

Lake County

MENTAL HEALTH ADVISORY BOARD

Minutes - January 13, 2022 Regular Meeting

1. The meeting was convened at 3:03 p.m. by Chair Julie Colfax and a quorum was established (4 of 7 members in attendance). Members in attendance included Julie Colfax, Sheila Roseneau, Chelsea Newton, and Michelle Young. Trish Turner, Bonnie Blumenthal, and Camille Cummins were absent. LCBHS Director Todd Metcalf, District 4 Supervisor Tina Scott (non-voting members) and stakeholder Betsy Cawn (Recording Secretary) were present.
2. The proposed agenda was adopted with a request from LCBHS Director Metcalf to provide his report at the beginning of the agenda, due to scheduling conflicts; (motion, Michelle Young; second, Sheila Roseneau; motion carried by roll call vote).
3. Minutes of the December 9, 2021 were approved (motion, Sheila Roseneau; second, Michelle Young; motion carried by roll call vote).
4. LCBHS Director's report: The administration of LCBHS will be meeting at 4:00 p.m. to address urgent personnel issues (currently operating with a 36% vacancy rate, the clinical deputy director went on leave early in December; openings for a program manager, compliance officer, nurse practitioner and other medical team members needing immediate attention).

Shortages in mental health personnel, plus the impacts of the pandemic health crisis, are not different than other departments in the state and country. The department completed two major audits last month (EQRO's review of the Mental Health Plan, and a triennial state audit, went very well). Services are still being provided, no lapses in programs and services. The audits show an improvement in delivery of services resulting from the pandemic push into deployment of "telehealth" options. The results of these audits will be presented to the Board of Supervisors.

Members discussed the importance of educating the Board of Supervisors to understand the barriers to providing services, labor shortages and competition for hiring from other agencies (Tribal Health is hiring for multiple positions, LCOE posted for eight clinicians and LMFTs, with rural area student loans and grants).

Director Metcalf described the proposed Governor's budget with \$1.5B for "tiny homes" and services for unhoused individuals with behavioral health needs; \$1.4B to support mobile crises services. LCBHS staff will take a harder look at peer support centers (funded through the Mental Health Services Act). The Circle of Native Minds officially opened in their new Lakeport location; Middletown's Family Services Center is reducing its operating hours because of under-utilization.

Betsy Cawn reported that the Middletown Area Town Hall members have raised concerns about the needs for mental health support to cope with unhoused persons who are intruding into local neighborhoods and businesses. Sheila Roseneau (a South County resident) confirmed the increasing level of problems, attempts to get help from the crisis department for people who don't know how to navigate the system, and the potential benefits of having a presentation to the MATH members.

Julie Colfax noted that the school district (MUSD) is also struggling, with desperate need for therapists and mental health support services. All of the peer support centers are included in circulation of the MHAB agendas, and she is working with the center directors to create a hybrid MHAB meeting structure.

Director Metcalf added that there is \$120M in the Governor's proposed budget for training psychiatric residents, nurses, and nurse practitioners; \$126M more for realignment funding. The LCBHS administration is working on development of the Organized Delivery System community meeting, waivers for expanding billable services, and presentation to the Board of Supervisors. The Continuum of Care's 2022 Point-in-Time count will take place on January 26. And a new mental health hotline number has been approved in Assembly Bill 988 with federal approval in place, but the new "9-8-8" number goes to the national suicide prevention number at this time.

Julie Colfax reported communication problems discovered by a therapist who tried to get a suicide evaluation for a student, but could not leave a message on the phone because its voicemail inbox was full. Michelle Young added that the student was her client, and she had left a voicemail message for the supervisor but did not receive a return call. Director Metcalf explained that if the voicemail inbox is full or the line is busy, the incoming call should be rolled over to the Alameda County answering service.

Chelsea Newton added that they are seeing a rise in adolescent depression, self-harm, ideation, stress, bullying and fights on campus. Sheila Roseneau reported that they had experienced a couple of similar problems in Middletown. Director Metcalf invited direct calls to him if problems arise (707-499-8576).

5. Public Input: Betsy Cawn reported the newest/current wildfire disaster issue affecting most communities in Lake County -- massive tree mortality and potential for dead and dying trees to set those communities on fire. The District 5 Supervisor is working closely with CalFire to assess the scope of the problem and propose rapid-response prevention plans.

6. MHAB management reports: Julie Colfax has reviewed feedback on the draft templates and schedules for 2022, and will revise accordingly to bring them back for MHAB approval at the next regular meeting.

"Ad hoc" committees are still working on their reports.

All final documents have been converted to PDF files for posting on the County website page, including the Annual Report delivered to the Board of Supervisors on November 16, 2021.

Upcoming projects are Bylaws review and content changes (requiring assembly of all documentation relative to prior MHAB decisions and new legislation found on the California Association of Behavioral Health Boards & Commissions website), planning for the next Mental Health Services Act Annual Plan Update public hearing, and a board member handbook. Betsy Cawn is working on the standing rules for MHAB management, including the correct structure of "standing committees," "ad hoc task forces," and "non-action workshops" as well as timing of document distribution for scheduled and unscheduled (special or urgent) meetings governed by the Ralph M. Brown Act.

An incomplete project remaining for MHAB support is the "Data Notebook" information request from the California Behavioral Health Planning Council. Julie Colfax will contact the council to determine the obligations of the MHAB and the LCBHS department for completion of that request, and report the status at the next regular meeting.

The next meeting of the "ad hoc" management task force members (Julie Colfax, Sheila Roseneau, Betsy Cawn) will convene on January 29 at 10 a.m.

7. Announcements: Shiela Roseneau described a new community support group that has formed in Middletown called "Helping Hands," for assisting older adults. Betsy Cawn added that increasing difficulties experienced by older/disabled adults are compounding mental health problems and the need for services provided by the MHSAs programs to support senior center outreach workers in supporting homebound, disabled older adults and their caregivers.

8. The meeting was adjourned at 4:09 p.m. The next regular meeting of the MHAB is scheduled for February 10, 2022, at 3 p.m.