

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

<b>Date:</b>	<b>June 7, 2019</b>
<b>Time:</b>	<b>9:30 a.m. – 12:00 p.m.</b>
<b>Place</b>	<b>Joseph Center – 10075 Levon Ave, Truckee</b>

### 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. **Sierra Mental Wellness Group Crisis Services Overview – Lizzy Henasey.**  
A PowerPoint presentation included data on crisis services. Data for everyone seen in Tahoe Forest Hospital for a 5150 evaluation there were 185 in 2014, 207 in 2015, 213 in 2016, 217 in 2017 and 177 as of March of 2019. Phebe Bell mentioned 5150 evaluations in Truckee are fairly flat in comparison to western Nevada County where the numbers have increased every year. Due to the lower volume of evaluations; crisis workers in Truckee respond when called, they are not based at the hospital. Placer County and Nevada County both use Sierra Mental Wellness Group for crisis services in the Tahoe/Truckee area. It would be difficult if one County used a different crisis provider.
4. **Hospital Behavioral Health Program Update – Eileen Knudson.**  
Tahoe Forest Hospital has several substance use disorder projects in place or in the planning stages. Medication Assisted Treatment (MAT) Program, Alcohol Use Disorder Program, and the Emergency Department Bridge Program. Mental Health/Behavioral Health Projects include: Tele psychiatry, Integrated Behavioral Health into Primary Care, and Outpatient Services. The Community Needs Assessments in 2011, 2014 and 2017 showed a need for substance use and mental health services.

Medication Assisted Treatment helps to reduce or eliminate withdrawal symptoms for opiate use disorder. Tahoe Forest is part of a Hub and Spoke Model of Care. The Hub is located in Roseville (Aegis). Aegis has provided clinical expertise to staff. Tahoe Forest became a Spoke last October. The program is for the uninsured, underinsured and Medi-Cal recipients. Medi-Cal will pay for suboxone and random urine testing. This summer Tahoe Forest Hospital will have a program for alcohol use disorders (naltrexone).

Emergency Department Bridge Program where individuals dependent on opioids who want to stop opioid use can go to the Emergency Department (ED) to start Medication Assisted Treatment (MAT). ED physicians are trained in how to address opioid withdrawal. Individuals are then referred to the aftercare (MAT) program.

Behavioral Health Integration into primary care. An LCSW will address mental health strategies in primary care, later this summer. Universal depression screenings will be given to all patients.

**5. Homeless Services**

**Emergency Warming Center – Cathie Foley.**

The Emergency Warming Center has just completed its fourth year. It is a weather triggered shelter that opens with a temperature of 15° or less, one foot or more of snow or other severe weather conditions. This year they were open a total of 39 nights with 72 individual guests including 6 children and 6 dogs. No one under age 18 is allowed to stay, so they were able to find a family for them to stay with or provide funding for a hotel. On January 6<sup>th</sup> there were 33 guests due to the highway being closed in both directions. This year they provided 305 total nights of shelter a 28% increase over last year. Bus tickets or gas was provided 52 times. Of the guests they serve 27 are chronically homeless. For next year they plan to add a shower and have laundry available for guests. On June 11<sup>th</sup> there will be a Homeless Task Force Event.

**Homeless Outreach – Anne Rarick.**

The position held by Justin is full time at Project Mana. The goal is to help people get connected to services, SSI/SSD Benefits, and provide transportation. In Fiscal Year 2018/19 there were 33 clients. Justin works with the DMV to help individuals get identification so that they can sign up for benefits. Some of the partner agencies Justin works with include: Family Resource Center, Tahoe Forest Hospital, Regional Housing Authority, Sierra Mental Wellness Group, Tahoe Safe Alliance, DMV and the Food and Resource Support Center. The Food and Resource Support Center funded by the Catholic Church and run by volunteers is open on Tuesdays and Thursdays and provides meals, showers, laundry, clothes and counseling.

**Truckee Police Department – Arnie Lopez.**

With the community homeless outreach efforts the police are seeing the local homeless be more responsible. The police have a good relationship with the local homeless and work with them on education around fire safety. During the summer there is an increase in the number of transients and homeless. The police cannot enforce when transients ask for money when they are on private property (shopping centers).

**6. Family Resource Center of Truckee/Tahoe SAFE Alliance/North Tahoe Family Resource Center/Project MANA Agency Consolidation – Teresa Crimmens and Paul Bancroft.**

The Family Resource Center of Truckee, North Tahoe Family Resource Center, Tahoe SAFE Alliance, and Project MANA will become one organization on July 1<sup>st</sup>. Paul Bancroft is the current Director of Tahoe SAFE Alliance and will become the Director of the new organization (yet to be named).

There are a lot of benefits to the agencies joining including opportunities for staff. Staff will receive the same benefits; where in the past one organization did not have staff benefits. There will not be a lot of changes to programs in the first year. The first year will focus on integrating Human Resources and systems. Services will remain at the same locations.

**7. Mental Health and Substance Use Advisory Board Minutes for May 3, 2019.**

There is a correction on page 2 item 6, change the second sentence to: There is a need in our community for programs for moms experiencing depression during pregnancy or after childbirth. Page 3 item 9 remove the sentence: Service location will remain the same for at least one year. Shera Banbury made a motion to approve the minutes as corrected. The motion was seconded by Amanda Wilcox. All members present were in favor. No one was opposed.

**8. Peer Support.** There is no report this month.

**9. Forensic Task Force.**

Suzanne McMaster gave a presentation on the Organized Delivery System (ODS). Many people did not know that with ODS implementation clients are allowed 2-90 day treatment periods per year. There are 200 people receiving MAT through Western Sierra Medical Clinic and Community Recovery Resources (CoRR). Pathways in Marysville has been added as another treatment program due to capacity and wait times. CoRR has instituted an outpatient program for those waiting to get treatment.

**10. Behavioral Health Directors Report – Phebe Bell.**

AB1299 Presumptive Transfer when children are placed out of home and out of County in Foster Care or Residential Treatment their Behavioral Health care needs and the cost treatment are transferred to the new County. Nevada County has 2 Residential Treatment Facilities (Charis and Mountain Valley) with 12 beds each. When a child is transferred to our County, Behavioral Health staff must track down consent to treat, prior assessments, psych social history, release of information and other paperwork. This takes a lot of staff time. In the last 3-4 months the financial impact has increased dramatically with an increase in the number of children presumptively transferred to Charis. Typically we carry a small contract with Charis incase Nevada County Child Welfare or Probation need to place a child there. Charis is asking for a \$300,000 contract for the rest of this year and a \$600,000 for next year. What services do we cut to pay for the increase. Nevada County does not place very many children in Residential Treatment as we invest in intensive wraparound services. The fix for this is legislative. AB826 is a potential legislative fix.

The Final Rule are new regulations from the Federal Government requiring behavioral health services to operate in the same system of managed care as physical health. The new compliance rules are daunting. One of the new requirements is concurrent review. In concurrent review, staff would need to be available 24/7 and would need to review if medical necessity is met daily including over the weekend, if medical necessity is not met there would need to be a process for discharge. A medical provider would also need to be on call to handle any disputes between the hospital and Behavioral Health around denial of an authorization. This is a significant administrative burden. Behavioral Health is working on this and may contract for this service.

Nevada County is working with Placer County to get a provider for the Tahoe/Truckee region for multi-age and multi-severity so that there is enough need to have a physical location with clinical supervision. The Request for Proposal (RFP) just closed. There have been some applicants that will be reviewed soon.

The Behavioral Health budget is moving forward and the first budget hearing was this week.

Behavioral Health has received several grants for substance use treatment services. Common Goals was able to open a recovery residence (8 beds for women) with some of the grant funding. Community Recovery Resources will be opening a recovery residence for men that will have 8 beds. This is important especially as those who are homeless will have a place to go after residential treatment.

There will be an External Quality Review Organization (EQRO) audit for our first Substance Use review.

The HOME Team is up and running, the official start will be the end of June. Currently there are 4 staff on the team.

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

Our Fiscal Year 2019/20 Mental Health Services Act (MHSA) Plan Update and Annual Progress Report was approved by the Board of Supervisors in May. We are at the beginning of our next three year MHSA planning process. The next MHSA Community Meeting is on July 17<sup>th</sup> from 1 to 3 p.m. in the Empire Room.

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

**There will not be a July 5<sup>th</sup> Mental Health and Substance Use Advisory Board Meeting.**

Email future agenda items to Nancy Ramsey at [nancy@dvsac.org](mailto:nancy@dvsac.org) or Annette LeFrancois at [annette.lefrancois@co.nevada.ca.us](mailto: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, Anne Rarick, Lori Malone, Supervisor Hall, Ann Kelley, Laura Preston.

**Excused Absent:** Iden Rogers.

**BH Staff:** Phebe Bell, Priya Kannall, Annette LeFrancois, Jazmin Breaux.

**Visitors:** Cathie Foley, Sandy Farley, Chelsea Pires, Tammy Deal, Ann Ajari, Eileen Knudson, Lizzy Henasey, Todd Arvidson, Arnie Lopez, Paul Bancroft, Teresa Crimmens.

Minutes by Annette LeFrancois