

# Minutes



## Mendocino County



### Behavioral Health & Recovery Services MHA Forum/QIC Meeting Minutes

Date: Monday, September 28, 2017 | Time: 3:30 pm to 5:30  
 Round Valley Indian Health Center – Yuki Trails Conference Center  
 23000 Henderson Road, Covelo, CA 95428

**In Attendance:** Debbie Dale, Barbie Svendsen, Robin Meloche, Otis Brotherton, Venus Hoaglen, Sarah Walsh, Danielle Lower, Navin Bhandari, Dustin Thompson, Josephine Silva

	Discussion Item	Action/Next Steps/Who	Date
1.	<p><b>Introductions:</b></p> <ul style="list-style-type: none"> <li>• Introductions were made around the room from everyone in attendance.</li> <li>• The new format of the meetings was discussed, it was explained that the Mental Health Services Act (MHA) Forum and Quality Improvement Committee (QIC) Meetings are now combined together, in attempt to increase attendance and participation for both meetings and be more efficient for stakeholders. Discussion of the intent of stakeholder meetings.                             <ul style="list-style-type: none"> <li>○ Video conferenced meetings were also explained. The meetings that take place on November 29<sup>th</sup> and on March 14<sup>th</sup> will be broadcast to multiple locations within the county. All locations will be able to listen and interact with the facilitators during the meeting.</li> <li>○ Otis Brotherton discussed all of the places that put out information regarding the meeting to inform the stakeholder and community; via physical fliers and electronic postings.</li> </ul> </li> <li>• The handouts provided were: Issue Resolution Forms (English and Spanish), MHA/QIC Forum Calendars, surveys, agendas, and minutes from the previous meeting.</li> <li>• Robin Meloche explained the feedback survey, and that the purpose of it is to make adjustment to the schedules, agendas, and processes to ensure that the meetings are as stakeholder and consumer-friendly as possible.</li> </ul>		
	<p><b>Stakeholder Input:</b></p> <ul style="list-style-type: none"> <li>• A psychologist was requested to be brought to the area.                             <ul style="list-style-type: none"> <li>○ Telepsych is being offered in cities, but getting in-house doctors in the area has been very difficult.</li> <li>○ RQMC discussed the transfer of med-management services from the County offices to RQMC; Crisis clients as of November 1<sup>st</sup> and new clients after December 1<sup>st</sup>. All of med-management should be transitioned by January 1<sup>st</sup>.</li> <li>○ There was a discussion of which doctors would be transferring over, what will be offered, and where services will be offered.</li> <li>○ A new provider is going to be available once the transition happens. He is a Physician’s Assistant, so he will be able to</li> </ul> </li> </ul>		

	<p>prescribe psych medications to patients.</p> <ul style="list-style-type: none"> <li>○ Existing patients will be able to keep the same doctor, it will just be in a different location.</li> <li>○ There was a discussion on the distances to services that there are in Round Valley.</li> <li>○ There was a comment that Telepsych may be an issue for more rural areas due to connectivity issues.</li> <li>○ There was a discussion regarding providing free cell phones to people in the community and whether or not they can be utilized by some of the provider locations, like in Fort Bragg, so that contacting clients for reminders and medication discussion can be done.</li> <li>○ There was a comment by a consumer that there would need some sort of sign up sheet to collect more information regarding consumer interest.</li> <li>○ The suggestion was made that phone services should probably happen in a regular location each time so that people know where the access will be available.</li> <li>○ It was suggested that the phone services be connected with contacts at the Family Resource Centers (FRCs) to make it easier to determine what areas would work the best.</li> </ul> <ul style="list-style-type: none"> <li>● What is working in Round Valley? <ul style="list-style-type: none"> <li>○ The biggest issue at this time is access to higher level care.</li> <li>○ There is Telepsych (UC Davis), but no shows are a problem.</li> <li>○ There is a need for some kind of residential program for substance issues, it is not really covered much with the existing services. <ul style="list-style-type: none"> <li>▪ There are currently 3 places for tribal clients to receive substance use treatment, but nontribal clients are lacking options, it is a big concern.</li> </ul> </li> <li>○ There was a question about funding options that are available for the FSPs – Robin will be researching and will report back to RQMC.</li> </ul> </li> </ul>	<p>-The MHSa team will research acquiring a free/subsidized phone service for consumers.</p> <p>-Robin will research funding options and report back to RQMC.</p>	<p>11/29/17</p>
<p><b>2.</b></p>	<p><b>Program Updates:</b></p> <ul style="list-style-type: none"> <li>● The housing project was approved through the city of Ukiah. <ul style="list-style-type: none"> <li>○ The property has been obtained and demolition will be taking place during the Fall/Winter season.</li> <li>○ Groundbreaking is scheduled to take place in March of 2018. <ul style="list-style-type: none"> <li>▪ There was a question from the group asking how many clients were currently involved with this project. <ul style="list-style-type: none"> <li>● RCHDC is in charge of the construction and have control over the development.</li> <li>● It was suggested that we put in a request to include consumers in the demolition process, to provide them with temporary work that would also give them some experience that they could</li> </ul> </li> </ul> </li> </ul> </li> </ul>		

	<p>use in other employment.</p> <ul style="list-style-type: none"> <li>○ We will review the suggestion with RCHDC</li> <li>● Interest in the project has been very positive, there were some concerns regarding the senior housing and senior facilities in the area.</li> <li>● There was a question asked regarding whether there are any other programs to help with the homeless that the county will be providing. <ul style="list-style-type: none"> <li>○ RCS has purchased a property to provide for the homeless emergency shelter – to make it more permanent and not just during the winter months.</li> <li>○ There was a discussion about the options that RCS provides for the specialty mental health population. – Haven, Gibson, etc. – 2 clients were graduated recently, there was a discussion about the process that happens after a client graduates.</li> </ul> </li> <li>○ WET <ul style="list-style-type: none"> <li>▪ The County contracted with the Mendocino College to offer scholarships for students pursuing degrees in mental health that meet priority criteria. \$25,000 was provided in scholarship funding.</li> </ul> </li> <li>○ Innovation <ul style="list-style-type: none"> <li>▪ The Innovation Project has been pre approved by the Mental Health Services Oversight and Accountability Commission (OAC) staff to go before the OAC for final approval. The presentation will take place on October 26<sup>th</sup> in Los Angeles instead of in Sacramento. The was disappointment expressed that the local stakeholders will not be able to attend the meeting. Otis Brotherton and Frank Tuttle will be presenting with the County. There was an OAC meeting that took place today – 2 presentations were done and both were approved, one of them was told that they were not innovative for a large city/county, but it was innovative for a small/rural county, so we are hopeful about our project.</li> <li>▪ There was a discussion about the presentation and how the presentation has to be laid out. There was an explanation about the items that are being included in the Powerpoint.</li> <li>▪ There was a discussion of the remote nature of the Round Valley.</li> <li>▪ Otis Brotherton talked about how the local Sheriff has increased his interaction with the community, and has made an effort to acquaint himself with its members.</li> </ul> </li> <li>○ MCSPC <ul style="list-style-type: none"> <li>▪ Suicide Prevention Week was the 2<sup>nd</sup> week in September.</li> <li>▪ There were six presentations over four days, there were</li> </ul> </li> </ul>	<p>-Robin will relay suggestion to RCHDC.</p>	<p>11/29/17</p>
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about 60 people reached during these presentations.

- We were also able to attend the health fair in Hopland during this week.
- There were some really amazing submissions provided by the community.
- Robin Meloche participated with an informational booth on MHSA in the Pinoleville walkathon – about 80 people participated in that event.
- Several young people came to tell their stories of suicide and the experiences they have had personally.
- There was a story provided by someone in attendance of an experience with suicide as a child while in a hospital, it was discussed that medications did not work in this particular situation for this child.
- There was a question asked about if the county held any of these Suicide Prevention Week presentations in the High Schools.
  - The High School has not been open to hosting Suicide Prevention Week presentations – There was a discussion of the alternative programs that the county offers and things that the High Schools offer themselves to address suicide risk.
  - The Each Mind Matters organization has a Directing Change program which is geared towards high school age youth.
  - There was a discussion of the Round Valley specific suicide prevention measures that have been implemented in the local school district and the participation in these and related programs.
- There was a question asked about the number of suicides within the county.
  - There were 20 in the county in 2016, 5 of those were in Willits alone.
  - Discussion of risk factors: Men age 45 to 65 have the highest rate of suicides lately, the rate of veteran suicides has increased.
  - It was asked if the county has a mechanism in the Mental Health system that specifically works with the veterans regarding suicide.
    - Veterans often receive services from the VA. Some veterans are not able to speak openly about their experiences with civilians.
    - There was a discussion on the Choices program that allows veterans that are a certain distance from Veteran Affairs (VA) services to utilize local options, but still through the VA.
- Issue Resolution Form
  - Recently updated, is available at this meeting in English and in Spanish. Explained form and

	<p>changes.</p> <ul style="list-style-type: none"> <li>• Providers were asked to verify that the documents were up to date.</li> </ul>		
3.	<p><b>Data Report:</b></p> <ul style="list-style-type: none"> <li>• Tabled.</li> </ul>		
4.	<p><b>MHSA Service Provider Reports:</b></p> <ul style="list-style-type: none"> <li>• Tapestry provides two outreach workers to the Round Valley area for youth and children.</li> <li>• Mendocino County Youth Project (MCYP) and Manzanita are also sending outreach workers to the Round Valley area.</li> <li>• Mobile Outreach and Prevention Services (MOPS) is active in this area. <ul style="list-style-type: none"> <li>○ Stakeholders stated that this program has been beneficial to the community and has really made a difference.</li> <li>○ Providers Joy Kinion and a sheriff tech Sean Patrick go out together for safety and coordination.</li> </ul> </li> <li>• Discussed the Wrap Around Programs (Pathways to Wellbeing) and how it derived from the Katie A Program.</li> </ul>		
5.	<p><b>Meeting Updates:</b></p> <ul style="list-style-type: none"> <li>• The current PEI contractors have expressed concern about the new PEI reporting expectations and the changes in regulations. The new Three-Year Plan is in the finalization process, and the plan is going to go through later than normal and has received additional stakeholder input and recommendations.</li> <li>• There was a discussion on the State MHSA standards, reporting, and confidentiality, and on ways to improve the communication within our communities.</li> <li>• Minutes from the previous meeting were reviewed and approved with no changes.</li> </ul>	-Robin will respond to any contractors that may have questions about the PEI changes.	11/29/17
6.	<p><b>Consumer/Public Feedback:</b></p> <ul style="list-style-type: none"> <li>• There was a complaint at the beginning of the meeting about the lack of attendance. It was suggested that we not hold any meetings until we have a guaranteed attendance available. It was said that we should do more homework and increase attendance. <ul style="list-style-type: none"> <li>○ There was a discussion about the performance improvement project and strategies to increase attendance and a discussion on what the reason might be for having lower than anticipated attendance.</li> </ul> </li> <li>• It was stated that the verbiage used on the fliers and documents made for the meeting is hard for consumers and community member to understand. The way that the information is stated is using words and phrases that the people working at the county see and use everyday, but they are not something that people who do not work for the county use very often. <ul style="list-style-type: none"> <li>○ It was suggested that we change the title to include phrasing that makes it clearer that it is open to the public and not just for people who are part of a committee or meeting group.</li> </ul> </li> </ul>	-Dustin will update the title of the flier for the next MHSA meeting to sound more inclusive.	11/29/17

<b>7.</b>	<b>CDC</b> <ul style="list-style-type: none"><li>• The Cultural Diversity (CDC) meeting schedule was shared with the locations they are being held.</li><li>• Reviewed some of the possible topics that they will cover, and stakeholder participation was encouraged.</li></ul>		
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Next meeting will be held on November 29<sup>th</sup>, 2018 at the Mendocino County Avila Center, Seaside Conference Room, 778, 790 S. Franklin St., Ft. Bragg, CA

And

Video Conferenced to Mendocino Adult and Aging Services, Big Sur Conference Room, 747 S. State St., Ukiah