



A Tradition of Stewardship
A Commitment to Service

Napa County Mental Health Board 2017-2018 Annual Report

August, 2018



Kristine Haataja
2017-2018 Chair

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Executive Summary

Napa County’s Mental Health Board (MHB) has a dedicated, engaged, and diverse membership that understands that mental illness is a medical condition, and cares very much about the mental health services, programs, and facilities available in our county. Advocating for increased access to services, housing, and employment opportunities for those with mental health issues are foremost in our concerns.

Key Concerns and Recommendations:

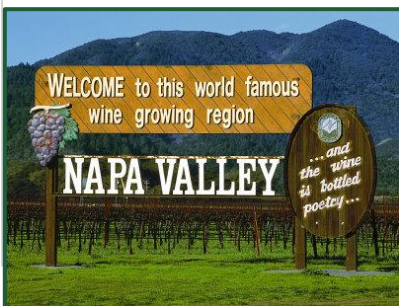
- 1) Community Meetings on Laura’s Law: The MHB collaborated with the County Public Defender and the Mental Health Division to hold three very well attended community meetings to discuss implementation of Laura’s Law in Napa County. After a lively dialogue with consumers, family members, and concerned citizens of the community, those attending indicated that they supported adoption. Mental Health Board members support adoption of Laura’s Law for Napa County.

What is Laura’s Law? Laura’s Law is California’s state law that provides community-based, assisted outpatient treatment (AOT) to a small population of individuals who meet strict legal criteria and who – as a result of their mental illness – are unable to voluntarily access community mental health services. Laura’s Law and similar AOT laws across the country have successfully enabled people with severe mental illness to access the treatment they need in the community.

The measure (Assembly Bill 1421) passed the California Legislature in 2002 and was signed into law by Governor Gray Davis. Laura’s Law is only operative in those counties in which the county Board of Supervisors, by resolution, authorizes its application and makes a finding that no voluntary mental health program serving adults, and no children’s mental health program, was reduced in order to implement the law.

- 2) Housing: The Mental Health Board continues to advocate for housing for those with serious mental health issues. Napa County does not have enough supportive housing and/or adult residential facilities (augmented Board & Cares), resulting in out of county placements and/or a revolving door between homelessness, jails, hospitals and transitional facilities. This results in high monetary cost for Napa County and high social costs for the citizens and their families.

- 3) Employment: The Mental Health Board continues to advocate for employment opportunities for those with mental health issues, because employment is shown to be a major therapeutic tool improving quality of life and reduced symptoms. There is a program called “Individual Placement and Support” (IPS) that works by combining resources and funding from the Mental Health Services Act (MHSA), the Department of Rehabilitation and MediCal to provide a robust team that not only supports sustained employment for individuals, but also works with employers to provide education and support.



Through public meetings, site visits, work groups, speakers, and reports from MH Division Staff and contractors, the MHB works to understand local mental health issues and advise the Board of Supervisors and the Mental Health Director regarding Napa County’s mental health offerings and challenges. Napa County Mental Health Board members are appointed by the Board of Supervisors. It is part of our mandated duties to provide the Board of Supervisors with an annual report reviewing the needs and performance of the county’s mental health system. This report documents our membership and activities for July 2017-June 2018.

Accomplishments of Napa County Mental Health Division

It is also important to acknowledge the many accomplishments of the Napa County Mental Health Division, under the leadership of Mental Health Director Bill Carter (as reported in the [Recommended Budget Book FY2018-19, page 299](#)). A partial list includes:

- 1) Successfully implemented three evidence-based practices: 1) Cognitive Behavioral Therapy for Psychosis (CBTp), 2) Child-Parent Psychotherapy, and 3) Strengths Model of Case Management.
- 2) Completed implementation of Dialectical Behavior Therapy (DBT) to serve clients with complex needs and at high risk for harming themselves, including those with Borderline Personality Disorder, Post-Traumatic Stress Disorder, depression & eating disorders.
- 3) Collaborated with Napa County Alcohol & Drug Services to further develop Co-Occurring services in the areas of outreach & engagement, co-occurring group therapies, & implementation of shared evidence-based practices.
- 4) Expanded mental health services to the forensic population by adding additional mental health staffing (1.5 FTE) to provide outreach and engagement assistance to Napa Police Department, Sheriff's Department and Public Defender's Office.
- 5) Centralized MH Assessment and Access Services for Children & Families. This project enables the County Mental Health Division to better assess and refer children & families to services, while monitoring community need.
- 6) Established the Napa County Suicide Prevention Council. Worked with the Council to develop a suicide prevention & anti-stigma community information campaign and to promote county-wide adoption of a single suicide prevention screening instrument.
- 7) Applied for and was awarded federal funds to support community recovery from the Napa Fire Complex and collaborated with Community-based Organizations to provide a Crisis Counseling Program in Napa County.

Goals & Accomplishments

The following objectives and goals for 2017-2018 were developed by the MHB Executive Committee and approved by the MHB. We have detailed the work done by the MHB on each of these goals.

A. Objective: Fulfill the Mandated Responsibilities and Core Purposes of the Mental Health Board

1. **Goal:** *Review and evaluate the community's mental health needs, services, facilities, and special problems [5604.2 (a)(1)] Welfare & Institutions Code (WIC)*

Accomplishments:

- Throughout the year, the MHB hosted a variety of speakers and panel forums related to Napa County mental health issues and services, including: suicide prevention programs provided by NVUSD per AB 2246 mandates, suicide prevention programs provided by various community non-profit organizations, responsibilities and duties of the Patient's Rights Advocate, programs and services offered to the community by Puertas Abiertas Resource Center and by Clinic Ole Behavioral Health, Peer Support Services provided by the County and Innovations Community Center, and the Community Corrections Partnership, among others.
- Review and comment on the Mental Health Division's Mental Health Services Act (MHSA) FY18-19 Annual Update to the Three-year Plan for Fiscal Year 2017-18 through FY 2019-20.
- Collaborated with Public Defender Ron Abernethy and County Mental Health to hold community meetings for discussion of Laura's Law and to recommend adoption of Laura's Law to the Board of Supervisors.
- Reviewed and evaluated mental health facilities and services through scheduled site visits.

2. **Goal:** *Review and comment on the county's performance outcome data and communicate its findings to the California Mental Health Planning Council (CMHPC) [5604.2 (a)(7)] WIC*

Accomplishments:

Completed the California Mental Health Planning Council's 2017 Data Notebook questionnaire with reference to data from the external quality review organization (EQRO) (www.CALEQRO.com). The 2017 questionnaire focused on mental health of older adults, including:

- Social Supports and Community Engagement for Mental Health of Older Adults (age 60+)
- Integrated Health Care/Whole Person Care for Older Adults
- Challenges for Service Access for Older Adults.
- Strategies for Meeting Future Mental Health and Substance Use Service Needs of the Changing Older Adult Population.
- Barriers to Services for Older Adults: Disability, Social Isolation, Socioeconomic Factors, and English Proficiency
- Substance Use Treatment and Dual Diagnosis Treatment for Older Adults
- Programs for Older Adult Prevention and Early Intervention.
- Mental Health Supports for Older Adults Who Provide Care for Children or Other Family Members

The completed questionnaire is posted at:

<https://www.calbhbc.com/data-notebooks.html>

3. **Goal:** *Review and approve the procedures used to ensure citizen and professional involvement at all stages of the planning process [WIC 5604.2 (a)(4)].*

Accomplishments:

- The public was routinely invited to attend and participate in all monthly MHB meetings. Public comments, concerns and questions were received from mental health consumers, stakeholders, and advocates throughout the year.
- For the October meeting on Laura's Law, new methods of creating awareness of the meeting and topic were used, including the Napa Register Calendar, the Napa CanDo weekly newsletter, emails to community officers/leaders, and social media including Next Door and Facebook. These media appeared to have an impact on community attendance for the meeting and will be tested for future meetings.
- Special meetings were held at American Canyon City Council Chambers and at Queen of the Valley Community Outreach Offices.
- Meeting Agendas and Minutes are posted on the Napa County website:

<http://www.countyofnapa.org/HHSA/MentalHealthBoard/>

Goals & Accomplishments cont'd...

4. Goal: *Review any county agreement entered into pursuant to Section 5650 of the Welfare & Institutions Code.*

Accomplishments:

- Current contracts were reviewed prior to site visits.
- Mental Health Division Budget Overview was provided by HHS Fiscal Staff.
- The following contracts, agreements, reports and applications were provided for review during FY 2017-18: Managed Care Agreement, Performance Agreement, Conditional Release Program (CONREP), State Hospital Bed Agreement, MH Division's Mental Health Services Act (MHSA) Annual Plan Update Fiscal Year 2017-18, Triennial Audit, External Quality Review Evaluation of Medi-Cal Specialty MH Services in FY 2016-17, Projects for Assistance in Transition from Homelessness (PATH).

B. Objective: Maintain an active, involved Mental Health Board.

1. Goal: *Achieve full MHB membership that reflects the diversity of the populations served.*

Accomplishments:

As of June 30, 2018, the MHB had 9 members, including interested/concerned citizens (33%), consumers (33%) and family members (33%). The Board experienced unexpectedly high turnover this year, mostly due to personal circumstances of Board members. The Board is actively recruiting to fill open positions and has a Work Group focused on recruitment and developing a pipeline of interested citizens: www.countyofnapa.org/ceo/committeesandcommissions/.

2. Goal: *Maintain a high attendance and participation at all MHB meetings, including all committees and/or workgroups.*

Accomplishments:

- Board Meetings were held monthly without exception and a quorum was established at every meeting. Board member attendance ranged from 58% to 83%, with average attendance: 66%.
- The Executive Committee also met monthly without exception and a quorum was established at all meetings but one.
- Workgroups function as "Ad Hoc" Committees with membership generally ranging from 2-4 members.

3. Goal: *Maintain representation on appropriate local, regional and state boards, committees, councils, etc., and regular reporting to the Mental Health Board (for example: CALBHC, QIC, etc.).*

Accomplishments:

- Member Theresa Comstock continues in 2018-2019 as the President of the California Association of Local Behavioral Health Boards/Commissions (CALBHB/C). CALBHB/C updates, newsletters, [website](#) access, regional meeting and MHB training dates were provided to the MHB.
- Member Theresa Comstock participated on the CA Behavioral Health Planning Council's Advocacy Committee Ad Hoc addressing Adult Residential Care facilities for adults with mental illness.
- Board Chair Kristine Haataja and Member Theresa Comstock participated in a California Behavioral Health Planning Council meeting on Adult Residential Facility Stakeholder Engagement.
- Board Chair Kristine Haataja participated in a Regional Policy Forum on Peer Support Services and Certification sponsored by CAMHPRO, Solano County, and Circle of Friends.
- Member Beryl Nielsen shared CABH Mental Health Planning Council meeting materials with board members.
- Member Rocky Sheridan is a member of the MHSA Stakeholder's Advisory Committee (SAC)
- Board Chair Kristine Haataja was a member of the Mental Health Division Quality Improvement Committee (QIC)

4. Goal: *Complete 100% of site visits.*

Accomplishments:

- Site Visit Report Forms Review Work Group revised the site visit Questionnaire and Observation forms which were adopted by the Board
- The MHB reported on the following site visits during 2017-18.
 - St. Helena Hospital Adult Inpatient Psychiatric and Geropsychiatric Units
 - Aldea Children & Family Services
 - Exodus Crisis Stabilization Unit
 - Fresh Start Housing located at Napa State Hospital

- Written reports were submitted to the Executive Committee for review, followed by a presentation to the entire MHB

Goals & Accomplishments cont'd...

5. Goal: *Provide training opportunities to MHB Members*

Accomplishments:

- Member Kathleen Chance attended Mental Health Board and Advocacy training in Redwood City sponsored by California Institute for Behavioral Health Solutions (CIBHS), taught by Susan Wilson, Chair of the CA Mental Health Planning Council.
- Board members were notified of dates for Mental Health Board and Advocacy trainings facilitated by CALBHBC.
- Members were encouraged to complete Ethics Training [on-line](#), or provided by Napa County on June 2, 2017.

Meet the Board Members



Kathleen Chance and her husband, Robert, raised two children in Napa schools and were active in parent clubs, volunteering in the classroom, fundraising, and sports boosters. Ms. Chance was a classroom teacher for NVUSD, where she served as Positive Behavioral Interventions & Supports Coordinator to promote student well-being and academic success. In collaboration with staff, she developed and implemented systems for Browns Valley's Building Effective Schools Together (BEST) program, NVUSD's adopted curriculum to implement PBIS. After retiring, she joined the Board to bring her lived family experience to advocate for families dealing with mental health issues. She is especially interested in educating the public about continuing stigma toward those with brain diseases, including negative language present in everyday discourse, and addressing treatment and housing needs for this population. Ms. Chance holds a BA from UC Davis and is currently pursuing a Master of Fine Arts in Creative Writing degree from Dominican University.

Theresa Comstock: Experience with adults with mental illness began as a volunteer with Dallas County MHMR Acute Inpatient Treatment Center. Other community and leadership experience includes: President of the CA Association of Local Behavioral Health Boards & Commissions, Past Co-Chair of a Dallas-based community organizing group, Past Legislative Chair of the Houston Council of PTA's, Past President of The Kiwanis Club of Greater Napa, Past President of New Technology High School's Parent Club. Ms. Comstock is an artist (oil painting) and has a BA from U.C. Davis. She was appointed in 2014, chaired the Mental Health Board from 2015 - 2017, and has chaired two MH/housing-related workgroups.



Kristine Haataja was a Consumer Insights & Strategy Consultant for corporations and consulting firms for over 35 years, retiring in 2015. Her career focus has been researching consumer behavior to understand and address unmet needs for consumer products. Ms. Haataja is especially passionate about in mental health intervention in early childhood and adolescence, based upon her experience raising a child with serious mental health issues. Since moving to Napa, she has been a Life Coach for Girls on the Run Napa-Solano, serves on the Development Committee for Aldea, is a 2017 graduate of Leadership Napa Valley (LNV) and serves on the LNV Board. She was appointed to the Mental Health Board in 2015, is on the Executive Committee, was Vice Chair for 2016-2017, and is Chair for 2017-2019. Ms. Haataja has a BA in Sociology from Gustavus Adolphus College in Minnesota and an MBA from the University of North Carolina, Chapel Hill. She lives in Napa with her husband.

Larry Kamer is a corporate communications and public affairs consultant and university instructor. He is the CEO of Kamer Consulting Group and teaches at the University of San Francisco and Carnegie-Mellon University. Additionally, he serves on the boards of directors of The Pathway Home, Dreamcatchers Empowerment Network, and the American Red Cross Bay Area. He and his wife, Devereaux Smith, live in Yountville. Mr. Kamer joined the board as a concerned Citizen. He was appointed to the Board in 2017 and is a member of the Executive Committee.



Rowena Korobkin, M.D. was appointed to the MHB in 2012. Dr. Korobkin is a Board-Certified Physician Neurologist and Child Neurologist. She received her MD in 1971 from the University of California, San Francisco, and trained in pediatrics at Children's Hospital in Oakland, and neurology at UCSF. She is the author of numerous journal articles and books in her field and recently consulted with the National Institute of Child Health and Development (NICHD) on a research project. Dr. Korobkin's current main clinical interest relates to epilepsy and other neurologic issues in people with developmental disabilities, and she is a member of the Professional Advisory board of the Epilepsy Foundation of Northern California. She is the Consulting Neurologist for Sonoma Development Center, the Pediatric Neurologist for the County of San Joaquin at the San Joaquin General Hospital, and the Consultant Neurologist to North Bay Regional Center and Redwood Coast Regional Center. Because of a close family member with serious mental health issues, Dr. Korobkin has been inspired to lend her experience and expertise to help influence the mental health delivery systems for Napa County.

Beth Nelsen is a local documentary filmmaker, change maker, and conscious shaker. A Napa Valley College graduate, Ms. Nelsen earned her BA in Philosophy from UCLA and her M.A. in Film & Television at the University of Melbourne; she is a 2017 graduate of Leadership Napa Valley. Ms. Nelsen is an international guest speaker whose films have screened all over the globe. Her passions include advocacy for mental health, Indigenous Rights, LGBTQ equality, and adoption and identity, all of which have been fodder for her storytelling. She seeks collaboration on projects with potential for heavy social impact, not confined to only the screen. She resides in Napa with her partner Christina and their daughter. Ms. Nelsen was appointed to the Board in 2017 and is a member of the Executive Committee.



Supervisor Alfredo Pedroza is a lifelong Napa resident and was appointed to the Board of Supervisors by Governor Jerry Brown on December 29, 2014 and elected to the BOS in 2016. He was elected to the Napa City Council in 2012, becoming Napa's youngest and first Latino Council member ever elected. Professionally, Mr. Pedroza has worked in the financial services industry for more than 10 years, having careers with credit unions and community banks. His broad-based community leadership roles encompassing commerce, educational, and social service organizations have helped facilitate job growth and economic development, provide aid for local schools, and lend support to individuals and families most in need. Mr. Pedroza is active with service clubs and nonprofit organizations. His passion for public and community service stems from his commitment to working to create a Napa County where his children and future generations of Napa citizens will live, seek jobs, start businesses, and raise their families. He holds a BA in Business Administration and a minor in Economics from Sonoma State University. Mr. Pedroza and his wife, Brenda, another Napa native, attended local schools, volunteer locally, and have started their family in Napa.

Oliver "Rocky" Sheridan is a long-time Napa resident who served proudly in the U.S. Army from 1952 to 1955. Following an honorable discharge, he obtained an A.A. degree from Napa College, completed a four-year apprenticeship as a marine machinist, and finished a two-year course in management at Solano College. After 37 years of federal service, Mr. Sheridan retired from Mare Island in 1992 where he worked as a Production Shop Planner. Since then, Mr. Sheridan has been extremely active in community organizations and boards, including the Child Abuse Council of Solano County, Volunteer Center of Solano County, National Association of Retired Federal Employees, City of Napa Senior Advisory Commission, Napa County Commission on Aging, Napa Healthy Aging Population Initiative Committee, the Children's Nurturing Project of Solano County, Kaiser Permanente Health Council, Shamia Recovery House in Vallejo, and the Napa-Solano United Way. Mr. Sheridan joined the Napa County Mental Health Board in June 2014 and is dedicated to advocating for broader and better geriatric mental health services. He states, "I believe that awareness and education of the senior population will reduce suicide, depression, isolation, and loneliness amongst our seniors."



Shari Staglin has owned and run a family vineyard in Rutherford, Napa Valley since 1985 and has lived here since 1993. Inspired by her son, Brandon, who suffered an acute onset of schizophrenia at age 18, in 1990, she and her husband have run toward the problem of mental illness, seeking answers to causes and cures. Over the last 25 years, they have been hosting the annual Music Festival for Brain Health at their Rutherford vineyard and have raised over \$300 million for brain health research. The Staglin family chaired Auction Napa Valley in 2013, which raised \$16.9 million for Napa County beneficiaries. These proceeds included a \$3.9 million 'fund-a-need' to start an EPI-plus program (Early Psychosis Intervention, plus depression, anxiety, bipolar disorder) which now operates at Aldea as the SOAR program. Ms. Staglin holds a BA in International Relations from UCLA, an MPA from NYU, and has done additional graduate work at UC Davis. In March 2018, she and her husband received the Research America award for their commitment to accelerating cures for brain disorders through scientific research. Ms. Staglin was appointed to the Board in 2018.

Members Leaving the Board during the past Year

Thank you for serving on the MHB!



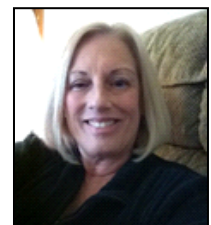
Steven Gehring was appointed to the MHB in 2017 and brought both a mental health consumer's perspective, and experience as a former licensed psychiatric technician. He has years of experience working with adults and youth as a psychiatric technician in both inpatient and outpatient programs. In addition to serving on the Mental Health Board, Mr. Gehring is active in the community, including volunteering with Napa's Disability Services and Legal Center and working at the Thrive Cafeteria at the Health & Human Services campus. He has a Psychiatric Technician Certificate from Napa Valley College and a Certificate of Human Services from American River College.

Beryl Nielsen has been a member of the MHB for many years, having served previously as the Chair, Vice-Chair, and Chair of the Membership, and Annual Report Committees. Ms. Nielsen holds a BA in microbiology (with honors) from Stanford University and an MSW from University of Southern California. Ms. Nielsen was previously a licensed clinical social worker. She is past-Treasurer of the CA Association of Local Behavioral Health Boards and Commissions. As an interested and concerned citizen, Ms. Nielsen has been influential in getting mental health board trainings throughout the state.



Terri Restelli-Deits joined the Mental Health Board in 2016. She is a social worker with an MSW degree with specialization in Gerontology from UC California at Berkeley and a BA in Psychology from Dominican University of San Rafael. She is a graduate of Leadership Napa Valley, currently serves on the Napa County Commission on Aging and the Executive Board of the California Elder Justice Coalition, among other committees. Ms. Restelli-Deits has a passion for serving seniors in our community and has been very involved in mental health planning efforts. She was the state's "older adult representative" on the Mental Health Oversight Accountability Commission (MHOAC) Services Committee (2010). She has served as Vice Chair of the Board and chaired the 2016 and 2017 Data Notebook Work Groups.

Robin Timm, Ph.D., is a Clinical Neuropsychologist and faculty member with U.C. Davis Medical Center. Dr. Timm is on medical staff at Sutter-Alta Bates, maintains a private practice in clinical neuropsychology in Napa, and is a Neuropsychological Consultant for Easter Seal's traumatic brain injury (TBI) program and Eskaton, an adult day health care facility. For the past 10 years, Dr. Timm has been a trainer on TBI for the Placer County Law Enforcement's Crisis Intervention Training. Dr. Timm has worked for many years in the field of rehabilitation with individuals who have disabilities including mental health issues. Dr. Timm was born and raised in the Napa Valley and joined the MHB in 2010 as a concerned citizen to advocate for mental health services and give back to the community.



Mayra Vega joined the board in 2016 with an interest in contributing and bringing forth the Latina perspective on mental health needs for young adults, families and senior populations. Ms. Vega was a Regional Director, Talent Management for St. Helena Hospital Adventist Health prior to accepting another position out of county. She has a BA in Economics from UC Davis and an MBA from Sonoma State University.

Minott Wessinger had a successful 30 year career in marketing & brand development. He has several family members who have lived with serious mental illnesses. In 2007, he and his wife Ashley started The McKenzie Foundation, a non-profit dedicated to building awareness of and reducing stigma associated with adolescent mental health. The McKenzie Foundation provides resources to local and national organizations primarily in the areas of early intervention, housing, peer support & counseling. Mr. Wessinger graduated with a BA from Pomona College. He joined the MHB in January 2016 and chaired the School Based Mental Health Services & Stigma Workgroup.



Acknowledgements

Thank you to Bill Carter (Mental Health Director), LuAnn Pufford (Senior Office Assistant) and to the entire Mental Health Division Staff and supporting agencies.

Thanks also to guest speakers and community members for information and support this year:

Laura Mooiman, Napa Unified School District
Ana Hernandez, Senior Director of Behavioral Health Services, Aldea
Jeni Olsen, Executive Director, Teens Connect
Harris Nussbaum, Village: Napa
Ron Abernethy, Napa County Public Defender
Innovations Community Center Participants, Volunteers & Staff
Frank SmithWaters, Napa County Patient's Rights Advocate
Jamie Bongiovi, Clinic Ole Behavioral Health Director
Josefina Hurtado, Executive Director, Puertas Abiertas Resource Center
Thomas Holstein, Chair of Napa County Advisory Board on Alcohol & Drug Programs
Andrea Segura, Senior Office Assistant, Alcohol & Drug Services
Theresa Razzano, Vocational Services at Alameda County Behavioral Health
Mary Butler, Chief Probation Officer

Napa County Health & Human Services Mental Health Division Staff:

Jim Diel, Clinical Director
Carolina Mariposa, Supervising Mental Health Counselor II
Lynette Lawrence, Provider Services Coordinator
Sandy Schmidt, Staff Services Analyst
Felix Bedolla, MHSA Project Manager
Rocio Canchola, MHSA Coordinator
Doug Hawker, Mental Health Manager
Harry Collamore, Quality Coordinator
Zachariah Geyer, Peer Support Services
Kate Boyd, Senior Office Assistant

Napa County Health & Human Services Staff:

Jacqueline Connors, Deputy Director of HHS - ADS Director
Mike Mills, Supervising Mental Health Counselor, Comprehensive Services for Older Adults
Kris Brown, Deputy Director, Comprehensive Services for Older Adults
Rose Hardcastle, Chief Fiscal Officer
Kimberly Danner, Deputy Chief Fiscal Officer

Thank you to everyone in the community who works to provide the best mental health care system possible to the children and adults of Napa County!