

**INYO COUNTY HEALTH AND HUMAN SERVICES**  
**BEHAVIORAL HEALTH ADVISORY BOARD**  
*MONDAY, March 9, 2020*  
*10:00-11:15 am*  
**PROGRESS HOUSE**  
**LOCATED AT 536 NORTH 2<sup>ND</sup> STREET**  
**BISHOP, CALIFORNIA**  
**Minutes**

***Informational Only/No Quorum***

**CALL TO ORDER**

- The Meeting was called to order at 10:07 a.m.

**INTRODUCTIONS**

- All present introduced themselves.

**APPROVAL OF MINUTES**

February 10, 2020: Informational – April moved to accept, Stephanie seconded it, and the minutes were unanimously approved as written.

**COMMUNITY & STAFF PRESENT**

Dr. Gail Zwier  
Lynn Martin  
April Eagan  
Vanessa Ruggio  
Lucy Vincent  
Gina McKinzey  
Matthew Blankers  
Stephanie Tanksley  
Mikaela Torres  
Vanessa Ruggio

**CHAIRPERSON'S REMARKS**

Matthew Blankers acting as Chairperson.

**DIRECTOR'S REMARK**

- Ordinance of Behavioral Health Advisory: Dr. Zwier shared how the Ordinance allows us to have five persons and alternates on our Behavioral Health Advisory Board. We've experienced difficulty achieving a quorum over the last couple of years. We can now have two people share the responsibility of each position on the board. Stephanie Tanksley shared that it is mandatory for each person to attend the meeting once every few months, or quarterly.
- We've had some people express an interest in attending Behavioral Health Advisory Board meetings. We will need to circle back and contact these people.
- Dr. Zwier posed the idea of holding a quarterly meeting in order to allow for greater attendance. At this time of year, we are seeking community input in to

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developing the budget. She said some of the areas we are looking at are as follows:

- Staffing needs
- What is working now?
- Treatment programs that would best suit the needs of the community

### **PUBLIC COMMENT**

- The group discussed difficulties clients face when, as a result of no longer meeting eligibility for ICBH services; they must find and establish a therapeutic relationship with a new doctor in a new medical group. Dr. Zwier acknowledged the necessity of informing clients of available options so we can assist in this sometimes difficult transition.
- Trauma-informed treatment modalities were discussed; such as EMDR and DBT. Dr. Zwier acknowledged that trauma has come to the forefront and that we are in the process of learning how to best take that into account. She highlighted the fact that trauma differs from mental illness in that it has external rather than internal causes. She posed the question of how we can bring the best training to our staff to address the issues that our community faces, in order to build resiliency – from prevention to treatment.

### **REPORTS AND ACTION ITEMS**

- QI Committee Meeting report. Mikaela Torres reported that the Analyst Team is working on what they can report out publicly. In May, they may have a new format for their report. Hospitalizations will no longer be announced.
- The Analysts are also in the midst of analyzing results of the survey given about Telepsychiatry. This is one of the PIPs (Program Improvement Plans) being worked on this year.

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

***presented by Gina McKinzey:***

- Population this past month for February
  - 6 Residents
- Activities & Groups
  - Numerous local outings to various hidden and historical spots

**WELLNESS CENTERS presented by Matthew Blankers:**  
**Bishop Wellness Center**

Bishop Wellness Center Attendance	
Total number of unduplicated visits:	62
Total number of repeated visits:	338
Days open	19
Average daily number of visits	18 people per day

Bishop Wellness Center Activities	
Shower	29 people took 90 showers
Laundry	19 people washed 37 loads of laundry
Kitchen	26 people used the kitchen to make food 59 times
Computer	12 people used the computers 38 times
Group/class	10 people attended groups a total of 19 times
Appointment	10 people attended 13 scheduled appointments

**Lone Pine Wellness Center**

Lone Pine Wellness Center Attendance	
Total number of unduplicated visits	18
Total number of repeated visits	43
Days open	8
Average daily number of visits	5 people per day

Lone Pine Wellness Center Activities	
Shower	7 people took 27 showers
Kitchen	1 person used the kitchen to make food 1 time
Computer	3 people used the computer 5 times
Group/Class	4 people attended groups a total of 4 times
Appointment	4 people attended scheduled appointments

**Total combined unduplicated visits: 80**

**Total combined repeated visits: 381**

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## ***YOUTH SERVICES:***

- **Treatment**

**Intakes & Caseload** - A total of 7 new Child / Adolescent referrals were taken in February from parents, pediatric nurses and doctors resulting in 3 new admissions to date. Ages of children referred were 6 to 16. The Child and Family Team currently have a combined, unduplicated caseload of 99 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** - We are into our 8th month of seeing families utilizing the family therapy and family resiliency model, FOCUS - Families Overcoming Under Stress developed by UCLA. We continue to actively recruit appropriate families and are accepting referrals. We have 10 families we are working with at Behavioral Health in addition to those being served at Toiyabe, Mono County and with the social worker at NIH.
- The Parent-Child Interaction Therapy training for therapists Crystal Cox and Chrystina Pope is nearing certification and a new therapist is joining the training under Pam Blackwell who is a University of Davis trained expert in PCIT.
- **School Based Services** – There are 2 groups for elementary grades 2 to 4. An elementary boys group has also begun and is progressing well with staff and new HHS music therapist, Orion Boucher. A group focused on substance use/abuse is being formed at Lone Pine High that will be run by Child and Family Team staff and SUD Team
- **Position** – Karen Rathburn, PhD, the Program Chief of the Child and Family Team will be retiring May 20<sup>th</sup>. Chrystina Pope, LMFT has accepted the position as the Child and Family Team Chief beginning February 19. This affords us the opportunity for a smooth transition and ability to mentor her in this role prior to Dr. Rathburn's departure. Dr. Rathburn will be moving to the adult and SUD Program Chief Position until her retirement date to assist these teams and work on projects benefiting all of Behavioral Health.

## ***ADULT SERVICES:***

- **Tele-medicine/In-person Psychiatry Update** – Dr. Zwier told the group that our nurses are seeing persons with medication and health needs, focusing on bringing adults into the services they need.
- We are in the process of seeking providers who are willing to provide a hybrid model of psychiatric services, part-time in-person and part-time via telemedicine. Ideally, we would like to work with only a couple of providers to allow for physician/client relationships to be established over time.
- We are looking at ways to expand service delivery and effectively address no-show rates. This might include bringing a tablet or laptop to someone's home in cases where it is difficult for persons to come to the clinic for appointments. Some counseling could be done by telemedicine as well. This might help some of our staff as they work to meet the needs of persons in outlying areas.

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- We are also looking at the possibility of sharing an in-person provider with other community providers, since we only require part-time psychiatry.

### ***SUD Prevention Services: presented by April Eagan***

- **Mentoring/Outdoor Program**

Five students from north and South County enjoyed participating in an outing to Manzanar.

Tim and Emily finalized bringing on two new mentors. Preparation is underway for Spring Camp, which is scheduled to take place March 25<sup>th</sup> through 27<sup>th</sup>.

- **Older Adult Engagement Activities**

We coordinated a craft activity at the Lone Pine Senior Center.

Prevention Specialist Barbara Keller took a new position at Wild Iris. She will be missed!

### ***SUD Services:***

#### ***Treatment Services:***

- Dr. Goshgarian has agreed to do Quality Assurance and consultation for our Drug and Alcohol Team. She will be reviewing treatment plans. There will be more overlap between the medication assisted therapy (MAT) services offered by our community partners and the services we offer in SUD.

### **OLD BUSINESS**

- **MHSA Stakeholder Process** – Mental Health Awareness Month is coming up in May. Can staff join the planning committee at this point in time? Perhaps staff members can email Matthew Blankers some of the ideas they would like to share so he can present them at the planning committee meetings.

### **NEW BUSINESS**

### **AGENDA ITEMS FOR NEXT MEETING**

The meeting adjourned at 11:02 a.m.

Transcribed by:

Lucy Vincent

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