Mental Health Board

Members in Attendance
Behrens, Sharon
Brown, Katrina
Bond, Yvonne
Buckley, Claire
Cataldo, Lisa
Cirillo, Gregory
Holmes, Supervisor
McLennan, Geoffrey

Absent Members
Bartley, David
Del Pozo, Dr. Jessica
Shinstock, Diane

Staff and Guests
Baggett, Brandy
Koch, Teresa
Ellis, Amy
Osborne, Marie
Williams, Brooke

Welcome and Introductions
Geoff McLennan, Chairperson of the Mental Health, Alcohol and Drug Advisory Board (MHADAB), 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 Lisa Cataldo

- 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 Advisory Board (MHADAB) meetings.
- The MHADAB 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: Teresa Koch, The Adult System of Care, Older Adult Awareness
Teresa Koch and Brooke Williams part of the older adult suicide prevention program at The Adult System of Care (ASOC). Ms. Koch and Ms. Williams gave an overview of older adult suicide prevention and shared key warning signs for older adults that may be contemplating suicide.
It has been found that Baby Boomers, which are considered the fastest-growing population over any other, has the highest population of suicide.
In 2014, of those ages 10-44, there were 100 people hospitalized and released for a suicide attempt; 12 died. Compared to older adults ages 65 plus, there were 16 hospitalized for an attempt and 16 deaths by suicide. It has been reported that suicide attempts are more lethal for older adults because they are frailer, more isolated, more plan oriented and determined, and more likely to use firearms when they attempt.
In 2013, There were 1,052 adults age 60 years or better who died by suicide in California. Older adults are 16.9% of the population in California and older adults age 60 plus, make up 29% of the suicides in California.
Often, critical warning signs include: talking about wanting to die, expressing feelings of being worthless, and looking for ways to carry out their actions, loss of interest in activities, cutting back on self-care, being alone for long periods of time, breaking medical regimens, putting affairs in order or giving things away, stockpiling medication or obtaining other lethal means such as a firearm, a preoccupation with death or a lack of concern about personal safety. Ms. Koch explained that reasons for suicide attempts in later life often come from feeling a sense of not belonging or having a perceived burden to others. An important key to prevention is the coordination of care of primary physicians; 40% of those older adults who died by suicide were seen by a primary care provider. It has been reported that older adults are more likely to utilize behavioral health if it's connected to their primary care physician. Ms. Koch shared that their team started 1.5 years ago through each mind matters, they gave them the ability to move forward with training throughout the community on Older Adult Suicide Awareness.

**Consent Agenda Item(s)**
- Board of State and Community Corrections Proposition 47 Grant Agreements with Granite Wellness Centers and Nancy Callahan, Ph.D., dba I.D.E.A.
  
  **MOTION** Cirillo/Buckley (Vote 8:0)  
  **AYES:** Behrens, Brown, Bond, Buckley, Cataldo, Cirillo, Holmes, McLennan  
  **NOES:** None

**Secretary/Treasurer’s Report**
- Approval of the July 22, 2019, Regular Board Meeting Minutes.  
  **MOTION** Cirillo/Buckley (Vote 8:0)  
  **AYES:** Behrens, Brown, Bond, Buckley, Cataldo, Cirillo, Holmes, McLennan  
  **NOES:** None

- Approval of Treasurer's Report - $1800 - Amount budgeted for Fiscal Year 2018-19 Expenditures for the month of July include: $ 71.31- catered meal, leaving a balance of $1728.69. The report will be approved with a correction to the dates, reflecting 2019 in place of 2018.  
  **MOTION** Behrens/Buckley (Vote 8:0)  
  **AYES:** Behrens, Brown, Bond, Buckley, Cataldo, Cirillo, Holmes, McLennan  
  **NOES:** None

**New Business**

**Committee Reports & Program/Project Updates:**
- Executive Committee  
  - Geoff McLennan reported that the Executive Committee met to form the agenda.

- Alcohol and Drug Committee  
  - Ms. Buckley reported that the AOD committee discussed prior years’ goals and how it was difficult to articulate their outcomes. Additionally, the committee discussed key goals for the rest of the year.

- Children’s Services Committee  
  - Ms. Behrens shared that there is a Children’s System of Care Director's Report that is distributed during the meeting, which will cover most discussion from their recent meeting.  
  - Mr. Cirillo shared that he learned about human trafficking at the most recent Children’s Services Committee meeting. The committee is involved in the community, working to advance the education of the community on this issue.  
  - Kyleene Headrick will send out the crisis resolution center report  
  - Sharon Behrens will schedule a visit to crisis resolution at the Koinonia Center in September.
Placer County Mental Health, Alcohol and Drug Advisory Board Minutes

Adult Services Committee - Diane Shinstock, Absent

BOS Representative - Jim Holmes

Recently, there has been a grant awarded to build a mental health center with 45 beds for mentally ill inmates at the Santucci Center. The sheriff’s office spoke to the department of state hospitals and they have agreed that 15 will be for inmates from our jail and the remainder will be contracted out for those needing this service. The cost of the facility is 4.4 million dollars per year and the department of hospitals will provide 4.6 million dollars in funding for this hospital per year. There will also be funding for a 120-bed medium security with four classrooms that provide training and vocation trade training; the hope is that these individuals will come out of those facilities with a job.

Mr. McLennan asked if this facility would be separate from the jail, Supervisor Holmes confirmed this would be separate.

Director's Report

This report is posted online with the minutes.

- Amy is reaching out to Judge Nichols to conduct a presentation on AOT.

Unfinished Business

- Recruitment/Visibility
  Mr. McLennan reported that there is one applicant on the waiting list at this time. Please contact Kyleene Headrick if you have interest in completing an application and be sure to send applications her directly.

- CCW/MHSA
  - Claire Buckley reported that there have been two CCW meetings in the past month. At the July 26, 2019 meeting, Claire had the opportunity to share information regarding older adult awareness. Other topics included addressing underrepresented populations in the community.
  - Yvonne Bond reported that she was able to attend the August CCW meeting. During the meeting, there was a presentation from an individual with lived experience. Ms. Bond reported that an important takeaway from the speaker was the importance of advertising community services. Additionally, Ms. Bond would like to know how many programs exist in Placer County and what the MHADAB should be advising on. Additionally, Prop 47 was discussed; Officer Lunsford shared information on this program and that it offers help to those in the criminal justice system. Ms. Bond would like to invite Officer Lunsford in to talk about the Prop 47 program. Finally, there was a discussion about the priorities of MHSA including board and care, homelessness, and crisis services.

New Business

- Future Guest Speakers
  - Hoping to get suggestions from the committees to hear speakers that are valuable for future speakers.
  - Yvonne Bond recommends officer Lunsford for a future guest speaker. Sharon Behrens suggested that the MHADAB host Crisis Resolution Centers (CRC) at a future meeting. Additionally, Ms. Behrens would like to see a future speaker on veterans’ resource. Additionally, there will be a future presentation on AOT by Judge Nichols.

- Board Goals
Geoff shared the current goals from the MHADAB:

- Increase Adult Outpatient Treatment Funding and Utilization
- Establish more peer and Family Support in the Community by Partnering with Placer County
- Develop Board Policies to Better Align with State Statutes, Regulations, and Policies
- Focus on Suicide Ages 40 and Older
- Develop and Retain a Qualified Workforce
  - This is also an HHS initiative and Ms. Ellis will share an update this in a future Director's Report.

❖ CALBHB/C - Dues $1000
Greg Cirilo presented a motion to move this discussion and action item to the September 2019 meeting.

**MOTION:** Behrens/Cirilo (Vote 8:0)
**AYES:** Behrens, Brown, Bond, Buckley, Cataldo, Cirillo, Holmes, McLennan
**NOES:** None
  - This item will be moved to the next agenda.

**Board Member Comments**

❖ Ms. Buckley asked if any agency is working on statistics that break up age groups over age 65 plus. Ms. Koch answered that the resources their program accesses, break the statistics down by 44-64 and 65-86 plus; they are not anticipating the data to be broken down any further at this time.
❖ Ms. Buckley asked if religion plays a factor in the prevention of suicide in older adults. Brooke Williams answered that religion has been listed as a factor in resiliency.
❖ Gregg Cirilo asked if there was training offered in the community. Ms. Williams responded that their group is tasked with this effort. Furthermore, if anyone has suggestions for places their group should speak in the community, please reach out to Teresa Koch.
❖ Gregg Cirilo asked if men are more frequently successful in their suicide attempts. Teresa answered that this statistic is true but encompasses the overall suicide statistics and is not individually broken down in the older adult population.
❖ Recovery Happens will take place on September 21, 2019. Claire Buckley volunteers to coordinate the booth for this event and will reach out to Kyleene Headrick for assistance in coordination of supplies.
❖ Geoff McLennan shared that Access California has a PowerPoint of MHSA information that was beneficial.
❖ Greg Cirilo shared that he met with Jennifer Cooke the past week and reported that he hadn't realized how much work is done behind the scenes with MHSA funding.
❖ Sharon Behrens shared that Jennifer Cooke is very responsive and highly knowledgeable.
❖ Greg Cirilo shared that he recently signed up for a CALBHB/C training and would like to investigate further the training offered by this organization to see if it is cost-effective for the board to continue to be members of the organization at $1000.
❖ Yvonne Bond answered that CALBHB/C offers extensive training on board member roles and responsibilities and distributed a booklet containing information taught at the most recent meeting.
❖ Sharon Behrens explained that the amount for the dues is high for only two board members to attend trainings performed by the CALBHBC. If the funds are spent, it is important to ensure these trainings are attended.
❖ Gregg Cirilo suggested that the board members research what is offered from CALBHC. Mr. Cirilo and Ms. Cataldo will research the offerings from CALBHC to assess value.
❖ Lisa Cataldo confirmed that the dues are paid to the organization between September and October; a membership invoice will become due.
  ➢ Amy will email out the Data Notebook
❖ Ms. Behrens reported that "The S Word" film will be on Sierra College campus September 3, 2019
❖ Supervisor Jim Holmes shared that on September 12, 2019, there will be a presentation by the Placer County Youth Commission at the State Theatre.

**Public Input**

Placer County Mental Health, Alcohol and Drug Advisory Board Minutes
An audience member asked if there was a packet provided to new board members. Yvonne Bond answered that there is a board packet given to each new board member and they sit through an orientation with a member of the executive board and behavioral health director.

Marie Osborne asked that the board members conduct their test calls this month.

Adjournment

- The meeting was adjourned at 8:01 p.m.
- Monday, September 9, 2019, at 4:00 p.m. is the next Executive Committee meeting (ASOC).
- Monday, September 23, 2019, at 9:00 a.m. is the next Board meeting taking place at the Large Conference Room, 11533 C Avenue, Auburn.

-----------------------------
Secretary/Treasurer, Mental Health, Alcohol and Drug Advisory Board