

MHSA FORUM

MENTAL HEALTH SERVICES FOR CHILDREN AND FAMILIES & TRANSITIONAL AGE YOUTH, ADULTS AND OLDER ADULTS

MINUTES

Wednesday, January 14, 2015

2:00 to 3:30

1120 SO. DORA ST. UKIAH, CA 95482 – CONFERENCE ROOM 1

In Attendance: Karen Lovato, Robin Meloche, Mary Alice Willeford, Jayma (Shields) Spence, Mark Montgomery, Sage Wolf, Monica Newell, Townley Saye, Wynd Novotny, Aaron Sanders, Paula Martin, Nancy Sutherland, Danielle Lower, Jan McGourty, Kevin Powers, Tim Schraeder, Lawrence Lazaro, Joe Jackson, Johnnie Radford, Eddie Alvarez, Joanna Olson, Natasha Carter and Dennie Maslak

1) Welcome and Introductions

- Handouts available: Forum Schedule, MHSA Needs list, MHSA Meetings & Events Calendar, Issue Resolution forms, MHSA Summary, Previous Meeting Minutes, Cultural Diversity Meeting Schedule & Flier.
- Minutes to be approved from last meeting - Approved with correction: pg. 2 under Gibson House
- Agenda reformatting - more generic in the future
- MHSA 3 Year Plan update deadlines
 - Public 30 day posting on March 31st - will be posted on the MHSA Website
 - Public Comment Hearing on April 30th @ HHS from 10:00aam -11:30am, in Conference 1 – will be posted on the MHSA Website

2) Current MHSA Services

- **Programs Summary** – *please update the descriptions and submit them by February 5th to Robin Meloche email: meloche@co.mendocino.ca.us*
- **Representatives of MHSA services speak on their programs and news** – *MHSA programs strongly emphasized Stakeholder feedback during Forums to respond to the needs of the community members*
- **The Arbor** (funded by MHSA-PEI) - **Lawrence Lazaro:**
 - Calendar of Arbor's monthly events made available
 - Stats: 1700 clients 13-24 years old. See 15-35 youths per day
 - Thankfulness Feast & Holiday Party + open for a few hours on Christmas for breakfast and gift exchanges
 - Clothes closet
 - 100 classes & 2 events were held in December
 - Informal mental health support: Art Expression & Real Talk - goal orientated groups where care management staff and RCS meet daily with youth mapping mental health goals and addressing any challenges in attaining them
 - The NA & AA groups are resuming
 - Al-Ateen (Al-Anon for teenagers).
 - Tea Time – new women's support group 4:00-5:00 on Wednesdays beginning January 21st
 - Job Building Skills for resumes and interviewing.
 - Movie Time – watched and discussed to help make a connection to their issues
 - Looking to participate in a Directing Change video (Cal MHSA sponsored competition for youth to submit a 1 minute video focused on mental health awareness or stigma) submit by February 16th deadline
 - Agencies that have a copy of the DVD's: Manzanita, Arbor, Ft. Bragg, Action Network, Laytonville Health Resource Center, and Yuki Trails.
www.directingchange.org for the video link

NOTE: The Point in Time Count is January 22 - data is used in determining funding for homeless services based on where the homeless slept that night on the day of the count - sleeping at a friend's does not count as homeless per HUD's definition

- There are two types of surveys: a voucher based transitional program and the unsheltered homeless that include those living in automobiles, train cars and closed buildings
- The Arbor received a Grant for a "Magna Event" to increase the numbers of homeless youth to complete the surveys:
 - 11:00-2:00 at the Arbor, Laytonville's Healthy Start
 - Monday the 26th from Noon-3:00 at The Daily Bread in Willits.
 - Volunteers can call Lawrence, Merrill and Andy Kennedy
 - On the 22nd the homeless volunteers are paid \$10 an hour 5:30-10:30
 - Homeless volunteer's helping with the survey at each community center pd \$5 for every completed survey
- **Sage Wolf – TAY Housing Program:** began in 2009 with 6 beds, now at 16 FSP beds – funded by MHSA-CSS: 11 beds at Washington Ct. & 5 beds at Gibson House 18-25 yrs. old
- **Manzanita Services – Wynd Novotny:** Care Management; drop-in wellness center
 - Continuous classes: Anger Management, Life Skills, Dual Diagnosis, and Wellness Recovery
 - Class: In collaboration with NAMI Mendocino offer Peer to Peer 10 week course - once or twice a year beginning Saturday, January 17th at Manzanita 286 School St. in Willits from 11:00am – 1:00pm. Recommended attending all 10 sessions – build on each other
 - Van available from Ukiah Manzanita to Willits Manzanita
 - The existing volunteer program has a new collaboration with Voc Rehab Buckaloo who does the rehab & job training through Manzanita. The outreach to Buckaloo was in April and the first graduate was mid-December, with people in line for the program
 - Volunteers double as teachers or assist with the classes
 - Adding "Seeking Safety" class, every other week - by email only
 - "Transformations" run by a Peers on Wed. mornings 11:00am-Noon
 - Art Program is participating in the "Art Walk" Ukiah viewed at Corner Gallery
 - Working with Sonoma State's patient navigation for a couple of years - staff trained in navigating whole health behavioral health and multiple needs
 - Applied the model towards those who have multiple issues who need extra one-on-one counselling
 - Another Intern staffed November - May. Outreach & Engagement: She needs to see 20 clients, available one day a week, she is always following up and researching. Call for an appointment
- **ICMS – Mark Montgomery:** FSPs. Care Managers. Crisis, law enforcement partnerships are developing and medication support transition is running smoothly.
 - 11 o'clock calendar is MHSA funded engaging and managing clients through the court system in Ukiah
 - Sr. Peer counseling is peer support for older adults with wellness checks that are in-home.
 - **The Coast Hospitality Center:** Care Management and Wellness Clinic are meeting needs
 - They are securing a property for mental health services
 - Discussions about partnering with ICMS for services and supportive housing.
 - Medication support services will increase in Ft. Bragg with Tim Jakinsky and Dr. Garratt - funded through MHSA-CSS
 - 2 o'clock court calendar on the coast every other Wednesday
- **Mendocino County Youth Project - Joanna Olson:** MHSA funding for prevention & intervention services throughout the county for mental health destigmatization, peer counselors, peer support and services provided in the schools in: Ukiah, Redwood Valley, Willits, Laytonville, Ft. Bragg, Manchester, Pt. Arena
 - Prevention collaboration in Pt. Arena with the Health Center and the Teen Clinic to the High School to provide one-on-one counselling services for early break assessment, activities, and refer services out to community for assessment and other resources

- Levine House is a 6 bed shelter partnered with crisis RC3 and DSS specifically to receive youth 18-24 that are AB12 – up to 90 day stay for AB12 & 60 days for RC3 (residents can exit and return)
 - Mary Tindall is the Program Manager.
 - Referrals come through the crisis unit at DSS
- **Laytonville Healthy Start Family Resource Center – Jayma Spence:** There are no social services in Laytonville - Resource Center is a hub providing MediCal services & Cal Fresh & programs
 - MHSA funded: Tapestry Family Services sends a therapist 2 days a week & a Rehab Specialist 1 day a week
 - Flexible time for Therapist Terri Rathbun due to crisis in school
 - Ron Arkin, a Rehab Specialist contracted with RQMS is helping with crisis management and case management
 - Formalized a group from the Healthy Start Coalition = **Mental Health Coalition** to identify the gaps in current mental health services, includes: the Superintendent and School Principal, the clinic, Long Valley Health Center; the Resource Center, community members and the Chato Tribe
- **Tapestry – Kevin Powers:**
 - Besides Laytonville, a therapist travels to Covelo provides services with flexible time to respond quickly, depending on the need , on a daily basis and able to identify kids through the initial short term process with follow-up as needed for longer term therapy
- **MCOE – Natasha Carter, Student Wellness and Support Coordinator:** Manages the School Climate Transformation Grant and the Project Awareness Grant, both are to help with mental health awareness in our school system and in the community.
 - The School Climate Transformation Grant requires a couple of coaches go to schools to assist them in establishing a “positive behavioral intervention system” framework and support
 - The Project Aware Grant provides Mental Health First Aid trainings in the community and in schools. The Mental Health First Aid Program provides support and assistance to anyone in crisis until they receive profession help. It is not for treating; it is how to interact and inform them of services
 - Collaborating with Wynd Novotny in providing the Adult Mental Health First Aid Trainings -first one was last November, next one in Covelo in February
 - Bessie Glossenger is being trained in Youth Mental Health First Aid to provide future trainings
- **Paula Martin SELPA MCOE:**

Special Education information in Mendocino County:

 - Serving 15,000 students below K12 and through age 22 with IEPs
 - Serving about 11% in Special Education - the state average
 - Fastest growing population is students with autism and emotional disturbance
 - County has twice the state average of students with emotional disturbance
 - This year started a new project: TIERS through, Diana Browning Wright, who wrote the “School Shooter Brief” in Fort Bragg, Ukiah and Willits - self-contained classroom with evidence based measures that have been peer reviewed - our numbers have significantly decreased with thanks to everyone in the room
 - 20% of students with IEPs are receiving counseling services.
 - When 3632 ended there was a huge drop in services – currently stronger continuity of services
 - Organizational providers have noticed and recognized the consistency in therapists (one of the most challenging problems that we had previously with County Mental Health’s clinical staff turnover)
- **Johnnie Radford from the Arbor, presentation:** Attended the MHSA Forum held at Anderson Valley Health Center and heard providers speak about their programs and was inspired to model a program after the Sr. Peer Counseling program. Combined the model of a weekly strengths based webinar “Signs of Safety” with the Sr. Peer Counseling model and adapted it to format the **“Peer Support Session Summary Notes” form listing the following sections:**

1. Grievances (*What are you worried about?*)
2. Findings: (*What is working well?*)
3. Self- Assessment of Progress: (*Scaling/Positive Affirmations*)
4. Plans for Next Session (*What needs to happen?*)
5. Goals/Strides
6. follow-up comments section

He currently meets with 5 clients for peer support once a week using the signs of safety model scale of 1-10. Form disseminated. He was applauded for taking positive action to help youths identify problems that inhibit them from reaching their goals toward wellness.

RESOURCES:

- Housing for pregnant women = THE NEST in Lake County provides transitional housing
- Buddy Eller Center/Winter Shelter has 50 beds through end of April
- Manzanita has 6 beds that are not MHSA funded, provided by a fundraiser
- Vocational Shelter at the Community Center – required that residents are active 20 hours a week with work, volunteering or school
- Mendocino Community College has a Grant for scholarships to train people who want to go into the Behavioral Health field. It is \$2,000 person scholarship (\$1000 a semester) with 3 slots left out of 42 slots. Contact Dan Jenkins: djenkins@mendocino.edu
- MCOE website with links to services www.tinyurl.com/studentmentalhealthinitiative - check it out to be sure your agency information is correct
- NAMI.org - Educational opportunities

3) Recommendations for Future MHSA Services

- By law, students living in Sonoma County, but attending schools in Mendocino County cannot access MediCal benefits - working with Tim Schraeder
- Action Network and Anderson Valley are both Mental Health Service Contractors being paid out of the SELPA funds - concerned there won't be enough money to provide support at the current level of care long-term
- Gloves provided at the Wellness Centers (New law prohibits anyone from picking up a can without wearing gloves)
- Training for Rehab Specialists for co-occurring disorders & dual diagnosis – offer Substance Abuse Counselors financial help to be educated and trained as **Rehab Specialists** to navigate between the medical dependency system and the mental health system. (WET funds to help the employees qualify to be rehab specialists?)
- Ombudsman / Mental Health Referral Liaison – one person/place responsible for the navigation of services available and to maintain and update those contacts and services regularly

4) Issue Resolution

- MHSA is asking Counties to have an issue resolution plan – used by a client or stakeholder who has a problem with a MHSA provider or services - forms available through Robin

5) Next Steps

- Review the needs requested today with the Providers
- Add the updated Program Summary to the MHSA webpage

Next MHSA Forum is March 11, 2015 from Noon – 1:30pm at Hopland Band of Pomo Indian's Rancheria, 3000 Shanel Rd. Hopland. Lunch will be provided. * R.S.V.P. appreciated by March 9th *

For more information please call Robin Meloche, MHSA Coordinator at 707-472-2332 or email: meloche@co.mendocino.ca.us