

INYO COUNTY HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH ADVISORY BOARD
MONDAY, September 14, 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 10:04 a.m.

INTRODUCTIONS

All participants virtually present introduced themselves.

APPROVAL OF MINUTES

August 10, 2020: Informational – Supervisor Totheroh moved to approve the minutes. Gina McKinzey seconded the motion, and the minutes were unanimously approved as written.

COMMUNITY & STAFF Virtually PRESENT

Supervisor Dan Totheroh	Gina McKinzey
Dr. Gail Zwier	Emily Faircloth
April Eagan	Stephanie Tanksley
Lisa Trunnell	Linda Christensen
Arlene Brown	Hallie Vickers
Evelyn Devilliers	Dan David
Jennifer Ray	Vanessa Ruggio
Lucy Vincent	Karen Colter

CHAIRPERSON'S REMARKS

Lisa Trunnell acting as Chairperson

DIRECTOR'S REMARK

Dr. Zwier spoke to the group about the multiple impacts of the pandemic. She explained the concept of "Pandemic Surge Depletion" – When the pandemic started, there was a surge of energy and everyone put lots of effort into providing services. Now, the pandemic has gone on for so long that people are feeling depleted. There is no defined end to it.

Furthermore, the fires have compounded issues here in Inyo County. Now we've been advised to stay inside and breathe re-circulated air – which is opposite from the advice given about dealing with the pandemic.

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September is back-to-school time. Dr. Zwier shared that our staff is assisting kids who are going back to school, helping address melt-downs that are due to login difficulties. These are tough times.

Dr. Zwier discussed how we have adjusted to the situation, and are still experiencing loss. Our community has lost some of our older adults, while other seniors in assisted living are more isolated than usual.

Dr. Zwier reminded the group that we are focused on the safety net population (those with Medi-cal insurance, and persons with severe mental health issues and/or with substance abuse issues). She shared that Inyo County Behavioral Health staff are trying to stay connected and positive and are trying to use our strengths in the work that we do.

The group enjoyed the quote she shared: “Even when you feel stuck a new beginning is just one conscious breath away.” Dr. Zwier said, “We need to be holders of hope for people who might not be able to hold it themselves.”

PUBLIC COMMENT

With regard to Suicide Prevention, Arlene Brown shared about Celebrate Recovery, which is held the last Tuesday of the month. She also told the group that 200 overdose kits were distributed at the Narcan event. She also informed everyone that they will be going door to door to reach the southern end of Inyo County.

Dan David introduced the group to Northern Inyo Hospital’s new psychologist, who will also be acting as a substance use counselor in the clinic. He spoke about harm reduction education and a Wrap-Around program to help incarcerated persons integrate back into the community.

REPORTS AND ACTION ITEMS

QI Committee Meeting Report Presented by Stephanie Tanksley:

- Stephanie Tanksley shared with the group that she had turned in the Drug Medical and SABG with our Corrective Action Plans (CAP).
- Mrs. Tanksley also informed the group that we received our report with 15-20 recommendations from the EQRO, which will help Inyo County Behavioral Health staff prepare for the Triennial review which will take place during FY20-21.
- She shared how she and the PIQA Team are working with Kings View to develop dashboards for CANS and for Timeliness that will be tremendously helpful and will help inform decisions our leaders need to make.
- Mrs. Tanksley shared that Health and Human Services obtained the results of the Employee Engagement Survey which was held in the fall. She explained how the Analysts met with all divisions to dig deeper and address questions about how opportunities can be created, how employees can feel valued, how to better manage change, and what type of skills training was needed by staff, to name a few. The goal is to enable Inyo County HHS to provide better services to our clients and community.

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SUD Prevention Services: received from April Eagan

- Mentor Program – Highlighting the work of Tim Villanueva and Emily Faircloth
 - Tim Villanueva: The mentor program is slowly breathing back to life. It has been a rough few months to figure out what is working for contact. We are currently working on some other ideas to reengage mentors and mentees. The program continues to sign up volunteers to be mentors this seems to happen organically. I know I have not actively recruited for mentors. This demonstrates how much of a caring community we live in. We are also signing up new youth (mentees) for the program.
- The Outdoor Program had much abbreviated program this summer. We did manage to offer activities to in-greater need families. Our program served the families for five weeks this summer.
- Emily Faircloth: I am working away at coordinating with mentors & hopefully having a new mentor/mentee match. Lots of event planning & I want to plan some events for suicide awareness month!
- Suicide Prevention – April Eagan shared that their group would like to help get the message out, and that they are open to collaborating on ways to do so.

PROGRESS HOUSE RESIDENT MEETING REPORT

presented by Gina McKinzey:

- Population this past month:
7 Total Residents (we can hold up to 12). Due to Covid, restrictions are higher.
- Crisis response – we had about 50 for the month of August. Since Covid – we get lots of calls from out of area. Less crisis calls, more calls from persons who are anxious about the Pandemic.
- Criteria – for Progress House admissions – Gina McKinzey submitted, and Dr. Zwier is editing, the document containing criteria which must be met for a person being considered for Progress House admission – Once it is ready to roll out, it will be shared with community partners.

WELLNESS CENTERS: Vanessa Ruggio shared some of the things Wellness Center staff is doing to assist during the pandemic:

- Field based services/ Case managers are meeting with clients
- Case Managers are serving in Crisis Intervention
- They are also still assisting with COVID19-related meal delivery
- People can sign up for showers and laundry.

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YOUTH SERVICES: Received from Chrystina Pope, and presented by Dr. Zwier

Youth Services

- There have been 6 New Admissions/assessments in August. The new intake process is working well, having the front office gather basic demographics and financial (UMDAP) info to streamline the process and the use of assessment blocks is ensuring an appointment within the 10 day window. This is bypassing the struggle around the packet and getting signature which is done when the client meets with the clinician.
- Clinicians are focusing client care and building rapport with family/parents to prepare and assist in the transition with online schooling which is proving to be a stressful transition for the whole household. We continue to have a MDT meeting with CPS and FIRST team. The Child and Family Team are also meeting with Probation/JKBS and Keith Bright, now that school is in. A new MDT is forming with the school counselors and other community services to support the online learning struggles to support the extreme difficulties and anxieties that individual children and their families are experiencing. Clinicians continue to meet their clients outside or via telehealth/phone.
- Orion and Carri continue to offer weekly groups at the progress house regarding music/art and health/life skills.
- Interviews are set for the psychotherapist position the week of the 21st. which we are eager to fill.

Adult Services

- There were ten new admissions/intakes for the Adult team. They continue to see their clients via telehealth/phone/ outside and occasionally in the office. The team is functioning well and deepening in to their clinical expertise. Janelle has finished her hours for licensure and is waiting to take her last test; hopefully this will occur early in the new year. Skye and Matthew continue to accrue hours of experience towards licensure.
- The adult team offers a weekly DBT group via zoom and participates in SUD co-occurring disorder group.

SUD Treatment Services

- SUD is in the planning stage of expanding services in collaboration with Prevention.
- The team is actively in the process of creating a monthly orientation group for new admissions and streamlining their intake process. In September an alumni group will be forming as well.
- Supervisor is exploring training options for staff to begin to create more opportunities for families to be involved in the recovery process, involving family systems and experiential practices.

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OLD BUSINESS

MHSA Plan – Dr. Zwier informed the group that we are using the MHSA plan from last year, as discussed at last month’s meeting; and that we will do a new 3-year plan next year. She explained that we will be doing a new survey with our clients, asking them how they are doing now, and what suggestions they have for how we should move forward. The MHSA plan is about client-driven services. This is why we seek input from clients with lived experience. To this end, we continue to look for avenues to gain input so our services reflect the needs of our community and our target population.

NEW BUSINESS

Dr. Zwier asked the group for items to discuss next month. Dan David stated that he would like to move forward in meeting with ICBH staff. Dr. Zwier expressed that the partnership is much appreciated. She cited the use of a harm reduction model of treatment; especially at times like these. She left us with these thoughts: “Staying connected with each other has been traditionally found to help produce wellness and recovery. The goal is to continue not only to live - but to thrive.”

AGENDA ITEMS FOR NEXT MEETING

The next meeting to be virtually held will be held on October 12, 2020 at 10 am.

The meeting adjourned at 10:52 am.

Transcribed by:

Lucy Vincent