



**MENDOCINO COUNTY BEHAVIORAL  
HEALTH ADVISORY BOARD**

**REGULAR MEETING**

**MINUTES**

**July 15, 2020  
1:00 p.m. to 3:00 p.m.**

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Richard Towle

**BOS Supervisor**  
Carre Brown

**1<sup>ST</sup> DISTRICT:**

DENISE GORNY  
LOIS LOCKART  
RICHARD TOWLE

**2<sup>ND</sup> DISTRICT:**

DINA ORTIZ  
MICHELLE RICH  
SERGIO FUENTES

**3<sup>RD</sup> DISTRICT:**

MEEKA FERRETTA  
AMY BUCKINGHAM  
VACANT

**4<sup>TH</sup> DISTRICT:**

LYNN FINLEY VACANT  
VACANT

**5<sup>TH</sup> DISTRICT:**

MARTIN MARTINEZ  
FLINDA BEHRINGER  
VACANT

**OUR MISSION:** *"To be committed to consumers, their families, and the delivery of quality care with the goals of recovery, human dignity, and the opportunity for individuals to meet their full potential."*

<b>Item</b>	<b>Agenda Item / Description</b>	<b>Action</b>
<b>1.</b> 5 minutes	<b>Call to Order, Roll Call &amp; Quorum Notice, Approve Agenda:</b> <ul style="list-style-type: none"> <li>Chair Rich called the meeting to order at 1:04 PM.</li> <li>Quorum met.</li> <li>Members present: Behringer, Ferretta, Finley, Fuentes, Martinez, Towle, and Supervisor Brown.</li> <li>Agenda approved as written.</li> </ul>	Board Action: Motion made by member Behringer, seconded by Member Fuentes to approve the agenda. Motion passed.
<b>2.</b> 5 minutes	<b>Minutes of the June 17, 2020 BHAB Regular Meeting: Review and possible board action.</b> <ul style="list-style-type: none"> <li>Minutes approved as written.</li> </ul>	Board Action: Motion made by Member Behringer, seconded by Member Fuentes to approve the June 17, 2020 regular BHAB meeting minutes.

<p><b>3.</b> 10 minutes (Maximum)</p>	<p><b>Public Comments:</b> <i>Members of the public wishing to make comments to the BHAB will be recognized at this time. Any additional comments will have to be provided through email to <a href="mailto:bhboard@mendocinocounty.org">bhboard@mendocinocounty.org</a>.</i></p> <ul style="list-style-type: none"> <li>• Member Lockart provided a written comment and wanted to let the board know she is currently homeless. She is frustrated that the insurance company is denying responsibility for the incident at her apartment. She would like the county to evaluate terminology for older care, what it means, and what services are available. She is concerned that people assume elders have people to help them when that isn't always the case. She would like the county to support elders and define better terminology and services for the senior population.</li> <li>• Josephine Silva commented she thinks there are a lot of clients who are very lonely during this time and have no connections; thinks that clients on medication services should be considered in need of the gaps in services. She shared that most hospitalizations and crisis centers offer no beginning steps for any kind of vocational training and opportunities, thinks it is very important to start those opportunities. She would also like funds for mental health radio ads, to advertise what someone can do if they are having problems.</li> </ul>	<p>Motion passed. Board Action:</p>
<p><b>4.</b> 10 inutes</p>	<p><b>Suicide Awareness:</b> <i>Discussion and possible board action.</i></p> <p>A. BHRS Director Miller provided statistics on suicides in Mendocino County:</p> <ul style="list-style-type: none"> <li>• In 2018 and 2019 there was an average of 20 suicides a year.</li> <li>• In 2020 there have been a total of 18 suicides as of today.</li> <li>• 9 in the central area, 4 in the North area of county, and 5 in the coastal area. COVID has impacted our community and will continue to do so.</li> </ul> <p>I. BHRS Director Miller clarified that these numbers might be potentially higher, as there are deaths that are declared accidents and not suicides.</p> <p>II. BHRS focuses on suicides regularly, always looking at how to get more prevention and awareness information out to the community. The county is currently working on brainstorming what can be done differently this year compared to other years. Some ideas are radio ads, billboards, pamphlets, help numbers, etc.</p> <p>III. BHRS Director Miller asked for the BHAB's feedback, and if any members are willing to help advocate to get awareness information disseminated to benefit our community.</p> <p>a All the information that will be put out will be</p>	

	<p>bilingual, there are a few BHRS staff members that are bilingual and can translate material.</p> <p>b BHRS has a small amount of Mental Health Services Act (MHSA) funds that are specific for suicide awareness.</p> <p>IV. Discussion on suicide education, resiliency, and de-stigmatization advocacy.</p> <p>a Camille Schraeder commented that suicide numbers are different than crisis numbers because many people do not reach out to crisis before. RQMC is working on an app to help those that are isolated and feeling alone, hoping this will help the community.</p> <p>V. Josephine Silva suggested it would be a good idea to put a flyer in the front page of a Spanish newspaper. Also, colored posters of well-known faces with information about prevention and helpful information to be placed around the county.</p> <p>VI. BHRS will look into incorporating all feedback from the board and public.</p>	
<p><b>5.</b> 20 minutes</p>	<p><b>Measure B Discussion and Possible Action:</b></p> <p>A. Service Gap Recommendations Research Report</p> <p>I. NAMI, BHRS Director Miller, and Chair Rich, met and came up with priorities, it was brought to the NAMI board for their consideration and approval, and today is brought to the BHAB for their review. The goal was for NAMI, BHAB, and BHRS to agree that these are the current gaps in services in Mendocino County, and that they are appropriate use of Measure B dollars.</p> <p>a. NAMI board voted and approved the recommendations with the exception of removing NAMI from the outreach piece due to conflict of interest.</p> <p>b. A variety of things in the report are things that were included in the Kemper report including the CRT, PHF, prevention and early intervention, mobile teams, etc.</p> <p>c. BHRS Director Miller will revise the prevention/early intervention piece in the “Housing” section, and will send to Donna Moschetti and Chair Rich for final review. The report will be included with the agenda packet for next week’s Measure B Committee meeting.</p> <p>II. Josephine Silva commented that some issues around prevention is that people are given a medication and will stay on it for a while, and then it no longer works. Thinks there needs to be some action to prevent this from happening.</p> <p>B. Measure B June Meeting Report</p> <p>I. The training center is coming along, and Alyson will be reporting on it at next week’s Measure B meeting.</p> <p>II. BHRS Director Miller commented that she did go forward with a request to put out a Request for Qualifications (RFQ) for providers willing to operate a psychiatric hospital that</p>	<p>Board Action:</p> <p>Motion made by Member Ferretta, seconded by Member Fuentes to accept the proposed use of Measure B funds in concept. Motion passed.</p>



	Carmel Angelo and Tammy will be working with the HHS Board and the BOS to discuss whether the structure of HHS should be changed. There is a possibility to split the agency into a 2 or 3 agency model, or continue with it being a super agency.	
7. 10 minutes	<p><b>RQMC Report:</b></p> <p>A. Data Dashboard Questions</p> <ol style="list-style-type: none"> <li>I. Report included in agenda packet.</li> <li>II. Camille stated that BHRS Director Miller and her team have had tremendous leadership on improving no shows, and offered appointments data over the last couple of years.</li> <li>III. Psychiatry has been difficult, RQMC added care management and care coordination with providers, it has improved a lot.</li> <li>IV. After care and linkage to support for medication stability has been one of the major goals that RQMC works on regularly in medication management and adult provider meetings. <ol style="list-style-type: none"> <li>a. Foster care numbers are concerning, thinks those are 2 individual outliers that ran that number as high as it did. Would like to review the number of re-hospitalizations in foster care.</li> </ol> </li> <li>V. For the first time adult unduplicated count is higher on data dashboard than the children unduplicated count; this is good for the adult system of care, but Camille would like to review these numbers to make sure children aren't being under supported.</li> <li>VI. RQMC added a component for homeless services provided on the data dashboard. 342 unduplicated homeless clients have been served through mental health services year to date. <ol style="list-style-type: none"> <li>a. Wynd Novotny commented that she looks forward to how this number is reflected a year from now, and what kind of influence the county can have on stabilizing homeless clients and getting them housed.</li> </ol> </li> </ol> <p>B. Services Update</p> <ol style="list-style-type: none"> <li>I. RQMC has been working on clearing up the end of the year, helping all of the providers with re-entry, there are really good plans.</li> <li>II. RQMC sent an Outreach and Engagement report to the BHAB on reaching hard to reach clients that was asked for last month. Will re-submit the re-entry plans for each agency so that the BHAB can see what each agency is doing around in-person, telehealth, and community support.</li> <li>III. Trying to work on issues the coast has with the Sheriff regarding clients that are in the hospital and refuse to stay in the hospital, and who needs to be watching over this.</li> </ol>	Board Action:
8. 10 minutes	<p><b>Board Reports and Possible Action:</b></p> <p>A. Chair – <i>Michelle Rich</i></p>	Board Action:

	<p>I. Membership</p> <ul style="list-style-type: none"> <li>a. Emily Strachan stepped down from the BHAB effective July 14<sup>th</sup>. Discussion on how to acknowledge Emily for her time served on the BHAB.</li> <li>b. Julia Eagles was appointed to the BHAB 4<sup>th</sup> district vacant position at the Board of Supervisors meeting yesterday.</li> <li>c. Chair Rich asked for the board’s input on Joann Bradley’s application for the 5<sup>th</sup> district.</li> <li>d. There is now another vacancy in the 4<sup>th</sup> district due to Emily stepping down, and another one in the 3<sup>rd</sup> district.</li> <li>e. Member Behringer is interested in being a part of the Membership Committee to replace Emily.</li> </ul> <p>II. Zoom Meetings</p> <ul style="list-style-type: none"> <li>a. Discussion on BHAB meetings being held via Zoom for the next few months due to COVID. Chair Rich asked for feedback from the board and public on how Zoom meetings are working, and what can be improved.</li> <li>b. Supervisor Brown expressed she thinks Chair Rich has been excellent at handling Zoom meetings. All members expressed zoom meeting have been working for them as well.</li> <li>c. Josephine Silva commented that Zoom meetings can be difficult, as members of the public can’t always participate. She would like a survey to be created to go along with client appointments to determine if they are interested and have the ability to connect to Zoom meetings.</li> <li>d. Jo Bradley commented she would find it helpful if all members had the ability to show their face on the screen when voting, so that the public can be aware of who is voting to make it transparent to the audience.</li> </ul> <p>III. Chair Rich sent out the letter she wrote to state elected officials to the BHAB, asked for member comments before she submits it. The board approved the letter with no changes.</p> <p>B. Vice Chair – <i>Member Ferretta</i></p> <ul style="list-style-type: none"> <li>I. No report.</li> </ul> <p>C. Treasurer – <i>Member Towle</i></p> <ul style="list-style-type: none"> <li>I. No report.</li> </ul>	<p>Follow up at next meeting.</p> <p>Chair Rich will move forward with the recommendation to appoint Joann Bradley to the BHAB.</p>
<p><b>9.</b> 10 Minutes</p>	<p><b>California Behavioral Health Planning Council Patients’ Rights Advocacy Survey:</b> <i>Review and possible board action.</i></p> <ul style="list-style-type: none"> <li>A. Tabled.</li> </ul>	
<p><b>10.</b> 20 Minutes</p>	<p><b>Cultural Diversity Awareness Education/Discussion:</b></p> <ul style="list-style-type: none"> <li>A. BHRS Director Miller invited two staff members to share their experiences and talk about cultural awareness: Navin Bhandari and Jani Sheppard. <ul style="list-style-type: none"> <li>I. Discussion on the importance of discussing cultural equity, stigma, and discrimination that impacts individuals that have a mental illness. People often make assumptions based</li> </ul> </li> </ul>	<p>Board Action:</p>

	<p>on the way someone looks, but that does not dictate what their ethnicity and cultural upbringings are.</p> <p>II. Navin Bhandari shared his experience growing up in Nepal, and what he experienced during his first years in the U.S.</p> <p>a. Navin has participated in many cultural trainings in Mendocino County including, Native American and Latino Cultural trainings.</p> <p>b. Navin expressed that what he has learned is that people can learn to be responsive, but not necessarily be competent to other people's cultures. He emphasized that skin or hair color does not dictate a person's culture.</p> <p>III. Jani Sheppard has been doing cultural competency trainings for 30 years, and will be doing a training on August 9<sup>th</sup> alongside Supervisor Williams.</p> <p>a. Jani's presentation focused on behavioral health and racial equity in today's world. Topics included: cultural competency vs cultural diversity, cultural knowledge vs cultural awareness, cultural sensitivity, the practice of cultural humility, equality vs equity, among others.</p> <p>IV. Josephine Silva commented that language is often a barrier and affects the way someone perceives another person. She shared that regardless of how a person dresses, or how they speak is not an indication of their intelligence or their ability to understand.</p> <p>V. Further discussion on cultural awareness and the future of the current issues we are facing today.</p>	
<p><b>11.</b> 10 Minutes</p>	<p><b>Member Comments:</b></p> <ul style="list-style-type: none"> <li>No member comments due to lack of time.</li> </ul>	Board Action:
<p><b>12.</b></p>	<p><b>Adjournment:</b> 3:07 PM</p> <p><b>Next meeting:</b> August 19, 2020</p>	<p>Motion made by Member Fuentes, seconded by Member Towle to adjourn the meeting.</p>

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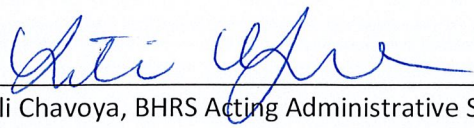
**BHAB CONTACT INFORMATION: PHONE: (707) 472-2355 FAX: (707) 472-2788**  
**EMAIL THE BOARD: [bhboard@mendocinocounty.org](mailto:bhboard@mendocinocounty.org) WEBSITE: [www.mendocinocounty.org/bhab](http://www.mendocinocounty.org/bhab)**

*Michelle Rich*

Michelle Rich, BHAB Chair

*9/30/20*

Date:



Lili Chavoya, BHRS Acting Administrative Secretary

9/30/20

Date: