



Merced County Mental Health Board Meeting

December 2, 2014

3:30 pm – 5:00 pm

1137 B Street, Merced, CA

Present:	Richard Hawthorne, Chair; Iris Mojica de Tatum, Vice-Chair; Vince Ramos, Secretary; Mary Ellis; Sally Ragonut; James Fuller; Mary Hofmann; Kim Carter; Supervisor Walsh
Absent:	David Baker; Keng Cha; Cora Gonzales
Others Present:	Yvonnia Brown; Curt Willems; Chris Kraushar, PRA; Sharon Jones; Cara Rupp; Jon Masuda; Dr. Livermore; Liz Freitas; Carol Hulsizer, Recorder

MINUTES

I. Call to Order / Flag Salute / Roll Call

Richard Hawthorne, Chair, called the meeting to order at 3:33 p.m. The flag salute was done. Roll call was taken.

II. Mission Statement

Richard read the Mission Statement.

III. Approval of Minutes from November 4, 2014 (BOARD ACTION)

Action/Recommendation: M/S/C (Ragonut / Ellis) to approve the minutes from November 4, 2014.

IV. Opportunity for public input. At this time any person may comment on any item which is not on the agenda.

Discussion/Conclusion: Mary H. gave an update on the upcoming NAMI classes being offered – Spring 21015 Family-to-Family class that begins January 15, 2015, two weeks later the Peer-to-Peer class starts and two weeks after that the NAMI Basics class begins which is for people with minor children who have a mental illness. Also, the Connections class which is an ongoing peer-to-peer support group meets tomorrow at 6:00. Mary passed out flyers and their newsletter.

Curt announced that Merced County is being recognized at the State level. We were approved for a second level of grant funding for Crisis Residential Unit and that will be another \$1.5 million to help develop a 16-bed CRU. Along with that, the State has been so impressed with our collaboration with the surrounding counties that they have asked Curt to meet with their Executive Board and talk about we overcame the barriers in developing this. Stanislaus has just been added to the list which makes this a six-county collaboration.

Kim passed out a couple of copies of a document entitled, *5150 Involuntary Detention Training Manual* for San Francisco. In this document there is a little more insight as to the determination of a 5150. Carol will scan the document and email out to everyone. Kim also passed out copies of *"5150 Crisis – Family Tips"* from Alameda County.

Recommendation/Action: As noted above

V. Quarterly Mental Health Board Financial Report - Sharon Mendonca

Discussion/Conclusion: Yvonnia apologized that Sharon Mendonca could not be present today to give the financial report. Yvonnia had requested that the report be modified to be more user friendly. There was a request to have the document sent out ahead of time in order for the Board to review prior to the meeting. The report will be sent out prior to the January meeting.

Recommendation/Action: As noted above

VI. Wellness Center Presentation of Current Services – Cara Rupp & Jon Masuda

Discussion/Conclusion: Cara Rupp was present today. The PowerPoint for this presentation was not able to be shown and Cara went through it verbally. Cara informed everyone that there is a Wellness Center Art Sale happening on December 12th. Cara began with a quick overview about what recovery is all about and what the original plan was put into place for. Recovery is about living well,

VI. Wellness Center Presentation of Current Services – Cara Rupp & Jon Masuda – con't.

moving beyond a diagnosis. The client's mission statement is about defining for yourself, who you are rather than accepting how you have been defined by others. It is about creating a satisfying life of your choosing. Mental health recovery is a journey of healing and transformation; enabling a person to live a meaningful life in their community while striving to achieve their full potential. The Wellness Center opened in 2006 and operates on the recovery principles of hope, empowerment, self-responsibility, and identifying a meaningful role in life. The members describe the Wellness Center as a stepping stone back out into the community. The Wellness Center is the place where you go to get rejuvenated, connect with your peers, build self-confidence, decrease stigma and go back out into the community. They incorporate cultural and linguistic competency, consumer and family-driven services and community collaboration. They collaborate as much with NAMI as possible; there is a CAW that is active in NAMI and wants to connect the members coming into the Wellness Center to the NAMI classes. Current populations include the severely mentally ill adult, 18 and over, transitional age youth, older adults, board and care home residents as well as people who are homeless living at the homeless shelter. The Wellness Center combines prevention services with a full range of integrated services. The Wellness Center allows the members to do whatever they want to do. They have housing, employment, a volunteer program, and socialization which is the crux of the Wellness Center. It allows people to meet, come together, decreases isolation, and allows people to get out of their home. There is a men's group, skill building classes, a lot of cognitive behavioral therapy with regards to connecting thoughts, feelings and behavior. Many attending these classes consistently are starting to co-facilitate and facilitate some of these classes. There are also holistic arts, spirituality – the art group has taken off and done fantastic things. There are recovery groups and community integration. Members have chosen to find things that are scary to them in the community – places they don't want to go, places they feel stigmatized – getting together as a group so they don't have to go alone the first time. The Wellness Center has many layers of employment services. There is an employment person onsite, they have general employment and pathways to employment which allows members to work two hours a week and earn \$9/hour; they have six members working this program. There is the employment cooperative which is an agreement with the Dept. of Rehab. which allows them to find competitive employment for clients in the community. Their goal is eight every year; they have reached and exceeded this goal every year. People have found jobs in places such as group homes, In-Home Supportive Services, and Turning Point. The Wellness Center has eight dimensions of wellness: financial, spiritual, social, environmental, emotional, physical, intellectual, and occupational. When they are creating groups and classes these eight dimensions are looked at to make sure they are hitting them. The Consumer Advisory Committee (CAC) meets every Monday at 11:00; they plan and implement all the fund raisers and events. The CAC has been the leader in giving back to members of the Wellness Center. The CAC has purchased a brand new DJ system that is used for events, groups and talent shows. The CAC gives back to the Wellness Center members by sponsoring events, buying art supplies and goods and providing hot and cold meals to members of the Wellness Center. The groups and classes change monthly. Currently they have American sign language class because there are four deaf consumers that are attending. Other classes include: XBOX Kinect, anger management, Dual Diagnosis, and 12 steps to name a few. The Wellness Center promotes cultural and family events at the Wellness Center. They promote family integration and the CAC recently had an open invitation to family members and close friends. It was during the day and now they are trying to figure out how to do this in the evening where more can attend. This will allow family members to see where their loved ones go during the day, ask questions, get to know staff and peers, see the garden and art work. They would also like to do this on a quarterly basis rather than once a year. Peer support assists others in their recovery. These are things that cannot be taught and it is amazing – people supporting each other, reaching out to each other, telling their own stories to help someone else. Currently there are ten members that participate in Peer Support weekly. They start off with active listening and how to connect with someone. It grows from there discussing diagnoses, symptoms, reaching out to others, helping others, how do you help someone else, how do you not give advice and just support someone, etc. The Wellness Center has seen a fluctuation in staff over the years. Successes for last quarter: the Peer Support class has increased from four average participants to 9 to 10 per session; clients ran three new groups during this quarter; five new groups were created; the Wellness Center has two CASRA interns; the CAC has created lunch and breakfast fund raisers; five clients were placed into an improved living situation; three clients are no longer homeless; peers are taking a greater role in supporting one another; and there has been a 10% increase in group and class participation. During this quarter there were 35 total internal referrals (referrals to case management, housing, employment, NAMI, groups and classes). There were 27 referrals made for housing services. They have had 308 unduplicated members coming to the Wellness Center over this last quarter and 3,184 duplicated Wellness Center members. This is reflective of 1st quarter Fiscal Year 14/15. In closing, Cara stated that the Wellness Center is a great place for members to choose what type of services fits their needs. Each member has the change to choose their wellness and recovery goals. It is a place in which staff, volunteers and peer support members assist one another in reaching their goals. The Wellness Center welcomes everyone who is open to the Merced County Adult Mental Health system to participate in wellness and recovery services.

Recommendation/Action: Information only

VII. Chair's Reports
a. Vision / Mission Statement

Discussion/Conclusion: a. Richard stated that he has been talking to this Board regarding the possible revision, or no revision, to the Vision/Mission statement. Richard, as the Chair, thinks that the Vision/Mission statement is still on point and valid and did not see a reason to change. Richard asked for a motion to maintain the current Vision/Mission statement.

Sally questioned how the blending of the two Boards is coming along. She has noticed that the Mental Health Board is low on members and that is because of the blending of the two Boards and the AOD members filling the empty positions. Richard stated that in regards to recruitments, the MH Board has not stopped its recruitment of members. If the AOD Board gets an application, they entertain it; but they have not received any applications. From the AOD Board there is only one, possibly two, that can make the transition to the MH Board. Sally stated that this Board definitely needs consumer and family members. Sally then asked if the Annual Reports had been delivered to the Board of Supervisors yet. Richard responded that he and Cora have not yet been able to coordinate this.

Recommendation/Action: a. M/S/C (Hofmann / Fuller) to maintain the current Vision/Mission statement.

VIII. Supervisor's Report

Discussion/Conclusion: Supervisor Walsh reported that the Board has recently approved several placement contracts – options for placements with mental health services. They also just approved the State AOD contract. Not related to Mental Health, the BOS have sent forward a draft groundwater ordinance regarding wells and water transfers for the public hearing process. Supervisor Walsh has been appointed to the Continuum of Care – the association of homeless services – as the Ex-officio representative out of the County Association of Governments. He was also appointed by the Board to represent them at the Supervisor's Association in the State of California – CSAC. As a result, it appears that he may be considered for a policy leadership role on Health & Human Services in the next year at CSAC. More information to follow.

Vince questioned the bus service for Los Banos. Supervisor Walsh stated that the busses continue to run – they run out of the County Association of Governments (MCAG). He understood this was a continuation of an existing contract between Mental Health and The Bus; he has not heard any concerns about this. Vince questioned how it was going to be implemented and Supervisor Walsh stated that he would check and report back next month.

Recommendation/Action: As noted above

IX. Director's Report
a. Wellness Center Discussion

Discussion/Conclusion: a. Yvonna stated that at the last meeting she was not able to be present but there was conversation about how things are done at the Wellness Centers. She stated that there are some inconsistencies between the four different Wellness Centers. As a result of that, she has met with staff and is now in the process of looking at how to better serve not only the mental health clients but also the community. It has to be a very strategic plan on how it is implemented. A workgroup will be established. As we move forward she wants to make sure that certain criteria is met. The Dept. serves the severely mentally ill and the gravely disabled population but has to figure out how to do this if they are Mental Health clients or if they are independent consumers in the community. Yvonna's job is to make sure that she is not over extending it so far that she is missing the clients that are served. She wants to develop a plan that can address all the needs of the community and have a consistent plan around all four Wellness Centers. Hopefully in January she would like to have a presentation on where we are and a new plan across the county for all Wellness Centers. There are some limitations and she cannot open it to the entire county. When it is opened up, there must be certain criteria, a certain tracking system, and a certain expectation from the individuals coming in and from the staff.

Mary H. questioned the logistics and the numbers. There must be some kind of cap on what constitutes "full". Sharon J. commented that one is building capacity and the other part is staff to client ratio. The workgroup has already started to meet and they want to make sure that if someone in the community is suffering with a severe mental illness and may have other support, but is in need of the Wellness Center, they have access. From the original CSS plan it was determined that the Wellness Center would serve 750 people (adults) and 150 transitional age youth (TAY) for the year. Mary H. questioned what constitutes a manageable number of individuals at the facility. Sharon J. stated that there are about 55 individuals coming in consistently on a daily basis. In the past when it was open to the community at large there would be about 80 people per day. Jon M. stated that they are working with the fire inspector and housekeeping to identify a capacity for the Wellness Center. Yvonna continued that staff still needs to be looked at also – making sure there is enough staff.

IX. Director's Report – con't.

Supervisor Walsh questioned the reference made with work placement and the Dept. of Rehab. and is there a connection with the local Workforce Investment. Sharon J. stated that Aaron Eubanks is the Vocational Counselor at the adult Wellness Center. 80% of his time is MHSA for employment, 20% of his time is Dept. of Rehab. He makes all the employment connections in the community to help individuals.

Mary H. questioned helping people get social security. Jon stated that Betty Garcia has been working with consumers and helping them get SSI benefits.

Vince questioned how the Wellness Center gages how many come in every day and how many are duplicated. Jon stated that at the Merced and Los Banos sites they are checked in. If the client is in Anasazi, they get credit for that day. That is how they come up with a number for clients coming in. For those that are in the DOR programs and are not open to the full system, they can still be tracked also. Vince questioned duplication and Jon stated that Anasazi has the ability to track duplicated and unduplicated services. This gives a true number of the clients that are open to the Wellness Center. They can also track how many services were provided to that group of people. Vince continued with who can go to the Wellness Center and how it is determined. Yvonnia stated that there are certain mandates as a mental health agency and they have to keep the criteria of severely mentally ill as the base. The question then comes up as to who can use these services – only the clients that are part of County Mental Health or do they look at individuals who may have insurance but also have a severely mentally ill diagnosis also. It cannot be opened up to everyone who has a mental health illness because there would be an overflow. Yvonnia has to look at accountability, making sure there is the right oversight and planning in place. The Department is going to look at the foundation, tear it down and see how it can be rebuilt to still meet the needs of the community and maintain the integrity of what the Wellness Center was designed to do with the restriction of severely mentally ill being the forefront of that discussion. When the workgroup has come up with a plan, it will be brought back to this Board. Yvonnia invited the Mental Health Board to attend the departmental Full Staff meeting. She is having some of the clients from the Wellness Center do some testimonials as well as showing their talents. Yvonnia wants the staff to know that this is why they do the work they do.

Recommendation/Action: As noted above

X. Reports / Updates
a. Executive Committee
b. QIC Report

Discussion/Conclusion: a. Richard had nothing new to report. b. Sally passed out copies of the November 18th QI Committee Report. Sally went over her report. Starting in January the QI meeting will take place monthly. After her report Sally commented that the QI staff are doing a good job and figuring things out.

Recommendation/Action: Information only

XI. Announcements

Discussion / Conclusion: Vince stated he sent the Board an email on a clinician webinar coming up. The webinar will be talking about regulations.

XII. Adjournment

Discussion / Conclusion: The meeting was adjourned at 4:52 p.m. The next meeting is January 6, 2015.

Submitted by: _____
Carol Hulsizer
Recording Secretary

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

Date: _____

Date: _____