

INYO COUNTY HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH ADVISORY BOARD
MONDAY, January 11, 2021
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 present via Zoom introduced themselves.

APPROVAL OF MINUTES

December 14, 2020 Minutes – Informational Only, No quorum.

COMMUNITY & STAFF Virtually PRESENT

Supervisor Dan Totheroh
Dr. Gail Zwier
Lynn Martin
Karen Colter
Lucy Vincent
Jennifer Ray

Marlene
Jane Gillam
Gina McKinzey
April Eagan
Vanessa Ruggio
Stephanie Tanksley

CHAIRPERSON'S REMARKS

Jane Gillam, acting as Chairperson. Ms. Gillam shared that the California Association of Local Behavioral Health Boards and Commissions (CALBHB) will offer trainings specific to BH Boards on January 15th and 22nd. These trainings are for MH Board Members and Chairs. Ms. Gillam intends to attend some of these. Topics to be covered include Unconscious Bias and MHSA Community Program Planning (programs that get funded by the Mental Health Services Act). They will also hold a state-wide meeting.

DIRECTOR'S REMARK

COVID and vaccine: Dr. Zwier told the group vaccination has begun. Progress House is considered to be in group 1A1 for congregate care. The staff has already been vaccinated. Gina McKinzey has been working on getting the residents on the list to get vaccinated.

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Next, specialty health clinics were eligible to get vaccinated and some staff members have gotten their first vaccination as well.

Dr. Schneider wrote a letter about the research she's done on the vaccination. Dr. Zwier offered to forward an informative video we received to interested meeting attendees. She expressed her desire to provide information so persons are equipped to make informed decisions as to whether or not they would like to be vaccinated.

PUBLIC COMMENT

Supervisor Totheroh shared that his daughter, at first hesitant to receive a vaccine, had received her second dose yesterday. As a nurse, she treated the 1st California person to be diagnosed with Covid19.

Lynn Martin said it might be helpful to share information about the potential long-lasting side-effects of Covid19. Dr. Zwier agreed that "...every person has the right to make their own informed decision – this is why we need to get the word out."

Ms. Gillam inquired as to how we can best get this information to our BH consumers before they are offered the opportunity to receive the vaccine. She said she notices a generational hesitancy and felt that information can help overcome objections. Ms. Gillam indicated that she found Dr. Schneider's letter to be very helpful. After discussing it further, meeting attendees determined that the letter needs to be edited into language readily accessible to the general public. Ms. Martin volunteered to edit it, and the group expressed appreciation for this.

Supervisor Totheroh mentioned that the Inyo County webpage will have a direct link to vaccine information. He expressed that he thought this would be good to put these information resources there. Ms. Gillam agreed, suggesting that this fact might be put in the newspaper. Supervisor Totheroh expressed appreciation for all the work everyone is doing.

Dr. Zwier reminded the group to use a focus of Strengths, Resilience and Equity in performing the work we do. Further discussion ensued around how to define this term and support was given for focus in these areas.

REPORTS AND ACTION ITEMS

QI Committee Meeting Report presented by Stephanie Tanksley

- Mrs. Tanksley explained that she has been looking at agendas across the state, making sure that we are covering all the requirements in our meetings.
- This year our triennial review will be held. This is always a big project, and the PIQA team is working hard in preparation.
- The PIQA Team is also working on the QI Plan, which will be reported at a future BHAB meeting.
- The SUD review has been pushed to March 2021.

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- Mrs. Tanksley told the group about the PIQA's work on the PIPs, in view of upcoming reviews, which will be held virtually. These are our PIPs, which have been accepted:
 - Non-Clinical PIP is hospitalization work-flow, ensuring contact during hospitalization and with discharge planning. We are working on better tracking with the goal of improving outcome.
 - Clinical PIP is a Youth questionnaire which invites the youth to tell us their preferences about how they want to receive therapy. We want to increase engagement by meeting them on their terms and increase community engagement and support by getting them involved.

SUD Prevention Services Report: received from April Eagan

- Prevention Efforts – Planning is occurring, but in person activities are currently on hold. We look forward to Outdoor Program. Trying to keep things alive and going despite restrictions.
- Slow month for the Mentor Program, due to the current pandemic and the holidays. Check in contacts with both mentors and mentees still occurred. It was very good to hear that some of the matches are staying in touch. For example, one particular youth who has been on everyone's radar and both the school and various agencies have been trying to contact this family. The mentor finally made contact with both the youth and mom. This took some time (several months) from the mentor and coordinator making numerous calls. Good news they have picked up their relationship. Shows the importance of persistence.

PROGRESS HOUSE RESIDENT MEETING REPORT by Gina McKinzey:

- Population this past month remained steady. Staff getting their second vaccine tomorrow. We are anxious to get residents to be vaccinated. Main concern is keeping residents in and everyone else out (ramping up isolation during increased infection rates) to ensure safety in congregate care.
- Crisis response has been moderately busy, as usual. Majority of calls are from persons who are lonely and stir-crazy from sheltering in place.
- Everyone is well and safe. The routine remains pretty stable.
- We are still doing music groups with Orion and we get out twice a week to go shopping. The difference is that the outings are more controlled – the hardest part is explaining why we need to reduce outings.
- Dr. Zwier asked whether residents would be interested in helping with tasks. Ms. Martin will send her edit of Dr. Schneider's letter to the residents so they can read it and let her know what they think.

WELLNESS CENTERS: presented by Karen Colter:

- Field based services – Case managers continue to assist with food and medication deliveries.
- New Case manager, Salvador Montanez, will join the Wellness Center team this Thursday.

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- Showers and Laundry by appointment only – persons sign-up to use the shower or to do laundry. Only one person is admitted at a time.
- Vanessa and Gina attended three days of Strengths model training last month.

Reports received from Chrystina Pope, LMFT:

Youth Services

- ❖ Our team continues to cultivate a working flexibility in meeting youth needs in our community. One observation from a personal perspective is that through the pandemic an extremely adaptable and flexible generation is emerging. The youth are building a particular skills set to navigate personal and cultural stress.
- ❖ A main focus/intention for the Child and Family and Adult teams is to assist others in building awareness and skills to step in and out of a state of fight and flight and consciously manages cultural and personal stress. We are cultivating a body centered approach in assisting clients and their families in finding ways out of a state of fight and flight. Much of the work is “crisis” work and great shifts are taking place for some individuals. With Youth being home centered at the moment due to the pandemic there is opportunity for systemic changes within the family.
- ❖ Some families seem to have found a rhythm with the pandemic and are open to ‘regular’ services, yet others remain in a crisis due to the disruption of the school structure. There is a continual struggle to access some youth due to adjusting to circumstances around COVID, and disruption of the school structure.

Adult Therapeutic Services

- ❖ Adult staff continues to assist our clients and deepen into their clinical skills. They are building skills around group facilitation and collaborating more with case managers and other teams to support clients.
- ❖ Groups will be changing soon with therapist assisting the SUD team with persons with co-occurring disorders by providing a framework of Dialectical Behavioral Therapy (DBT) and practical wellness for the Woman’s group. Also, the DBT group will transition to a Wellness and Recovery group lead by Matthew Blankers for Adult BH clients.

SUD Treatment Services

- ❖ The SUD program will be fine tuning their program flow to ensure ease in intakes and discharge of clients in a timely manner. We continue to await two possible interns, which will create more support for clinicians within this program. The Spanish DUI class is underway and going well.

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OLD BUSINESS

MHSA priorities and planning: Dr. Zwier noted it would be timely to attend the planned trainings. She shared that Inyo County HHS has had changes in our fiscal staff as well. To make sure we are on good footing, rather than expanding programs right now; Dr. Zwier explained that our target is making our services more effective and welcoming to different underserved groups. Ms. Gillam said she will be keeping these goals in mind as she attends the CALBHB trainings.

NEW BUSINESS

AGENDA ITEMS FOR NEXT MEETING

The next meeting to be virtually held will be held on February 8, 2020 at 10 am.

The meeting adjourned at 11:16 am.

Transcribed by: