

Approved: 12/17/2009

Santa Cruz County  
**Mental Health Board Meeting Minutes**

**OCTOBER 15, 2009**

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Facilitator: Joan McVay, Co-Chairperson  
Recorder: Linda Betts & Esther Phillips  
Staff Ex-Officio: Alicia Najera, MH Services Act Program Manager  
Meeting Location: 1400 Emeline Ave. Santa Cruz, CA

**1. Regular Business:**

**Meeting Commenced:** Joan McVay called the meeting to order at 3:10

**Roll Call:** A quorum was present for any action items that need Board approval.

**Members Present:** Joan McVay, Ann Andrews, Denise Ostlund, John Laue, Robert Ackerly, and Linda Wilshusen,

**Members Absent Excused:** Barbara Bentley, Ginny Gomez, Supv. Neal Coonerty

**Members Absent Unexcused:** Guy Grant

**Minute Review:** Date 10-15-09: Motion 01 - A motion was made by John Laue and seconded by Ann Andrews to approve the September 2009 minutes. The motion passed, minutes were approved.

**Guest Introduction / Announcements and Public Comment:**

- Nikki Howe has resigned from the Board effective 9/22/09.
- On October 14, 2009, Leslie Tremaine gave the first presentation on the planning process for the new PHF to NAMI. Approximately 22 NAMI members attended.
- Alicia Najera reported the NAMI Provider Education Program has started a ten-week class. Training is funded through the Mental Health Services Act, Workforce, Education & Training component, and taught by consumers, family members, and mental health professionals. The classes are three hours a week for ten weeks. Alicia noted that consumer experiences and their willingness to share were very powerful. The target audience is MH professionals, drug & alcohol counselors, residential caregivers, RNs, outreach workers, and all others serving individuals with serious mental health illnesses and their families.
- Wilshusen announced that Carol Williamson will be honored at the, "Be the Difference," Awards sponsored by the Volunteer Centers of Santa Cruz County at the Coconut Grove on October 22, 2009 and will be receiving a volunteer award. *Wilshusen requested Linda Betts send the email to the Board members that provide the specifics of this award, including the time and location.*

**Public Hearing - Capital Facilities and Information Technology (an infrastructure component of the Mental Health Services Act)**

Alicia Najera provided the Board with an explanation for each component; Funding of Capital Facilities is for real estate, to purchase or improve buildings where services can be provided. Information Technology (IT) funding will go towards improving our current computer systems and consumer access to their records. The workgroup felt strongly that the majority of funds be spent on Information Technology. They also recommend twenty-five percent

(25%) go to Capital Facilities, and seventy-five percent (75%) go to Information Technology. One time funding for these components is \$3,146,200.

**Medi-Cal Presentation - Adriana Bare, Senior Health Services Manager**

Medi-Cal is the California version of Medicaid; it has federal, state, and local (county) regulations. Central Coast Alliance manages Medi-Cal dollars for a person's physical health (serving multiple counties Santa Cruz, Monterey and Merced). The state has advised all counties the expectation of level of service remains the same in spite of recent budget cuts (California's mental health managed care funding was reduced by sixty-four million dollars across the state, halving the allocation in FY09-10). Benefit amounts are based on the individuals' assessment. One area that County Mental Health Services has been able to reduce costs is by using our existing licensed staff (Ph.D., LCSW, MFT) for client therapy and case management that had previously been referred out to managed care providers (contractors). The mental health dollars are carved out "to be managed by County mental health systems. Federal funds are matched by local funds to pay for covered services, consistent with plan requirements for medical/clinical necessity and quality.

**Standing Reports**

- Board of Supervisor's Report - Supervisor Coonerty, no report
- Mental Health Budget Update - Alicia Nájera, Behavioral Health Program Manager and MHSA Coordinator, no report
- Mental Health Services Act - Alicia Nájera. The public review period for Capital Facilities and Information Technologies was 9/15/09 – 10/14/09. The proposal will go before the MHSA Steering Committee for final review then sent to the State DMH. When it is approved, we can begin developing the project.

The Workforce, Education, and Training (WET) infrastructure component is in the process of developing a brochure on Signs and Symptoms of Mental Illness. Our County is part of a taskforce that attend monthly conference calls and quarterly meetings with other Bay Area Counties working on outreach to high school's regarding suicide prevention. Locally, we have created a WET workforce, comprised of staff, NAMI member, consumers, and contractors to assist in developing trainings that will strengthen and develop the public mental health workforce (county mental health and mental health contract agencies). They meet once a month to review the needs of staff/community and what they could use in terms of education/training/services. We have a half time supervisor providing supervision for interns/graduates, needing supervision hours for those working towards licensure.

Community Supports & Services (CSS) - ongoing since 1996

Prevention & Early Intervention (PEI) - The state DMH approved our proposal in May and our Board of Supervisor's approved the funding in September. We are now in the process of developing projects and filling new positions. One of these positions is a (contract) Veterans Advocate. Applications will be accepted through 10/30/09 and interviews to be conducted by a review board consisting of 4 veterans on 11/6/09. There will also be a school-based program to address early childhood intervention.

Innovative Projects – The funding for this component is approx. \$500,000 per year. The project must be different from current practices and contribute new learning in the field. Two community meetings (10/1 in Santa Cruz & 10/03 in Watsonville) were held for input as well as review of feedback from previous meetings held over the last five years for other components. The reoccurring ideas that came up were Dual Diagnosis, employment issues, peer support, and alternative mental health services. We hope to have a draft plan posted in December for public review, with a target date of April 2010 to accept funding.

- Adult Mental Health – Yana Jacobs. Outpatient services oversee non-acute clients. Referrals come from PCP, Dominican Behavioral Health Unit, Jail, Community, Downtown outreach, and/or Mobile short term CIT. They are then assessed to determine what they need and if they meet our system of care criteria. If they need more services they are referred to a Team and case Manager (these teams generally carry a large caseload averaging 30-35 clients for each case mgr.) The age of a client will sometimes determine which team they are assigned. Transition age youth (18-25) traditionally do not move into regular care for their entire life. Older Adult Services are targeted to clients that are 60 + years with complex medical problems. The goal for this age group is to stabilize them so they can manage their own needs (case can be re-opened as needed). Clients with the most acute needs (mentally ill offenders) are managed by the MOST team. ESS (Enhanced Support Services) provides support to all teams (7days/24 hrs) until the client stabilizes. We incorporate the services of our Occupational Therapist (OT) to help prepare a client to live on their own. Puentes/Homeless is a program that serves people who are homeless and mentally ill. Our Housing Coordinator and the Occupational Therapist help to place people in housing. There are several ? residential services each; Willowbrook with 40 beds, Front St. with 40 beds, and Wheelock has 16. Clients are not expected to live in any residence permanently, but as long as needed. We are working with the Redevelopment Agency to find independent housing that can be purchased with MHSA funds. Until then, we are subsidizing the cost of rentals for the next few years (Front St. Inc. takes the funds from the RDA and pays the landlord). There are Employment Specialists (thru Community Connection) that work with clients on quality of life issues. The Wellness Centers (Mariposa & MHCAN) are activity and drop in centers run by Peers and administered by the Volunteer Center.

### **New Business**

The Board Chairman reiterated the need to continue discussions on Medi-Cal, Short Doyle, Managed Care, Medi-Care and Medi-Medi (handouts would be helpful), and how to access mental health and financial services. Additionally, this Board would like information on the Juvenile Justice System (gangs and mental health issues), and medication management with holistic services. December meeting will include Stan Einhorn to report on Children's Mental Health and Jaime Molina to give a progress report on the WET training academy, In January, Yana Jacobs will report on Adult Mental Health. Other areas to report on in the future are: How to access services.

**Adjourned: 5:00 p.m.**