

February 7, 2018 Plumas County Behavioral Health Commission Meeting

Call to Order/Roll Call

Commission members: Henry Eisenman, Lori Simpson, Estres Wellings, Reverend Kendrah Fredricksen attended today.

Guests: Nansi Bohne nlbohne@att.net , Johanna Downey, Trisha Foley trishfoley@ephc.org , Marian Liddell marianliddell@yahoo.com , Candy Miller, Denise Pyper, Kate Schiavone katelyn_rose2000@yahoo.com

Staff: Jacqué Blanton, Shelley Evans, Erin Metcalf erinmetcalf@countyofplumas.com , John Posch, Michael Sanchez, MHA, Louise Steenkamp

Additions to or deletions from the Agenda: None.

Public Comment Opportunity:

- a.) What is the process to become a Commission member?
- b.) [Handout business card/ad] Guide dogs that can be a help to veterans with PTSD but must visit Florida but once at Florida facility twelve day visit expenses for food, lodging are covered while receiving training to interact with the guide dog.
www.GuideDogsWalkathon.org/denisepyper
- c.) Jackson Street Housing Fund

1. Behavioral Health Commission

- A. Reverend Kendrah Fredricksen moved to approve both the December 6, 2017 and January 3, 2018 Commission meeting minutes. Estres Wellings seconded.
- B. Reverend Kendrah Fredricksen moved **MHSA Public Hearing occur March 7, 2018** at Planning Dept. conference room, 555 Main Street, Quincy, CA. The recent audit took precedent over proceeding with the Public Hearing that could have occurred today.
- C. Sierra House is a fourteen-bed facility with currently three residents.
 - 1.) Shrubbery was removed from the corner of the property next to the highways of Bell Lane and Quincy Junction Road that a neighbor noted was a visually blind area at a busy thoroughfare.
 - 2.) Items are being removed from the garage there. The garage itself will probably be demolished this month. Items needed from the garage are being stored in the modular office. Kory Felker with Rotary Club has offered to facilitate placing a covered transit bus stop at Bell Lane.
 - 3.) Sierra House is scheduled for rehabilitation repair. Residents would receive a thirty-day notice if needed to leave, with consideration to the resident's needs. The topic of transitional housing surfaced, to provide shelter in some situations with MHSA funding, full service partnering with others.
- D. 2017-2018 Mental Health Services Act Annual Report to Board of Supervisors—Update Draft, a 102-page book available at www.countyofplumas.com and at public libraries and hospitals.
- E. Discussion followed on Behavioral Health Commission Membership. To become a member, one must attend three meetings—not necessarily consecutively. Some commissions have

alternates attend when absent a meeting. This would require a by-law change. Should this Commission have ten members, the current number or reduce to seven members to more easily achieve a quorum? One opinion seven members are not enough. This Commission should consist of at least 20% clients. Considerable discussion ensued during this topic.

2. Informational Announcements & Reports

- A. Co-Chair's report and announcements. Was upset by a FACEBOOK announcement a client was not met by a staff person for their scheduled appointment. If there is a concern one can contact:

Henry Eisenman (530) 283 0782, who is patient's rights advocate.

Michael Gunter (530) 283 6307

Louise Steenkamp (530) 283 6453 lsteenkamp@pcbh.services

Discussion followed on necessity for intake assessment that is a two-hour process and occurs only at the Quincy office. It is an initial process and there is only one intake staff person. Wellness Centers provide the ongoing counseling. Clients will be transported to appointment if necessary.

- B. Client Advocate Report. Nothing to report.
- C. Secretary-Treasurer Report. Estres Wellings motioned that Reverend Kendrah Fredricksen serve as alternate for current Secretary-Treasurer Maria Rock-Strong who is at work. There may be by-law issues. Henry Eisenman seconded.
- Concern voiced for the gap acquiring housing for those in need. There has been considerable need this year rapidly depleting the financial pool to deal with this concern. There is limited funding for this from either Behavioral Health Dept. and PCIRC.
- There should be a committee to tend those who are in danger of being homeless. There is a Prop 47 grant, available for thirty-nine months, though it is being challenged in the court. Plumas County Housing Development exists.

3. Behavioral Health Department

- A. MHSAs Program Report. The Plumas County MHSAs 2017-2018 Annual Update Draft, a 102 paged document is available on the web: www.countyofplumas.com and copies have been distributed to the public libraries and hospitals. Innovation for children at risk is available as a PDF.

March 7, 2018 is the scheduled **MHSAs Public Hearing** at the Quincy, Main Street, Planning Dept. conference room. Noon.

Comments on MHSAs to be included in the above Update Draft can be made to:

Aimee Heaney, (530) 283 6307 ext. 1016; aheaney@pcbh.services

Comments will be edited and included in the report.

Noted Los Angeles has fifty thousand homeless. Plumas County has 14% who are in poverty. Plumas County alcohol, tobacco and substance use rates are higher than state averages. 18.7% of adults are current smokers, compared to 10.3% across the state. Plumas County's suicide rate is 113% higher than that of California (22.2 suicides per 100,000 vs. 10.4 for California.) Plumas County's prescription opioid death rate per 100,000 is almost seven times that of the State's. There is a need for improved senior

care in communities; increased access to adult education and basic life skills classes and for increased access to healthy food options that are affordable...

Quincy's Wellness Center is located at 527 Bell Lane: Drop-In-Center.

The **DHCS audit** involved site auditors for two-and-a-half days who requested extensive documentation that involved questions and clarifications concerning programming and funding.

An aim is to develop respite care program for a rest interlude for family members who tend a chronic mental illness family member.

The next Commission meeting a photo of members may occur for the www.countyofplumas.com webpage.

- B. **AOD Update and C.) Director's Report.** The audit was educational. There were a lot of fiscal questions. October 2016 the Board of Supervisors approved joining Behavioral Health Dept. with AOD Dept. The Department has been approved for sixty-five full-time employees but has fifty-one staff: both clinical and administration. Recruitment is a challenge. There are some four hundred clients. There are four licensed clinicians. With eight clinicians in training contracted to Plumas County employment, and four interns who are required to be supervised. (Seven staff have either resigned or retired. Wages have been raised. There are fifteen job openings.) A city behavioral health department could have two hundred clinicians. The urban environment has its enticements. Employment for a spouse is a consideration in locating in a rural area. Child care. Housing considerations. Plumas County Behavioral Health Dept. has five who applied for the education and training programs that the department helps with education expense for commitment to work locally. Affordable Care Act expanded the number of Medi-Cal care recipients to 34% of the county population: some six thousand. Ideally there should be some thirty clients per clinician but some clinicians have fifty clients. Staff needs to be hired! Patients Rights Training is available to Commission members for April 11, 12, 13, 2018 that the department would fund. Tele-psychiatry is occurring and is in the jail as well. Some hope to create a Veteran's Clinic in Plumas County for some 2,300 veterans residing in the county.

Today's meeting adjourned.

March 7, 2018 at Main Street Quincy Planning Department at Noon, is **MHSA Public Hearing and Commission meeting.**