



SONOMA COUNTY MENTAL HEALTH BOARD

Minutes of January 16, 2018



This Meeting:
La Luz Center, 17560 Greger Street, Sonoma, CA 95476

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 5:05 PM by Chair, Asghar Ehsan

ROLL CALL

Present: Asghar Ehsan, Matthew Jensen, Mary Ann Swanson, Bob Cobb, Shellie Hadley, Kathy Smith, Dick Kirk, Sherry Weyers, Fran Adams, Patricia Gray

Excused: Diana Nelson, Lyndal-Marie Armstrong, John Suazo

Absent:

PEERS Coalition Representative: Kayla Dias (excused)

Board of Supervisors Liaison to the MHB: Shirlee Zane (Absent)

Sonoma County Behavioral Health: Mike Kennedy, BH Division Director; Susan Castillo, Community Mental Health Section Manager; Randy Royston, Adult and Older Adult Services Section Manager; Michael Kozart, M.D., BH Medical Director; Amy Colville, Older Adults/Transitional Recovery Program Manager; Lisa Nosal, CMHCs Clinical Specialist; Katie Bivin, CAPE Clinical Specialist; Raul Matamoros, CIP Senior Client Support Specialist; Veronica Leyva, CAPE Clinician Intern

Community Members: Kate Roberge (GIRE); Amy Breckinridge (GIRE); Laurie Petta (GIRE); Susan Keller (Community Network); Donnell Holmes (Buckelew); Jeannette Parros (West County Community Services); Serena Figueroa (Aurora Santa Rosa Hospital); Mary-Frances Walsh (NAMI); Elizabeth Campos (Sonoma Valley High School); Juan Hernandez, Director of La Luz; Katy Byrne; Anita LaFollette; and 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 September 19, 2017 meeting were approved as written. Minutes from November 21, 2017 meeting were also approved as written, 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 shared that the Consumer Relations Program in connection with SCBH is reaching out with more peer involvement in the Sonoma Valley. The high priority for peer involvement has been social support groups and forming friendships. The current groups are well attended and start-up groups will be forming in Sonoma and Cloverdale areas.

SPECIAL PRESENTATION: *Local Sonoma Valley Issues*

Katie Bivin, BH Clinical Specialist for Crisis Assessment, Prevention, and Education (CAPE) Team, reported that the CAPE Team is a prevention and early intervention strategy specifically designed to intervene with transition age youth, ages 16 to 25, who are at risk of 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 are located at fifteen Sonoma County high schools, including Sonoma Valley High School. 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, and VOICES. The CAPE staff meets at the Sonoma Valley Health Center to discuss mutual clients and what is going well and not. CAPE Team also makes post-hospital visits at homes of youth.

Training and education are a key part of the CAPE Team's mission. CAPE offers the following trainings:

- *QPR (Question, Persuade, Refer)—a suicide prevention training geared towards the general public (QPR is an evidence-based training that teaches any person how to look for signs of suicide and how to talk to the person and refer them on for care); QPR training is offered to all freshmen in the beginning of the school year in English and Spanish;
- *Classroom presentations on a variety of mental health topics and trainings for school/site staff on mental health topics as requested;
- *AMSR (Assessing and Managing Suicide Risk)—a suicide prevention training geared towards mental health professionals;
- *MHFA (Mental Health First Aid)—an overview of mental health topics and first response (8-hour course); and
- *YMHA (Youth Mental Health First Aid)—for adults assisting young people (8-hour course).

Katie introduced Veronica Leyva, a SCBH Clinician Intern, who works at the Sonoma Valley High School in linking students to services and offers QPR, Mental Health First Aid and Youth Mental Health First Aid trainings in English and Spanish. She also introduced Elizabeth Campos, a counselor of Sonoma Valley High School, who meets with Veronica on Monday and Fridays to link students to referrals and services. Elizabeth shared that she was able to contact the parent of a youth put on a 5150 hold and then Veronica would call back in a few hours to explain the process and set up follow-ups with family members.

The Mental Health Board members voiced the recommendation of needing CAPE staff in all of the middle schools, as well. Katie explained that the CAPE Team can be dispatched to middle and elementary schools for emergencies. The School Resource Officers (SRO) are available to go to the middle schools and have good relationships with the Sheriff's Department.

Raul Matamoros of Community Intervention Program (CIP) reported that they are co-located at the La Luz Center where they provide mental health screenings; connect individuals to mental health treatment either with SCBH or in the community; and provide resources and referrals to partner organizations around a variety of areas (counseling, primary care, education, jobs, etc.) Raul is in the Sonoma Valley on Wednesdays and goes to El Verano School and home visits to provide mental health screenings, explains the mental health system, offers positive parenting trainings. Raul will also do warm hand-offs of clients directly to Sonoma Valley Health Services. Depression, anxiety, behavioral issues with children and to provide positive parenting skills are the main reasons for clients seeking services.

Juan Hernandez, La Luz Director, said that SCBH and La Luz secured a \$25,000 grant so he could hire a family coach to meet with parents. The support group of 30 parents meets every Tuesday at El Verano Elementary School (the most Latino and Spanish-speaking students). They have coached 20 one-on-one, ongoing clients for the past year. Also, home visits are offered to these El Verano Elementary School parents. Juan said there is still the need for more coverage at

more elementary and middle schools. They are thankful for Raul Matamoros being able to offer trainings to parents from 6:00 to 8:30 PM.

Lisa Nosal, SCBH Clinical Specialist of the Community Mental Health Centers in Cloverdale, Guerneville, Petaluma and Sonoma, shared that the Sonoma office at 810 Grove Street is open Monday through Friday, 8:00 AM to 5:00 PM. There is a case manager, a nurse and a psychiatrist meets with clients twice a month at this office. There are currently 25 active clients, which 10 to 12 percent are mono-lingual. The Sonoma office offers DBT and mindfulness groups, post-psychiatric hospital visits and is seeking more peer-run groups and activities.

Since the fire disaster, trauma groups have been started up in the Sonoma Valley. A recommendation was made for the community to connect with *Rebuild Northbay*, which is a regional organization to unite the public and private sections in their efforts to help North Bay counties recover from the deadly wildfires (<https://www.rebuildnorthbay.org/>).

Donnell Holmes, Program Director of Buckelew Programs Sonoma County, shared that they are facilitating a *Fire Support Group* for everyone affected by the fires in Sonoma County.

Please see below the information regarding the *Fire Support Group*:

The fires in Sonoma County affected everyone in some way. We lost homes, or we know someone who lost their home. We lost pets. We evacuated or sheltered those who were evacuated. We heard stories of trauma, and experienced our own traumas. Our lives have been forever changed in some way. Healing is a process best done in community. We are offering a space for the stories we are holding about the fires and their aftermath, as well as the feelings that continue to come up. Healing takes time and may come in different waves.

Topics include:

- *Signs and symptoms of trauma*
- *Emotional self-care*
- *Coping with re-traumatization*
- *Coping with grief*
- *Managing stress*
- *How to talk to kids about trauma*
- *Mental health resources in Sonoma County*
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Everyone is welcome. Bring your stories, your feelings and your grief. Learn the signs of normal responses to trauma. We are all in this together. We will have resources available to help with the healing process.

Where: *Buckelew Programs Sonoma County, 2300 Northpoint Pkwy, Santa Rosa, CA 95407*

Date: *February 7, 2018, 4:00 pm - 5:30 pm*

Facilitators: *Katie Swan & Jessica Wolfe*

Mike shared that there will be a mental health town hall meeting on February 22, 2018, at the Glaser Center, 547 Mendocino Avenue, Santa Rosa, CA 95401. Senator Mike Mc Guire and Congressman Mike Thompson are expected to be present. This meeting is for all community members and service providers to discuss mental health aspects and recovery in light of the fire disaster.

REPORT OF BEHAVIORAL HEALTH DIVISION DIRECTOR Michael Kennedy, MFT

The Orenda Center has moved from 1430 Neotomas Avenue, Santa Rosa to its new location at 2245 Challenger Way, Santa Rosa. SCBH has just received fire clearance to move the Detox-Turning Point facility

also to the 2245 Challenger Way toward the end of the month. There will be an Open House scheduled at a later date.

Mike reported that the moves of the SCBH programs from 3322 and 3333 Chanate Road addresses to The Lakes Corporate Center are still readying to be moved this spring.

There are County budget struggles which will be discussed further at the next mental health board meetings. Dr. Michael Kozart, SCBH Medical Director, reported currently medical screenings are being done at Crisis Stabilization Unit (CSU) to prevent sending non-emergency consumers to local hospitals' emergency rooms for medical clearances. Dr. Kozart also noted that SCBH is staffed well with psychiatrists—15 full-time positions spread out over 30 psychiatrists.

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/>

Reviewing and commenting on performance outcome data and communicating findings to the California Behavioral Health Planning Council is a duty of all local Mental/Behavioral Health Boards and Commissions. The 2017 Data Notebook's topic of attention is the older adult population. Susan Castillo, Community Behavioral Health Centers Section Manager and SCBH liaison to the Mental Health Board, asked for a representative (Jeannette Parros of West County Community Services was the only available staff) of the Sonoma County Human Services: Older Adult Collaborative to present on the MHSA Component: Prevention and Early Intervention.

Highlights from the Older Adult Collaborative FY15-16 Impact Statement:

- *The Older Adult Collaborative is a five agency collaborative comprised of: the Sonoma County Human Services Department - Adult & Aging Division, Council on Aging, Jewish Family and Children's Services, Petaluma People Services Center and West County Community Services.*
- *These agencies serve older adults (60+) in their respective communities*
- *Services provided include case management, nutrition programs, adult day services, peer support, counseling, and transportation programs, among others.*
- *The Older Adult Collaborative implements Health IDEAS, an evidence-based prevention and early intervention model designed to reduce depression and suicide among older adults.*
- *The primary components of the Healthy IDEAS intervention include*
 - 1) *Administration of a depression screening by trained agency staff who are supervised by licensed professionals*
 - 2) *Educating older adults about depression and its treatment*
 - 3) *Referral of case managed clients to various community resources, including medical providers, in-home counseling, and/or psychotherapy for those older adults identified as at risk for depression*
 - 4) *When appropriate, working with older adults to empower themselves through identification and completion of an activity goal, thereby learning how their own engagement in daily activities can reduce their depression symptoms.*

Jeannette Parros, a Healthy IDEAS case manager in West County, shared what her contracted services when working with the older adult population in West County. She works mainly out of the Russian River Senior

Center where about 50 percent of the seniors are homeless or live in shelters, tents or trailers by the river. She had 29 new clients and follows 45-50 existing clients. The Health IDEAS intervention includes depression screening, mental health education, resource referrals, establishing goals for activity engagement, i.e. yoga and playing Bingo. Also, she offers in-home counseling. Every time Jeannette meets with a senior, she does a depression screening and share facts of depression. She offers a behavioral-type of approach. There are about 35-50 seniors who use the activities at the Senior Center. Jeannette feels the seniors want to be heard and need to be kept from isolating. One suggestion is for with seniors to move in together and share housing. Most of the depressions are linked to their use of prescription painkiller medications, i.e., OxyContin, etc. Transportation services are by the Senior Center's van, providing bus passes, and seniors can contact Council on Aging to be connected to paratransit services.

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/>

The CALBHBC's Bay Area Region invited MHB members in on a conference call on January 9, 2018 regarding "Board and Care" (Adult Residential Facility) Issue so they could share their stories about how the critical need for Board and Cares is affecting the members, their families or their communities. Kathy Smith is planning to attend a CALBHBC meeting (to include providers, lived experienced, first responders, etc.) in Woodland on Friday, January 26, 2018, to discuss this issue further. There is a pre-meeting at 11:30 AM and the general meeting will be 1:00 to 4:00 PM.

Sherry will be attending the Regional CALBHB/C meeting in San Diego this weekend and will ask what the topic will be for the Data Notebook 2018.

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

No report.

OTHER REPORTS:

Serena Figueroa of Aurora Santa Rosa Hospital said that she is working on making Aurora's presence known in the community. Asghar acknowledged that the Mental Health Board wants to work closely with service providers, especially with Aurora.

BOARD DISCUSSION / PUBLIC COMMENTS:

Anita LaFollette of the Homeless Action! reported on her concerns of the death of a homeless man in a Roseland homeless encampment. She made a report to the Adult Protective Services almost two weeks prior to his death. Anita said she did receive an apology from Adult Protective Services for not responding in a timely manner. Anita wants to see policy changes at the Adult Protective Services.

Please go to this link from the Wellness & Advocacy Center website (<http://www.wellnessandadvocacy.org/>) for the *2017 Sonoma County Homeless Resource Guide* at <http://www.sonomacountyhomeless.org/>

Meeting adjourned at 6:40 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)