



SONOMA COUNTY MENTAL HEALTH BOARD

Minutes of April 17, 2018



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 5:10 PM by Past Chair, Mary Ann Swanson

ROLL CALL

Present: Lyndal-Marie Armstrong Asghar Ehsan, Matthew Jensen, Mary Ann Swanson, Shellie Hadley, Kathy Smith, Sherry Weyers, Bob Cobb, Patricia Gray

Excused: Diana Nelson, Dick Kirk, Fran Adams, John Suazo

Absent: None

PEERS Coalition Representative: Kayla Dias (Absent)

Sonoma County DHS, Behavioral Health Division: Dr. Michael Kozart (BH Interim Director/Medical Director); Sid McColley, (Acute & Forensic Services Section Manager); Christina Amarant (Youth & Family Services Section Manager); David Sheaves (BH Administrative Services Officer); Kathie Tunstall (Program Manager of Community Mental Health Centers in Cloverdale, Guerneville, Petaluma and Sonoma); Veronica Leyva (Mobile Support Team member)

Community Members: Donnell Holmes (Buckelew); Julie Waters (SOS Counseling); Debbie Mason (Healthcare Foundation Northern Sonoma County); Ana Rangel (Reach for Home); Lena Alhusseini (Lifeworks); 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) Please direct all your questions to the Chair.

APPROVAL OF MINUTES

Minutes from March 20, 2018 meeting were approved with one abstention.

PATIENTS' RIGHTS ADVOCATE REPORT – Tamara Winer, PRA (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), Amy Breckenridge, Consumer Affairs Coordinator of the Consumer Relations Program of Goodwill Industries (abreckenridge@gire.org) and/or Guests

Amy Breckinridge shared a flyer with the following information:

May is Mental Health Month
Goodwill-Redwood Empire and Sonoma County Behavioral Health
invite you to an evening of engagement and discovery. Please join us for a free screening of
CRAZYWISE

The traditional wisdom of indigenous cultures often contradicts modern views about a mental health crisis. The documentary **CRAZYWISE** explores what can be learned from people around the world who have turned their psychological crisis into a positive transformative experience. Producer Phil Borges explores the growing severity of the mental health crisis in the United States dominated by biomedical psychiatry.

- ❖ Meet a representation of community partners to furthering mental health and spiritual wellbeing
- ❖ Browse the Wellness and Advocacy Center Art Program Sale featuring the handcrafted work of local artists
- ❖ Enjoy light refreshments from the Good East Kitchen training program

When: Thursday May 3, 2018

Resource Fair: 4:00-5:00 PM

Film: 5:00-7:00 PM (Seating for the film is on a first come, first served basis)

Where: The Glaser Center – 547 Mendocino Avenue, Santa Rosa, CA 95401

For additional information please contact: Kate Roberge (707) 483-7425 or kroberge@gire.org

Community Partners: *Positive Images, Latino Service Providers, Sonoma County Indian Health Project, Community Baptist Church Collaborative, Buckelew Programs, National Alliance on Mental Illness, Petaluma People Services Center, West County Community Services, Council on Aging, Santa Rosa Junior College, Community Support Network, Voices Youth Center, and SOS Community Counseling*

SPECIAL PRESENTATION: *Cloverdale/North County Issues*

Kathie Tunstall, Program Manager of Community Mental Health Centers in Cloverdale, Guerneville, Petaluma and Sonoma, reported that 45 clients living in the area from Healdsburg to Cloverdale. The Cloverdale office is located upstairs from the Antique Mall at 140 S. Cloverdale Blvd., Suite 140. The Cloverdale and Guerneville CMHCs share the same staff of one part-time clinician, one clerical, one part-time psychiatric nurse, and a psychiatrist who is at the Cloverdale office three Mondays a month. A main challenge faced in Cloverdale and North County are that there are more public members in need, i.e., homelessness. Clients living in remote areas are referred by the health centers and the SCBH-Access Team and are assessed by the CMHC-Cloverdale staff. If a client lives in Annapolis area, they are offered to meet wherever is convenient for them—Cloverdale, Guerneville or Santa Rosa.

Ana Rangel, Case Manager for *Reach for Home* (www.reachforhome.org) , updated the community about the need to assist homeless individuals and families. *Reach for Home*, a non-profit organization, in collaboration with Committee on the Shelterless (COTS), has placed families in Family Transitional and Rapid Re-Housing programs. In the Cloverdale area, two homes have been purchased with funding from private donors.

Debbie Mason, Director of Healthcare Foundation Northern Sonoma County, reported on a collaborative of non-profits working together for Wildfire Recovery—Psychologist, Licensed Clinical Social Workers, Licensed Marriage and Family Therapist Associations are all working in a trauma-informed system. The six strategies for the collaborative are: 1) drop-ins to meet with volunteers; 2) outreach psychoeducational training; 3) one hundred mental health professionals are offering free five sessions throughout the County; 4) peer-to-peer listening—learning what to watch for; 5) to have mobile phone application in English and Spanish in the near future (cost \$200,000); and 6) offer 2-hour training in May 2018 to non-mental health licensed, lay clergy and retired mental health staff, and a training in June 2018 for professionals. One referral resource is to expand NAMI's warm line and include Spanish-speaking staff. The Wildfire Recovery receives referrals from Crisis Counseling Assistance and Training Program. Wendy Wheelwright of SCBH is the Crisis Counseling Assistance and Training Program (CCP) Coordinator and monitor of this FEMA grant.

Veronica Levya, SCBH CAPE staff member, shared that the participating high school administrators and counselors (Cloverdale High School) have a CAPE crisis line to make referrals and ask for assistance. The CAPE staff make home visits after hospitalizations. She reported that about 4,000 high school students were Question Persuade Report (QPR) trained in the participating Sonoma County high schools. CAPE staff are also certified to write 5150 holds and be involved with law enforcement when transporting students to SCBH Crisis Stabilization Unit or hospitals.

SCBH-MHSA collaborates with the following agencies and offers services in Cloverdale and North County:

From FY 15-16 Impact Statements:

Action Network

Across Ages and Cultures (AAC) is a bi-county (Mendocino and Sonoma Counties) substance use, violence prevention coalition committed to strengthening culturally, ethnically, and linguistically diverse youth, families, seniors and the community as a whole through education, direct support services and advocacy. AAC is a collaboration of over 30 entities representing non-profit, for-profit, government, schools, law enforcement, faith-based organizations and groups on the Redwood Coast region. Targets for the program are at-risk and high-risk children, adults, and seniors primarily from Native American Pomo, Hispanic (English and Spanish speaking), Caucasian, and mixed heritage families.

Contracted Services:

- Convene community meetings and public education about issues of mental health for children, youth, families, and seniors
- Outreach campaigns in newspaper and on the radio about issues of mental health for children, youth, families, and seniors about issues of mental health for children, youth, families, and seniors
- Introduce PEI strategies to senior services including, training Meals on Wheels volunteers (staff and drivers) in QPR and IMPACT
- Cross-train staff of various school-age and pre-school, parent education programs, mentoring, family and peer support programs, anger management and senior services programs in culturally competent early identification of at-risk behaviors
- Recruit volunteers to visit homebound seniors
- Provide transportation to and from doctor visits

Project Success Plus

The Sonoma County Project SUCCESS+ Collaborative was formed to ensure the development and coordination of a countywide prevention and early intervention system of care for adolescents at 16 mainstream and alternative high schools in Sonoma County. In FY 15-16, membership in the Collaborative consisted of six districts (Petaluma, Cotati-Rohnert Park, Windsor, Cloverdale, Healdsburg, and West Sonoma County) and included partner community-based organizations for service delivery (West County Community Services, Drug Abuse Alternatives Center, SOS Counseling and National Alliance for Mental Illness)....Project SUCCESS is an evidence-based student assistance program (NREPP) which is also listed as Tier 1 for the Sonoma County Upstream Investments Initiative Portfolio. Enhancements were added to the model, with developer-input, as Project SUCCESS+ (Project SUCCESS Plus or PS+) to address a broader spectrum of behavioral health issues increasing emphasis with mental health issues through the delivery of culturally appropriate prevention education, early identification, screening strategies, individual and group level interventions, and referrals for needed services.

Contracted Services:

- Prevention Education Series (PES)
- Screening
- Individual and Group Level Interventions
- Family engagement and parent programs
- Referral and Resources
- School Staff Development
- School-wide Awareness and Outreach
- Community Coalitions
- Yearly evaluation report

Crisis Assessment, Prevention and Education (CAPE) Team

The Crisis Assessment, Prevention, and Education (CAPE) Team is prevention and early intervention strategy specifically designed to intervene with transition age youth, ages 16 to 25, who are at risk or are experiencing first onset of serious psychiatric illness and its multiple issues and risk factors: substance use, trauma, depression, anxiety, self-harm, and

suicide risk. The CAPE Team aims to prevent the occurrence and severity of mental health problems for transition age youth.

The CAPE Team is staffed by Sonoma County Behavioral health licensed and license-eligible mental health clinicians. Services are located in:

- Fifteen Sonoma County high schools – Analy, Cloverdale, El Molino, Elsie Allen, Healdsburg, Laguna, Maria Carillo, Montgomery, Piner, Rancho Cotate, Ridgway, Santa Rosa High School, Sonoma Valley, Technology High School, Windsor

CAPE provides crisis response and training in mental health issues to the following sites:

- Santa Rosa Junior College (SRJC), Sonoma State University (SSU), Family Justice Center, Positive Images, VOICES

Program Services:

- Mobile Response to schools by licensed mental health clinicians with youth who may be experiencing a mental health crisis.
- Screening and Assessment of at-risk youth in high schools and colleges.
- Training and Education for students, selected teachers, faculty, parents, counselors, and law enforcement personnel to increase awareness and ability to recognize the warning signs of suicide and psychiatric illness.
- Peer-based and Family Services, including increasing awareness, education and training, and counseling and support groups for at-risk youth and their families.
- Integration and Partnership with existing school and community resources, including school resource officers, district crisis intervention teams, student and other youth organizations, health centers, counseling programs, and family supports including National Alliance on Mental Illness (NAMI) and Sonoma County Behavioral Health Division (SC-BHD).

Alexander Valley Health Care

Alexander Valley Regional Medical Center (AVRMC) is a non-profit 501(c)3, Federally Qualified Health Center (FQHC) founded in 1966 by community volunteers to address the healthcare needs of the indigent, uninsured and underserved in the communities of Northern Sonoma County. Since 2002, AVRMC has been the sole medical service provider in an estimated 300 square mile region. AVRMC provides full scope primary care, dentistry, and behavioral health.

AVRMC implements and supports the Pediatric Screening Checklist (PSC) program to promote prevention, detection, and intervention of mental and/or emotional disorders in children 5-18 years old. The PSC is administered in the exam room by support staff in preparation for the physician. If the PSC is positive, the clinician pursues a brief interview of child's major areas of functioning (school, family, activities, friends, and mood). If the brief interview supports the PSC findings, the clinical decides whether a referral for behavioral health is indicated.

Contracted Services:

- Implement the Pediatric Screening Checklist
- Brief interview by a clinical of child's major areas of functioning
- Referrals to clinic behavioral health services.

Community Intervention Program (CIP)

The purpose of the Community Intervention Program (CIP) is to provide outreach to disparate populations (those who have been historically underserved by mental health services) in an effort to engage people from these populations into mental health services. CIP focuses its activities on reaching, identifying, and engaging unserved individuals and communities in the mental health system, and reducing disparities identified by Sonoma County. The MHSA community planning process prioritized the following populations for outreach and engagement:

- People who are homeless
- People who abuse substances
- Veterans
- People experiencing a recent psychiatric hospitalization
- Ethnic and cultural populations – in particular, Latinos
- Individuals from the Lesbian, Gay, Bisexual, Transgendered, Queer, Questioning and Intersex (LGBTQQI) Community
- People who are geographically isolated

Program Services:

CIP conducts outreach activities where these populations congregate and/or already receive other services.

They do this by:

- *Direct Services:* Co-locating CIP staff in organizations that provide other services to these populations.
- *Contracted Services:* Providing funding to organizations that serve these populations so they can hire their own staff

CIP conducts its outreach and engagement activities through the following staffing structure:

Sonoma County Behavioral Health (SCBH)

-- SCBH CIP Team

--Community Mental Health Centers (CMHCs) CIP Team

Contractors

--Alliance Medical Center

--Drug Abuse Alternatives Center (DAAC)

--Petaluma People Services Center (Mary Isaak Center)

--Santa Rosa Community Health Centers

--Sonoma County Indian Health Project

--West County Health Centers

CIP conducts outreach and engagement activities to identify adults who live in geographically isolated areas outside of Sonoma County's service hub of Santa Rosa who may be in need of specialty mental health treatment. CIP leverages staff from SCBH Community Mental Health Centers (CMHCs) to engage in these activities. CMHC offices are located in Sonoma, Guerneville, Cloverdale, and Petaluma, and staff is familiar with the unique cultural issues in these area.

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

Dr. Kozart reported the SCBH FY 18-19 budget is being vetted by the County of Sonoma Chief Administrative Officer before it moves over to vetting by the Board of Supervisors. Once the vetting process has been completed, DHS/BH administrators and staff will be meeting on how to reorganize the delivery of BH services. The outcome of these reorganization meetings will be made public in a few weeks. Dr. Kozart noted that SCBH's strengths are improving timelines for services, integrating care and using "all hands on deck" approach in accomplishing delivery of services. Quality assurance of services is a major focus, i.e., training of staff to increase collection of revenue, and getting a highly needed tool, electronic health records, up and running fully for SCBH staff. There are confidential meetings with private agencies to look at partnerships that are rich with financial assets.

Kathy Smith acknowledged appreciation of Dr. Kozart's transparency about the budget deficit and process.

A community member asked if more will be revealed about the reorganization and budget at the May MHB meeting. Dr. Kozart said that a presentation about the budget, along with handouts, will be scheduled so that community members will be able to learn to read the budget and understand the process.

MH SYSTEMS TRANSFORMATION *Section Managers*

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/>

Sid McColley shared an update about the Sequential Intercept Mapping (SIM) Workshop, paid for by the Justice Mental Health Collaboration Program (JMHCP) Grant. The SIM Workshop took place on March 20th and 21st. The Sheriff's Office (patrol and jail staff), the Santa Rosa Police Department, Probation, the DA's office, the Public Defender's Office, Human Services, the Behavioral Health Division, Catholic Charities,

Buckelew, Goodwill, California Forensic Medical Group (jail mental health), and NAMI all sent representatives to the workshop. The first day was spent mapping out the entire criminal justice system and where it intersects with people with mental health disorders, from contact with law enforcement on the street, to release from jail. The group then identified gaps where there might be interventions to prevent individuals with mental health disorders from going to jail and instead provide treatment and resources. The group voted on the top initiatives they would like to see, and then broke into workgroups to brainstorm how to create effective interventions and what resources would be needed. Finally, the consultants running the workshop facilitated a commitment by group members to start working on the proposed initiatives. Some of the areas prioritized by the group were increasing housing options, expanding MST, expanding the use of peer services in the jail and at discharge, creating better communication amongst the partners, and expanding the mental health court. Sid will share the final report with the Board.

Christina Amarant reported that the SCBH Youth and Family Services includes the following services: outpatient, intensive outpatient, transitional aged youth, and works with Juvenile Probation at Juvenile Hall.

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/Lyndal-Marie Armstrong

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

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

Sherry reminded everyone of the CALBHB/C Regional Training for the Bay Area Region in Redwood City, April 20-21, 2018. She will be attending and will make a report at the next board meeting.

MHB CHAIR'S REPORT/BOARD PLANNING: – Asghar Ehsan

The MHB Working Retreat is scheduled for Saturday, April 28, 2018.

OTHER REPORTS:

No reports.

BOARD/PUBLIC COMMENTS:

A MHB member asked Kate Roberge, Consumer Education Coordinator of the Consumer Relations Program of Goodwill Industries, about the Peer Support Specialist Training. The next training begins on Tuesday, May 8, 2018. Over a four and a half year period, there has been ten cohorts with about 75 to 80 graduates. The graduates are assisted with finding internships at area organizations serving people with lived mental health experience.

Meeting adjourned at 6:10 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
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 Joanne Bender/Cheryl Tamblyn
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)