

Approved Minutes  
12/15/16

Mental Health Advisory Board  
October 20, 2016  
3:00 – 5:00 p.m.

1400 Emeline Ave., Bldg. K, Room 206, Santa Cruz, CA 95060

**Present:** Kathleen Aver Avraham, Charlotte Reyes, John Laue, Jodie Wells, Greg Caput

**Excused Absence:** Richard Martinez, Maria Correia

**Unexcused Absence:** Hugh McCormick, Jenny Kaupp

Approved: September 15, 2016 Meeting Minutes

Ayes: Kathleen Aver Avraham, John Laue, Jodie Wells, Greg Caput

Abstain: Jenny Kaupp

Absent: Richard Martinez, Maria Correia, Hugh McCormick, Charlotte Reyes

1. Public Comment:

- Fox Sloane: Concerned about systematic abuse in the county. Feels that families need an appeals board.
- Ludmila Boiko: Concerned about the care her dependent daughter has received in the county.
- Sylvia Caras: Would like the board to give a presentation about what it can do/offer to meet the needs mental health clients and their families. Distributed the “Bill of Rights for Persons with Mental Illness.”
- George Carvalho: Questioned the “feedback loop” regarding complaints brought to the board. Erik Riera: Advisory Board hears both side of the complaints.
- Sarah Leonard: Funding to MHCAN has been cut by \$13,000. If MHCAN’s major funder does not donate, there will be issues paying the mortgage. Strain on the 50 client base limit. Feels there is a disrespect towards the staff and clients of MHCAN for the past year.
- Rebekah Mills: Attended the 30<sup>th</sup> Nationwide Conference for peers in San Diego. Topics included peer involvement in mobile crisis; in home crisis detox; jail and behavioral health services. Hoping to see more peer support at point of service in Santa Cruz County as this program is working in other parts of the county. Peer involvement may help with staffing problems, where peers would be able to fill in with peer services could improve healing recovery; people with direct life experience can promote safety and empowerment in the community.  
Erik Riera: very interested in peer model, requested Rebekah send information from the conference to his attention.

2. Alicia Najera, Mental Health Services Act Update, Sr. Behavioral Health Manager from Watsonville:

- There were changes to regulations starting July 01, 2016. Programs had to be categorized. New set of programs from July 01. The Avenues program, people with co-occurring disorders, did end.
- Client surveys found a large percentage of consumers were not interested in work and/or school. It was determined that many clients are afraid of losing their benefits.
- ¡Juntos Podemos! (Together we Can!): Program has been approved, but Behavioral Health has gone back to the drawing board to reconstruct the program so it includes permanent supportive housing for clients with co/supportive disorders (mental and physical). The program will also include peer support positions. It will focus on working to help not only the mentally, but also the physically disabled. The program will leverage technology to help people in their homes. There will be a posted draft plan by mid-November, which will be available 30 days for review, visit the website at: <http://www.santacruzhealth.org/Portals/7/Pdfs/201504%20innovative%20project.pdf> Behavioral Health will wait until the innovative plan is finished before they go to the Board of Supervisors, ensuring they only go before the board once.
- Health Buddies: Technology placed in the home to help clients remember to take help readings, medication, etc. Studies found that 63% of clients with diabetes saw improvement using health buddies. Clients had fewer trips to the ER, and fewer hospitalizations. The county is looking to channel funds into these devices. There is a desire to target manageable health conditions such as diabetes and hypertension. This will, most likely, be a pilot program with 15 to 20 clients, with a possible concurrent piloting in the County Clinics.
- Sylvia Caras suggests that the county change their terminology, so instead of using the term “physical and mental health,” they take an approach of saying “Health Is Seamless.”
- There is a monthly one-page newsletter that tries to highlight funded programs and staff achievements.
- NAMI recently compiled a book that lists every MHSa program by county.

3. Standing Reports

- BOS Supervisors Report – Greg Caput: Through the Volunteer Center, Supervisor Caput was able to visit a live-in-home program. He was impressed with the way it was run.
- Supervisor Caput commends Kate and Erik and the rest of the board for the way they have worked with at addressing the grand Grand Jury Report. All of the recommendations have been addressed.
- Supervisor Caput asked people who have spoken during the public comments to leave their contact information and a short statement.
- Supervisor Caput clarified that all correspondence to Board of Supervisors is copied and given to each supervisor. They are read and not taken lightly.
- Mental Health Director’s Report – Erik Riera

- Prop 47 changed some felonies to misdemeanors. As part of the legislation, money saved was put into a fund. Draft Requests for Proposal (RFP) documents are available, and the county is applying for funds. The county is looking to fund a diversion program, so people who have mental illness and/or drug addictions, who have committed misdemeanors will be sent to treatment programs, rather than jail. The county will be working with the multiple aspects of law enforcement (including the Probation Department, Sheriff's Department and County Jail) to work on developing the program. This gives a mechanism to support, instead of sending people to jail. The application due this winter.
  - The jail has a Crisis Intervention Team (CIT) program in place. The jail has a separate unit, called the O unit, which offers support to people with mental health issues. Staff does screening when people go into jail, and offers referrals to Behavioral Health. Staff is funded by Behavioral Health.
  - Decisions around transport and moving individuals at the jail are made by courts and the jail; mental health staff cannot make determinations to move or release inmates.
4. Sub-committee and Board Member Reports
- Kathleen Aver Avraham: Meet and Greet with Jimmy Panetta on mental health issues. Monday, October 24<sup>th</sup> from 5:30 to 7:00 PM at Simpkins Swim Center.
  - Kate met with Erik Riera about the retreat. Kate will write a brief proposal that will include suggested retreat dates in January 27<sup>th</sup> or February 3<sup>rd</sup> 2017.
  - The board member committee business cards were distributed.
5. Old Business
- The Consumer Complaint Protocol report by Richard Martinez and John Laue was tabled until the December 15, 2016 meeting, as Richard Martinez was not at the October meeting.
6. New Business
- MHAB Member Interest Survey: Survey was distributed. Questionnaire on interests. Kate will submit the responses online.
  - There are two vacancies on the board. First and Fourth Districts.
  - The December meeting will be a "Bring A Guest" meeting, to introduce interested public members to the Mental Health Advisory board. Kate handed out an invitation.
7. Adjourn
- Adjourn at 4:55: John Laue motion to approve. Jodie Wells, seconded.