MENDOCINO COUNTY BEHAVIORAL HEALTH ADVISORY BOARD

REGULAR MEETING

MINUTES
November 20, 2019
10:00 a.m. to 2:00 p.m.

Behavioral Health and Recovery Services Conference Room 1
1120 South Dora St., Ukiah
and
Fort Bragg Library, 499 E. Laurel St., Fort Bragg
By video conferencing.

<table>
<thead>
<tr>
<th>District</th>
<th>Members</th>
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<tr>
<td>1st District</td>
<td>Denise Gorny, Jan McGourty, Lois Lockart</td>
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<td>2nd District</td>
<td>Dina Ortiz, Michelle Rich, Sergio Fuentes</td>
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<td>3rd District</td>
<td>Meeka Ferretta, Amy Buckingham, Richard Towle</td>
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<td>4th District</td>
<td>Emily Strachan, Tammy Lowe, Lynn Finley</td>
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<td>5th District</td>
<td>Patrick Pekin, Martin Martinez, Flinda Behringer</td>
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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.”

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<th>Item</th>
<th>Agenda Item / Description</th>
<th>Action</th>
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<td>1.</td>
<td>Call to Order, Roll Call &amp; Quorum Notice, Approve Agenda: A. Vice Chair Strachan called the meeting to order at 10:41 am. B. Roll was called by Member Pekin. C. Members present: Behringer, Ferretta, Finley, Fuentes, Gorny, Lockart, Martinez, McGourty, Ortiz, Pekin, Rich, Strachan, Towle, and Supervisor Brown. D. Member Buckingham and Member Lowe were marked as absent. E. Agenda was approved, Motion by Member Pekin, second by Member Gorny.</td>
<td>Board Action: Approve agenda as written.</td>
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<td>2.</td>
<td>Minutes of the October 16, 2019 BHAB Regular Meeting: Review and possible board action A. Minutes were approved as written. Motion by Member Ferretta, second by Member Ortiz.</td>
<td>Board Action: Approve minutes as written</td>
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<td>3.</td>
<td>Public Comments: Members of the public wishing to make comments to the BHAB will be recognized at this time. A. Josephine Silva commented about how Dr. Goodwin is in county but doing work with telepsych which doesn’t always work. Josephine thinks these appointments should be person to person. Josephine’s second comment has to do with a general definition of Recovery: Josephine doesn’t know of</td>
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one and thinks that this committee needs to come up with one. Josephine’s third comment is about the new training center; Josephine thinks that there should be a curriculum for training crisis workers or else this board should start working on this. Josephine would like to see alternative way to work on mental health care for people by using diet and exercise.

B. Member Lockart has been talking with a young man with behavioral health issues due to a head trauma. Member Lockart thinks we should be helping to advocate more for these people.

C. Member Behringer went to the Hospitality Center to see what they can do and what services they offer for someone who is homeless and mentally ill. From what she observed they provide wonderful services but they don’t have any outreach.

D. Member Pekin announces that he will be sworn as a judge in 2021 but wants to put notice in as he will remain on board as long as he can. Member Pekin wants this board to start looking for a new person to fill his position as soon as possible. Supervisor Brown tells Member Pekin to call Supervisor Williams so that he can start looking for replacement.

E. Karen Mathews is a 63 year old woman, with severe anxiety and post-traumatic stress disorder. She lives on the streets of Fort Bragg due to circumstances out of her control. She was previously living at the Hospitality Center and got kicked out because she was told she could no longer stay with her dog. She stated that service animals need to be recognized by mental health as service animals. Ms. Mathews has been searching for housing for 2.5 years since she cannot go back to the shelter or else they will take her dog away from her. She restated she is not living in the streets due to alcohol/drugs or a mental illness but rather her low income and lack of housing. Ms. Mathews expressed there needs to be more housing for the elderly and low income population.

a. Discussion on how the board members may be able to help Ms. Mathews.

b. The board members suggested Redwood Community Services (RCS) may be able to help her out.

c. Ms. Mathews stated she is currently being helped by RCS, they are helping her apply for housing at Willow Terrace in Ukiah but said she would prefer to live in the coast because she suffers from Chronic Obstructive Pulmonary Disease (COPD) and has a hard time breathing in the heat.

d. The board members thanked Ms. Mathews for sharing her story and advised for her to continue receiving help from RCS and possibly the senior
Reports: Discussion and possible board action.

A. Chair – Jan McGourty –
   a) Meeting in December will be cut short as the Measure B meeting will be starting at 1:00.

B. Secretary – Member Ortiz –
   a) Member Ortiz is on the Dual Diagnosis Committee and wanted to sit in a group to do a report on Dual Diagnosis. BHRS Director Miller states that the County needs all clients to sign a release to allow Member Ortiz to sit in and audit a group which hasn’t happened yet. Vice Chair Strachan tells Member Ortiz that she may need a Plan B for this report.

   1. Letter to College – was sent out by Chair McGourty last week.

C. Treasurer – Member Behringer –
   a) Member Behringer goes over the number that are listed in the agenda packet.

D. Housing Committee: (Member Gorny) –
   a) Member Gorny continues to attend Housing Action Team meetings. Member Gorny states that it looks like housing is on the plan but she was unable to attend due to personal reasons.
   b) Vice Chair Strachan believes that B&B’s and Air B&B’s are taking away housing from medical professionals and other citizens.
      a) Supervisor Brown states that the Board of Supervisors has done a survey to make sure that these places have a business license to operate. Supervisor Brown also states that certain places are having considerations made as this is becoming an issue for many communities in California.

E. Site Visit Committee: (Chair McGourty, Members Rich, Towle and Martinez) –
   a) Vice Chair Strachan states that she did a visit to Coast Clinic at Chair McGourty’s request. This report will need to be written up and brought to the next meeting to discuss.
   b) Chair McGourty was unable to connect with the Adventist Behavioral Health office on Hospital Drive, so the committee decided not to do a site visit.
   c) Member Rich stated that next month the MHSA/QIC meeting will be in the South Coast so this would be a good time to do a site visit.
   d) According to Supervisor Brown Action Network is providing services, getting grants, working with the schools, and possibly has mental health
services there on the South Coast.

1. Remaining Site Visits: South Coast and Adventist Clinics

F. Flow Chart Committee: (Vice Chair Strachan and Member Pekin) –
   a) Chair McGourty requested that the flow charts created be made into the tri-fold. The charts that we have today are for Willits, Fort Bragg, Ukiah, and Anderson Valley. Dustin has started on the south coast charts.
   b) This board decided that they want to do Willits, Covelo, and Laytonville areas together on one chart.
   c) Josephine Silva wants to know if there is a refrigerator magnet made with the emergency numbers for clients.

G. Dual Diagnosis Committee: (Secretary Ortiz) –
   a) None at this time.

H. Appreciation Committee: (Members Towle and Martinez) –
   a) The committee would like to know who is not renewing so that they can get them something for their time.

I. Employment Committee: (Member Rich) –
   a) No update at this time.

J. Contract Review and Fulfillment Committee: (Member Fuentes) –
   a) No action has been taken in the last month.
   b) Dustin Thompson can get the list of county contracts for everyone.

5. 10 Minutes

Data Notebook:
   • Both Member Rich and Member Ortiz want to work on the Data Notebook for next year.

A. 2019 Data Notebook –
   a) Josephine Silva had recently attended a school board meeting in Willits and feels that the schools need to know about the different traumas, and information about them, that students may be experiencing.

B. 2017 Results –
   a) These were handed out to the members to review.

6. 20 Minutes

Membership: Discussion and possible action

A. Nominating Committee –
   a) Vice Chair Strachan and Member Gorny asked Member Ortiz and Member Behringer to continue in their positions on the board as secretary and treasurer and they agreed.
   b) Vote to approve officers. Motion made by Member Ortiz and second by Member Towle. Motion passed unanimously.
   c) The board voted and agreed to the following

Board Action:
Approve officers
officers for the 2020 year:
   i. Chair – Member Rich
   ii. Vice Chair- Member Ferretta
   iii. Secretary – Member Ortiz
   iv. Treasurer – Member Behringer

B. Expiring Terms –
   a) Chair McGourty is retiring from this board after December.

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<th>7. BHAB Annual Report:</th>
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<td>A. Member Rich wants to talk to Chair McGourty about this.</td>
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**LUNCH BREAK**
12:00 to 1:00

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<th>8. Guest Speaker: J. Holden –</th>
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<td>A. Did not show up to this meeting.</td>
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<th>9. Guest Speaker: William Feather</th>
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<td>A. Martin introduced William Feather as a good person who does a lot of work for the jail. William Feather introduces his helper Jessica, who is an intern from Humboldt State University. William Feather talked about the different types of corrections facilities, and that he works with inmates to pick people up, educate them, and get them back to work. What he brings for the community at the correctional facility using social work is: 1) service 2) social justice 3) dignity and worth of the person 4) importance of human relationships 5) integrity 6) competence.</td>
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<th>10. Mendocino County Report: Jenine Miller, BHRS Director</th>
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<td>A. MHSA Stakeholder Meeting – was held on November 6th. Chair McGourty feels that not enough people were at the MHSA Stockholder Meeting other than current providers. BHRS Director Miller will look at how to do things differently. Dina went to MHSA meeting. A lot of the agencies asking for more money for their service. More advertising that the funding is available.</td>
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<td>B. Want county to advertise more of the services available.</td>
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<td>C. Would like NAMI to have Spanish speaking workers.</td>
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<td>D. Status of Grants - No Place Like Home competitive grant deadline date is January 8th. BHRS Director Miller will be going in front of CHFFA board on December 5th.</td>
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   a. Member Rich made a motion to support BHRS when they go to CHFFA in December, second by Member Towl. Passed unanimously. |
| E. Status of CIT Training |
| F. Stepping Up |
| G. Grievances - The grievance with RQMC was that the staff was not knowledgeable. The other grievance about RestPadd was that the client was so far from home. |

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<th>11. RQMC Report:</th>
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<td>A. Data Dashboard: The dashboard and year to date trends for</td>
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**Board Action:**
To support BHRS in going to CHFFA.
September are in the agenda packet. Tim Schraeder was informed that on page three under Mendocino Coast District Hospital the hospitalization number is wrong, 4 people were hospitalized from there were actually Crisis cases as they were counting it wrong this was due to issues with ambulances and hospital bed availability. When it comes to trends unduplicated numbers are up. Crisis calls are up.

B. Services Update: Agency providers and County workers with Willow Terrace have been working well. People were cooking for the clients at Willow Terrace during the power outages. New vacancy on December 1st so Karen Lovato and Dan Anderson have been working on filling that. Manager is creating a good relationship with the clients to where they are more open to talking with her. The manger is available 24/7.

   a) Supporting people at Valley House. They have a morning meeting and having this is really helping with people. This is a group living situation.
   b) Whole Person Care team went to Memphis last month where there was some focus on people who are homeless. From what it sounded like at this training this program should be continued. Goal is to reduce the burden on counties.

C. Law Enforcement Calls are down from where they had been.

| 12. | Adjournment: 2:07 PM |
|     | Board Action: Have meeting from 10:00-12:00 in December. |
|     | Next meeting: Member Ortiz made motion to have December’s meeting from 10:00-12:00 to accommodate Measure B. Second by Member Towle and passed unanimously. |
|     | December 18, 2019 – Willits Community Center 10:00-12:00 |

AMERICANS WITH DISABILITIES ACT (ADA) COMPLIANCE

The Mendocino County Behavioral Health Advisory Board complies with ADA requirements and upon request will attempt to reasonably accommodate individuals with disabilities by making meeting material available in appropriate alternative formats (pursuant to Government Code Section 54953.2). Anyone requiring reasonable accommodations to participate in the meeting should contact the Mendocino County Behavioral Health Administrative Office by calling (707) 472-2355 at least five days prior to the meeting.

BHAB CONTACT INFORMATION: PHONE: (707) 472-2355  FAX: (707) 472-2788  EMAIL THE BOARD: mhaboard@mendocinocounty.org  WEBSITE: www.mendocinocounty.org/bhab

Emily Strachan, BHAB Vice Chair 1/15/2020

Amanda Stoner, BHRS Staff Assistant III 1/15/2020

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