Meeting Agenda:

**Behavioral Health Advisory Board Meeting**

**Monday April 10, 2023, from 3:00-4:30**

In-person location (required for BHAB members):   
Mono County Civic Center: Dana Room (2nd floor)   
1290 Tavern Road Mammoth Lakes, CA 93546

Hybrid Zoom Option:<https://monocounty.zoom.us/j/7609242222>  
Call in: +1 669 900 6833  
Meeting ID: 760 924 2222

3:05: Robin, Krista, Margee (virtual); Ingrid, Stacey, Stacey, Dirk, Carolyn, Rolf (arrived at 3:24)

Adjourn at 4:30 ingrid moved, rolf second

1. Public Comment
2. Approval of minutes from December 12th, 2022 and February 13, 2023 (Action) Ingrid motion; Minutes approved
3. Proposed date for June meeting: June 12: yes that should work;
4. Behavioral Health Department Updates
   1. Staff Recruitment and other updates: Robin
      1. Nearly fully staff (added new person last week and two new people in last two months)
         1. Therapist from LA County
   2. County budget update: in the process of doing our preliminary budget that will be ratified and approved by the BOS July 1; then a formal budget that will be voted upon in Sept/Oct;
   3. EQRO: annual system review on 4/25/23 – always a lot of work for staff; there’s no money attached to it; recommendations if there are findings; it’s an opportunity for staff to learn the things we ask of them; tied to state contract; invite our partners to attend;
   4. Staff are starting to feel a little less overwhelmed
   5. Have some changes happening at the state level through the MHSA
   6. Activities for May is Mental Health Month – proclamation, activities, Foro Latino in May
   7. Wednesday: Lunch and Learn – trauma-informed approach and how we are doing and how it impacts our work
   8. Question from Dirk: consolidation of PH and DSS – can’t provide information because I wasn’t part of the conversation; have a conversation
   9. Other: challenging winter, has impacted programming, SWC currently closed: lost our space in BP for wellness activities; working on finding space for wellness activities in BP that happen in the same location with regularity – also lost a place for clients to be seen in BP;
   10. Good attendance at June Lake Social
5. Quality Improvement Discussion Topic: Amanda
6. Session started with overview of CPPP and the data collection process so far, including a preliminary overview of the MHSA Community Survey results. Questions discussed include:
   1. What is your initial reaction to the community needs that were identified? Do they ring true based on your work and life in the community?
   2. What other ideas do you have for ways to improve the mental health of Mono County residents?
7. Key Takeaways:
   1. In general, the BHAB focus group agreed with the survey findings. This has been an extremely difficult winter for locals throughout the county and some BHAB members noted the challenges for parents with kids at home. The isolation has been extreme and with roads closed, communities have essentially been islands. Some BHAB members report that they’ve talked to people who aren’t sure they want to continue living in Mono County.
   2. Discussion on how we can mitigate the reaction to extreme environmental stressors like blizzards, drought, wildfire, etc. in the future by building resilience, holding onto values of care, and creating connection in our communities. Reminder of how the “Covid howl” brought communities together to vocally release their stress. For many, the isolation brought on by this winter reminded them of Covid lock-down.
   3. One person shared the idea for an event called “The Great Exhale,” which could be a celebration of gratitude and a release of the stressors of the winter.
   4. The group also discussed physical preparedness – do folks have enough firewood, food to last through a storm, funds to pay shovelers to clear their roofs – but was reminded that it’s very rare that the County as a whole can meet these types of needs for people other than FSP clients, for example. Note that IMACA also has LIHEAP funds and can deliver two cords of wood to folks in need.
   5. It can be really demoralizing when people tear down community instead of highlighting the positive. The group suggested using Mono City as a case study of how people supported one another – part of this is that the community is so small that all neighbors were already connected.
   6. Public Health is going to be participating in a national program called “Neighborfest,” where staff members will work with neighborhoods to promote emergency preparedness and talk about Public Health’s services. This could be an area of collaboration. Another BHAB member pointed out that while you can’t always have a conversation with a neighbor (when one of you speaks English and the other speaks Spanish) but you can see when there’s trouble like someone is stuck in the snow, etc.
   7. The group also discussed MCBH’s Medi-Cal mandate and how we aren’t able to see folks with commercial insurance – this was a surprise to some BHAB members.
   8. Some longer time BHAB members pointed out that housing has come back up in its urgency/importance, while others discussed the way that rates of home ownership has changed over time.
8. Suggestions for improvement included adding questions asking how long a person has lived here, whether they are homeless, whether they live in Mono County seasonally.
9. Suggestions for future survey dissemination/engagement included advertising the survey at the Mountain Warfare Training Center Marine Base, more survey engagement in Benton/Chalfant/Tri-Valley area, and asking local ministers to participate in the survey.
10. Planning for New Board Member Training: Stacy Corless:
    1. Talked at the last meeting about doing a BHAB training: want to do an in-person
    2. Doodle poll: tentative May 8 from 3-4:30 – in Dana Room
    3. Stacey will use the materials from CalBHBC
11. Feedback on meeting access and plan for next meeting (additional locations, etc.) – hybrid option
12. Board Member Reports
    1. CB: will send out LIHEAP info
    2. DA: Wellness outreach has been going well – impacted due to weather – more consistency with various programs; discussion on gender fluidity at Stellar Brew 4:45
    3. IB: as close to fully staffed as ever been; under-sheriff is new – great guy on a listening tour of Mono County; bears are out; coyotes have been in town (sickly and aggressive); SO has done amazing work during this winter;
    4. RK: amazed how mental health stigma is evaporating; federman going into treatment and coming out and talking about it; stress this winter worse than I’ve ever had
    5. SP: talk at stellar brew at 4 pm for her mental health journey; hoping to have an active mental health discussion; will have an apartment available in the fall;
13. Confirm date and adjourn to next meeting
    1. **June 12, 2023: 3:00 – 4:30pm**

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