

**INYO COUNTY HEALTH AND HUMAN SERVICES  
BEHAVIORAL HEALTH ADVISORY BOARD  
WEDNESDAY, JUNE 8TH  
2:30-4:00 pm**

**Offered In Person at 1360 North Main Street, Suite 109, Bishop  
In Person (via Zoom) at 310 Jackson Street in Lone Pine,  
and virtually via Zoom**

**Minutes**

**Call To Order/Welcome**

The Meeting was called to order at 2:30 pm

**Attendance :**

**In-person:** Jane Gillam, Lynn Martin, Supervisor Dan Totheroh, Samantha Rottner, Michelle Saenz, Kimball Pier, Chrystina Pope, Catie Grisham, Sarah Downard, Douglas Cooper

**Virtual:** Kelly Nugent, Gina McKinzey, Jenn Ray, Shelley Scott

**Community & Staff (Virtual)**

**PUBLIC COMMENT**

Mr. Cooper Proposed inviting a friend of his to represent the Latina community. He also suggested a monthly spot on Skippable News related to bringing awareness to mental health, perhaps a clinical staff member and a community member. Mr. Cooper has also suggested a “homeless anonymous” group at the Wellness Center.

BHAB member Michelle Saenz reported on a crisis call she made to Inyo County Sheriff requesting a welfare check on a client in Big Pine who expressed suicidal thoughts. She stated that ICSO refused saying, “We don’t do welfare checks.”

**APPROVAL OF MINUTES**

Request Board approve minutes from May 11<sup>th</sup>, 2022. Supervisor Totheroh moved to approve minutes. Motion seconded by Ms. Martin. Motion approved by vote:  
Ms. Gillam – Aye; Supervisor Totheroh – Aye; Ms. Martin – Aye

**RECEIPT OF SUMMARY FROM INFORMATIONAL MEETING**

**INFORMATIONAL AND ACTION ITEMS**

**IF UNABLE TO ATTEND, PLEASE CALL THE OFFICE at 872-2590 or 873-6533**

1) Director Update

- a.) IMACA – No updates
- b.) Deputy Director Pier reported on the development of the MHSA workplan and the community needs assessment which will inform the programs and services, stakeholder meetings, and the intention of the Summit Meeting scheduled for June 10th
- c.) Update on coordinated crisis response with NIH, Inyo County Sheriff, Bishop Police and SIHD and the addition of crisis telephone triage with Auburn Crisis Counseling Services as of July 1, 2022

**Program Updates:**

Chrystina Pope presented an update on groups at the Wellness Center:

- a.) Creative Wellness Group
- b.) Walking Group
- c.) Basketball group
- d.) Recovery Groups
- e.) Gardening

Lisa Trunnell reported on Wellness Center in Lone Pine –

- a.) Proposes “12 months of Wellness” with one activity per month in service of wellness.
- b.) Clients participating in the probation department’s community Garden

Chrystina Pope also presented on collective trauma and healing practices and shared a diagram on the fight/flight/freeze responses to central nervous system activation and tools for self-regulation; how trauma narrows the “window of reflection,” where we recognize activation and can self-regulate.

Gina McKinzey and Kelly Nugent reported on the Progress House:

- a.) Coming out of COVID restrictions and getting clients out into the community more
- b.) Preparing for a State site review

Catie Grisham reported on Substance Use Disorders Programs:

- a.) Announced Carri Coudek, a new SUD counselor and her role in expanding groups and prevention/education at schools
- b.) New groups at the jail, prenatal groups, women’s recovery groups

Sarah Downard presented on prevention programs in the schools:

- a.) Lunch buddies in schools
- b.) Day camp over Spring Break
- c.) Overnight camp in June in Mono Lake Basin

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- d.) New tobacco prevention specialist starting in June

Samantha Rottner reported on the FIRST Program

- a.) Meeting people where they are in the community – not expecting clients to come to us and how the FIRST program removes barriers by providing home-based services and actually meeting people in the community.
  - b.) Staff attendance at the Well-Being Conference
- 3.) How can we do better next year for Mental Health Awareness month?
- a.) Art created by consumers and displayed at COB
  - b.) Gather ideas from the community through surveys
  - c.) Michelle Saenz suggested that we need to be a “trauma informed county,” and go beyond the walls of our respective buildings. “Beyond the Walls” could be a theme that drives awareness activities and decreasing fear and stigma.
  - d.) Lynn Martin would like to bring knowledge, awareness and programming to nutrition as an integral part of Wellness – e.g., making nutritious food available at the Wellness Centers. Kimball Pier suggested a theme, “Food as Medicine” and having educational information available for clients at the Wellness Centers.
  - e.) Continuing to encourage consumers to write about their experiences with mental illness and have them published in the Inyo Register
  - f.) Putting information on the County website
  - g.) Revisiting the idea of monthly spots on Skippable News with consumers and clinical staff – Kimball has reached out to Jason Brown at Laughing Parrot and will follow up.

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

- 1.) Revisit the nutrition awareness and “Food as Medicine” and how we can implement at Wellness Centers
- 2.) “Beyond the Walls” and how to build awareness in Inyo County around being a Trauma Informed County
- 3.) Outcome of the Summit Meeting – identified gaps in service and how we will meet needs

The meeting adjourned at 4:05 pm.

Next meeting: Wednesday, July 13, 2022 at 2:30 pm.

Transcribed by:  
Kimball Pier

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