

Approved: **AUGUST 20, 2009**

Santa Cruz County
Mental Health Board Meeting Minutes

July 16, 2009

Facilitator: Barbara Bentley
Recorder: Lorna Fox
Staff Ex-Officio: Leslie Tremaine, Director MH&SA
Meeting Location: 1400 Emeline Ave. Santa Cruz, CA

I. Regular Business:

Meeting Commenced: Barbara Bentley called the meeting to order at 3:08

Members Present: Ann Andrews, Nikki Howe, Linda Wilshusen, Guy Grant, John Laue, Barbara Bentley, Ginny Gomez, Supv. Neal Coonerty, Robert Ackerly

Members Absent

Excused: Joan McVay

Members Absent

Unexcused: Denise Ostlund

Minute Review:

- Date 07-20-09: Motion 01 - A motion was made by Linda Wilshusen and seconded by Nikki How to approve the June minutes. The motion passed.

Guest Introduction/Announcements:

- Sylvia Caras
- Davi Schill, Patient Rights Advocate
- John Laue spoke about the MHCAN fundraiser, and that it is being presented on Community TV. He will email the dates and times to members.
- Leslie Tremaine wanted to publicly acknowledge and thank Mr. Rick Haran of Dominican Hospital for his substantial donation to County Mental Health which will be used for emergency financial aid.

Presentation:

- Primary Care Collaboration: Dr. Charles Johnson, Chief of Psychiatry.

Introduction by Leslie Tremaine – Priority is to deal with service needs of the individuals we work with within the current budget climate. Reworking our partnership with primary care will be one of 3 or 4 major initiatives working in a broader context of people's health. This is part of a larger movement nationally, the "Whole Health" initiative.

Dr. Johnson: Psychiatry has become a fragmented, specialized care. The goal is to have integrated models of care for people. Persons with serious and chronic mental illness have a life expectancy 25% less than the general population. Reasons are multi-factorial: poor health care (fragmented), medicines taken, diet & lack of exercise, poor health habits, co-occurring drug & health issues. Amounts to system failure. There is an urgent need for integration and collaboration with mental health and primary care physicians. Three pertinent points: 1) primary care are where people go to for care – easy and important; 2) behavioral health – part of whole health; and 3) integrated primary care and mental health care – the "where" physically and environmentally.

Dr. Johnson used a handout from a report by Barbara Mauer that uses a four quadrant of health care model. This is one example of how health care can be integrated. The study looked at outcomes and the effectiveness of usual treatment of people with depression and the impact of each type of quadrant. The quality of treatment improved 50% by using this model. Training is needed for primary care physicians in the area of screening tools for behavioral health.

There are several examples already of integration (bi-directional services) in Santa Cruz County. The Puentes team, although impacted by the budget, provides the mental health outreach for HPHP. There is also use of physicians and nurse practitioners in our services. Licensed clinicians are providing services at our clinic. Psychiatric consulting in the community is limited due to lack of staffing, we are 3 psychiatrists short at the present. Ann Andrews asked about going to the nursing/medical schools to give input on behavioral health needs. Tremaine stated that some of this will be addressed by the WET portion of the MHSA, and that it is more of a state-wide versus county-wide effort to get into the school curricula. Dr. Johnson stated that work is being done at MHCAN and the Wellness Center promoting wellness and health improvement. The WET program will provide mandatory training to our service providers in the areas of cultural competence, recovery and resiliency.

Guest Sylvia Cara stated that she didn't think the model provided by Dr. Johnson was a holistic way to look at services, and that services should be "patient-centered", not "provider-centered". She will be continuing to be part of telephone discussions with SAMHSA and once a report is issued, it will be passed on to the Board.

Guy Grant stated that he would like to see more emphasis on nutrition and whole-person care. Dr. Johnson agreed that nutrition along with exercise and something meaningful in life definitely are important in the recovery process. The question is how do we develop and adapt these areas in our community. Suggestions were wellness coaches and family partners, and the Integrated Health Center on 17th Avenue was mentioned. Ginny Gomez related her positive experiences with Planned Parenthood and their "gentler" approach to dealing with clients.

Supervisor Coonerty Comments:

- Supv. Coonerty was part of a 3 hour live satellite/internet broadcast entitled "Who's Problem Is It Anyway" sponsored by the National Institute of Corrections. 5,000 people nationally were participating in the broadcast which provided an overview of opportunities that can help organizations prepare to work with persons suffering from mental illness in jails. It focused on the fact that mental health issues in the criminal justice system is a community-wide problem and that corrections stakeholders, including government officials and corrections personnel, all have a role in identifying creative programs and solutions that tackle the problem at its core. Supv. Coonerty stated that he is very committed to solving these issues and that Santa Cruz County has the blue print for working on the problem, but that our problem is funding. There will be another broadcast on September 9th from 1:00-4:00. Tremaine stated the need to facilitate Dominican and the jail in the discussions because it impacts both of them when people are in the wrong place, a third alternative is needed.

Reports:

- Board Activity and Goal Report – Review of goals from the 2007 Board retreat. Difficult to look at the old goals in the current budget climate. Principles still solid – need to narrow down and get more focused, decide where the 'safety net' is. Tremaine stated that she would like the Board to tell Mental Health what is important from their perspective and validate goals as we move forward. It was stated that some of the goals are being worked on; Dominican collaboration; early intervention; community resources and natural supports; community awareness/advocacy. Action item of members reviewing the goals for the August meeting and be ready to update.
- Children's Mental Health: Stan Einhorn – Quick quiz to Board members, then discussed the "Probation Gate" as one of the entries into the system. One of the goals is to get the person into treatment instead of locked care. Need to make use of community partners. Working *with* families, not "what we are doing *to*" families. At the County, we have 2 main probation teams: Family Preservation and the Wrap-Around Team. The goals are to have the stay in probation shorter and re-offending reduced. Outcomes shows that this approach works.

Director Update - Leslie Tremaine:

- Mental Health received a \$20,000 grant from the Community Foundation to use as flex funds for emergency use.
- There has been a significant reduction in managed care under Medicare. For planning purposes, could mean a \$1M cut, mainly in adult services. Mental Health & Substance Abuse has done its first round of staff reductions. May be able to put back some positions when we get MHSA funds, but may need to reduce more once we find out more regarding managed care reductions. Suggestion was made that maybe we should rethink our relationships with and have new partnership discussions with our panel providers. We are providing service now to CALWORKS, but not sure for how long.

- MHSA Update – Handout was provided for IT & CAP funding. PEI – waiting for the CAO/Board of Supervisors to ok the positions. Launching the community planning process for Innovative projects (this is the last planning project).

Continuing Discussions:

- Future Agenda Items: 1) August – housing update; 2) September – update on Dominican contract; 3) Mental Health Court; 4) December – revisit Community Awareness Committee, 5) MHSA oversight may move back to Mental Health Board; 6) collaboration with law enforcement/probation/Children’s MH (gangs)

General:

- 07-20-09: Motion 02 – 5:00 – Andrews made the motion to adjourn, Laue seconded, motion passed.