



SONOMA COUNTY MENTAL HEALTH BOARD

Minutes of November 19, 2019



This Meeting:
SCBH, The Hub Conference Room, 2245 Challenger Way,
Santa Rosa

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 Kathy Smith.

ROLL CALL

Present: Kathy Smith, District 5 Dick Kirk, District 1 Peterson Pierre, District 1
Bob Cobb, District 4 Mary Ann Swanson, District 2 Peter McAweeney, District 4

Excused: Bob Hales, District 5; Shellie Hadley, District 3; Sherry Weyers, District 5

Absent: Fran Adams, District 2; Patricia Gray, District 1

SRJCP EERS Coalition Representative: Maria Arreguin (present)

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

Community Members: Carol West (Goodwill Industries); Susan Keller (Community Network); Erika Klohe (St. Joseph's); Sean Kelson (Goodwill Industries); Sean Bolan (Goodwill Industries); Kate Roberge (Goodwill Industries); Carol Harris (Kaiser Permanente); Mary-Frances Walsh (NAMI); Donnell Holmes (Buckelew); Katie Swan (Buckelew); Masami Ohnui (MADF-Wellpath); Anita LaFollette (Homeless Action!); Ariana Ibarra (Seneca Center); Kurt Johnson; Claudia Abend; 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 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 10/15/19 were not approved, as there was not a quorum.

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

Kate Roberge announced that there is an upcoming Peer Support Specialist Training to earn a Certificate in Peer Support. The coursework includes:

- Active Listening and Emotional Literacy
- Communication Skills
- Cultural Responsiveness
- Ethics and Confidentiality

- Boundaries and Self-Care
- Facing Trauma and Addiction
- Recovery and Resilience
- Crisis Intervention and Suicide Prevention
- Peer Advocacy and System Transformation

All students must be adults who identify as having experienced mental health challenges. The applications are due by November 27, 2019. Class Times: Tuesday (10:00 AM-12:00 PM), Thursday (10:00 AM-12:00 PM), and Friday (10:00 AM-1:00 PM). For more information and/or an application, please contact Kate Roberge at Peer Education and Training at 2245 Challenger Way, Santa Rosa, CA 95407; (707) 483-7425; kroberge@gire.org. Class dates are January 7 to April 7, 2020.

Bob Cobb asked if these certificates are honored in other counties. Kate noted that each county is responsible for their own training of Peer Support Specialists, but that all counties are honoring these certifications. The training is free. There is a cost for the text book, but scholarships are available.

Sean Kelson announced the forum topic, *Surviving the Holidays*, will be presented by the staff will be on Friday, November 22, 2019, 1:00-2:30 PM. There will also be a gathering on Wednesday, November 27, 2019, the day before Thanksgiving to share pizza, pumpkin pie and bowling.

Sean Bolan shared that the Friday Forum, *DSLDC Disaster Preparedness Workshop*, will be presented by Juan Orantes, on Friday, November 22, 2019, 12:15 to 1:10 PM. There will be the Thanksgiving Event on Wednesday, November 27, 2019, 11:00 AM to 2:00 PM. The Center has seen a consistent number of 111 people attending on a consistent basis. The increase is from the referrals from SCBH staff, Sam Jones Hall (the largest homeless shelter in Sonoma County), and from the Whole Person Care staff referring people living on the Redota Trail. Sean invites the Mental Health Board to please come to the Wellness & Advocacy Center for a site visit.

Donnell Holmes of Buckelew reported that Buckelew does have a contract with SCBH but has not been paid since June 2019. Bill Carter said there are issues around negotiations. He said that the updating of this fiscal year's contracts has been an ongoing problem and needs to be solved so it will not keep happening.

Susan Keller of Community Network questioned how SCBH is processing contracts and then not paying the contractors. She feels that this should be a priority for the SCBH. She asked if the Mental Health Board could be a part in the new process of updating the providers' contracts.

PUBLIC COMMENTS/CONCERNS/ACCOMPLISHMENTS

Anita LaFollette (Homeless Action!) said that just left the Board of Supervisor's meeting hearing Supervisor Zane's report on the homeless issue on the Joe Rodota Trail stating that there is not enough mental health services in our community. Anita shared that she knows someone who went to jail on a 5150 hold but this person's past warrant caused her to be arrested and then she did not receive any mental health services. Anita also shared information about supporting the new Evelyn Cheatham IOLERO (Independent Office of Law Enforcement Review and Outreach) Ordinance ballot proposal in November of 2020. For more information please contact: info@socoeffectiveoversight.org. socoeffectiveoversight.org.

SPECIAL PRESENTATION: *AB 403 (Continuum of Care Reform) Update – Nick Honey, Human Services Division Director*

(Please see attached Nick Honey's PowerPoint slides)

Highlights from Nick Honey's presentation:

- Review of AB 403 Continuum of Care Reform
 - All children deserve families.
 - Reducing use of congregate care
 - Increasing use of home-based family care
 - Delivery of services and supports in home-based settings

- Decreasing length of time in foster care
- Mental Health services that follow the child
- The plan is to determine what services (collaborative responses from Human Services, Probation and Health Services) are needed within the foster family and then the services to follow the child
- The goal for the foster child is either family reunification or adoption or guardianship—not permanence in foster care.
- Program Updates – Family, Youth and Children Division
 - Changes to group homes and Valley of the Moon [short-term residential programs (STRPs) needed for the highest-needs child. The programs are TLC, Victor-Willow Creek and Green Acres in Sebastopol is in application process; Plumfield closed].
 - Proactive Recruitment of Resource Family Homes (working on recruitment and retention through public education campaigns. Kathy Smith shared that the process of being a Resource Family is confusing that that every HSD person has their own job and is repetitive of each other. There should be a point person or overseer for each family. The trainings
 - Increasing Engagement of Child and Family Teams [currently, a foster child being placed at Valley of Moon (VOM) goes through a 10-10-10 transition process: 10 days engaging with the family – 10 days placed in VOM – 10 days of transitioning back with the family]; VOM is applying to be their own STRP. There are currently 22 high-need children at the VOM. They are seeing more sexually-exploited children. VOM is currently an emergency shelter but is planning to become a therapeutic treatment facility.
- Currently, there are only 8 counties in California with shelters; there is not enough high-need programs and some are saying no to more placements.
- HSD is offering expedite wraparound services with Seneca Centers.
- Update on recruitment of Resource Families: as of January 2018, 265 families applied and 141 have been approved; there are still 120 families in progress in becoming a Resource Family. About half of the children do go to their family members.
- The Family First Prevention Services Act passed in 2019.
 - SEC. 50702. PURPOSE:
 - “The purpose of this subtitle is to enable States to use Federal funds available under parts B and E of title IV of the Social Security Act to provide enhanced support to children and families and prevent foster care placements through the provision of mental health and substance abuse prevention and treatment services, in-home parent skill-based programs, and kinship navigator services.”
 - It will be put in place in 2021. California is ahead of the curve from most states. A 24-hour Qualified Residential Treatment Facility will be funded by the Family First Prevention Services Act—the federal government to fund 50 percent of treatment in these facilities.

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 shared SCBH Division priorities and updates:

- Still in the midst of updating this fiscal year’s contracts with providers
- SCBH Fire Response:
 - Staff worked in Continuity of Operations (COOP) which are the Behavioral Health programs and operations required to continue during the disaster response. This would include Crisis Stabilization Unit (CSU), medication support, Hospital Liaison Team, Transportation Team, and check-ins with adult clients living independently in the community.
 - Staff worked in the EOC (Emergency Operations Center) and DOC (Department Operations Center).
 - Staff went to evacuation centers. Approximately 30 SCBH staff supported 9 or 20 evacuation centers.
 - Whole Person Care staff outreached to the homeless encampment on the Joe Rodota Trail.
- SCBH is in the process of hiring for many openings. There has been success in getting new hires for Youth & Family Services but still have many openings in adult services.
- The California Department of Health Care Services Reviews scheduled

--EQRO (External Quality Review Organization) – December 10 and 11, 2019

--Triennial – January 14 – 17, 2020 (audit of Medi-Cal documentation and services) has been rescheduled to June 2020 due to the Kincaid fire disaster.

- Goodwill Industries will no longer be supporting the peer-run programs (Interlink Self-Help Center, Petaluma Peer Recover Project, Wellness & Advocacy Center, and the Peer Education and Training Program).
--RFPs will be going out in December/January for other agencies to take on the peer-run programs and hoping for selection in April/May 2020.
--Goodwill Industries is a large non-profit organization wanting to go back to their original mission of providing job training and employment.
- RFPs are going to be made available in about a month for training Youth and Family Services staff in high fidelity wraparound services
- Also RFPs will be made available for a community-based Sonoma HOPE and the Suicide Prevention Council to provide community members with data. California HOPE and Dr. Macy will be offering training on how to do outreach, linkage and monitoring outcomes.

A community member suggested that the RFPs for the peer-run programs be reviewed and scored by lived-experience members of the peer-run programs. It was also suggested to have the RFP applicants include how they will address change to the members of the peer-run programs, i.e., negotiate transition plan.

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 shared that the students at SRJC have been having a very stressful October with experiencing an anti-abortion group on campus, a lock-down from a student with a gun at nearby Ridgway High School, and power outages and a fire disaster with a loss of two weeks of classes. The PEERS Coalition helped with offering resources, therapy dogs, food and drink to help the students get through this rough time.

There was a "Sleep and Stress" workshop on October 16th. There were about 70 students in attendance.

Maria shared that the PEERS Coalition's next event: *Winter Blues: A Workshop on Seasonal Depression*, on December 4, 2019, 4:00-6:00 PM, at the Student Activities Center.

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 shared that the PAM ad-hoc committee is reviewing the protocols and tools for site visits. Some of the tools need to be reviewed further to streamline the interview process. Two site visits have occurred (SCBH's Crisis Stabilization Unit and Progress Foundation's Parker Hill Program). It is recommended that two MHB members attend the site visits so more programs can be reviewed per year. The reports from these site visits are shared with Bill Carter and the visited programs. The review is also reported in the MHB's Annual Report which goes to the Board of Supervisors.

MHB CHAIR'S REPORT:

Kathy Smith shared that she and the other two District 5 representatives (Bob Hales and Sherry Weyers) met with Supervisor Lynda Hopkins. They brought Supervisor Hopkins a Mental Health Board information binder that was used in their meeting with her. Kathy also thanked Supervisor Hopkins for the post-disaster event in Guerneville where first responders talked about their processes with over 300 community members.

There will be no Mental Health Board Executive Committee and general meetings in December, as the Board is on winter break.

The next Mental Health Board Executive Committee meeting has been rescheduled to Wednesday, January 8, 2020, due to January 1st being New Year's Day holiday. The general meeting will be on Tuesday, January 21, 2020, at La Luz in Sonoma.

BOARD AND PUBLIC COMMENTS:

None.

Meeting adjourned at 7:00 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
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
HCB	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 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

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