

MONTHLY BOARD MEETING MINUTES

December 16, 2013

Mental Health Board

Members in Attendance

Behrens, Sharon
Buckman, Rick
Cleveland, Cheryl
Dickinson, Will
Meade, Pat
O'Meara, Janet
Schauer, Steve
Thickens, Theresa
Wesp, Daniel
Williams, Jessica

Staff and Guests

Abrahamson, Twylla
Bauman, Maureen
Fee, Christi
Garst, Nathan
Jones, Janna
Ling, Louis
Moser, Katrina
Osborne, Marie
Taylor, Will
Trenwith, Cheryl

Absent Members

Holmes, Jim

Welcome and Introductions

Janet O'Meara, 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) – Not read

- 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: (Not read this evening)
 - 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:

Cheryl Trenwith, Program Manager, Adult System of Care – Older Adult Services

- Ms. Trenwith distributed and reviewed a document on the demographics of the aging populations in Placer County.
- Rapid growth of the older adult population is primarily due to natural aging among members of the baby boomer generation.
- According to a recent institute of medicine report, baby boomers are bringing into their golden years an epidemic of alcohol and drug abuse and mental illness that has yet to be recognized.
- Reported on the high rate of suicides in our aging population.
- Funding for senior services has not increased.
- Some areas of concern include:
 - Many older folks living alone.
 - Most staff, marriage family therapists, and social workers are not trained to work with the geriatric population.

- Substance abuse programs are designed for younger substance abusing clients.
- Caregiving's financial issues causing stress.
- Shortage in housing.
- Lack of transportation.
- In January, there's an all-day training (split into two parts): 1) substance use disorders in the aging population; and 2) depression in older adults and prevention of suicide.
- All Senior Peer Counselors will be trained in Mental Health First Aid (training coming in January).
- ASOC is doing more outreach to seniors in the community, using peer advocates to assist in this outreach effort.
- IHSS serves approximately 2,100 of Placer's neediest citizens allowing them to remain independent in their own home.
- Reported on a great service for seniors who are homebound - Senior Center Without Walls offer classes via phone. Flyers were made available.
- Older Adult Advisory Commission is the voice for older adults.

Secretary/Treasurer's Report

Approval of the November 18, 2013 Regular Board Meeting Minutes – Approved minutes as distributed.

Approval of Treasurer's Reports – \$1,500 - Amount budgeted for Fiscal Year 2013-14. Expenditures for the month of November include: \$59.47 - food purchased; no postage. End balance of \$1,150.80 and is accepted as presented.

Standing Committee Reports

- ❖ Alcohol and Drug Committee – Dan Wesp
 - Cyndy Bigbee and Rosemary Smit-Lewis attended the committee meeting to review the perinatal outreach efforts and discussed use of leftover perinatal funds. In order to access the perinatal funds, the women must be 17 years of age or younger with kids or are pregnant and don't qualify for any other funds.
- ❖ Quality improvement – Jessica Williams
 - The green resources cards are being distributed in mass – Lincoln Police Departments, school districts, chaplains, Sutter Emergency Room, and Kaiser.
 - Receiving great responses.
 - Information being put in another format for distribution.
 - Working on the trifold pamphlet, includes information on the board itself and general information, to be distributed at community events.
 - The committee discussed the Crisis Resolution Center – Sharon Behrens has advocated for a task force to expand the program.
 - Theresa Thickers and Sharon Behrens continue to work on mental health in schools and how the process has transitioned over from county to school oversight.
 - Special Education Local Planning Area (SELPA) is the agency under Placer County Office of Education that works with school districts to oversee and manage the funding received for mental health services.
 - Maureen Bauman identified Mike Lombardo as someone to speak to this Board about anti stigma and the work going on in schools.
- ❖ Children's Committee – Sharon Behrens
 - The committee reviewed previous years' goals with new members, provided a status on Trauma Informed Care, reviewed the work done related to the crisis lines (ASOC and CSOC) and advised what the MHADB's role entails related to these various issues.
 - Reviewed the Crisis Resolution Center task force, working with Richard Knecht and Bill Ryland, discussing the feasibility of enhancing or creating a duplicate program and then creating a short-term and long-term plan.
 - Trauma Informed Care expected to be up and running by July 2014.
 - Theresa Thickers reported on the distribution of the Sacramento News and Review inserts - *There is Hope*. Continue to distribute additional materials – Know the Signs and the green resource cards.
 - The Lincoln Community Resource Collaborative is now a 501(c)3 and has access to the Lincoln Mud Run for Life funding and other funding. Plan to print more Know the Signs and green resource card for additional distribution.
 - The dispatchers from police and fire plan to use these resources, disseminating to those they serve.

- Utilizing the distribution of the green resource cards in Lincoln as a pilot project, tracking where and how many of the cards are being distributed. This process will assist in determining the most effective way of dissemination.
 - It was noted that we do not own the template and it can be used by others.
- ❖ Adult Services Committee – Janet O’Meara
- The committee did not meet.

BOS-Representative

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

Correspondence and Announcements

- ❖ Announcement:
- Dan Wesp recognized Sharon Behrens for the tremendous amount of effort, for the second year in a row, organizing the Friends of Leonard’s party. He reported on the event as well as its success, receiving the following:
 - \$500 donation from the Mudd Run for Koinonia’s library of DVDs and training material.
 - \$1,070 given to Koinonia Teen Home for their expressive program; monies will be used to purchase an electric pottery wheel and tools.
 - Total donations from staff and others: \$1,570.

Director’s Report (*Distributed in Board packet*)

- ❖ Maureen Bauman reported on the following:
- Provided a Mental Health Services Act (MHSA) update, highlighting where we are in the process with planning for the FY 14-17. This is the second three-year planning process (state statute), allowing time to assess where you are and decide what you plan to continue/stop.
 - Identified four priority program/service areas: accessibility, housing, peer lead/peer support and direct services.
 - This Board has a formal role related to any new plan. The MHADB is responsible to hold a public hearing (after being posted for 30 days), which will most likely occur in February.
 - Provided an update on the Crisis Response Request for Proposal (RFP). There are two pots of money and the funding is for three years.
 - First grant is for crisis staff. Looking at the number of people we hospitalize and being able to reduce that number as a result of clinical intervention. Expect an increase in clinical intervention and additional training for crisis triage staff.
 - Second grant due the end of January will be used to establish a Crisis Stabilization Unit. A 23-hour unit, expanding potential capacity at the PHF.
 - Informed the Board that the hospital contracts have to be increased by \$400,000 for the current year. This will be reviewed with the MHADB Executive Committee.
 - Health and Human Services has hired a new director - Jeff Brown, he begins December 30th. Robert Oldham, the new Public Health Officer begins January 6th.
 - Trainings: 1) Older Adult – January 24th (CEUs available); and 2) Mental Health First Aid – an eight-hour training coordinated by Placer County Office of Education (distributed flyer).

Unfinished Business

- ❖ Recruitment (*Standing Agenda Item*)
- Nothing new to report.
- ❖ Visibility of MHADB Services (*Standing Agenda Item*)
- Maureen Bauman informed the Family Advocates of the need for more consumers on the MHADB.
 - Maureen Bauman encouraged highlighting some of the accomplishments of the Board, utilizing examples.

New Business

- ❖ Mental Health Alcohol and Drug Board Handbook – Task Force Creation
- Executive Committee discussed creating a task force to review the MHADB binder – update and improve materials.
 - The California Institute for Mental Health does not have any updates; the statute hasn’t changed. We want to make sure material is keeping people up-to-date. *Mental Health Board 101: Roles and Responsibilities* handout provided in packet.
 - Task force volunteers: Steve Schauer (Chair), Louis Ling, Jessica Williams, Janet O’Meara and Maureen Bauman.

- ❖ Draft 2014 Meeting Schedules (Executive Committee and Regular Board Meeting)
 - Reviewed the draft meeting schedules.
 - **Sharon Behrens made a motion accept the draft calendars as presented, Dan Wesp seconded. Motion carried.**
- ❖ Foresthill Bridge Phone Check
 - Sharon Behrens shared the findings from a previous year's testing (a few years ago) of the suicide phones on the Foresthill Bridge, reporting on the quick and helpful response received by the individual who answered the line.
 - It's not a requirement of this Board to check the line but feels it's helpful for a member to conduct a check every so often and it's an excellent experience.
 - It's a direct line to Well Space.
 - Louis Ling volunteered to conduct a future check of the suicide phone lines.
- ❖ May is Mental Health Month Awareness
 - Maureen Bauman wants the Board to begin thinking about Mental Health Awareness month in May - more visibility and more awareness.
 - There will be a state capitol event the second Tuesday - May 13, 2014.
 - Think about how we would raise awareness and get the word out.

Board Member Comments

- ❖ Dan Wesp reported on last Saturday's Roseville's Shop with a Cop program. The toughest part is the nomination of deserving kids; they look for kids who come from a difficult background. This year they had over 70 kids. Every law enforcement agency in the county is involved. Each child gets to spend \$250 at Target, shops with a police officer and then has lunch with the officers. For more information, google Shop with a Cop - Roseville.
- ❖ Theresa Thickens reported on research conducted - longitudinal study done in the UK, on sleep and consistent sleep patterns for children. Conducted initial evaluation and followed up two and five years later. They measured how well those kids were functioning that did not go to bed at a regular time each night. Significant increase in behavior attention and hyperactivity problems with those not having a consistent bed time.

Public Input

- ❖ Katrina Moser introduced Nathan Garst, the new Friends and Family Coordinator. He's been with Mental Health America for three weeks, working at Cirby Hills and comes with his own lived experience. There's a two-day intensive Wellness Recovery Action Plan launching in January. The flyer will be sent to Janna Jones for distribution to members.

Adjournment

- The meeting was adjourned at 8:03 p.m.
- Monday, January 13, 2014 at 3:30 p.m. is next Executive Committee meeting (ASOC).
- Monday, January 27, 2014 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