

INYO COUNTY HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH ADVISORY BOARD
MONDAY, May 10, 2021
10:00-11:15 am
Virtually Held via Zoom
Minutes

SPECIAL MENTAL HEALTH AWARENESS MEETING
HOPE FOR CHANGE

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	Tim Toppass
Dr. Gail Zwier	Ralph Cataldo
Lynn Martin	Lucy Vincent
Karen Colter	Salvador Montanez
Jane Gillam	Stephanie Tanksley
Robert Rubio	Chrystina Pope
Rose Colon	Shelley Scott
Gina McKinzey	Jennifer Ray

APPROVAL OF MINUTES

April 12, 2021 Minutes – Informational Only, No quorum. Jane Gillam called for an approval of the minutes. The minutes were unanimously approved.

CHAIRPERSON'S REMARKS

- ❖ Jane Gillam, acting as Chairperson – Ms. Gillam remarked that she is very glad to see “Train the trainer” efforts to train persons who can teach the Mental Health First Aid classes are moving forward.

DIRECTOR'S REMARK

- ❖ **Celebrating Mental Health Awareness Month** – Dr. Gail Zwier shared “there are so many changes; kids back in school, moving to the consolidated building. #Hope for Change really fits – we are hopeful for the changes taking place.”
- ❖ **May 2021 is Mental Health Matters Month** – to dispel stigma. Dr. Zwier read the Proclamation (attached) to the group.
- ❖ **#Hope for Change/Tolerance T-Shirts** – The idea for the wording on the back of these shirts – Tolerance – was generated by Douglas Cooper. Mr. Cooper has contributed

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many good ideas throughout the years, including flying bright green kites for Mental Health Awareness Month.

PUBLIC COMMENT

Pertaining to any item on the agenda:

- ❖ Equity: Lynn Martin shared that the Q in LGBTQ stands for queer and questioning, the A is for asexual, and the + is for anything else. She reminded the group that, although inequities and stigma can make people feel more isolated, being in the LGBTQ community does not mean you have mental health issues.
- ❖ Covid19 Vaccination Clinics: Ms. Gillam asked about a vaccination clinic in Tecopa. Rose Colon shared that there had been a clinic in Death Valley and that there are also opportunities in Pahrump.

SPECIAL REPORTS AND ACTION ITEMS

JEDI (Justice, Equity, Diversity and Inclusion):

Dr. Zwier shared the following:

- ❖ As the JEDI committee, have continued our listening sessions
- ❖ We've had a listening session with representation from the Board of Sups and also one with a couple of members of the LGBTQ+ community. They shared a commitment to support young people. There's still much work to be done.

Strengths Based Model Case Management – presentation by Tim Toppass:

Tim Toppass shared an informative presentation on the Strengths Based Model of Case Management to the group. Ms. Gillam described it as being “thoughtful and powerful”. His explanation of how, among other things, the Strengths Based model is “a celebration of personhood”. This presentation was enthusiastically received by all.

Salvador Montanez shared the following:

- Wellness Center, in collaboration with other community agencies, is preparing a Covid19 Vaccination Opportunity at the Wellness Center.

Wellness Exercise by Chrystina Pope, LMFT:

Everyone in the group participated as Chrystina Pope led the group through a wellness exercise in soothing our nervous system – it was informative and included things one can simply do while at work or at home.

AGENDA ITEMS FOR NEXT MEETING

Appreciation for Crisis Workers

The meeting adjourned at 11:01 am.

The next meeting to be virtually held will be held on Monday, June 14, 2021 at 10 am.

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Transcribed by:

Lucy Vincent

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