

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

MONDAY, August 10, 2020

10:00-11:15 am

Virtually Held via Zoom

Minutes

Informational Only/No Quorum

CALL TO ORDER

The Meeting was called to order at 10:04 a.m.

INTRODUCTIONS

All digitally present introduced themselves.

APPROVAL OF MINUTES

July 13, 2020: Informational – Gina McKinzey moved to approve the minutes. Jane Gillam seconded the motion, and the minutes were unanimously approved as written.

COMMUNITY & STAFF Virtually PRESENT

Supervisor Dan Totheroh	Gina McKinzey
Dr. Gail Zwier	Emily Faircloth
Jane Gillam	Stephanie Tanksley
April Eagan	Mikaela Torres
Kristen Pfeiler	Lisa Trunnell
Arlene Brown	Lucy Vincent

CHAIRPERSON'S REMARKS

Jane Gillam acting as Chairperson

Jane Gillam raised the topic about the COVID19 outbreak at our nursing home. She asked Dr. Zwier as to how the concern and uncertainty surrounding the pandemic impacts our community. She mentioned that school was supposed to start on Thursday; however, Supervisor Totheroh mentioned that it would not be too long before our County is added to the State's watch-list. A discussion continued and the group talked about how gatherings might play a part in the spreading of the virus.

DIRECTOR'S REMARK

Dr. Zwier informed the group that there is a slight trend in receiving crisis calls from transition age persons (16 -25). She explained that there are a number of factors that may lead to this time being especially anxiety-producing for persons in this age group. Statistics re depression and suicide also discussed

Supervisor Totheroh noted that Behavioral Health is in the line of work to be taking note of these trends. Dr. Zwier shared with the group that this brings up an awareness of the
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fact that we, Behavioral Health staff, are tools of the trade; and as such, there is an importance of keeping our tools in good order by maintaining self-care. Dr. Zwier talked about the potential anxiety of teachers going into the classrooms with children who are also dysregulated by the circumstances caused by the Pandemic.

PUBLIC COMMENT

Pertaining to any item on the agenda –

Supervisor Totheroh asked whether we are getting the equipment we need in order to be safe. Gina McKinzey explained that precautionary measures are taking place to ensure safety at Progress House. She explained that Wellness Center is working from home and taking turns working at the office. Wellness Center is open by appointment only at this point. Mrs. McKinzey acknowledged that it only takes one person to bring COVID19 in and expressed that staff is being careful.

Dr. Zwier added that there's no capacity to do rapid testing – there's still a 2-week turnaround. She explained that we are being proactive and thinking through how we isolate and quarantine, as needed.

Ms. Gillam noted that the pandemic affects consideration about how much respite we can provide at Progress House. She also posed the question about how much safety and ease a person can feel if they have to quarantine for 2 weeks upon arrival. Mrs. McKinzey explained that a person who recently came for respite took meals in their room, but was still able to interact with staff by all practicing hand-washing and mask use. Supervisor Totheroh reminded the group to use caution and suggested providing good ventilation by keeping windows open.

With regard to Dr. Zwier's statements about crisis calls involving transitional age youth, Jane Gillam inquired whether these callers were persons who had been unknown to Inyo County Behavioral Health before the Pandemic. She expressed that the Pandemic affects our community in that the uncertainty resulting from the recent spike can cause feelings of a loss of safety and fear of the unknown. She expressed her gratitude towards the Behavioral Health staff for being conscientious in their work and being trustworthy and transparent. She commented that this type of work environment increases safety.

REPORTS AND ACTION ITEMS

QI Committee Meeting Report Presented by Stephanie Tanksley and Mikaela Torres:

- Stephanie Tanksley shared with the group that the Analysts and Behavioral Health are working toward improving front office processes. She shared that a new Office Tech III would be joining the front office and that she will be trained in these new processes. Training will also be provided to the staff at Progress House in order to improve efficiency and collaboration amongst the entire Behavioral Health Division.
- Mrs. Tanksley also informed the group that she is still awaiting final reports for the EQRO and SUD reviews which had been held in the last few weeks.
- Mikaela Torres told the group about how she is collaborating with Kings View to create dashboards which will help her to retrieve the data required by the State.

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She explained that she will run a report around the 10th of each month, giving staff the chance to address errors. The dashboards will enhance efficiency and allow time to be spent on other priorities; such as, working with systems pertaining to PCIT, outreach, FIRST and etc.

Hospitalizations:

- Supervisor Totheroh explained that specific details about hospitalizations cannot be shared at public meetings. Stephanie Tanksley shared that hospitalizations can be discussed at staff-only QIC meetings.
- Although details cannot be publicly shared, Dr. Zwier told the group that there have been a few hospitalizations. She also explained how staff has worked on safety plans which have resulted in avoiding some hospitalizations.

PROGRESS HOUSE RESIDENT MEETING REPORT

presented by Gina McKinzey:

- Population this past month for June
6 Total Residents; all healthy and well/ 2 respites last month.
- Criteria – Every week Gina McKinzey reports to the State. There have been no COVID19 outbreaks. One staff member is out as a precautionary measure because a relative's workplace experienced an outbreak.
- Activities & Groups – meetings are held virtually or outside. Outings continue. There was a trip to Convict Lake last weekend.

WELLNESS CENTERS: Vanessa Ruggio shared some of the things Wellness Center staff is doing to assist during the pandemic:

- Field based services/ assistance with COVID19-related meal delivery
- People can sign up for showers and laundry.
- Cleaning and Safety measures are in place

YOUTH SERVICES: Received from Chrystina Pope

Treatment

- Intakes & Caseload: A total of 12 Child / Adolescent referrals were taken in June from parents, CPS, juvenile probation, pediatric nurses and doctors resulting in 7 new admissions to date. Ages of children referred were 3 years to 18. The Child and Family Team currently have a combined, unduplicated caseload of 82 open cases, 4 of the families are Spanish speaking.

Training

- The Child and Family Team continue to work remotely engaging clients through zoom and phone sessions. Some clinicians are meeting children in the field, utilizing safety measures for COVID.
- IT has been a struggle to continue to engage in Family FOCUS model due to the interruptions of care and life from COVID; clinicians continue to offer this Family model. We will resume supervision calls in September.

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- The Parent-Child Interaction Therapy training for therapists Crystal Cox and Chrystina Pope is close to certification. Savannah Cole and Perla Gastelum continue their training through University of Davis under the supervision of Pam Blackwell. They are engaging in in person PCIT to build their skills under supervision of Pam Blackwell. There are 3 active families engaging in PCIT at this time.
- Child & Adolescent Needs and Strengths Assessment (CANS) is implemented, all staff are trained and certified. Initial assessments and re-assessments every 6 mo. are being completed by staff in collaboration with other service providers as needed.
- The team has attended various online trainings regarding best practice in telehealth and ways to engage with children through telehealth. The team is also sharpening their skill around the Electronic Medical Record and Medical documentation. We are also creating new processes for intakes and tracking to streamline paperwork to ensure ease of access to care and efficiency.

School-Based Services

- In the past few weeks since summer school had been held in person, some staff has accessed clients at school and assisted them in resuming services. It continues to be a struggle to access clients due to family dynamics and stressors surrounding COVID.
- Teen groups have taken a break and will resume in the fall. The team continues to see client. There is communication between Northstar Counseling Center and the County therapist to build rapport and collaborate as needed to identify needs and possible gaps in services.
- The Child and Family Team will reach out to children and families once again through the schools when is resumes.

Intensive In-Home Services

- The Child and Family team continues to provide and collaborate with other services to ensure intensive care families involved with CPS. We are building ideas to create more family interactions to build healthy relational skills within the family. At the moment most of our services are done in the field, ex: park or taking a walk or through telehealth.

Outreach

- Behavioral Health continues to collaborate with Prevention in providing outdoor family activities and is in the beginning stage of offering outdoor family activities to families with in the SUD program. We are also in the planning stages to reach out to the jail population who have children in services and offer the incarcerated parent more services to help assist the family to build skills and resiliency.

Position

- Chrystina Pope is actively engaging her position as Program Chief of the Child and Family Team and continues to support staff in transition to working remotely due to COVID. She also continues to provide clinical supervision to the Adult team and SUD team. Perla Gastelum trainee volunteer, continues to see several clients primarily Spanish speaking and will be with the team through the summer of this year. There continues to be a need to fill the full time position psychotherapist position, preferably with a Spanish speaking clinician.

ADULT SERVICES: Presented by Dr. Zwier:

Telehealth Update –

- Dr. Zwier informed the group that Requests for Proposals (RFPs) have been received from potential telehealth contractors; interviews and reference checks were being done, and Behavioral Health is narrowing in on a selection. The preferred contractor has doctors that are employees. This lends itself to more consistency of providers. She explained that this is why we are moving away from a Locum Tenens type of contractor.
- The other piece – Dr. Zwier shared about her discussions with San Bernardino County about partnering with them in sharing a psychiatrist. She explained how Behavioral Health and HHS Administration are working on both to determine the best way to move forward. The goal is to work with a stable organization with consistency in providers.

SUD Prevention Services: received from April Eagan

- Mentor Program – Highlighting the work of Tim Villanueva and Emily Faircloth - The mentoring program continues to plug away. We have two mentor applicants going through background. We also have another interested adult becoming a Lunch Pal Mentor (waiting on her paperwork). We are still trying to keep in touch with mentors and mentees any way that works. Not all involved are comfortable with Zoom type meetings or have access to technology.
 - The mentor program did successfully make a virtual match and the mentor and mentee are presently engaging!
- Planning south county family outings, and looking ahead to the school year!
- In addition, research for presentations on Substance Use
- Outdoor Program - The Outdoor Program has had to pivot to accommodate the present situation we are all facing. We did want to offer a service for families under the County umbrella, something that is easily accessible and no fees and most importantly safe for everyone involved. Prevention and Behavioral Health came up with some venues and strict guidelines. The First team is now involved and wants to make use of the program. The program has been in effect for about 5 weeks and has seen one family most weeks. A small number but we only open it to one single family per event. I was personally unsure how this would be attended, but I think we are all happy with the response from the families.
- April Eagan informed the group that there is a staff vacancy and as a result WISE and Crafts classes have been on hold.
- Many cards were sent to Paulette Erwin at the Senior Center. These have been gratefully received by residents of the Bishop Care Center.

SUD Treatment Services

- DUI and Drug Court services are being offered via virtual meetings.
 - About 65% of persons offered virtual services are choosing to participate. In the DUI group, 35 to 45% do not have the technological resources to participate. In order to avoid penalizing these individuals, they have been placed on leave of absence.
- A small perinatal group is also being held.

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OLD BUSINESS

MHSA Plan

- Dr. Zwier asked for group input. She informed the group that we need to let the State know by the end of August as to whether we wish to 1) launch our new 3-year plan and submit it in October, or 2) request the extension until July 1, 2021 which has been offered due to the effects of COVID19.
- Supervisor Totheroh said that waiting would result in a better outcome. Ms. Gillam said she also preferred to wait; as there is so much to learn as we deal with the Pandemic. The group agreed upon requesting the extension, which will enable us to gain necessary stakeholder input from partners and persons with lived experience.

NEW BUSINESS

AGENDA ITEMS FOR NEXT MEETING

The next meeting to be virtually held will be held on September 14, 2020 at 10 am.

The meeting adjourned at 11:07 am.

Transcribed by:

Lucy Vincent

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