



**SONOMA COUNTY MENTAL HEALTH BOARD Minutes of
April 19, 2022**



**This Meeting:
Virtually Zoom Webinar**

Minutes are posted in draft form and after approval at www.sonoma-county.org/mhboard

Email: dhs-mhb@sonoma-county.org

Please Note: A list of commonly used abbreviations and acronyms is attached

This meeting's Zoom webinar audio recording will also be posted on the Mental Health Board web page as an attachment to these minutes.

CALL TO ORDER

Meeting called to order at 5:05 PM by Kathy Smith.

ROLL CALL

Present: Bob Cobb, District 4 Betzy Chavez, District 1 Michell (Missy) Jackson, District 1
Mary Ann Swanson, District 2 Kathy Smith, District 5 Peter McAweeney, District 4
Michael Reynolds, District 2

Excused: Carol West, District 2; Peterson Pierre, District 1

Absent: Michael Johnson, District 3; Patricia Gray, District 1; Anabel Nygard, District 3; Vanessa Nava, District 3

SRJC PEERS Coalition Representative: Matti Cottrell

Sonoma County Board of Supervisor: No Representative

County of Sonoma DHS, Behavioral Health Division: N/A

ANNOUNCEMENTS /PUBLIC INTRODUCTIONS & COMMENTS

- 1) You may submit agenda items for consideration prior to the Executive Committee meeting, normally held on the first Wednesday of each month, 10:30 AM to Noon. Email or call MHB clerk (707)565-4850, DHS-MHB@sonoma-county.org to verify the next meeting date.
- 2) There are four (4) vacancies: one in District 2 (Rabbitt), District 4 (Gore) and two in District 5 (Hopkins). If you are interested in serving on the Board, please contact the MHB Clerk (707)565-4850, DHS-MHB@sonoma-county.org.
- 3) Please direct all your questions to the Chair.

APPROVAL OF MINUTES

- Do not have a quorum of the MHB membership. Wait on approval of minutes for next meeting.

CONSUMER AFFAIRS

- Kate Roberge has retired Kathy Smith will reach out to Sean Boland and Sean Kelson to take over for Kate Roberge.
- Sean Kelson present today to report out.

- New services at via Interlink Self Help Center, Wellness and advocacy center. – Making a Plan program, advanced care planning tool with MH in mind. Have worked with lots of people to create the programs. Just completed Making a Plan facilitator program training. There will be peer providers at interlink and wellness and advocacy center to support people to work through creating an advance care plan with mental health in mind.
- Monthly Forum at interlink Friday April 29th, 1:30-2:30 open to the adult general public
- Special presentation Thursday April 21st during the successful living group at the wellness advocacy center
- Lots of events planned for Mental Health month of May, at both Interlink and the Wellness and Advocacy Center.

Question: Mary-Frances Walsh – If we are connected with families that have a loved one that are interested in advance care planning, can they be referred to interlink?

Answer: Sean – encouraging anyone who can become a member of interlink to do so and check out the program. Does not anticipate being

SPECIAL PRESENTATION:

North County Presentation -

Kim Bender – HealthCare foundation of Northern Sonoma County executive director – Presentation Improving Mental Health - how do we improve MH before clinical interventions? PP Presentation

- Website – www.healthcarefoundation.net/strategic-plan. The strategic plan is the result of the research that was done. They are hoping to expand the project to Healdsburg and Windsor.
- Questions –
 - Peter McAweeney – How many students are in the mental health pipeline and what is expected of the next few years?
 - Answer- pilot of the program launched in 2018, at that time students were different points in their educational career. Currently 15 students are in the program, some have complete and some are just beginning. Program started out giving partial scholarships and signing bonus and two-year retention bonus if they worked at a job in Northern Sonoma County. They learned from the pilot is that there were not enough jobs in those areas so they changed ended up giving those bonuses when someone took the job anywhere in Sonoma County. Also worked with donors and listened to the participants after the pilot years and were able to secure full tuition scholarships so that students came out of their education with less debt. Had a massive impact on the interest in the program. Now average about 25 applicants for the 4 spots in the program. Trying to commit to the program for the next 10 years.
 - Michael Reynolds question – Is there any intention to include diversity in the hiring of those does the work? To Include local business and minority businesses in projects?
 - Answer- they are looking at using a model to hire from the community so that it gives the community a sense of pride and social capital. Looking at Pogo Park as an example. Sonoma Valley project are in the works, hope to hire local and have the local community

take full ownership of the project. There is also funding traineeships one in Cloverdale and one in Healdsburg, going to continue for next year.

- Bob Cobb question – How can we become engaged in MH efforts for north county?
 - Answer – if you live in Cloverdale we got funding for a project so there will be more information in July. You Can sign up for the newsletter on the website.

Guadalupe Navarro and Saraisabel Virgen – Latino Service Providers Power Point Presentation about what Latino Service Providers is. Community outreach with Youth Promotores.

- LSP - Weekly Newsletter and Monthly Meetings.
- Organizers of Stop the Stigma event.
- Youth Promotores program is designed to engage Latinx youth and improve their overall mental health in well-being.
- Questions
 - Michael Reynolds – what is the secret for the success of the youth Promotores program?
 - Answer – Retention is a challenge especially with students. LSP has built relationships that allow students to feel like they are a part of the program. 90% percent retention rate for the program. Valuing their time and acknowledging their projects with compensation. Also having a team that works directly with the youth, a bilingual bicultural staff that know how to support the youth in the program. LSP is there to support the youth in the program, the youth is considered the leaders of the program.
 - Kathy Smith – Is the Promotores program unique to Sonoma County?
 - Answer - Yes, it is unique to Sonoma County. The program is constantly evolving and more funding is allowing the program to expand. Goal is to continue growing the program. LSP has a 5-year report will be published. LSP will be going to Chicago in a few weeks to present about the youth promotores program.
 - Kathy Smith – re Promotores present in North County HS?
 - Answer - Yes, there is a presence. A challenge was building a budget to provide a stipend for transportation so that students are able to attend meetings.
 - Kathy Smith – question, Have COVID and ZOOM helped with transportation issues?
 - Answer - Yes, but there is Zoom fatigue so we had to get creative to have the meetings be exciting and interactive. But it allows for us to branch out and have promotoros from Marin and Solano. In the virtual space that works, but we are now implementing a hybrid model in order to create more opportunities to more students from other counties.

Becky Ennis, SOS Community Counseling

- Mental health talent pipeline, students and former students. Some of the work that SOS has been doing in Sonoma County, have programs Cloverdale, Healdsburg and Windsor. Starting to have some in Cotati and Rohnert Park and moving into Petaluma.
- In Cloverdale have opened a clinic at senior center, hoping to support seniors with mental health needs through counseling. Have two counselors, one bilingual in Spanish and one being of the demographic.
- On the middle school and high school campus, SOS has placed clinicians there. To date they have served 86 students in Cloverdale with 1:1 counseling,

- Prior to COVID about 1600 classroom presentations were conducted in North County. The presentations are based on MH topics that are important to the students receiving the presentations.
- The third program in Cloverdale has been a Juvenile Diversion Program. They have two police officers that are also licensed Clinicians that work in Windsor, Healdsburg and Cloverdale. The program pulls kids that are higher risk, those that are dabbling in illegal activities to help to counsel them in order to avoid them becoming part of the Juvenile Justice System. Timeline is 10 to 12 weeks depending on the misdemeanor that is a first-time offence. Also pull student that have issues with truancy, suspension or possible expulsion. In 2021 this program has served 47 youths between the ages of 10-18 in Cloverdale. 99% success rate, only 1% have reoffended. In Healdsburg since 2018 the program has served 171 youth between ages 10-18 with a 97% success rate. In Windsor this program has been operating since 2017, 196 youth have been served, ages 9 to 18 with a 96% success rate.
- Hope to have annual report out by end of summer.
- Questions/ Comments
 - Sherry – comment, Thank you for what all the organizations are doing.
 - Lupe Navarros – comment, LSP is very appreciative of SOS and the relationship that they have together. Great to have the impact of two agencies working alongside each other for creating spaces and opportunities for group and individualized therapy.
 - Betzy Chavez – question, If there is any feedback to those you are providing to those who are working with youth in the Juvenile system? Also, do you have any connection to Hannah Boys Center?
 - Answer – No connection with the Hannah Boys Center, but would love to talk about that. They do work with the Hannah Institute. In having conversations with the Police Chiefs that they work with, all are incredibly supportive but sometimes it is tough to see changes after those conversations. Would love to see more trainings with street officers.

Mary- Frances Walsh – Executive Director of National Alliance of Mental Illness (NAMI) Sonoma County affiliate

- What NAMI does in Sonoma County – nationwide organization they operate a warm line that gets about 60 new callers a month from family members trying to figure out how to get resources for mental health.
- Services that NAMI offers are education, awareness, support and the warmline. Since March of 2020, everything is virtual. This had expanded the reach to different counties in Northern CA. For the time being the program is open to anyone who needs help.
- For North County – there are new programs like the SAFE team and inResponse teams but they can rarely make it up to Cloverdale in a timely manner. These services are geographically limited.
- Most programs in North County are designed to help with people who are experiencing mild to moderate. Even though there are needs for the more severe symptoms such as psychotic episodes. Pandemic ended visits from a psychiatrist. No staff pediatricians, no in person support at the moment. People are not being connect with treatment or cannot/don't want to travel to treatment. Houseless people are no longer coming into the clinics since the pandemic. Lack of supportive housing, psychiatrist and difficulty helping patients who need medications.

BEHAVIORAL HEALTH DIRECTOR'S REPORT/HBH FISCAL UPDATE/MENTAL HEALTH SYSTEM: *Designee Sonoma County's Mental Health Services Act [MHSA]* newsletter is available at the link <http://www.sonoma-county.org/health/about/pdf/mhsa/>

Wendy Wheelwright – BH Directors Update

- BH director selected and will start in May. This person is bilingual in Spanish and lives in Sonoma County.
- Substance Use Disorder section (SUDS) – new program manager has started.
- Sage Commons has opened and it is full, working to build community on site. They have case managers and support on site.
- BOS approve mobile services expansion to North County. There will be a dedicated MST response team, recruitment has started for this. In addition, for the CalAIM updates and screening teams, BH has been meeting with community partners to look at streamlining processes and making successful referrals within the system.
- Whole Person Care team to do in reach services within jails.
- Chris Marlow who is the lead on CalAIM can provide a more in-depth review if needed.
- CalMHSA is doing a job task analysis survey for Peer Certification, they have a survey up on the website right now in order to inform this process.

PEERS (PEOPLE EMPOWERING EACH OTHER TO REALIZE SUCCESS) COALITION INTERN REPORT – (Matti Cottrell mcottrell@santarosa.edu) Link to SRJC's webpage about current health events around the campus: <https://events.santarosa.edu/calendar-events>; <https://shs.santarosa.edu/health-promotion-wellness>

- Unable to present because of time constraints.

Mental Health Board Appreciation:

- Unable to acknowledge Sonoma County BH staff because of time constraints, but they will be acknowledged next month.

Other Agenda Items:

- None

MHB CHAIR'S REPORT:

- Connie Peterite in the meeting, potential MHB member for district 4.
- New MHB member Michelle (Missy) Jackson is a school social worker for Sonoma County Unified.
- This year is coming to an end and Kathy Smith will be stepping down as chair. Nomination for MHB Chair is Peterson Pierre and Vice-Chair is Betzy Chavez. Will vote on this in the next coming weeks.

BOARD AND PUBLIC COMMENTS/CONCERNS/ACCOMPLISHMENTS:

- None

Motion to adjourn by Betzy Chavez, Bob Cobb seconded.
Meeting adjourned.

ABBREVIATIONS & ACRONYMS

5150	Declared to be a danger to self and/or others
AB3632	Assembly Bill - State-mandated MH services for seriously emotionally disturbed youth - discontinued by State
ACA	Affordable Care Act
ACL	All County Letter
ACT	Assertive Community Treatment (program run by Telecare)
ANSA	Adult Needs and Strengths Assessment – a “tool” for determining which services are needed by each particular adult client
AODS	Alcohol and Other Drugs Services – now a part of the Mental Health Division and called SUDS
ART	Aggression Replacement Therapy
BHD	Behavioral Health Division (Sonoma County)
CADPAAC	County Alcohol and Drug Program Administrators’ Association of California
CAHPS	Consumer Assessment of Healthcare Providers and Systems
CalEQRO	California External Quality Review Organization
CALMHB/C	California Association of Local Mental Health Boards & Commissions - comprised of representatives from many MHBs in the State
CANS	Child, Adolescent Needs and Strengths (Assessment) – helps determine which services are needed by each child client
CAPE	Crisis Assessment, Prevention, and Education Team; goes into the schools when called to intervene in student mental health matters
CAPSC	Community Action Partnership-Sonoma County
CARE	California Access to Recovery Effort
CBT	Cognitive Behavioral Therapy
CCAN	Corinne Camp Advocacy Network - Peers involved in mental health advocacy
CDC	Sonoma County Community Development Commission
CDSS	California Department of Social Services
CFM	Consumer and Family Member
CFR	Code of Federal Regulations
CFT	Child Family Team
CHD	California Human Development
CHFFA	California Health Facilities Financing Authority
CIP	Community Intervention Program
CIT	Crisis Intervention Training (4-day training for law enforcement, to help them identify and respond to mental health crisis situations)
CMHC	Community Mental Health Centers, Located in Petaluma, Guerneville, Sonoma, and Cloverdale (part of SCBH))
CMHDA	California Mental Health Directors Association
CMHL	SCBH’s Community Mental Health Lecture series - open to the public - usually takes place monthly
CMS	Centers for Medicare and Medicaid Services
CMSP	County Medical Services Program - for uninsured, low-income residents of the 35 counties participating in the State program
CONREP	Conditional Release Program (State-funded, SCBH-run, but will be turned over to the State 6/30/14)

CPS	Child Protective Service
CPS (alt)	Consumer Perception Survey (alt)
CRU	Crisis Residential Unit (aka Progress Sonoma-temporary home for clients in crisis, run by Progress Foundation)
CSU	Crisis Stabilization Unit (Sonoma County Behavioral Health's psychiatric emergency services at 2225 Challenge Way, Santa Rosa, CA 95407)
CSAC	California State Association of Counties
CSN	Community Support Network (contract Provider)
CSS	Community Services and Support (part of Mental Health Services Act-MHSA)
CWS	Child Welfare Services
CY	Calendar Year
DAAC	Drug Abuse Alternatives Center
DBT	Dialectical Behavioral Therapy
DHCS	(State) Department of Health Care Services (replaced DMH July 1, 2011)
DHS	Department of Health Services (Sonoma County)
DPI	Department of Program Integrity
DSRIP	Delivery System Reform Incentive Payment
EBP	Evidence-basis Program or Practice
EHR	Electronic Health Record
EMR	Electronic Medical Record
EPSDT	Early and Periodic Screening, Diagnosis and Treatment (Children's Full Scope Medi-Cal to age 21)
EQRO	External Quality Review Organization (annual review of our programs by the State)
FACT	Forensic Assertive Community Treatment
FASST	Family Advocacy Stabilization, Support, and Treatment (kids 8-12)
FQHC	Federally Qualified Health Center
FY	Fiscal Year
HCB	High-Cost Beneficiary
HIE	Health Information Exchange
HIPPA	Health Insurance Portability and Accountability Act
HIS	Health Information System
HITECH	Health Information Technology for Economic and Clinical Health Act
HSD	Human Services Department
HPSA	Health Professional Shortage Area
HRSA	Health Resources and Services Administration
IHT	Integrated Health Team (medical and MH services for adults)
IPU	Inpatient Psychiatric Unit
IRT	Integrated Recovery Team (for those with mental illness + substance use issues)
IMDs	Institutes for Mental Disease (residential facilities for those unable to live on their own)
INN	Innovation (part of MHSA)
IT	Information Technology
JCAHO	Joint Commission on Accreditation of Healthcare Organizations - accredits hospitals & other organizations
LEA	Local Education Agency
LG	Los Guilicos-Juvenile Hall

LGBQQTI	Lesbian/Gay/Bisexual/Queer/Questioning/Transgender/Intersexed (also LGBTQ)
LOS	Length of Stay
LSU	Litigation Support Unit
M2M	Mild-to-Moderate
MADF	Main Adult Detention Facility (Jail)
MDT	Multi-Disciplinary Team
MHB	Mental Health Board
MHBG	Mental Health Block Grant
MHFA	Mental Health First Aid
MHP	Mental Health Plan
MHSA	Mental Health Services Act
MHSD	Mental Health Services Division (of DHCS)
MHSIP	Mental Health Statistics Improvement Project
MHST	Mental Health Screening Tool
MHWA	Mental Health Wellness Act (SB 82)
MOU	Memorandum of Understanding
MRT	Moral Reconation Therapy
MST	Mobile Support Team - gets called by law enforcement to scenes of mental health crises
NAMI	National Alliance on Mental Illness
NBSPP	North Bay Suicide Prevention Project
NOA	Notice of Action
NP	Nurse Practitioner
OSHPD	Office of Statewide Health Planning and Development- the building department for hospitals and skilled nursing facilities in state
PA	Physician Assistant
PAM	Program Assessment Matrix Work Group
PATH	Projects for Assistance in Transition from Homelessness
PC 1370	Penal Code 1370 (Incompetent to Stand Trial, by virtue of mental illness)
PCP	Primary Care Provider (medical doctor)
PES	Psychiatric Emergency Services – (open 24/7 for psychiatric crises – 2225 Challenger Way, Santa Rosa, CA 95407)
PEI	Prevention and Early Intervention (part of Mental Health Services Act-MHSA)
PHF	Psychiatric Health Facility
PHI	Protected Health Information
PHP	Parker Hill Place - Telecare’s transitional residential program in Santa Rosa
PHP	Partnership Health Plan
PIHP	Prepaid Inpatient Health Plan
PIP	Performance Improvement Project
PM	Performance Measure
PPP	Triple P - Positive Parenting Program
PPSC	Petaluma People Services Center
QA	Quality Assurance
QI	Quality Improvement
QIC	Quality Improvement Committee
QIP	Quality Improvement Policy (meeting)

QIS	Quality Improvement Steering (meeting)
RCC	Redwood Children's Center
RFP	Request for Proposals (released when new programs are planned and contractors are solicited)
RN	Registered Nurse
RRC	Russian River Counselors
ROI	Release of Information
SAR	Service Authorization Request
SB	Senate Bill
SBIRT	Screening, Brief Intervention, and Referral to Treatment
SCBH	Sonoma County Behavioral Health
SCOE	Sonoma County Office of Education
SDMC	Short-Doyle Medi-Cal
SED	Seriously Emotionally Disturbed
SELPA	Special Education Local Planning Area
SMHS	Specialty Mental Health Services
SMI	Seriously Mentally Ill
SNF (Sniff)	Skilled Nursing Facility
SOP	Safety Organized Practice
SPMI	Serious Persistent Mental Illness (or Seriously Persistently Mentally Ill)
SUDs	Substance Use Disorders Services (formerly AODS)
SWITS	Sonoma Web Infrastructure for Treatment Services
TAY	Transition Age Youth (18-25)
TBS	Therapeutic Behavioral Services
TFC	Therapeutic Foster Care
TSA	Timeliness Self-Assessment
VOMCH	Valley of the Moon Children's Home
WET	Workforce Education and Training (part of MHSA)
WCCS	West County Community Services
WCHC	West County Health Centers
WPC	Whole Person Care
WRAP	Wellness Recovery Action Plan
WRAP (alt)	Working to Recognize Alternative Possibilities (alt)
Wraparound	Community-based intervention services that emphasize the strengths of the child and family
YS/Y&F	Youth Services/Youth & Family (Sonoma County Behavioral Health)
YSS	Youth Satisfaction Survey
YSS-F	Youth Satisfaction Survey-Family Version