

**INYO COUNTY HEALTH AND HUMAN SERVICES  
BEHAVIORAL HEALTH ADVISORY BOARD**

**MONDAY, September 9, 2019**

**10:00-11:15 am**

**PROGRESS HOUSE**

**LOCATED AT 536 N. SECOND ST.**

**BISHOP, CALIFORNIA**

**AGENDA**

**CALL TO ORDER**

**INTRODUCTIONS**

**APPROVAL OF MINUTES**

August 12, 2019: Informational

**CHAIRPERSON'S REMARKS**

Jane Gillam acting as Chairperson

**DIRECTOR'S REMARK**

Small County Message

**PUBLIC COMMENT**

Douglas Cooper: interactions at the Wellness Center

**REPORTS AND ACTION ITEMS**

- QI Committee
  - QIC meeting reports
  - By-laws for Advisory Board
  - Hospitalizations
- Progress House Resident Meeting Report: Staff/Consumer
  - Population this past month
  - Activities and Groups

Wellness Centers:

- Renewed focus on purpose update
- Stakeholder input

- Youth Services:
  - Admissions
  - BH treatment report

Adult Services:

- Tele-medicine/In-person Psychiatry
- CommonGround

- SUD Services:
  - Prevention Efforts
  - Treatment Services
    - Collaboration with NIH
    - Medical Director
  - Opportunities for Co-occurring services

**IF UNABLE TO ATTEND, PLEASE CALL THE OFFICE at 872-2590 or 873-6533**

**OLD BUSINESS**

MHSA Stakeholder Process

Using community meetings to gather input

**NEW BUSINESS**

INN funds

PEI Report Special Meeting

**AGENDA ITEMS FOR NEXT MEETING**

**INYO COUNTY HEALTH AND HUMAN SERVICES  
BEHAVIORAL HEALTH ADVISORY BOARD**

**MONDAY, August 12, 2019**

**10:00-11:15 am**

**PROGRESS HOUSE**

**LOCATED AT 586 CENTRAL STREET  
BISHOP, CALIFORNIA**

**Minutes**

***Informational Only/No Quorum***

**CALL TO ORDER**

- The Meeting was called to order at 10:03 a.m.

**INTRODUCTIONS**

- All present introduced themselves.

**APPROVAL OF MINUTES**

July 8, 2019: Informational – The minutes were approved as written.

**COMMUNITY PRESENT**

Supervisor Dan Totheroh  
Karen Colter  
Charles Broten

**STAFF PRESENT**

Dr. Gail Zwier  
Mikaela Torres  
Jennifer Ray  
Lucy Vincent  
Matthew Blankers  
Stephanie Tanksley  
April Eagan  
Kelly Nugent  
Peter Charley

**CHAIRPERSON'S REMARKS**

April Eagan acting as Chairperson.

**DIRECTOR'S REMARK**

Dr. Zwier shared that there will be team presentations at the QII meeting to take place this morning at 11:00. This will be an opportunity to discuss summer activities and achievements. Here are the highlights she shared:

- Child and Family had a full summer program, learned CANS (described in this report)
- Wellness Center has undergone some changes; refocusing
- Addictions Task Force – our Drug and Alcohol Program is drawing closer to community partners and Medication Assisted Treatment (MAT)
- DUI program had a visit from State Auditors who came and reviewed charts. Dr. Zwier was pleased with the results. Supervisor Totheroh asked what we had learned and Dr. Zwier had asked whether there was any possibility that our clients attend groups via teleconference and was told that the State is starting to look into this possibility. Reiterated that Inyo has only 3 Addiction Counselors currently

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and that at least 1 full time equivalent is spent on DUI program. This only leaves 2 staff for other addiction work.

- Progress House continues to move along – passing a recent surprise inspection with flying colors

### **PUBLIC COMMENT**

Charles Broten informed the group that there is a child care bridge program in Mono County. It is Trauma Informed Care for foster families. Mr. Broten expressed that substance-abuse, homelessness and domestic violence are sometimes related; and he stressed the importance of working with community partners to successfully address these issues. He listed these resources IMACA can provide:

- Transitional Housing
- Safe Parking Project (with the Nazarene Church)
- Temporary shelter is sometimes available

### **REPORTS AND ACTION ITEMS**

- QI Committee: Mikaela Torres distributed the Quality Improvement Workplan and Clinical Diagnosis Report/4<sup>th</sup> Quarter FY18-19. Ms. Torres shared that she is working to adjust our records management to accurately capture the Hispanic population in our community.
  - QIC new format – QIC meetings which are held once each quarter will now be held during QII meetings to allow increased MHSA Stakeholder attendance.
  - Stephanie Tanksley told us that she had worked with Alyson Beaumont to update our BHAB Bylaws. Supervisor Totheroh asked about quorum – what alternatives might be available? Ms. Tanksley said she will inquire as to what those alternatives might include.
  - Hospitalizations – Lucy Vincent reported the hospitalization of one adult and one minor in July. The adult was seen within 7 days of discharge and the minor receives services through a different agency.

### ***PROGRESS HOUSE RESIDENT MEETING REPORT:***

- Population this past month
  - (7) Long Term Residents (5 of whom are seniors) and (3) Respite
- Activities
  - More exercise-related activities
  - Therapy drives several times each week

### ***WELLNESS CENTERS: Karen Colter presented the following Report:***

#### **WELLNESS CENTER ATTENDANCE**

#### ***BISHOP***

- Total number of unduplicated visits: **83**
- Total number of repeated visits: **313**
- \*New Persons: **6**

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## ***LONE PINE***

- Total number of visits: **28**
- Regular attendees: **7**

## **BISHOP WELLNESS CENTER TRACKING FOR LAUNDRY/SHOWERS: SHOWER/LAUNDRY STATS**

- **52** Persons took a shower (those who signed in)
- **32** Persons did Laundry: (those who signed)

## **GROUP ACTIVITIES**

- IMACA Food Pantry: **2**

## **WELLNESS CENTER STAFF HIGHLIGHTS:**

- ❖ Staff continues to help consumers get phones through tag mobile
- ❖ Staff assisted client and was able to successfully get transportation for out-of-area appointments
- ❖ Staff attended opioid crisis training with NIH and Toiyabe
- ❖ Helped consumer get glasses
- ❖ Helped client get own apartment
- ❖ Helped client prepare for job interview and he was hired on the spot!! Yay!

## **Wellness Center Suggestion box:**

- ❖ Hike and bbq to Rock Creek
- ❖ Get wifi

## ***Youth Services: Lucy Vincent presented on behalf of Dr. Rathburn:***

### • **Treatment:**

**Intakes:** A total of 4 new Child / Adolescent referrals were taken in July from parents, pediatric nurses and doctors resulting in 2 new admissions to date. Ages of children referred were 1 to 13.

- **Training:** Training in Trauma Focused CBT is in the case supervision phase for therapist Michelle Howell, MSW who will also be taking the required booster training in October. Crystal Cox may be taking the same training next fall if approved.

The Child and Adolescent Needs and Strengths assessment (CANS) took place May 14 and all staff members are now certified and all new clients will receive the CANS as well as all clients needing annual assessments as a new requirement for CPS and BH from the federal and state governments.

A family therapy and family resiliency model, FOCUS - Families Overcoming Under Stress developed by UCLA was completed July 29 & 30 in Inyo County, which was co-sponsored by Toiyabe Indian Health Project. A total of 19 therapists from Inyo and Mono County were trained including 2 school counselors and a therapist in the community who accepts insurance covered families. This training also includes 10 months of phone supervision on cases.

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We are actively recruiting appropriate families and accepting referrals. Continuing Education Units was provided for this training. The Parent-Child Interaction Therapy training started March 18th for therapists Crystal Cox and Chrystina Pope, which is moving along with therapists well on their way to certification by University of Davis under the supervision of Pam Blackwell.

Dr. Zwier shared that families in need of treatment can be referred by calling Dr. Rathburn at our Behavioral Health office on Grove Street.

- **Summer Program:** The combined boys and girls summer program ages 8 – 15 met twice a week from June 11 to August 1st for outdoor and other pro-social activities serving a total of 20 children with great success. Children with emotional and behavioral challenges made advances in social skills and friendships. Friendship awards were given to each child at the end of the summer picnic where families joined the children to celebrate their achievements. The equine therapy with 6 selected clients met for 6 sessions over the summer and was also successful. A graduation ceremony with certificates of completion was given to all participants that families attended.
- **Intensive In-Home Services:** We continue to provide intensive services to several families that are reunifying after Child Protective Services involvement.
- **Caseload:** The Child and Family Team currently have a combined, unduplicated caseload of 90 open cases.
- **Position:** HHS Specialist for level III and IV is open for the Child and Family Team.

***SUD Prevention Services: April Eagan presented the Inyo County Prevention Report and shared photos with attendees:***

- **Mentoring** – More mentors have signed up over the summer and completed all of the paperwork. The total number of mentors and youth involved in the program is 46 individuals.
- **Outdoor Program** –
  - In July, activities included:
    - July 1 – kayaking
    - July 10 – Bodie Hills
    - July 17 – south county hike
    - July 25-26 – rock climbing
    - July 31 – north county hike
  - The total number (unduplicated) of youth involved in the Outdoor Program for FY 18-19 was 56, with many youth attending more than one activity. There were a total of 18 activities in FY 18-19.
- **Older Adult Activities** –
  - Last month staff went to the Bishop and Lone Pine Senior Center to do a craft with some lovely ladies.

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They made a beautiful “Rag Flag” out of fabric, lace, ribbon etc. The ladies really enjoyed the craft and kept telling staff how unique this craft was. There were a total of 3 ladies in attendance at the Bishop location and a total of 5 women in attendance at the Lone Pine location.

- Our prevention message this month was Shingles and Pneumonia vaccination.

## ***SUD***

- **Treatment Services:** Dr. Zwier highlighted Meaghan McCamman’s efforts in helping our team and increasing our interaction with community health providers – this is in addition to her position of Assistant Director of HHS. She is doing an excellent job as acting SUD Supervisor, while we seek applicants for the position which has been open for months. Hiring direct service providers who are certified as Drug and Alcohol Counselors is a challenge. Interns need supervision but we struggle in finding licensed individuals to provide it.
- **Opioid Summit:** collaboration with NIH: Dr. Zwier stated that attendees were inspired by the speakers. Dr. Cory Waller was one of the presenters. Dr. Zwier recommends that everyone take a look at Dr. Waller’s *Addiction 101: Impact of Long-Term Opioids on the Brain, and How it Changes Our Treatment (7/12/16) - YouTube*. Follow this link to view it: <https://www.youtube.com/watch?v=umA-3KcJaxk>.

MAT is one of the ways we are looking to do harm reduction treatment. In addition, in order to save lives as the result of opioid overdose, Narcan kits will be given out to community members who attend the training to be held at the Barlow Avenue gym on August 20<sup>th</sup> at 5:30 p.m.

- **Opportunities for Co-occurring services:** Stephanie Tanksley informed the group about one of the Program Improvement Plans (PIP) we are engaged in as required by the State: We are working on increasing the accuracy of reported numbers of persons with co-occurring diagnoses with the goal of having better outcomes by finding these individuals and offering them all the appropriate treatment services for which they are eligible. She explained that we are working on an assessment referral form to help us achieve this goal.

## **OLD BUSINESS**

- Mental Health First Aid – status report by Dr. Zwier: This year, we need recruit people who are interested in being trained to be MHSA trainers.

## **NEW BUSINESS**

- OAC Visit

## **AGENDA ITEMS FOR NEXT MEETING**

The meeting adjourned at 11:12 am

Next meeting to be held on Monday, September 9, 2019 at 10:00 a.m.

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Transcribed by:

*Lucy Vincent*

Lucy Vincent

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# BREASTFEEDING AWARENESS MONTH

## August 2019

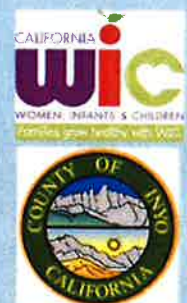


Event	Date/Time	Location	Contact
Wear a Gold Ribbon!	All month	Inyo County WIC, 568 W. Line St.	Inyo County WIC 760-872-1885
Breastfeeding Awareness Walk	August 1st 12:00-1:00pm	Tri-County Fairgrounds	Inyo County WIC Toiyabe WIC
"Pitter Pat" Play Date	August 6th 9:30-10:30am	Front Bishop City Park playground	Lexi Lexi.ortiz2@yahoo.com
"Little Explorers" Play Date	August 8th Time TBD	Place TBD	Rebecca rroebig119@gmail.com
Tea Party for Moms	August 10th 9:30-11:30am	Front Bishop City Park gazebo	Ruth Rserna.alj@gmail.com
Children's Wellness Talk	August 13th 11:00am-12:00pm	Inyo County Office of Education, 166 Grandview Dr.	Bishop Pediatrics 760-873-6373
Celebration Mom's Group	August 20th 11:00am-1:00pm	NIH Annex, 2957 Birch St.	NIH NEST Program 760-873-2191
WIC Open House with Lactation Consultations	August 28th 11:00am-2:00pm	Inyo County WIC, 568 W. Line St.	Inyo County WIC 760-872-1885

### Agencies and Community Groups Involved:

Inyo County HHS WIC Program  
Toiyabe WIC Program  
First 5 Inyo County  
Northern Inyo Hospital NEST Program  
Bishop Pediatrics

Moms Helping Moms  
MOPS  
Pitter Pat Playgroup  
Little Explorers



Flyer by Inyo County Health & Human Services WIC Program

\* This institution is an equal opportunity provider \*