

Mental Health Board Zoom Meeting Minutes

June 8, 2020, 4:00 to 6:00

Chair:	Kristyn Miles	Vice Chair:	Beth Nelsen
Minutes:	LuAnn Pufford, Sr. Office Assistant		

---- Agenda Topics ----

1. Call to Order

The Zoom meeting was called to order at approximately 4:05 p.m. by Chair Kristyn Miles.

2. Roll Call/Introductions

The Napa County Mental Health Board (MHB) met in regular session on Monday, June 8, 2020, with the following members present: Chair Kristyn Miles, Supervisor Ryan Gregory, Theresa Comstock, Frank Dolan, Zachariah Geyer, Kristine Haataja, Rowena Korobkin, and Shari Staglin. Members Tiffany Iverson, Vice Chair Beth Nelsen, and Robert Palmer arrived late. Members Kathleen Chance, Rocky Sheridan and Summer Thompson were excused. Member Mirna Leiva-Gullord was absent.

Napa County Mental Health Division Staff present: LuAnn Pufford, Sr. Office Assistant; Sarah O'Malley, Mental Health Director, Meshanette Johnson-Sims, Assistant Deputy Director, Sandra Schmidt, Staff Services Analyst

3. Public Comment

None

4. Board Member Comment or Announcements

Member Theresa Comstock expressed concern over the incident of one known teen suicide, and several other high school age students expressing thoughts of suicide.

5. Approval of Minutes and Consent Items

A motion to approve the minutes from the April 13, 2020 meeting and Public Hearing was made by member Theresa Comstock. The motion was then seconded by member Rowena Korobkin. Each member was individually asked to vote on approval of the minutes. The motion passed with all Ayes (Yes); no members were opposed or abstained.

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

6. Old Business

A. None

7. New Business

- A. The panel presentation on Youth Mental Health Services began with Meshanette Johnson-Sims who provided information on Napa County Mental Health programs and services, followed by a listing of evidenced based practices utilized, and a general overview of how to obtain services. Presenting next was Jeni Olsen from Teens Connect who spoke about the Wellness Cafes with peer mentors teaching other students about tools for wellness and resilience, Youth Mental Health First Aid training in suicide prevention along with Question, Persuade, Refer (QPR) mental health intervention strategy utilized for suicide prevention. Marti Palmer of MENTIS spoke to the Board about their mental health services outpatient clinic and school program, locations of schools they partner with, individual and group treatment offered, and their trauma informed care approach to help students heal from traumatic events. She noted that many students have been affected by anxiety and depression, possibly brought on by the recent pandemic of COVID-19, along with academic stress. The fourth and final guest presenter was Kerry Ahearn of Aldea Children and Family Services. She informed the Board about their various programs and services including Early and Periodic Screening, Diagnostic and Treatment (EPSDT), Aldea Day Adolescent Program for Treatment (ADAPT), Supportive Outreach and Access to Resources (SOAR) program, Substance Use Disorder Services (SUDS), and Probation Services offered at Juvenile Hall. She commented that Aldea is currently meeting with families by using online platforms such as Zoom, or by phone, due to the COVID-19 pandemic.

- B. Staff Services Analyst Sandy Schmidt provided information on both the Projects for Assistance in Transition from Homelessness (PATH) Grant application and funding and the Mental Health Services Substance Abuse Prevention and Treatment Block Grant (SAMHSA) application and funding.

PATH is a Federal Grant which provides funding to States for the purpose of providing services for people with serious mental illness who experience homelessness. Each state solicits proposals and awards funds to local public and/or non-profit organizations to provide these services. For Fiscal Year 2020-21, the Napa County HHS Mental Health Division received a proposed Planning Estimate of \$51,147, which represents a \$136 increase from last FY's allocation of \$51,011. Based on the FY 20-21 allocation, the Napa County HHS Mental Health Division made no changes to its PATH Grant Intended Use Plan.

SAMHSA Block Grant funding is allocated between three components; a Base Allocation which includes funding for housing programs, a Dual Diagnosis Set Aside which provides funding for outreach and engagement via a Mental Health Counselor, and First Episode Psychosis (FEP) Set Aside which includes funding for Aldea's SOAR Program and training to address FEP. For FY 2020-2021 the Napa County HHS Mental Health Division received a total proposed planning estimate of \$608,084 for its SAMHSA Mental Health Block Grant (MHBG), which is a decrease of \$5,905 from the allocation received in FY 2019-2020.

- C. Site Visit reports for visits to Exodus Recovery's Crisis Stabilization Services Program (CSSP) and Progress Foundation's Progress Place were discussed.

Observations regarding the CSSP included that it appeared to be "super basic" with recliners in the main room but not much else, and "staff consists of mental health aides who require nothing more than a high school diploma". MHB members expressed their concern and dismay at reading those comments.

Observations from the site visit to Progress Place included that approximately 40% of individuals who are discharged from Progress Place return to homelessness due to a lack of available housing and a recommendation was made to "increase coordinated care offerings (whole person care to include housing, SUD and employment) and "increase connection of Progress Place with Abode and Center Point".

- D. Chair Kristyn Miles commented that with the new fiscal year approaching in July, it was time for the Board to nominate candidates for the office of Chair and Vice-Chair for fiscal year 2020-2021. The floor was then opened to nominations. Member Kristine Haataja nominated Kristyn Miles to serve a second term as MHB Chair, and Beth Nelsen to serve a second term as MHB Vice-Chair. The nomination was seconded by member Rob Palmer. No other nominations were made. Election of Officers will take place at the July MHB meeting.

- E. Chair Kristyn Miles made a request for volunteers to assist with writing the MHB Annual Report to the Board of Supervisors. Members Kristine Haataja and Rob Palmer volunteered to help.
- F. Mental Health Director Sarah O'Malley gave the following update:
- Since the COVID-19 outbreak, there has been a 30 percent decrease in individuals served during the period of February to June
 - During this same period, there has been a 40 percent decrease in referrals to Mental Health Access
 - Mental Health Division has experienced an increase in adult psychiatry and adult medication services due to the availability of tele-health services provided
 - Children's psychiatry and medication services has experienced a 20 percent decrease in services
 - Mental Health Division counselors and therapists continue working with clients via tele-health appointments, with services gradually returning on site. Napa County is utilizing Zoom for Health Care Providers, which is HIPAA compliant
- G. Committee and Work Group updates were as follows:
- Quality Improvement Committee: Kristine Haataja – QIC has not met recently, but there is a meeting schedule for next week.
 - Stakeholder Advisory Committee: Kristine Haataja – The last meeting was focused on schools and student wellness. Schools are struggling with how to provide confidential counseling services during Shelter In Place (SIP). Mental Health Month events were challenging due to SIP. No gatherings were allowed, only online events.
 - Advisory Board on Alcohol & Drug Services (ABAD): Rob Palmer – Rob attended the April and May online meetings. The May meeting was very interesting with a presentation from staff at Center Point, the adult substance withdrawal and residential treatment program.
 - Suicide Prevention Council: Kristyn Miles – The SPC was focused on how to disseminate information on suicide prevention to residents of Napa County during SIP. They were particularly focused on the High Schools, the elderly population and homeless population. The next meeting of the SPC is scheduled for June 11th.
- H. Member Theresa Comstock commented that the CALBHBC Summer Newsletter was sent to the MHB via email. The newsletter provided information about how to have a diverse MHB, including an upcoming training on "Unconscious Bias" on June 26th. The state meeting takes place on June 19th. For more information, please visit the CALBHBC website at: www.calbhbc.org

8. Announcements & Informational Items

- A. Speaker Schedule Plan for FY2019-2020
1. Non-Profit Organizations and MH Services in Napa
 2. MHSA Innovations Project Updates
 3. Innovations in Mental Health Service Delivery: Tele-Health, Tele-Psychiatry, Text Based Services
- 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**, July 13, 2020, 4:00 to 6:00pm, by Zoom teleconference
- D. Next **Executive Committee Meeting**, June 24, 2020, 3:30 to 4:30, by Zoom teleconference

9. Adjournment

A motion to adjourn the meeting was made by member Kristine Haataja and was seconded by Rowena Korobkin. The motion passed with all Ayes. The meeting adjourned at approximately 6:11 pm.