

Nevada County Mental Health Board and Substance Use Advisory Board Minutes

Date:	March 1, 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.**
Michelle Rose announced SPIRIT Peer Empowerment Center has upcoming (Wellness Recovery Action Plan (WRAP) Trainings: WRAP Seminar I Workshop on March 7-8th, WRAP Facilitator Training March 18-22nd, and Yoga WRAP. To register contact gayatrihavighurst@gmail.com or call SPIRIT at (530) 274-1431.

The next Mental Health Services Act (MHSA) Community Meeting is Wednesday, March 20th 1:00 – 3:00 pm at the Eric Rood Center in the Empire Room.

Nancy Ramsey announced a maternal and child health care needs assessment survey. Go to: <https://www.mynevadacounty.com/CivicAlerts.aspx?AID=1029> for more information. Annette will email the survey link to Mental Health and Substance Use Advisory Board members.

- 4. Insight Respite Center – Theresa Hodges. Handouts.**
Insight Respite Center is a 4 bed facility for Nevada County residents with a mental health diagnosis age 18 and over, where guests can stay for up to two weeks. Sometimes respite is used as an alternative to hospitalization. The Respite Center is run by peers. When the Respite Center is full guests are prioritized based on need. Included in today's handouts are the Insight Respite Center Brochure and Fiscal Year 2017/18 Outcomes Report.
- 5. Mental Health Board Minutes for January 4, and February 1, 2019.**
Amanda Wilcox made a motion to approve the January 4th minutes. The motion was seconded by Shera Banbury. All members present were in favor. Shera Banbury made a motion to approve the February 1st minutes. The motion was seconded by Amanda Wilcox. All members present were in favor.
- 6. Peer Support – Michelle Rose and Maureen Gerecke. Handouts.**
Michelle Rose from SPIRIT handed out their Fiscal Year 2017/18 Progress Report. SPIRIT receives MHSA funds and does fundraising to provide the services it offers. MHSA funds two SPIRIT programs: the Emergency Department Program (Peers who provide support to individuals in the Emergency Department) and Outreach and Engagement.

Maureen Gerecke is working with 211/Connecting Point to get more volunteers for the Friendly Visitor, Peer Support and Phone Reassurance Programs that are currently at capacity.

Maureen Gerecke and Becky Slade are continuing Moral Reconciliation Training (MRT) Training in the Jail with female inmates. It has been a successful program in the jail.

KVMR is doing a series of interviews on suicide prevention. On April 9th there will be a panel discussion at 6:00 p.m.

FREED will be starting a Friends for Survival Support Group.

7. Truckee – Anne Rarick and Phebe Bell.

The Emergency Warming Center has been open for 37 nights and served over 50 unduplicated individuals.

Nevada County and Placer County are working together to fund a contractor for Full Service Partnership and Wraparound services in the Tahoe Truckee area. Placer County will be releasing the RFP.

Megan Stanford the school based therapist has left for full time employment.

The June 7th Mental Health and Substance Use Advisory Board Meeting will be held in Truckee.

8. Forensic Task Force – Iden Rogers and Amanda Wilcox.

A representative from Charis Youth Center attended the meeting.

Odyssey House has 10 beds and the average stay is 3-6 months. It is a step down from psychiatric hospitalization. There are groups and activities for the residents. Office space for triage services is located at Odyssey House.

Reinette Senum from the Nevada City Council is exploring a camp for low risk parolees and probationers. The camp crew members would be taught forest clearing to reduce fire risk. They want to start with 6-12 people.

Stepping Up is a national initiative to reduce the number of people with mental illness in jail. A grant was received that will fund universal screenings in the jail. Tours of the jail are a possibility. Captain Jeff Pettitt is the Jail Commander and contact person.

There is a need for Crisis Intervention Training (CIT) sometime this year. The training will likely be tailored to correctional officers.

9. Mental Health and Substance Use Advisory Board Goals – Annette LeFrancois. Handout.
Annette will schedule another subcommittee meeting.

10. Nevada County Data Notebook: Mental Health Services and Needs – Annette LeFrancois.
Additional changes to add to the data notebook include: Change of meds takes a month to get psychiatrist appt. Presumptive transfers sending County not sending information such as a consent to treat.

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

Included in today's handouts are crisis data and Crisis Stabilization Unit (CSU) data. Phebe Bell reviewed the data. From 2011 to 2018 the number of crisis assessments has more than doubled. It is important to note that during this time Behavioral Health has invested heavily in crisis and pre-crisis services in hopes of diverting people from the crisis system. The number of 5150's has risen less dramatically due to the investments we have made in the crisis system.

Typically more than 80% of clients coming in for a crisis assessment are not known to Behavioral Health. Most of these individuals should be receiving care from the mental health managed care system which provides services to those with mild to moderate mental illness. County Behavioral Health offers intensive services for individuals with moderate to severe mental illness, while the managed care plans have low quantity and intensity of services and cannot bill for case management or rehab services. There is also no financial incentive for managed care plans to keep people out of crisis as the bill for crisis services is paid by Behavioral Health.

Phebe's handout also includes Crisis Stabilization Unit data for Fiscal Year 2017/18. We need at least 2.0 or ideally 2.5 Medi-Cal recipients at the CSU per day to be sustainable.

The goal of the Stepping Up Initiative is to keep people with mental illness out of the jail, reduce the amount of time individuals with mental illness spend in jail, and increase the connection to community resources outside of the jail. One of the first steps is to get good data on who has mental illness in the jail. Behavioral Health received a grant to use a universal screening tool in the jail. Phase 2 will allow for follow-up assessments.

The External Quality Review Organization (EQRO) audit was Wednesday. When Phebe receives the audit report she will share it with the Mental Health and Substance Use Advisory Board.

Behavioral Health is in the final stages of developing next years' budget. Regular revenue is flat to slightly positive. Mental Health and Substance Use Advisory Board members asked to see a draft.

12. Mental Health Services Act Report – Priya Kannall.

Nevada County's Innovation Plan was approved by the Mental Health Services Oversight and Accountability Commission (MHSOAC). The 2019 Point in Time Count was released. There were 404 homeless individuals counted. This year there were more locations on the day of the count.

The next Mental Health Services Act (MHSA) Community Meeting is Wednesday, March 20th from 1:00 – 3:00 p.m. at the Eric Rood Administrative Building in the Empire Room. The meeting will focus on the Fiscal Year 2019/20 MHSA Plan Update. We do not anticipate very many changes to our MHSA Plan. The meeting will also be a kickoff for the community needs assessment (gaps, funding priorities, what is going well, what is not going well). Priya will be sending information out before the MHSA Community meeting. Priya may schedule an MHSA evening meeting in the future.

The No Place Like Home application was submitted in January for round 1 funding.

The position that Kim Honeywell previously filled is now ½ suicide prevention and ½ drug and alcohol prevention. The position has been filled by Toby Guevin. Curtis McMullen will be the lead for situations that require Behavioral Health support.

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) Children’s Behavioral Health, Cindy Morgan.
- b) Common Goals.
- c) Client Satisfaction Surveys, Yvonne Foley.
- d) Performance Improvement Projects (PIP).
- e) Turning Point.
- f) Moving Beyond Depression.

ATTENDANCE:

Members Present: Amanda Wilcox, Nancy Ramsey, Anne Rarick, Janice Deardorff, Ann Kelley, Shera Banbury, Iden Rogers, Anne Rarick.

Excused Absent: Laura Preston, Lori Malone, Supervisor Hall.

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

Visitors: Pauli Halstead, Theresa Hodges, Maureen Gerecke, Michelle Rose.

Minutes by Annette LeFrancois