

MINUTES – APPROVED
February 21, 2019

MENTAL HEALTH ADVISORY BOARD

December 20, 2018

3:00 p.m. – 5:00 p.m.

1400 Emeline Avenue, Room 206, Santa Cruz, CA

Present: Aimee Escalante, Bek Phillips, Erika Miranda-Bartlett, Holly Heath, Kathleen Avraham, Lynda Kaufmann, Rebekah Mills, Xaloc Cabanes, Supervisor Greg Caput

Excused Absence: Hugh McCormick, Jodie Wells

Unexcused Absence: 0

1. Public Comments

- Fox Sloan – Children who have been forcibly separated from their parents and grandparents named zombie babies. There are suicidal parents and if you want to stop mental illness, focus on CPS. The abuse of power and discretion of CPS is hurting people -elders, parents and children.
- Billie Young - MHCAN member, supports MHSA Plan.
13 individuals raised their hands in support of MHSA
- Adrian – attended MHCAN for 6 years; has been in crisis and MHCAN has helped him. MHCAN does a lot for the little money that it gets. Supports MHSA plan as it is.
- Thomas Webb – transitioned from Building K with a lot of help from MHCAN. Supports MHSA funds as is.
- (no name provided) Individual shared personal story. Going to MHCAN for several years and supports MHSA plan.
- Tracy – Supports the MHSA plan, and expressed her desire going forward, that funding of peer services in Santa Cruz County continue, and that there be an effort made not to pull funding from one peer services program to fund another, and across the board, peer services should be funded at a greater level.
5 individuals support Tracy's comment
- Carol Williamson – requests that in the future, the MHSA process gives everyone more of an understanding of what's in it, so everyone agrees or understands what the priorities are, and what might potentially be lost. She also mentioned more training on the MHSA process. She supports 2nd Story, MHCAN, other peer programs that make a difference, and that serious mental illness is the focus, and not a lot of extraneous things that do not benefit the seriously mentally ill population.
- Sylvia Caras – served on MHAB previously. Money from Measure G coming into community and does not want to see this money used for outpatient commitment. Asks for everyone to be alert to how those funds will be used.
- Kelsey Waldron – advocate of Legal Services of Northern CA. Serves health care consumers in 32 counties across California, including Santa Cruz. Health care rights hotline is available to all health care consumers of any income. Any questions about health care rights from billing issues, to being denied coverage through covered CA or Medi-Cal, or issues with Medicare, the health care rights hotline is available. Phone number is (888) 354-4474.
- Richard Gallo – Ambassador in Santa Cruz County with ACCESS California (Advancing Client and Community Empowerment through Sustainable Solutions). ACCESS California is a client/consumer-led statewide advocacy program of NorCal Mental Health America funded by the CA Mental Health Services Act (Prop 63) and by the Mental Health Services Oversight and Accountability Commission (MHSOAC). The organization is looking at the needs of the mental health community and looks forward to providing feedback and support for the local agencies such as Santa Cruz NAMI, MHCAN and other organizations.

2. Approved meeting minutes for October 18, 2018
Motion by Kate Avraham to approve MHAB minutes for October 18, 2018. Second by Bek Phillips.

AYES: Bek Phillips, Jodie Wells, Kathleen Avraham, Lynda Kaufmann, Rebekah Mills, Xaloc Cabanes, Supervisor Greg Caput

ABSTAIN: Erika Miranda-Bartlett, Holly Heath

ABSENT: Hugh McCormick, Jodie Wells

3. Public Hearing - Mental Health Services Act Annual Update 2018-2019
Cassandra Eslami, Chief of South County Behavioral Health Services & Community Engagement and Pam Rogers-Wyman, Adult Services Director
- Updated MHSA Plan is on the County website. The plan was also mailed/emailed to individuals requesting a copy of the MHSA Plan.
 - Made two additions under the Prevention and Early Intervention Funding Categories:
 1. Funding for Second Story: provide peer respite services for an additional 2 years.
 2. Fund the Suicide Prevention Task Force: money is being used to pay for a consultant who has worked with other counties on their suicide prevention plans. The consultant is Noah Whitaker from Tulare Kings County. He is meeting with the Suicide Prevention Task Force monthly to help create the strategic plan to bring to the Board at the end of June, and then move forward with the Countywide Suicide Prevention Plan.
 - All public comments received via email, telephone and in today's Public Hearing will be placed in the plan which will be finalized at the end of next week to be sent to the Board. The plan will then be sent to the State for approval.
 - Additional Public Comments to be recorded on the MHSA Plan
 - Sarah Leonard: Supports the MHSA funding and supports the additions for Second Story and Noah Whitaker.
 - BJ Nadeau – question about future funding: In MHSA under PEI, for this fiscal year, money is already allocated. Will there be additional funds and how is it going to work?
Answer (Cassandra): We will talk about it in our Suicide Prevention Task Force and talk about it more as a larger team within Behavioral Health and with the Board of Supervisors to figure out what, based on the Task Force feedback and the Community Stakeholder feedback, people want to see move forward in the models of prevention, intervention and postvention and we will figure out what kind of financial plan we will need for sustainability of those models at that time. It is not included in this year's plan but will be included in next year's plan.
BJ Question: Is there any money allocated for the WET Program?
Answer (Cassandra): WET money in the current MHSA Plan has been completed, as the capital funds, so we don't currently have any WET money at this time.
4. Standing Board of Supervisors (BOS) report, Supervisor Greg Caput:
- At the last Board of Supervisors meeting, approximately 10-15 comments were made against Second Story, mostly from people who live in that neighborhood. People want to help, but not in their neighborhood.
 - Grand Opening of the Watsonville Behavioral Health Office - late January/early February

5. Ad Hoc Committee and Standing Committee Reports:

a. Jail Committee Report

- Continue to work on getting printed information to hand out to people. Hope to have it wrapped up in January.
- Plan to get background information of the mental health needs of people in jail.
- Committee started a year ago in January – set to wrap things up this coming January. The committee has a list of topics that need to be addressed. Will discuss how to get to all the topics, either continue as is, or do things on a topic by topic basis.

b. Community Engagement Committee Report

- No report. Discussion of Mental Health Conference at Twin Lakes and River Street Camp Closure will be on next month's agenda for discussion.
 - Public Comment regarding River Street Camp: requesting a letter from MHAB stating the closure does affect people's mental health due to the lack of stability and being out on the streets.

c. MHSA Advisory Committee – Lynda Kaufmann

Second advisory committee meeting held last week and discovered that there is a lot of information to learn. Also, priorities will be set for the next year, focusing on budget and accountability.

d. Membership Committee - Aimee Escalante

- The Board of Supervisors have appointed Erika Miranda-Barlett and Holly Heath as Mental Health Advisory Board Members.
- Carolina Profeta is an At-Large Member.
- Currently one vacant At-Large Member.

e. Site Visit Committee – Aimee Escalante

Aimee Escalante, Hugh McCormick and Rebekah Mills will do a site visit at Telecare in January.

6. Presentations

a. Grievance Process – Karolin Schwartz, Behavioral Health Program Manager

The Santa Cruz County Mental Health Plan Beneficiary Handbook can be located on the County website at:

<http://www.santacruzhealth.org/Portals/7/Pdfs/Guide%20to%20MH%20Services%20ENG.pdf>

- A grievance is an expression of dissatisfaction about anything regarding specialty mental health services that are not one of the problems covered by the appeal and State Hearing processes.
- The Grievance Resolution Request Form is one way of filing a grievance or complaint. A staff member of the Quality Improvement Unit will do the investigation and respond to the person who made the complaint both verbally and in writing.
- A grievance can be submitted in writing, or by calling (800) 952-2335 or calling the clinic directly. Individuals can grieve on the same topic repeatedly.
- A grievance can be about anything except something that would be an appeal. For example, the denial of services is an appeal, which is a different process.
- Information is provided to the state about how many grievances were received and whether responses were provided in a timely manner. The data reflects

information for Medi-Cal beneficiaries served by the mental health plan only, which are the only incidents that the County is required to report.

- b. Suicide – Bek Phillips, Mental Health Advisory Board Member
 - Shared personal story.
 - Suicide Statistics in 2017: 47,173 died by suicide and approximately 1,300,000 suicide attempts. Impact of suicide: 1 suicide affects 6 people
 - Survivors of Suicide: does not refer to individuals who survived a suicide attempt but refers to the people who were impacted by an individual's suicide.
 - Prevention tool is to come up with an accountability checklist. Checklist should include the following:
 - Top 3 people you can contact in a crisis.
 - Top 5 coping strategies/mechanisms that work best for you
 - 5 suggestions for other people – what that they can do for youIndividuals should keep this list on them, and when they are in a crisis, they have it to refer to.
 - Call to action: Check in on the individuals. Do they have a personal accountability checklist?

7. Unfinished Business

- a. Calendar of MHAB Members Presentation Topics
New MHAB Members and Members-At-Large will provide their presentation topic at the next meeting.

8. New Business

- a. 2018 Data Notebook
Report due on March 31, 2019. Item will be on the agenda next month for further discussion. Board members to think about individual roles for the completion of the report.
- b. Advocacy for Housing in Neighborhoods - Not in My Backyard (NIMBY)

Motion to adjourn made by Lynda Kaufmann. Second by Erika Miranda-Bartlett. Meeting adjourned at 4:34 p.m.