowered and access the resources to make informed decisions, initiate recovery, build on our strengths, and gain or re-gain control over our lives.

**Many Pathways**

Recovery is built on the multiple capacities, strengths, talents, coping abilities, resources and inherent value of each one of us.

**Holistic**

Recovery encompasses our whole life, including mind, body, spirit and community.

**Supported by Peers and Allies**

Peers encourage and engage other peers and provide each other with a vital sense of belonging, supportive relationships, valued roles, and community.

**Relationship**

An important factor in the recovery process is the presence and involvement of people who believe in our ability to recover; who offer hope, support, and encouragement.

**Culturally-based**

Culture, including values, traditions, and beliefs- are key in determining our journey and unique pathway to recovery.

**Trauma-Informed**

The experience of trauma (abuse, violence, war, disasters) is associated with mental health issues and alcohol and drug use. Supports should foster physical and emotional safety and trust.

**Strengths and Responsibility**

We have strengths and resources that serve as a foundation for recovery. We each have a personal responsibility for our own self-care and journey of recovery.

**Respect**

There is a need to acknowledge that taking steps towards recovery requires great courage. Self-acceptance, developing a positive and meaningful sense of identity, and regaining belief in ourselves is particularly important.

**SPECIAL PRESENTATION:** *Updates of Sonoma County Behavioral Health’s Budget and Program Moves*

*(Please see the handouts, “Department of Health Services Fiscal Year 2018/19 Contract Restoration Plan (BOS Approved June 4, 2018)” and “Department of Health Services Proposal for Additional General Fund”)*

Dr. Kozart gave updates of Behavioral Health’s budget. He talked about the budget cuts from the contract providers that totaled \$7.3 million dollars. He also discussed the healthcare system with all of the changes. The process will need to be shared at another MHB meeting.

Dr. Kozart said that the next moves will begin around July 20<sup>th</sup>, with the majority of the moves taking the place end of July into the beginning of August.

**REPORT OF BEHAVIORAL HEALTH DIVISION INTERIM DIRECTOR** *Michael Kozart, M.D.*

*See Dr. Kozart’s report above.*

**MH SYSTEMS TRANSFORMATION** *Section Managers*

*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/>*

*See Dr. Kozart’s report above.*

**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.

**CALBHBC Report** – Sherry Weyers

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

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

No report.

**MHB CHAIR’S REPORT/BOARD PLANNING:** – Asghar Ehsan

MHB members discussed doing strategic planning of the Public Hearing (Wednesday, October 17, 2018, at the Finley Center in Santa Rosa) at the Executive Committee meetings.

MHB members to discuss further how to work together with DHS/BH administration on budget contracts with the PAM Committee.

This was Asghar Ehsan’s last MHB meeting, as he will be moving out of the area. The Board members thanked him and shared their good wishes to him.

**OTHER REPORTS:**

No reports.

**BOARD/PUBLIC COMMENTS:**

No reports.

Meeting adjourned at 7:00 p.m.

Respectfully submitted, Matthew Jensen, MHB Secretary

## 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
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)