

MINUTES – APPROVED
October 18, 2018

MENTAL HEALTH ADVISORY BOARD

September 20, 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, Supervisor Greg Caput

Excused Absence: 0

Unexcused Absence: 0

1. Public Comments

- John Dietz, manager of the Volunteer Housing Navigators of Santa Cruz County – recommend that the MHAB gather the facts presented by the professionals that have spoken to the value of Second Story in solving mental health issues, and advise the County Board of Supervisors, CAO and BH Director of your advocacy for sustaining Second Story and request those offices to come forward with a plan to sustain Second Story
- Volunteer Housing Navigator for 5 years – have seen the benefits of Second Story; many clients have utilized this service and has been very productive; implore the Board to see if there is a way to save Second Story
- Mia McDermott – client who stayed at Second Story; shared her personal story

2. Approved meeting minutes for August 16, 2018

Motion by Jodie Wells to approve MHAB minutes for August 16, 2018. Second by Lynda Kaufmann.

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

NAYS: 0

ABSTAIN: 0

3. Standing Board of Supervisors (BOS) report, Supervisor Greg Caput:

- New Mental Health facility in Watsonville will open in 2 months; psychiatrists and psychologists will be available on regular basis, appointments or drop-ins 5 days/week
- Problem in South County: school district put fences and locked gates on the playgrounds and fields. School districts say it is for security and clean up on weekends. Trying to get schools to open the playgrounds

4. Standing Behavioral Health (BH) Directors report, Erik Riera:

- New date for Ribbon Cutting Ceremony for the Watsonville Behavioral Health Office Building: November 7, 2018, 9:00 am – 11:00 am. Mental Health Advisory Board invited to attend
- Stakeholder Engagement Meeting for MHSA Plan – starting new process with Community Engagement Liaison Cassandra Eslami to have quarterly stakeholder meetings in the community, focus is on the MHSA Plan Update. September 25th in Live Oak from 10am to 12pm at the Sheriff's Office, September 26th at the Watsonville City Council Chambers from 6pm to 8pm;

October 11th from 6pm to 8pm at the Santa Cruz City Council Chambers. Different process than in past years. Three meetings, 2-hour time slots will be to solicit input from community members and stakeholders. Will also have small breakout sessions where a facilitator will have structured questions to get the conversation started. Mostly interested in hearing from stakeholders and community members about the current needs and what is important out in the community.

5. Ad Hoc Committee and Standing Committee Reports:

a. Jail Committee Report

- Presentation last month: Anne Hadreas, Supervising Attorney of the Mental Health Practice Group at Disability Rights California. 10 people attended; presentation was on the minimum standards and legal standards of mental health care in California jails
- Received resignation, committee down to four people. Hugh and Rebekah acting as co-chairs and are revising the mission and vision statements to reflect a modular approach. Initially identified number of issues and worked on all the issues at the same time, however, will change it so that committee is working on one topic at a time. This will give volunteers an opportunity to help or be part of the committee for a specific topic for a limited period of time.
- Productive meeting with Pam Rogers-Wyman, point of contact for the County. Working on mail list and putting out a monthly update about what we are doing
- Currently working on the following: background information (demographics of who is in jail with mental health needs) and what Mental Health Services are available

b. Community Engagement Committee Report

- World Suicide Prevention Day - Light a Candle Event, September 10, 2018
 - Approximately 25 people attended; next time need more notice or lead time to prepare
- Mental Health Conference at Twin Lakes, October 11-13, 2018
 - 3-day event with workshops and discussions; Ryan Leaf, former NFL quarterback is keynote speaker. Buy tickets online, and if can't afford, scholarships are available
 - Mental Health Advisory Board Table and Workshop on Saturday, October 13th: 11:00 am - 12:15 pm and 2:15 pm - 3:30 pm
 - Information will be provided at the workshops and at the table

c. MHSA Advisory Committee – no report

d. Membership Committee - Aimee Escalante and Jodie Wells

- Requesting help on the committee
- Suggestion for bilingual, but not required. Critical to fill 2 empty positions
- Aimee reaching out for members
- 4 vacancies: 2 board members and 2 at-large
- Recorder to follow-up on nominations

e. Site Visit Committee – no update

6. Presentations

a. National Alliance on Mental Illness (NAMI) – Hugh McCormick

- Volunteer for NAMI approximately 11 years
- Taught a peer to peer class 19 times and 270 support groups
- Group started out small, today there are 60-70 volunteers
- Offer support groups: Peer to peer classes, connection support groups and family support groups each week
- Support Groups
 - NAMI Family Support Groups: for family members/friends of individuals living with a mental illness
 - Combo Family & Peer Support Group: HOPE Bipolar & Depression Support Group
 - Peer Connections Support Group: people with mental health challenges learn from each other's experiences and offer each other understanding
- Education Programs
 - Family to Family: 12-week course taught by trained family members; discusses the treatments of mental illnesses and teaches the knowledge and skills that family members need in order to cope and help more effectively
 - Basics: for parents and other caregivers of children and adolescents living with mental illness
 - Peer to Peer: 10-week, 2-hour/week experiential education course on the topic of recovery for any person with serious mental illness
 - Provider Education: provides a fresh, innovative approach to mental health treatment using a dynamic interactive format specially developed for providers
- Presentations
 - In Our Own Voice: public education program in which trained speakers share compelling personal stories about living with mental illness and achieving recovery
 - Ending the Silence (ETS for students) - designed for middle and high school students that includes warning signs, facts and statistics and how to get help for themselves or a friend; (ETS for school staff) – includes information about warning signs, facts and statistics, how to approach students and how to work with families; (ETS for families) – includes warning signs, facts and statistics, how to talk with your child and how to work with school staff

b. Patient Portal – Adriana Bare, Senior Health Services Manager

- Patient Portal is the portability piece of HIPAA that has ability to have standard transactions so that information can be imported from one location to another when you move, and patients have direct access to the information
- Consumer Patient Portal includes contact information, appointment reminders, medication lists, and messages with the provider's team
- Patient Portal also provides Problems (diagnosis) and Educational Resources
- Ability to write a message to your provider – goes to a triage team then transferred to psychiatrist (triage team consists of Medical Assistants and Registered Nurses)
- How to Register: Reception staff will generate a PIN and provide the web link to use <https://patientportal.intelichart.com>. Registration works best on laptop, not cell phone
- IOS/Android APP available. Application includes key information: messages; appointments; lab results & details; medications

- Usage since Patient Portal started: 1200 clients have requested pin numbers, only a quarter have activated their accounts
- Future Plans for Patient Portal
 - Increased interactive functionality to receive clinical surveys and client satisfaction issues
 - Additional message capability to request: Medication Refill Requests; Appointment Requests, Changes and Cancellations

7. Presentation Topics

- a. Youth Services / Children Behavioral Health
- b. ADAC
- c. Housing
- d. Budget
- e. Suicide Awareness
- f. Depression and Treatment
- g. Board Development
- h. Services provided in North County vs South County
- i. Trauma informed services
- j. MERT
- k. Secured / Locked Settings
- l. Peer Employment Involvement

8. New Business - Closure of Second Story

Background Information: Second Story is a peer respite program in operation for 8 years, originally funded through a grant, covering all costs to operate the program. When the grant ran out several years ago, the County continued funding the program with other funds. There have been other opportunities to have a sustainability plan in terms of funding from the state, including legislation that was proposed to make these types of services reimbursable under the Medi-Cal program, however those initiatives failed in the legislature, and no funds have been available to support the program. The alternative plan is to launch a community-based peer-support program.

Open discussion of Second Story, and individuals who were/are peer guests of Second Story shared their personal stories.

Motion by Bek Phillips for the Mental Health Advisory Board to write a letter to the Board of Supervisors regarding the closure and suspension of Second Story. Second by Lynda Kaufmann.

AYES: Aimee Escalante, Bek Phillips, Hugh McCormick, Jodie Wells, Kathleen Avraham, Lynda Kaufmann, Xaloc Cabanes, Supervisor Greg Caput

NAYS: 0

ABSTAIN: Rebekah Mills

Mental Health Advisory Board Emergency meeting on Thursday, September 27, 2018, 3:00 p.m. – 5:00 p.m. to discuss Second Story Closure and compose letter to the Board of Supervisors.

Motion to adjourn made by Bek Phillips. Second by Hugh McCormick. Meeting adjourned at 5:18 p.m.