

Plumas County Behavioral Health Commission Meeting

10/9/19 at Plumas County Library, Quincy, CA

Final

Standing Orders

Call to Order: Chair, Lori Simpson, called the meeting to order at 12:10 pm.

Roll Call: Members in attendance – Vicki Chestnut, Joyce Clare, Kendrah Fredricksen, Denise Pyper, Valerie Sheldon, Lori Simpson

Absent: Estres Wellings (excused)

County Staff in attendance: Dr. Tony Hobson, Elizabeth McAllister, Jessica McGill, John Posch

County Counsel: Sarah James

Public in attendance: Dr. Kevin Trutna (FRC), Nick Maez, MSW (FRC) – interim counselor for MH for students; Grey Ely (retired teacher), Trish Foley (Eastern Plumas Health), Marian Liddell (Chester), Gina Rock (Quincy)

Additions to or Deletions from the Agenda

No changes to Agenda. Quorum established.

Public Comment

Public Comment – Dr. Trutna introduced Nick Maez (interim counselor at FRC) – currently serving 40 students; FRC now has student club for MH; Valerie commented that MH is on cover of *Time* magazine.

Action Agenda

1. Behavioral Health Commission

- a. Review and approve draft minutes of 9/4/19 – Valerie moved to approve September 2019 minutes with changes, Joyce seconded. Motion carried.
- b. 2018/2019 Annual Report to Board of Supervisors – Kendrah moved to approve, Denise seconded. Motion carried.
- c. Invitation to attend Plumas-Sierra Housing Continuum of Care meeting 10/24/19 10 am at Planning & Bldg. Dept. There will be presentation on Housing Tools.

2. Informational Announcements & Reports

- a. Commissioners Reports and Announcements – Joyce has attended 4 meetings (2 PCBH bylaw meetings, Housing CoC, MHSA steering committee); next Quality Improvement meeting – 10/17/19 10 am to Noon (let Jessica know if you want to attend); she is planning to talk to Tony about **Laura's Law** regarding

implementation in Plumas County – **requested this be put on PCBH agenda for November.**

Valerie asked if anyone attended the schizophrenia training (answer: no). It was same day as CA BH training.

Lori attended meeting re: Aurora network (peer support) being shut down in Lassen County; she has read the articles Denise sent by email; mentioned new state hotline (warm line) for MH.

Denise – watched webinar: *Involving Families and MH*; she brought several books people can borrow on MH (in future, she may provide short reviews); re: Institution for Mental Diseases (IMD) exclusion – she is sending letter supporting proposed legislation.

b. Client Advocate Report – 10 phone calls, 3 in person contacts, no grievances; attended Q&I meeting, 2 meetings with Aimee, 2 meetings with steering committee; completed HIPAA training.

Secretary/Treasurer Report (Kendrah) – Plumas Pride went well and was supportive of LGBTQ+ community; she will be attending the BH Cultural Competency training this week.

c. Bylaws – Ad Hoc Committee – 2 handouts.

i. Bylaws – for discussion and update in 2020 (suggested changes below):

- Article II: Authority – Did BoS make PCBHC an advisory board for AOD? There used to be a separate AOD Advisory board. May need to draft a resolution for BoS. Lori will check to see if this was already approved.
- Article III – number instead of alpha – re-add Article III: B – re: Realignment
- Article III C. Additional Duties – add public hearing on MHSA (remove this from Article III. A)
- Article III D. Alcohol & Other Drugs Duties – add, refer to Best Practices for LM/BHB/C
- Article IV. Membership – Section A. 2 Number & Composition – update: 7 members currently on commission (changed in April 2019), quorum would be 4. Should we change to 9 members to accommodate AoD representation?
- Article IV. Section A. 9 – Add re: employee of BH, can be on commission, need to be aware of conflicts of interest
- Article IV. – Section B. 2 Terms of Membership – re: vacancy filled mid-term – only fills remainder of term; only BoS has authority to extend term (Lori said this is being done)
- Article IV. Section C. Quorum – appointed members excludes unfilled positions; 4 is quorum with 7 members
- Article IV. Section D. Vacancies – 3 unexcused absences – when there is no communication with Chair
- Article V. G. Officers – Secretary takes minutes, BH staff posts on website

- Article V. H. – Lori (chair) posts hard copy of agenda 72 hours before meetings
- Article VII. Committees – need to update wording to reference the applicable laws
 - ii. Roster – email addresses changed for Valerie and Kendrah
- d. MHSA Steering Committee – stakeholder meetings are happening in October.
 - i. Looking at Innovation Projects – money needs to be spent by June 2020 (re: data driven recovery project – grouping together many agencies to share info – goal is to reduce SMI clients going in and out of jail)

3. **Behavioral Health Department**

- a. Director's/AOD Report (Tony) – Data Driven Recovery Project \$1 million (see above) – Plumas is 1 of 5 counties selected to participate; need to identify gaps where we can make improvements; we get \$49,000 to pay someone to write report for us.

We are in last year of waiver with CMS (carve-out of MH from Medical health) – MediCal providers are not available in the region; Dept. of Health Care Services is looking at ways to help county health care plans (rather than dissolve); looking at new fee structure – intent is to improve quality of services; documenting to functional impairment (rather than diagnosis) – in line with outcomes.

He has been speaking to Sheriff's department about people with MH in jail who are decompensating; need help transporting clients to MH hospital; there is a jail version of 5150 (jail petitions court) – officer needs to remain with client until they are at MH hospital.

Lindsay Fuchs of Plumas Library reached out to Tony about a book list (self-help, etc.), staff is using for training.

All are invited to Thanksgiving Potluck at Annex 11 am to 1 pm – Nov. 20th.

Still waiting for state to approve drug MediCal application.

Medication Assisted Treatment starts this month – suboxone. In December, policies & procedures will be re-written for jail.

Trish asked how many AOD groups are held in different communities (group size = 2 – 12). If only 1 person shows up, Tony said they could still do individual counseling, but currently they are cancelling session when this happens.

Trish asked about TeleMed – how often do psych providers change? There was a big change in August, but hopefully should be consistent going forward.

- b. Department Budget & Financials (Tony) – We will have Shelly Evans attend November meeting and report.

- c. Quality Assurance Improvement (Jessica) – 5 informational notices for Dept. of Health Care services, unduplicated = 310 clients, 939 contacts, 20 jail clients, 17 SUD, 6 hospitalizations, 36 requests for services, ? Katie A. children, 14 FSP, no grievances
- d. Behavioral Health Information and Improvement – Vicki questioned her start date, Lori suggested we check with Nancy Defforno who keeps the records.

Public Comment

Gina – Cautioned the commission on Laura's Law (requiring law enforcement to check on clients with MH to see if they are taking meds).

Gary – Would like to see “long term thought” on finances if we are headed toward another downturn in economy.

Adjournment

Lori adjourned the meeting at 1:57 pm.

Next meeting will be **November 6, 2019 Plumas County Library** Meeting Room, 445 Jackson St., Quincy CA from 12 pm to 2 pm.

Respectfully submitted,

Kendrah Fredricksen, Secretary, Plumas County Behavioral Health Commission