

INYO COUNTY HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH ADVISORY BOARD
MONDAY, October 14, 2019
10:00-11:15 am
PROGRESS HOUSE
LOCATED AT 536 N. SECOND ST.
BISHOP, CALIFORNIA
AGENDA

CALL TO ORDER

INTRODUCTIONS

APPROVAL OF MINUTES

September 9 2019: Informational

CHAIRPERSON'S REMARKS

Jane Gillam acting as Chairperson
Increasing participation

DIRECTOR'S REMARK

Workforce Development for integrated services

PUBLIC COMMENT

Pertaining to any item on the agenda

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:
 - 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
 - Collaboration with Physical Healthcare

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

Harm Reduction

OLD BUSINESS

MHSA Stakeholder Process

Using community meetings to gather input

NEW BUSINESS

Peer Collaboration

AGENDA ITEMS FOR NEXT MEETING

INYO COUNTY HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH ADVISORY BOARD
MONDAY, September 9, 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 10:01 a.m.

INTRODUCTIONS

- All present introduced themselves.

APPROVAL OF MINUTES

August 12, 2019: Informational – The minutes were unanimously 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
Barbara Keller
Sunny Paszkiewicz
Peter Charley

CHAIRPERSON'S REMARKS

Lisa Trunnell acting as Chairperson.

DIRECTOR'S REMARK

Dr. Zwier shared the following:

- Dr. Stephens, a 5th Year Resident began to provide psychiatry services via a hybrid model of service delivery - partially in-person and partially via telemedicine. Supervisor Totheroh noted that this service delivery model seems to take away the impersonal feel that telemedicine can have, since clients will also get to see Dr. Stephens in person.
- Dr. Schneider continues to see some patients around one day per week; she will be transferring care to Dr. Stephens over the next year. Dr. Ahmed from Kings View has begun transferring his patients as his contract with Inyo County Behavioral Health comes to an end by October 30. Front office and nursing staff providing support for all of the transition.

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- Another exciting development – Dr. Zwier explained that we are looking for ways to implement Common Ground, a platform that gives clients a voice in their treatment. She explained that it will be a good program for us, as it integrates well with the Strengths Model in helping clients to meet their goals. The platform facilitates practical patient-doctor communication regarding:
 - Prescribed Medication
 - Personal Medicine
- Dr. Zwier continues to participate in state-wide meetings to represent small county interests. Substance Use Disorder (SUD), Mental Health (MH) and Physical Health treatment services are becoming more streamlined and coordinated, moving toward an integrated model. We are looking for ways to maximize much needed funds for the most efficient, effective treatment and to provide the direct services to persons who need them without excessive administrative burden.

REPORTS AND ACTION ITEMS

- QI Committee: Mikaela Torres explained that the first quarter of FY19-20 ends this month; therefore there will be a report next month.
- With regard to the updating of our Bylaws, Stephanie Tanksley told us that she is working with county counsel to establish an ordinance. In response to the question Supervisor Totheroh posed last month about quorum – Ms. Tanksley indicated that she had learned that we may have specifically-named persons as alternates. 5 members are needed; however up to 15 are allowed.
- Hospitalizations – Lucy Vincent reported the hospitalization of four adults and one minor in August. One adult was seen within 1 day of discharge, two others were out of area. The minor resides out of area.

PROGRESS HOUSE RESIDENT MEETING REPORT read by Lucy Vincent:

- Population this past month
 - (7) Long Term Residents (5 of whom are seniors) and (1) Respite (8) Total Residents
- Activities
 - Attended the first in a series of Astronomy lectures at Cerro Coso College
 - Multiple drives to local spots like Aspendell, Sabrina, Rock Creek.

WELLNESS CENTERS presented by Karen Colter:

WELLNESS CENTER ATTENDANCE

BISHOP

- Total number of unduplicated visits: **56**
- Total number of repeated visits: **367**
- *New Persons: **4**

LONE PINE

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- Total number of visits: 15
- Regular attendees: 4

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

- 51 Persons took a shower (those who signed in)
- 28 Persons did Laundry: (those who signed)

GROUP ACTIVITIES

- IMACA Food Pantry: 4

WELLNESS CENTER STAFF HIGHLIGHTS:

- ❖ Staff continues to help consumers get phones through Access Wireless
- ❖ Staff assisted clients to successfully get transportation for out of area appointments
- ❖ Working with consumers helping identify and pursue meaningful recovery goals
- ❖ Helped consumers get glasses
- ❖ Working on written materials to help consumers understand the purpose of the wellness center.

Wellness Center Suggestion box:

- ❖ Hike and bbq
- ❖ Get wifi

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

- **Treatment:**
Intakes: A total of 8 new Child / Adolescent referrals were taken in July from parents, pediatric nurses and doctors resulting in 5 new admissions to date. Ages of children referred were 1 to 17.
- **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.

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 Counties were trained and are now enrolling families. We are beginning our first of 10 months of phone supervision on cases for FOCUS on September 11. This will occur every 2 weeks. 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.

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- **School Based Services:** School is back in session, and we have resumed seeing children at school, in addition to having office visits or phone contact with their families as appropriate. We are determining what age groups will be held this year depending on need and topic matter.
- **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 95 open cases.
- **Position:** The position of HHS Specialist level III and IV is open for the Child and Family Team, and adult therapist positions are open, both close September 19th, and interview panels are being formed now.

SUD Prevention Services: Barbara Keller presented the Inyo County Prevention Report:

- **Mentoring** – The Lunch Pal Program is up and running again. Mentor Coordinator conducted outreach for the program in Bishop and Lone Pine at Back to School events.
1 new match
- **Outdoor Program** –
 - In August, activities included:
 - August 8 – North County Hike
 - Total participants in the Outdoor program (all activities January – September 2019): 80
 - One new male and one new female signed up in August. Total active participants: 17 females and 18 males
- **Older Adult Engagement Activities** –
 - Rebecca Houle and Barbara Keller took a group of seniors to Keough’s Hot Springs. This is our third annual Keough’s visit. There were a total of 17 participants: 4 men and 13 women. Seniors participated from Bishop, Big Pine and Lone Pine. Information was provided to seniors about scamming/fraud. Info was well received and a discussion ensued with tips to avoid being taken advantage of in these situations.

SUD

- Collaboration with NIH and other community partners – Stephanie Tanksley informed the group that she has been meeting with other community providers in a collaborative effort to standardize a universal referral form to be used by all the providers in our community to facilitate communication and coordination of services. This effort was supported by all as a way to break down barriers to effective care coordination.
- Dr. Zwier shared the news that Dr. Goshgarian of NIH has agreed to contract with us as Medical Director. This will further advance efforts in pulling together

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physical health, mental health and SUD treatment to address clients' needs as a whole.

- Opportunities for Co-occurring services – Stephanie Tanksley outlined the fact that one half of the universal referral form being developed will act as an internal inter-agency referral, specifically targeting clients in need of co-occurring services. BH continues to be challenged to effectively collect data around persons with co-occurring disorders.

OLD BUSINESS

- MHSA Stakeholder Process – This year is the last year of this three year plan. Opportunity for stakeholder input especially around Prevention Early Intervention and Innovations projects.
- Using community meetings to gather input – Dr. Zwier told the group that our HHS Analysts attend community meetings and share what they learn, informing us about the needs in our community. This allows us to get the broadest input from the community as well as from consumers and persons with lived experience.

NEW BUSINESS

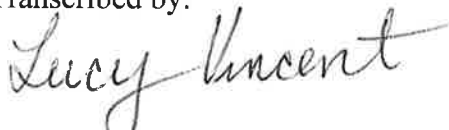
- INN funds – Dr. Zwier shared the decision made by Inyo County Behavioral Health not to move forward with the implementation of Tech Suite, which proved to be more labor-intensive than we had been informed. Part of innovation is the ability to “fail fast” - realizing when an endeavor isn't the best route to take early on. Supervisor Totheroh commented that this decision will allow us to choose another project; he stated the importance of being creative in order to accomplish our mission of providing the services needed by our community.
- PEI Report Special Meeting – Dr. Zwier informed the group about the special meeting to take place on Thursday, September 26, 2019, pertaining to the Prevention and Early Intervention (PEI) 3-year Evaluation Plan. This posting can be found on the County of Inyo website under the HHS-Behavioral Health tab.

AGENDA ITEMS FOR NEXT MEETING

The meeting adjourned at 10:50 am

Next meeting to be held on Monday, October 14, 2019 at 10:00 a.m.

Transcribed by:



Lucy Vincent



Triple P Teen

A Parenting Program For Families With A Teenage Child



8-week parenting course
proven to help families
with teens:

- Strengthen your parent/teen relationship.
- Encourage positive behaviors.
- Learn to manage risky behaviors e.g. drinking, parties, curfew, vaping, talking back, safe sex etc.
- Boost your parenting confidence.

Tuesdays

5:30 PM to 7:30 PM

Prevention Office – 568 W. Line St.

Starting September 24, 2019

Participants who complete the entire course, will receive a \$50 Vons Card

*For more information or to sign-up contact
Barbara Keller, Prevention Specialist @
760-873-4159 or bkeller@inyocounty.us*



Brought to you by: Inyo County Health & Human Services, Public Health & Prevention Division

Seniors, welcome the season and come make a fall wreath!



Tuesday, September 17, 2019

10:30 AM—12:00 PM

Statham Hall

Questions?

**Call Barbara Keller
Prevention Specialist**

Ph. 760-873-4159



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