



SONOMA COUNTY MENTAL HEALTH BOARD Minutes of

April 18, 2023

This Meeting:

Cloverdale Senior Center Multipurpose Room



Minutes are posted in draft form and after approval at www.sonoma-county.org/mhboard

Email: dhs-mhb@sonoma-county.org

Please Note: A list of commonly used abbreviations and acronyms is attached

This meeting's Zoom webinar audio recording will also be posted on the Mental Health Board web page as an attachment to these minutes.

CALL TO ORDER

Meeting called to order at 5:05 p.m. by Peterson Pierre

ROLL CALL

Present:

Michael Reynolds, District 2

Michelle "Missy" Jackson, District 1 (5:30 p.m.)

Bob Cobb, District 4

Betzy Chavez, District 1 (5:30 p.m.)

Nicole LeStrange, District 5

Michael Johnson, District 3 (via Zoom)

Mary Ann Swanson, District 2 (via Zoom)

Connie Petereit, District 4

Peterson Pierre, District 1

Peter McAweeney, District 4

Anabel Nygaard, District 3 (via Zoom)

Excused: None

Absent: Sarah Reidenbach - District 4;
Vanessa Nava, District 5

SRJC PEERS Coalition Representative: No representative

Sonoma County Board of Supervisor: James Gore

County of Sonoma DHS, Behavioral Health Division: Jan Cobaleda-Kegler

Community Members: Kenia Leon, Nicole Nativida, Suzi Croft, Charlotte Hajer, Elizabeth Vermilyea, Mary Frances Walsh, Deborah Howell, Sandra Hoevertsz, Steven Boyd, Janet Seaforth, Kathy Smith, Melanie Hall, Elizabeth Storm, Kirsten Tellez, Al Myers, Jade Weymouth, Becky Ennis

ANNOUNCEMENTS /PUBLIC INTRODUCTIONS & COMMENTS

- 1) You may submit agenda items for consideration prior to the Executive Committee meeting, normally held on the first Wednesday of each month, 10:30 AM to Noon. Email or call MHB clerk (707) 565-3476, DHS-MHB@sonoma-county.org to verify the next meeting date.
- 2) At this time, there are two (2) vacancies in District 2 (Rabbitt). If you are interested in serving on the Board, please contact MHB Clerk (707) 565-4850, DHS-MHB@sonoma-county.org.
- 3) Please direct all your questions to the Chair.

APPROVAL OF MINUTES

Board approved February 2023 and March 2023 minutes

CONSUMER AFFAIRS

May is Mental Health Awareness month. Michael Reynolds reminded all of the kickoff event on May 4th at the Glacier Center downtown Santa Rosa. Approx. 15 organizations tabling with information. There will be a showing of “The Wisdom of Trama” movie, followed by panel discussion. Today there was a Crisis Intervention Training happened with law enforcement agents. They came and toured the interlinked self help center in Santa Rosa.

PUBLIC COMMENTS:

Nicole Nativida with Buckalew provided a speech of their services, and also discussed impact of SB 43. The MHB Executive Committee will be diving into this bill further at their May 3, 2023 meeting.

MHB CHAIR’S REPORT:

There are two vacancies in District 2. All others are full at this time. Welcomed Nicole LeStrange as our newest board member, representing District 5.

MENTAL HEALTH BOARD APPRECIATION: Sonoma County Adult & Aging Management Team has been awarded this month’s certificate. Elizabeth Storm accepted the award.

BEHAVIORAL HEALTH DIRECTOR’S REPORT/BH FISCAL UPDATE/MENTAL HEALTH SYSTEM: *Dr. Jan Cobaleda-Kegler or Designee Sonoma County’s Mental Health Services Act [MHSA]* newsletter is available at the link <http://www.sonoma-county.org/health/about/pdf/mhsa/>.

Jan shared good news – she met with the BOS earlier today, presented plan for Measure O as well as our Drug Medi-Cal Organized Delivery System. A lot of time has been spent working on these presentations and both were passed.

The Measure O funding for school based mental health services across the county. Plan will get rolled out in phases. We will start with one team (and eventually 3 more teams). The first team will provide a therapist, and AOD Counselor, and a peer provider (someone who has lived experienced), a Health Program Manager and Administrative Support. We will eventually tackle north, south, east and west counties. Details will be provided by either the next board meeting, or the meeting after.

By obtaining the approval from the board of The Drug Medi-Cal Organized delivery System, we can now submit this plan to the State, and start developing implementation. Recovery and many more services that will provide a whole continuum of care.

The State has been initiative happy – they keep pumping out grants and initiatives. One of the grants that has been awarded is Bridge Housing. Bridge Housing funds are being released to the county to develop interim housing, which is between interim and transitional housing. It will provide one to two years support, getting people off the streets, providing them with skills and medication and such so they can then work towards permanent housing. The deadline to submit this plan is the end of this month. We will be partnering with contractors by putting groups out to bid. An example of the divisions would be recovery beds, assisting our older adult clients, jail releasees reentering the county.

Jan closed by saying we will be first talking about SB 43 at the Executive Board meeting first, but it's looming and people need to understand the implications it will have.

SPECIAL PRESENTATION – Joint Presentation

Becky Ennis, Executive Director - SOS Community Counseling

Kirsten Tellez; Director of Development – Alexander Valley Healthcare Foundation

Jade Weymouth, Executive Director - La Familia Sana

Suzi Croft – stepping in for Sandra Hoevertsz, Executive Director of Development, on behalf of the Cloverdale Senior Center

Please refer to the end of these minutes for the collaborative “No Wrong Doors” Power Point presentation.

SPECIAL PRESENTATION – Supervisor James Gore; District 4

Provided updates about permanent space for his office – they do not want to go to downtown Santa Rosa's administrative office buildings as they feel the need to develop a County Service Center in or very near Cloverdale. There will be a follow up conversation with Tina Rivera.

Also discussed the passing of Measure O. They received approval that puts four full time employees between the two different buckets – funded with 1 ¼ sales tax; likely 7 million dollars over 3 to 4 years going back into the program – the Sonoma County Office of Education has worked with him to say “this is what we really need” to redeploy in the schools. A variety of things will come out the passing of this measure. One very important thing to him personally is a series of efforts - redeploying – instead of a BH unit and the county jail (the Sheriff states it could be a revolving door), to do a program like they've seen in Orange County. They put 12 million into the development of their efforts into direct intervention in the jails. One organization that may be put into this is the early intervention program Elizabeth Morgan Brown Foundation with One Mind.

Supervisor Gore opened up to all attendees the opportunity to ask him any questions they may have or things that have been on their mind.

Supervisor Gore announced the Mental Health Board Summit that is happening on May 2nd. He stated that he had discussed this with Tina Rivera and asked her to be sure the board was invited and she believed we were, however, no one knew about it and expressed great frustration. Jan let everyone know that Tina sent it out a lot of people, and somehow we fell through the cracks. She forwarded the flyer to the Board Clerk, who sent it on via bcc to the board. The Summit will be held at the Finley Center, focused on four different panels (Adult Aging, Mental Health Programs, Family Youth Children's Services and one other). If he can do anything to help partner with us to come up with a full presentation of Measure O between now and then and discuss what we want to accomplish there is still time. Betzy Chavez asked what his specific goal, the expectation of the MHB to bring to him and perhaps Tina, to start “acting” and “doing” v.s. Just discussing but not taking action. He stated to give ourselves three to four months to come up with specific recommendations, then he can put us on the schedule to present these recommendations. He recommended we all write notes to our supervisors – put it back onto them. Betzy asked that we put this discussion on the agenda for our next board meeting – Peterson agreed.

SPECIAL PRESENTATION – Kimberly Bender; Executive Director Healthcare Foundation Northern Sonoma County

Kimberly provided a brief update on what the Healthcare Foundation is doing for mental health. The foundation started in 2018 to provide scholarships to bilingual bicultural students pursuing degrees in Clinical Psychology if they agree to practice in Northern Sonoma County once they graduate. In 2020, Kimberly arrived, and a few changes were made to provide three full scholarships per year. Currently 18 are enrolled in the program. Nine have graduated and practicing in Northern County. They just signed a new contract with the University of San Francisco, who offers a very friendly program for non-traditional students enrolled in Santa Rosa Junior College. They will provide full tuition for those enrolled in the Marriage and Family Therapy

degree program. The university will provide full tuition to (3) new students per year for the next (3) years. Another exciting thing the foundation is doing is offering paid internships to those students who are currently providing their 3,000 hours. Previously, many had to take positions in central county to receive pay during their internship. They've done this for two years in a row, and are now working with Kaiser to provide two new grants in Cloverdale. Lastly, one need that was identified for training was to develop an online program that is accessible to people throughout the county, not just recent graduates and trainees. The curriculum will be designed for bilingual Spanish speaking therapists (and trainees and associates) on subject issues around domestic violence, immigration trauma for example, to be taught in Spanish so the students and licensed clinicians can talk amongst themselves and learn from the subject matter experts once each month for a 90 minute session in a webinar format. The second portion provides the opportunity for 20-40 students to have an interactive session. The expert can be from the county, or from anywhere in the country. This is the first of it's kind in the nation. And again, Kaiser is very interested in helping to support the program launch this July.

SPECIAL PRESENTATION – Elizabeth Storm, Program Manager for the Community Mental Health Centers They have a small office in Cloverdale next to Wellness Clients. These clients are moderate to severe in their mental health state. She has a licenses marriage and family therapist who works there almost full time. A psychiatrist is available approx. 16 hours per week. Elizabeth has been working with the mayor, trying to work on collaboration. Also working with those in the jail getting close to release but not yet released with the goal of capturing them to hook them up with available services. Met with the manager of the Mobile Support Team who is expanding in North County without law enforcement (currently works with law enforcement).

BOARD AND PUBLIC COMMENTS/CONCERNS/ACCOMPLISHMENTS:

Peterson asked Jan if we know anything about the Treasurer situation. Jan admitted we've been working on it but not yet. She's been working with Kelly Ritter, our CFO. Members stated we used to receive an allotment each year, and it was tracked "somehow". Jan reiterated she'd keep trying. Michael Reynolds turned to Supervisor Gore to ask if he would have any idea what channel it might come from. He stated he is good at determining where funds come from and could help. Peterson also asked if he had any ideas on how to get the other District Supervisors to attend our Board Meetings - he has extended invitations many times and this is the first time anyone showed up. Supervisor Gore said he'd bring it up at their next meeting, and he is willing to set up a follow up call.

Peter McAweeney asked what the status is on funding Mobile Crisis Units in North County. Jan stated this is a very active issue, the State has mandated the development of this unit by the end of this year. It needs to be operational 24/7 in every county. We do have some funding from Measure O. Jan also said on May 9th, we will be making a presentation to the BOS about the mobile crisis response. Currently putting together data from the various cities. The requirements are extremely strict – for example you must have two people, one must have a special type of license, must be able to make referrals to the correct service, etc. Of course, just like with everything else, the work force issue, lack of staffing plays a large part.

Other Agenda Items:

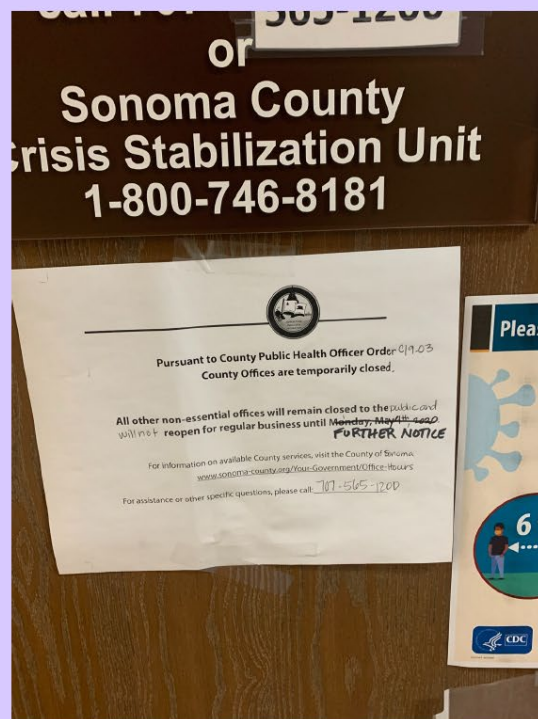
- Next Site Visit: May 16th at the Wellness Center; just prior to our Board Meeting. There is adequate time to do both. You can just show up! They'll start at 3:30 p.m.

**Slide Presentation by: Becky Ennis, Executive Director - SOS Community Counseling
Kirsten Tellez; Director of Development – Alexander Valley Healthcare Foundation
Jade Weymouth, Executive Director - La Familia Sana**

continued...

NO WRONG DOORS

The collaborative of No Wrong Doors was created out of necessity because the doors of County services have been shut since May of 2020



WHO WE ARE

CLOVERDALE SENIOR MULTIPURPOSE CENTER

The mission of CSMC is to provide Cloverdale residents with activities, support, resources, and services that encourage participation in community life, promote well-being and independence, and enhance dignity. As the lead agency in this collaborative, CSMC provides backbone administrative support in addition to direct service.

LA FAMILIA SANA

La Familia Sana is a nimble bottom-up grassroots organization that assists underserved people.

We partner to co-create equitable and culturally cognizant solutions with community members to address long-term needs for healthcare, jobs, food, and education in our community. With partners, On the Margins, we provide FREE bilingual/bicultural mental health services to un and/or underinsured community members.

SOS COMMUNITY COUNSELING

SOS is a collective of mental health therapists, associates, trainees and supervisors who share the goal of helping young people, adult individuals, couples, and families develop tools and perspectives to facilitate greater self awareness and esteem, healthier relationships, and ultimately a greater opportunity to live healthy, happy, and fulfilled lives.

ALEXANDER VALLEY HEALTHCARE

We provide high-quality comprehensive primary medical, dental and behavioral health care to our community regardless of their ability to pay. For almost 30 years, AVH has served the growing healthcare needs of our rural community. The new Alexander Valley Health & Wellness Center will allow us to increase our services and attract more medical providers. We will partner and collaborate with other locally-based organizations to supply the best service possible to our whole community as it evolves.

THE COLLECTIVE & THE GAPS WE'RE FILLING

1 La Familia Sana partners with On the Margins to provide free Bilingual and Bicultural mental health care. Because LFS helps our community navigate resources & advocates equitable access to healthcare, provides emergency financial support to our most vulnerable community members; it is the trusted agency to help bridge our language divide.

2 SOS has been trusted with mental health services to northern County students since it was partnered with the County in Project Success and after the County cut Project Success.

3 Alexander Valley Healthcare has added a Psychiatric FNP and BH Case Manager for its patients in the past year.

4 CSMC provides activities, services, and resources to the senior community of Cloverdale. It encourages participation in community life, promote well-being and independence, and enhance dignity of the residents of Cloverdale.



CLOVERDALE

1/1/2022 -
12/31/2022

CPD responded to thirty eight mental health crisis calls

CPD responded to 207 homeless related incidents. A large percentage related to mental health.



2022 AVH COMMUNITY HEALTH NEEDS ASSESSMENT

31.9 percent of patients (1,822) had one or more chronic mental or behavioral health conditions,

18.2 percent of all patients (1,040) had BOTH one or more chronic medical AND one or more mental health conditions.

14% MediCal
17% Uninsured
89% Below 200% of FPL

21-22 SOS SCHOOLS COMMUNITY BASED PROGRAMS

Therapy provided to 73 secondary level students, 20 students with IEPs,

Since opening an office at CSMC, we have provided therapy to 10 seniors and over a dozen residents.

Going forward, Summer 2023 piloting in conjunction with Cloverdale Police Department, citation based juvenile diversion program.

CONTACT US



THE COUNTY NEEDS TO ACKNOWLEDGE THE LACK OF ABILITY TO SERVE CLOVERDALE & GEYSERVILLE COMMUNITIES AND JOIN US TO FINANCIALLY SUPPORT THE EFFORTS TO SUPPORT OUR WORK UNTIL THE COUNTY OFFICE IS STAFFED.



PLEASE BRING MENTAL HEALTH SERVICES TO CLOVERDALE FASTER THAN THE SMART TRAIN!

Meeting adjourned 6:55 p.m

Respectfully submitted by:

Susan Sarfaty
Mental Health Board Secretary

ABBREVIATIONS & ACRONYMS

5150	Declared to be a danger to self and/or others
AB3632	Assembly Bill - State-mandated MH services for seriously emotionally disturbed youth - discontinued by State
ACA	Affordable Care Act
ACL	All County Letter
ACT	Assertive Community Treatment (program run by Telecare)
ANSA	Adult Needs and Strengths Assessment – a “tool” for determining which services are needed by each particular adult client
AODS	Alcohol and Other Drugs Services – now a part of the Mental Health Division and called SUDS
ART	Aggression Replacement Therapy
BHD	Behavioral Health Division (Sonoma County)
CADPAAC	County Alcohol and Drug Program Administrators’ Association of California
CAHPS	Consumer Assessment of Healthcare Providers and Systems
CalEQRO	California External Quality Review Organization
CALMHB/C	California Association of Local Mental Health Boards & Commissions - comprised of representatives from many MHBs in the State
CANS	Child, Adolescent Needs and Strengths (Assessment) – helps determine which services are needed by each child client

CAPE	Crisis Assessment, Prevention, and Education Team; goes into the schools when called to intervene in student mental health matters
CAPSC	Community Action Partnership-Sonoma County
CARE	California Access to Recovery Effort
CBT	Cognitive Behavioral Therapy
CCAN	Corinne Camp Advocacy Network - Peers involved in mental health advocacy
CDC	Sonoma County Community Development Commission
CDSS	California Department of Social Services
CFM	Consumer and Family Member
CFR	Code of Federal Regulations
CFT	Child Family Team
CHD	California Human Development
CHFFA	California Health Facilities Financing Authority
CIP	Community Intervention Program
CIT	Crisis Intervention Training (4-day training for law enforcement, to help them identify and respond to mental health crisis situations)
CMHC	Community Mental Health Centers, Located in Petaluma, Guerneville, Sonoma, and Cloverdale (part of SCBH))
CMHDA	California Mental Health Directors Association
CMHL	SCBH's Community Mental Health Lecture series - open to the public - usually takes place monthly
CMS	Centers for Medicare and Medicaid Services
CMSP	County Medical Services Program - for uninsured, low-income residents of the 35 counties participating in the State program
CONREP	Conditional Release Program (State-funded, SCBH-run, but will be turned over to the State 6/30/14)
CPS	Child Protective Service
CPS (alt)	Consumer Perception Survey (alt)
CRU	Crisis Residential Unit (aka Progress Sonoma-temporary home for clients in crisis, run by Progress Foundation)
CSU	Crisis Stabilization Unit (Sonoma County Behavioral Health's psychiatric emergency services at 2225 Challenge Way, Santa Rosa, CA 95407)
CSAC	California State Association of Counties
CSN	Community Support Network (contract Provider)
CSS	Community Services and Support (part of Mental Health Services Act-MHSA)
CWS	Child Welfare Services
CY	Calendar Year
DAAC	Drug Abuse Alternatives Center
DBT	Dialectical Behavioral Therapy
DHCS	(State) Department of Health Care Services (replaced DMH July 1, 2011)
DHS	Department of Health Services (Sonoma County)
DPI	Department of Program Integrity
DSRIP	Delivery System Reform Incentive Payment
EBP	Evidence-basis Program or Practice
EHR	Electronic Health Record

EMR	Electronic Medical Record
EPSDT	Early and Periodic Screening, Diagnosis and Treatment (Children’s Full Scope Medi-Cal to age 21)
EQRO	External Quality Review Organization (annual review of our programs by the State)
FACT	Forensic Assertive Community Treatment
FASST	Family Advocacy Stabilization, Support, and Treatment (kids 8-12)
FQHC	Federally Qualified Health Center
FY	Fiscal Year
HCB	High-Cost Beneficiary
HIE	Health Information Exchange
HIPPA	Health Insurance Portability and Accountability Act
HIS	Health Information System
HITECH	Health Information Technology for Economic and Clinical Health Act
HSD	Human Services Department
HPSA	Health Professional Shortage Area
HRSA	Health Resources and Services Administration
IHT	Integrated Health Team (medical and MH services for adults)
IPU	Inpatient Psychiatric Unit
IRT	Integrated Recovery Team (for those with mental illness + substance use issues)
IMDs	Institutes for Mental Disease (residential facilities for those unable to live on their own)
INN	Innovation (part of MHSA)
IT	Information Techonology
JCAHO	Joint Commission on Accreditation of Healthcare Organizations - accredits hospitals & other organizations
LEA	Local Education Agency
LG	Los Guilicos-Juvenile Hall
LGBQQT	Lesbian/Gay/Bisexual/Queer/Questioning/Transgender/Intersexed (also LGBTQ)
LOS	Length of Stay
LSU	Litigation Support Unit
M2M	Mild-to-Moderate
MADF	Main Adult Detention Facility (Jail)
MDT	Multi-Disciplinary Team
MHB	Mental Health Board
MHBG	Mental Health Block Grant
MHFA	Mental Health First Aid
MHP	Mental Health Plan
MHSA	Mental Health Services Act
MHSD	Mental Health Services Division (of DHCS)
MHSIP	Mental Health Statistics Improvement Project
MHST	Mental Health Screening Tool
MHWA	Mental Health Wellness Act (SB 82)
MOU	Memorandum of Understanding
MRT	Moral Reconation Therapy
MST	Mobile Support Team - gets called by law enforcement to scenes of mental health crises
NAMI	National Alliance on Mental Illness

NBSPP	North Bay Suicide Prevention Project
NOA	Notice of Action
NP	Nurse Practitioner
OSHPD	Office of Statewide Health Planning and Development - the building department for hospitals and skilled nursing facilities in state
PA	Physician Assistant
PAM	Program Assessment Matrix Work Group
PATH	Projects for Assistance in Transition from Homelessness
PC 1370	Penal Code 1370 (Incompetent to Stand Trial, by virtue of mental illness)
PCP	Primary Care Provider (medical doctor)
PES	Psychiatric Emergency Services – (open 24/7 for psychiatric crises – 2225 Challenger Way, Santa Rosa, CA 95407)
PEI	Prevention and Early Intervention (part of Mental Health Services Act-MHSA)
PHF	Psychiatric Health Facility
PHI	Protected Health Information
PHP	Parker Hill Place - Telecare’s transitional residential program in Santa Rosa
PHP	Partnership Health Plan
PIHP	Prepaid Inpatient Health Plan
PIP	Performance Improvement Project
PM	Performance Measure
PPP	Triple P - Positive Parenting Program
PPSC	Petaluma People Services Center
QA	Quality Assurance
QI	Quality Improvement
QIC	Quality Improvement Committee
QIP	Quality Improvement Policy (meeting)
QIS	Quality Improvement Steering (meeting)
RCC	Redwood Children’s Center
RFP	Request for Proposals (released when new programs are planned and contractors are solicited)
RN	Registered Nurse
RRC	Russian River Counselors
ROI	Release of Information
SAR	Service Authorization Request
SB	Senate Bill
SBIRT	Screening, Brief Intervention, and Referral to Treatment
SCBH	Sonoma County Behavioral Health
SCOE	Sonoma County Office of Education
SDMC	Short-Doyle Medi-Cal
SED	Seriously Emotionally Disturbed
SELPA	Special Education Local Planning Area
SMHS	Specialty Mental Health Services
SMI	Seriously Mentally Ill
SNF (Sniff)	Skilled Nursing Facility
SOP	Safety Organized Practice
SPMI	Serious Persistent Mental Illness (or Seriously Persistently Mentally Ill)

SUDs	Substance Use Disorders Services (formerly AODS)
SWITS	Sonoma Web Infrastructure for Treatment Services
TAY	Transition Age Youth (18-25)
TBS	Therapeutic Behavioral Services
TFC	Therapeutic Foster Care
TSA	Timeliness Self-Assessment
VOMCH	Valley of the Moon Children’s Home
WET	Workforce Education and Training (part of MHSA)
WCCS	West County Community Services
WCHC	West County Health Centers
WPC	Whole Person Care
WRAP	Wellness Recovery Action Plan
WRAP (alt)	Working to Recognize Alternative Possibilities (alt)
Wraparound	Community-based intervention services that emphasize the strengths of the child and family
YS/Y&F	Youth Services/Youth & Family (Sonoma County Behavioral Health)
YSS	Youth Satisfaction Survey
YSS-F	Youth Satisfaction Survey-Family Version