

Nevada County Mental Health and Substance Use Advisory Board Minutes

Date:	September 04, 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. Patrick Martin a potential Mental Health and Substance Use Advisory Board Member introduced himself.
- 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. Shera Banbury commented that she is impressed with Patrick Martin’s background and thrilled that he wants to join our board. There were no comments in the Zoom Chat or on the HHSA@co.nevada.ca.us email address.
- 3. Announcements**
There were no announcements.
- 4. Mental Health and Substance Use Advisory Board (MHSUAB) Minutes August 7, 2020.**
Iden Rogers had several questions regarding items in the minutes. On page 4 the partnership with law enforcement to better de-escalate situations; how is it going and who is participating? On page 4, The LPS Act Audit; wants to know more about the other interesting findings. On page 5, discussion with the owners of Gates Place property; wants to know how it is going? Some of these questions will be covered in the Behavioral Health Directors Report and other items can be added to a future MHSUAB Agenda.

Shera Banbury mentioned Under the Tahoe Truckee Community Foundation to add the Mental Health Awareness Campaign occurring in the summer of 2020. Also, under Report on Behavioral Health Operations change the sentence on Page 3 to: There is on provider of a recovery residence for women in the area, but none for men.

A motion was made by Janice Deardorff to approve the August 7th minutes. The motion was seconded by Shera Banbury. All members present were in favor.

- 5. Granite Wellness Centers – Ariel King Lovett. PowerPoint.**
Granite Wellness Center’s mission is to promote wellness and quality of life. They were founded in 1974 as The Nevada County Council on Alcoholism. In 2001 they opened Hope House as their first residential program; currently it is a transitional home for women. Hope House has expanded into a twenty-bed facility at the Grass Valley campus. There has been tremendous growth in the last eight years. Two years ago, re-opening Lovett Recovery Center a 19- bed residential program in partnership with Nevada County Behavioral Health.

Granite Wellness Centers has 6 outpatient centers, 3 residential programs and 20 recovery residences. The outpatient centers are in Grass Valley, Truckee, Auburn, Lincoln, Roseville and Kings Beach. Granite Wellness is the only provider of DUI services in Nevada County.

Medication Assisted Treatment (MAT) has had tremendous growth in the last two years. Granite Wellness received a Youth Opiate Response California Grant. The grant's goal is to enhance the continuum of care for adolescents. Granite Wellness partnered with pediatricians at Sierra Care. There are now two x waived pediatric providers.

There are child development centers located at the Grass Valley, Auburn and Roseville campuses to provide childcare while mom or dad is accessing outpatient services.

Adolescent services include student assistance programs on 18 school campuses; Student intervention programs (4-week program) in partnership with criminal justice; outpatient and intensive outpatient for teens. There are also prevention programs. Mothers in Recovery is a gender specific program for mothers and pregnant women.

All facilities are included in all the contracts. A Nevada County participant will primarily receive treatment in Nevada County; if indicated the participant can be placed in a different County. The Auburn Campus has a 28-bed residential program, intensive outpatient for adults and adolescents, integrated mental health, mothers in recovery program and recovery residences. The Grass Valley campus is a 40-bed licensed facility. There is withdrawal management, adult outpatient treatment, mothers in recovery, DUI, MAT and drug testing. Granite Wellness has a total of 110-beds of recovery residences throughout their system of care. The smaller campuses are Kings Beach, Lincoln and Truckee. Adult outpatient and DUI program services are available. Truckee also provides teen services and transitional supportive housing.

Law enforcement can directly engage with someone on the street and bring them directly into treatment if there is an available bed. Granite Wellness has partnered with Hospitality House for individuals who are homeless and need a place to stay while waiting to get into treatment.

Granite Wellness typically has 200 individuals living in congregate care; though due to COVID this number has been reduced. Granite Wellness has partnered closely with Behavioral Health and Public Health to implement best practices to keep clients and staff safe.

Granite Wellness offers wellness and recovery series classes, now offered online due to COVID. Understanding Opiate Use Disorders, MAT and Naloxone on Thursday 29th from 12 noon to 1:00 pm via ZOOM. There is a family recovery education series on Mondays 5:00 to 7:00 pm via ZOOM. There is no cost to attend. More information about these classes is available on their website <https://www.granitewellness.org/services/life-skills-services/> and Facebook page. Annette LeFrancois will email this information to the group.

Phebe Bell mentioned that Granite Wellness is a critical partner that allows Nevada County to participate in Organized Delivery System (ODS). Nevada County is one of a few small counties participating in ODS. ODS vastly expands benefits for Medi-Cal recipients in Nevada County. The reason most small counties are not able to participate is that they do not have a partner like Granite Wellness who offers a wide array of substance use disorder services; a requirement of ODS.

6. The Brown Act and Ways to Conduct a Meeting – Kit Elliott, County Counsel.

Kit Elliot has been visiting County Boards and Commissions to introduce herself. The Welfare and Institutions (W&I) lists the mental health advisory board as a Brown Act body. In her career; Kit has seen Boards and Commissions sometimes become informal and slip into failing in Brown Act duties especially during public comment. Do not enter a discussion during public comment. A good response would be to schedule a special meeting or to put the topic on next month's agenda. The agenda should contain enough information for a member of the public to decide if they want to attend the meeting and participate.

Kit looked over the Mental Health and Substance Use Advisory Board's website and mentioned that the 2018 annual report link is broken and suggested to add a link to the updated 2020 annual report to the Board of Supervisors. Kit is available as a resource if there is a question or concern that comes up in running the meetings or on board obligations.

7. Review Year End and Budget from Prior Fiscal Year – Allison Dobbins and Phebe Bell. Handouts.

The handouts: FY 2019/20 Behavioral Health Summary and FY 2019/20 Behavioral Health Operating Funds were emailed to board members and screen shared via ZOOM during the meeting. This is a high-level budget summary from the past year, where we stand fiscally at the end of the year and what we see in the year ahead given the significant economic uncertainty.

Allison Dobbins reviewed the FY 2019/20 Behavioral Health Summary Revenue. Use of Money and Property is interest we earn. Federal/State Intergovernmental is Medi-Cal, MHSA, Realignment and most grant revenues. Due to COVID Behavioral Health came in ½ million under what we budgeted for. With COVID there was less Medi-Cal revenue as staff converted to telework. Behavioral Health received over 1 million in cost settlement funds; but these funds have not been audited yet. Typically, some of these funds will be given back to the State when audited. The State is about seven years behind in auditing. Charges for services is rent, reimbursements from other counties for services we have provided, private insurance and client payments. Refer to the handout for more information.

Allison Dobbins reviewed the FY 2019/20 Behavioral Health Operating Funds Expenses. Services and Supplies includes contracts for hospitals and treatment facilities. Overhead Cost Plan are set amounts by the county for essential service departments like, CEO, Auditor Controller, Human Resources and building rent. Other Financing is transfers out (for a vehicle that was purchased in 2019/20). Interfund Activity are reimbursements to our department from an inter budget unit or another county department.

At the Bottom of the Behavioral Health Summary we ended the year with approximately 18 million in fund balance; which represents about six months in expenditures. This is where we want to be and shows our budget is healthy. There are many counties who did not end the year with much of a buffer and are having to make budget cuts already. Behavioral Health is closely watching Medi-Cal revenue for Behavioral Health and contractor providers. The economic pain from COVID will most likely be felt 1-2 years from now. MHSA funds have an approximate 2-year lag. Realignment is not expected to grow, while our costs will be increasing.

8. Report on Behavioral Health Department Operations during the current crisis – Phebe Bell.

a) Strategies to maintain county operations

Phebe Bell mentioned the recent Jones Fire in Nevada County. While there was damage and homes/buildings destroyed; we are fortunate it was not significantly worse. There were staff and clients who had to evacuate. At one point there were 11,000 people under evacuation orders. There were also some facilities within the evacuation zones. Behavioral Health has been working closely with providers to understand their evacuation and transportation plans. Nevada County General Information Systems (GIS) has mapped all our facilities. In future if there is an evacuation order we can look at the map and determine if any of our facilities fall within the evacuation order and know who the provider is.

Behavioral Health is also planning for Public Safety Power Shutoffs (PSPS) that may be coming soon. This will be more difficult due to COVID. The Crown Point location has limited power (generator) and Brighton Greens has no power. With COVID we can't bring more staff to the Crown Point location and safely share the space. Determining critical functions and how to keep them going; and the number staff with generators at home that can continue working. How to support clients without power.

Behavioral Health continues to see elevated levels of demand for substance use disorder services. Many people are coming in for assessments for residential treatment. There is a growing concern in the community around overdoses and fentanyl showing up in meth and heroin. There are efforts to increase getting naloxone out into the community.

Crisis levels are about the same as pre-COVID; but we are seeing significant levels of severity in individuals in crisis. We are aware of the impact on children, adolescents and families. Typically, our caseload follows the school year with referrals from teachers and counselors. Behavioral Health is being more proactive with outreach to childcare and other youth providers to remind them that services are available.

b) Strategies for supporting critical contractors.

There have been some COVID positive clients in crisis, homeless services and residential facilities. We are getting more experienced in how to manage these situations. In terms of personal safety strategy, it comes down to who did you spend more than 10 minutes with closer than six feet distance. Behavioral Health continues to do video calls with contractors. Dr. Trochet also participates in the calls and provides much needed advice and support on steps to take and protocols to have in place. The fact that we have not had significant outbreaks is a testament to how hard everyone is working.

c) Best thinking on future impacts.

Behavioral Health did a client survey on how this experience is impacting them around receiving services virtually. We have received a lot of responses and overall people are feeling good about services they are getting. Nearly 50% feel less connected to their provider than they did prior to COVID.

Yvonne Foley-Trumbo, Quality Assurance Manager is retiring at the end of October. We will be recruiting for her position soon. Kathy Thompson, Health Tech Supervisor

retired this week. Health Techs run the Medi-Cal claiming process from start to finish, in addition to welcoming clients and supporting staff. Behavioral Health has been able to add a Clinical Supervisor position this year. We were able to make a strong case for the workload increase in the adult system particularly in the forensic area with mental health pre-trial diversion. Darryl Quinn, Adult Services Program Manager will also be retiring in a few months. Darryl's job duties have grown to more than a one person can fulfill and having a new Clinical Supervisor who can take on some of these duties will help.

Odyssey House is getting remodeled. The Board of Supervisors approved the contractor. Residents and staff are moving out this week. Construction is scheduled to begin in about one week. It is a huge construction project. Auburn Counseling worked hard to find a rental house for residents to move into during the nine-month construction period, but none were available. Residents will be moving to the old Silver Springs High School site and subletting from the Superintendent of Schools. It has a kitchen, shower room and classroom that will be converted to dorm rooms. It is not ideal, but staff are working to make it functional.

d) Strategies for people who are homeless.

There is a lot happening around housing. Much of it falls under Mike Dent and Brendan Phillips within the Housing and Community Services Department. Nevada County received a round two "No Place Like Home Award." Phebe is not aware of any other small counties that have been successful in getting round one and round two funding. Our round two funding will be used to remodel Willow House (3-bedroom house). The end project will have six individual units. Currently there is a lot of shared housing, but not everyone is a great candidate for roommates. It gives us a housing option for some of our harder to place clients. We received a CSIG Grant to buy a house that will be used for the Prop 47 program for individuals with behavioral health needs who are homeless and involved in the criminal justice system.

Housing choice vouchers are sometimes difficult to use and are often underutilized. Brendan Phillips came up with the idea to move stable individuals with permanent supportive housing vouchers to housing choice vouchers, thus freeing up more permanent supportive housing vouchers. Kudos to Brendan Phillips, Suzanne McMaster and the case management team for making this happen, it was not an easy task and involved a lot of coordination. Since we were able to use our allotment of housing choice vouchers, the Regional Housing Authority has given us additional vouchers.

Legislative updates – SB803 peer services bill made it through and is now on the Governor's desk. The AOT bill went forward as well.

9. Peer Support – Michelle Rose.

SPIRIT Peer Empowerment Center and Insight Respite are partnering with the California Association of Mental Health Peer Run Organizations (CAMHPRO) and the Behavioral Health Director's Association in the social media campaign throughout this month to advocate for the signing of SB803, a bill that will advance the field of Peer Support.

SPIRIT will be starting our new class series using the evidence-based Interactive Journaling Wellness & Recovery workbook on September 16th.

SPIRIT has been granted \$5,000 from the second round of COVID relief funds and has applied for the third round. We are doing everything we can to bring in extra funds during this financially uncertain time.

Toby Guevin from Suicide Prevention gave a "Know the Signs" training to the SPIRIT staff as part of our efforts for Suicide Prevention Month. We will be also be posting Suicide Prevention content on social media.

Insight Respite is seeing an increase in homelessness, and most of their beds these days are being filled by Odyssey House folks.

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

Amanda Wilcox mentioned it was a small group participating in the meeting. COVID impacts have been significant in the criminal justice system. In Probation the juvenile numbers are low. Law enforcement agencies now have a wellness app to assess physical and mental health.

Shera Banbury mentioned there are three bills coming up one is an emergency appropriation of 38.5 billion for mental health and addiction treatment, SB3312 crisis stabilization and community re-entry act, and HR4194 national suicide hotline designation.

11. Continuum of Care – Shera Banbury.

There is not much happening in the Continuum of Care due to COVID. There are a lot of things online related to housing. There are also a lot of webinars on cultural competence and racial bias. Email Shera Banbury if you want links to this information.

12. Suicide Prevention Task Force – Amanda Wilcox.

There was no August meeting. Law enforcement has not able to transport individuals on a 5150 due to COVID. This changed in June with a new ruling. Calls to the national suicide hotline from Nevada County have increased.

13. Approval of the Mental Health and Substance Use Advisory Board (MHSUAB) Calendar. Amanda Wilcox and Phebe Bell. Handout.

The handout was emailed. The calendar has been updated and suggestions of potential speakers have been added that would align with the subject that staff are presenting on. Suggestion to add planning for next month's meeting to the agenda. Ann Kelley made a motion to approve the advisory board calendar. The motion was seconded by Janice Deardorff. All members present were in favor.

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

Shera Banbury mentioned a report she wanted board members to approve. This will be added to next month's agenda. Shera mentioned anyone can attend the MHSOAC Meetings. Shera recommends joining the California Association of Local Behavioral Health Boards and Commission (CALBHB&C) email list there is a lot of information and resources. Shera mentioned a California Institute for Behavioral Health Solutions (CIBHS) webinar on Effective Telehealth with people of color. CIBHS Website: <https://www.cibhs.org/>.

- a) **Data Notebook – Use of Telehealth during the 2020 Public Health Emergency.**
Annette LeFrancois received an email on August 20th from the Planning Council stating that the 2020 Data Notebook would be sent to us in a few weeks with a quick turnaround time and they would like our input. Annette has not received the Data Notebook yet; but will email it out as soon as she receives it. Until then, think about who wants to volunteer to be on the subcommittee.

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

September is Suicide Prevention Month. Behavioral Health has been working with Toby Guevin on this topic. There will be some publicity of the Let's Talk Nevada County website and other resources. There was an article in the Union yesterday and some radio interviews. On September 10th Toby Guevin will be hosting two virtual Know the Signs Trainings. Attendees will learn about the warning signs of suicide, how to offer help and connect individuals to resources. For more information and to register visit: <https://www.mynevadacounty.com/2965/Lets-Talk-Nevada-County> . In Eastern Nevada County there are a few events: Mental Health in the Mountains speaker series, Surviving and Thriving Through Crisis, Community Resilience Training and Live Through This. There is a Know the Signs Training on September 23rd, Mental Health First Aid and Youth Mental Health First Aid.

Toby Guevin is also offering Know the Signs training to community groups. To request a training, visit the Let's Talk Nevada County website in the link above. Organizations can sign up to be partners with Let's Talk Nevada County to help get the word out about the initiative.

The next Stepping Up Community Meeting is on September 11th from 1:00 to 2:00 pm. The agenda will cover a year in review on data results and progress made to date.

At the October Mental Health and Substance Use Advisory Board Meeting we will have a Public Hearing on our MHSA Plan Amendment. Main changes to the MHSA Plan:

- Expanded description of approved MHSA Innovation Projects per DHCS Program Review Finding.
- Amendment to Homeless Outreach and Medical Engagement (HOME) Innovation Project to incorporate HOME Team supervisor role due to savings from master-leased housing (previously funded with Prevention and Early Intervention).
- Adjusted Workforce, Education, and Training (WET) budget for OSHPD WET Regional Partnership, which includes programs like loan repayment, education stipends, scholarships, and workforce retention activities.
- Adjusted Prevention and Early Intervention Assigned Funds to CalMHSA, which funds statewide mental health stigma reduction programming like Each Mind Matters and Know the Signs, as well as the Yolo Regional Suicide Prevention Hotline Call Center.

There will be an MHSA Community Meeting on September 22nd 2:00 – 3:00 pm. MHSA Plan changes will be reviewed, and we will be hearing from some community providers on how they are adapting their services during COVID-19.

There is a delay in when we receive MHPA revenue. Throughout the year our revenue is based on everyone's income tax (1.76% of statewide income taxes comes to us monthly). Annually in July there is a true-up that we receive in August (what millionaires paid in taxes) typically it is a two-year delay. The COVID-19 impacts to our MHPA budget will likely be felt in Fiscal Year 2022/23. At this time, we are not making changes to the budget, but are keeping a close eye on revenue and expenditures each month.

16. 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 Preston, Shera Banbury, Ann Kelley, Supervisor Anderson.

Excused Absent: Lori Malone, Anne Rarick, Supervisor Hall.

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

Visitors: Gayatri Havighurst, Patrick Martin, Kit Elliott, Ariel Lovett.

Minutes by Annette LeFrancois