1. Call to Order

The meeting was called to order at approximately 4:00 p.m. by Chair Kristine Haataja.

2. Roll Call/Introductions

The Napa County Mental health Board (MHB) met in special session on Monday, February 11, 2019, with the following members present: Chair Kristine Haataja, Vice-Chair Rowena Korobkin, and members Supervisor Ryan Gregory, Theresa Comstock, Kathleen Chance, Zachariah Geyer, Tiffany Iverson, Kristyn Miles, Christine Lieber, Beth Nelsen and Shari Staglin. Member Mirna Leiva-Gullord was excused. Members Justine Zilliken and Rocky Sheridan were absent.

Napa County Staff present: Jim Diel, Acting Mental Health Director, LuAnn Pufford, Sr. Office Assistant.

3. Public Comment

Public Comments were as follows:

- A follow-up to last month’s meeting on school based mental health services was requested regarding the use of the word “intractable”.
- An update on the MHSA Innovations projects was requested.
- The film “Angst”, which addresses childhood anxiety, was very enlightening.
- Board members are pleased to see members of the community in attendance at today’s meeting.

4. Approval of Minutes and Consent Items

A motion to approve the minutes from the January 14, 2019 meeting was made by member Supervisor Ryan Gregory. The motion was seconded by Vice-Chair Rowena Korobkin and passed with all Ayes. * No members were opposed.

*See list of members under item 2 Roll Call/Introductions.

5. Old Business

A. None
6. **New Business**

A. The presentation topic for February was “Older Adult Mental Health Issues and Services”. Guest speakers included Mike Mills, Supervising Mental Health Counselor, Napa County Comprehensive Services for Older Adults (CSOA); Xavia Hendricksz, Healthy Minds Healthy Aging; Dr. Roberto Albanese, Physician, and Alex Nikolay, Social Worker, Adventist Health / St. Helena Hospital.

Older Adults often face complex mental health and physical health issues. Many live in isolation, with little to no support from family and friends. Their community network grows smaller due to retirement from work, and driving is limited or not at all. They face loss of family and friends, loss of their independence, loss of hearing and vision, memory loss, and onset of physical as well as cognitive health issues.

Physical health issues common in older adults are heart disease, hypertension, diabetes, and dementia. Common mental health issues include grief and depression, and can include more serious issues such as bipolar disorder and schizophrenia. Older Adults are less likely to reach out for mental health services because of isolation and because they perceive requesting help as asking for charity.

Adventist Health / St. Helena Hospital has a Gero-Psych unit that offers short-term, in-patient, psychiatric care for adults 60 and older. One of the challenges the hospital faces is finding appropriate housing / after care for patients who are ready to be discharged. Alex Nikolay of Adventist Health commented that Napa County CSOA and Mental Health Division staff do an amazing job with discharge planning, housing placement and after care for Medi-Cal patients coming out of the hospital. Medi-Cal patients typically do well because they have resources put in place for them by Napa County CSOA and MH Division staff. People with financial and family resources also do quite well when discharged from the hospital. However, people who fall in the middle of the spectrum find that resources are more problematic, as they don't qualify for assistance and have limited income to provide for their family member. No older adults are discharged as homeless - put out in the street or sent to homeless shelters. Napa County is, however, lacking in and Board and Care housing for after hospital stay care for older adults, as well as Psychiatric hospitals for patient care. Most placements are in Fairfield or the East Bay / Concord area, not Napa County. Placements are particularly challenging when dealing with patients who have cognitive impairment and depression.

Anyone living in Napa County can call 707-259-8151, Napa County Health & Human Services, Mental Health Access, and request a mental health evaluation. Older adults are often referred for services by family members, doctors, hospital staff, and in home care providers. Comprehensive Services for Older Adults (CSOA) offers Older Adult Mental Health services, In Home Supportive Services (IHSS), Veterans Services, Medi-Cal and CalFresh assistance, Public Guardian services, and more. CSOA, in partnership with Mentis, offers the Healthy Minds, Healthy Aging early intervention program for people with mental health issues or dementia issues to get connected to services. In California, mental health issues are address by mental health professionals and dementia issues are addressed by medical professionals.

Older Adult health issues are complicated, due to the combination of physical and mental health concerns. It takes a community, working in partnership, to address these complex issues.

B. Chair Kristine Haataja and Vice-Chair Rowena Korobkin interviewed three applicants for one open position on the MHB. All three applicants were qualified to serve; however, one applicant interviewed had an excellent background and understating of mental health issues. It was therefore recommended that applicant Summer Thompson be recommended to the Board of Supervisors for appointment to the MHB as an Interested and Concerned Citizen. A motion was made by Chair Kristine Haataja, and was seconded by member Supervisor Ryan Gregory. The motion passed with all Ayes; no members were opposed.

*See list of members under item 2 Roll Call/Introductions.*

C. Members Tiffany Iverson and Shari Staglin presented a report on their site visit to Napa State Hospital (NSH). The facility is on a 138 acre campus, with many buildings not in use due to disrepair. There are approximately 1300 beds, with 6 beds dedicated to Napa County. Treatment programs are residential and require patients to live on site under strict security protocols. These
treatment programs include individuals who have committed a felony and are deemed incompetent to stand trial “...where the focus of treatment is to stabilize their condition and establish trial competency, so they can return to court to adjudicate their pending charges.” There are many different treatment and vocational programs for patients, including an upholstery shop on site. There are peer advocates who serve on an advisory board, helping patients understand their treatment requirements and expectations of the program.

The site visit team commented that they were surprised at how large the property was, and noted that many buildings were old, outdated, and in need of repair. They commented that perhaps some of the property and buildings could be utilized in “some way to be of benefit to our county or the state.”

D. Member Beth Nelsen commented that she and the Data Notebook Work Group members will be working with Interim Clinical Director Sarah O'Malley to obtain information that Beth will then use when writing the responses to the Data Notebook questions.

E. Acting Mental Health Director Jim Diel gave the following update:

- Napa County has released a three year Strategic Plan document as the means to guide the process for decisions that affect all members of the County of Napa. The Health & Human Services Agency, along with the Mental Health Division will each develop initiatives that will be used to help meet the goals and objectives set forth by the County Strategic Plan.
- Mental Health Division is focusing on outreach and co-location of services at Ole Health and Napa County Detention Center
- Mental Health services will be expanded at the Napa County Detention Center
- Crisis Intervention Training for Law Enforcement will continue to be supported by the Mental Health Division
- Please take time to look at the Napa County Legislative Platform information on the Napa County web site: [https://www.countyofnapa.org/1634/Legislative-Subcommittee](https://www.countyofnapa.org/1634/Legislative-Subcommittee)
- Mental Health Division continues to develop an updated Disaster and Critical Incident Plan. A final version of the plan with input from community mental health partners is anticipated to be ready in April of this year.
- Network Adequacy reporting to the state with GIS maps outlining areas were mental health services occur continue
- Research is underway to determine whether or not to add tele-psychiatry to the Mental Health Division, Adult Services Medication Clinic as a supportive service
- Napa County Human Resources has closed the recruitment for three Deputy Director positions at Health & Human Services Agency – Child Welfare Division, Alcohol & Drug Services, and Mental Health Division. Applications for these positions have been accepted and are under review, with applicant interviews to be scheduled soon.
- Research is underway to determine whether or not to add tele-psychiatry to the Mental Health Division, Adult Services Medication Clinic as a supportive service

F. Committee and Work Group updates were as follows:

- Community Outreach Work Group – Team lead Tiffany Iverson shared the following update:
  - Research efforts continue in order to determine who attends MHB meetings, why they attend, and where they found out about meeting dates. These efforts are yielding positive results since members of the public were in attendance at today’s meeting
  - Information on the MHB and meetings will continue to be posted on social media such as Facebook and Nextdoor Napa, along with flyers at the Napa Library and local community churches.
- Stakeholder Advisory Committee (SAC) – No update was provided.
- Quality Improvement Committee (QIC) – No update was provided.

G. Member Theresa Comstock made the following announcements:

- CALBHBC is hosting a Behavioral/Mental Health Board training in Oakland in March
- CALBHBC has their All State meeting on April 9th and Capitol Day on April 10th
7. Announcements & Informational Items

A. Speaker Schedule Plan for 2019
   1. Tentative for March: Service Programs Provided by Mental Health Organizational Providers: Aldea Children & Family Services, Mentis, Progress Foundation
   2. Tentative for April: Innovations in Mental Health Service Delivery - UC Davis Tele-Psychiatry, Crisis Text Line
   3. Joint Meeting with Alcohol & Drug Services Board (ABAD), Tom Holstein, Board Chair
   4. Triennial State Audit, External Quality Review Organization (EQRO) Audit, & MHSA Audit Overview
   5. MHSA Innovations Projects Updates
   6. Mental Health Division Budget Overview: HHSA Chief Fiscal Officer & Asst Chief Fiscal Officer
   7. PATH & SAMHSA Grant Funding FY 2019-20 – Sandy Schmidt, MH Division SSA

B. Napa County Mental Health Board web page includes Executive Committee and Board meeting agendas, minutes & supporting documents: http://www.countyofnapa.org/HHSA/MentalHealthBoard/

C. Next MH Board Meeting, March 11, 2019, Napa County Health & Human Services Agency, 2751 Napa Valley Corporate Drive, Building A, 1st Floor, Oak Conference Room

D. Next Executive Committee Meeting, March 25, 4:30 – 5:30pm, Napa County Health & Human Services Agency, 2751 Napa Valley Corporate Drive, Building A, 1st Floor, Manzanita Conference Room

E. ACE’s, Race and Equity: Understanding and addressing the role of race and racism in ACE’s exposure and healing. Screening of movie ‘Resilience’ followed by presentation and discussion, February 20, 5:00-8:00, Napa Valley College “Little Theater.” Sponsored by Resilient Napa. Event free with registration at: www.eventbrite.com


G. CALBHBC All State Meeting & Capitol Day: April 10, 2019, Sacramento

8. Adjournment

A motion to adjourn the meeting was made by Vice-Chair Rowena Korobkin and was seconded by member Christine Lieber. The motion passed with all Ayes. The meeting adjourned at approximately 6:01 pm.