

Nevada County Mental Health Board and Substance Use Advisory Board Minutes

Date:	May 3, 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.**

Caring for those living with Dementia and Alzheimer’s on May 8th at the gold Miner’s Inn at 2 p.m. or 5:30 p.m. RSVP to jennifer.montierth@co.nevada.ca.us seating is limited. See the flyer included in today’s handouts for more information.

Lori Malone announced the NAMI Northern California Walk is Saturday, May 4th at William Land Park in Sacramento. NAMI Nevada County is involved there is a team of eight people going so far. If you would like to donate the team name is NAMI Nevada County. You can donate online at:

<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=779> . Anyone that wants to walk is welcome to join the team.

There will be a NAMI Family Support Group starting the second Wednesday of every month from 6 – 8:00 p.m. at the Tahoe Forest Health System on Pine Ave in Truckee. Visit the Face book page for more information: <https://www.facebook.com/events/444259619658697/> .

Michelle Rose announced SPIRIT Peer Empowerment Center is having a yard sale on May 11th. There is still booth space available.

Priya Kannall announced there are several State level activities for May is Mental Health Month. Each Mind Matters is partnering with baseball teams to do Mental Health Month theme games. There is a River Cats game on May 24th at 7 p.m. There is a special discounted rate of \$10. There is a Mental Health Matters Rally at the Capitol on May 22nd from 9:30 a.m. to 2:00 p.m. Behavioral Health is working on a carpool to the event.

- 4. Mental Health Services Act (MHSA) FY 2019/20 Annual Plan Update and FY 2017/18 Annual Progress Report Public Hearing – Priya Kannall.**

The public comment period ended on April 26th. There were no major changes made to the plan as a result of public comment. Updates to the plan include funding for PFLAG. Suicide prevention funds for Tahoe Truckee. Youth Mental Health First Aid is offered through What’s Up Wellness. Increase the clinical capacity for children ages 0 to 5 at Children’s Behavioral Health and explore treatment specific to this age group. New legislation has changed the Prudent Reserve Cap to 33% of the last 5 years of Community Services and Supports funding, as a result we will shift \$72,000 out of the Prudent Reserve.

The prudent reserve funds are one time funding that will be spent on existing programs and will help fund the cost of living increases to contract providers. Nancy Ramsey asked if the LGBTQ program would include therapy for anyone who needs it. Behavioral Health is working with PFLAG to determine how to best use the funds. PFLAG is considering using the funds to support existing Gay Strait Alliances (GSA) in the schools and/or support groups that will include a therapist.

Priya Kannall asked if there was any public comment. There were no comments. Shera Banbury made a motion to move forward with our MHSA plan. The motion was seconded by Amanda Wilcox. All members present were in favor.

5. Mental Health Board Minutes for April 5, 2019.

On page 1 under announcements the SPIRIT Yard Sale begins at 8:00 a.m., there is no end time. Shera made a motion to accept the minutes. The motion was seconded by Janice Dearnorff. All members present were in favor. No one was opposed.

6. Moving Beyond Depression – Cynthia Wilson, Char Wise-Wendzel and Polly.

Cynthia Wilson, Director of Public Health Nursing thanked the board for their support of The Moving Beyond Depression Program. There is a need in our community for programs for moms experiencing depression during pregnancy or after childbirth. Funding is from Mental Health Services Act, First 5 and Public Health Maternal Child Adolescent Health Program.

Maternal depression can have a profound effect on not only the mother's health, but also the baby's health. It can impact bonding, breast feeding and delivery. The program engages the mom, home visitor and the therapist to alleviate symptoms of depression and create better outcomes. There are 15 sessions and one booster session one month later.

Outcomes are measured by Adverse Childhood Experiences (ACEs) scores. Cynthia reviewed participants ACEs scores (0-10). A score of ten would be the highest level of trauma. A score of 4 or more is strongly associated with adverse health outcomes. Participants ISEL score is measured at the beginning and end of treatment. The ISEL score is about social support. Seventy-five percent of participants showed an improved ISEL score. Any participant of the Home Visiting Program can be enrolled in the Moving Beyond Depression Program.

A participant of the program spoke about her experiences with postpartum depression and the Moving Beyond Depression Program. Having a therapist come to her home was vital and with the support she received from the Program she was able to recover from depression.

7. Mental Health Services Act (MHSA) Report – Priya Kannall.

Priya is working on the planning process for our next three year MHSA Plan. Based on the community needs assessment the priorities of our programs may change. The community needs assessment may include a survey and/or focus groups. Some programs may be put out for Request for Proposal (RFP). Priya would like to incorporate data into our needs assessment. Supervisor Hall mentioned a program in San Diego County that has a strike team for alzheimer's.

There has been some feedback on the Stepping Up Initiative and how MHSA ties into it. Priya shared some direct and indirect programs that MHSA is funding that relate to Stepping Up.

The Forensic Outreach Program works with individuals involved in the criminal justice system who have mental illness. This is an example of a directly funded MHSA program. Individuals involved in Full Service Partnership (FSP) Programs are less likely to be involved in the criminal justice system. Priya shared statistics on this. This is an example of a program that diverts individuals from involvement in criminal justice.

8. Peer Support – Michelle Rose

Michelle Rose reported that SPIRIT Peer Empowerment Center is having some success in fewer individuals visiting while under the influence of drugs and/or alcohol. When an individual is under the influence they are asked to leave and must have a one on one session before they can return. SPIRIT recently held an open house. Michelle shared some data from the past year, there were close to 1,000 one on one visits and 300 Emergency Department Peer Support. SPIRIT has a wish list item need for a computer.

9. Truckee – Anne Rarick.

Anne Rarick recently started at Tahoe Safe Alliance. The Warming Center is wrapping up for the season and was open 39 nights and served 56 individuals. Seventy-five percent of the individuals served were local and twenty-five percent were emergency one time, one night shelter visits. Tahoe Safe Alliance, Project Mana and the two Family Resource Centers are consolidating into one organization.

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

The new CSU Supervisor is an RN. The CSU has been busy, serving approximately 70 people per month. There are some new clinicians with experience in crisis.

Hospitality House will pick up individuals released from Wayne Brown if they are notified ahead of time and the individual passes a background check.

The HOME Team is hiring a nurse, personal service coordinator and peer supporter. The positions are funded through a SAMHSA Grant and MHSA Innovation funds.

The District Attorney and Chief of Probation are working on high profile/high identification to reduce law enforcement time involvement and recidivism. They may collaborate with the HOME Team.

Mental Health Court is doing well. There is room for additional participants. There are some recent success stories.

Dr. Romer recently presented on psychotic disorders and medications at a NAMI Meeting. He may do a presentation on bipolar disorders in the future.

Turning Point is busy with Assisted Outpatient Treatment and new to mental health services clients. Turning Point is fully staffed and has a caseload of 76 clients. Psychiatric hospitalizations are down for Turning Point clients.

There was discussion of possible suboxone use in the jail to treat opioid addiction.

11. Behavioral Health Directors Report – Yvonne Foley-Trumbo.

The HOME Team has started. HOME Team staff are embedded at Behavioral Health. Turning Point is working on staff and getting more staff hired. The Team meets every morning. The priority is how they are reaching out, engaging people and linking them to housing.

There is a Stepping Up Meeting on May 10th at 1 p.m. in the Empire Room for the broader community.

The Behavioral Health Budget has been presented to the Budget Subcommittee. There will be a series of meetings on the budget in June when the budget is presented to the Board of Supervisors. Behavioral Health has been meeting with contractors to discuss next year's budget.

Since March 18th, Behavioral Health has held a walk in assessment clinic for drug and alcohol treatment Monday through Friday from 9 a.m. to 12 noon. There have been 67 people who have come in for the clinic. Forty-seven people have been referred to residential treatment and fourteen to outpatient treatment. Behavioral Health is in the process of contracting with another residential treatment provider to add additional residential treatment bed capacity. Behavioral Health is also working to find residential treatment options for youth, there are no options locally.

The Final Rule are new regulations from the Federal Government around mental health services. One of the new requirements is called network adequacy, which must be reported quarterly. Based on the report, ten Counties were sanctioned (financially) by the State for not meeting network adequacy requirements. Counties have gotten together to voice their concern as the formula is not transparent.

12. Mental Health and Substance use Advisory Board Meeting will be in Truckee on June 7th.

There was a request to focus on adult programs. Annette will contact board members regarding a car pool.

13. California Association of Local Behavioral Health Boards and Commissions Issue Briefs – Nancy Ramsey and Supervisor Hall. Handouts.

Nancy Ramsey would like to review the Employment and Disaster Briefs at a future meeting. Suggestion to pick one topic per month to review.

12. 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) Common Goals.
- b) Client Satisfaction Surveys, Yvonne Foley.
- c) Turning Point.

ATTENDANCE:

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

Excused Absent: Ann Kelley.

BH Staff: Yvonne Foley-Trumbo, Priya Kannall.

Visitors: Cynthia Wilson, Michelle Rose, Perla Kittmann, Wendy Desormeaux.

Minutes by Annette LeFrancois