

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

MONDAY, May, 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 10:10 a.m.

INTRODUCTIONS

- All digitally present introduced themselves.

APPROVAL OF MINUTES

April 13, 2020: Informational – April moved to approve; Gina seconded the motion, and the minutes were unanimously approved as written.

COMMUNITY & STAFF Virtually PRESENT

Supervisor Dan Totheroh	Marilyn Mann
Dr. Gail Zwier	Emily Faircloth
Barbara Keller	Stephanie Tanksley
April Eagan	Mikaela Torres
Vanessa Ruggio	Lisa Trunnell
Karen Colter	Lucy Vincent
Jennifer Ray	Kristen Pfeiler
Dan David	Gina McKinzey

CHAIRPERSON'S REMARKS

Stephanie Tanksley acting as Chairperson

DIRECTOR'S REMARK

- May as Mental Health Awareness Month: our target population and our community as target: May is a special month for us; it is Mental Health (MH) Awareness Month. Although our target population is persons with severe mental health issues and those who are in crisis, MH Awareness isn't just about a specific population. The question for all of us is "How can we keep ourselves mentally healthy in the midst of a Pandemic?" MH is the 3rd wave of Covid 19 – due to loss of jobs and health and safety issues faced by many.
- We will need to be creative to continue to find ways to connect. We need to connect and have social interaction with younger kids. The social skills portion of schooling is truncated right now.
- State of the Division- What are the most important aspects of our services? We are still working on getting our DUI classes up and running, and are also in the process of getting some of our kids groups. We are asking ourselves "How do we keep kids engaged virtually?" Please see the fliers about kids groups (attached).

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- Issues in the economy – will affect our funding also, despite an expanding need for mental health services. How will we make sure to use our funding in the best way possible? Most efficient while being most effective. More important now than ever; achieving this without as much funding.

PUBLIC COMMENT

Pertaining to any item on the agenda –

- Pertaining to preparations for re-opening, and for opening up Progress House for Respite, Supervisor Totheroh stated that everyone leaving their houses should be wearing face masks. Dan David remarked that masks are required for all patients and workers at the hospital. He also shared that the car clinic is still being used for testing, with a 3-5 day turnaround for results. In-house testing is being reserved for elective surgeries or admissions at this point in time. He indicated that he can facilitate testing for persons needing respite. Gina McKinzey noted that Progress House will follow state protocol.
- Pertaining to the QI Committee Meeting report, Supervisor Totheroh remarked that he is surprised that there wasn't an uptick in "new clients" at this time.
- Pertaining to lack of access to technology/Stakeholder Input - April Eagan shared an idea about possibly purchasing devices to make available to lend to people who don't have access to technology. Stephanie Tanskley wondered whether this is something that could be done as a PIP – to increase client access to services.

REPORTS AND ACTION ITEMS

- QI Committee Meeting report. Mikaela Torres read the QIC Update report to meeting participants. She shared that between January 1st and March 1st we gained 45 new clients. We have a 5.2% no-show rate, and we are consistently under the 10% no-show rate.
- Mikaela stated that the Analyst Team is working on EQRO, which will recap the first 3 quarters. Stephanie Tanskley shared that the EQRO will take place the last week of June as a remote review. The SUD Drug-Medical has also been pushed into the end of May. The Analysts are working with Behavioral Health team to meet our goals. Preparing this work remotely has been quite a learning experience.
- QI – Telehealth: Dr. Zwier shared that Behavioral Health is looking at different options. She explained that we might need to have something that includes telehealth and in-person services.

PROGRESS HOUSE RESIDENT MEETING REPORT

presented by Gina McKinzey:

- Population this past month for March
 - 5 Total long-term Residents; all healthy and well
 - PH not yet open for Respite
- Activities & Groups
 - Zoom Groups are continuing: Residents are enjoying Music with Orion and Health Education with Carri.
 - Dr. Zwier shared about how Progress House can prepare to be able to open up for Respite. She indicated that there might need to be a Covid Test. (See Public Comment Section for comments.)

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WELLNESS CENTERS no statistics report this month: Vanessa Ruggio shared some of the things Wellness Center staff is doing to assist during the pandemic:

- Working with the Behavioral Health nurses, delivering medication to consumers.
- Helping with Safe Parking
- Delivering food for persons sheltering in place (awaiting covid tests)
- Serving On-Call in the Crisis rotation with clinicians

Dr. Zwier noted that Wellness Center is our “boots on the ground team” and shared that, although they are not currently serving “Walk-ins”, they are still meeting the needs of our community; especially those with severe mental illness.

YOUTH SERVICES: This report was read by Dr. Zwier on behalf of Chrystina Pope

Treatment

- **Intakes & Caseload** - A total of 10 new Child / Adolescent referrals were taken in April from parents, CPS, pediatric nurses and doctors resulting in 9 new admissions to date. Ages of children referred were 4 months to 16. The Child and Family Team currently have a combined, unduplicated caseload of 97 open cases.

Training

- The Child and Family Team have becoming proficient in working remotely and online platforms (Zoom). Each of them has taken trainings introducing telehealth. They have adapted well to the many transitions.

We are into our 10th month of seeing families utilizing the family therapy and family resiliency model, FOCUS - Families Overcoming Under Stress developed by UCLA. Supervision has been suspended due to Covid related circumstances and will resume in May. We have 7 families we are working with at Behavioral Health in addition to those being served at Toyiabe, Mono County and with the social worker at NIH.

The Parent-Child Interaction Therapy training for therapists Crystal Cox and Chrystina Pope is close to certification. Savannah Cole and Perla Gastelum are in the beginning stages of being trained by University of Davis under the supervision of Pam Blackwell. Chrystina Pope has continued treatment with two families through Zoom which are effective.

Child & Adolescent Needs and Strengths Assessment (CANS) is being implemented since the CANS training last May. Annual re-certification is planned for May, new staff have been trained and certified.

Orion Boucher has completed training in Motivational Interviewing. The Team will be doing training on group dynamics and co-occurring disorders to support their work.

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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. Chrystina Pope is hosting an ongoing Informative Support Groups for resource family parents to foster more engagement with Resource families in collaboration with Jeanette Torres. The resource parents will receive one hour of training for participation. This begins May 8th and is every other week.

Outreach

- Notices and communications are made more frequently with school staff and families offering emotional support and access to needed services to support the difficult circumstances surrounding COVID. Families have been receptive to online formats (Zoom) and phone sessions. Outdoor sessions are planned for the future to ensure safety for staff and clients.

Position

- Chrystina Pope is actively engaging her new position as Program Chief of the Child and Family Team and supporting staff in transition to working remotely due to COVID. Perla Gastelum continues to see several clients primarily Spanish speaking and will be with the team through the summer of this year. Karen Rathburn, PhD the former Program Chief of the Child and Family Team will be retiring in mid-May and has transitioned to the Adult/ SUD team. She continues to consult with Chrystina Pope as needed. Savannah Cole, new hire is building her case load at this time. Michelle Howe will be returning in May on a limited schedule to complete special projects until her leave for another Job. Her last day with Inyo County remains uncertain at this time. There continues to be a need for her full time position.

ADULT SERVICES: Report received from Dr. Karen Rathburn

Intakes & Treatment:

Adult Clinical Team is having individual phone or Zoom sessions with clients, completing intakes, treatment plans, working with case managers at Wellness to complete annual assessments and participating in On-Call Crisis Response and warm line. The 4 On-Call clients from March are in the assessment phase for outpatient services along with 3 new ones from April. We continue to do 5150 assessments via Telehealth at NIH. The team is working on the DBT Zoom / call-in group and taking new referrals.

SUD Team is having individual client phone sessions once or twice a week, providing case management, updating treatment plans, completed 6 new ASI assessments, and 2 new DUI intakes. In addition, staff are participating in On-Call Crisis and warm line response.

Drug Court clients both current and past have been reaching out for crisis help for various reasons ranging from the loss of a child to dealing with a severely, mentally ill family member. Weekly meetings are held by phone with client and Drug Court probation officers to monitor Drug Court clients as closely as possible and work with partners to meet the needs of our clients.

SUD Weekly Groups: Include Relapse Prevention, Managing Co-occurring Disorders, Prop36/pc 1000, Peri-natal (including infant massage for bonding), and Women's Wellness. Living in Balance group will go online soon. Catie Grisham has started a Zoom drop-in SUD group, however, there are currently no takers but we are advertising.

Training:

SUD staff Catie Grisham has taken several webinars regarding the DHCS and a two day online conference sponsored by California Consortium of Addiction Programs and Professionals (CCAPP) titled Counselor Wellness and Ethics sponsored by the CCAPP Addiction Leadership Conference. There were CEUs granted for licensure renewal. The Adult Clinical team has taken several CIBHS webinars on including "Ensuring Success in Telehealth What Staff Need to Know", and "Substance Use and Dependency", which is also a prerequisite for LCSW licensure.

Positions:

Karen Rathburn is serving as the Adult/SUD Program Chief until her retirement on May 21, with this position under recruitment for her replacement.

SUD Prevention Services: received from April Eagan

Prevention Report/Activities in light of COVID:

- Zoom meeting/discussion w/ C. Pope for our mentors
- Virtual mentor/mentee match.
- Letters/stationary postage etc. for the mentors and mentees to stay in touch.
- Continued check ins with mentors and mentees (as best as possible)

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SUD Services:

Treatment Services:

- Dr. Zwier shared that Drug Court and SUD groups have been implemented but staff is still working on getting DUI groups up and running. SUD team has benefited from the infant massage being taught by Dr. Rathburn.
- According to Dr. Zwier, some of the roadblocks include lack of access to technology for some group members. The size of the group is another challenge in terms of running a virtual meeting. Some groups contain 15 members; whereas, 8 to 10 people seems to be the upper limit in terms of Zoom meeting effectiveness.

OLD BUSINESS

- Using community meetings to gather input - MHSA Plan – Dr. Zwier told the group that we are in need of Stakeholder input for our 3-year Plan. The challenge is gathering this input without being able to physically meet in groups at this time.

NEW BUSINESS

- Dr. Zwier told the group that our MHSA Public Hearing will take place, virtually, on June 1, 2020 at 10:00 am. This update and any public comment is scheduled to go before the Board of Supervisors on June 2, 2020.
- April Eagan shared an idea about possibly purchasing devices available to lend to people who don't have access to technology. Stephanie Tanskley wondered whether this is something that could be done as a PIP – to increase client access to services.

AGENDA ITEMS FOR NEXT MEETING

The next meeting to be virtually held will be the MHSA Public Hearing on June 1, 2020 at 10 am.

The meeting adjourned at 11:10 am.

Transcribed by:

Lucy Vincent

Lucy Vincent