



SONOMA COUNTY MENTAL HEALTH BOARD

Minutes of October 15, 2019



This Meeting:

SCBH CMHC-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

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 Vice Chair Dick Kirk

ROLL CALL

Present: Kathy Smith, District 5 Patricia Gray, District 1 Dick Kirk, District 1
Bob Cobb, District 4 Shellie Hadley, District 3 Sherry Weyers, District 5
Robert Hales, District 5 Mary Ann Swanson, District 2

Excused: Fran Adams, District 2; Peterson Pierre, District 1; Peter McAweeney, District 4

SRJCP EERS Coalition Representative: Maria Arreguin (present)

Sonoma County DHS, Behavioral Health Division: Bill Carter (SCBH Director) and Kathy Spence (CMHCs Program Manager)

Community Members: Carol West (Goodwill Industries); Susan Keller (Community Network); Erika Klohe (St. Joseph's); Sean Kelson (Goodwill Industries); Sean Bolan (Goodwill Industries); Lupe Navarro (Latino Service Providers); Saraisabel Virgen (Latino Service Providers); Carol Harris (Kaiser Permanente); 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 2, 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 09/18/19 were approved and seconded by Bob Cobb, Bob Hales and Shellie Hadley.

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

Peer Certification Update

Sean Bolan shared that SB 10, Beall (Mental health services: peer support specialist certification) was vetoed by Governor Gavin Newsom because he said the bill “*would significantly increase costs outside of the state’s regular budget process.*” (Link: <https://www.gov.ca.gov/2019/10/13/governor-newsom-takes-final-action-of-2019-legislative-season/>)

Carol West shared that Peer Certification is a fact in all states except California and South Dakota in the USA. In California there has been a concerted grass roots effort over the past three years to get legislation passed to require peer certification for peer support specialists in California:

SB214 vetoed 2017
SB906 vetoed 2018
SB10 and most recently vetoed Oct 13 2019

While many years of work have clarified peer roles, scope of practice, minimum certification requirements and code of ethics by agencies like WET and OSHPD, there are still challenges specific to California.

Exact reasons for vetoes are complex but may involve some or all of the following:

- The difficulty of finding funding to establish a peer certification board
- CMS wanting to move away from CPT codes and fee for service and move towards value based care
- 1115 Waivers possible but need a state budget amendment to implement (Opportunity may occur next year as state budget due to be reviewed 2020)
- Multiple job titles for peers
- Many peers afraid to divulge peer status due to repercussions linked to stigma
- Many people who are part of marginalized communities especially undocumented working as peers may be excluded from the peer workforce should certification be mandated by law (other states have implemented " grandfathering in" policies and procedures

"We are proving that our state is successful not despite our diversity, but because of it. California isn't just defending our vibrant immigrant communities. We are affording all Californians – regardless of immigration status– the chance to serve their communities and give back." (Governor Newsom)

Link to Governor Newsom's letter and links to the vetoed bills can be found at:

<https://sonomacountypeercouncil.org/employment>

Lupe Navarro, Director of Latino Service Providers, shared how youth peers help with the reduction of stigma in the Latino community. Those youth peers are chosen because of their interest and passion in mental health issues. Eighty-five percent of them are lived experience and speak Spanish but are not necessary Latinx. Lupe gave all of the MHB members a different pin that are given out to the community. One of the pins said, "inhala exhala" (inhale exhale).

PUBLIC COMMENTS/CONCERNS/ACCOMPLISHMENTS

There was a discussion on this matter. Peer work is being done by providers at this time. There was a question if the strict Medi-Cal documentation would corrupt the peer run work. The peer specialists would be cost savings by helping to prevent hospitalizations, use of emergency rooms and placements in residential treatment facilities. The Sober Circle in Petaluma is an example of decrease in hospitalizations and law enforcement impact.

Carol West has applied for a seat on the Mental Health Board for District 2.

Carol West shared that the Sonoma County Peer Council (SCPC) <https://sonomacountypeercouncil.org/> is a grass roots, peer driven effort to connect the peer community with each other and with opportunities to grow as individuals and as an advocacy voice in Sonoma County. She encourages anyone who is interested to visit the website. If you would like to be added to the email updates about the SCPC or have any questions, please contact Carol West at: carolwestchw@gmail.com; (707) 481-7965.

Dick Kirk proposed making an agenda item for the next retreat to discuss adding another ad-hoc subcommittee, Peer Support Specialists certification.

SPECIAL PRESENTATION: *Local Petaluma/South County Issues*

Kathy Spence, Program Manager of the Community Mental Health Centers in Cloverdale, Guerneville, Petaluma and Sonoma, updated the MHB members of the SCBH services in Petaluma.

The CMHC-Petaluma office serves clients 18 years old and up. The services offered are psychiatry, medication support, case management. They work closely with the health care centers and local providers. There will be two new staff in the Petaluma office beginning November 5th. The CMHCs receive their referrals from the Access Team in Santa Rosa or from another SCBH program due to the client moving to the outreach area. The telehealth psychiatrist, Dr. Zoe Martinez, serves both the Petaluma and Sonoma offices. There are 30 clients being served in Cloverdale, 54 in Guerneville, 30 in Cloverdale and 118 in Petaluma. If someone lives in Healdsburg or Windsor, they could be seen in their home by a case manager and nurse from one of nearby offices in Guerneville or Santa Rosa. There is a consideration about having a part-time psychiatrist come to the Petaluma office for half a day a week to serve clients who aren't comfortable with telehealth.

The SCBH after-hours call-in center will be expanding to 24-hours, 7 days a week by the end of the year.

Carol West, Goodwill Industries' Petaluma Peer Recovery Center, shares the same suite as the CMHC-Petaluma office. This consumer-run, self-help center see about 4 to 5 community members who come in a day—the highest has been 8 to 10. They offer support groups—general peer support groups, relaxation and recreation and learning and practicing self-therapeutic techniques for recovery. It is open three days a week. Contact number is (707) 565-1299.

Also, next door to the CMHC-Petaluma office is County of Sonoma Human Services Department which also offers additional and convenient services to the SCBH clients.

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:

- *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. SCBH is still in the process of establishing re-designed programs and then will need to train staff for these programs.
- *Staff are finalizing program safety plans for all BH sites, especially around work place violence. Bill told Sean Bolan of Wellness & Advocacy Center that his safety captains would be able to attend these safety trainings.
- *Last year's contacts with service providers are being completed and contracts are being staged for next year.
- *There are three California Department of Health Care Services Reviews scheduled:
 - EQRO (External Quality Review Organization) – December 10, 2019
 - Triennial – January 14 – 17, 2020 (audit of Medi-Cal documentation and services)
 - MHSA (Mental Health Services Act) – February 10 – 11, 2020
- *Due to unspent funding from Sonoma HOPE for wildfire victims, Sonoma HOPE has been approved by the Board of Supervisors for suicide prevention training and services.
- *A Request for Proposal (RFP) will be available in November for community-based suicide awareness services tailored for Sonoma County. This campaign is more robust in building the capacity in the community with all of the accumulated trauma and high suicide rates.
- *The MHSA three-year planning project is in progress; RFPs for new projects to use Innovation funding.
- *SCBH has hired a consultant to see if the AODS waiver (Drug Medi-Cal) is feasible for what SUDS staff and services are currently in place.
- *The Jail Diversion Program for felony level Not Guilty by Reason of Insanity to begin the first week of November. Transitional housing is being sought at this time.
- *The Peer Respite House is still moving forward in the development stages to use the fund balance.
- *The Psychiatric Health Facility will be run by Crestwood. They are going through due diligence with the landlord with the level of renovation needed at the site.

A community member requested that Bill present a more transparent preliminary budget so programs like the peer-run self-help centers would be made aware if they were not going to receive funding. It would be helpful if Bill could bring rough projections about decreases in funding for programs to the Mental Health Board meetings.

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 PEERS promotes mental health services (hosts workshops) that are free to SRJC students. Students were offered the National College Health Assessment which is a nationally recognized research survey that can assist in collecting data about students' health habits, behaviors, and perceptions. The data showed that sleep, anxiety and stress impacted their health on academics the most.

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 made their first site visit at the Crisis Stabilization Unit (CSU). They interviewed the program manager and specialist and two clients.

Highlights from site visit report on August 30, 2019:

Number of Clients in Program now: 12 – admits per month; revolving number; about 6.5 discharges per day; can range from 2 to 13

Average Length of Stay in Facility/Program: 1.93 days down from 2.8 last year

Program Staffing: 2 LCSW/LMFT, 1 RN, 1 LVN, on each shift

Board Member Brief Summary (include key positive/negative impressions): The staff interviews were positive, genuine. They were open, informative, eager to respond. The environment was pleasant, calm, appeared safe, clean and client-centered. Staff area was able to view client areas easily. Clients interviewed privately, felt safe and professionally served.

Board Member Recommendations:

- 1) Expand number of beds
- 2) Increase pay for nurses to better recruit
- 3) Develop peer counselors as a "program"
- 4) More effort to recruit bilingual/bicultural professionals
- 5) Develop more resources for discharge/referral of clients
- 6) Give CSU staff kudos for doing an excellent job under challenging circumstances

The next site visit will be at Progress Foundation—Parker Hill's facility on Tuesday, 10/22/19.

Sherry Weyers shared that she will not need to attend the CALBHB/C meetings as they keep up with complete minutes. She will continue giving reports at the MHB meetings. The 2019 Data Notebook was submitted to the California Behavioral Health Planning Council today. The data collected will be shared with the State's legislators. The 2019 Data Notebook will be posted on the Mental Health Board webpage.

MHB CHAIR'S REPORT:

No report

BOARD AND PUBLIC COMMENTS:

No report

Meeting adjourned at 6:56 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
CALMHBC	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
LGBQQT	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