

## MHB General Meeting Minutes

May 6, 2015

### Sacramento County Administration Building

700 H Street

Sacramento, CA 95814

Hearing Room 1

**Meeting Attendees:** Tom Campbell – Chair; Len Marowitz – Vice Chair; Laura Bemis, Brian Brereton, Elizabeth Emken, Michael Hansen, Courtney Hedges and Patrick Kennedy

**Absent:** Sarah Jain

**Other attendees:** Billee Willson, Staff, Division of Behavioral Health Services – Mental Health; John Reed, Deputy County Counsel

Topic	Minutes
<b>I. Call to Order Welcome and Introductions</b>	Tom Campbell - Chair, called the meeting to order at 6:03 p.m.  A. Approval of May 6, 2015 Agenda, Michael Hansen moved to approve the agenda and Laura Bemis seconded: Ayes Unanimous, Motion Passed.  B. Approval of April 1, 2015 General Meeting Minutes: Courtney Hedges moved to approve the minutes Brian Brereton seconded: Ayes (4), Abstain (1), Motion Passed.  C. Michael Hansen read the Comfort Agreement.
<b>II. Announcements and Advocacy Reports (2 minute reports)</b>	<b>A. Youth, Adult, Older Adult and Consumer Advocacy Report</b> Kao Vue, Family Advocate  Kao provided described and provided flyers for the following programs and activities: <ul style="list-style-type: none"><li>• Sacramento County Stigma Free May Events (Attachment A)</li><li>• Terra Nova Family Fun Fair (Attachment B)</li><li>• WellSpring Art of Being: Wellness Through Creativity May 13, 2015 (Attachment C)</li><li>• Expert Pool Town Hall Meetings To be held at T-CORE June 5, 2015 (Attachment D)</li><li>• Client Celebration “Open Mic” June 13, 2015 (Attachment E)</li><li>• Consumer Speaks Conference, June 26,</li></ul>

Topic	Minutes
	<p>2015 (Attachment F)</p> <ul style="list-style-type: none"> <li>• Parent Support Groups (Spanish) (Attachment G &amp; H) 1<sup>st</sup> and 3<sup>rd</sup> Tuesday; Teen Group 1<sup>st</sup> and 3<sup>rd</sup> Tuesday (Attachment I)</li> <li>• Youth Anger Management Wednesday evenings (Attachment J)</li> </ul> <p><b>B. Association of Mental Health Contractors (AMHC) Report</b>  Laura Heintz  Laura announced the name change of the organization to Association of Behavioral Health Contractors. The organization supports the proposal brought forth to Board of Supervisors regarding emergency room usage and psychiatric hospitalization. The association appreciates the request before the Board of Supervisors in the Division budget request for the 2% increase for providers. Providers are still struggling to retain qualified staff. Her agency experienced a 100% turnover in intensive mental health clinicians. She urged the MHB to support outpatient, community based services.</p> <p><b>C. Law Enforcement Report</b>  No report.</p> <p>Len Marowitz posed some questions he had for Law Enforcement.</p> <p>With the warm weather, is Law Enforcement seeing more issues relating to mental illness? More drug use? More people with co-occurring disorders? More crisis situations that need intervening?</p> <p>Tom Campbell agreed to make a courtesy call to Deputy Kim Mojica to remind her of the June MHB meeting.</p> <p>The relationship between Mental Health and Law Enforcement is crucially important, especially with the new organization.</p> <p>Patrick Kennedy asked if Sacramento Police Department (Sac PD) would also be able to provide updates to the MHB.</p>

Topic	Minutes
	<p>Laura Bemis stated that Sac PD would be willing to come to a MHB meeting if they receive an invitation.</p> <p>Uma Zykofsky will talk with the Sac PD liaison at a tomorrow morning's meeting.</p> <p>Patrick Kennedy expressed the desire to hear updates on the Mobile Crisis Team on a monthly basis.</p>
<p><b>III. MHB Announcements and Participation in Committees, Meetings, Conferences</b></p>	<p><b>A. MHB Announcements (5 minutes)</b></p> <p>Elizabeth Emken expressed her appreciation that Len Marowitz organizes the site visits. She encourages MHB members to attend. A picture is worth a thousand words.</p> <p>Len agreed with Elizabeth concerning value of the site visits.</p> <p>The next visit is planned for Friday, May 15, 2015 at 10 am. Turning Point will take the participants to three of their programs: Abiding Hope, a Respite Program, Integrated Services Agency (ISA), a full service wraparound program, and the Crisis Residential program. These programs serve those with a higher level of need.</p> <p>Laura Bemis – Attended the recent NAMI meeting and reminded the group that Michelle from Sac PD is willing to present to the MHB. She spoke with people who may be interested in joining the MHB. She gave them contact information and directed them to the website. She obtained their contact information.</p> <p>Laura reported a personal contact with the Access Team on April 20, 2015. Everything went smoothly and services were timely.</p> <p>Laura also announced a calling of artist and writers to participate in a project where an individual with mental illness writes 1-2 pages on life experiences and an artist portrays the story. On July 12, 2015 in Elk Grove, there will be an event to meet the artist and the writer. The deadline to apply to be in the exhibit is May 15, 2015.</p> <p><b>B. Subcommittee Budget Meeting – Leonard</b></p>

Topic	Minutes
	<p><b>Marowitz or Alternate (5 minutes)</b></p> <p>Len Marowitz asked to table this report until the larger conversation later on in the agenda.</p> <p><u>The next MHB Budget Subcommittee Meeting is on May 17, 2015.</u></p> <p><b>C. Mental Health Services Act (MHSA) Steering Committee – Brian Brereton or Alternate (5 minutes)</b></p> <p>Brian Brereton expressed the need to appoint an alternate to the MHSA Steering Committee. Len Marowitz attends the meetings. Len expressed that he feels it would be better to have someone else as the alternate. The Chair can delegate the alternate. The alternate may need to be a consumer or family member. Uma Zykofsky will confirm this information.</p> <p>Stephanie Ramos was reelected and Dante Williams elected to be the MHSA Steering Committee Co-Chairs. The positions will term out in alternating years.</p> <p>The Annual Update comes out in July, is posted in August or September, and followed up by a Public Hearing hosted by MHB in October. It will then be submitted to the Board of Supervisors for approval.</p> <p>The Community Services and Supports (CSS) expansion of \$11M: Phase A Workgroup recommendations were approved in August 2014 and resulted in the development of Community Care Teams in the RSTs. Phase B Workgroup recommendations were approved at the end of 2014 and resulted in the approval of a TAY FSP. Phase C addresses other system needs. \$1.5M has been set aside for sustaining Crisis Residential programs. \$1.6M remains. Ideas already presented include treatment programming for collaborative courts including mental health court, and co-occurring court; a commercially sexual exploited children and domestic violence center; and other non-FSP service expansion. Brian invited members to relay any gaps they see in the Mental Health System of Care that he may report back to the MHSA SC.</p>

Topic	Minutes
	<p><b>D. Quality Improvement Committee (QIC) – Len Marowitz (5 minutes)</b></p> <p>Len Marowitz</p> <p>The Quality Improvement Committee met on April 22, 2015.</p> <p>Providers are being trained to use interpreters through Workforce Training in Cultural Competency.</p> <p>Psychological testing is being expanded for children due to more demand.</p> <p>Mobile Crisis Team clinicians started in April.</p> <p>Mental Health Court is now a full day and includes felons, as well as misdemeanors. This court is a subset and part of the Mental Health Court docket.</p> <p>The desire to establish a co-occurring court (mental health and substance abuse problems) was discussed.</p> <p>The Navigators program will roll out in July 2015 to ERs, Intake Stabilization Unit (ISU), Jails, and Loaves and Fishes.</p> <p>RST are expanding.</p> <p><b>E. Other Member Participation Updates/Report Backs (concerning county mental health programs) (10 minutes)</b></p> <p><u>Site Visits</u></p> <p>Len Marowitz reported on the site visits. The Human Resources Consultants (HRC) Regional Service Center (RST) serves the northeastern section of the county and is located near the corner of Watt and Marconi. The RST is staffed to serve 900 individuals who meet the target population. The individuals are seen from once a week to once every 2-3 months.</p> <p>Elizabeth Emken stated an expansion of Mental health services further east should be on the radar.</p> <p>Laura Bemis stated the visit was informative and since HRC is so close to T-CORE, it allows them to work together.</p> <p>T-CORE serves anyone in county. In the continuum</p>

Topic	Minutes
	<p>of mental health services, it is the next level down from the RSTs. They provide moderately intensive <b>mental health services and Case Management</b> with the difficult to engage and those struggling to get to a lower level of care. Transitional aged youth (TAY) begin in adult services here. Wellspace provides a physical health needs clinic at T-CORE.</p> <p>The Clubhouse, in the T-CORE social area, is where the participants do art, play games or socialize with peers.</p> <p>Laura Bemis commented on how engaging the people were. The Clubhouse is run by a former Clubhouse participant. Some participants come to the clubhouse on a daily basis other come only now and then. She would like to see other clubhouses. It provides places where the people can go and not be analyzed; a place where they are safe.</p> <p>Elizabeth Emken stated the Clubhouse concept seemed like something that could be expanded to other areas. It is non-clinical and could be a way to serve veterans. It would be an easy way to involve the private sector, this is something concrete and non-frightening for private sector entities.</p> <p><u>Human Services Coordinating Council</u></p> <p>Len Marowitz reported Edwardo Ameneiro, Division Manager Department of Human Assistance Homeless Services made a presentation on homelessness. Meetings are open to the public and are held at 2700 Fulton Ave.</p> <p><u>The Ripple Effect Drop-in Center</u> – Len Marowitz reported on a visit to the drop-in respite center located upstairs in the Pioneer Church on L Street. This center sprung from Respite Partnership Collaborative. The center provides resources, but there are no signs so it is difficult to find.</p> <p><u>UCD Grand Rounds</u></p> <p>Len Marowitz reported on the UCD Grand Rounds. The speaker, Paul Summergrad, MD, Chair of the Psychiatry Department of Tufts University,</p>

Topic	Minutes
	<p>Psychiatrist-in-Chief at Tufts Medical Center, and President of the American Psychiatric Association did a presentation on Integrating Medical and Psychiatric care: a global imperative. His premise is if mental health were funded then there would be a decrease in physical health costs. Len will notify MHB of future Grand Rounds.</p>
<p><b>IV. Division of Behavioral Health Services (DBHS), Mental Health Director's Report</b></p>	<p><b>A. Uma Zykofsky, Director, reported the following:</b></p> <p>Uma announced May is Mental Health Awareness Month. During Mental Health Month, DBHS is hosting several opportunities for residents throughout the county to help stop stigma and discrimination against those living with mental illness as part of its "<a href="#">Mental Illness: It's not always what you think</a>" project.</p> <p>The project is hosting several events during the month of May:</p> <ul style="list-style-type: none"> <li>• <b>May 4 – 8:</b> Art is displayed along the wall outside of the Governor's Office at the State Capitol. The display features art pieces from Sacramento County residents. The art pieces were created by people of all ages and cultures who are supporters of increasing awareness about mental health issues and decreasing stigma and stereotypes in Sacramento County and in California.</li> <li>• <b>May 4 – 29:</b> Sierra Health Foundation is displaying expressive artwork from Sacramento County residents who have been impacted by a mental illness, including those living with a mental illness or working with individuals who live with a mental illness. The display is in the lobby at 1321 Garden Highway and is open during business hours.</li> <li>• <b>May 9 –</b> The <a href="#">Stigma Free 2015</a> celebration at Clunie Community Center at McKinley Park is from 11 am – 2 pm. The event is hosted by the project. The youth event will feature live music from 102.5 KSFM, spoken word performances, prizes and more in recognition of Mental Health Month. The MHB and youth and young adults</li> </ul>

Topic	Minutes
	<p>are encouraged to attend.</p> <p>Uma shared examples of the new posters and the MHB resolution from yesterday's Board Meeting.</p> <p>As a follow-up item from a previous meeting Uma looked into the volunteer opportunity ending for a MHB member – the follow-up has occurred.</p> <ol style="list-style-type: none"> <li>1. The Director provided a report at the Homeless Workshop held yesterday on behavioral health services. The focus was on Full Service Partnerships and the new initiatives of mental health navigators and expanding access to alcohol and drug services. The Division is looking for sites where services to homeless population can be co-located or embedded in locations accessible to this population.</li> <li>2. Uma will be meeting tomorrow with the two mobile teams. They are fully staffed with two (2) Senior Mental Health Counselors (SMHC) alongside Police and Sheriff.</li> <li>3. The Board approved the Navigators program.</li> <li>4. The Mental Health Improvement Committee (Hospital coalition initiated meetings) has five workgroups underway or in development: <ol style="list-style-type: none"> <li>a. The Medical Clearance Workgroup is chaired by the Medical Society and the Sacramento County Medical Director. The workgroup will develop a uniform medical clearance tool for use across all hospital systems. Patient's Rights is participating in the workgroup.</li> <li>b. The Forensic Committee is led by Dr. Hales. The committee is looking for alternatives for jail referrals to the Mental Health Treatment Center (MHTC) for competency hearings. These are referred to as 1370 Incompetent to Stand Trial in code and the treatment center does the services that restores competency for referred individuals with misdemeanors. These meetings have taken place and recommendations are being developed. At any given time, different types of</li> </ol> </li> </ol>



Topic	Minutes
	<p>jail referrals impacts 30-40% of MHTC beds.</p> <p>c. The Siting Committee is chaired by Paul Lake and Rosemary Younts. It is critical for locating facilities in the county. The following have been invited or have expressed interest in participating: the Drug and Alcohol Board, ABHC, Uma Zykofsky and Dr. Heller, and the County Community Development and Planning Department. An invitation was extended to the MHB.</p> <ul style="list-style-type: none"> <li>i. The MHB will decide over the long term how best to participate.</li> <li>ii. Elizabeth Emken asked if there was a way to get requirements of the meeting when invited to participate, e.g., when they meet, what the requirements are, and the term.</li> </ul> <p>d. The Law Enforcement Consultation Line Workgroup is led by County Executive's Office because it relates to other county services. The line will be located at the MHTC. Anthony Madariaga and the crisis unit work are central to this project. Development of this workgroup has started.</p> <p>e. The Surge Capacity Workgroup is chaired by Uma Zykofsky and John Boyd. The intent is to protect community resources, specifically the 23-hour licensing requirement for Intake Stabilization Unit (ISU). This workgroup is in the development stage, and will include psychiatric hospitals, UCD, MHTC, Hospital Council/ED committee, and Provider representative (ABHC).</p> <p>5. Commercially Sexually Exploited Children (CSEC)  CSEC funding is anticipated to be released from the State for services to this population group. CPS and Probation are lead in this project as the target population is typically identified and involved with these systems first. This group will be moved from criminal justice to dependency jurisdiction. State grants being released are efforts to create intensive "whatever it takes" programming to help this vulnerable population. The target population will</p>

Topic	Minutes
	<p>require behavioral health services. The Juvenile Court Judge Boulware Eurie has created a special court and work is underway to develop partnering agreements to demonstrate system preparedness to help these young people.</p> <p><b>B. MHB Members' Questions Related to Director's Report</b></p> <p>What is the timeline for the rebalance, delivery date?</p> <p style="padding-left: 40px;">The timeline is pending the SB82 grant request outcome, the budget hearing outcomes, and the speed of capacity creation.</p> <p>Can we have the Homelessness workshop presentation at future meeting?</p> <p style="padding-left: 40px;">The MHB will plan to do one at a future meeting.</p> <p>What needs to be expanded for CSEC?</p> <p style="padding-left: 40px;">The treatment capacity needs expansion, providers and training for this specialized population as well as liaisons with the Court and other partners to make sure coordination takes place appropriately to prevent gaps and discontinuity of services.</p>
<p><b>V. Discussion Action</b></p>	<p><b>A. Approval of Budget Subcommittee Letter to the BOS</b></p> <p>Uma Zykofsky, Jeff King and Angela Chalmers provided a continuum of the budget from 2008-09 to 2014-15 (Attachment K). 2014-15 does not include new dollars for funding SB82. The \$11M in MHSA funding was included but not used. This document only represents the amounts budgeted in each year. It does not represent the actual expenditure.</p> <p>Clarification point: The recommended budget is the base budget. The growth request are those things included the April 24<sup>th</sup> Board Letter.</p> <p>Does the MHB support the base and growth request?</p> <p>Tom Campbell stated that in the past, the Budget Letter from the MHB has been largely an up-or-</p>

Topic	Minutes
	<p>down approval or disapproval of the DBHS budget, typically without recommending amendments. The MHB members discussed adding these additional items to the letter:</p> <ul style="list-style-type: none"> <li>• Expanding services so a stabilized individual can receive appropriate level of care to maintain and avoid future crisis.</li> <li>• Allow the Department to make changes as needed to move funding around to achieve goals of the programs it administers and delivers</li> <li>• Seek funding for additional mobile crisis.</li> <li>• The expanded use of the ISU including walk-ins will overwhelm the capacity; add a second ISU or Urgent Care Clinic.</li> <li>• Division must continue determining if its patients are eligible for Medi-Cal or other insurances.</li> </ul> <p>Dr. Heller explained a “wish list” is given to the CEO, who puts together the budget; then with her guidance, staff reports on the budget as it is carried out.</p> <p>Uma Zykofsky noted there are alternatives and other creative solutions to the ISU expansion idea which we are working in the rebalancing strategy. Additionally the issue of the insurance exchange is beyond scope of a budget presented by behavioral health.</p> <p>Elizabeth Emken emphasized the necessity to make sure to maximize dollars and ensure insurance companies are paying their share.</p> <p style="padding-left: 40px;"><i>Uma Zykofsky will go back and look at data to see how many individuals served have insurance.</i></p> <p>Brian Brereton emphasized the need to fund vendors to pay staff well enough to retain them.</p> <p>The MHB members discussed the logistics for getting the letter input and approval. Len will redraft the letter staying within the scope of the Board letter. The letter approval will be put on the agenda for the June meeting. The letter will be sent out</p>

Topic	Minutes
	<p>individually to each member for review and comment, per John Reed’s counsel.</p> <p>Patrick Kennedy stated workshops have been held on homelessness, the undocumented individuals needing care and mental health. There are big price tags, competing interests and limited dollars. The MHB needs to advocate; it is a credible body with the Board.</p> <p><b>B. Approval of 2014 Annual Report</b></p> <p>Annual Report is not ready – tabled to June meeting.</p>
<b>VI. Public Comment</b> (two minutes per comment)	No public comment.
<b>VII. Next Meeting/Adjournment</b>	<p><b>A. Next Meeting:</b> June 3, 2015</p> <p><b>B. Adjournment:</b> 8:38 pm</p>