

MHB General Meeting Minutes

April 1, 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; Michael Hansen; Courtney Hedges; Sarah Jain; and Supervisor Patrick Kennedy

Absent: Elizabeth Emkin

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

Topic	Minutes
<p>I. Call to Order</p> <p>Welcome and Introductions</p>	<p>Tom Campbell, Chair, called the meeting to order at 6:01 p.m.</p> <p>A. Approval of April 1, 2015 Agenda: Len Marowitz moved to approve the Agenda, Patrick Kennedy seconded: Ayes, Unanimous, and Motion Passed.</p> <p>B. Approval of March 4, 2014 General Meeting Minutes: Courtney Hedges moved to approve, Laura Bemis seconded: Ayes (6), Abstain (1), Motion Passed.</p> <p>Amendment: Add the word “who” in Section III in the last paragraph.</p> <p>C. Approval of March 11, 2014 Emergency Meeting Minutes: Patrick Kennedy moved to approve as amended, Laura Bemis seconded: Ayes, (5) Abstain (2), Motion Passed.</p> <p>Amendment: Patrick Kennedy was present.</p> <p>D. Laura Bemis read the Comfort Agreement.</p>
<p>II. Announcements and Advocacy Reports (two minute reports)</p>	<p>A. Youth, Adult, Older Adult and Consumer Advocacy Report</p> <p>Blia Cha, Adult Family Advocate/Liaison reported</p> <ul style="list-style-type: none">• Darrell Steinberg’s Lecture Looking Forward: Mental Behavioral Health in California will be on April 17, 2015 (Attachment A)• The Consumer Speaks Conference Flyer is available. (Attachment B)• Nomination Form for Consumer Speaks Awards (Attachment C)

Topic	Minutes
	<ul style="list-style-type: none"> • Consumer Speaks Information Table Application (Attachment D) • Kids Day in the Park April 25, 2015 National Children’s Mental Health Awareness Day (Attachment E) • Stigma Free 2015 Mental Illness: is not what you think will be on May 9, 2015 (Attachment F) • Expert Pool Town Hall Meeting - The next meeting is on April 10, 2015 at Asian Pacific Community Counseling (APCC). APCC and Paratransit will present. (Attachment G) • Ongoing Wrap (Wellness Recovery Action Plan) workshops are open to the community – 8 week groups (Attachment H) • Volunteer Opportunity for family and consumers get free training with the Consumer Warm Line (Attachment I) <p>B. Association of Mental Health Contractors (AMHC) Report</p> <ul style="list-style-type: none"> • No report <p>C. Law Enforcement Report</p> <p>Kim Mojica Safety Coordinator, Sacramento Sheriff Department</p> <p>Crisis Intervention Training (CIT) cycle is ending. 2100 have been trained.</p> <p>Funding was reduced but she secured grant funding to pay instructor fees. The funding is from Homeland Security and the Sherriff’s Department. The new cycle begins June 1, 2015. Classes will pick back up to two per month.</p> <p>The California Peace Officer Association will be giving the 8-hour class in other counties.</p> <p>The Board asked the rationale for Homeland Security being involved.</p> <p style="padding-left: 40px;">Homeland Security had grant funding, and the Department was able to show the nexus between acts of terrorism and mental illness. A tiny block of the training is dedicated to the severely mentally ill who have done horrible things.</p> <p>Courtney Hedges expressed appreciation of the work done.</p>
<p>III. MHB Announcements and Participation in Committees,</p>	<p>A. MHB Announcements (5 minutes)</p> <p>Tom Campbell attended the March 24, 2015 Board of Supervisor’s meeting and spoke in favor of the DBHS’ and</p>

Topic	Minutes
<p>Meetings, Conferences</p>	<p>County's redesign efforts. The Letter was transmitted and seemingly well received.</p> <p>B. Subcommittee Budget Meeting –Alternate Len Marowitz (5 minutes)</p> <p>The Budget Subcommittee did not meet. There are changes in staffing at the Division that affected scheduling. The reorganization is completed and a meeting will be scheduled this month.</p> <p>MHB wanted to make sure that there is sufficient time to develop any position paper for the FY15/16 budget.</p> <p>C. Mental Health Services Act (MHSA) Steering Committee – Brian Brereton (5 minutes)</p> <ul style="list-style-type: none"> The MHSA Steering Committee focused on whether and what funding is available for sustainability for grants within the Respite Partnership Collaborative that are coming to the end of their grant period. The discussions will continue next month. Public comment was received on all the ideas currently under consideration. <p>D. Quality Improvement Committee (QIC) – Len Marowitz (5 minutes)</p> <p>QIC discussed a letter that will go out to all clients regarding collecting co-payments when receiving services in the public mental health system. This is necessary to complete the process to become a MediCare provider so that the County can draw down on MediCare payments for clients served in the mental health system. This is a new practice. In the past, the County has not billing co-payments which has resulted in not being able to claim \$2M in Medicare annually. County will bill for these co-pays. The County will be sending out 27,000 co-payment informing letters to clients to notify them of this practice. Before that, providers will be alerted and there will be processes set in place to ensure that clients can appeal or seek exceptions to payment.</p> <p>The Board raised how many people will be triggered into a mental health crisis because of stress caused by the letters.</p> <p>Uma Zykofsky explained the Division is writing a carefully written letter to clients to inform them of what this new practice involves. The Division does not anticipate that there are large numbers of individuals affected by this new practice. However, we have to start implementing a billing system to be able to</p>

Topic	Minutes
	<p>complete our MediCare provider application. This is necessary to maximize all our revenues. Sending the letters is one of these necessary steps. Quality Management will work with clients through the Member Services line on all concerns in this area. We will also collaborate with our Fiscal Department.</p> <p>MHB Questions and Suggestions</p> <p>The Board suggested the letter be written carefully and asked about other questions they had heard regarding ACA.</p> <p>Does it have to do with the \$800 clients have to repay the federal government? Uma explained that there are many changes going on with ACA and MediCare and the County change is not related to the \$800 the Board member asked about. She provided the resource of HICAP advocates (1-800-MediCar) as a valuable resource for any questions relating to other MediCare questions and eligibility assistance. The Board asked if there was any advocacy they could do in this area.</p> <p>E. Other Member Participation Updates/Report Backs (concerning county mental health programs) (10 minutes)</p> <p>Program visits arranged by Len Marowitz</p> <p>El Hogar Guest House is the primary point of access for individuals who are homeless and mentally ill. It was noted there were no patient rights posters. The Board drew attention to this and wants the patients rights posters to be displayed.</p> <p>Dignity Health Medical Foundation Rancho Cordova Children Program Dignity Health has two children’s programs—one in Rancho Cordova, the other is in south area.</p> <p>They provide outpatient services to ages 0 to 20. Referrals come from schools, parents, juvenile justice and CPS. They do a 60-day assessment and provide treatment from 1 to 1 ½ years. Treatment barriers include parents not attending the appointments and parents not being used to maintaining a regular appointment schedule.</p> <p>Sacramento County Child and Adolescent Psychiatric Services Clinic (CAPS)</p> <p>CAPS provides a full array of mental health services for children and also includes psychological testing capability and child psychiatry for the juvenile justice population.</p> <p>Laura Bemis described how nice the facility is and how friendly</p>

Topic	Minutes
	<p>and welcoming the staff were.</p> <p>The next program visit is on April 17, 2015 to the Human Resources Consultants (HRC) and TCORE.</p> <p>Human Services Coordinating Council (HSCC) The HSCC had three breakout groups: housing, human services element, and safety net.</p> <p>Quarterly BOS Chiefs of Staff</p> <p>Len Marowitz attended. The topics discussed were rebalancing, 2015 goals, make-up of Executive Committee, MHB vacancies and Laura's Law.</p> <p>NAMI meetings</p> <p>Laura Bemis accepted a part-time job opportunity with NAMI coordinating "In Your Own Voice."</p> <p>Sarah Jain will attend the NAMI meetings for the next few months.</p>
<p>IV. Division of Behavioral Health Services (DBHS), Mental Health Director's Report</p>	<p>A. Director's Report</p> <p>May is Mental Health Month.</p> <p>The Division submitted the SB82 grant application on Monday to be consistent with the March 24, 2014 Board Letter.</p> <p>Numerous steps with the hospital work are underway. The Division is forming workgroups to address the Board of Supervisor's report back.</p> <p>The Division is conducting meetings with MHTC staff and others to develop an understanding of next six months of work. There needs to be a lot of dissemination of accurate information so staff, stakeholders and others can understand the magnitude and importance of the work.</p> <p>The Sr. Mental Health Counselors (SMHC), staff to the Mobile Teams, will start on April 13, 2015. A review will be pulled together to see where we are and determine the next steps.</p> <p>The Board asked about Mobile Teams taking all clients to the Crisis Unit. The Mobile Teams will direct clients to the appropriate place to receive services – which might be the Crisis Unit. The clinician on the mobile team will make the clinical determination for care.</p> <p>A lot of work is going on to get contracts for next year and contact changes processed.</p> <p>The MHSA Three Year Plan is calendared for approval at the April</p>

Topic	Minutes
	<p>7, 2015 Board meeting. We have brought these planning processes to you over the past few months.</p> <p>MHSA Steering Committee is looking at the Prevention and Early Intervention programs for sustainability. We will make some recommendations at the April meeting. Billee Willson will e-mail the Presentation to Board Members.</p> <p>Homeless services as part of the Sacramento Steps Forward and Continuum of Care will be presented to City Council on April 7, 2015.</p> <p>B. MHB Members' Questions Regarding Director's Report</p> <p>The Board raised a question about canceling the Budget Committee meeting. It was explained there are transitions and staffing changes happening and we will make sure we get the scheduling on track again. Dr. Heller, who was also in attendance, gave more detail on the upcoming budget process. The Board suggested Budget meetings continue with the kind of explanation provided tonight.</p> <p>A question about the budget time line process being compressed was raised. Per Uma Zykofsky, we are on target with the same timeline as last year.</p> <p>Budget committee – Len Markowitz the current Chair needs a third person on the committee; the MHB Chair advised members to express interest off-line. Meeting will be scheduled in April.</p>
<p>V. Presentation (30 minutes)</p>	<p>A. Family and Youth Advocacy within Sacramento County's Children's System of Care</p> <p>Sandena Bader, Family Coordinator, NorCal Mental Health America and Josef Gray, Youth Advocate, River Oak Center for Children provided a PowerPoint presentation on Youth and Family Advocacy within Sacramento County's Children System of Care. (Attachment J)</p> <p>Uma Zykofsky reviewed the Children's Continuum document (Attachment K) to familiarize the MHB with the general map of the children's system so that they can place the presentation in that framework. (Billee Willson will email the continuum to Board members as it was not available in large print/hard copy at the meeting.)</p> <p>Sandena Bader provided a Brief overview on Advocacy and the History of Family Advocacy (Attachment L) along with the activities and services provided to parents of children involved</p>

Topic	Minutes
	<p>with the Children System of Care. Josef Gray provided an overview of the Youth Peer Mentor and their role and responsibility with the youth involved in the Children System of Care. He noted the positions in the outpatient system are paid positions. Youth Peer Mentors are available during normal business hours. Families and Youth can call during a crisis and each has a crisis plan for after hour needs. Youth Peer Mentors have a high caseload, but primarily see those at high need or high risk. They can serve up to 45 per month. Youth Peer Mentors age out at about 29 but often are transitioned or hired elsewhere as most are college students.</p> <p>Uma Zykofsky complimented the Family Partners and Youth Peer Mentors. They are equal partners with the clinicians. Clinicians call upon them and they call upon clinicians. They give advice to clinicians.</p> <p>The vision of the Division has been to have at least one advocate at each agency.</p>
<p>VI. Action Items</p>	<p>A. Election of MHB Secretary (Action):</p> <p>Call for Nominations:</p> <p>What is involved in reporting outreach activities – the Bylaws were consulted.</p> <p>Laura Bemis nominated and accepted nominations.</p> <p>No other nominees.</p> <p>Ayes: unanimous, Laura Bemis elected.</p> <p>B. Election of MHB Executive Committee At-Large Members (Action):</p> <p>The role of MHB Executive Committee is to:</p> <ul style="list-style-type: none"> • Prepare agenda for meeting • Prepare agenda for Annual Retreat • Act on behalf of full Board to address a time sensitive matters when the full Board is not able to convene. The action is ratified at the next general meeting. <p>The meetings are subject to the Brown Act.</p> <p>The Chair can cancel the meeting as needed.</p> <p><u>Call for nominations:</u></p> <p>Courtney Hedges</p>

Topic	Minutes
	<p>Elizabeth Emkin –is interested (Declined nomination - Michael Hansen, Brian Brereton and Sarah Jain).</p> <p>Courtney Hedges and Elizabeth Emkin were elected by unanimous vote.</p>
<p>VII. Public Comment (two minutes per comment)</p>	<p>Sarah Jain shared her experiencing with a volunteer position with one of the agencies.</p> <p>Len Marowitz expressed his concern with restricting employment with an agency when the individual has been stable for a long length of time. He suggested asking Uma Zykofsky and Dr. Heller to look into this issue.</p> <p>Laura Bemis asked if there was a taskforce to resolve complaints. MHB chair suggested concerns be discussed off-line.</p> <p>A discussion about enforcing the time limits ensued. Michael Hansen felt if no one else is waiting to speak, the time limit should not be enforced. He felt the public would not come to get or give information if this is the case. Courtney Hedges felt the time limits are there to keep order. Laura Bemis suggested giving a 30-second warning to allow for wrap-up.</p>
<p>VIII. Next Meeting/Adjournment</p>	<p>Next Meeting: The next General Meeting of the MHB is May 6, 2015 at 6:00 pm.</p> <p>A. Adjournment: 8:17 pm</p>