

MONTHLY BOARD MEETING MINUTES

December 14, 2015

Mental Health Board

Members in Attendance

Bartley, David
Bond, Yvonne
Cowen, Jeff
Dickinson, Will
O'Meara, Janet
Stanners, Sharon
Thickens, Theresa

Absent Members

Holmes, Jim

Staff and Guests

Abrahamson, Twylla
Bauman, Maureen
Behrens, Sharon
Cirillo, Gregg
Cirillo, Sue
Cople, Katrina
Jones, Janna
Jones, Martin
Low, Miranda
Osborne, Marie
Shin, James
Shore, Pam

Welcome and Introductions

Theresa Thickens, Chairperson of the Mental Health, Alcohol and Drug Board (MHADB), called the meeting to order at 6:15 p.m. Members and guests were welcomed and introductions were made.

❖ Board Protocol (Non-Board Member Participation) – Read by Yvonne Bond

- 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 Speaker: Twylla Abrahamson, Acting Director, Children's System of Care (CSOC)

- Provided a high-level overview of what's happening and the many changes in CSOC. She shared a PowerPoint presentation (hard copy also provided): Children's System of Care – A Time of Change.
- CSOC is a truly integrated system – it combines mental health, child welfare, probation and other services.
- Safety Organized Practice – a philosophy and a set of practices. It will change the way CSOC will approach the child welfare services. Emphasis on natural supports and family created safety nets.
- Provided an update on Commercially Sexually Exploited Children and the Placer County joint task force recently formed. Using a screening tool at the Juvenile Detention facility and Children's Emergency Shelter to screen children for any involvement.
- Continuum of Care Reform – AB 403 (statewide initiative) will fundamentally change the way in which foster care, shelter care, and group home care occurs in California.
 - Lower level group homes will transition to intensive treatment foster homes and the high level group homes will transition to short-term residential treatment centers.

- County run Emergency Shelters must close or convert by January 1, 2017.
- RFP was released late spring and was awarded to Koinonia Group Homes.
- Provided an overview of Resource Family Approval, which mandates that all relative and non-related extended family member placement homes meet all licensing requirements the same as foster homes.
- Briefly reviewed Court Processes and Behavioral Health Services, including Psychosocial Combined Assessment, Katie A Dependency Mental Health, New Outpatient Mental Health Provider and Programs, Managed Care Medi-Cal and Providers MHSA Programs and First Episode Psychosis.
- New outpatient mental health provider and programs. Highlighted a couple programs being developed: Fast Track Wraparound (standard mental health intervention) and the Family Mobile Response Team (partnering with the Sheriff's Department).
- With being a Managed Healthcare Plan county, there are new providers: Anthem Blue Cross, California Health and Wellness and Kaiser, delivering both physical healthcare and mental health services to those individuals with mild to moderate severity of their impairments. Substance use services are still the county's responsibility.
- Unable to complete tonight's presentation and will continue at a future meeting.

Secretary/Treasurer's Report

- **Approval of the November 16, 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 November include: \$101.56 for food purchased, leaving a balance of \$1,176.69. Balance is accepted as presented.

Standing Committee Reports

- ❖ Executive Committee
 - No action taken.
- ❖ Alcohol and Drug (AOD) Committee – Sharon Stanners
 - Amy Ellis reviewed substance use services numbers with the committee, covering April – September 2015. Treatment by primary substance: The numbers related to the treatment of alcohol stayed steadier than the others; alcohol is more socially acceptable. Heroin numbers varied from six in April to 48 in September.
 - Substances included: Methamphetamine, cocaine, marijuana and OxyContin.
- ❖ Quality Improvement – Theresa Thickens
 - The committee looked at the upcoming audit season.
 - Next audit is SAMHSA (Substance Abuse Mental Health Services Administration). Placer was one of 10 counties identified to review their SAPT (Substance Abuse and Prevention and Treatment) program.
 - In-Home Supportive Services audit takes place in January.
 - External Quality Review Organization audit takes place in February.
 - Full SAPT Report audit takes place in March.
 - Have not received any triennial data.
 - Twylla Abrahamson reported on the county quality improvement quarterly meeting held on foster care homes, with the biggest issue being the foster care change (as reported under Ms. Abrahamson report above).
 - Under educationally related mental health services, the committee is receiving emails from those who work in the field who are interested in mental health services provided in the schools and interested in providing input. These individuals have been invited to a meeting with the committee in preparation for the upcoming meeting with SELPA (Special Education Local Planning Area and Placer County Office of Education to talk about data we would like to get from the schools related to the transition of services from county operated services to district operated services.
- ❖ Children's Committee – Will Dickinson
 - The committee focused on trauma Informed practices and how they are being integrated into county programs.
 - Most recent development is the Sprouts program, addressing trauma for the pre-school population.
 - Training the foster parents and getting more understanding of trauma issues.
 - CANS (Child and Adolescent Needs and Strength) assessment tool. It assists in guiding treatment planning, adding questions to address trauma.

- Reviewed Katie A and the new questions addressing trauma on the questionnaire and the screening process.
- Theresa Thickens recently read about a trauma informed CBT (Cognitive Behavioral Therapy) free App for children: TF – CBT (Trauma Focused Cognitive Behavioral Therapy) -Triangle of Life. It helps young children (3-10) understand how thought and behavior are connected.
- ❖ Adult Services Committee – Janet O’Meara
 - The committee discussed the Rocklin hospital issue. There are a number of people on the committee with points of involvement. Continuing to follow up.
 - Curtis Budge, ASOC program manager, provided information on Cornerstone, previously Anka. The facility has nine beds available and investigating whether they could increase to 12 beds. Seven to eight days has been the average stay.
 - Talking about families and their needs - families getting psychoeducation and getting support services. Talking about doing a survey with service providers on what is currently available to families to see if there are other things that should be included.
 - Continuing the process to see what data exists/doesn’t exist. Received information from Mr. Budge on all of the outreach efforts taking place.

BOS-Representative

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

Correspondence and Announcements

- ❖ Theresa Thickens, reported on the receipt of the following:
 - Guest Speakers/Trainings: Changed date of the criminal justice presentation.
 - Due to a time constraint, tonight’s CSOC presentation by Twylla Abrahamson will be continued as a future presentation.

Director’s Report

- ❖ Maureen Bauman reported on the following:
 - Rocklin psychiatric facility public hearing has been delayed – moved to January 19th. The county is taking a neutral stand because this particular organization is private, but the county does acknowledge there is a need for additional psychiatric hospital beds. ASOC provided the organization with some of our data.
 - The ASOC Annual Data Report was sent to members for their review. It looks at trend data over a specific period of time. Ms. Bauman highlighted a few areas of the report and is available for questions.

Unfinished Business

- ❖ Recruitment/Visibility (*Standing Agenda Item*)
 - Jeff Cowen asked about the status of allowing consumers working for contracted agencies to be eligible to serve on the MHADB.
 - Ms. Bauman noted it was a state initiative and will follow up.
- ❖ Placer County ASOC Annual Data Report
 - Covered under the Director’s Report.
- ❖ Acceptance of the FY 2014-15 Annual Report to the Board of Supervisors
 - Document sent out to members for review.
 - Will Dickinson provided feedback, requesting the following changes:
 - Remove the word “Committee” on Executive Committee’s report – should be “Executive Summary.”
 - Add Sharon Behrens and Will Dickinson as “submitted by” under Children’s Committee report.

Jeff Cowen made a motion accept the report with identified changes, Sharon Stanners seconded. Motion approved with those changes noted.
- ❖ MHA Response to the Little Hoover Report
 - The MHA response to the Little Hoover report was brought back for review by the new MHADB members. Jeff Cowen shared his concern regarding the model of “Whatever it takes” and whether it reflects reality.
- ❖ Business Card Distribution
 - Mockup was provided for members’ review.

New Business

- ❖ Review 2016 Draft MHADB Regular and Executive Committee Meeting Schedules
 - Proposed dates for the upcoming year.
 - Members to review and provide feedback if there is a problem with any of the dates.
 - ❖ Contract [**Action Item**]
 - Maureen Bauman provided an overview of the below contract. *[Contracts are available for review upon request.]*
 - ☐ Joint Powers Authority Agreement for State Hospital Bed Usage.
- Jeff Cowen made a motion to approve the above contract, Yvonne Bond seconded. Motion approved.**

Board Member Comments

- ❖ Yvonne Bond announced her participation in a MyHealios trial program through Turning Point. Excellent for family members who want to learn how to communicate with consumers or with their loved ones. She explained a bit about the program – working with a licensed clinician who talks to you about relating to your family member who may have a mental illness. This is a one-on-one process via the computer (Skype). She feels families need to be trained on how to talk to their family members.
- ❖ Janet O'Meara announced she will be attending the California Association of Local Behavioral Health Boards and Commissions (CALBHB/C) quarterly meeting in January. As a CALBHB/C member, someone from our board can attend the annual meeting in June for free.
- ❖ David Bartley noted he has participated in five CIT trainings over a two-week period. One thing that was a component of the training from the consumer perspective was the whole aspect of questions – to encourage officers to speak in a common vernacular to the individual and engage the individual. He explained an exercise that officers participated in that was very helpful.
- ❖ Theresa Thickers announced an upcoming National Human Trafficking Community Awareness program taking place in Colfax from 7:00 – 9:00 p.m. on January 11, 2016. The Coalition for Placer Youth and the Coalition for Auburn Lincoln Youth (CALY), as well as the Lincoln Community Resource Collaborative will piggyback off this event and bring it to Rocklin, Roseville, Auburn and Lincoln as one of our next forums. The MHADB wants collaborate with them and bring to the rest of the county.
 - Theresa Thickers will send to Janna Jones for distribution to members.

Public Input

- ❖ Katrina Copple announced:
 1. WRAP (Wellness Recovery Action Plan) workshop tomorrow and Wednesday at the EDD office in Roseville. Another workshop is schedule for January and February in Auburn.
 - Flyers will be distributed.
 2. A brand new group will begin at Cirby Hills in January - Depression Bipolar Support Alliance. Open to family members and consumers. Wednesday evenings from 6:00 – 7:30 p.m.
- ❖ James Shin, Public Defender, saw the MHADB notice in the newspaper and wanted to learn more about the board.
- ❖ Sue Cirillo wants to learn more about the SELP connection with children getting services in school and how to point parents in the right direction for services.
 - Theresa Thickers directed her to contact Placer County SELPA for a parent advocate.

Adjournment

- The meeting was adjourned at 8:02 p.m.
- Tuesday, January 11, 2016 at 4:00 p.m. is next Executive Committee meeting (ASOC).
- Monday, January 25, 2016 at 6:15 p.m. is the next Board meeting taking place in the HHS Adult System of Care Large Conference Room, 11533 C Avenue (Dewitt), Auburn.

Secretary/Treasurer, Mental Health, Alcohol and Drug Board