

Nevada County Mental Health Board and Substance Use Advisory Board Minutes

Date:	August 2, 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. Phebe Bell introduced Ryan Gruver, the new Health and Human Services Agency (HHS) Director.
- 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 that SPIRIT Peer Empowerment Center will be closed for 3 weeks to reassess, restructure and evaluate their mission to better serve their population. SPIRIT will remain open for Peer One on One's and Peer Support in the Emergency Department.

Annette LeFrancois announced a Stepping Up Planning Meeting on August 29th from 8 a.m. to 12 noon in the Empire Room. Included in today's handouts is a flyer. A consultant will lead us through sequential intercept mapping. Phebe invites everyone to attend, we are hoping for a broad array of community perspectives.

Mental Health Needs and Priorities in Nevada County Survey until August 26th:
https://www.surveymonkey.com/r/NC_MHSA .

Phebe Bell announced that Priya Kannall is the interim HHS Chief Fiscal Administrative Officer (CFAO). Priya will continue to oversee MHS part time.

- 4. Public Hearing for Mental Health Services Act (MHS) FY 2019/20 Annual Plan Update and FY 2017/18 Annual Progress Report – Phebe Bell.**
The Mental Health and Substance Use Advisory Board held a public hearing for the MHS Annual Plan Update and Annual Progress Report at the May 3, 2019 Mental Health Board Meeting. Since then Behavioral Health received more clarity from the Department of Health Care Services on how to calculate the Prudent Reserve which changed the amount we could have in our prudent reserve. Behavioral Health will be shifting \$81,804 dollars out of Prudent Reserve into Community Services and Supports (CSS). Shera Banbury made a motion to accept the change in Prudent Reserve Funds and to move forward with the MHS Plan Update and Annual Progress Report. The motion was seconded by Amanda Wilcox.
- 5. California Association of Local Behavioral Health Boards and Commissions: Statewide Issues, CALBHB/C Resources and August 24th Meeting/Training in Chico – Theresa Comstock. Handouts.**
Theresa Comstock is the Executive Director for the California Association of Local Behavioral Health Boards and Commissions (CALBHB/C). CALBHB/C mission is to support all 59 Mental Health Boards and Commissions and would like to hear about issues Counties have.

CALBHB/C also provides advocacy around top issues reported to them. Theresa handed out the Summer 2019 Newsletter. Listed on the back of the newsletter are the duties of the Boards and Commissions and a Mental Health Services Act (MHSA) Summary. On the front of the newsletter is a list of Top Issues reported by leadership in 42 jurisdictions. A handout on Employment – Successful practices for adults with mental illness. The Department of Rehabilitation’s (DOR) largest population is people with mental health disabilities.

California Association of Local Behavioral Health Boards and Commissions Superior Region Meeting/Training is on Saturday, August 24, 2019 at the Oxford Suites in Chico. Register at www.calbhbc.com.

Issues in Nevada County include homeless/mental illness, and outreach, lack of psychiatric beds and facilities, staff turnover and transportation. Nevada County has invested in crisis services (Crisis Stabilization Unit, Respite, Crisis workers onsite at the Hospital 24/7, Peer Support in the Emergency Dept) rates of hospitalization have decreased, but the number of 5150 evaluations have continued to rise. Possible reasons include: weaknesses in mental health managed care/level of care, homelessness, and substance use.

Shera Banbury mentioned from our perspective things are good, from the clients she has spoken with their perspective: we are severely mentally ill and put out on the street and can't live with other people because we are not supervised enough to prevent theft, drug use, etc.

6. External Quality Review Organization (EQRO) Review – Yvonne Foley-Trumbo. Handout.

EQRO is contracted through the State to visit all Counties for a system review of mental health and substance use programs. EQRO reviewed Nevada County’s mental health program in February. Yvonne reviewed the EQRO report including accomplishments, overall system recommendations, IT, QA and PIP recommendations. Overall, they were impressed with the amount of collaboration in our County. Included in today’s handouts is the EQRO Summary Report. The full EQRO Report can be reviewed on our website at: <https://www.mynevadacounty.com/2170/Quality-Assurance>.

7. Behavioral Health Budget Update – Phebe Bell and Allison Dobbins. Handouts.

Handouts include: Behavioral Health Budget Summary Fiscal Year 2019/20, Revenues for Fiscal Years 2018/19, Expenditures 2018/19 and MHSA Revenue. Phebe Bell and Allison Dobbins reviewed the fiscal handouts. MHSA is our most volatile revenue source. In 2015/16 MHSA revenue decreased 15.4% from prior year. In 2016/17 MHSA revenue increased 20.2% from prior year.

8. Mental Health and Substance Use Advisory Board Minutes for June 7, 2019.

Shera Banbury made a motion to approve the minutes. The motion was seconded by Amanda Wilcox. All members present were in favor. No one was opposed.

9. Peer Support – Michelle Rose.

SPIRIT Peer Empowerment Day Center will be closed from August 6th to August 24th and will reopen on August 27th. The center will be looking at current resources, identifying needs and setting goals. Their goals include: crisis communication and drug addiction awareness.

SPIRIT has had an increase in individuals under the influence of drugs who are disruptive to services and other participants. SPIRIT will be open for one on one appointments and peer support in the Emergency Department will continue.

10. Truckee – Anne Rarick.

Lori Malone has started a NAMI Support Group in Truckee on the second Wednesday of every month from 6:00 to 8:00 p.m. at the Tahoe Forest Hospital in the Pine Street Conference Room off the main lobby.

Sierra Community House is the new name for the Family Resource Center of Truckee, Tahoe SAFE Alliance, North Tahoe Family Resource Center, and Project MANA. Most of the changes are administrative, Agency locations remain the same. The services offered include: legal services, hunger relief, family support, crisis intervention and prevention. Their new website is online and under construction: <https://sierracommunityhouse.org/>.

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

Some needs for Odyssey House were discussed: towels, lamps, dressers etc. NAMI Nevada County will help with this.

Inmate mental health screening grant with Behavioral Health; eight questions then to assessment as appropriate if they meet criteria. Some are in and out of jail quickly and cannot be screened. Some inmates need services, but they are not seriously mentally ill.

Juvenile Hall population is low. Juvenile Hall re-uses are being considered.

AB1810 pre-trial diversion out of jail into services. The goal is to embed a personal service coordinator in the Public Defenders Office.

Mental Health Court has 16 attending and several pending. There are a few repeats. Some are getting jobs, reuniting with family, and taking better care of themselves. Iden attended a Mental Health Court in July where several clients expressed needs and wondered if anyone follows up with their needs.

Hospitality House has a grant with law enforcement on working with the homeless.

San Diego has a program where law enforcement and a therapist work together.

Crisis is adding an additional crisis worker. There were 184 assessments last month.

Communities Beyond Violence (CBV) has 18 beds and can accommodate children and small dogs. They do not have the resources or licensing to deal with mental illness, drugs or alcohol. CBV cannot turn people away who have these issues.

There is an increase in requests for conservatorship.

12. 2019 Data Notebook for Boards and Commissions – Annette LeFrancois.

The 2019 Data Notebook is due October 15th. Annette LeFrancois asked for volunteers for a subcommittee. Shera Banbury volunteered.

A copy of the Data Notebook is included in today's handouts. Annette LeFrancois will schedule a date and time. Phebe Bell will assign a staff person to help.

13. Mental Health Services Act Report – Phebe Bell.

Phebe Bell presented a PowerPoint presentation with a pie chart on MHSA funding requirements: 5% of total MHSA funding is set aside for Innovation. Of the remaining funding 80% must be spent on Community Services and Supports (CSS). 51% of CSS funds must be spent on Full Service Partnerships (FSP). 20% must be spent on Prevention and Early Intervention (PEI). At least 51% of PEI funds must be spent on individuals 25 years old or younger. Actual total percentages: 76% CSS, 19% PEI, and 5% Innovation. PEI Programs aim to prevent mental health issues and implement early strategies to keep serious mental illnesses from being disabling. CSS Programs offer enhanced treatment and recovery services to individuals living with serious mental illness. With the volatility of MHSA funding there has been conflicting State advice on how much to keep in MHSA fund balance and reserves. At one time Behavioral Health had one year of MHSA funding. After consulting with a fiscal expert, Behavioral Health is aiming for 65% in unspent funds except for Innovation funds. All Innovation funds have approved plans to spend down those funds for the next 5 years (HOME Team and Truckee Innovation). Phebe reviewed our current unspent MHSA fund balance. We are underspent in PEI funds so our next 3-Year MHSA Plan will include spending down the balance over 3 years. For our next 3-Year Planning Process, we are not in a place where we can massively grow our system. We are starting our planning process with a needs assessment and community survey. We will need to have our MHSA Plan completed by June 30, 2020. There will be some focus groups and MHSA Community Meetings including one in Truckee and one in the evening. Behavioral Health has hired an outside consultant to help with the community planning process.

MHSA funds and where the money is spent has not shifted much since the initial planning process except for new programs. This year we will be doing Request for Proposals (RFP) for many of the MHSA Programs. This will help us align with community priorities. It is anxiety provoking for the community providers. Since there are not many community providers, we do not expect dramatic change.

14. Communication – Future Mental Health Board Agenda Items.

There will not be a July 5th Mental Health and Substance Use Advisory Board Meeting.

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, Iden Rogers, Shera Banbury, Anne Rarick, Supervisor Hall, Laura Preston.

Excused Absent: Lori Malone, Ann Kelley, Janice Deardorff.

BH Staff: Phebe Bell, Annette LeFrancois, Yvonne Foley-Trumbo.

Visitors: Theresa Comstock, Michelle Rose, Ryan Gruver, Allison Dobbins.

Minutes by Annette LeFrancois