

Approved: February 18, 2010

Santa Cruz County
Mental Health Board Meeting Minutes

JANUARY 21, 2010

Facilitator: Joan McVay, Chairperson
Recorder: Esther Phillips
Staff Ex-Officio: Leslie Tremaine, Director Mental Health & Substance Abuse Services
Meeting Location: 1400 Emeline Avenue, Room 207, Santa Cruz, CA

Regular Business

Meeting Began: Joan McVay called the meeting to order at 3:10.

Roll Call:

Members Present: Joan McVay, Ann Andrews, Denise Ostlund, Linda Wilshusen, Supv Coonerty, and Guy Grant

Members Absent

Excused: Barbara Bentley, Ginny Gomez, John Laue, and Robert Ackerly

Members Absent

Unexcused: None

Guests:

Uriel Mendoza, CMCN; Andrea Turnbull, CMCN; Connie Tanner, CMCN; Ramona Porter, CMCN/Mariposa; C. Pollock, CMCN; Davi Schill, Advocacy, Inc.; Sylvia Caras; Carol Williamson, NAMI; Carl Hiller; Fred Kerwin

Minute Review:

A quorum was present. LMHB Chair motioned to approve the December 2009 meeting minutes and Ann Andrews second the motion.

Guest Introduction, Announcements, and Public Comment

- McVay requested to hear other public announcements aside from the Public Hearing input scheduled on the Agenda.
- LMHB member Denise Ostlund asked, "Why are the handicapped parking spots located on an incline and not in front of Building K?" Leslie will contact General Services regarding her inquiry. Ostlund asked why her comments about using spiritual practices and nutrition before trying prescription drugs were not noted in the prior meeting minutes. She feels her comments are important. If someone went to the website to view meeting minutes they would not have seen her comments which could be of interest. Leslie agreed to include more details in minutes.
- Sylvia Caras distributed her comments in writing regarding the County of Santa Cruz Mental Health Advisory Board query about alternatives. Sylvia said the document could also be found on the website <http://peoplewho.org/santacruz/alternatives.htm>

Public Hearing

- Alicia Nájera reported on the "Innovative Projects" in draft form and the "Community Supports and Services and Prevention and Early Intervention (EPSDT)" for FY 2009/2010 Prudent Reserve Funding Request. Alicia shared that the state requires counties to provide new and different programs with the MHSA funds. She said the state recommended that counties build on prior public input and planning processes in gathering ideas regarding innovative services. From this review and more recent public meetings the need to enhance services for people with co-occurring disorders was identified. Based on research and other input a focus on "employment first" as a major strategy was selected. This approach is intended to engage people in work as a

support for recovery. LMHB member, Guy Grant, noted that there is also a need for more advocacy for clients. Davi Schill, with Patient Rights/Advocacy, Inc., responded that her agency is an advocate for mental health individuals. She suggested that she and Grant speak after the meeting adjourns, Grant agreed.

- Ostlund asked if acupuncture would be offered and Tremaine responded, "we are trying to develop a broad array of services including complementary approaches that clients want and need." An individual from the audience expressed the continued need for therapy through the arts. Tremaine assured her that type of therapy would be considered as well.
- One audience member asked, "Where will the jobs come from?" Tremaine responded they would come from people's interests and goals; for example, a client with an interest in music or restaurants could be connected with a local store/restaurant. Another option is to contact local agencies that have outdoor work for the individual who enjoys being outside. Sylvia Caras said she is in support of the work project. Caras also prefers the language, "co-occurring disorders."
- One audience member raised a concern that people with such disorders may not be able to work. Tremaine said we will carefully individualize services to support every single person and that all have strengths and potential for work and a contribution.
- Another question followed, "What facility are you going to use?" Tremaine responded there would be numerous locations. Connie Tanner from Community Connection added using peers as support has been successful and would also be part of the proposed approach
- Two current service users shared their stories of how working with Community Connection has saved their lives. Several members of the audience expressed their approval of the new MHSA direction to help individuals find work and agreed work adds meaning to their lives.

Presentation: Yana Jacobs, Program Manager of Adult Mental Health Service

- Yana Jacobs reported on new PEI services to be available soon. Leslie added that the County has hired a new Veteran's Liaison who is a former veteran himself. The Veteran's office will be moving into 1400 because the Veteran's Hall has been shut down until the building is up to code.
- Jacobs said housing and associated supports are a major priority now. Wheelock has opened a new board & care facility in Watsonville. Casa Nueva is being used as a transition housing facility, housing clients for six months or longer. Staff, including an Occupational Therapist, will help individuals develop skills for cooking and shopping, etc.

Standing Reports

- Board of Supervisors, Supervisor Coonerty: Many challenges with the budget.
- Leslie reports they are being asked to plan for a 20% reduction of county funds and reduction in realignment (vehicle fees and state funds). Diversions of MHSA funds are again proposed in the Governor's budget, to be back on the state ballot in June 2010. The budget does not describe which MHSA funds would be diverted or the timeframe.

New Business

- Tremaine announced an upcoming Bay Area wide meeting collaborating with NAMI regarding the state budget scheduled for February 19; she and Carol Williamson will attend.
- The MHSA Steering Committee is completing its planning work on the six components and an update will be provided to the BOS on 2/9. Tremaine added it would be an opportunity to thank dozens of individuals who have helped. The Steering Committee will have completed its charge and will provide the LMHB with recommendations for how oversight can now best be conducted.
- Tremaine reported there would be two public meetings to gather community input on the psychiatric health facility planning; 2/16 at 18 W. Beach St., Watsonville Room A from 6:00 p.m. - 7:30 p.m. and 2/18 at 705 Front St., Museum of Art & History from 3:30 p.m. - 5:00p.m. A facilitator will conduct the town hall meetings.
- Leslie reported CiMH is providing an all day training on 2/27 for LMHB's on quality improvement and use of data. Tremaine will poll other members of their interest and arrange a pre-meeting.
- Another meeting of interest is the Calciano Youth Symposium, to be held at the Coconut Grove from 9:00 a.m. - 4:00 p.m. on March 12. There is a fee to attend.

Upcoming Agenda items were discussed

- EQRO/Medi-Cal audit review
- Children's Mental Health Report

General

- Linda Wilshusen motioned to adjourn and Joan McVay seconded the motion.