

**CONTRA COSTA COUNTY MENTAL HEALTH COMMISSION  
MINUTES - OCTOBER 8, 2015 -FINAL**

<b>Agenda Item</b>	<b>Discussion</b>	<b>Action/ Follow-Up</b>
<b>I. Call to Order / Introductions</b>	<p>The meeting was called to order at 4:35 by Chairperson Lauren Rettagliata.</p> <p><u>Commissioner's Present:</u>            Supv. Candace Andersen, BOS Representative            Greg Beckner, District IV            Louis Buckingham, District III            Duane Chapman, District I            Dave Kahler, District IV            Tess Paoli, District III            Lauren Rettagliata, District II            Barbara Serwin, District II            Gina Swirsding, District I            Sam Yoshioka, District IV</p> <p><u>Commissioners Absent:</u>            Peggy Black, District V            Jerome Crichton, District III            Diana McKieve, District II</p> <p><u>Non-Commissioners Present:</u></p> <ul style="list-style-type: none"> <li>• Zaharee Abrhemi, Guest</li> <li>• Guita Bahramipour, AOD Advisory Board</li> <li>• Cynthia Belon, MH/BHS Director</li> <li>• Travis Curran, Crestwood Healing Center</li> <li>• Douglas Dunn, NAMI-CC</li> <li>• Ralph Hoffmann, Senior Mobility Action Council</li> <li>• Lisa Kleinbub, Regional Center of the East Bay</li> <li>• Priscilla Olivas, NH Admin. Quality Management Program Coordinator</li> <li>• Kassie Perkins, ANKA Behavior Health</li> <li>• Karen Shuler, MHC Executive Assistant</li> <li>• Sandi Soliday, Alameda County Public Health</li> <li>• Connie Steers, CPAW-Behavior Healthcare Partnership</li> <li>• Josh Sullivan, Contra Costa Developmental Disabilities Council</li> <li>• Karen Toto, Alameda County Public Health</li> </ul>	
<b>II. Announcements</b>	<p>Dave said there is a need for an orientation class for families entering the mental health system. He announced NAMI will be presenting a 90-minute</p>	

**CONTRA COSTA COUNTY MENTAL HEALTH COMMISSION  
MINUTES - OCTOBER 8, 2015 -FINAL**

	<p>seminar in conjunction with the Miller Wellness Center and BHS. There is no charge. It will be starting in a couple of months and will be held in Todos Santos near Supv. Mitchoff's office.</p>	
<p><b>III. Public Comment</b></p>	<ul style="list-style-type: none"> <li>• Ralph Hoffmann commented on the need to reduce gun violence. He said the effect of mass shootings have an increasing mental health stigma.</li> <li>• Zaharee Abrahemi, whose son committed suicide, shared her experience so we could learn from it. There need to be more facilities with people who are the same ages so they have someone to talk to. He killed himself because of loneliness. She liked the services he received at Martinez CCRMC, but it still needs improvement.</li> <li>• Lauren suggested she write down her experience and suggestions and pass them on to the hospital administration. Lauren said she would give contact information to Guita.</li> <li>• #1 Doug Dunn said they are looking to tell families when the Gallinot Hearings are going to be heard. #2 Gov. Brown signed AB1194 which requires another thing to consider for W&amp;I Code 5150 (PES hold) – have to consider mental health history. Lauren said they need to change the wording from “may” to “should”.</li> <li>• Connie Steers, who has worked in the hospitals and with families with mental illness and has retired – said she has nowhere to turn to get accurate information, specifically to talk about Medi-Cal in integration. When it comes to what she needs due to losing her healthcare on Sept. 1<sup>st</sup> (or with a \$750 co-pay), she is worried about community support workers. She is not getting care. She does not know who has the answer. She was told to go to HICAP. She said we need to have patient advocates to act in the community for older and disabled adults. Lauren commented on how this is a huge hole in the system.</li> </ul>	<p>Follow-up on getting hospital administration contact information to Guita.</p>
<p><b>IV. Commissioner Comments</b></p>	<p>None.</p>	

**CONTRA COSTA COUNTY MENTAL HEALTH COMMISSION  
MINUTES - OCTOBER 8, 2015 -FINAL**

<p><b>V. Approval of the September 10<sup>th</sup>, 2015 Minutes</b></p>	<p>➤ Gina made a motion to approve the Minutes from September 10, 2015 and Louis seconded the motion. Discussion: Page 1: Gina mentioned that she had the last name of a person who attended and gave Public Comment at the September meeting but did not sign in. The name was Miriam Chernak. Karen will add it to the Minutes. Page 4 (1<sup>st</sup> bullet): Lauren asked Karen to review the tape to check on a statement Anna Roth was said to have made regarding PES data being on EPIC. The Minutes show the statement to be “but PES data is not yet on Epic” when it should read “but PES data is now on Epic.” Karen will check the tape and make necessary changes and report back next month. Vote: The Minutes were approved unanimously, accepting the two changes that will be made. Yea: (10) Candace, Greg, Louis, Duane, Dave, Tess, Lauren, Barbara, Gina and Sam. Nay: (0) Abstained: (0) Absent: (3) Peggy, Jerome, Diana.</p>	<p><i>Correct September Minutes; post to web.</i></p>
<p><b>VI. Report from Anna Roth, RN, MS, MPH, Chief Executive Officer, or her designee.</b></p>	<p><b>Status of care for the Mentally Ill at 4C, Psychiatric Emergency Services (PES), Clinics and Jail.</b> <i>Anna Roth was unable to attend due to the Nurse’s Strike. Lauren asked anyone who had questions for Anna for her November Report to send them to Karen in time to get them to Anna.</i></p>	<p><i>Send any questions received to Anna for her November Report.</i></p>
<p><b>VII. Behavioral Health Director's Report, Cynthia Belon</b></p>	<p>Cynthia introduced Priscilla Olivas to discuss the EQRO (External Quality Review Findings) Report.</p> <ul style="list-style-type: none"> <li>• <i>Duane asked about what was “Better than State Level” other than what was shown. Priscilla replied that she only highlighted these few; others all rated better than state and are listed in the report.</i></li> <li>• <i>Barbara: what was the prompt for the focus group. Reply – EQRO coordinates and facilitates group. She said she can check the report for the exact question.</i></li> <li>• <i>Lauren referred to mention of a psychiatrist.</i></li> </ul>	

**CONTRA COSTA COUNTY MENTAL HEALTH COMMISSION  
MINUTES - OCTOBER 8, 2015 -FINAL**

	<ul style="list-style-type: none"> <li>• <i>Sam: The Older Adult Clinic at Bisso is so far out of the way he doesn't believe they haven't found problems in access. She replied some older adults also go to the Adult Clinic.</i></li> <li>• <i>Duane: Asked if there are 12 people surveyed county-wide. She did not know. She said we can find out who was pooled.</i></li> <li>• <i>Gina said it is hard to get access to El Portal clinic with wheelchairs.</i></li> <li>• <i>Lauren said a 2<sup>nd</sup> consumer group was not held. No participants showed up. Are we going to still hold it? Priscilla She replied there was a mix-up in scheduling.</i></li> <li>• <i>Barbara asked if the scheduling of focus groups is a matter of time or money? Priscilla replied that budget is not a factor. Mostly just time.</i></li> <li>• <i>Cynthia: This is a very concentrated set of activities in a short time.</i></li> <li>• <i>Duane: Why wasn't it held? Priscilla said there were unusual circumstances. Generally speaking, there were no real surprises to this report, and the report reflected a lack of knowledge of newer staff.</i></li> <li>• <i>Louis: regarding no-shows—are there communications with consumers prior to their appointment besides “robot call” – any communication between doctor appointments? Priscilla replied that intervention is targeting this and they are getting a personalized call. Louis: if there is communication it could prevent a no show.</i></li> <li>• <i>Gina: Identified herself as a consumer. She has trouble keeping track of appointments. Her doctors require that she call back and if she doesn't, they follow-up.</i></li> <li>• <i>Sam: This study dealt with M/C beneficiaries – question is for total service providers, what % are M/C beneficiaries? Priscilla replied she doesn't know, but could check.</i></li> <li>• <i>Sam: are you addressing issue of involving consumers in the stakeholder process?</i></li> <li>• <i>Lauren: Can we have a family member and consumer at EQRO process?</i></li> <li>• <i>Duane: What about the homeless? Who are</i></li> </ul>	
		<p><i>Follow-up with Priscilla.</i></p>

**CONTRA COSTA COUNTY MENTAL HEALTH COMMISSION  
MINUTES - OCTOBER 8, 2015 -FINAL**

	<p><i>they calling with the robot call appointment reminder? Cynthia replied shelter or cell phones.</i></p> <ul style="list-style-type: none"> <li>• <i>Lauren pointed out pages 27-33 for Quality of Care Committee to look over.</i></li> </ul> <p><b>Cynthia's Report:</b></p> <ul style="list-style-type: none"> <li>• <i>AOT Implementation</i></li> </ul> <p><i>Duane would like to see a Town Hall Meeting to introduce the implementation of AOT.</i></p> <p><i>Gina: wants to hear what the patient is going to experience going through outpatient treatment – she wants a good quality treatment of care. – What's going to happen to them during the day – what treatment will be provided.</i></p> <ul style="list-style-type: none"> <li>• <i>Vacancies</i></li> <li>• <i>Optum System</i></li> <li>• <i>In Contact New Phone System October 28</i></li> <li>• <i>MH Evaluation Team</i></li> </ul>	<p><i>Forward to Q of C Chair.</i></p>
<p><b>VIII. Presentation from Sandi Soliday, Alameda County Public Health Department, Developmental Disabilities Council</b></p>	<p>Q: Lauren – what about a child that has severe emotional disturbance before age 18? A: They are not covered. Q: Duane—if a child has emotional problems are they covered? A: No.</p> <p><b>Information was discussed regarding the Schriebner Center.</b></p> <p>Q: Gina asked if they work with clients in dealing with law enforcement. A: Not yet, but will down the road. Started a CJ workgroup last year. Q: Lauren: mentioned that it was amazing that they got this up and running with limited funding. A: We got additional funding. MHSA grant through RCEB Q: Tess: do you qualify if you have medicare or private insurance. A: Medicare but not private insurance. Everyone has to go through a Regional Center and live in Alameda County.</p>	
<p><b>IX. Appoint Ad Hoc Committee for Nominations for 2016 MHC Officers and Executive</b></p>	<p>Nominees needed for: 2 reps to CPAW Chair VC EC Committee (3)</p>	

**CONTRA COSTA COUNTY MENTAL HEALTH COMMISSION  
MINUTES - OCTOBER 8, 2015 -FINAL**

<b>Committee.</b>	Duane, Lauren and Gina volunteered.	
<p><b>X. Consider drafting a letter from the Commission to the Bonita House Board of Directors regarding Knightsen Farm.</b></p>	<p>Bonita House was granted \$707,000. Once they were given the grant, they did not take it. Cynthia said she tried to get them to take it. They never came back to the table, but sent a letter saying their Board of Directors had refused funding. Cynthia said the 1<sup>st</sup> meeting they had with them they asked for information about programming and budget money. She responded, but they still refused. Cynthia reached out again saying that was just a starting point and wanted to know how the County could come to agreement with them. They again refused to go forward with the project.</p> <p>Lauren said Gloria Hill is pursuing avenues to retrieve the over \$500,000 that was donated as well as the property that was donated for this project. Lauren asked that a letter be written as a Commission.</p> <p>Dave made a motion to write the letter to the Bonita House Board of Directors from the Commission and Gina seconded it. There was no additional discussion.</p> <p>Vote: The motion passed with a vote of 8-1-0-3. Yea: (8) Greg, Louis, Dave, Tess, Lauren, Barbara, Gina and Sam. Nay: (1) Duane Abstained: (0) Absent: (4) Peggy, Jerome, Diana, Candace (left early)</p>	<p>Chair will prepare the letter and send to Karen for placement on letterhead and mailing.</p>
<p><b>XI. MHC Committee Reports</b></p>	<ul style="list-style-type: none"> <li>• MHSA/Finance Committee – Lauren There was no quorum, but they chose to hold an informational meeting. They will be pursuing issues around realignment monies and what happens to it, and will be looking at what does the county gives from county general funds to mental health and what they cover.</li> <li>• Criminal Justice Committee – Louis They are going to propose sending a letter to the sheriff's department and will have Anna Roth speak at their November 3<sup>rd</sup> meeting re: conditions at Martinez Detention Facility. Following up with the Orin Allen Ranch.</li> </ul>	

**CONTRA COSTA COUNTY MENTAL HEALTH COMMISSION  
MINUTES - OCTOBER 8, 2015 -FINAL**

	<p>Louis recommends a site visit because he feels they are dragging their feet regarding implementing the clothing change. Louis also wants to follow-up with the suicide at Walnut Creek Where was he housed?</p> <ul style="list-style-type: none"> <li>• Executive Committee – Lauren Discussions were held about sending letters.: 1) Quality of Care: Regarding the Access Line – when starting, optimum dates. 2) MHSA/F will be writing a letter to Pat Godley 3) CJ: Letter to Sheriff</li> <li>• Quality of Care Committee – Barbara Were given an update on repairs and renovations at Crestwood Vic gave an update on services at Miller Wellness They are working on advocacy for children’s inpatient and children’s residential center Teresa attended and emphasized the need for MHC to be at the table during discussions; need for transparency. Gina said she went to the children’s committee and told them it is important for them to be at the QofC meetings.</li> </ul>	
<p><b>XII. Commissioner Representative Reports</b></p>	<ul style="list-style-type: none"> <li>• AOD Advisory Board – Sam Sam said he did not attend. He reported: 1) They are going ahead with implementation of drug M/C waiver. 2) There is a change in leadership of the Board. 3) They nominate people for the National Recovery Champion – they nominated Maria Regasso and Dr. Stephen ?. 4) They are also interested in the services that are provided in the jail. 5) Lauren mentioned that with the M/C Waiver there will be millions of dollars rolling in for housing. 6) Gina mentioned she had referred someone to Sam re: youth issues.</li> <li>• CPAW General Meeting – Lauren 1) Vern Wallace was one of the main presenters and he explained the AOD abuse waiver. 2) CPAW also looked into the community</li> </ul>	

**CONTRA COSTA COUNTY MENTAL HEALTH COMMISSION  
MINUTES - OCTOBER 8, 2015 -FINAL**

	<p>based plans. They did not put NAMI down as one of the people to give input.</p> <p>3) Erin McCarthy is moving to PA.</p> <p>4) CPAW was told the MHC had endorsed the Sheriff's proposal.</p> <ul style="list-style-type: none"> <li>• Children's Committee – Gina <ol style="list-style-type: none"> <li>1) Gina has not attended the last two months.</li> <li>2) It is now called Children's Teen and Adolescent Committee. She wants to know what our role is.</li> <li>3) The Committee is writing a letter to Finance on how they want to support the Children's Units.</li> <li>4) The new Chair is Jennifer. A TAY person will be Vice Chair.</li> <li>5) East County has the highest referrals of children into MH.</li> <li>6) Duane said we need to work on getting information out to the community about children's mental health services being available for Hispanics, Asians and others.</li> </ol> </li> <li>• Housing Committee – Lauren No report</li> </ul>	
<b>XIII. Report on Follow-up items from September MHC Meeting</b>	None due to lack of time.	
<b>XIV. Future MHC Agenda Items</b>	Duane asked that a Review of the Bylaws be placed on the next MHC Agenda.	
<b>XV. Adjourn Meeting</b>	The meeting was adjourned at 6:35 p.m.	

Respectfully Submitted,  
Karen Shuler, Executive Assistant  
Contra Costa County Mental Health Commission