

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

MONDAY, April 12, 2021

10:00-11:15 am

Virtually Held via Zoom

Minutes

Informational Only/No Quorum

CALL TO ORDER

The Meeting was called to order at 10:08 a.m.

INTRODUCTIONS

All present via Zoom introduced themselves.

COMMUNITY & STAFF Virtually PRESENT

Supervisor Dan Totheroh

Dr. Gail Zwier

Lynn Martin

Karen Colter

Vanessa Ruggio

Lisa Trunnell

Douglas Cooper

Lucy Vincent

Salvador Montanez

Stephanie Tanksley

APPROVAL OF MINUTES

March 8, 2021 Minutes – Informational Only, No quorum. Lisa Trunnell called for an approval of the minutes. A suggestion was made by Lynn Martin to amend the Chairperson’s Remarks to clarify what is meant by “Safe Parking”. Supervisor Totheroh moved to accept the minutes with the suggested amendment, and Ms. Martin seconded the motion.

CHAIRPERSON’S REMARKS

❖ Lisa Trunnell, acting as Chairperson

DIRECTOR’S REMARK

- ❖ Dr. Zwier informed the group that the department has begun budget planning for FY21/22 contingent of State’s budget revisions and county costs. She shared some of the proposed budget items:
- A replacement fence and yard surveillance cameras at Wellness Center, as it was vandalized.
 - Requesting additional hours for psychiatry by either increasing hours in our telemedicine provider contract or exploring viability of a contract for on-call psychiatry in the emergency room to help persons in crisis.
 - Making staffing adjustments to address ongoing vacancies in hard to fill positions such as licensed clinicians

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- Funds to support music therapy and other non-traditional and culturally informed wellness.

PUBLIC COMMENT

Pertaining to any item on the agenda:

- ❖ With regard to homelessness, Douglas Cooper asked what is being done to help homeless persons whose status has stagnated. He had witnessed a person without shoes, who was walking into traffic, which resulted in his calling the police. Dr. Zwier thanked him for bringing his inquiry forward, and explained that there are many efforts to engage these persons and take them to get help. She expressed that we are looking for ways to help persons with homelessness and mental illness more effectively.
- ❖ Ms. Martin mentioned IMACA's outreach person, who provides outreach from 2 pm to 11 pm.
- ❖ Mr. Cooper shared an idea about Mental Health Awareness Month, which is next month. With so little time to plan, he suggested we could put "Every Mind" on the front of a lime-green T-Shirt and "Matters" on the back. Meeting attendees generated several ideas about how T-Shirts could be printed or painted, and different slogans that could be used at such short notice, with an emphasis on simplicity and a presenting an appropriate message. Supervisor Totheroh told the group how he wrote "Your health matters" on the front of his mask to counter skepticism about the necessity of mask-wearing during the pandemic. In much the same way, a simple effective message on a lime-green T-Shirt can help dispel stigma against persons who experience mental illness.

REPORTS AND ACTION ITEMS

QI Committee Meeting Report:

Stephanie Tanksley shared the following audits and review updates:

- ❖ We completed a Post Service Post Payment (PPSPP) Review last month and we are waiting to hear back from the State.
- ❖ We submitted our External Quality Review Organization (EQRO) documents in preparation for the EQRO Review to take place on April 27, 2021. This review will include a client and consumer work group and a frontline staff work group
- ❖ Ms. Tanksley conducted our internal SUD Monitoring on March 31, 2021. We are finishing our Corrective Action Plan (CAP) for that.
- ❖ The team has started to prepare for the Triennial Review, which is a big Medi-Cal Review, which takes place every 3 years. It covers compliance and quality issues, and requires us to provide proof of what we do.

SUD Services - Prevention:

Dr. Zwier shared the following:

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- ❖ Mentoring program: Lunch pal program at school has been on hold due to Covid19. Mentors have been in contact with their mentees on the phone, via Zoom and at the park.
- ❖ Outdoor Program – They are starting to plan for late summer.

SUD Services – Treatment Services:

- ❖ We are looking at staffing and capacity issues
- ❖ The law requires that the Drinking under the Influence (DUI) Program, a highly-regulated program, be self-funding. We are looking at more cost-effective ways to provide services so that our small staff can best meet the needs of consumers in the programs that we offer.

PROGRESS HOUSE RESIDENT MEETING REPORT by Vanessa Ruggio:

- Stable number of residents a few additional respites (data withheld due to small numbers)
- Outings limited to going shopping and driving around town.
- Orion is running a music group and working with individuals
- Using one on one staff to assist persons with higher needs

WELLNESS CENTERS:

Presented by Vanessa Ruggio:

- Showers and Laundry are continuing to be scheduled by appointment
- Lone Pine Wellness Center is being remodeled
- Case managers are still delivering food for Covid19 shelters; April will be the last month.

Presented by Dr. Zwier:

- We are meeting with Public Health tomorrow. IMACA and Wellness Center will work together to provide a vaccine clinic to help some of our persons who are homeless, and who might have difficulty keeping 2 separate appointments, get the Johnson 1-dose vaccine. Lunch will be served

Reports received from Chrystina Pope, LMFT:

Child and Family Services

- ❖ The Child and Family Team continue to actively support youth and their families through the many transitions the pandemic has created and is tending to exasperation of symptoms and complex family dynamics. They are focusing on navigating safely through their social, home and school environments and working towards acceptance and grieving. The team is actively assisting youth in building healthy relationships and acknowledging their natural and community supports. The Child and Family team is also actively supporting LGBTQ+ youth

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and are brainstorming ways to broaden the support for this community for all ages throughout Inyo County. Orion, Music therapist is supporting many individuals with managing symptoms through the use of music.

- ❖ Crystal Cox has recently become licensed as a Marriage and Family Therapist, we congratulate her!

Adult Therapeutic Services

- ❖ Dr. Winsten has been a tele-psychiatry provider now for two months. We are transitioning Dr. Schneider's clients to Dr. Winsten, as Dr. Schneider is retiring. Dr. Winsten is meeting with staff once per month and also reaching out to team members by phone so he can integrate with the team.
- ❖ The adult team continues to provide individual therapy and is collaborating more closely with the Wellness center and Progress House to support individuals in building relationships and accessing community supports. There seems to have been an increase in on-call in the last few months, the Adult team has been excellent in following up with adults in crisis and ensuring they are aware of support available to them. Skye Milos is co-facilitating a co-occurring disorder group in SUD. Skye is focusing on the use of Dialectical Behavioral Therapeutic techniques (mindfulness) in the co-occurring disorder group at this time.

SUD Treatment Services

- ❖ The SUD team is engaged in developing the perinatal program and its offerings. We are accessing the perinatal roundtable for brainstorming ideas and working with partners for referrals and to identify needs. There will be more to come! The SUD team has been collaborating more in MDT meetings with therapists and case managers which is greatly benefitting the clients and their families.

FIRST

- ❖ Family Intensive Response and Strengthening Team (FIRST) is now part of the Behavioral Health Team! We are excited to collaborate more closely with this team. Sam Rottner is the supervisor of FIRST and her team members are Jody Veenker and Sarah Raley. They do excellent work providing intensive coordination of care and in home behavioral services for the whole family. There will be more to share in the future, they have great strengths and actively support and advocate for at risk families.

OLD BUSINESS

- ❖ Mental Health First Aid – Dr., Zwier notified the group that “train the trainer” funds have been set aside in this year's budget. We want to train three trainers – 2 staff members and one community member. A lively discussion ensued. Dr. Zwier explained that a 40-hour training is required for a person to be certified to train.

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NEW BUSINESS

AGENDA ITEMS FOR NEXT MEETING

The meeting adjourned at 11:01 am.

The next meeting to be virtually held will be held on Monday, May 10, 2021 at 10 am.

Transcribed by:

Lucy Vincent