

INYO COUNTY HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH ADVISORY BOARD
MONDAY, March 8, 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 10:02 a.m.

INTRODUCTIONS

All present via Zoom introduced themselves.

COMMUNITY & STAFF Virtually PRESENT

Supervisor Dan Totheroh
Dr. Gail Zwier
Lynn Martin
Karen Colter
Lucy Vincent
Jennifer Ray
Robert Rubio
Adam Veenker

Lisa Trunnell
Jane Gillam
Gina McKinzey
Salvador Montanez
Vanessa Ruggio
Ralph Cataldo
Stephanie Tanksley

APPROVAL OF MINUTES

February 8, 2021 Minutes – Informational Only, No quorum. Jane Gillam called for an approval of the minutes and they were approved unanimously.

CHAIRPERSON'S REMARKS

- ❖ Jane Gillam, acting as Chairperson – Ms. Gillam introduced the topic of community action, formally thanking Supervisor Totheroh for his support in finding ways to meet the needs of persons with homelessness in our community; such as the now failed project of overnight “Safe Parking” for pre-screened homeless persons who have vehicles to stay in the parking lot of the church. Supervisor Totheroh assured the group that there was a lot of support in the community to address the issue, and that work on this would continue. A discussion ensued around educating persons around homelessness. Supervisor Totheroh reported that he had spoken to Mr. Larry Emerson of IMACA about the possibility of providing a short workshop to the BOS.
- ❖ Ms. Gillam shared with the group that inviting our Board of Supervisors (BOS) to attend Mental Health First Aid (MHFA) classes or available NAMI classes would be a good way to further inform people.

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- ❖ Ms. Gillam also thanked Dr. Zwier for her commitment to continuing to address issues of equity and equality. Ms. Gillam brought up the Equality Act that addresses the rights of persons in the LGBTQ community. Ms. Gillam explained that
- ❖ members of the LGBTQ community experience mental health issues due to the stigma they encounter, and from being ostracized.

DIRECTOR'S REMARK

- ❖ As part of being a Behavioral Health entity for our community – we are tasked to find ways to engage and help persons find their voices and employ their strengths, recovery and resiliency. Dr. Zwier emphasized the importance of finding ways to educate persons to dispel stigma, including self-stigma, and misunderstanding. She explained that it becomes harder to stigmatize a person that you know on a personal basis. We are working towards having our community know one another to help break stigma.

PUBLIC COMMENT

Pertaining to any item on the agenda:

- ❖ Lynn Martin asked for more information about the Mental Health First Aid (MHFA) classes. Dr. Zwier explained the 40 hour facilitator training to the group. She explained that; although there is not currently a certified training in Inyo County, there is a certified provider in Mono County and an MHFA for Youth is available at North Star. Dr. Zwier continued that it might be time to determine who would be interested in becoming a trainer. Ms. Gillam added that the MHFA training is a powerful tool to break stigma and increase understanding about Mental Health issues. The group expressed an interest in exploring this.
- ❖ Ms. Martin asked how we could help people really to know each other; given that some people are not really receptive when problem issues are brought forth. It was acknowledged that when someone speaks a truth or makes a strong statement, it might make people uncomfortable – and then they might push away; trying to dismiss the discomfort they feel by being confronted. She shared how we are experiencing some of these feelings as we look more closely at ourselves and our attitudes as we discuss the problem of racial inequity. Members voiced support to continue to prioritize this issue despite the discomfort and look for ways to address this as part of this Board.

REPORTS AND ACTION ITEMS

QI Committee Meeting Report:

Ralph Cataldo gave the group an update on the non-clinical PIP:

- The Performance Improvement Project (PIP) non-clinical intervention is beginning today. Its focus is post-hospitalization follow up – about getting persons back in to the community and back into services.

Stephanie Tanksley updated the group on the clinical PIP:

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- The Clinical PIP focuses on youth and their community involvement score. We are designing an intervention where youth and therapy will decide where their next service takes place: at home on Zoom, at the park. We will track the number of times we can honor these requests.
- We will identify which community groups our youth identify with and then link them up to those groups. If the group doesn't exist, they will create a group that meets their needs. The CANS (Child and Adolescent Needs Survey) score will track this. The goal is to help the kids have better outcomes. Ms. Gillam remarked on the creativity with which the team is working towards meeting the needs of the youth.
- The EQRO review takes place on April 27, 2021. The PIPs are part of this review. This yearly review gives us a chance to improve our services each year. Ms. Gillam remarked that this sounds like an excellent project!

SUD Services:

- Mentoring program: some meetings are continuing with mentors although more challenging without access to youth at school. There also continues to be some work on matching youth with adults
- Outdoor Program – they are looking at how they can move forward in view of the pandemic

PROGRESS HOUSE RESIDENT MEETING REPORT by Gina McKinzey:

- All residents have been offered/received vaccinations
- We're in that "in between stage" still waiting for the time when we can venture out.
- Everyone is well and safe.
- Groups are still taking place remotely via Zoom.
- We will be getting a generator – something we have working towards. This will help during potential power outages. We are hoping we can help other people in the community who might need to have a place to stay in these cases. Ms. McKinzey looks forward to having an open house to celebrate the generator and opening up again.
- Supervisor Totheroh told the group that the Senior Center will also be getting a generator to help people if needed; for instance, during power outages caused by heat and wind events.
- Residents still wear masks when outside of their own rooms. They are following State guidelines. Supervisor Totheroh remarked that masking has also greatly reduced the incidence of deaths this year that are usually attributed to influenza.

WELLNESS CENTERS: presented by Jennifer Ray:

- Showers and Laundry are continuing to be scheduled by appointment
- Continuing Covid Meal deliveries
- We've started a walking group
- Lone Pine Wellness Center is being moved and upgraded
- Staff completed a CPR re-cert training

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- Salvador facilitated a harm-reduction event in February where backpacks with supplies including scarves, beanies, towels, and a sack breakfast to go. Dr. Zwier commented that she heard it was a great event with a good turnout.
- Dr. Zwier mentioned an effort to provide Johnson & Johnson one-dose vaccines to persons who might have difficulty being available to receive two doses of any other kind of vaccine. Planning to occur.

Reports received from Chrystina Pope, LMFT:

Youth Services

- ❖ Foster Youth Response System (FURS) is bringing Inyo County's Children's System of Care departments within HHS and Community Partners together to provide in home crisis response system for Foster youth and their caregivers to assist in sustaining their living situation and to de-criminalize foster youth conflict. The State of California has provided this opportunity to fill this identified gap in services for vulnerable youth. The FURS training plan is bringing our teams together to build skills in trauma informed crisis response, de-escalation and reflection to better assist this identified population as well as our community as a whole.

Child and Family Services

- ❖ The child and family team is successful in providing services in the field at this time, especially as the weather changes. We are celebrating Crystal Cox! She has completed the licensure process and is a licensed Marriage and Family Therapist!
- ❖ Along with continuing supervision to become certified in PCIT, the Child and Family Team is receiving training in PC Care. <https://pcit.ucdavis.edu/pc-care/> We will moving to "PC Cares" to open access further – we will have staff train so more people can use it. It is parent-child play time with instruction to parents – it can be used in more environments; not just using 1-way mirror.
- ❖ We are excited about a Performance Improvement Project and working with the admin team efforts to raise community involvement through identifying linking and creating community interests/ opportunities for Inyo County our youth.
- ❖ Schools are opening up more and clinicians are able to meet clients at school sites, this proves more access to services for our youth.

Adult Therapeutic Services

- ❖ The adult team continues to see clients via zoom and in the field. Clinicians are coordinating with others to develop groups, a peer lead group and participating in the Co-Occurring group in SUD program. Matthew Blankers and Skye Milos are receiving clinical supervision from a Licensed Clinical Social Worker to make progress towards their own licensure as a LCSW.
- ❖ Dr. Zwier shared that Dr. Winsten is in his third week with Inyo County Behavioral Health. He is being well-received by staff and clients. Dr. Schneider is transitioning her clients to Dr. Winsten as she moves toward retirement. In Dr. Schneider's

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absence, we are looking at ways, as a community, to find a psychiatrist who would be available to consult with our Emergency Department after hours during a crisis.

SUD Treatment Services

- ❖ The SUD team has been actively doing Quality Assurance and creating processes to stream line processes and to ensure best quality of care and access for clients. The interns are working closely with Addiction Counselors in collaborating with groups. As our processes continue to become more focused and organized we are hoping to begin more outreach in the community and build our SUD program through creative endeavors and best practice.

OLD BUSINESS

- ❖ Lisa Trunnell shared that she is working with NAMI of Kern County to provide a support group every other Tuesday evening – the second and fourth Tuesday. It is slowly growing.
- ❖ Lynn Martin asked about the status of her application to be a BH Advisory Board Member. Dr. Zwier explained that the Board of Supervisors must first appoint her to be a member.

NEW BUSINESS

Mental Health First Aid

AGENDA ITEMS FOR NEXT MEETING

The meeting adjourned at 11:01 am.

The next meeting to be virtually held will be held on Monday, April 12, 2021 at 10 am.

Transcribed by:

Lucy Vincent