

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

MONDAY, January 13, 2020

10:00-11:15 am

PROGRESS HOUSE

LOCATED AT 536 N. SECOND ST.

BISHOP, CALIFORNIA

AGENDA

CALL TO ORDER

INTRODUCTIONS

APPROVAL OF MINUTES

November 18, 2019: Informational

CHAIRPERSON'S REMARKS

Jane Gillam acting as Chairperson

DIRECTOR'S REMARK

Stakeholder Input

- Priorities for 2020

PUBLIC COMMENT

Pertaining to any item on the agenda

REPORTS AND ACTION ITEMS

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

Wellness Centers:

- Participation
- Stakeholder input

- Youth Services:
 - Admissions
 - BH treatment report

Adult Services:

- Tele-medicine/In-person Psychiatry Update
- Crisis services

- SUD Services:
 - Prevention Efforts
 - Mentoring
 - Elders
 - Treatment Services

Medication Assisted Treatment and the Rural Health Clinic

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

AGENDA ITEMS FOR NEXT MEETING

INYO COUNTY HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH ADVISORY BOARD
MONDAY, November 18, 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 10:00 a.m.

INTRODUCTIONS

- All present introduced themselves.

APPROVAL OF MINUTES

October, 2019: Informational – The minutes were unanimously approved as written.

COMMUNITY PRESENT

Kimberly Bomstad
Colleen McGuire
Supervisor Dan Totheroh

STAFF PRESENT

Dr. Gail Zwier
Lisa Trunnell
Sunny Paszkiewicz
Lucy Vincent
Vanessa Ruggio
Gina McKinzey
Jeffrey Thomson
Matthew Blankers

CHAIRPERSON'S REMARKS

Lisa Trunnell acting as Chairperson. Ms. Trunnell shared about upcoming Thanksgiving Luncheons to be held as follows:

- Lone Pine Wellness Center: Thursday, November 21, 2019
- Bishop Wellness Center: Tuesday, November 26, 2019

DIRECTOR'S REMARK

- Stakeholder input – Dr. Zwier shared about the survey taken at the QIC Meeting held last month. It was well attended and enthusiastically received. Some people were interested in BHAB membership and a couple of people also expressed an interested in being involved in the QI Committee.
 - Identifying Gaps – According to the survey responses (see attached survey results); the greatest needs expressed, in order of popularity, were for psychotherapists, psychiatrists, SUD counselors and peer supporters. A discussion ensued about how peer supporters are valuable because they have lived experience and can relate with others experiencing similar challenges. Another gap issue that emerged was the need for more transitional housing, especially in winter.

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- Priorities – Dr. Zwier asked the group what target population most needs services. The survey showed this priority listing:
 - Older adults
 - Those in need of mild to moderate mental health services
 - Transitional Age Youth
 - Persons with co-occurring mental health and substance use issues
- Dr. Zwier shared the open-ended questions and responses from the survey with the participants of today’s BHAB meeting. (survey results are attached).
- Dr. Zwier says we can gather more stakeholder input by sending the survey to more groups.

PUBLIC COMMENT

- Supervisor Totheroh shared a compliment he received from a community member: This neighbor of Progress House expressed gratitude that we have such a place, calling it an “asset to our community”.
- Gina McKinzey shared that the Music Group led by Orion Boucher was well-received. She said it appealed to many persons, drawing out even more reserved persons.
- A discussion ensued around the distinctions between what is defined as severe mental illness and mild to moderate mental illness. Dr. Zwier explained that severe mental illness impacts major areas of a person’s life; such as disruptions in employment, acquiring shelter, relationships. Mild to moderate mental illness impacts one’s life but doesn’t generally interfere with employment, having shelter or maintaining primary relationships.

Dr. Zwier explained that these things are being discussed at the state level. Persons with severe mental illness and youth with severe emotional disturbance are the target populations with SUD being the second target population for community mental health. The gap issue here is that there are not enough providers for mild to moderate mental health issues and the distinction is neither clear nor fixed. Do we need to take this population back? Sometimes people who are seeking services for mild to moderate conditions are left without services. The current system is disjointed in that some persons find themselves having to move between systems depending upon the severity of the issue they are dealing with at the time. This can be disruptive since it necessitates having to switch medical providers.

Supervisor Totheroh inquired as to whether funding is the issue. Dr. Zwier explained that one funding issue is the provider rates paid by the Managed Care Plans for mild-moderate mental health conditions and the difference between those rates and cost.

A discussion ensued around homelessness and the complexities of addressing the needs of persons with co-occurring SUD and Mental Health issues by law enforcement personnel and health providers. Dr. Zwier acknowledged that life can be complicated and she noted that this group and other stakeholder groups can have a voice in expressing the needs of our community; such as providing services for persons with issues complicated by trauma, SUD or homelessness. People are homeless for different reasons – every case needs to be addressed with that in mind.

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REPORTS AND ACTION ITEMS

- QI Committee Meeting report. A survey to gain stakeholder input was given to the participants of the Community QIC Meeting which was held on Monday, October 28th. Please refer back to Director's Remark and to the attached survey results.
- Hospitalizations – Lucy Vincent reported the hospitalization one minor in October.
- Dr. Zwier is looking at trends to determine efficacy of using the CSU.

PROGRESS HOUSE RESIDENT MEETING REPORT

presented by Gina McKinzey:

- Population this past month
 - 9 Residents; including 1 respite – However, 2 long-term residents recently left Progress House.
 - 1 transitioned to own housing
 - 1 transitioned to a higher level of care
 - Currently, 6 Residents
- Activities & Groups
 - Several weekend outings
 - Music group led by Orion Boucher
 - Groups at Wellness Center
 - Completed the Astronomy lectures at Cerro Coso College

WELLNESS CENTERS presented by Matthew Blankers:

WELLNESS CENTER ATTENDANCE

BISHOP

- ❖ Total number of unduplicated visits: **64**
- ❖ Total number of repeated visits: **455**
- ❖ **46** Persons used the computers

LONE PINE

- ❖ **16** unduplicated visits
- ❖ **37** repeated visits
- ❖ **4** persons took a shower in October, and **19** persons took a shower in September.

BISHOP WELLNESS CENTER TRACKING FOR LAUNDRY/SHOWERS:

SHOWER/LAUNDRY STATS

- ❖ **55** Persons took a shower (those who signed in)
- ❖ **19** Persons did Laundry: (those who signed)

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WELLNESS CENTER HIGHLIGHTS:

- ❖ Wellness groups have started up again at the Bishop Wellness Center. The 4 groups offered are:
 - Women's Group: Healing the Trauma of Abuse
 - W.R.A.P. (Wellness Recovery Action Plan)
 - Health and Wellness Group
 - Arts and Crafts Group

WELLNESS CENTER CONSUMER SUCCESSES:

- ❖ A revamping of goals resulted in increased feelings of connectedness and happiness goals for one person
- ❖ One person stopped smoking and is saving up money to buy a vehicle.
- ❖ One person has been studying and gearing up to take the written driver's license exam and feels confident about passing.
- ❖ One person expressed interest in going to rehab for a substance use disorder prior to moving from area. We are currently working to find one that will be a good fit.
- ❖ One person moved into own place.

Wellness Center Client Suggestions:

- ❖ Keeping the kitchen clean... when guests use the kitchen for cooking a meal... maybe we should have a sign-in sheet to use the kitchen. Then, when finished they need to sign-out that they left the kitchen clean.
- ❖ When talking negatively about someone in the Wellness Center, please keep it private and go outside! Thank you
- ❖ Helping keep the Wellness Center neat and tidy... have a point system whenever anyone does a "clean-up" job on the "job chart" they can earn so many points. When they earn enough points they get a reward (example: more time on the computer).
- ❖ Suggestions for jobs (for point system):
 - Sweep floor
 - Sweep outside
 - Wipe down washer and dryer
 - Clean out refrigerator (this is worth MANY points)

YOUTH SERVICES: Dr. Zwier presented on behalf of Dr. Rathburn:

- **Treatment**

Intakes & Caseload - A total of 6 new Child / Adolescent referrals were taken in October from parents, pediatric nurses and doctors resulting in 5 new admissions to date. Ages of children referred were 6 to 16. The Child and Family Team currently have a combined, unduplicated caseload of 101 open cases.

The team's HHS Carrie Coudek, who is a certified SUD counselor, will be focusing on addiction and vaping to address the emerging need. A needs assessment/SUD screening of all pre-teens and teens on our caseload is planned and a clinical response based on those results will follow.

- **Training** - The second phase of Trauma Focused CBT Booster session was completed on October 9 for therapist Michelle Howell, MSW. She continues to be under supervision for her cases with the TF-CBT trainer and is scheduled to complete her training within the next few months.

The family therapy and family resiliency model, FOCUS - Families Overcoming Under Stress developed by UCLA was completed July 29 & 30 by Inyo and Mono county and community staff. Every other week consultation calls are underway for the 9 months. We are actively recruiting appropriate families and accepting referrals.

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.

Training at Mono County "Supporting Families Challenged with Addiction" was held on November 5th, which was attended by the Child and Family Team along with partners in Child Welfare.

- **School Based Services** – An elementary school girls group had started with 6 members in grades 2 to 4. An elementary boys group is in the pre-implementation phase where we are meeting with the children individually to prepare them for group. A group focused on substance use/abuse is being formed at Lone Pine High that will be run by Child and Family Team staff Carri Coudek, Orion Boucher, and Catie Grisham from SUD.
- **Intensive In-Home Services** - We continue to provide intensive services to several families that are reunifying after Child Protective Services involvement.
- **Position** - HHS Specialist IV position was filled by Orion Boucher, who is also a music therapist. He has been doing groups in Child and Family, Progress House and SUD. We are very excited to have him and his talents and skills as a resource and are building his caseload!

ADULT SERVICES:

- **Tele-medicine/In-person Psychiatry Update** – Dr. Stephens, as part of a group, is providing a hybrid model of psychiatry services. He comes to Bishop to provide services in-person once a month and provides services via telemedicine the other weeks. We have received good feedback from clients who have been seeing him. We are grateful that we still have Dr. Schneider for a time, in addition to the services provided by Dr. Stephens.

Dr. Zwier shared that we are currently short of staff in our SUD group. Our mental health counselors are pitching in and helping to run groups. The DUI Program, offered to the community at large, is a time-consuming program. It must be self-sufficient; run by fees received. As it is not a mandated service for Inyo County, contracting-out might be discussed as an alternative in the future.

- **Crisis Services** – Dr. Zwier would like to bring crisis training to the staff and community.

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SUD Prevention Services: Lucy Vincent read the Inyo County Prevention Report:

- **Older Adult Engagement Activities** – Barbara Keller recently finished the Preservice Wellness Newsletter (attached) for this fall. The newsletter reaches 555 seniors in our community.

Ms. Keller will be offering a craft event at the Lope Pine Senior Center in December. They will be making a holiday centerpiece using a mason jar.

Ms. Keller would like to offer another WISE class at the Bishop Senior Center. Currently, there is only one person signed up for the class. It takes at least three participants to start a group. If no one else signs up, the event will postponed until January.

- **Triple P Teen** – Last week, Ms. Keller closed out her Triple P Teen parenting class. This is an eight-week course for parent of teenagers. The class began with 5 participants and 4 graduated, receiving a certificate of completion. Group participation was great. The feedback received indicates all enjoyed the class and all participants are planning to use the strategies they learned.

SUD Services: No report this month

OLD BUSINESS

- **MHSA Stakeholder Process** – please refer to attached survey results.
- Shout out to Wellness Center Caseworkers whose help is greatly appreciated!

NEW BUSINESS

AGENDA ITEMS FOR NEXT MEETING

The meeting adjourned at 11:00 a.m.

Next month, the annual Christmas Party to be held on December 18, 2019, will be held in lieu of December's Behavioral Health Advisory Board meeting.

Transcribed by:



Lucy Vincent

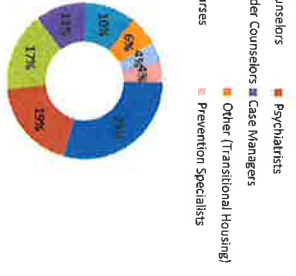
Greatest need for (additional) behavioral health services

Service Provider	Number of Respondents
Psychotherapist/Counselors	14
Psychiatrists	9
Substance Use Disorder	8
Case Managers	5
Peer Support	5
Other (Transitional Housing)	3
Behavioral Health Nurses	2
Prevention Specialists	2

What target population do you think needs services most?

Population	Number of Respondents
Older Adults	9
Mild to Moderate Mentally Illness (depression and anxiety)	9
Transition Age Youth (16-25)	7
Persons with mental illness and substance use disorders	7
Adults	6
Persons with mental illness who are homeless	6
Families	5
Latino/Latina/Latinx	5
Children	4
Persons with a Severe Mentally Illness	4
Persons with mental illness who are involved in the criminal justice system	2
American Indian	1
Youth in the foster care system	0
Persons with complex medical conditions	0

Greatest need for (additional) behavioral health services



What target population do you think needs services most?



Open-Ended Responses

- What types of services are most beneficial to our population?**
- homeless shelter
 - affordable housing**
 - mild to moderate**
 - youth SUD***
 - Spanish language SUD employment services
 - MAT
 - peer counselors
- What areas can we offer training in to provide better services to our community?**
- MHFA
 - Spanish counselors**
 - CADAC
 - Abusive behavior
 - community outreach**
 - community education
 - prevention education
 - trauma informed care ***
 - resource kiosks

Wellness Center Groups Schedule

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 10-11am: Women's Trauma Support Group	4 1-2pm: WRAP 2-3pm: Health and Wellness	5 10-11:30am: Arts & Crafts "Creating a Soothing Box"	6
9	10 10-11am: Women's Trauma Support Group	11 1-2pm: WRAP 2-3pm: Health and Wellness	12 10-11:30am: Arts & Crafts "Holiday Cards"	13
16	17 10-11am: Women's Trauma Support Group	18 1-2pm: WRAP 2-3pm: Health and Wellness	19 10-11:30am: Arts & Crafts "Holiday Ornaments"	20
23	24 10-11am: Women's Trauma Support Group	25 Wellness Center Closed (Christmas Day)	26 10-11:30am: Arts & Crafts "Making a Copper or Brass Bracelet"	27
30	31 10-11am: Women's Group Brunch			



Preserving Wellness Newsletter

A Newsletter For Seniors Living In The Eastern Sierra

Ask more ... Assume less!

Do you ever find yourself assuming things when you don't have all the facts? Assumptions are part of so many things we do, and so many decisions we make. We don't always know the full story or the exact facts, so we make assumptions to fill the gaps. They help us make sense of complex information, and can serve as an important guide so we know what questions to ask.

Unfortunately, assumptions can be just as harmful as they are helpful. When we fall into the trap of not challenging our assumptions and instead begin accepting them as facts, or when we fail to recognize them at all, much bigger problems can arise. Assumptions are often times based on our values, beliefs and backgrounds and can lead to misunderstandings. They can hinder our ability to relate to others and stop us from listening and communicating.

Challenge your assumptions by doing the following:

1. **Fact Check:** Instead of jumping to conclusions, stick to the facts. Think of how you may be misreading the situation. Try to see the other side of the story rather than focusing on what you "think" you know.
2. **Slow Down:** At times we may react with our emotions and fear. This reaction can happen so quickly we don't even have time to think about it. Allow yourself to slow down, evaluate what was said, and why you are having an emotional reaction to it. This will allow you to feel and think before you respond.
3. **Clarity:** Oftentimes assumptions are driven by our emotions and previous experiences. We start to assume someone said or did something from an emotional place. A place that is perhaps wounded, sad, or ashamed. Don't ignore your feelings, instead allow yourself to separate so you can be clear about what really happened before you continue the conversation or make a decision.
4. **Communicate:** Focus on effective communication by listening, being present, and recognizing your own emotions. Remind yourself that communication is a sign of strength and courage.
5. **Think Positive:** See the good in the other person. Try to remember a special time between you two. Recognizing the good in yourself and the other person can help you respond with compassion.

Fall 2019



This newsletter is brought to you by Inyo County Health and Human Services with funding from the Eastern Sierra Area Agency on Aging, Mental Health Services Act, and Substance Use Disorder Prevention.

*Contributing Staff:
Laura Wieggers, R.N.,
Marissa Whitney, R.N.,
Barbara Keller,
Prevention Specialist*

Getting Ahead of Flu Season

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. During most flu seasons, people 65 years and older bear the greatest burden of severe flu disease because of our weakening immune system as we age. In fact, it is estimated that between 70-85% of flu-related deaths and 50-70% of flu-related hospitalizations occur among people in this age group. **The best way to prevent the flu is by getting vaccinated each year.**

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. Getting the flu vaccine as soon as it becomes available each year is best. Flu shots usually become available in late September to early October. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. Influenza seasons are unpredictable and can begin as early as October.



You can get your flu shot at your local pharmacy, doctor's office, or public health department. The Inyo County Health and Human Services — Public Health and Prevention Division will also be providing flu vaccine clinics in communities throughout Inyo County in October and November. The flu outreach schedule will be available at www.inyocounty.us in late September, or by calling Public Health at 760-873-7868.

You can also take some basic steps to protect yourself and family from getting the flu and other respiratory infections. Make sure to wash your hands often, cover coughs and sneezes with your sleeve or a tissue, and stay home when you are sick.

Maintaining Vitality

Age is just a number. How well people live is what really matters because it impacts how they feel. Aging gracefully, in health, doesn't just mean a lack of disease; it is a sense of wellness and vitality at any age. If you are looking to live a longer, healthier and happier life, here are five simple ways to maintain your vitality of mind and body with age:

- **Stay Positive:** Research shows that your approach to life is crucial in making your "golden years" your best years yet. Growing older brings some natural changes that aren't always pleasant. People who see good years ahead and don't accept stereotypes about aging may actually live longer.
- **Exercise:** Physical vitality is the result of physical activity. As you get older, you and your body will benefit greatly if you remain physically active. Swimming, yoga or walking are all great options.
- **Eat Healthy:** Starting off your day with a healthy breakfast is a great energy booster. A diet high in protein and a good mix of carbs is a great way to kick start your day and to maintain good health overall.
- **Socialize:** Protect or improve your emotional health by staying in touch with friends, family and the greater community. Whether physically healthy or ill, people who feel more connected to others are more likely to thrive than those who are socially isolated.
- **Sleep Well:** Sleep is as important as any other ritual. A good night's rest rejuvenates your mind and relaxes it for the day tomorrow. If you are having a hard time falling asleep try reading a book, staying away from electronic devices like the TV, computer or cell phone right before bed, and have a light dinner at least half an hour before going to sleep.

Seniors, come make a beautiful center piece for the holiday season!



*****FREE SUPPLIES*****

Wednesday, December 4, 2019
10:30 AM—12:00 PM
Statham Hall

Questions?
Call Barbara Keller, Prevention Specialist
Ph. 760-873-4159

Brought to you by: Inyo County Health & Human Services

Public Health & Prevention Division





WISE

Wellness Initiative for
Senior Education



Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join WISE!

This educational program offers six lessons that cover a wide range of topics. Join us for this fun discussion group, where you will:

- Learn about the aging process and how to make healthy lifestyle choices.
- Celebrate this stage of life and all the benefits that come with it.
- Discuss risk factors and behaviors you should avoid to stay healthy.
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems.
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive.

STARTING:

Thursday,

November 21, 2019

9:30 AM—11:30 AM

Bishop Senior Center

Local guest
speakers will
be invited!

**For more information or to sign up for this class,
call Barbara Keller at 760-873-4159**

*****FREE REFRESHMENTS AND GIVEAWAYS FOR PARTICIPATING IN THE PROGRAM*****