SONOMA COUNTY MENTAL HEALTH
BOARD Minutes of February 17, 2015
This Meeting: Norton Mental Health Center,
West Wing Conference Room, Santa Rosa

Minutes are posted in draft form and after approval at www.sonoma-county.org/mhboard
Email: dhs-mhb@sonoma-county.org

Please Note: A list of commonly used abbreviations and acronyms is attached

CALL TO ORDER
Meeting called to order at 5:05 PM by Chair Lyndal-Marie Armstrong

ROLL CALL
Present: Fran Adams, Mary Ann Swanson, Marsha Dupre, David Ebright, Kathy Smith (late), Asghar Ehsan (late), Kalia Mussetter, John Suazo, Lyndal-Marie Armstrong
Excused: Josiah Rich, Sherry Weyers
Absent: Malinalli Lopez
Interns: Elise Krawchuk, PEERS Intern
Public: Alison Lobb (CPI); Anita LaFollette, MFT (Housing Action); Dr. Dick Kirk; Kate Roberge (Goodwill Industries); Melva Freeman; Sean Kelson; Laurie Pitt (GIRE); Noah Henderson (Wellness and Advocacy Center) and a couple other community members.

Board of Supervisors Liaison to the MHB: Shirlee Zane (absent)
Sonoma County Behavioral Health: Michael Kennedy, BH Director; Michael Lucid, MHB and BH Liaison; Susan Castillo, Section Manager; Sid McColley, Section Manager; Randye Royston, Section Manager; Rhonda Darrow, Clerk to the MHB

ANNOUNCEMENTS /PUBLIC INTRODUCTIONS & COMMENTS
1) Currently there are three vacancies—one in District 1 (Santa Rosa, Sonoma), one in District 2 (Petaluma), and one in District 3 (Central Santa Rosa/Rohnert Park). If you live in these districts and are interested in serving on the Board, please contact Rhonda Darrow, incoming MHB Clerk, at 565-4850.
2) You may submit agenda items for consideration prior to the Executive Committee meeting, normally held on the first Wednesday of each month, 10:30 to Noon. Email or call MHB clerk Rhonda Darrow (565-4850), Rhonda.Darrow@sonoma-county.org to verify the next meeting date.
3) Please direct all your questions to the Chair.
4) REMINDER: THE NEXT MHB MEETING WILL BE TUESDAY, MARCH 17, 2015, AT THE NORTON MENTAL HEALTH CENTER, WEST WING CONFERENCE, SANTA ROSA.
5) Upcoming Events: None discussed.
6) Noah Henderson of the Wellness and Advocacy Center voiced his experience of taking his friend to Psychiatric Emergency Services. Noah made it clear that he was addressing the Board as a member of the community and not as a representative of Goodwill Industries. He made a list six suggestions and provided staff with a document summarizing the suggestions. He is in contact with Tamara Winer, Patients Rights Advocate. Kate Roberge shared that the job description for volunteer Peer Navigators at Psychiatric
Emergency Services is being reviewed by Sonoma County Human Resources Department. She will report when she can start hiring for these positions.

**APPROVAL OF MINUTES**

The minutes of November 18, 2014 were approved with no abstentions. The minutes of January 20, 2015, were approved with a correction and with one abstention. The correction is on Page 4 under “PEERS Coalition Intern Report.” In the last paragraph, the portion with the answer back to Marsha Dupre about how advertisement is done on the SRJC campus, was incorrectly noted in the current minutes instead of including in the next month’s minutes.

**CONSUMER AFFAIRS REPORT** – Kate Roberge - Consumer Training Coordinator, Goodwill Industries (kroberge@gire.org), and Sean Kelson, Manager of Interlink Self-Help Center and Petaluma Peer Recovery Project, Goodwill Industries (skelson@gire.org) --

Sean said that the *Monthly Client Forum at Interlink* meets on the fourth Friday of every month. The next meeting is the “PES/CSU Presentation” on Friday, February 20, 2015, 1:00 PM to 2:30 PM. The presenters are Sonoma County Behavioral Health Department staff: Teresa “Sid” McColley, Acute & Forensic Section Manager; Stephen Parsons, PES & CSU Client Care Manager; and Stephanie Meyler, LCSW Specialist.

Sean shared that the Petaluma Peer Recovery Project office has three staff (one bilingual). Peer support services are available three days a week at the SCBH Petaluma office at 1360 N. McDowell Blvd.

Sean also reported on a recently completed satisfaction survey completed by Interlink Self Help members. The survey results indicated a high level of member satisfaction. Many of the members expressed gratitude for the support they’ve received at Interlink. In addition, members offered a number of suggestions. As a result, Interlink staff are arranging fishing trips for members on the two days each year with individuals can fish without a fishing license (July 4th and September 5th). Other suggestions included meditation groups and support groups for members to discuss some of their more dramatic symptoms and experience. Groups currently offered at Interlink include a group to discuss/identify resources available in the county, a depression and mania group, a PTSD group, a group for those interested in learning Spanish, a sober and smart recovery group (an alternative to the 12-Step format), and a sharing creativity group. Sean said the members and staff were currently planning a party in July.

Currently, Interlink is looking for someone to give free haircuts. They are also in need of donated men’s clothing.

**SPECIAL PRESENTATION** – Community Development Commission Presentation on Housing Issues – Presented by Jenny Abramson, Homeless & Community Services Manager (contact information: 707-565-7548; jenny.abramson@sonoma-county.org)

Highlights from Jenny Abramson’s presentation:

**Sonoma County’s “Extreme Rental Housing Shortage”**

- The 10-year Homeless Action Plan: 4,100 units with 1,700 under construction county-wide; two-thirds simply affordable housing; one-third will have supportive services.
- Regional Housing Need Allocation (RHNA-2014): 75,000 affordable housing units needed in Bay Area; 8,500 needed in Sonoma County
- Low vacancy rate of 1.5%
- Fair Market Rents have increased by more than half since 2000: from $886 to $1307 for a 2-bedroom apartment
Challenges to Developing New Affordable Housing

- Housing construction industry finally recovering after recession
- Loss of housing finance sources: dissolution of Redevelopment; loss of other income dedicated to housing, e.g. in-lieu fees; shortage of permanent affordable housing sources (efforts needed at both State and Federal levels); and environmental and flooding issues.
- Competition for Tax Credit Financing--requires significant local investment to be competitive

Policies to Support Affordable Housing

- Housing elements – part of each city’s jurisdiction’s General Plan; must be updated every 5 years; County Housing Element is only for unincorporated County
- Policies in Sonoma County’s 2014 Housing Element – encourage new and innovative types of single residency occupancy (SRO) housing; allow long-term residency in campgrounds (currently has 14-day limit); devote at least 20 percent of recaptured revenues from dissolution of Redevelopment to affordable housing; pilot non-traditional housing structures, i.e. “tiny houses” which are touting very low construction and affordability for homeless, but there is no current basis for permitting or zoning (thus it will take some time before this is a viable approach).

John Suazo, MHB member, questioned if it is cheaper to look at mobile home parks. Jenny to check into this.

Current Low Income Housing Pipeline

- There are 260 units with 40 percent reserved for extremely low income (104 units); plan to
  --Crossroads (Burbank Housing): 80 units (70 percent very low income); have substantial funding from City and County, awaiting tax credit financing
  --Ortiz Plaza (California Human Development): 30 units of farm worker housing (USDA funded); will start construction this year
  --Springs Family & Senior Apartments (MidPen): 60 family units should start construction this year;
  another 40 units for seniors in early stages of development
  --Balance of housing are in early stages and having financing difficulties
- There is a typical 3- to 5-year timeline.

Advocacy Opportunities

- County and City goal-setting sessions
- Track State legislation at http://www.housingca.org/#!/our-positions-on-current-bills/ck22
- Funding for affordable housing development: Housing Plan to Mitigate Homelessness under development, will include policy proposals towards housing development
- Public process for siting new projects: testify at public hearings; Planning Commissions, Community Development Committee, City Councils, Board of Supervisors
- De-criminalize living outside (still being ticketed if sleeping in car or living outside)
- Starting in January 2015, a handful of people have been assisted in securing housing by the Board of Supervisors’ funded HOST Team—a collaboration of different County departments working together, including Behavioral Health Division, and a non-profit multi-disciplinary outreach team. The funding is from recaptured redevelopment monies (Reinvestment & Revitalization funds). The HOST Team originated in concerns about water quality regulations and fire mitigation in the parks due to drought
conditions; everyone involved in addressing these concerns wanted to ensure unsheltered homeless persons were assisted in a humane way.

- Need more state-wide advocacy
- When requested to describe successful models of homeless housing, Jenny discussed the Housing First approach and its focus on permanent housing, without time limits. As an example she described the large local Veteran’s Administration/HUD program, VASH, which works with a Housing First approach. In its first few years, 97% of chronically homeless and vulnerable veterans served, retained their housing—a much higher success rate than the traditional model of shelter and transitional housing.

A public member said that building affordable housing is not the only answer; real estate developers are “flipping” houses to sell at higher market prices, and we should be talking about rent control.

Anita LaFolette of Homeless Action announced a meeting on February 23, 2015, 9:30 A.M. at 1500 Petaluma Blvd. So., Petaluma, CA 94952. The meeting is to assess services and determine what is needed from other services.

Marsha Dupre, MHB member, stated the need for more advocacy for the homeless. All developers need to include housing in all levels of affordability. Most developers do not want to because they are paying top dollar for the property. Marsha said maybe the MHB members, as an advisory board, need to write a letter to the Board of Supervisors to recommend that they devote more redevelopment monies to inclusionary zoning for affordable housing so not to lump all indigents in the same place.

Kathy Smith, MHB member, said MHB members needs more information before sending a letter to the Board of Supervisors.

Kalia Mussetter, MHB member, said in working with the homeless, she is finding the waiting list for housing, i.e., Burbank Housing, are closed if over 1,000 on waiting list which is 2 to 3 years out for availability. Jenny asked Kalia to contact her at the Community Development Commission to consult.

The public shared that Mike Johnson of COTS is close to purchasing a motel to use for low-income housing.

**REPORT OF BEHAVIORAL HEALTH DIVISION DIRECTOR**  
Michael Kennedy, MFT

Mike Kennedy announced that Tamara Winer has been officially hired as the permanent Patients Rights Advocate and Grievance Coordinator.

Mike announced that the new location for Crisis Stabilization Unit and Access Program will be at The Lakes at Santa Rosa Corporate Center, near St. Joseph’s Urgent Care. The old Sutter Hospital location on Chanate Road was evaluated as an alternative location but the projected costs for needed improvements to the buildings were prohibitive. The first phase plan is to move Psychiatric Emergency Services, Crisis Stabilization Unit and Access Program in October 2015. It will be close for Sebastopol City Police and near the main highways for other city police and Sonoma County Sheriff’s. Aurora Hospital is a mile and half away. Also there is a bus stop right in front of this location.

The new facility is 15,000 square feet—double the current facility’s size. This new location will offer a more open, safe environment and culture for clients and staff. It will include peer counselors and quicker response times. There will be a separate unit for adolescents. The plan is to allow clients to come and stay for the day to stabilize and then be driven home.

BHD staff are working with local hospitals including Sutter, St. Joseph’s, and Kaiser, and with Santa Rosa Community Health Centers to define working relationships. The plan includes doing medical clearances at the CSU rather than at area emergency rooms. This will improve services to clients who can now experience long
wait times in the emergency rooms. It will also reduce the number of individuals experiencing a mental health crisis coming to the local emergency rooms. Providing medical clearance at the CSU could reduce this number by up to 60% to 70%. Staff are also working with the ambulance companies serving the county to establish protocols that would allow clients to be taken directly to the CSU (and in the future, the Detoxification Center) rather than to emergency departments. Because the new CSU with the enhanced services will result in overall system cost savings (e.g., reduced crowding in emergency rooms and emergency room costs, freeing up officers from having to sit with clients in emergency rooms thereby reducing costs for law enforcement).

Ultimately, the BHD would like to move off the Chanate Road campus and into more appropriate facilities. The Wellness and Advocacy Center represents the one exception. The current site provides an excellent environment and would be difficult to replicate in another location.

In addition, Progress Foundation is planning to open another 12-bed crisis residential treatment facility. Staff are also investigating the possibility of creating peer respite housing that could have the positive impact of reducing the use of psychiatric hospitalization.

**MH SYSTEMS TRANSFORMATION**  Section Managers

Sonoma County’s Mental Health Services Act [MHSA] page is at [www.sonoma-county.org/mhsa](http://www.sonoma-county.org/mhsa)

The State’s MHSA page is at [http://www.dmh.ca.gov/Prop_63/MHSA/default.asp](http://www.dmh.ca.gov/Prop_63/MHSA/default.asp)

**Susan Castillo, MSW, Section Manager, MHSA and Youth & Family Services:**

Susan reported that Sonoma County Behavioral Health (SCBH) staff [Mike Kennedy, Karin Sellite, and a Mobile Support Team (MST) peer member] have been asked to present at the 7th International “Together Against Stigma: Each Mind Matters Empowering Community Mental Health through Research, Practice, Policy and Advocacy” conference from February 17 to 20, 2015 at the Hyatt Regency San Francisco. SCBH’s 90-minute presentation is on Thursday, February 19.


**PEERS COALITION INTERNS REPORT**  -- Elise Krawchuk, PEERS Intern

This is the link to SRJC’s webpage about current health events around the campus: [http://www.santarosa.edu/for_students/student-services/student-health-services/current-events/](http://www.santarosa.edu/for_students/student-services/student-health-services/current-events/)

Elise responded to Marsha Dupre’s question about how information was being shared on the Santa Rosa Junior College campus. Elise said that they have found direct student-to-student contact has been by far the most effective in reaching students including posting flyers and including messages on television media in the cafeteria and the library. The SRJC Oak Leaf newsletter does charge a fee for submission of advertisements, but the Oak Leaf newsletter did have an article, “PEERS Promotes Identity and Reduces Stigma,” in the February 9th edition. This was about the “Who Am I? Culture, Identity & Mental Health” workshop on February 5th which Elise reported was well attended.

Due to available scholarships, Elise, along with some of the other PEERS interns, are able to attend the 7th International Conference Together Against Stigma: Each Mind Matters in San Francisco, on February 18 and February 19, 2015.

**February Events & Workshops**

**Question, Persuade & Refer (QPR) Training** - Santa Rosa Campus

Tuesday, February 24th, from 12:00 pm - 1:30 pm

Plover Hall, Room 558

Learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. All are welcome.
Each Mind Matters Networking Event
Thursday, February 26th, from 4:00 pm - 6:00 pm
Santa Rosa Campus - Bertolini Student Activities Center
This event will provide an opportunity to explore the stigma often associated with mental health and how it can be reduced/eliminated.

March Events & Workshops
Rift & Repair - Anger & Conflict Resolution
Peers Coalition Workshop
Thursday, March 5th, from 5:00 pm - 7:00 pm
Santa Rosa Campus - Doyle Library, Room 4246

Question, Persuade & Refer (QPR) Training
Wednesday, March 11th, from 5:00 pm - 6:30 pm
Santa Rosa Campus - Bertolini Hall, 2nd Floor, Room 4731
Learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. All are welcome.

April Event is in the Planning Stages
Spring Wellness Fair
Friday, April 24th, from 7:00 pm - 11:00 pm
Santa Rosa Campus - Bertolini Student Activities Center
Come discover the Seven Realms of Wellness. Learn a well-rounded approach to health while mingling with other like-minded students. Enjoy music, food, refreshments and other goodies! A fun time to be had by all!

MHB CHAIR’S REPORT – Lyndal-Marie Armstrong

- At the next Executive Committee Meeting, to discuss the current use of redevelopment funds that remained with the County and how priorities were established; agreed to research this and report at the meeting.
- At the next Executive Committee Meeting, to discuss inviting a speaker from the Empowerment Center to give a status report at a MHB meeting.
- The insurance parity issue for mental health issues is still lagging, i.e. only two days per year for psychiatric hospitalization; there is a bill in Sacramento that Lyndal-Marie is following.

BOARD PLANNING  The next board meeting will be at the Norton Center, West Wing Conference Room, in Santa Rosa.

Please note a change in dates and venues of upcoming Mental Health Board meetings:
* Tuesday, April 21, 2015, will be in Cloverdale at the Tea Room at the Citrus Fairgrounds
* Wednesday, May 20, 2015, will be the Public hearing meeting regarding the MHSA Plan Update at the Santa Rosa Finley Center, Cypress Room.
**OTHER REPORTS:** None

**BOARD DISCUSSION / PUBLIC COMMENTS:** None

Meeting adjourned at 7:08 p.m.

Respectfully submitted,

Rhonda Darrow, Incoming Mental Health Board Clerk
5150 Declared to be a danger to self and/or others
AB3632 Assembly Bill - State-mandated MH services for seriously emotionally disturbed youth - discontinued by State
ACA Affordable Care Act
ACT Assertive Community Treatment (program run by Telecare)
ANSA Adult Needs and Strengths Assessment – a “tool” for determining which services are needed by each particular adult client
AODS Alcohol and Other Drugs Services – now a part of the Mental Health Division and called SUDS
BHD Behavioral Health Division (Sonoma County)
CADPAAC County Alcohol and Drug Program Administrators’ Association of California
CALMHB/C California Association of Local Mental Health Boards & Commissions - comprised of representatives from many MHBs in the State
CANS Child, Adolescent Needs and Strengths (Assessment) – helps determine which services are needed by each child client
CAPE Crisis Assessment, Prevention, and Education Team; goes into the schools when called to intervene in student mental health matters
CAPSC Community Action Partnership-Sonoma County
CCAN Corinne Camp Advocacy Network - Peers involved in mental health advocacy
CHD California Human Development
CIP Community Intervention Program
CIT Crisis Intervention Training (4-day training for law enforcement, to help them identify and respond to mental health crisis situations)
CMHC Community Mental Health Centers, Located in Petaluma, Guerneville, Sonoma, and Cloverdale (part of SCBH)
CMHDA California Mental Health Directors Association
CMHL SCBH’s Community Mental Health Lecture series - open to the public - usually takes place monthly
CMSP County Medical Services Program - for uninsured, low-income residents of the 35 counties participating in the State program
ConREP Conditional Release Program (State-funded, SCBH-run, but will be turned over to the State 6/30/14)
CRU Crisis Residential Unit (aka Progress Sonoma-temporary home for clients in crisis, run by Progress Foundation )
CSAC California State Association of Counties
CSN Community Support Network (contract Provider)
CSS Community Services and Support (part of Mental Health Services Act-MHSA)
DAAC Drug Abuse Alternatives Center
DHCS (State) Department of Health Care Services (replaced DMH July 1, 2011)
DHS Department of Health Services (Sonoma County)
EPSDT Early Periodic Screening, Diagnosis & Treatment (Children’s Full Scope MediCal to age 21)
EQRO External Quality Review Organization (annual review of our programs by the State)
FACT Forensic Assertive Community Treatment
FASST Family Advocacy Stabilization, Support, and Treatment (kids 8-12)
FQHC Federally Qualified Health Center
HSD Human Services Department
IHT Integrated Health Team (medical and MH services for adults)
IPU Inpatient Psychiatric Unit
IRT Integrated Recovery Team (for those with mental illness + substance use issues)
IMDs Institutes for Mental Disease (residential facilities for those unable to live on their own)
INN Innovation (part of MHSA)
JCAHO Joint Commission on Accreditation of Healthcare Organizations - accredits hospitals & other organizations
LG Los Guilicos-Juvenile Hall
LGBQQTI Lesbian/Gay/Bisexual/Queer/Questioning/Transgender/Intersexed (also LGBT)
MADF Main Adult Detention Facility (Jail)
MBH Mental Health Board
MHSA Mental Health Services Act
MST Mobile Support Team - gets called by law enforcement to scenes of mental health crises
NAMI National Alliance on Mental Illness
NBSPP North Bay Suicide Prevention Project
NOA Notice of Action
OSHPD Office of Statewide Health Planning and Development - the building department for hospitals and skilled nursing facilities in state
PC1370 Penal Code 1370 (Incompetent to Stand Trial, by virtue of mental illness)
PCP Primary Care Provider (medical doctor)
PES Psychiatric Emergency Services – open 24/7 for psychiatric crises - 3322 Chanate Road
PEI Prevention and Early Intervention (part of Mental Health Services Act-MHSA)
PHP Parker Hill Place - Telecare’s transitional residential program in Santa Rosa
PHP Partnership Health Plan
PPP Triple P - Positive Parenting Program
PPSC Petaluma People Services Center
QI/QA Quality Improvement/Quality Assurance - Wendy Sanders and Joanne Bender/Che ryl Tamblyn
QIP Quality Improvement Policy (meeting)
QIS Quality Improvement Steering (meeting)
QIC Quality Improvement Committee (meeting)
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<th>Abbreviation</th>
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<td>RCC</td>
<td>Redwood Children’s Center</td>
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<td>RFP</td>
<td>Request For Proposals (released when new programs are planned and contractors are solicited)</td>
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<td>RRC</td>
<td>Russian River Counselors</td>
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<td>SCBH</td>
<td>Sonoma County Behavioral Health</td>
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<td>SCOE</td>
<td>Sonoma County Office of Education</td>
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<td>SELPA</td>
<td>Special Education Local Plan Area</td>
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<td>SNF (Sniff)</td>
<td>Skilled Nursing Facility</td>
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<td>SPMI</td>
<td>Serious Persistent Mental Illness (or Seriously Persistently Mentally Ill)</td>
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<td>SUDS</td>
<td>Substance Use Disorders Services (formerly AODS)</td>
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<td>SWITS</td>
<td>Sonoma Web Infrastructure for Treatment Services</td>
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<td>TAY</td>
<td>Transition Age Youth (18-25)</td>
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<td>VOMCH</td>
<td>Valley of the Moon Children’s Home</td>
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<td>WET</td>
<td>Workforce Education and Training (part of MHSA)</td>
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<td>WRAP</td>
<td>Working to Recognize Alternative Possibilities</td>
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<td>Wraparound</td>
<td>Community-based intervention services that emphasize the strengths of the child and family</td>
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