

**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 wavier 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. 20<sup>th</sup>.

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 Deforno 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