

Meeting Agenda:

Behavioral Health Advisory Board Meeting

Monday December 13, 2021 from 3:00-4:30

Zoom meeting:

Link: <https://monocounty.zoom.us/j/7609241729>

Call in: +1 669 900 6833

Meeting ID: 760 924 1729

Attendees: Robin Roberts, Amanda Greenberg, Lauren Plum, Marcella Rose, **Dirk Addis**, Jimmy Lee, **Stacy Corless**, **Rolf Knutson**, **Ingrid Braun**, Krista Cooper, **Carolyn Balliet**, Debbie Painter

*Board members are noted in **bold**.*

Meeting called to order at 3:07pm

- I. Public Comment
 - a. None

- II. Approval of minutes from October 18, 2021
 - a. Motion to approve – Rolf
 - i. Second – Dirk
 - ii. All in favor – Carolyn, Rolf, Stacy, Ingrid
 - iii. Motion Carried - Minutes approved!

- III. AB 361 Resolution: Stacy (Action)
 - a. RK: Can we do a hybrid meeting? Those who can attend in person and the other half zoom?
 - i. SC: We still need to do AB 361, but we can ask the department. There are regulations (the Brown Act) about board members reporting to a meeting location.
 - b. Motion to approve – Stacy
 - i. Second – Rolf
 - ii. All in favor – Rolf, Stacy, Ingrid, Carolyn, Dirk
 - iii. Motion Carried – AB 361 Resolution approved!

- IV. Behavioral Health Department Updates: Robin, Lauren, Amanda
 - a. Community program update
 - i. Updated calendars winter '21/'22 – Programs in Bridgeport, Walker and Mammoth
 1. Community Programming: www.mono.ca.gov/wellness
 - ii. Quarterly Wellness Newsletter – give Lauren Plum your email to sign up
 - iii. Conducting Community Program Planning Process (for MHSA) What do you think of our programming?

- iv. Recent Programming Successes:
 1. Bridgeport Social Fri 12/10 – 22 attendees!
 2. Tax Collectors office will be joining Yoga every Friday as part of their office Employee Wellness Plan
 - v. Upcoming Programming:
 1. New Years Eve party at Sierra Wellness Center!
 2. Conversation with a member of the LGBTQ+ community
 3. Planning on adding parent support group in Walker (virtual?)
 - a. Betty is completing training now, hopefully by January
 4. Life Skills Training – Coleville signed up; Bridgeport & Mammoth?
 - b. New Staff
 - i. Welcome LaVaree Chavez – Behavioral Health Services WRAP Coordinator
 - c. Upcoming Board of Supervisors Update on 12/21
 - i. Budget Allocations
 1. 12/21 – Robin and Amanda are doing the semi-annual presentation at the Board of Supervisors meeting on a series of grants and projects that have been taken on or applied for (*see below, item 2*). How will MCBH and the County be spending and allocating grant revenues?
 2. Lots of money coming in through grant channels:
 - a. Telehealth Grant (\$90k) – Related to tech expenditures (New EHR, cell phone stipends, etc.)
 - b. Crisis Care Mobile Units Grant (~700k over next 4 years) – funds mobile crisis response
 - c. Supplemental SABG grants – funding expansion of programs and services, substance use prevention campaign (hopefully to launch in the spring!)
 - d. Mental Health School Services Act (~2.5 million over 5 years) – partnership between MCBH, Mono County Office of Education, Mammoth Unified School District and Eastern Sierra Unified School District – funding expansion of school-based services.
 - e. MyStrength App (hoping to launch in early February!)
 - d. Other updates
 - i. Confusion around opening the Civic Center – County made the decision to open, but the building has issues w/ snow safety and with the new COVID Variant (Omicron), MCBH decided to wait to revisit opening in February. We see people in person when needed but otherwise keeping it safe.
- V. Mobile Crisis Innovation Plan (Action to approve continued work on INN Plan)
- a. Grant for Mobile Crisis Response – MCBH will partner with local law enforcement (Mono Sheriff, Mammoth PD) and Mono County EMS. Through the grant, when a MH crisis occurs, LEO and EMS will have tablets that can connect the person with the on-call crisis worker.
 - i. This project concept qualifies as an innovation plan for MHSA
 - b. Action Item: Do we all still think this is a high need in our communities, should we keep moving forward with this?

- i. CB: I think this is extremely important...people are going through such stress and crises on a higher level that I think it is important to offer more support.
- ii. DA: The sooner this intervention can happen, I believe the better outcomes we are going to have.
- iii. IB: This is absolutely something we should pursue – the board is expecting it and it has been discussed with MCBH for a long time. The need is there – MH is a medical emergency not necessarily a LE issue. Need to have medical staff and not criminalize MH Emergency.
- iv. SC: BOS perspective: In previous presentation this grant concept was met with unanimous support (although not formally voted). MH crisis could happen in one of our geographically isolated communities and we need to help people immediately.
- v. RR: So many challenges associated with a geographically large and rural county, and now with seasonal weather considerations – how do we address a crisis in someone’s life with these challenges? This grant will help. I feel proud and appreciative of Mono LE and EMS – their willingness to help out the county in its entirety. This grant will have a positive impact on our crisis system out of hospital.
- vi. DP: A lot of times people get lost in [registration] [program application] paperwork and end up giving up – it would be nice to have someone available to assist with guidance with paperwork.
 - 1. RR: One of the things MCBH initiated was having Case managers meet and help people directly with paperwork; take them to social services for applying for medi-cal or food stamps, etc. IF they are NOT doing that – reach out to us so that we can get people what they need.
 - 2. CB: When you mention this - I was dealing with someone with increasing dementia which made it difficult for him to follow up with whatever he needed to for BH – When you do intakes do you recognize this factor? Can you ask the client if there is someone that they know or trust that can help them follow up and make sure that they do what they are supposed to be doing?
 - a. DP: Great idea. Tribal council tries its best to provide help when needed. Ex: we provide transportation to appointments.
- vii. Motion to approve to continue to Mobile Crisis Grant work – Ingrid
 - 1. Second – Rolf
 - 2. All in Favor – Stacy, Rolf, Carolyn, Ingrid, Dirk
 - 3. Motion Carried – Approval to continue working on mobile crisis grant

VI. MHSA Program Review and Findings

- a. Policy, monitoring, quality improvement, evaluation
 - i. In August MCBH had a program review for MHSA with the DHCS. 60 days after MCBH received a report from them about the findings that related to our MHSA plan. There were about 9 findings and were almost all administrative; nothing too serious.
- b. One thing that did come up: They wanted MCBH to demonstrate a greater stakeholder involvement related to Policy, monitoring, quality improvement, evaluation

- i. Constantly seeking new avenues for our Community Program Planning Process (CPPP); seeking feedback from BHAB about how to reach out to different groups;
- ii. How do you, BHAB or community, want to be involved with compliance?
 - 1. CB: can you give a specific example of what we would become involved in?
 - a. AG: Policies within our department. As a committee are you interested in reviewing policies we draft? As an example, we are working on an internal policy related to our Full Service Partnership (FSP) project, which is funded by MHSA, and I think that bringing that policy to you all and having an overview on it would then serve almost as a discussion point; feedback on policy or just sparking a greater discussion. Guides us into some of the discussion of the budget allocation discussions that DHCS is interested in seeing.
 - b. RK: Are we in a situation where we are accumulating policies without weeding out old one?
 - i. AG: There are some old, outdated policies, but we also work with a consultant through our QA QI program (John Lessley) – he has been helping up update old policies and rewrite outdated policies.
 - c. SC: If it helps you in your work and helps with compliance, then, yes lets do it.
 - 2. RR: There was something that happened on FB recently – there is a pretty strong narrative that there is not enough MH programming and that MCBH is not accessible, a lot of people don't know MCBH exists. That is always curious to me. Can we continue to talk about that within this discussion?

VII. Quality Improvement Discussion Topic: MHSA Community Program Planning Process (CPPP)

- a. In preparation to update our MHSA plan, MCBH has been embarking on series of CPPP with different members of the community. Usually, MCBH comes to the BHAB once a year to have a CPPP discussion.
- b. Discussion topic: What do you see as (1) the top (BH) Needs in our communities, (2) the top Barriers to Access, and (3) the most important strategies to promote mental health?
 - i. Needs in our communities:
 - 1. MR: Bridgeport needs programming! Everything is closed and we are starved for social interaction.
 - 2. CB: Idea for an event or series: Have people get together and they can do their own thing but just do it together (ex. Wednesday afternoons Cast Off – everyone works on their own craft, but all crafting together). Could be a social event even if for a small group of people.
 - ii. Barriers to Access:
 - 1. CB: Barriers to access: Any person with BH / MH / Medical problems (ex. Dementia) needs to have someone be there to help them keep track of and do what they are supposed to do and be where they need to be.
 - iii. Strategies to promote mental health

1. JL: Any potential to address some of these topics with the My Strength app, and is it still on schedule to roll out next week?
 - a. AG: Roll out has been pushed back to early February due to external contracting issues. I do think there is an excellent opportunity for this app to offer additional wellness support. Our wellness associates can roll out and access it on their own schedules in their own homes. Stigma reduction campaigns – we have a fair bit of funding related to My Strength for marketing campaigns to make sure people are aware of this free benefit.
2. RR: We have done a good job of branding ourselves and Lauren is helping us, but how can we do more? Can we do a bring a friend event? Join a raffle?
 - a. MR: How can we increase advertising:
3. SC: Can we bring back Coping with COVID, or, can we introduce conversations that discuss how to bridge the gap and cope with the division within our communities?
 - a. AG: This was presented as an idea within the Cultural Outreach Committee too. How can we open this up?
 - b. RR: If someone will help me set it up again, we can try that in January.
 - i. SC: Dr. Beth Cohen?
 - c. Something Live on Zoom?
 - d. DA: Outreach at the FS Auditorium – attendance was great (80-100 people); can we do something like that again?
 - i. RR: Keep it in mind in 2022. Need to be careful about using another agency’s space; I think there are certain things we can’t talk about in a federal building. We can think about it.
 - ii. SC: You can’t talk directly about these things (COVID, public health strategies), but you can do other things: breathing exercises, present factual information, etc. Think about what they can do for themselves. Not get into the issues themselves but how do you cope with it.
 - iii. LP: We do have a plan for outreach social media for mindfulness. They will be short but similar.
4. CB: With our local TV channel – would it be possible to have time; an hour or something at a set time frame, and have something that people could watch in their homes?
 - i. AG: It could be. Its not something I had considered. It would be interesting to know what viewership is like. Need to think of IT challenges? If it were a set time and set topic it may make things easier.
5. RK: Can we promote humor as a strategy? Positivity?

IX. Board Member Reports

a. Carolyn

- i. Mysteries of Mental Health DVD Series – about 5 DVDs, 5 hours – available if anyone wants to borrow it. Rolf has it now but we can pass them around informally.
- ii. Trying to arrange shelter for a homeless person with IMACA – difficulties finding rooms lately due to people trashing motels. Any ideas of how we can improve this or shelter the homeless person?
- iii. Angel Giving Tree is Sunday – applications have closed. If BH has any children that would be interested let CB know and she can try to set something up.
- iv. RK and CB have been delivering Milk to the Toiyabe Elders. About 60 people come to the food pick up location and about another 60 get home deliveries.

b. Stacy - BOS updates:

- i. Local Redistricting Process: Done every 10 years post-census. BOS oversees local redistricting. Still looking for public input – population has changed so local districting has changed in response:
 1. Districts 1, 3, 5 all grew a little.
 2. District 4 (North county; Bridgeport and North) shrunk a little
 - a. District 4 stretches down to include part of TOML because other districts were adamant about not splitting up June Lake or Lee Vining.
 3. District 2 (South/ Southeast county; Benton, Paradise, Toms Place, Sunny Slopes, Crowley, etc.) stayed the same.
 4. <https://redistricting.monocounty.ca.gov/>
- ii. Strategic Planning Process: BOS is conducting a Strategic Plan Survey – what do you think are the biggest issues within your community?
 1. Housing crisis is a known issue in the county – trying to create a more robust housing program to deal with the crisis in the unincorporated area. Can't find staff to lead it; we need more creative solutions.
 2. <https://www.surveymonkey.com/r/GSLVDMF>

c. Ingrid: Not much to report.

d. Dirk: Not much to report.

e. Rolf:

- i. Still working on the articles discussed at last meeting.
- ii. Currently has CB's Mental Health DVDs but they will be available in a few days – let him know if you would like to view them.

X. Confirm date and adjourn to next meeting.

a. February 14th

4:23 meeting adjourned

In compliance with the Americans with Disabilities Act, anyone who needs special assistance to attend this meeting can contact the Behavioral Health Department at 760-924-1740 within 48 hours prior to the meeting in order to ensure accessibility (see 42 USCS 12132, 28CFR 35.130).
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