

## ADVISORY BODY ANNUAL REPORT

Name: Contra Costa County Mental Health Commission  
Meeting Time/Location: 4th Thursday of each month from 4:30-6:30  
at John Muir Behavior Health, 2730 Grant St., Classroom A, Concord, CA  
Chair: Carole McKindley-Alvarez  
Staff Person: Karen Shuler, Executive Assistant  
Reporting Period: January-December 2013

### I-II. Activities and Accomplishments

#### ❖ Criminal Justice Committee

- Brought to the attention of Dr. Charles Saldanha, Chief Psychiatrist, Contra Costa Regional Medical Center, the inconsistency with which the Psychiatric Ward handles intake procedures. Specifically concerns consumers and family members had about incomplete data or lost data in medical records.
- Advocated for the expansion of Crisis Intervention Training (CIT) that led to the formation of a Multi-Disciplinary Forensics Team in West County that has already seen a reduction in the frequency of 911 calls.
- Advocated for the successful re-entry of the AB109 population. Invited Probation Chief Phil Kader and Behavioral Health Forensics Team Leader David Seidner to educate the committee on how to best ensure that mental health services follow formerly incarcerated individuals.
- Reviewed the financial reports from the Community Corrections Partnership.

#### ❖ Mental Health Services Act (MHSA)/Finance Committee

- Worked with MHSA Program Manager Warren Hayes to create a standard template for program and fiscal review of county and community-based organizations that receive MHSA funding.
- Requested that Mental Health Consumer Concerns (MHCC) be required to exercise fiscal responsibility to their contract responsibilities with the county.
- Received Augmented Board and Care Report on site visits and asked that the Behavioral Health Director update the Commission monthly on how it will implement the recommendations.
- Advocated for the building and opening of the Crisis Residential Facility – Hope House.
- Urged the Board of Supervisors to support the Bonita House Farm Project. Requested funding in the Three Year MHSA Plan.
- Supported the Mental Health Administration easing the approval process and stakeholder communication by providing recommendation for one-time funding for housing projects.

#### ❖ Quality of Care Committee

- Advocated for free or low cost dental care. Advocated for reinstatement of the Denti-Cal program.
- Evaluated gaps in the system of care. Advocated for increase in staff and psychiatrists to address wait times. Evaluated gaps in consumer physical healthcare. Urged the Mental Health Administration to move quickly on the opening of the Primary Health Care Facility at the Central County Mental Health Clinic site.
- Met with Mental Health Administration and John Muir Health Care to request better discharge planning and facility placement. Advocated increasing number of shelter beds.
- Met with Vern Wallace to learn about the Children's Mental Health Program START. Advocated for dual diagnosis treatment program for children and Transitional Age Youth.
- Made recommendations on the Suicide Prevention Program.
- Advocated for better consumer transportation within the county, including piloting the use of shuttles to provide transportation to primary care appointments and support services.
- Communicated with the Napa State Hospital Executive Director regarding the need for enhanced family involvement, passes promoting independence, timely quarterly meetings, and allowing more family and doctor input regarding the medications.

### III. Attendance/Representation

A quorum was achieved at all 12 Mental Health Commission monthly meetings. There are currently 12 members of the Commission, plus 1 representative from the Board of Supervisors. Of those, there are 3 Consumers, 4 Family Members, and 5 Members-at-Large. There are 3 vacancies (2 Consumers, 1 Family Member). Ethnicity included on the Commission is African-American, Asian, Pacific Islander and Caucasian. There are 5 men and 7 women.

- ❖ District I Carole McKindley-Alvarez attended 10/12 MHC meetings  
Teresa Pasquini, attended 12/12 MHC meetings  
Gina Swirsding, attended 8/12 MHC meetings
  - ❖ District II Peggy Kennedy, attended 8/12 MHC meetings  
Annis Pereyra (resigned 7/13) attended 5/6 MHC meetings  
Lauren Rettagliata (appointed 5/13) attended 6/9 MHC meetings
  - ❖ District III Louis Buckingham attended 11/12 MHC meetings  
Jerome Crichton attended 9/12 MHC meetings
  - ❖ District IV Dave Kahler attended 11/12 MHC meetings  
Colette O'Keefe attended 10/12 MHC meetings  
Sam Yoshioka attended 11/12 MHC meetings
  - ❖ District V Evelyn Centeno attended 9/12 MHCC meetings  
Jack Feldman attended 10/12 MHC meetings
- BOS Representative Karen Mitchoff attended 2/12 MHC meetings  
BOS Alternate Representative Mary Nejedly Piepho attended 0/12 MHC meeting.

### IV. Training Certification

Louis Buckingham, Colette O'Keefe and Sam Yoshioka attended the Board of Supervisors Advisory Body Training in April 2013. Lauren Rettagliata attended the New Commissioner Orientation in May 2013.

### V. Proposed Work Plan/Objectives for Next Year

The Contra Costa County Mental Health Commission has a dual mission: First, to influence the County's Mental Health System to ensure the delivery of quality services which are effective, efficient, culturally relevant and responsive to the needs and desires of the clients it serves with dignity and respect; and Second, to be the advocate with the Board of Supervisors, the Mental Health Division, and the community on behalf of all Contra Costa County residents who are in need of mental health services.

- ❖ Criminal Justice Committee
  - Advocate for the expansion of CIT training, including the forming of a Multi-disciplinary Task Force in East County. Advocate for improving outcomes following interaction between law enforcement and consumers.
  - Monitor AB109 realignment funding and its impact on the Contra Costa County Mental Health system.
  - Work with probation for consistent referral, treatment, placement and outcomes for mental health clients.
  - Collaborate with the Juvenile Justice Commission to ensure juveniles entering the juvenile justice system are properly assessed and provided mental health services during and after incarceration.
  - Make recommendations to find avenues for support for the Behavior Health Court in order to expand the program to lower the financial burden on the entire system.
  - Monitor the issue on how jails and prisons are being used as our new asylums.
- ❖ Mental Health Service Act/Finance Committee
  - Oversee compliance of MHSA funds.
  - Continue to develop a tool that can be used for compliance of all MHSA-funded programs.
  - Ensure mental health expenditures are in compliance with best practices.
  - Continue to advocate for increased housing in order to reduce human and fiscal impacts across the continuum of care.
- ❖ Quality of Care Committee
  - Develop an action plan whereby Contra Costa adult consumers can receive free dental services.
  - Evaluate gaps in medical, psychiatric, social and cultural services.
  - Advocate for physical accessibility of services.
  - Address oversight and accountability of out-of-county placements.
  - Evaluate discharge planning for county mental health clients, including inpatient care.