

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

MONDAY, April 13, 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 10:05 a.m.

INTRODUCTIONS

- All digitally present introduced themselves.

APPROVAL OF MINUTES

March 9, 2020: Informational – Supervisor Totheroh moved to accept, Jane Gillam seconded it, and the minutes were unanimously approved as written.

COMMUNITY & STAFF PRESENT

Jane Gillam	Lucy Vincent
Supervisor Dan Totheroh	Gina McKinzey
Dr. Gail Zwier	Emily Faircloth
Lynn Martin	Stephanie Tanksley
April Eagan	Mikaela Torres
Vanessa Ruggio	Peter Charley
Karen Colter	Lisa Trunnell
Jennifer Ray	

CHAIRPERSON'S REMARKS

Jane Gillam acting as Chairperson. Jane Gillam asked how our organization is helping the people we serve as we follow the COVID-19 Pandemic guidelines. As different staff members reported their activities and the ways they have adapted to serve our community despite the limitations of social distancing and sheltering in place, Jane expressed appreciation for the creativity and good work the group has done in overcoming many challenges brought on by the Pandemic.

DIRECTOR'S REMARK

- Standing up County Behavioral Health Services in a *COVID* environment. Dr. Zwier observed that our organization in in the fourth week of being “closed” and adapting to the new COVID environment. She remarked of how proud she is of our Team and informed participants that we will be hearing from all of our pods about what’s been going on.
- Dr. Zwier shared some notes from a webinar by Bessel Vander Kolk, MD in which he explained how the COVID situation can result in Pre-traumatic conditions. Dr. Zwier explained that the following are what lead to pre-trauma: the physical threat of illness, the economy crashing, along with the psychological toll of being “locked up”. She further broke it down into the following aspects and shared Dr. Vander Kolk’s recommendations for each:

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- Unpredictability:
 - Create a schedule
 - Schedule things to look forward to, and which include making contact with others
 - Make a calendar of connections and activities
- Immobility
 - Create a sense of “agency”
 - Need to “take action” to counter a sense of “fight or flight”
 - Realize that emotions that we experience, like anger, pass through us. Watch emotions go by.
 - Counter stress hormones through movement
 - Use “Self-Regulation”
- Lack of Connection
 - We are collective creatures
 - Interactions with other minds as being in synchrony with others fundamentally shapes who we are
 - Another “heart beat” includes pets
 - Family meals, games, music making, virtual contacts
- Numbing Out vs. Mindfulness
 - Dangerous things can include substances
 - Restore by being in your body; notice your emotions
 - Acknowledge anger, watch it go by
- Loss of sense of time/future
 - Counter “This will last forever” by realizing the impermanence of all things.
 - Meditate, sit through discomfort as it passes through
 - Breathe
 - Live with the inner sense that each moment is different
- Safety
 - Touching, cuddling, another person/pet

PUBLIC COMMENT

- The group appreciated the information Dr. Zwier shared and participants relayed their own experiences which echoed Dr. Vander Kolk’s teaching.
- Technological Equity: Dr. Zwier reminded us about the fact that some of the persons we serve do not have access to some of the technological resources currently being used to maintain the connection needed to ease navigation through the current COVID environment. Jane Gillam mentioned that many students also lack the devices or connectivity required for participation in remote learning.
- As the discussion continued, the group discussed the challenges encountered in serving the community and how the team has stepped outside the box by bringing meals to individuals sheltering in hotel rooms, checking in on persons who have co-occurring medical issues, and helping the clients who rely on their interaction with us as a life line. Many of our clients, especially those who have felt disenfranchised to begin with, are struggling with social distancing and having to shelter-in-place.
- Supervisor Totheroh commended the group for “wonderful work”, adding that staff members have demonstrated flexibility in meeting demands and carrying on the work despite the Covid19 Pandemic, and despite the fact that all of our lives have been disrupted in all of this. He added that a couple of weeks ago, the Board

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of Supervisors added a couple of weeks of Covid19 related leave. He inquired as to whether there were other things they need to do in order to make this transition [to Covid19 situation] easier. He invited the group to email him with ideas.

- Jane Gillam noted that some staff members with children who are working from home have the added burden of juggling childcare and work responsibilities. She said the leave time granted by the Board of Supervisors is much appreciated.
- Dr. Zwier acknowledged that employees are also vulnerable to anxiety or depression. People who have experienced previous trauma can be especially vulnerable. Community members expressed gratitude at receiving a friendly phone call from Lisa Trunnell of Wellness Center.

REPORTS AND ACTION ITEMS

- QI Committee Meeting report. Mikaela Torres reported that the Analyst Team is working on the QIC report. She is working on changing the format so it can be shared with the community.
- Stephanie Tanksley shared that April is a busy month – EQRO and Drug Medi-Cal Reviews are upcoming. Due to the pandemic, these will be held remotely, as desk reviews. This year's EQRO has been pushed to the last week in June. Another change is that there will not be any Focus Groups this year. Regardless, these reviews prepare us for our Triennial; a big State Review, which will take place next fiscal year.

PROGRESS HOUSE RESIDENT MEETING REPORT

presented by Gina McKinzey:

- Population this past month for March
 - 5 Total long-term Residents
 - 1 Respite
- Activities & Groups
 - Since the quarantine we have started groups with Zoom. Held twice weekly, Music with Orion and that has been very popular.
 - Other than going for rides in the van, we can't get out as much.
 - Carri Coudek will be putting on a group about Covid19 for residents, including answering questions they might have.
- State Licensing information
 - Recent virtual inspection with State licensing that was very thorough and went well. Suggestions were made to recommend social distancing during meals and reminded us reporting requirements re: covid 19

WELLNESS CENTERS presented by Vanessa Ruggio:

Wellness Centers Monthly Statistics Report – MARCH 2020

Bishop Wellness Center

Bishop Wellness Center Attendance	
Total number of unduplicated visits:	50
Total number of repeated visits:	216

Bishop Wellness Center Activities – Number of people who participated in each activity	
Shower	15 people; 23 showers
Laundry	21 people; 35 loads of laundry
Kitchen	34 people; 37 uses
Computer	5 people; 2 sessions
Group/class	5 people; 2 groups
Stakeholders Meeting	Not collected
Appointment	6 people; 4 scheduled appointments

Lone Pine Wellness Center

Lone Pine Wellness Center Attendance	
Total number of unduplicated visits	9
Total number of repeated visits	12

Lone Pine Wellness Center Activities – Number of people who participated in each activity	
Shower	7 people; 11 showers
Kitchen	1 person; 1 use
Computer	3 people; 5 sessions
Group/Class	4 people; 1 groups
Stakeholders Meeting	Not collected
Appointment	4 people; 4 scheduled appointments

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YOUTH SERVICES: This report was received from Chrystina Pope

- **Treatment**
 - **Intakes & Caseload** - A total of 6 new Child / Adolescent referrals were taken in March 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 94 open cases.
- **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. Consultation calls continue and are farther apart due to the busy schedules of staff at this time. FOCUS is being done remotely through Zoom and continues to be effective and exciting for families. We are actively recruiting appropriate families and accepting referrals. We continue to have 3 families we are working with at Behavioral Health and have transitioned to an online platform.
- The Parent-Child Interaction Therapy training for therapists Crystal Cox and Chrystina Pope is moving along, with therapists well on their way to certification by University of Davis under the supervision of Pam Blackwell. Savannah Cole is in the beginning stages of PCIT training. Three staff members are hoping to attend a PCIT conference to deepen and foster PCIT clinical skills. Chrystina continues with two families with an online/tele health platform to deliver this services; it seems more families will be taking advantage of this as time goes on.
- Child and Family team are planning on training in clinical applications of Neuroscience, innovative ways to treat Anxiety and we are hoping to have one clinician trained in EMDR this year.
- Child & Adolescent Needs and Strengths Assessment (CANS) is being implemented since the CANS training last May. Staff is in need their annual re-certification and new staff is certified. We are in the process of organizing this online training and certification. We currently have completed 46 CANS assessments and continue to work with CPS to further develop continuum of care in regards to the CANS.
- **School Based Services** – The boys and girls groups at the elementary have been put on pause until circumstances change with COVID 19. Due to the current circumstances Child and Family Team has been innovative in accessing clients and families. We have created a message/flier from the Child and Family team which is being shared through the schools and other social media to children and families regarding our services and groups. This weekly informational flier will begin to incorporate and share other community services and information regarding mental health and parenting. Currently we have begun two teen groups, an Expressive Arts group and LGBTQ+ group as requested by clients, possibly a SUD group in the future. This is through an online platform which is very exciting for the clients. We plan to create more groups for middle school age children. We plan to transfer these gatherings to face to face when circumstances change. There is a strong sense of community growing from this crisis and Child and Family Team is attempting to foster this through online forums. We are brainstorming currently on how to find more access to younger children at this time.
- **Intensive In-Home Services:** We continue to provide intensive services to several families that are reunifying after Child Protective Services involvement. Due to COVID 19 we are using the Zoom platform and phone therapy at this time.

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Chrystina Pope and Jeanette Torres are organizing a monthly informational support group for foster parents to support their process, provide information and make them more familiar with the Behavioral Health Child and Family Team. It was realized that there was a gap/ barrier for Behavioral Health to have access to the home to provide in-home support due to the lack of relationship and trust with foster parents. This group is designed to create this relationship, trust and community. Foster Parent training hours will be provided for group participation. Currently we will begin with a zoom meeting due to current circumstance. Foster parents are excited by the idea of the group.

- **Position** – There have been many changes on the Child and Family Team. Chrystina Pope is now the Program Chief of Children’s System of Care. MFT Intern, new hire Savannah Cole has transferred over from the adult team to the child and family team as psychotherapist. Perla Gastelum student/trainee continues to see several clients primarily Spanish speaking and will be with the team through the summer of this year. Karen Rathburn has transferred over to the Adult/SUD Program Chief position until expected retirement date of May 21 and continues to provide supervision and mentoring to Chrystina Pope in this transition. Michelle Howell, LCSW is on maternity leave, she was planning to return May 4th yet due to childcare issues she is unable to return till June. She has accepted a job with the school district which begins in August. Her position will be available soon.

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. Dr. Zwier explained how the BH Team is utilizing Telemedicine, not only for psychiatric appointments, but for counseling appointments that previously took place in the office.
- **Crisis** – In this Covid environment, in collaborating with our local health care providers, even 5150 assessments are being done remotely, with the use of an iPad.
- 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.
- 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: received from April Eagan Prevention Report/Activities in light of COVID:

- Contact with mentees and mentors. (constant)
- Setting up electronic meetings and contact between mentees and mentors.
- Check in with parents.
- Team Inyo blog

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- Meeting with school administration for some concerns I heard from parents about lunches.
- Working on additional trainings for outdoor/outings staff
- Listening to mentoring webinar(s)
- Covid related, helping with coordination of DHV program and community volunteer program.
- Researching DHV program
- SUD research and effectiveness for kids
- Researching other outdoor and mentoring programs
- Outdoor program lit review
- Tim and Emily are setting up Zoom check-ins with staff, asking about needs
- Check-in calls with the state, reporting activities and training needs
- Statewide SUD Prevention technical assistance and information sharing Zoom meeting
- Researching training opportunities for staff

April Eagan introduced Emily Faircloth as new prevention specialist assisting with SUD, Tobacco Prevention, and mentoring and outdoor programs. She explained that their staff was sent to work from home on March 18, 2020. WIC, an essential service, remains open to provide services. She shared that one of the challenges faced is that people must have their basic needs met before they can be receptive to training on nutrition, for example.

Prevention is dropping of activity packets at the schools so families can obtain them when they pick up school lunches. These goody bags contain items such as coloring pages and activity books.

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

- Using community meetings to gather input - MHSA Plan – Dr. Zwier noted; we are challenged in connecting with community in order to gather stakeholder input. What is the best way to do that virtually, since we won't be able to have an in-person meeting? Could some participate by telephone?

NEW BUSINESS

- Stakeholder participation in a Zoom environment. May is Mental Health Awareness Month. Dr. Zwier asked the group about finding a way people could use their different talents. Here are some of the ideas that were posed:
 - Fliers
 - Tips for parents and kids – how about using the mail to do this?
 - A virtual event? Prevention to reach out to community, schools and hospitals to help us come up with ways to have a virtual event.
 - Slam poetry

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- Budget: there will be a need to look at the fiscal impacts of COVID 19 on the budget and possible shortfalls amidst rising need.

AGENDA ITEMS FOR NEXT MEETING

Next meeting to take place virtually on Monday, May 11, 2020 – via Zoom.

The meeting adjourned at 11:23 a.m.

Transcribed by:

Lucy Vincent