



## Plumas County Mental Health Services Act

*Incorporating MHSA's 5 Guiding Principles: Consumer and Family Involvement, Culturally Responsive, Community Collaboration, Integrated Service Delivery, Wellness and Recovery.*  
<http://plumascounty.us/index.aspx?nid=2439>

### MHSA Stakeholder Meeting

Thursday, September 17, 2015, 10:00am-12:00pm

### Minutes

Meeting Agenda	
1.	<p>Welcome &amp; Introductions</p> <p>In attendance were 18 program participants and stakeholders with 2 members calling in. Everyone had a chance to introduce themselves and the projects they are currently working on.</p>
2.	<p>Program Implementation Update</p> <p><b>PCIRC/Wellness Centers</b> – Johanna Downey, Executive Director reported on progress of the contract through CalMHSA for \$850,000 for 2 years to open and expand Wellness Centers in Portola, Quincy Greenville and Chester.</p> <p><u>Quincy</u> is ready to open</p> <p><u>Greenville</u> is looking at properties that will accommodate a 2<sup>nd</sup> office and conference room. A possible modular add-on to existing building is being considered.</p> <p><u>Chester</u> is a priority – negotiations are in progress with the owner of the ABC property; the building in the back may available as soon as a lease is in place.</p> <p><u>Portola</u> is ready.</p> <ul style="list-style-type: none"> <li>Wellness Site employment openings; recruitment for Site Supervisors was begun; the job description is available through the Executive Director</li> <li>Request was made that money be available to provide transportation to help seniors get to doctor's appointments</li> </ul> <p><b>First 5 Plumas</b> – 2 year Grant has funding for early childhood services. Approximately 20 children and their parents are currently receiving assistance through referrals; therapists are starting to see weekly progress. This additional assistance has helped improve relationships between parent and child and give the child confidence when at school. Also, recently approved access to grade schools and the College gives the therapist a chance to work with students needing services much quicker than following up after an incident.</p> <p><b>Round House Council</b> – The Cultural Competency Program is going well. The new Greenville school principal is very interested in being fully engaged in Round House programs. Calvin, one of the funded service providers, began "talking circle" with youth where the kids really open up. Traditional dance classes are an asset in bringing the youth together. There has been a recent formation of a men's gathering where many benefit especially new fathers. This summer 60 children attended camp</p>



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where they picked out what they wanted to do including the talking circle. This helped attendees feel as if it was their camp. Genevieve spends time every week at RHC to work with women of all ages. Not everyone at the Round House is Native American. There are several teens who spend time there, which has been attributed to the new principal promoting RHC programs.

**The Innovation Grant under Plumas Unified School District** – Shannon Harston, a Student Services Coordinator is the lead for the MHSA Innovation Grant. On Aug 26, 2015, more than 51 school and community members participated in a school-based Suicide Prevention training. This training launched the Innovation Program that includes PBIS and development of a school-based response team. New training program was recently conducted - “First Aid for Mental Health.” It is designed to educate those in school setting and local communities about suicide prevention.

**Veteran Services** – Jimmy LaPlante expressed an interest in learning more about the First Aid for Mental Health training as 22 vets in this country commit suicide daily. The MHSA money funded a new van for vet services. Any Vietnam or Iraq vet discharged with less than an “honorable” title receives no health coverage to help cope with PTSD. LCSW has been contacted for help in changing this policy.

**Community Connections** – Leslie Wall’s goal is to cross-connect all ages and talents which is unique for rural areas. The Program will provide people with the opportunity to engage with their community and share their talents thus reducing stigma.

Examples are:

- Sharing in the responsibility of raising healthy children
- Strengthening families
- Caring for our frail and aging
- Giving all the opportunity to develop self-respect.

**Eastern Plumas Health Care** - Brian Gregory reported the EPHC recently connected with Health Management Associates, consultants. Brian’s team is collecting data from various local health providers to assemble statistics for the HMA on-site visit October 20<sup>th</sup> and 21<sup>st</sup>. HMA study and recommendations are expected to be completed by December 15<sup>th</sup>. EPHC has recently added telepsych and telemed for its patients in order to receive specialist care without traveling long distances for this care.

**Plumas Rural Services** - Breanna shared that MHSA funds enables PRS to serve more teens and increased the number of prevention-based programs. “Safe Base” trusting is big among school children. Its goal is to let youth know “there is power in your story.” Groups meet in a confidential environment with a trusted paraprofessional. There are weekly group sessions with referrals if needed. The attendees decide what



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	<p>they want to learn about basic and coping skills. The paraprofessional is available by phone and text on a dedicated phone. A child over 12 can reach out to any of the professionals without the parent's approval. Safebase currently serves the Charter and continuation schools in Quincy and Portola. Safebase is working staff in Greenville and Chester to implement services as well.</p> <p><b>Public Health</b> - Dana Cash, Senior Services Coordinator states MHSA funding supports nurses to work with home-bound seniors. The program delivers 100 meals per day to the home and nurses conduct home assessments. Senior Services will work with Community Connections to improve social well-being and to get mobile seniors more involved. Senior Services targets mobile, disabled, and home-based seniors 60 years and older.</p> <p><b>Parent Child Interactive Therapy/PCIT</b> – Paula Johnston explained the program designed for 3 – 8 year olds. The MHSA funds are paying for interactive equipment to serve parents and young children. Equipment will be housed in the PRS 711 E. Main Street. building.</p> <p><b>Denise Piper</b>, stakeholder and MH Commission member, congratulated program staff for all they are doing for Plumas County but pointed out that no assistance is available for some transition age youth. No funding supports programs to help youth with brain disability to lead independent life such as an adult case worker to work on developing an individual's goals and a trained professional to conduct home assessments. Denise asked that this need be addressed.</p> <p><b>Kemper consultant</b>, Marta Mackenzie reminded everyone that now is the time to develop next year's plan amendments. PCIRC received additional funding for the Plumas House, a home for women with SMI or are homeless. Marta recommended that we implement components that will be reported back to the State for upcoming resources. This needs to be delivered by 10/15.</p>
3.	Outcomes and Regulations - Due to the length of time for the program update, Louise asked that we review the handout.
4.	<p>Program-to-Program Exchange</p> <p>There was great participation in the program update that covered this section.</p>
5.	<p>Adjourn</p> <p>The meeting adjourned shortly after noon – with the reminder that our next meeting will be Thursday, October 15, 2015, from 10:00 - noon</p>