

Nevada County Mental Health Board and Substance Use Advisory Board Minutes

Date:	January 04, 2019
Time:	9:30 a.m. – 12:00 p.m.
Place	Behavioral Health Department – 500 Crown Point Circle, Grass Valley

STANDING ORDERS

- 1. Call to Order** – Self-introductions were made and a sign in sheet was passed around.
- 2. Public Comment.**

Members of the public may address the board on items not appearing on the agenda. Please understand that no action shall be taken on items not appearing on the agenda. There were no public comments.
- 3. Announcements.**

Pauli Halstead announced Implementing New Strategies for Housing the Homeless hosted by the League of Women Voters, January 12th at the Peach Lutheran Church, 828 W Main Street in Grass Valley at 10:00 a.m. to 12 noon.

Annette LeFrancois announced the Point in Time Count Homeless Count and Survey will take place on January 24, 2019. Priya Kannall reported the count will take place in three locations this year: Interfaith Food Ministry in Grass Valley, The North San Juan Community Center, and The Food and Resource Support Center in Truckee. There are also community partners who will be counting at their own organizations.

Michelle Rose announced Yoga WRAP on Friday, January 18th at SPIRIT.

- 4. Connecting Point/211 – Ann Guerra. Handouts.**

Connecting Point is not a 501c3 they are a Joint Powers Authority. Their mission is to support the community in making connections that enhance the lives of its members. Connecting Point has three Core Programs: Homecare, Employment Services and 211. In Home Supportive Services (IHSS) is a State mandated program that pays caregivers to help with activities of daily living for individuals with disabilities and seniors who are very low income and need assistance to live at home independently. The participant in the program decides who comes into their home to provide services. Connecting Point's role is to provide a registry of workers; provide training to consumers and care providers; and to serve as the employer of record for collective bargaining. There are over 700 people in the program. There is also a small private pay registry. There are a variety of community classes that are free and open to the public. Included in today's handouts is a copy of the class schedule. Freedom from Smoking has been their most popular class offered in partnership with Public Health.

The Employment Services Program serves participants enrolled in CalWORKs and Child Support Services. The program goal is independence through long lasting sustainable employment. The program includes: career counseling, navigation, work experience and employment skills training.

211/Connecting Point is a call center and data base. The goal is to connect people to community resources. 211 exists throughout North America. Our local 211 is 24/7, multi-lingual and available by phone, text, instant messaging and website.

The call center uses paid staff that receive training. Fiscal Year 2017/18 there were 759 calls for Behavioral Health type services. There were over 10,000 calls and over 82,000 web searches.

There are some special programs: Ready to Grow (funded by First 5), Market Money, Senior Assistance Line, Transportation Assist and Coordinated Entry. For the Ready to Grow Program every caller is asked if there is a child under 5 years old in the household and resources are offered to the family for that child. There is also a questionnaire to help identify if the child has a developmental issue and offer resources for early intervention. Market Money is in collaboration with Social Services for participants in CalFresh can attend one of three Farmer's Markets and when they spend \$10 in EBT money can get \$10 in tokens. It is a great way for 211 to outreach and engage people at the Markets. Transportation Assist offers local or regional trip planning and travel training to any person needing assistance in learning to use the Gold Country Stage. Gold County Stage offers a Golden Ticket a lifetime pass for seniors age 80 and over. Coordinated Entry is a program for people experiencing homelessness to get their name on the by name list. There are a series of questions and vulnerability ranking for the by name list. The questionnaire can take 20 to 40 minutes.

211/Connecting Point is hoping to start a volunteer program this spring.

5. Mental Health Board Minutes for December 7, 2018.

On page 4 number 6, SPIRIT's Executive Director is Michelle Rose. Number 9, remove the sentence: there is no report this month. Change the sixth sentence to: Identify gaps in services and determine how to fill them. Shera Banbury made a motion to approve the minutes with the above corrections. The motion was seconded by Amanda Wilcox; all members present were in favor.

6. Peer Support – Michelle Rose.

Michelle reported there are 5 crisis supporters going to the hospital every week to provide peer support. Currently they are seeing about 5 clients each week. In the first quarter SPIRIT served 85 people, 75 unduplicated. There were 38 successful follow ups and 171 referrals. For this quarter in November SPIRIT served 23 people and in December 19 people. At the center there will be 12 individuals graduating peer support training. There was also a recent 3 day staff Wellness Recovery Action Plan (WRAP) retreat.

7. Forensic Task Force – Iden Rogers.

There was no meeting in December.

8. Truckee – Anne Rarick and Lori Malone.

The Emergency Warming Center in Truckee has been open for nine nights and is planning to open this weekend due to the storm. There is some agency consolidation that will be happening in Truckee. Project Mana, the North Tahoe Family Resource Center, the Truckee Family Resource Center and Tahoe Safe Alliance will be consolidating into one organization. Services will not be disrupted and locations will remain the same for now. The tentative date for the Mental Health and Substance Use Advisory Board to hold a meeting in Truckee is Friday, June 7th. Annette LeFrancois will work with Anne Rarick on meeting details.

Lori Malone announced the NAMI Christmas gift bags made it up to Truckee for distribution at the Warming Center.

Phebe Bell announced the Truckee Tahoe Program Manager shared between Placer and Nevada County has been filled. Jasmine Breaux will start on January 28th.

9. Mental Health Board Goals – Nancy Ramsey, Iden Rogers, and Shera Banbury. Handout.

The subcommittee met to work on goals. Shera Banbury updated the goals. Please get rid of any old copies you have. Board members should read and review the revised copy and give your comments to Shera. Supervisor Hall recommends that we do not put too many items in the goals that staff will have to provide.

Phebe Bell has concerns about all the items requested for contractors. On page 1, number 2 under proposed action steps change wording to contractors who present at Mental Health and Substance Use Advisory Board meetings. It is meant to be Mental Health and Substance Use Advisory Board members asking questions of the presenters. There is a suggestion to meet one more time as a subcommittee.

10. Nevada County Data Notebook: Mental Health Services and Needs – Annette LeFrancois.

This year's Data Notebook is a survey on the most critical behavioral health needs in our community. The Data Notebook is due on March 31, 2019. Phebe Bell will check with staff. Annette asked for volunteers for a subcommittee. Iden Rogers, Anne Rarick and Amanda Wilcox volunteered. Annette will email the MHSUAB with a subcommittee meeting date sometime at the end of January. A copy of the Data Notebook was included in today's handouts.

11. Behavioral Health Director's Report – Phebe Bell.

AB1299 presumptive transfer, children placed through child welfare, mental health care becomes the responsibility of the receiving County. For the first few months this did not impact our County to the extent we thought it would. Within the last three months the volume has been ramping up with a number of children being transferred to us. We are struggling with how to best serve these children. There are potential legislative fixes to exempt residential placement from presumptive transfer.

There is a growing focus on the mental health of very young children. There is better understanding of adverse childhood experiences. Typically there is not much mental health care provided to babies and toddlers. There are some new therapies for these age groups that staff can be trained in.

Behavioral Health continues to see an upward trend in people looking for access to substance use treatment. In December Bost/Lovett Recovery Center had a 97% occupancy rate. We are just starting to get better data on the financial impact of Organized Delivery System (ODS). Staff is working on ways to streamline assessments for substance use treatment. There is a good New York Times article on Medication Assisted Treatment (MAT) that highlights the pros and cons of MAT. <https://www.nytimes.com/2018/12/29/health/opioid-rehab-abstinence-medications.html>. Community Recovery Resources has a MAT Program that serves approximately 60 people per month. Aegis a methadone treatment provider is serving approximately 20 people per month locally and another 40 Nevada County residents in Marysville. Chapa De and Western Sierra Medical Clinic also provide MAT treatment.

12. Mental Health Services Act (MHSA) – Priya Kannall.

Nevada County’s Innovation Plan was submitted to the Mental Health Services Oversight and Accountability Commission (MHSOAC) and will be on the calendar for February 28th in Sacramento.

Phebe Bell and Priya asked if any board members want to attend and/or speak in support of our plan during the public comment period. Lori Malone, Nancy Ramsey, Amanda Wilcox and Shera Banbury expressed interest. We want to strike the right balance and not have too many public comments. The Innovation Plan will be on the January 8th Board of Supervisors Meeting.

The No Place Like Home application is due January 30th. There is a team of staff working on the application. The site would be Old Tunnel Road. The site would have housing units and a navigation center. More information about this project will be discussed at the League of Women Voters on January 12th at the Peace Lutheran Church.

Priya Kannall has started working on the next MHSA Plan Update for Fiscal Year 2019/20. Priya is trying to simplify and make our MHSA Plan more user friendly. There will not be a lot of changes to the plan update; typically the Three-Year MHSA Plan has more changes. Priya will be bringing any changes made to the MHSA Plan Update to the Mental Health and Substance Use Advisory Board for review. The Public Hearing will tentatively be held at the May 3rd meeting. Priya will be scheduling MHSA Community Meetings beginning in March. For the next Three-Year MHSA Plan there will be a Community Needs Assessment that will include a survey and small groups. Phebe Bell suggested a Tahoe/Truckee Needs Assessment that would cover both Counties.

The MHSOAC has State level commissions that are looking for participants: a Youth Innovation Planning Committee, a Client and Family Leadership Committee and a Cultural and Linguistic competency Committee. Annette will email more information about these Committees to the Board.

13. Communication – Future Mental Health Board Agenda Items.

Email future agenda items to Nancy Ramsey at nancy@dvsac.org or Annette LeFrancois at annette.lefrancois@co.nevada.ca.us .

Nancy Ramsey has created a list of future speakers that Mental Health and Substance Use Advisory Board members have suggested.

- a) SPIRIT Peer Empowerment Center Data from year end.
- b) Children’s Behavioral Health, Cindy Morgan.
- c) Common Goals.
- d) Insight Respite Center, Theresa.
- e) Client Satisfaction Surveys, Yvonne Foley.
- f) Performance Improvement Projects (PIP).
- g) Turning Point.
- h) Moving Beyond Depression.
- i) Aegis

ATTENDANCE:

Members Present: Iden Rogers, Nancy Ramsey, Amanda Wilcox, Shera Banbury, Anne Rarick, Supervisor Hall, Laura Preston, Lori Malone.

Excused Absent: Janice Deardorff, Ann Kelley.

BH Staff: Annette LeFrancois, Phebe Bell, Priya Kannall.

Visitors: Pauli Halstead, Megan Lear, Ann Guerra, Michelle Rose.

Minutes by Annette LeFrancois