

MONTHLY BOARD MEETING MINUTES

April 25, 2016

Mental Health Board

Members in Attendance

Bartley, David
Dickinson, Will
O'Meara, Janet
Stanners, Sharon
Thickens, Theresa

Absent Members

Bond, Yvonne
Holmes, Jim

Staff and Guests

Abrahamson, Twylla
Bahoh, Carolyn
Bauman, Maureen
Bill, Charlotte
Cataldo, Lisa
Cecchetti, Paul
Ellis, Amy
Hall, Richard
Jones, Janna
Lane, Michael
Langen, Anna
Low, Miranda
Osborne, Marie
Palma, Sheree
Shinstock, Diane
Snook, Jeannine
Snook, John

Welcome and Introductions

Theresa Thickens, Chairperson of the Mental Health, Alcohol and Drug Board (MHADB), called the meeting to order at 6:10 p.m. Members and guests were welcomed and introductions were made.

❖ Board Protocol (Non-Board Member Participation) – Theresa Thickens provided a quick overview

- This item is designed to clarify, for new attendees, the role of non-board members and their participation while attending the Mental Health, Alcohol and Drug Board (MHADB) meetings.
- The MHADB encourages public input in all of its meetings. In order to facilitate this, we allow for public input two times – once at the beginning of the agenda and once at the end. These times are for those items that do not appear on the agenda. For items that are on the agenda, the Board will allow time for input from the public at the time the item is heard by the Board. Input guidelines are as follows:
 - a. All remarks shall be addressed to the Board as a body and not to any member of the board or staff.
 - b. No person, other than a member of the Board and the person having the floor shall be permitted to enter into any discussion without the permission of the chairperson.
 - c. For items not on the agenda, each person is limited to three (3) minutes of comment during the Public Comment Period(s.)
 - d. For items on the agenda, each person is limited to five (5) minutes of comment during the agenda item, unless time is extended by the chairperson
 - e. For items on the agenda, if there is a person speaking on behalf of a group, with no other comments by another member of that group, please identify yourself as such and your time may be extended at the pleasure of the chairperson.
 - f. Total discussion time on any item may be limited by the chairperson to ensure that all of the business on the agenda is completed no later than 8:00 p.m.

❖ Guest Speakers: Charlotte Bill, Diane Shinstock, Sheree Palma and Jeannine Snook

Providing a Family Panel Presentation

- Sharon Stanners announced the presentation, asking guests to address what worked, what was successful and what things could be approved upon. Each of the panel members introduced themselves before beginning.
- Sheree Palma has a son in the Adult System of Care (ASOC). She shared a few of her experiences and provided feedback.

- Ms. Palma is a member of NAMI Placer County, participates in Campaign for Community Wellness and attends Turning Point (TP) meetings.
- She thanked everyone for taking care of her son and helping her to ensure he gets the care he needs.
- Ms. Palma feels there is a need to improve physicians, i.e., many are here for a few months and then gone. It doesn't feel like there is consistency of doctors; continuity in care is extremely important. She would like to be part of the movement to assist in getting good doctors.
- Communication between the family and staff is vital and she feels it needs to be improved. She shared an issue related to an email communication and identified some additional problems she experienced.
- She believes there is no place in Placer for her son; he is currently sitting in the Psychiatric Health Facility (PHF). She feels Placer County needs to figure out how to streamline our chronically mentally ill individuals. There seems to be a path for physical illness but not for mental health.
- Charlotte Bill has a 22-year old who transitioned into ASCO from CSOC. She shared her experiences related to her son's mental illness, with the first hospitalization at the age of 16.
 - She reported the change was stark when her son turned 18 and difficult for the whole family.
 - As a minor, he had wrap-around services. Once he turned 18, all those services stopped. Ms. Bill was told there were services available, but her son would have to initiate contact to secure those services. At that time, he was almost non-verbal and either in catatonic-like state or in active psychosis.
 - She is currently on the Adult Services Committee (ASC) and actively fighting for things to change and improve. She has seen improvement, which keeps her hopeful and moving forward – to help her son and others.
 - Participated in a WRAP class offered by the county, finding it beneficial, but her son was too ill to benefit from it.
 - She attended the presentation: Understanding mental illness. The things she found most helpful are those that educated and empowered her and helped her become the strong advocate for her son.
 - Her son was connected to TP. She reported on attending regular team meetings but the focus was always on her son's unwillingness to participate. She continued to become more educated and bring more ideas to the team meetings and with the open willingness of TP, improvements were made.
 - The third new personal service coordinator at TP was open to her suggestions, using them to improve relating with her son. Her son has been willing to go into the community and begin talking about his mental illness.
 - One of the biggest supports is her ability to bring her issues to the ASC and more recently the TP stakeholders meetings.
 - She feels she's had to fight for improving services for her son and has seen things start to improve in the last year.
 - Housing seems to be an issue, she doesn't believe there is appropriate housing for her son that has the level of care and therapeutic supportive environment he would need.
- Diane Shinstock has a 30-year old son who has been receiving deep-end services since he was quite young. She shared her story, which began when her son was eight years old.
 - In residential treatment at the age of 15, also through his IEP (through the education process).
 - His diagnosis changed at age of 21.
 - Experienced first 5150 hospitalization at age 21, which resulted in a seven-year conservatorship with Placer County.
 - Enrolled in an MHSA (Mental Health Services Act) funded full-partnership with the county and then transferred to TP.
 - Conservatorship was dropped in 2013, thinking issues were more substance abuse related (not so much mental health). Since then, their lives have been completely turned upside down.
 - Her son is currently sitting in the Placer County jail.
 - She also would like to see options for improving treatment and services.
 - She didn't expect to have to fight so hard to get him the help he needed.
 - TP family meetings have been good.
 - She feels it is a difficult system to navigate and to feel heard is very important.
 - She would like to see parents included in multidisciplinary meetings.
 - Feels the conservatorships really worked for her son.
- Jeannine Snook has a 50-year old son and her story started about 20 + years ago.
 - Having never experienced anything like this, you don't see the signs. Mental illness hit her by surprise.
 - Her son was placed in the PHF after being in jail.
 - Ms. Snook reported her son was abused by law enforcement.
 - After being held for 72 hours, stabilizing him, he would be released and would then experience the same issues.
 - She believes her son can't get help because he's not a danger to self or others.

- Reported on receiving great assistance from ASOC (case worker).
- Opened discussion to tease out the area we could focus on. Theresa Thickens identified: Housing, consistency of care with case managers, make sure we continue to evolve the system so family members are partners in the process, good doctors, education (presentation), difficulty in navigating the system.

Secretary/Treasurer's Report

- **Approval of the March 28, 2015 Regular Board Meeting Minutes** – Minutes approved as distributed.
- **Approval of Treasurer's Report - \$1,500 - Amount budgeted for Fiscal Year 2015-16.**
Expenditures for the month of March include: \$49.67 - food purchased, leaving a balance of \$402.62. Balance is accepted as presented.

Standing Committee Reports

- ❖ **Executive Committee** – Theresa Thickens
 - No action taken.
 - Janet O'Meara reported on her attendance at another quarterly report meeting in San Francisco for the California Association of Local Behavioral Health Boards and Commissions (CALBHB/C).
 - A written summary will be emailed to members.
 - There is an annual meeting in June, and because we are members, CALBHB/C will pay expenses for one person from the MHADB to attend.
- ❖ **Alcohol and Drug (AOD) Committee** – Theresa Thickens reported on behalf of Sharon Stanners
 - Discussed goals for next year, reviewed goals for last year, and where they need to focus in the upcoming year.
 - The committee developed a rough outline of their FY 16-17 goals, which will be shared at the May 20th retreat.
- ❖ **Quality Improvement (QI) Committee** – Theresa Thickens
 - Discussed the results received from the triennial audit. Ms. Thickens reported on the wonderful feedback from the state.
 - As far as the systems that were audited by the state, 96% were within compliance of state requirements (both for ASOC and CSOC).
 - There are corrections for monitoring test calls, grievance procedures and treatment authorizations.
 - Specific charts reviewed for residential crisis treatment homes will require more work due to some disallowances.
 - Substance Abuse Prevention and Treatment Annual Report was submitted for auditing. There will be a desk review in about 30 days.
 - Test calls – the MHADB is responsible for a number of calls to be placed into the county information lines. Calls are made to make sure the calls are handled appropriately, e.g., callers get information on services needed.
 - Test calls now being done by Mental Health America (MHA) volunteers.
 - MHA agreed to make five calls per person, per month.
 - Recently put the test call process into Survey Monkey (online).
- ❖ **Children's Committee** – Will Dickinson
 - Spent time looking back on goals and reorganize what needs to be done before the end of year.
 - Goal for next year is the Continuum of Care Reform Act. Act requires closing down some of the congregate care facilities, putting kids back into foster homes (as opposed to community homes). There will be challenges that require monitoring and many unknowns as to how it will be implemented.
 - Changes go into effect January 2017.
 - Janet O'Meara shared that the Data Notebook will focus on children this year and to keep a look out for it.
- ❖ **Adult Services Committee** – Janet O'Meara
 - The committee needs new members to work on the tasks that need to happen to complete the goal.
 - Would like to complete what the family goal looks like.
 - Families need to be treated like family members of any other disease.
 - Met with Christi Fee and plans to meet with Betsaida LeBron (Mental Health America), for further discussion on how families can be more involved.
 - Finished the housing chart with assistance from AMIH.
 - Curtis Budge, ASOC Program Manager, has been providing the committee with statistics.
 - The electronic data will be emailed to members.

- The ASC summarized their concerns about TP, identified in last year's annual report and now received this document back. The response outlines what changes are taking place and planned to respond to areas of concern.

Board of Supervisor (BOS)-Representative

- ❖ Supervisor, Jim Holmes reported on the following:
 - Not in attendance.

Correspondence and Announcements

- ❖ Theresa Thickers reported on receipt of the following:
 - Reported a good amount of interest in board membership participation and have received many emails. Continue to encourage anyone interested in joining the board to contact us and attend meetings.

Director's Report

- ❖ Maureen Bauman reported on the following: (*hard copy provided*)
 - May is Mental Health Matters Month. Lime green items (scarves, ties, etc.) were made available – wear green in May. Opportunity for conversation – what is mental health, why am I wearing green. Stigma is one of the real challenges about this disease because we treat it so much differently than physical health issues.
 - Placer Collaborative Network and the Campaign for Community Wellness (CCW) will have a joint meeting. Program specifically on mental health awareness, giving people tools to help spread the word.
 - May 27, 2016 at the Seavey Center in Rocklin from 9:00 – 11:00 a.m., followed by a CCW meeting from 11:00 – noon.
 - Looking at the way we bill for services in California. California is still part of the system that bills by the minute (designed to produce more revenue). We want systems that incentivizes quality not so much quantity.
 - Probation's PREP (Placer Re-Entry Program) Center is expanding their services to include a center in Auburn.
 - Mental Health Parity Project Overview – Disability Rights California addresses policy issues to make sure rights are being respected.

Unfinished Business

- ❖ MHADB Annual Retreat
 - Reviewed items for retreat agenda.
 - Planning for committee breakouts - review status of goals, looking at what we were able to accomplish and where we need to put our priorities. Much of the work has already been done; we will determine how much time is needed.
 - Identified some overlap on committee goals and would like to be more strategic on prioritizing.
 - Planning on one or two guest speakers.
 - Send any ideas or particular desires on a speaker for the retreat to Theresa Thickers before May 9th.
 - Whole group discussion - the report cards and self-assessments that the State Association recommends (looking at how we personally are performing in our role on the board and the board as a whole).
 - Janet O'Meara will email the various report cards to the executive committee for review (prior to May 9th).
 - Theresa Thickers will re-send the grid on goals previously distributed.
 - The May regular meeting begins immediately following the retreat, starting at approximately 2:00 p.m. (time has not been finalized). The entire day (retreat plus regular board meeting) will be done by 2:00 or 3:00 p.m.
 - Retreat begins at 8:30 a.m. on Friday, May 20th at the Community Development Resource Center (Dewitt).
 - Topic of interest included any cutting edge or new approach in treatment/effective treatment, medication - treatment focus. Would like opportunity to ask questions of a psychiatrist.
 - Theresa Thickers invites members and the public to send thoughts/idea.
- ❖ Recruitment/Visibility (*Standing agenda item*)
 - Ms. Thickers contacted Roseville and Rocklin Police Departments and Placer County Sheriff's Office, an outreach effort for new members, receiving some positive responses from the criminal justice system.
 - Ms. Bauman spoke to the Public Information Officer (PIO) to assist in additional recruitment. Recent inclusion in the eNewsletter is working well. Sending the PIO more information to publicize the board, to include in other mediums (e.g., media page, Facebook).
- ❖ Placer County FY 2015-16 Final Budget Questions
 - Theresa Thickers encouraged members to review the budget, as well as the Dashboard.
 - There is a section in the budget just for contracts; Mental Health has the largest of the contracts.
 - Maureen Bauman will bring forward to the members.

- ❖ MHADB Bylaws Update Ad Hoc Committee (*Identify items to be updated*)
 - Ms. Bauman reviewed the recent legislation that expanded the type of members that can sit on the MHADB.
 - The Interest Survey, which is part of the membership packet, has been updated to include this information.
 - Ms. Thickens shared possible bylaw changes, including having to be a resident of the county, new piece that expands who can be on the board, discuss a term exception when vacancies on the board, extend past the second year.
 - W& I code states we can have between 10-15 members (can go above); would like to change bylaws to 10 members.
 - Janet O'Meara recommends this to be a project for the Executive Committee.
 - Theresa Thickens confirmed the Executive Committee will propose bylaw changes and bring to the retreat for review.
 - The BOS must approve any bylaw amendment.

New Business

- ❖ Mental Health America Advocacy Report
 - Michael Lane distributed the Placer Advocacy Report (focusing on the adult programs) and provided a brief summary of each mental health topic and services the agency is working on in Placer County.
 - Speakers Bureau; Consumer Council; Peer Association; WRAP (Wellness Recovery Action Plan) group; and DBSA (Depression Bipolar Support Alliance) groups.
 - Discussed the change of focus at WRAP and encouraging those individuals who are receiving services to get enrolled in WRAP workshops. The workshops are extremely empowering and help the individuals get control of their recovery.
- ❖ Mental Health Matters (*See Proclamation handout*)
 - Ms. Bauman shared information on the Proclamation declaring May as Mental Health Matters Month (May 17th BOS item).
 - Ms. Bauman highlighted the Life in Recovery flyers included in tonight's packet from the National Mental Health America. The colored pages provide basic information on what people recovering from mental illness say it feels like.
 - **Celebrate:** 9:30 – 12:00, May 24th on the West steps of the Capitol building for *Mental Health Matters Day 2016*.
- ❖ Mental Health Parity
 - Mental Health Parity Project Overview – Disability Rights California.
 - Requesting topic be moved to the retreat for discussion.
- ❖ Confirmation of Nomination Committee [**Action Item**]
 - Theresa Thickens selected the following individuals as the Nomination Committee: Sharon Stanners, Janet O'Meara and Theresa Thickens.
 - **Will Dickinson made a motion to approve the nomination committee, David Bartley seconded. Motion approved.**
- ❖ Contracts [**Action Item**]
 - Maureen Bauman provided an overview of the below contracts. Contract(s) are available for review upon request.
 - Crestwood Behavioral Health, Inc. for Long-Term Psychiatric Residential Care
 - Amendment to the Agreement for Coordination of Homeless Services
 - California Forensic Medical Group, Inc. for Inmate Healthcare Services
 - **Will Dickinson made a motion to approve the above contracts, Janet O'Meara seconded. Motion approved.**

Board Member Comments

- ❖ Will Dickinson announced on May 16th, Lincoln High School will have a presentation on social media and how kids are getting sucked into doing bad things and how to prevent it from happening. This is a follow-up from a previous training on commercially sexually exploited children.

Public Input

- ❖ No public input received.

Adjournment

- The meeting was adjourned at 8:08 p.m.
- Monday, May 9, 2016, at 4:00 p.m. is next Executive Committee meeting (ASOC).
- FRIDAY, May 20, 2016, at 2:00 p.m. is the next Board meeting taking place at the Community Development Resource Center (**Cypress Room**), 3021 County Center Drive (Dewitt), Auburn.

Secretary/Treasurer, Mental Health, Alcohol and Drug Board