

**INYO COUNTY HEALTH AND HUMAN SERVICES**  
***BEHAVIORAL HEALTH ADVISORY BOARD***  
***MONDAY, November 9, 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 10:06 a.m.

**INTRODUCTIONS**

All present via Zoom introduced themselves.

**APPROVAL OF MINUTES**

October 12, 2020: Informational – Jane Gillam asked whether there were any comments pertaining to the minutes from the October 12<sup>th</sup> meeting. Appreciation was expressed that the agenda and minutes, now located on the Inyo County website, are easy to find.

**COMMUNITY & STAFF Virtually PRESENT**

Supervisor Dan Totheroh	Kristen Pfeiler
Dr. Gail Zwier	Dan David
Lynn Martin	Jane Gillam
Lucy Vincent	Vanessa Ruggio
April Eagan	Peter Charley

**CHAIRPERSON'S REMARKS**

Jane Gillam, acting as Chairperson, gave a brief report about having met with Dr. Zwier to discuss the California Behavioral Health Planning Council (CBHPC) 2020 Data Notebook survey. Dr. Zwier explained that the CBHPC looks at all the California Behavioral Health boards and surveys around specific topics as related to behavioral health services. Dr. Zwier read us the following, taken from this year's survey: "The Council advocates on behalf of adults with severe mental illness and children with severe emotional disturbance and their families. The Council is also statutorily required to advise the Legislature on behavioral health issues, policies, and priorities in California."

Mrs. Gillam shared two things she has taken away from the pandemic:

1. One young mother pointed out that attending a virtual meeting removes barriers for her, since she doesn't have to pack up the kids to attend.

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2. Mrs. Gillam expressed her belief that kids tend to process their trauma in a physical way. She continued, “Maybe Behavioral Health could advocate with teachers and counselors at schools to consider doing some physical work that may help kids process learning.”

### **DIRECTOR’S REMARK**

Strategic Planning at CBHDA – Dr. Zwier shared that Behavioral Health Directors have moved on a strategic plan in a series of virtual meetings, due to pandemic constraints. Dr. Zwier shared that the topics covered during Strategic Planning include funding adequacy and stability; looking at ways we provide Medi-Cal services – who we serve and what kinds of diagnoses are made. Other issues discussed included housing, homelessness, crisis-intervention, working with children, youth and school-based services; all through a lens of equity, justice and healing. Dr. Zwier emphasized, “Not just a priority - but a lens through which we look at our services”. This lens is to be focused both internally within agencies and organizations and also externally in how we partner and provide services.

She explained that we need the voice of our community to be represented in order to determine what services are truly most helpful. She posed the question of how we more fully access that voice. We are willing to face discomfort in order to more fully serve our community – we want to make sure we help persons who are afraid to speak up to find their voice and find a path toward leadership.

Supervisor Totheroh agreed with the need to make sure we are recruiting representative people – going into the community and inviting people to apply for work. Dr. Zwier reminded participants about work that Inyo County Behavioral Health has done to address stigma against Mental Illness and Substance Use Disorders and encourage Peer providers as well.

### **PUBLIC COMMENT**

Dan David, RN remarked about how the pandemic has greatly increased and expedited the process of the use of telehealth, as many patients were seen via telehealth during the early stages of the pandemic.

The group discussed how telemedicine has been convenient and less stressful for some. It has also expanded choice of healthcare provider since telehealth enables community members to choose from a larger geographical area. Dr. Zwier made a note of these advantages to share as part of the Data Notebook Survey.

Dan David shared about the needle exchange program to reduce stigma against those who use needles and use drugs. Medication assisted treatment (MAT), another harm reduction program, is also available in our community. A position for someone with lived experience/past incarceration will be posted by the Hospital soon. A lively discussion ensued about changes in the drug laws which have recently taken place in Oregon and how possession of drugs now can lead to assistance rather than incarceration.

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## **REPORTS AND ACTION ITEMS**

### ***QI Committee Meeting***

- Dr. Zwier informed the group that the PIQA Team is in training today. The Analysts are engaged in Program Improvement Projects.
- Diversity/Inclusion Committee – Dr. Zwier shared that it is part of our whole effort. Our Analysts are looking at data which allows us to quantify what we are doing now, and what we would like to achieve.
- Kristen Pfeiler shared about the Resiliency Collaborative and how they are working on Trauma-informed care and how this is also an avenue to address equity issues.

### ***SUD Prevention Services: received from April Eagan***

Highlighting the work of Tim Villanueva and Jorge Alvarado:

- Tim Villanueva:  
The program had started planning a reengagement event for the youth and the parents this September for the end of October. The last two weeks of October were our reengagement start. We decided to give the schools a chance to get settled with students and the new environment of learning. We did make in person visits to youth at school (a side note the schools have been and continue to be in strong support of the Mentor Program) and home visits (physically distanced). The event included a take home dinner for the families and goodies bags for all the youth (brothers and sisters). We had seven mentees and families show for the event. For some of the families to just show up to support their child for this event was huge. A mentor did help us with the event and to meet her mentor. Schools visits have continued and we have two new adults going through background to become mentors.
- Jorge Alvarado:  
Jorge Alvarado is now a Prevention Specialist on our team, working in SUD Prevention and Tobacco. He assisted with the mentor program event and is starting to learn the programs this month. Welcome, Jorge!

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

- Population this past month remained steady. Staff and residents are healthy and well.

### ***WELLNESS CENTERS: Vanessa Ruggio and Dr. Zwier shared the following:***

- Field based services – Case managers assist clients to stay engaged and help them keep their appointments.

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- Showers & Laundry – persons sign-up to use the shower or to do laundry. Only one person is admitted at a time.
- Case managers are still delivering food.
- One client was helped to get into a trailer.
- Case managers serve in crisis on-call response.
- Case managers assist in medication delivery.

## ***Reports received from Chrystina Pope, LMFT:***

### ***Youth Services***

- Child and Family team have begun to update their admissions process, it continues to work well. Internal referrals from CPS/SUD are also going through the front office so they can check/update information. There have been many new admissions. Our therapist intake slots are full. Most referrals at this time are from CPS and previous clients coming in desiring family work.
- The child and family team is focusing on our existing clients and having great success in encouraging family participation in treatment. Family therapy is now Medi-cal billable, we are looking to adjust our process and offering Family therapy more directly for our clients. This is exciting for the team and we are looking for Family Therapy training.
- Staff continues to offer FOCUS, which is a family treatment. Staff is actively working with families providing PCIT under supervision of Pam Blackwell as they gain experience.
- Perla Gastelum has officially joined our Child and Family Team; she is Spanish speaking and will also be working with some Spanish speaking adults and facilitating a Spanish speaking DUI class and a woman's group.
- Chrystina Pope will be presenting at the Jail regarding parenting in December, this has been facilitated by Sarah Downard. We are excited to be reaching out to the parents who are incarcerated to assist in building communication skills and insight to support a healthy family system.
- We have teamed up with CASA for monthly trainings for their volunteers and the resource families. Clinicians from all teams will be presenting on various topics to deepen their knowledge and build community.

### ***Adult Services***

- Adult services clinicians continue to be busy with intakes and new admissions. The team has been reviewing criteria for Specialty Mental Health services that we provide and to refer with care for those who do not meet criteria. We have been very successful in assisting others in finding the appropriate care early in the intake process.
- They continue to see their clients via telehealth/phone/ outside and occasionally in the office. There is concern for all teams of where to meet with clients when the temperatures drop and clients are not comfortable with meeting inside or telehealth. Yet majority of clients are adjusting well and finding zoom to be more and more comfortable. We have been fortunate to offer clients in need cell phones

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with service for them to access services. This has made a great difference in providing access to care and supporting clients in their recovery process.

- The Dialectical Behavioral Treatment (DBT) group via zoom continues.

### ***SUD Treatment Services***

- Dr. Zwier has assisted the SUD team in exploring more innovative approaches to treat addiction. We will be adding a Trauma-Focus group and an Experiential Group. We are excited to add new approaches to SUD treatment in Inyo County.
- Clinicians from Adult and Child and Family teams are collaborating with SUD to cover groups to increase capacity during staff absences. A procedure for clinicians to cover SUD groups is being created which will continue to ease the process and assist in exposing more of the community to various therapeutic interventions and breaking down the stigma associated with receiving mental health services. .
- Perla Gastelum will be providing a Spanish speaking SUD group in December and is assisting individual clients.
- All clinicians are eager to attend trainings; we continue to be in a planning phase for a larger training program for clinicians and staff.

### **OLD BUSINESS**

MHSA priorities

### **NEW BUSINESS**

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

The QIC Report

The next meeting to be virtually held will be held on December 14, 2020 at 10 am.

The meeting adjourned at 11:06 am.

Transcribed by:

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