

Plumas County Behavioral Health Commission Meeting
8/6/2025 1 pm Plumas County Board of Supervisors' Room, Quincy, CA
Approved at Sept. 3, 2025 meeting.

STANDING ORDERS

Call to Order / Roll Call

Call to Order: Mimi Hall called the meeting to order at 1:00 pm.

Roll Call/Attendance:

Commissioners: Bill Cook, Kendrah Fredricksen, Mimi Hall, Megan McCrorey, Valerie Sheldon, Kristy Tucker (quorum established), Kristin Gyford (after roll call)

Commissioners Absent: Liberty Gott, Stephanie Swithenbank

PCBH Staff: Jacob Grigg, Jessica McGill, Kristy Pierson, Gary Sanderson, Eliza Fletcher, RN

County Counsel: N/A

Public in Attendance (in-person): Irene Wojek, Psychiatric Mental Health Nurse Practitioner (from EPHC)

Public in Attendance (by Teleconference): Manuel Fletes (CALBHBC), Jesslan Avalos (EPHC)

Pledge of Allegiance

Additions to or Deletions from the Agenda/Approval – *For urgent items only.* Bill moved and Megan seconded approval of agenda. Motion carried.

Public Comment – N/A

ACTION AGENDA

1. Behavioral Health Commission

- a. Review and approve draft PCBHC minutes of June 11, 2025 Bill moved and Megan seconded approval of minutes. Motion carried.
- b. Review and approve draft PCBHC minutes of July 2, 2025 Bill moved and Megan seconded approval of minutes. Motion carried.
- c. Letter to accompany MHSA Stakeholder Surveys Mimi read draft letter, this will be signed by Kristy Pierson and Mimi Hall, they will use PCBH letterhead, Commission members are encouraged to share the pdf when finalized. Microsoft 365 can be used to do Strategic Planning surveys. Kristy has this in Survey Monkey (limited to 20 or so responses). Mimi suggested that Kristy work with PC Public Health to figure out which accounts can pay for this. Kristin moved and Megan seconded to finalize and go forward with the letter. Motion carried.

2. Informational Announcements & Reports

- a. Commissioners Reports and Announcements
 - i. Megan – EPH is still in the process of implementing Senior Life Solutions (expected to start late fall this year).
 - ii. Mimi – July 17th she attended a regional BH system convening by Partnership Health Plan (and Steinberg Inst., RCRC, and Arch Collaborative) – 7 rural counties attended. Talked about challenges for rural counties trying to deliver

services (health care, BH, and criminal justice). Also discussed: CalAIM, BHCIP (Behavioral Health Continuum Infrastructure Program bond application), etc. Mimi will keep us updated.

- iii. Kristin – Bill has been very involved representing vets. Things coming down the pipeline: pet assistance therapy, will be doing trainings on different types of animal companions, looking at group therapy (peer support) at PDH. They have 53 or so people on the waiting list. Therapist, Sara Wallace, is back from maternity leave.
- iv. Kendrah – received emails from state CALBHBC - she will forward the emails to the rest of the commission. Executive orders will affect funding for certain programs. Mimi will pass this along to other county departments.

b. Presentation by PRS system of care stakeholders

- i. Eastern Plumas Health Care (EPHC) – Irene Wojek, PMHNP
 - 1. EPHC just hired a new therapist which will help greatly.
 - 2. They take CalAIM patients – mostly mild/moderate, some bipolar, schizophrenic, etc.
 - 3. Irene is certified for SUD (but is not providing this service). She can do Cognitive Behavioral Therapy (CBT), esp. for insomnia and anxiety.
 - 4. They currently have clients ages 16 to 90+.
 - 5. They are very busy and have been having issues with insurances and credentialing (she hopes that's now resolved).
 - 6. Irene can prescribe medications but will not prescribe suboxone or benzos.
 - 7. When the SLS program starts, that will help with the mental health needs in Eastern Plumas.
 - 8. Mimi asked that EPHC participate in MH stakeholders survey.
 - 9. It was noted that referrals come from medical doctors.
- ii. September presenter – PCIRC (Kate Rahmeyer has confirmed this).
- iii. October and November – possibly law enforcement (new sheriff/CHP) and Partnership Health – Kendrah will reach out to schedule (see Mimi for contacts).

c. Housing projects/plans for BH clients

- i. Jessica (for Sharon) – they received a letter from RCHDC that they will not move forward with an MOU with PC at this time (partly due to federal changes). Sharon met with Tracy Ferguson regarding this. Mimi asked for Sharon to forward the letter to her.

3. **Behavioral Health Department**

a. Director's Report Jessica (for Sharon)

- i. Staffing – they have interviewed a potential nurse (doing background checks).
- ii. Social Services director has resigned. Because of this, practicum students will not be helping BH out – they are needed at SS.
- iii. Critical staffing issues continue (including mobile crisis unit).
- iv. The Administrative Services Officer (Chief Fiscal Officer) has resigned – this job has been posted. They are hoping to hire from within.
- v. Quincy Wellness Center is officially closed.
- vi. Opioid settlement funds continue to fund the Chester and Portola centers.
- vii. Waiting to see how federal government changes will affect us locally – they will be doing some strategic planning around this.

- viii. Budget has been submitted with changes (surplus must be used for prudent reserve); hoping to implement a “moving to Plumas County incentive” for therapists; therapist wages will be increasing.
- b. Quality Assurance Improvement (Jessica McGill) – see separate report.
 - i. Auditors have been in touch and she is providing more info as needed.
 - ii. DHCS Correspondence and BHINs
 - 1. 25-026 Supersedes prior BHINs – regarding Provider Directory Requirements (must be updated every 30 days) – there is a copy available on the PCBH website (in English and Spanish).
 - 2. 25-027 Family First Prevention Services Act – high fidelity wraparound services (must partner with Probation and Child Prevention Services), STRTPs (e.g. Diamond Mountain Peak in Susanville) – must contract with every county.
 - 3. Policy Updates – how to deal with AI usage (see new policy) – provide feedback before next QIC meeting (end of August).
 - iii. Access and Utilization for July
 - 1. 239 open charts, 190 unduplicated clients, 79% penetration rate (goal = 80%)
 - 2. 59 youth; 131 adults
 - 3. New Intakes: 20
 - 4. Crisis Services: 62 (42% in jail)
 - 5. Mobile Crisis Unit: 0
 - 6. Psych Placements: 3
 - 7. 5150's: 10 (one renewal)
 - iv. Grievances – none
 - v. Next QIC meeting will be August 28th at 10 am (Megan/Kristin interested) – contact Jessica if you'd like to attend.
- c. MHSA Report (Kristy Pierson)
 - i. MHSA/BHSA Stakeholders Survey (see 1.c. above) – Kristy will get us the QR code and send everything out when it is finalized.
 - ii. Plumas Rural Services (PRS) is offering a MH First Aid training on 8/7/2025. They also offer SafeTalk suicide prevention training.
 - iii. Cultural Competency Training (on Transgender healthcare) will be held 1 pm to 2:30 pm @ Mineral Bldg. at Fairgrounds; notify Kristy if you want to attend.
 - iv. Going forward, MHSA prevention will be done on the State level, not county (10% of BHSA funding for each county will come out of the top).
- d. BH Commission Information and Improvement – N/A

Adjourned as BH Commission and reconvened as AOD commission.

Alcohol and Other Drug Advisory Board

Public Comment – N/A

- 1. Action Agenda
 - a. N/A
- 2. Informational Announcements & Reports
 - a. SUD Report (Gary Sanderson) – see separate report

- i. Their Electronic Record Vendor has created reports he can run to review data. For instance re: admissions stats last year the average age was 38.5, male, white. Problem substances were alcohol and meth. Additional data points can be added.
- ii. The 2019-2020 fiscal report and audit are being reviewed.
- b. Quality Assurance Improvement – meet bimonthly, working on 4 years of CAPS
 - i. BHINs – 25-029 AOD Counselor Education Requirements – increases education requirements annually (while working as an intern toward full certification) – applies to 2 staff members. More time is being given to finish training.
 - ii. Access and Utilization for July
 - 1. 49 SUD charts open, 31 unduplicated clients, 65% penetration rate (group attendance is down)
 - 2. 2 youth, 29 adults
 - 3. New intakes: 8
 - 4. 0 residential placements
 - 5. No grievances to report

Adjournment: Meeting adjourned by Mimi @ 2:25 pm

Next meeting: **September 3, 2025 Courthouse: Supervisors' Board Room**, 1 pm to 3 pm.

Respectfully submitted,

Kendrah Fredricksen, Secretary, Plumas County Behavioral Health Commission