

## Nevada County Mental Health and Substance Use Advisory Board Minutes

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| <b>Date:</b>  | <b>April 02, 2021</b>          |
| <b>Time:</b>  | <b>10:00 a.m. – 12:30 p.m.</b> |
| <b>Place:</b> | <b>Zoom and Telephone</b>      |

### STANDING ORDERS

1. **Call to Order and Introductions** – Self-introductions were made.

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. Public Comment can be made during the Zoom Meeting, in the Zoom Chat or on the [HNSA@co.nevada.ca.us](mailto:HNSA@co.nevada.ca.us) email address.

Annette LeFrancois read a public comment from Pauli Halstead that was emailed. There was an attachment that listed individuals who have been arrested multiple times.

Pauli's email is in italics below:

*I have now completed six months of logging in people who have been arrested, mostly felons, with their history of multiple incarcerations. I believe this data clearly shows that:*

*(1). 68% are arrested multiple times in a year, very high recidivism rate.*

*(2). 74% are released very quickly back into the community with apparently no diagnosis (by a Wellpath psychiatrist) or treatment plan.*

*(3). 70% are homeless*

*I would say many of these people are the treatment resistant homeless living in our community that are basically un-housable due to their extreme disability. This begs the question, what do we do with this demographic?*

*We are not building housing fast enough to care for these folks. Housing them would be prohibitively expensive because of the support services needed and potential property damage. However, we cannot continue to arrest and release without providing some kind of organized camping place with support services. **The #1 reason for reoffending is lack of housing.***

*If you figure each high-risk repeat offender on this list costs an estimated \$45,000/year in law enforcement contact, jail, court, probation, community damages X 74=\$3,330,000. \$45K is a baseline National estimate for Super Utilizers. Could even be higher! No one in Nevada County is taking these costs into account.*

*Wouldn't it be less expensive for the taxpayers in Nevada County to have a Safe Camping Program so we could at least stabilize people? The Continuum of Care Shelter Committee was working on such a plan, but funding went elsewhere. I see no motivation towards budgeting for a solution.*

***My big question is why the Reentry Strategic Plan never got implemented? It was really well written.***

### **3. Announcements**

Iden Rogers gave kudos for Truckee Police Department for their handling of a recent 5150. Iden commented that officers don't hear about the outcomes from 5150's. This could be a discussion item for the Forensic Task Force. Iden raised a concern regarding after care for 5150's that have failed (don't proceed to the level of 5150 or are withdrawn).

Bethany Wilkins reported at the Saturday mobile outreach Narcan distribution an individual who participates in receiving Narcan, used the Narcan he received to reverse an overdose. Bethany will be working with Toby Guevin in Public Health on the County's harm reduction efforts. Anyone interested in learning more about harm reduction can email Bethany Wilkins.

### **4. Mental Health and Substance Use Advisory Board Minutes for March 5, 2021.**

Iden Rogers reported a correction on page 2 item number 4 change the sentence to: Supervisor Hall mentioned a new group called Color Me Human. On page 5 in the first paragraph change the sentence to: Diagnoses of depression and anxiety are down. Shera Banbury made a motion to accept the minutes with the corrections above. The motion was seconded by Ann Kelley. All members present were in favor. No one was opposed.

### **5. Review Housing and Homelessness Data – Brendan Phillips. PowerPoint.**

Phebe Bell introduced Brendan Phillips is the Program Manager in Housing and Community Services and is dedicated full time to housing and homelessness issues. Phebe mentioned there has been a lot of progress on housing and homelessness over the past year. Brendan reviewed the 5-Year Strategic Plan. Four of the strategies align with funding.

#### **Prevention and Diversion**

To prevent people from becoming homeless through rental assistance, mortgage assistance and expanding services to transitional age youth.

Progress: funding for family stabilization through CalWORKs for families that are in distress. Youth mental health and supportive services for youth aging out of foster care. Jail discharge planning and service connection.

#### **Outreach and Supportive Services**

Identifying people quickly, getting them through the system and getting them off the street as quickly as possible. Ensuring once housed, they stay housed.

Progress: expanded care coordination services in Truckee. Implemented Prop 47 (court involved) case management. Fully operational HOME Team. Added capacity in recovery residences.

#### **Expand Shelter**

Build capacity by being faster and quicker at housing individuals who utilize shelter beds to free up beds. Due to COVID there has been funding for non-congregate shelter (motel rooms). Progress: COVID brought increased utilization of motels as under COVID guidelines they could not operate. Motel operators were more willing to work with us to provide non-congregate shelter. Improved Bridges to Housing Program (master leased houses). Maintained recuperative care and low barrier care. Expanded Truckee capacity.

### **Increase Housing Stock**

Increase the number of affordable units and supportive units for people living in our community. Centralize landlord retention and recruitment.

Progress: successfully applied for funding to support affordable and supportive housing projects. Worked with developers and the Regional Housing Authority to address financing and land use issues. Maximized utilization of housing vouchers to provide rental support by transferring long term stable individuals from a permanent support housing voucher to a housing choice voucher while continuing to live in their same unit.

### **Collaborate**

Provide strong leadership at the Continuum of Care Level and coordinate multi-disciplinary teams.

Progress: increased utilization of HMIS across services. Worked with Built for Zero to understand homelessness in Nevada County. Provided leadership within the COC.

Collaborated with Nevada City local jurisdictions on specific interventions and needs.

Brendan reviewed 5-year strategic goals which include reducing the inflow to homelessness by 50% by 2023 and 70% by 2025, expand shelter capacity by 150 beds by 2023 and reduce unsheltered homelessness by 70% by 2025. In 2019 there were 249 people experiencing homelessness that were unsheltered, approximately 150 were sheltered. This year we were able to provide more shelter opportunities with approximately 250 people sheltered.

There have been a lot of challenges and opportunities due to COVID. We had to minimize congregate sheltering, which meant reducing bed capacity at our shelter. Learn to manage communicable disease in homeless camps. Challenges getting food, PPE and other services to people in camps. Staff was refocused on crisis management and other priorities were delayed. Funding was increased through multiple sources: Homekey, Roomkey and CARES Act funding. Homekey funding allowed us to purchase a hotel. Having the HOME Team which includes a Registered Nurse was instrumental in preventing communicable disease spread.

### **Affordable Housing Projects**

Grass Valley Terrace Apartments is a rehab of 70 multi-family units with rent levels 30-60% of median income. Lone Oak Apartments is opening soon with 31 units of affordable housing for seniors with rent levels 30-60% of median income. Artist Lofts is opening soon with 77 units total; 71 of the units are reserved for affordable housing with rent levels 30-80% of median income. Brunswick Commons scheduled for completion in December of 2021 with 33 one-bedroom units and 8 two-bedroom units. Twenty-eight of the units will be for the homeless population and twelve units will be for homeless individuals with a mental health disability. Cashin's Field construction groundwork will start in the summer of 2021 for 51 units of workforce housing with a mix of one, two and three-bedroom apartments with rent levels 30-60% of median income. Odyssey House is long term transitional living home for individuals with acute mental health needs. A CDBG Grant is funding a complete renovation and increase in square footage. Ranch House is a No Place Like Home Round 2 awarded project. The project will turn a 3-bedroom home into 6 apartments for permanent supportive housing. Site work will begin this summer with a completion date for summer of 2022. The Homekey project will convert the former Coach N Four Motel into 18 units of affordable housing with a focus on families, seniors and Veterans. Until the remodel is complete it will run as an interim housing project. The project will include 3 ADA accessible units.

Currently there are six families in completed rooms while the construction continues. Nevada County purchased a home on Brunswick Road that will be converted into a Prop 47 house.

A Permanent Local Housing Allocation (PLHA) was established. It is a \$75 recorder fee on certain transactions. These funds come to us to use for affordable housing. Nevada County, Nevada City and Grass Valley have partnered and can request funds for affordable housing projects. The year one total allocation is \$538,692.

There was a question about the Continuum of Care (CoC). Housing and Urban Development (HUD) mandated that every community set up a CoC. In some communities the CoC is the County. In our community, the CoC is a governing board that consists of multiple social service providers. CoCs are recipients of Emergency Solutions Grants (ESG), Permanent Supportive Housing Grants, and Rapid Re-Housing Grants. The CoC awards funds per HUD guidelines for projects like emergency shelter, rapid re-housing, prevention/diversion and outreach.

Nevada County's Point in Time count will be released in April. There is uncertainty and concern about the effect of COVID increasing homelessness. There is evidence that homelessness has increased across the Country as a result of more people losing their housing. Rental Assistance is available for tenants and landlords through Housing is Key Program. Visit the website for more information: <https://housing.ca.gov/> . If someone needs help applying for rental assistance our local partners are: AMI Housing, 211 Connecting Point and Sierra Community House (Truckee).

#### **6. Behavioral Health Director's Report – Phebe Bell.**

Phebe Bell recently participated in the Forensic Mental Health Conference. Behavioral Health is having challenges with conservator and incompetence to stand trial issues. Statewide the numbers of individuals referred to incompetent to stand trial treatment programs has skyrocketed since 2014. For felony level offenses the individual is typically sent to a State Hospital. When it is a misdemeanor it is the responsibility of the Behavioral Health Department to work with the individual and restore competency. Behavioral Health has done this through community-based treatment occasionally using a short-term acute care hospital bed for initial stability and then Full-Service Partnership services. Odyssey House is sometimes used as a step down to a lower level of care to achieve stability. There have been individuals we have not been able to restore to competency; sometimes there are co-occurring substance use and/or cognitive issues. Nevada County is not alone with this challenge there will need to collaboration with the courts for them to understand the challenges around competency restoration. At the conference Phebe was able to attend a presentation by Santa Barbara County on how they work to restore competency. We will be bringing in Yolo County to learn how they address competency restoration to ensure we are doing everything we can; while working with the courts to understand the limitations on the process.

Behavioral Health has been holding vaccine clinics with our nurses with an initial focus on staff and contract providers. The clinic is now vaccinating clients and community partner agency clients. Personal Service Coordinators have been busy arranging and transporting clients to their vaccine appointments. Behavioral Health is continuing to provide COVID testing once a week. Behavioral Health is beginning to plan for what the future looks like as more people get vaccinated.

Behavioral Health continues to have a vacancy for an Adult Services Program Manager. It is a critical position. It is a challenging position to hire as we need an experienced clinician with expertise in risk assessment, determining level of care needs, conservatorship, competency and crisis work. Behavioral Health also has a vacant nurse position.

AB1051 is an attempt to change the presumptive transfer process. When a child from another County is placed in a group home; the financial responsibility for the child is the receiving County. Nevada County has two groups homes (STRTPs) with 12 beds each. If all 24 beds were full; Nevada County would pay close to 2 million dollars per year in costs for out of County children placed in our County. AB1051 would exempt STRTPs from the presumptive transfer process. The sending County would remain financially responsible for the child. It would remain in effect for children placed in a foster care setting.

The Early Psychosis Grant was submitted. Behavioral Health is applying for a HRSA Grant to fund a contingency management approach to address meth use.

Behavioral Health has submitted their budget and will be meeting with the budget subcommittee in two weeks.

**7. Peer Support – Brook Bruning.**

Next week the homeless specialist positions will be on board. There will be an employment group. The Saturday Brunch (outside) starts on April 17<sup>th</sup> 10:00 am to noon. SPIRIT Peer Empowerment Center has been working with community partners AMI and Hospitality House in working to get people housed. Jamal Walker is planning to have a Let's Talk Nevada County around homelessness to raise community awareness.

**8. Continuum of Care – Shera Banbury and Gayatri Havighurst.**

Shera Banbury reported the Continuum of Care (CoC) has committee reports every month. Aurora Packard reported on the Housing Committee and talked about the cottage ordinance in Nevada City. The ordinance will go to the Board of Supervisors for approval. The Veterans Committee is pushing for affordable housing for Veterans. The Best Practices Committee is working on Built for Zero, expanding HMIS and finalizing the Point in Time count. Also working to get standardized training for all the homeless agency providers. They are also looking for a committee chair. Talk to Brendan or Shera if you are interested. The next CoC meeting is April 7<sup>th</sup>; 3:00 to 4:30 pm. There will be a third round of ESG funding.

**9. California Association of Local Behavioral Health Boards and Commissions – Shera Banbury.**

The California Association of Local Behavioral Health Boards and Commissions (CALBHBC) met on March 5<sup>th</sup>. They discussed the Lanterman Petris Short (LPS) Act, redefining gravely disabled. There is a conservatorship that is legal not medical that follows the probate criteria. The Conservator handles all assets for people with dementia or chronic disability. The court oversees it. A 5150 hold goes to a hearing in 14 days to protect the rights of the mentally ill. An individual can be forced into treatment under an LPS conservatorship under gravely disabled. There was mention that funding for Public Guardian is a problem in some Counties. Requisite resources include engagement tools, comprehensive community services and interagency collaboration.

There is more information about LPS Act reform on the CALBHBC website:

<https://www.calbhbc.org/>.

Legislative advocacy for AB32 telehealth, SB224 pupil instruction and HR432 mental health access improvement. There was discussion of small County issues such as staffing. There was discussion of foster care and the State Cultural Competence Committee would like to see peers on all boards and commission in every County. At our local Cultural Competence Committee there will be a speaker on foster care.

**10. May Meeting Agenda and speakers – Amanda Wilcox.**

On the calendar for May is the MHSA update to the three-year plan and Annual Progress Report Public Hearing. A decision was made to invite the Public Guardian and have a discussion around conservatorships in Nevada County.

**11. Communication – Future Mental Health Board Agenda Items.**

Email future agenda items to Annette LeFrancois at [annette.lefrancois@co.nevada.ca.us](mailto:annette.lefrancois@co.nevada.ca.us). Currently we are following the Mental Health and Substance Use Advisory Board Calendar for future presentations and speakers.

Below is a list of future presentations and speakers that Mental Health and Substance Use Advisory Board members have suggested.

- a) Medication Issues
- b) Sheriff Shannan Moon
- c) 211/Connecting Point
- d) Project Heart
- e) Lynn DeMartini, PhD
- f) Theresa Comstock – California Association of Behavioral Health Boards and Commissions

**ATTENDANCE:**

**Members Present:** Amanda Wilcox, Supervisor Hall, Janice Deardorff, Shera Banbury, Ann Kelley, Laura Preston, Bethany Wilkins, Sam Sebastian, Suzanne Nobles, Iden Rogers, Ann Kelley.

**Excused Absent:** Lori Malone, Donna Tully, Anne Rarick.

**BH Staff:** Phebe Bell, Annette LeFrancois.

**Visitors:** Gayatri Havighurst, Brendan Phillips, Wesley Lu, Brook Bruning.

Minutes by Annette LeFrancois