

Nevada County Mental Health and Substance Use Advisory Board Minutes

Date:	June 05, 2020
Time:	9:30 a.m. – 12:00 p.m.
Place:	Zoom and Telephone

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. There were no comments during the Zoom Meeting, in the Zoom Chat or on the behavioral.health@co.nevada.ca.us email address.

3. **Announcements**

Shera Banbury announced the California Association of Local Behavioral Health Boards and Commissions (CALBHBC) June 3rd newsletter mentions SB855(strengthens mental health/substance use parity) and SB803 (Peer Support Certification). Shera mentioned CALBHBC is looking for people to call in and support these bills. Amanda Wilcox reminded Board members that legislative advocacy must be done in a personal capacity and not as a Board member. A decision was made to add CALBHBC Report to future Board Agendas.

Annette LeFrancois reminded everyone that there will not be a July Mental Health and Substance Use Advisory Board Meeting. Friday, July 3rd is a County Holiday.

4. **Housing – Jennifer Price AMIH Housing; Mike Dent, and Brendan Phillips, Nevada County Housing and Community Services.**

Buildings, development, rentals and providing housing to individuals who are homeless fall under Housing and Community Services Department. The supportive services and the HOME Team are under the Behavioral Health Department.

Mike Dent gave an update on housing projects. Lone Oaks Senior Apartments in Penn Valley is 31 units of affordable senior housing that are under construction with an expected completion date of March 2021. There is design approval for a second phase (31 units) that could start after phase one is completed and fully occupied.

Brunswick Commons will be 41 units of affordable homeless or at risk of homelessness housing. Of the 41 units 12 units are designated No Place Like Home for individuals with severe mental illness. No Place Like Home funding will provide approximately 2.2 million for the project. The project was submitted for second round tax credit allocation for March 2020. We will find out on June 17th if we get the tax credit allocation. The developer is very confident we will get the allocation and has submitted the pre-development engineering package to the city of Grass Valley. The goal is to get the underground work and a retaining wall done. Six months to secure construction financing with a potential to start building in December. Next step is to finalize the lease with the County.

Cashin's Field is a 56-unit affordable housing project (1, 2 and 3 bedrooms) in Nevada City. Nevada County has committed \$50,000 in HMOIT Funds which will secure one unit for a minimum of 5 years. This will allow Behavioral Health to place an individual in that unit. The project is still getting approvals. We are hoping to submit the project for tax credit allocation in July, an ambitious timeline. Design review is on Monday. Planning Commission review in about 10 days. The City Council Meeting is on June 24th to approve or deny the project. Nevada County was designated a FEMA disaster zone due to the Windy Complex Fire that might give us one-time funding. There are Disaster Recovery Tax Credits designated for Nevada County; originally in the amount of \$124,000. The Nevada County Board of Supervisors and the HHS Director lobbied for enough funding to do at least one project and the allocation was revised to 2.5 – 3.5 million range. Nevada County lost 30+ structures and many RVs that people were living in. A study by Chico State showed over 200 people migrated to Nevada County from Butte County. There are arguments that this funding should go to the two counties that lost the most. We will find out on June 17th what our allocation will be.

Brendan Phillips mentioned that Regional Housing Authority Projects have two types of vouchers: project-based vouchers (voucher stays with the unit to keep rent based on income) and Housing Choice (Section 8) vouchers.

The Ranch House is a 3-bedroom home that would be converted to 6 individual units for individuals with severe mental illness and chronic homeless status with round 2 No Place Like Home Funding. The application has been submitted and we hope to hear if we are awarded funding at the end of the month. With this project potentially there will be 19 new units (12 Brunswick Commons, 6 Ranch House and 1 Cashin's Field) of subsidized housing over the next few years.

Nevada County received a CSIG Grant that would fund up to six units with services on site for individuals who are homeless with criminal justice involvement to divert from in-custody.

Shera Banbury commented she has heard complaints of drug use in some of the houses and would like to see more supervision of housing. Phebe Bell mentioned there is a range of housing options some with supervision. Some of the housing follows a harm reduction model and accepts individuals who are using; there are attempts not to mix individuals trying to maintain sobriety.

Iden Rogers commented he was glad to see six units for individuals with criminal justice involvement, there is a need for this type of housing. He commented on the mix of individuals in housing and that mixing young adults with older adults have less in common and that the younger individuals see the struggles of older adults are discouraged and wonder if that is their future. Phebe Bell mentioned for that reason it is important to have a program with a Transition Age Youth focus also.

Mike Dent will give an update on Odyssey House at a future MHSUAB Meeting.

Jennifer Price, AMIH Housing CEO gave an update on AMIH Housing. Three years ago, AMIH Housing took over for Nevada County Housing Development Corporation. Two properties are owned through Cal Housing Finance Agency that were done with Behavioral Health are shared housing: Catherine Lane has six individuals and Winter's Haven has five.

AMIH master leases four houses for shared housing. There is also a 9-unit apartment complex that is master leased. There are an additional 13 scattered site units that are master leased. AMIH is the managing non-profit partner for the Courtyards in Penn Valley a 42-unit affordable housing complex. Staff include a program manager, housing coordinator, housing counselor, peer counselor and case manager. There are 3 house liaisons who live in the homes. AMIH was awarded \$70,000 in Emergency Solutions Grant (ESG) Funds specifically for Nevada County to provide rapid re-housing and homeless prevention for individuals who are homeless or at risk for homelessness. There was an additional allocation of \$186,000 due to the fires a few years ago. The rapid re-housing funds were received in February or March and five households have already been housed. Since July AMIH has served 85 people (82 adults, 3 children). Of the 85 served 35 were chronically homeless individuals. AMIH has a total of 52 program beds (this does not include rapid re-housing).

Phebe Bell mentioned that Behavioral Health and Housing and Community Services continue to actively pursue any opportunities to add additional housing.

5. Mental Health and Substance Use Advisory Board (MHSUAB) Minutes May 15, 2020.

There were clarifications and a correction to the minutes. Under announcements, Iden Rogers mentioned that it would be useful and informative for Quality Improvement Committee and Cultural Competence Committee member emails (primarily agendas and minutes) to also be sent to the MHSUAB members. This would help board members to stay informed about these committees.

Under Zoom Toll Charges, change the first sentence to: For individuals who participate in the Mental Health and Substance Use Advisory Board Zoom Meetings by phone there maybe phone toll charges (depending on an individual's phone plan). The intent is to provide a stipend to individuals who incur a phone charge to participate in the meeting.

A motion was made by Janice Deardorff to approve the April 3rd minutes. The motion was seconded by Shera Banbury. All members present were in favor.

6. Report on Behavioral Health Operations during current coronavirus crisis – Phebe Bell.

a) Strategies to maintain county operations

Bost House has been full (19 beds) except when a bed is being held for someone. The demand to get into Bost House remains high. Seventy percent of the participants are homeless. Behavioral Health is pursuing an addition to the cottage (4-6 beds), new roof and air conditioning with grant funds.

Behavioral Health had a drop in the number of services provided at the end of March and Early April. New requests for services, mental health and crisis services also dropped. Typically, there is an average of 180 crisis assessments per month. In April there were 121. In May there were 135 crisis assessments. There is an average of 60 individuals in the crisis stabilization unit per month; in April there were 34. In May 46. Phebe attributes the drop in CSU and crisis services partly due to increases in services provided to the homeless. The number of individuals hospitalized is about the same as it was before the covid crisis. There has been an increased demand for substance use assessments. All of the recovery residences have remained full and some stays were extended.

Children's Behavioral Health services have been underutilized, a trend that is statewide. Many of the connections with children happen during the school day; with schools closed it is harder to identify children who have mental health needs. Children's staff continue to meet with clients at their home (outside in the yard).

Nevada County is currently focusing on the re-population or return to home base plan. About 1/3 to 1/2 of Behavioral Health staff have continued to work on-site. There are discussions on what services should remain virtual and what can be provided in person. There are two areas we would like to have face to face: the drop-in substance use assessment and therapy services for very young children. These services have not been successful in a virtual environment. There are things to consider as individuals with substance use disorders are a high-risk population and therapy with very young children often involves physical contact and play.

b) Strategies for supporting critical contractors

Contract providers have been working hard to continue services, manage staff and keep people safe. So far, they have managed to avoid covid outbreaks at their facilities while continuing services. Public Health has hired Dr. Trochet to provide guidance and support to contract providers that have congregate care facilities in Nevada County. Over the last week there has been guidance for 12 step groups so that these services can continue. Behavioral Health has been busy renewing provider contracts. Most of the contracts will go to the Board of Supervisors in June.

c) Strategies for people who are homeless

We are moving into fire season, a concern with homeless individuals living in the woods. There is a focus at the homeless camp on sugarloaf with multiple community organizations working on strategies to engage individuals in services and connect them to housing.

d) Best thinking on future impacts

Governor Newsom has come out with a May revise. There are differences between the Governor's budget and the legislative budget. The CalAIM Project has been postponed.

Behavioral Health is concerned about individuals who are not accessing services that need it. Also, the impact of the covid crisis on the community's mental health. There is a group of county staff (Public Health, Behavioral Health and Health and Human Services) working on messaging to the community. Three core messages:

- 1) Take care of yourself – do the things that give you resilience (exercise, eat well, self-care etc.).
- 2) It is time to connect with loved ones, peers, co-workers (via phone, zoom etc.).
- 3) Reach out to professional network when needed.

Yubanet held a Town Hall Meeting that focused on youth mental health.

7. Peer Support – Pauline Abrons.

Pauline mentioned the stigma associated with being homeless. Homeless individuals often experience a fear response and lack of respect from the public. How do we change the public perception of homelessness, paint a broader picture with homeless individual's unique stories and connect them with community? There are few places for the homeless during the day,

when they find a place there are complaints from the public, the police often respond and the homeless are dispersed. The HOME Team then has difficulty finding them. It is a challenging time to be homeless and with the DMV closure there are problems for individuals needing to get an ID or Driver's License.

Shera Banbury announced that Insight Respite Center will be moving to a new house, possible this month.

8. Forensic Task Force.

There have not been any meetings.

9. Continuum of Care.

Shera Banbury mentioned there will be a presentation on Safe Sanctuary Outdoor Shelter on June 18th at the Continuum of Care (COC) meeting. The Safe Sanctuary would be lower barrier housing (tents).

10. Suicide Prevention Task Force.

The task force has held zoom meetings. Since covid; the focus has been shifted toward youth and with the impact of school closures. There was a youth suicide a month or two ago. There was postvention outreach to 40 students. There is a youth mental health video on YouTube and Facebook: <https://www.youtube.com/watch?v=yicS5XEAcFA> that Behavioral Health created. Priya Kannall is working on an adult version and is hoping to include more diversity before finalizing it.

11. Mental Health and Substance Use Advisory Board Goals.

Under objective 1 on the second bullet change to: Hear monthly reports from the Behavioral Health Director and MHSA Coordinator on adult, children's, crisis, and substance use disorder services, recent activities, challenges and accomplishments. Objective 3: Establish a procedure to educate and train the public on the role of the Advisory Board. On page 3 add Objective 5: Annually evaluate the Advisory Boards' progress on meeting goals and activities. Shera Banbury made a motion to approve the MHSUAB Goals and Activities with the changes listed above. Ann Kelley seconded the motion. All members present were in favor. Next step is to revise the MHSUAB Calendar that references the goals.

12. Mental Health and Substance Use Advisory Board Annual Report to the Board of Supervisors and California Association of Local Behavioral Health Boards and Commissions.

Phebe Bell will work with Amanda Wilcox on the Annual Report to the Board of Supervisors. Amanda Wilcox suggested forming an ad hoc committee to work on the report to the California Association of Local Behavioral Health Boards and Commissions. Amanda Wilcox, Ann Kelley, and Shera Banbury volunteered to be on the ad hoc committee. There is an example of an annual report on their website at:

https://www.calbhbc.org/uploads/5/8/5/3/58536227/mhb_2016-2017_annual_report_draft_for_mhb_review_.docx.

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

The MHSA 3-year Plan and Annual Progress Report will go to the Board of Supervisors on June 23rd. There is a regional partnership for Workforce Education and Training that has some funding from the State. It is a partnership with Superior Region Counties.

The five areas of focus are: pipeline development, undergrad and university scholarships, stipends, loan repayment and retention activities.

14. Communication – Future Mental Health Board Agenda Items.

Email future agenda items to Annette LeFrancois at annette.lefrancois@co.nevada.ca.us.

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

- a) Client Satisfaction Surveys, Yvonne Foley
- b) Toby Guevin, Suicide Prevention Coordinator
- c) Granite Wellness Center
- d) Medication Issues
- e) Sheriff Shannan Moon
- f) 211/Connecting Point
- g) Project Heart
- h) Lynn DeMartini, PhD

ATTENDANCE:

Members Present: Amanda Wilcox, Iden Rogers, Janice Deardorff, Laura Parker, Shera Banbury, Ann Kelley, Supervisor Hall.

Excused Absent: Lori Malone, Anne Rarick.

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

Visitors: Pauline Abrons, Gayatri Havighurst, Mike Dent, Jennifer Price, Brendan Phillips.

Minutes by Annette LeFrancois