



# Merced County Mental Health Board Meeting

March 5, 2013

3:30 – 5:00 pm

300 E. 15<sup>th</sup> Street, Merced, CA 95341

<b>Present:</b>	Mary Ellis, Chair; Sally Ragonut, Vice-Chair; Vince Ramos, Secretary; Cora Gonzales; Jan Morita; Chuck McClure; Iris Mojica de Tatum; Linda O'Donnell; Audrey Spangler; Keng Cha; Kim Carter; David Baker
<b>Absent:</b>	Supervisor Walsh; James Fuller; Maureen Freitas; Mary Hofmann
<b>Others Present:</b>	Manuel Jimenez; Sharon Jones; Sharon Robinson; Chris Kraushar, PRA; Christina Nishihama; Crystal Guerrero; Jenny Avila; Manuel Ortiz; Susan Garcia; Freddie Sandoval, Jessica Perez; Carol Hulsizer, Recorder

## MINUTES

### I. Call to Order / Flag Salute / Roll Call

Mary Ellis, Chair, called the meeting to order at 3:35 p.m. The pledge of allegiance was done. Roll call was taken.

### II. Approval of Minutes from February 5, 2013 (BOARD ACTION)

**Action/Recommendation:** M/S/C (McClure / Baker) to approve the minutes from February 5, 2013.

### III. Approval of Agenda for March 5, 2013 (BOARD ACTION)

**Action/Recommendation:** M/S/C (Ragonut / McClure ) to approve the agenda for March 5, 2013.

### IV. Opportunity for Public Input to Speak on Any Matter of Public Interest Within the Board's Jurisdiction Including Items on the Board's Agenda (Time Limit of 3-5 Minutes)

#### a. Open Discussion for Board

**Discussion/Conclusion:** a. Vince would like have AOD staff present at these meetings to discuss their programs. This will help acquaint the Mental Health Board with the programs AOD has before they join with this Board. Manuel will have Tabatha and Trechann come talk about their programs. Vince would also like to know about the outcomes that the Department has as well, such as how the clinicians are doing in the different schools. The next time Manuel meets with the MH Board Exec team to plan the next meeting, they will discuss in more detail.

Sally thanked Liz Slate for taking over for Carol Hulsizer last month. Her minutes were done beautifully. Also Sally thanked Cora for putting the new binders together, the amount of work put into this project and all the information contained in the binder. Sally did note that in the MH Board Contact Information, Chris Kraushar has to be removed since she is now not eligible to be on the Board because she is the PRA. Sally also commented that in the Meeting Date section it had originally been arranged that the March 5<sup>th</sup> meeting (today) was supposed to be at Turning Point but ended up being at B Street instead and in April the Board will meet in Planada instead.

David commented that he was on the AOD Board years ago and he hopes that the MH Board can connect with the AOD Board in the future. He agrees with Vince as to what the AOD side is doing.

Chuck noted that there were visitors present today and maybe they would like to introduce themselves. Sharon Jones commented that they are her Community Partners and are here to present on Innovation; they can introduce themselves at that time. Mary E. welcomed them.

**Recommendation/Action:** As noted above

### V. Innovation Update – Sharon Jones & Community Partners

**Discussion/Conclusion:** Sharon went over her powerpoint presentation. Also present at today's meetings were the Community Partners that work with Sharon. Each talked briefly about what they do.

**V. Innovation Update – Sharon Jones & Community Partners – con't.**

Jenny – she works in the Dos Palos community. She works in the five schools in Dos Palos dealing with all grade levels (K-12). She works with kids, one-on-one, mentoring and helping them succeed in school; they work on grades and discipline. She refers students to mental health clinicians that are having suicidal thoughts, cutting or depression. She works with the churches in the soup kitchens and during the holidays she passed out flyers on depression for the elderly who are home bound. She works with the seniors at the Cherish Halls and takes them flyers on aging and mental health. Jenny works 30 hours a week.

Manuel – he works in the El Nido community with Susan. It is a small community but one of the most responsive. This morning they were at the meet and greet with John Pedrozo in El Nido. They work on the ESL program for community members that want to learn English. They talk about mental issues – depression, anxiety, and bi-polar disease. Manuel and Susan focus their English topics on those with anxiety and depression. The most predominant problem is depression because the area is so isolated. Manuel is in charge of the sports programs for the youth; during the summer they designed a daily sports camp for the kids of the ESL learners. Manuel works less than 20 hours a week and also goes to school full time.

Susan – she works in the El Nido community with Manuel. Their focus is strengthening families and they have had good success out there. The families are a pleasure to work with and Susan feels lucky to work in this community. The families are receptive and eager. Susan has a group of women who walk regularly and use the time to de-stress; the moms initiate conversation in regards to stress in their lives. On Monday/Wednesday/Friday they have ESL classes with lessons that they follow, but the parents will bring up certain topics/problems or whatever is bothering them at that moment – usually depression and isolation. Lately they have really been opening up – even the men - and are very appreciative of Susan and Manuel being there. The men have expressed that society looks at them as having to be the strong one and not get depressed and this is not true which brings on stress. Most recently they began a reading circle for the parents as well as their children. Parents are not reading at home with their kids because they don't know English. Lately their main focus has been working with the adults and hopefully they will get more referrals for the kids.

Freddie – he is in the Le Grand and Planada communities. He only works at Le Grand High School because he is a full time student working on his Masters/Ph.D. at Fresno State. On Mondays he is there all day from 8:00-3:00 as requested from the principal. He does one-on-ones with at least eight students that come in. He talks with them about many different things using subtle guidance. Freddie sees many different types of students who are referred by the principal – not just the trouble makers or the straight-A students – he sees all different types. On Wednesdays he is back at Le Grand High School but mainly to help the Impact program which is in collaboration with BHC (Building Healthy Communities) and he partners with Andre. They are working with eleven students and as opposed to suspending a student because of a fight or bad grades, they go into a restorative justice program that helps give them the ability to cope. The kids may be acting up just to get out of going to school and restorative justice makes them work on this and is actually harder than just being suspended. Last year there were about 100 fights at Le Grand High School and with the collaboration/restorative the first fight this year happened just two weeks ago; this shows that it is working. They cover many topics – peer pressure, self-esteem, and bullying. Now that the fighting has decreased, they are bringing in other topics and part of that is mental health issues – anxiety, depression, autism.

Jessica – she is in the Le Grand and Planada communities. One of the main things she does is going to the Cherish sites in Planada. The elderly seem to be the population that is underserved and many suffer depression; she refers them to the PEARLS Program which teaches them depression management techniques. She also goes to the High School with Freddie and do a lot of one-on-one interaction with the students and then connect them with a clinician as well. She has done a lot of the Town Hall meetings and Health Fairs; the main purpose being connecting with the community and let them know about the services that are available within Mental Health. They work not only with the 14-18 year olds, but anybody else who may need help in the community. Freddie continued that they recently submitted a proposal for the El Joven Noble program which is something Jerry Tello recently trained on. Granada High has willingly accepted them to teach the curriculum to some of their students. El Joven Noble is a rights-of-passage for young males to bridge the gap between a young male hood to manhood. In our community many males come from broken families and do not have a male figure to look up to or guide them. Applying the actual curriculum can change the person's life. 80% of the students/young men were acting out violently at the beginning of the curriculum and by the end of the curriculum nearly 38% were showing signs of improvement and better quality of life; this was based on a pre- and post-test.

Vince questioned Sharon if she has specific, measurable outcomes showing how many are being served, how many have been helped, are they working, etc. Sharon stated that in May she will be having her annual meeting where this information is given.

**Recommendation/Action:** Information only

<b>VI. Discuss Upcoming MH Board Meeting/Public Forum in Planada on April 2 – Location to be Determined</b>
<p><b>Discussion/Conclusion:</b> Manuel discussed that they are trying to keep the agenda small for the April meeting in order to get more community input. However, Manuel had been planning a vacation during this timeframe and wondered if the Board would mind moving this meeting in Planada to May instead of April. Mary asked for a vote on changing the May meeting to be held in Planada instead of the April meeting. The meeting will be held in the Senior Annex.</p> <p>Jan commented that the May meeting was scheduled to be held in the CUBE and should the Board have the April meeting in the CUBE instead. Manuel will see if the April meeting can be held in the CUBE.</p>
<p><b>Recommendation/Action:</b> M/S/C (Gonzales/McClure) to have the May 7<sup>th</sup> meeting in Planada.</p>
<b>VII. Supervisor’s Report</b>
<p><b>Discussion/Conclusion:</b> Supervisor Walsh was not present today.</p>
<p><b>Recommendation/Action:</b></p>
<b>VIII. Director’s Report (Curt)</b>
<ul style="list-style-type: none"> <li>a. Department Updates</li> <li>b. Budget Spreadsheet Update (FY 2011/2012)</li> <li>c. EQRO Review</li> </ul>
<p><b>Discussion/Conclusion:</b> a. At last month’s meeting Manuel spoke on the number of Latinos enrolled in Mental Health; however, there was nothing to compare it with. He then read off the top five races that the consumers self-identify as (this is a snapshot of today’s enrollees): 372 consumers who identify as African-American, 1,292 that self-identify as non-white/other – remember that Hispanics/Latinos are not a particular ethnicity so they identify in this area as a race and that would be where the majority are at, 143 clients self-identify as being Hmong, 139 self-identify as unknown, and 1,558 self-identify as white. A copy of this information will be put in next month’s packet. b. Sharon Robinson was present today. She passed out a budget sheet for FY 2011/12 with a breakdown on the revenue that was brought in for FY 11/12. The cost report for FY 11/12 has not yet been completed so they don’t have the total expenditures. A more detailed budget explanation will take more time to put together. Sharon briefly went over the spreadsheet she passed out. Manuel offered having a “snap shot” view of revenues brought in this year on a quarterly basis and the Board liked this idea; Sharon will put together a budget summary for the April meeting. c. Manuel stated that he has not yet received the final report on the EQRO review; he may have something by the next meeting.</p>
<p><b>Recommendation/Action:</b> As noted above</p>
<b>IX. Committee Reports / Updates</b>
<ul style="list-style-type: none"> <li>a. Quality Improvement Committee (QIC) (Sally / Mary E.)</li> <li>b. Executive / Bylaws / Planning Committee (Sally / Vince / Mary E.)</li> <li>c. Membership Committee (Kim)</li> <li>d. Patients’ Rights Advocate (Chris)</li> <li>e. Wellness Center Update (Chuck)</li> <li>f. CALMHB/C Update (James / Keng)</li> <li>g. NAMI (Mary H.)</li> <li>h. Children’s System of Care (CSOC) (Cora)</li> <li>i. MHSA Ongoing Planning Council (Sharon J. / Mary E.)</li> <li>j. Cultural Competency Committee (Mary H. / David)</li> <li>k. Community Partner’s Meeting (Vince / Mary E.)</li> </ul>
<p><b>Discussion/Conclusion:</b> a. There was no QIC in February; the next meeting is at the end of this month. b. Mary reported they are working on the upcoming retreat. The only Board who has not yet signed up for the retreat is Maureen. Mary thanked both Cora and Jan for all their hard work. c. Kim had nothing new to report on for membership. She attended a meeting last week for the Suicide Task Force and she will talk about it next month. Manuel asked that this be an item on next month’s agenda. d. Chris met with Manuel last Friday to review the February activities. It was business as usual and still remains busy. In February she attended the PRAT</p>

**IX. Committee Reports / Updates – con't.**

(Patients' Rights Advocacy Training) in Sacramento. She thanked Manuel for letting her attend. It was very educational – they have a whole series of seminars that you can pick from. This month, for the first time, she has been working with the Dept. of Social Services which does the licensing on some facilities. They have established a collaborative relationship for the first time. e. Chuck reported that in February Los Banos was gracious enough to throw a very nice Valentine's Day Party. About nine or ten consumers and a couple of staff from Merced attended. When they came back, each and every one was thrilled with the hospitality of the Westside. For those who could not attend the party, they had hot dogs and chips. The television is still an issue. They have been trying to increase their group attendance and even get new faces. They are shutting off the TV from 10:00-2:00 which is the predominant group times. This is on a trial basis for the month of February. They have not yet compiled the data but it will be done by next week. It was voted on yesterday to continue this moratorium on the TV during those hours until they have data. Chris stated that this month there is a series of public meetings regarding the transportation system in Merced which will be changing a little bit. They will be changing the criteria for Dial-a-Ride and recertifying anybody who in the past had a pass for this. Some of the routes are also changing. The good news is that they are expanding a little with Sunday service and maybe stay open an hour later in the evenings. Chris has more information, if anyone needs it. Sharon J. stated that Planada is having a transportation meeting on March 14th. Kim stated that she was informed that they would not be transporting seniors and disabled anymore. Chris continued that they are narrowing some things down – it is all about the key words "unable to use the established route" and whenever someone is getting a doctor to sign a note, the language that is used is very important. It is not that they need it, it is more like why they can't get on a regular bus/what prevents them. Chris is going to a meeting on Friday and hopes to learn more about this. If Chris gets anything in writing regarding this, she will pass it on the Carol to send out. Kim commented that the Alliance (Managed Care for Medi-Cal) has declined transportation for a lot of the people and giving them vouchers for the bus. Kim thinks that in the W&I Code it says that counties are obligated to provide transportation for seniors and disabled people. f. Keng did not have an update. g. Jan reported that they have three classes going now – two Family-to-Family one of which is in Spanish and one Peer-to-Peer class going. They have a new program starting soon and will have more information later. Part of the meeting on Navigating the Mental Health System, they had invited some clinicians and the two that came – Audrey and Cara – were great. The next program is March 27th. h. Cora stated that the next meeting is April 8th. i. Jan reported that they had two days of listening to the Program Directors present what they do, their goals and what they achieved. There were 18 presentations and were given some guidelines on what they should present. Ultimately the goal is to address the acronym SMART (Specific-Measurable-Achievable-Relevant-Timebound). Mr. Angelo Lamas will be working with each one and taking the information they provided and convert it into a report that will meet the specifications of SMART. It was a very informative meeting. Sharon commented that in May will be the Annual Outcomes Event where providers will present their goals and how they will be moving forward in the future. j. Sharon reported that things are going well. They are getting ready to do some work on goals and cultural competency. They are going to go through the entire draft Cultural Competence Plan and from that come up with SMART goals as well. In October there will be a Cultural Competence Summit in Modesto. Manuel stated that it will be on October 2nd & 3rd at the Double Tree Inn and Merced, Stanislaus, San Joaquin, and Sacramento counties will be sponsoring the event. It will be free this year. Hopefully, there will be some scholarships available for consumers who want to attend and need lodging. Because Merced is close to Modesto, no staff will be staying the night. k. Mary E. stated they will be meeting March 28th and she and Vince will be attending. Vince commented that they are having a training on the change from DSM IV to DSM V. They are also going to try for a local speaker. The Mental Health Court is training 17 people and this is showing that it is really helping to save money. They also talked about the SMART goals.

**Recommendation/Action:** As noted above

**X. Adjournment**

**Discussion / Conclusion:** The meeting was adjourned at 5:05 p.m. The next meeting is April 2, 2013.

Submitted by: \_\_\_\_\_  
Carol Hulsizer  
Recording Secretary

Approved by: \_\_\_\_\_  
Vince Ramos, Secretary  
Merced County Mental Health Board

Date: \_\_\_\_\_

Date: \_\_\_\_\_