

MINUTES – APPROVED
August 16, 2018

MENTAL HEALTH ADVISORY BOARD

July 19, 2018

3:00 p.m. – 5:00 p.m.

1400 Emeline Avenue, Room 206, Santa Cruz, CA

Present: Aimee Escalante, Bek Phillips, Hugh McCormick, Jodie Wells, Kathleen Avraham, Lynda Kaufmann, Rebekah Mills, Xaloc Cabanes

Excused Absence: Jim Roszell, Supervisor Greg Caput

Unexcused Absence: 0

1. Public Comment – no public comment
2. Approved meeting minutes for May 17, 2018

Motion by Aimee Escalante to approve MHAB minutes for May 17, 2018. Second by Kate Avraham

AYES: Aimee Escalante, Bek Phillips, Hugh McCormick, Kathleen Avraham, Lynda Kaufmann, Rebekah Mills, Xaloc Cabanes

ABSTAIN: Jodie Wells

ABSENT: Jim Roszell, Supervisor Greg Caput

Approved retreat minutes as revised for June 18, 2018

Motion by Kate Avraham to approve MHAB retreat minutes as revised to include statement regarding the Board's team building activity. Second by Aimee Escalante

AYES: Aimee Escalante, Bek Phillips, Hugh McCormick, Jodie Wells, Kathleen Avraham, Lynda Kaufmann, Rebekah Mills, Xaloc Cabanes

ABSTAIN: 0

ABSENT: Jim Roszell, Supervisor Greg Caput

Approved meeting minutes for June 21, 2018

Motion by Aimee Escalante to approve MHAB minutes for June 21, 2018. Second by Kate Avraham

AYES: Aimee Escalante, Kathleen Avraham, Xaloc Cabanes

ABSTAIN: Bek Phillips, Hugh McCormick, Jodie Wells, Lynda Kaufmann, Rebekah Mills

ABSENT: Jim Roszell, Supervisor Greg Caput

3. Standing Board of Supervisors (BOS) report, Supervisor Greg Caput – no report available (excused absence)
4. Standing Behavioral Health (BH) Directors report, Erik Riera:
 - New Psychiatrists
 1. Dr. Yujin Lee (Integrated Behavioral Health)
 2. Dr. Pranathi Mruthyunjaya (South County)
 3. Dr. Karsten Heil (North County)
 - Invitation extended to the Mental Health Advisory Board to attend the Ribbon Cutting Ceremony for the Watsonville Behavioral Health Office Building on October 9, 2018, 9:00 am – 11:00 am.

- New Program: Integrated Illness Management and Recovery
 - Based on a national Evidence Based Practice – Illness Management and Recovery, that was modified to include other health conditions
 - Will have 3 groups running at one time, beginning next week
 - Developed as part of the Whole Person Care Project
 - Weekly skill building group that was developed to address both mental health and other health conditions

5. Ad Hoc Committee and Board Member Reports:

a. Jail Committee Report

- Completed tour of County Jail
- Approximately 30 people attended June panel discussion – received positive feedback; goal is to have panel discussions at future meetings
- Would like to post Jail Committee mission/vision statement and miscellaneous information on website starting next month - Board to vote at August meeting
- Continuing to recruit committee members and someone to take the lead on how communication can be improved between jail staff and support people of folks in jail with mental health issues
- Speaker scheduled at next meeting regarding legal standards of mental health care in jail

b. Community Engagement Committee Report

- Monday, September 10th: World Suicide Prevention Day, Light a Candle Event – simple event for people to gather and light a candle
- Kate following up with City of Santa Cruz regarding permission to hold this event at Town Clock
- Brainstorming session regarding venue, time, suggest non-religious event, consider moment of silence, and announce names of individuals
- Need sub-committee to assist in getting the word out, creating flyers, etc. Suggestion made to write editorial in newspaper with personal call to action in addition to event announcement; post in NAMI newsletter on September 1st; post event in Good Times

Motion by Jodie Wells for the MHAB to coordinate Light a Candle Event on September 10, 2018. Second by Lynda Kaufmann

AYES: Aimee Escalante, Bek Phillips, Hugh McCormick, Jodie Wells, Kathleen Avraham, Lynda Kaufmann, Rebekah Mills, Xaloc Cabanes

ABSTAIN: 0

ABSENT: Jim Roszell, Supervisor Greg Caput

c. MHSA Advisory Committee – Lynda Kaufmann and Bek Phillips

- Plan to attend Mental Health Services Oversight and Accountability Commission (MHSOAC) meetings and to meet with the County MHSA Coordinator Cassandra Eslami to get educated and become more knowledgeable about the 3-year plan
- Reversion Money – applies to counties who have not spent their MHSA appropriations. When the county receives appropriation from the State, the County has 3 years to spend that money, or it will be returned to the State. Erik Riera confirmed that the County of Santa Cruz does not have any funds subject to reversion or being returned to the State.

- d. Nominating Committee – The committee’s nomination for Chair is Xaloc Cabanes, Vice-Chair is Bek Phillips, and Secretary is Rebekah Mills. No floor nominations. All members voted to appoint the three nominees to the respective positions. Reminder that there are two vacant Members-At-Large positions

Motion by Rebekah Mills to establish Membership Committee. Second by Lynda Kaufmann

AYES: Aimee Escalante, Bek Phillips, Hugh McCormick, Jodie Wells, Kathleen Avraham, Lynda Kaufmann, Rebekah Mills, Xaloc Cabanes

ABSTAIN: 0

ABSENT: Jim Roszell, Supervisor Greg Caput

Co-chairs of the Membership Committee: Aimee Escalante and Jodie Wells

- e. Site Visit Committee
- Clarification that all members of the Board can participate in the site visits (do not have to be a part of the committee)
 - Plan to add section of the San Francisco form to the Santa Cruz County Mental Health Board Facility/Program Site Visit form
 - Goal is to visit Rose Acres, Casa Pacific, and Mariposa in the next couple of months – dates to be determined

6. Presentations

a. John Dietz, Volunteer Housing Navigator

Summary of problem: Initially when a consumer is housed, there is a lot of activity and connection with the housing navigator, case management, etc. that provides support. Once the consumer is housed, the consumer receives little or no support, and after about one to three years, the consumer relapses. As a result, landlords evict consumers after behavioral health issues resurface. Even with the landlord incentive program created by the Housing Authority, the property owner typically chooses to no longer participate in the program. The housing retention issue is that the connection with the professionals is missing and the consumer needs continuous engagement to maintain housing.

Suggestion: Form an ad hoc committee to address the housing retention issue; work with County Behavioral Health on trying to understand the problem, get a clear picture of what is going on and research solutions, possibly a peer support group, or a mobile case management group

- Recommendation from the Board: Instead of forming another ad hoc committee, volunteers from the Board will join John’s existing committee/group. Lynda Kaufmann, Kate Avraham and Hugh McCormick volunteered to join the existing committee. Erik Riera stated that a representative from the County will participate in this group as well.

b. CALBHB/C Report

- First day covered three items:
 - ◆ Adult Residential Facilities - space declining statewide
 - ◆ Disaster Preparedness and Recovery – lack of funding and dedicated and trained Emergency Management staff and Disaster MH/BH expertise. Resources available statewide
 - ◆ Data Notebook – distributed information on how to complete the data notebook (different subject matter every year)
- Second day training covered the roles and responsibilities of the Mental Health Advisory Board. Provided sample Mental/Behavioral Health Board Evaluation forms and suggested distributing to the Board for completion and to all who are interested in the MHAB. The evaluation form addresses how the Board can improve and be more effective

7. New Business/Future Agenda Items

- a. Volunteers to attend Local Mental/Behavioral Health Boards and Commissions Small County Training – Saturday, August 25th, 9:30 a.m. to 3:00 p.m. in Redding. Highly recommend that 4 Board Members attend. Reimbursements available
- b. Discussion on possible presentation on Behavioral Health Access Intake-Crisis Intervention-Psychiatric Crisis Medication function in Watsonville – postponed to the next regular meeting
- c. Calendar of MHAB Members Presentation Topics – discussion to be held at the next regular meeting, and Board members should be prepared to share their topic of interest

8. Motion to adjourn made by Lynda Kaufmann. Second by Jodie Wells. Meeting adjourned at 4:57p.m.