

Plumas County Behavioral Health Commission Meeting
4/2/2025 1 pm Plumas County Board of Supervisors' Room, Quincy, CA
Approved at 5/7/2025 meeting

STANDING ORDERS

Call to Order / Roll Call

Call to Order: Mimi Hall called the meeting to order at 1:05 pm.

Roll Call/Attendance:

Commissioners: Bill Cook, Kendrah Fredricksen, Liberty Gott, Mimi Hall, Kristy Tucker, Merle Rusky (quorum established) Kristin Gifford (introduced herself when she arrived)

Commissioners Absent: Megan McCrorey, Valerie Sheldon

PCBH Staff: Lisa Beck, Jay Hemphill, Jessica McGill, Kristy Pierson, Gary Sanderson, Sharon Sousa

County Counsel: Sara James (by Zoom)

Public in Attendance (in-person): Danielle Blust (PH), Tori Brown (PH), Dakota Davis (PH), Derek Deavers (PH), Anai Gabriel (PH), Denise Piper, Stephanie Swithenbank (PUSD – she introduced herself), Rhonda Wayson

Public in Attendance (by Teleconference): Ericka Thompson (PDH SLS)

Pledge of Allegiance

Additions to or Deletions from the Agenda/Approval – *For urgent items only. Merle moved to approve. Bill Cook seconded. Motion carried.*

Public Comment – N/A

ACTION AGENDA

1. Behavioral Health Commission

- a. Review and approve draft PCBHC minutes of March 5, 2025
 - i. **Bill moved to approve the minutes with changes. Kristy seconded. Motion carried. Merle abstained.**
 - ii. Review application from Stephanie Swithenbank to be the Education Representative as Commissioner and vote to recommend to BoS
 - i. **Kendrah moved to add Stephanie Swithenbank, Merle seconded. Motion carried.**

2. Informational Announcements & Reports

- a. Commissioners Reports and Announcements
 - i. Kristin – PDH has 2 mental health providers, separate from Senior Life Solutions; therapy available for individuals, marriage, family, some children; they offer EMDR; they are getting a therapy dog in May.
 - ii. Mimi Hall – monitoring impacts of federal funding freezes re: Plumas Co., SB 525 health care worker minimum wage (county is out of compliance) – working with HR and county council to get this fixed, also doing a comprehensive salary survey of all positions in the county.

iii. Mimi acknowledged Bill's retirement from PC Director of Veterans Services.

b. Presentation by PCBH system of care stakeholders

- i. Presentation by Public Health Promotions
 1. Danielle Blust – Harm Reduction (SUS) – they offer needle exchange program, naloxone kits and education, HIV/HCV testing (can be done in jails), gift certificates; many supplies – first aid kits, homeless gear, menstrual kits, safe sex supplies (see flyer); mobile outreach (to rural areas), offer delivery for supplies, cell # is anonymous, HAVEN Machines – free resources; must be over 18 to get sharps, Plumas Sierra Opioid Safety Coalition – increase education (trying to reduce stigma), would like to increase referrals (MAT).
 2. Tori Brown – AOD prevention, oral health programs, working with high schools, using Safe Talk, Friday Night Live with PCOE, mentoring program, Team MH program (incentives); Oral health – in elementary and Head Start programs and day cares, collaborate with school district, screenings, education; Oral Health Coalition, MOU with PDH for urgent dental needs.
 3. Dakota Davis – Harm Reduction – opioid safety, Narcan training, education on overdose signs, administer Narcan, opioid safety education; rural counties are hard hit by opioid safety issues, trying to strengthen community support, BH clients receive training, build trust with MH providers, reduce risks to community, safer more resilient environment, overdoes have gone down, schools need to get Narcan and be trained (FRC is trained).
 4. Anai Gabriel – Tobacco Use Reduction – prevention, education, community engagement – Adult Coalition, Youth Coalition at Quincy and Portola H.S. – looking to expand to Chester and Greenville; cessation support, outreach activities, community partnerships, Quincy Pharmacy – will offer counseling to individuals; Tobacco use affects MH as well as physical health, reduces health care costs in the community.
 5. Derek Deavers – Cal Fresh (SNAP) – serve low-income folks, serve schools, provide outreach, education; give free cooking demonstrations, movement/exercise, fresh food preparation, healthy living.
 6. Mimi commented that we need to improve the partnership between PH and BH. We have opioid settlement funds to spend: \$2 million – California has issued guidance on how to use these funds. BoS will consider moving these funds to PH budget. April 8th – BoS meeting. We should have one more representative from this Commission to serve on Coalitions (Kristy Tucker is on both).
- ii. Schedule is in process, with the next few months as follows:
 1. May: Darin Wood, Patients Rights' Advocates
 2. June: PDH Senior Life Solutions
 3. July: Plumas Rural Services (PRS)
 4. August: Eastern Plumas Health Care (EPHC)

c. Housing projects/plans for BH clients

- i. BH has applied for the next 3 years of PLHA grant – Planning Director, Tracy Ferguson, has been helping with this. There is a lot of county land available for

consideration. Lisa Beck has been helping with this. RCHDC has agreed to partner with us to build low-income apartments (10 units designated for BH clients). RCHDC will talk to the owners of properties. They will do a presentation to BoS in near future. We also have MHSA grant of \$800,000 that may be able to go toward this. There may also be county money available to help fund this. HUD vouchers are again available in Plumas County. Continuum of Care (CoC) funds also come into play (managed by PCIRC). Mimi asked about time frame for these funds – PLHA does have time limits.

3. Behavioral Health Department

a. Director's Report (Sharon Sousa)

- i. Lisa Beck – IGT – Inter-Governmental Transfer is a state requirement (billing) – MediCal uses federal, state and local \$, CalAIM – single and final payment method, trying to eliminate cost reporting, MH payment reform – IGT payment method – transfer county funds into state fund and then get reimbursed. \$336,000 balance minimum threshold. Approx. \$80,000 per month in transfer amounts. Sharon said that bundled rates do not work well for rural counties – our revenue through CalAIM has dropped over the last two years.
- ii. Staffing – one full-time driver has resigned (have one other FT driver), interviewing for part-time drivers; interviewed someone for nursing position (full-time) – not filled. Offered SUD counselor 1 position – background check is being done.
- iii. BoS needs to approve closing Quincy Wellness Center.
- iv. Gearing up for Mega audit (with new company). MH and SUD together – will be like this every year going forward.

b. Quality Assurance Improvement (Jessica McGill) – see separate report

- i. The scheduled EQRO audit on April 23rd is to focus on data systems. May 12th – 23rd Mega audit (see 3.a.iv. above).
- ii. Open Mobile Crisis Unit corrective action plan – biweekly check-ins. Trying to build connections (see 3.e. below).
- iii. DHCS Correspondence and BHINs
 1. 25-Draft BHIN – Transgender, Gender Diverse, Intersex cultural competency training program requirements
 2. 25-Draft BHIN – Specialty MH service rate adjustment process
- iv. Access and Utilization for March (early reporting – not finalized)
 1. 239 open charts, 210 unduplicated clients, 88% penetration rate
 2. 74 youth; 136 adults
 3. New Intakes: 23
 4. Crisis Services: 44 (50% in jail)
 5. Mobile Crisis Unit: 1 contact declined
 6. Psych Placements: 4
 7. 5150 Evaluations: 15 (5 renewals)
- v. Grievances – 2 quality of care and change of provider, 1 change of provider to in-person, 1 access to records, 1 change of provider/second opinion request
- vi. Next QIC meeting will be May 29th at 10 am

c. MHSA Report (Sharon for Kristy Pierson)

- i. Working on annual update for MHSA report
- ii. Working on Wellness Kits for 7th, 9th and 11th graders to give out in May

d. BH Commission Information and Improvement –

- i. Liberty asked about representatives from PUSD being on this commission (in addition to Charter schools); it was recommended that she talk to Admin. at school district and share info.
- ii. Kristin would like to have CPS or Social Services here to speak on Mandated Reporting and following-up. Sara James will connect Kristin to Laura Atkins – the new Soc. Serv. Director. Also connect with Child Abuse Council.
- e. Mobile Crisis Unit discussion (Jessica McGill) – (slide show presentation)
 - i. Intro and background – federal benefit – **must be provided to MediCal beneficiaries**. In PC, started Jan. 2025. MCU provides community-based supports.
 - ii. Mobile Crisis Services – 24/7 Crisis Line, screening is done, BH staff goes out to community (cannot go into ER or jail), connects client to services, transports to Higher Level of Care if needed.
 - iii. Goals – provide safe, compassionate, effective responses. Increase public safety, decrease ER visits, decrease law enforcement incidents.
 - iv. Types of calls: Welfare checks, MH calls, attempted suicide, juvenile delinquency, etc.
 - v. Available in Plumas County – cannot do 24/7. Hours: 8 am to 5 pm M-F; After-Hours support. Crisis services continue.
 - vi. How does it work? Caller defines “crisis.” Team response – phone or face-to-face. Calls are confidential.
 - vii. How to request services: 24/7 access line (800 and local). Partnered with PC Sheriff – they will refer client to BH.
 - viii. Where are services provided? Any community setting (except ER/jail).
 - ix. Standard Crisis services (not BH) – does not go out into community, for non-MediCal.
 - x. Service Gaps – not 24/7; limited funding, low utilization, no HLC for stabilization in county.
 - xi. Kristin asked about CIT training for law enforcement. This may be a possibility going forward. Mimi offered to go with Sharon to speak to the Sheriff about this. Jessica says probation is on board to improve this process as well.
 - xii. Stakeholder and community partner meetings are needed to improve the process.

Public Comment – N/A

Adjourned as BH Commission and reconvened as AOD commission.

Alcohol and Other Drug Advisory Board

- 1. **Action Agenda**
 - a. N/A
- 2. **Informational Announcements & Reports**
 - a. AOD Report (Gary Sanderson) – see separate report
 - i. Funding freezes have not affected block grant yet – but keeping an eye on it.
 - ii. SUS (Substance Use Services) – clarification on vernacular – old SUD “disorder” – leaves out youth who are not diagnosed as SUD.
 - iii. 23-24 Sub-G cap – to be submitted this Friday
 - iv. Gary is involved with Mega audit coming up.

- v. Went out with PH outreach crew (Dakota) – to Taylorsville and Twain – education to community is super-important re: harm reduction, needle exchange program, etc.
- vi. Spoke to PH about Friday Night Live – will follow-up with Stephanie Swithenbank.
- vii. Contacted Granite Wellness Rehab to do presentation – cannot come to commission meeting. Commission asked if they could provide written report or power point.

b. Quality Assurance Improvement

- i. DHCS correspondence – (now meeting every other month)
 - 1. Audits – see BH above
 - 2. 25-Draft BHINs – see BH BHINs above
- ii. Access and Utilization for March
 - 1. 47 SUS charts open, 31 unduplicated clients, 66% penetration rate (up from last month)
 - 2. 2 youth (voluntary), 29 adults
 - 3. New intakes: 12
 - 4. 1 residential placement (hope to discharge this week)
 - 5. 0 grievances

Public Comment – N/A

Adjournment: Meeting adjourned by Mimi @ 3:23 pm

Next meeting: **May 7, Courthouse: Supervisors' Board Room**, 1 pm to 3 pm.

Respectfully submitted, Kendrah Fredricksen,

Secretary, Plumas County Behavioral Health Commission