

Meeting Agenda:

Behavioral Health Advisory Board Meeting

Monday April 11, 2022 from 3:00-4:30

Zoom meeting:

Link: <https://monocounty.zoom.us/j/7609241729>

Call in: +1 669 900 6833

Meeting ID: 760 924 1729*

Attendees: Marcella Rose (MCBH), Lauren Plum (MCBH), Sabrina (Dirk) Addis (MCBH), Carolyn Balliet, Lois Klein, Krista Cooper (Social Services), Stacy Corless (BOS), Ingrid Braun (Sheriffs), Jacinda Croissant (MC Public Health), Debbie Painter (BIC), Rolf Knutson

*Zoom room changed to 760-924-4638; everyone was notified in advance of the meeting

- I. Public Comment
 - a. None
- II. Approval of minutes from March 7, 2022
 - a. Motion to approve – S. Corless
 - i. Second – D. Addis
 1. C. Balliet - Yay
 2. S. Corless - Yay
 3. L. Klein - Yay
 4. I. Braun - Yay
 - ii. Motion carries! Minutes approved.
- III. AB 361 Resolution: Stacy (Action)
 - a. Motion to approve – L. Klein
 - i. Second – S. Corless
 1. C. Balliet - Yay
 2. L. Klein - Yay
 3. D. Addis - Yay
 4. I. Braun - Yay
 5. S. Corless - Yay
 - ii. Motion carries – AB361 approved.
- IV. Behavioral Health Department Updates
 - a. Community program update: Lauren
 - i. Wrapping up winter programming – pushing out Spring calendars at end of this month (May – mid June)
 - ii. Launching a “Reaching In” tour by Robin Roberts and Ingrid Braun – Series about suicide awareness and prevention
 1. 4/18 Chalfant
 2. 5/9 June Lake
 3. 5/11 Mammoth Lakes

- 4. 5/19 Bridgeport
 - iii. Finished contract with app MyStrength app – available to all Mono County residents
 - 1. Access Code: Mono
 - 2. Working on getting info out to community
 - iv. Alcohol and Cannabis Reduction Media Campaign
 - 1. Met with highschoolers to understand how youth are accessing media today
 - 2. Mini Grant with that – reaching out to different community partners to incentivize them to use our campaign tool kit
 - v. Wellness Program Rebranding:
 - 1. Senior Breakfast → Senior Donut Drop In
 - a. Come anytime! Doesn't have to be "breakfast"
 - 2. Game Night → Hang time at the wellness center – Wednesday evenings
 - 3. CHL miscommunication – we didn't take a 2nd grader because the program is branded for middle school kids – but we learned that people in Bridgeport are interested in afterschool programming for elementary.
- b. New Staff: ~~Robin~~, Lauren
- i. We did fill the FTS position – but they dropped out.
Offered to next candidate – accepted - new FTS starting next Monday!
 - ii. Advertising for Wellness Associate in Mammoth Lakes or Benton Area
- c. MHSA Updates: Marcella
- i. Mental Health Services Act: Prop 63 "Millionaires tax", passed in 2004
 - ii. MHSA Funds....
 - 1. *Community Services and Supports* – FSP and WRAP around, Wellness Centers, Crisis intervention / Stabilization, Housing program, Telehealth
 - 2. *Prevention and Early Intervention* – school groups (yoga and mindfulness at school, community yoga), Pea pod, north star counseling, suicide awareness events
 - 3. *Innovation* – Help @ Hand mobile app
 - 4. *Workforce Training and Education* – Loan forgiveness, Trainings and conferences, supervision for intern staff
 - iii. Why are we talking about it? We need to submit an annual report
 - 1. Review of last year's programming and spending
 - 2. Determination of community needs (via CPPP survey, focus groups, etc)
 - 3. Submission of next year's funding plan.
 - 4. Annual Plan Public Comment @ BHAB on June 6th → Acceptance by BOS
- d. Other updates
- i. LP: Continuing to work on our budget process for FY22-23; hoping to present results in June?
- V. Discussion – Homeless PIT count: Lauren
- a. LP: MCBH helps facilitate the PIT count w/ IMACA and Social Services; done every year on same date in Alpine, Mono and Inyo counties. Results submitted to Housing and Urban Development
 - b. Count done on Feb 23 = 140 people experiencing some form of homelessness

- i. 24% decrease from 2020
- ii. 68% were unsheltered (Living in car, van, tent, tarp, etc.)
- iii. 32% Sheltered (motels, hotels, couch surfing, transitional housing)
- iv. 82% increase in number of children (11% of something)
- v. 22% Fleeing from domestic violence
- vi. 46% sleeping in vehicles night of the count – These folks took a survey: what services are helpful to you as a homeless person
 - 1. Ex. Safe overnight space to park, access to restrooms and hygiene space, etc.
- vii. IMACA will give a press release soon – we can send out when it is done
- viii. Debrief meeting with Social Services – what we can do better for next year
- ix. Discussion:
 - 1. CB: Snowcreek memberships for hygiene access?
 - a. LP was stationed at Snow Creek the night of the count; this was discussed with persons counted there.
 - b. Social Services posted at South County: Coffee shops, transit stops, drove around Green Church to Benton
 - c. Board Of Supervisors rep drove around Scenic Loop
 - d. Various staff drove around NV Border through Lee Vining
 - e. Service counts were done for 7 days after the count
 - 2. CB: How many people in cars actually had cars and they elected to not have housing
 - a. LP: “Housing insecure” definition is loose. Some people choose to live out of vehicle. Definition we based it on is homeless = no permanent address to return to. Everyone LP talked to was employed and living in vehicle (no permanent address)
 - b. DA: No one comes up here in the dead on winter to be homeless; there are better places to exist
 - 3. CB: Summer would have different numbers because they come from lower elevations for cooler temps
 - a. DA: PIT in summer – there are going to be many more people inhabiting the forest and it would be hard to discern who is homeless vs. vacationing
 - b. LP – National count, always in Winter because that is when they figure homeless people will seek shelter more.
 - 4. KC: Big thanks to Lighthouse Church; they donated the care packages that were handed out. Our community helps us out.
 - 5. DA: Question for IB and SC – The cold weather contingency plan for using Mammoth HS as emergency shelter – does that get voted on, or is it always an option just in case
 - a. IB: Available in case a circumstances should arise. Specifically meant for an emergency like a fire and people are loosing their homes. County shelters hosted by Social Services and Red Cross.

VI. Quality Improvement Discussion Topic – EQRO Brief: Marcella

a. EQRO May 4th, 2022

- i. As a government ran health agency, we are held to strict standards governed by Dept of Health Care Services (DHCS). EQRO is a big annual audit, covers things like
 1. ~Are our providers credentialed and getting proper training?
 2. ~Are we equipped to serve all populations?
 - a. Cultural competence
 - b. Disabilities
 - c. Time and Distance
 - d. Capacity
 3. Quality Improvement
 - a. Grievances
 - b. CPS
 - c. Timeliness
 - d. Data collection
 4. Fraud
 - a. Are we billing the right things?
 - b. Time fraud
- ii. Audit is one day, all day, virtual – interviews all day, includes the whole staff.
 1. Session for beneficiaries – ANY VOLUNTEERS?
 - a. MR will get more info on the session needing beneficiaries or community members; will send out reminder email to BHAB mailing list closer to the date to get volunteers.
- iii. We feel that in a year we have grown a lot and are generally feeling good about the audit. Lots of prep. Shout out to Jimmy Lee for all the hard prep work he is doing. We can update on initial feelings of how it went in June; formal results on how we did come later in the year.

VII. Discussion – May is Mental Health Month: Lauren

- a. Proclamation to make May Mental Health Month with the BOS on May 3rd
 - i. Everyone invited! Please come and celebrate virtually during the proclamation (Beginning of BOS meeting that day)
- b. Programming
 - i. Suicide Awareness 5kish walk – May 22nd 2022, Mammoth Lakes CA, 9am – 12pm
 1. Walk around town
 - a. Aid stations along the way
 - i. Mammoth Mtn – near Sierra Star
 - ii. Warming Hut
 - iii. Stellar Brew
 2. After the walk, meet at Mammoth Brewing; booked a band, some speakers, raffle prizes, donations
 - a. Event is free, money from raffle tickets go to Shine and Wild Iris
 3. Registration is open – can register as individual or group, can register on behalf of those who are lost. Memorial wall for remembrance.
 - ii. Free Programming all month long!
 1. Wellness Center Open House

- a. Meet your wellness associates and learn about local programming
 - b. May 7th 9am to 12pm
 - c. BP Memorial Hall, Walker Wellness Center, Sierra Wellness Center in Mammoth
 - 2. Stress Management Class series
 - a. 5/10, 5/17, 5/24 evenings, free – time to build some stress management skills and foundation to resist burn-out
 - i. Chamber of commerce says everyone gets burned out mid winter – lets change that!
 - 3. Intro to Mental Health First Aid (MHFA)
 - a. Wed May 25th ML, Thurs 5/26 BP– 3-hour course
 - b. Identify, respond, resources
 - i. Risk Factors, what do you do?
 - c. Not a certification course
 - i. Susi Bains may do a full MHFA certification course for any agency once we resume in-person – stay tuned
 - 4. Free Yoga – Shady Rest Park in ML
 - 5. Reaching In Tour – Suicide Awareness and Prevention by Sheriff Braun and Director Roberts
 - a. 4/18 Chalfant
 - b. 5/9 June Lake
 - c. 5/11 Mammoth Lakes
 - d. 5/19 Bridgeport
- c. Promotion
 - i. Lots of swag
 - ii. Finalizing flyers and posters – Stay tuned
- d. Need for volunteers for the day of the walk – let us know if you are interested.
- e. Comment:
 - i. LK: The activities planned are wonderful. You sent an email with all those things – can you resend them please? LP – Yes
 - ii. MR: What is Shine?
 - 1. LP: Organization that does the MH First Aid and crisis development for Mobile crisis grant
 - iii. CB: I won't be around for the walk, but I want to stop in at some of the places – do you need volunteers for anything?
 - 1. LP No volunteers for any event other than the walk; feel free to attend the board meeting for the proclamation – May 3rd, right at the beginning, on zoom

VIII. Board Discussion

- a. Review current board member eligibility and terms
 - i. Progress on renewing Carolyn and Ingrid's terms?
 - 1. Plan: MR will email CB, IB, and LK confirming reappointment. SC will take this to the board for renewal.
 - ii. Removal of inactive board members?

1. SC: Let their terms expire naturally and we will deal with it then.
 2. MR will send SC the board member term sheet so we can clean it up and keep better track for future.
- b. Any update on new recruits?
- i. There is room for more people to be on the board – can we get some people?
 1. SC asks Debbie Painter of the Bridgeport Indian Colony if interested – DP interested; MR and SC to reach out to DP and send application. If she applies then SC will take to BOS for final approval.
 - a. IF she joins, add to future BHAB agenda to welcome Debbie
 - ii. CB: Family Members of clients – anyone interested? Anyone interested in board membership can talk to CB and she can brief them on duties.
 1. MR: I will ask clinicians about family members
 2. MR: Maybe we can make some fliers and advertise (be sure to mention no need for qualifications)
 3. MR: can we ask wellness staff to help advertise? LP - Yes

IX. Board Member Reports

- a. LK: Nothing to report
- b. SC:
- i. BOS – not much action in last month or so; just did some governance workshops
 - ii. Reviewed draft of our Strategic Plan, which contained some items around BH.
 1. Community survey – BH issues was a top priority for our county residents.
 2. Action item was coming to the BOS and updating on some BH department activities. Conversation on May 3rd – MH awareness month will be a good start for that.
 3. Housing also top concern in recent Strategic Plan survey – we did hire a housing program manager; maybe I can invite him sometime.
 - iii. Election season – Clerks office is busy – we need poll workers! Check your voter registration! Look out for your Vote by Mail ballot 2nd week of May!
 1. MR: Election is June 7th? SC - Yes
- c. DA:
- i. Rebranded the wellness program ‘Senior Breakfast’ as a ‘Sunday Senior Donut Drop In’; still working in partnership with the 4 local independent coffee houses in Mammoth
 1. 1st Sunday of the month = Looney Bean
 2. 2nd Sunday of the month = Stellar Brew
 3. 3rd Sunday of the month = Black Velvet
 4. 4th Sunday of the month = Mammoth Coffee Roasters
 - ii. Sunday evening game night is going away; rebranding the Wednesday evening one to be more inclusive of teens and those who don’t want just games. Come watch a movie, listen to music, hang out.
 - iii. LGBTQIA+ potluck
 1. Details on MCBH Wellness website
- d. RK:
- i. Do I need to renew my board membership?

- 1. MR: No, you expire Jan 2023
 - ii. Sierra Park Clinic has a new batch of Narcan for distribution to the public. Everyone should have one.
 - 1. LP: MCBH also distributes Narcan to the public for free
 - e. IB:
 - i. Campaigning for Re-Election for Sheriff; campaigning effort slowing down
 - ii. Looking forward to the “Reaching In” program with RR.
 - f. CB:
 - i. I will be gone 2 weeks in May, so I will miss many Mental Health Month activities but I will be present when I can.
- X. Last minute Items
 - a. Debbie Painter – Bridgeport Indian Colony Spring Gathering
 - i. Do it twice a year, once for Spring and Fall. Food, Games, Ceremonies
 - ii. it WAS April 30th, but, it needs to be rescheduled. Stay tuned for a date.
 - iii. Anyone can put up a booth, we just ask you please donate an item to our raffle.
 - b. Krista Cooper
 - i. Social Service’s Senior Site Attendant position for Benton, Victoria Mora, has been expanded to a 32-hour a week. She delivers meals to seniors; she will be available for medication or medical transport or coordination of services. She can coordinate with BH if we need anything. She can help participate with events in the community.
 - 1. CB: Did she (Victoria) replace Rick?
 - a. KC: Rick retired a year ago, so yes, she replaced him. We still talk to Rick.
 - c. CB: How is Amanda?
 - i. LP: good, baby boy Sam
 - ii. When will she be back: She may come back part time May through August then return to full time after that, or maybe just wait until full time in June. Not sure.
- XI. Confirm date and adjourn to next meeting
 - a. ***June 6th 2022 3:00 – 4:30pm** *This is NOT the 2nd Monday of the month regular meeting day; different meeting date as voted and approved in March BHAB Meeting.
MR: This meeting is supposed to be the public hearing for Public Comment on the MHSA Annual Plan – invite whoever you want to this meeting

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Meeting adjourned at 4:09pm

In compliance with the Americans with Disabilities Act, anyone who needs special assistance to attend this meeting can contact the Behavioral Health Department at 760-924-1740 within 48 hours prior to the meeting in order to ensure accessibility (see 42 USCS 12132, 28CFR 35.130).
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