

**CONTRA COSTA COUNTY MENTAL HEALTH COMMISSION  
PLANNING MEETING  
Thursday ♦ June 11, 2009  
Minutes – Approved 6/25/09**

1. **Introductions**

Commission Chair Peter Mantas called the meeting to order at 5:10 p.m.

Commissioners Present:

Art Honegger  
Dave Kahler  
Peter Mantas  
Bielle Moore  
Scott Nelson  
Colette O'Keeffe  
Floyd Overby  
Teresa Pasquini  
Annis Pereyra  
Anne Reed (left the meeting at 6:40)

Commissioners Absent:

Clare Beckner - Excused  
Mary Piepho

Other Attendees:

Brenda Crawford, Mental Health Consumer Concerns  
Suzanne Davis, Public Conservator/Guardian  
Julie Freestone, CCHS  
Lauren Hole, Supv. Bonilla's Office  
Mariana Moore, Human Services Alliance  
Dorothy Sansoe, CAO's Office  
Scott Singley, Visitor  
Samuel Yoshioka, Observer  
Dr. William Walker, Health Services Director

2. **Welcome/Comments--Peter Mantas, Chair**

- Newly-appointed District III Commissioner Scott Nelson was welcomed.
- Peter said he met with Supv. Piepho and talked about changing the date of the MHC meeting. She said her schedule is free the 2nd Thursday of every month. Peter stated that a side benefit to changing the meeting to the second Thursday is it would allow the Commission to meet in December. Teresa said it was a good idea because the state OAC meets the 4<sup>th</sup> Thursday. Changing the regular meeting date would also mean no change would have to be made in November (Thanksgiving).

***PLACE ON JUNE MHC AGENDA***

3. **Review Minutes from the April 30th Planning Meeting**

Peter directed attention to the last page of the April 30<sup>th</sup> Minutes that were his comments summarizing the elements spoken about at the last Planning Meeting.

Prior to further discussion, Art asked that a comment he made shown on page 2 of the April 30<sup>th</sup> Minutes be changed from "Peer to Peer" to "In Our Own Voice." Because the Minutes were approved as presented at the May MHC meeting, they cannot be changed in this meeting.

***PLACE ON JULY MHC AGENDA***

The Action Plan was looked at with the idea to check on adding to it, changing it, and/or prioritizing. Peter said the plan wasn't developed. Art said Focus Area #1 seems to be something Gloria Hill could address. Teresa mentioned that Gloria will be retiring in a year, and thinks that this topic was raised to be in collaboration with one of the PEI projects. Art asked if it was the aim for the Commissioners to take calls and send people in the right direction. Peter replied that needs to be worked on. Suzanne suggested having someone shadow Gloria and learn from her.

*[This Agenda item was paused at 5:20 in order to hear Dr. Walker's report.]*

Brenda, Mariana and Colette are working on recruitment taking into account diversity (cultural, racial, ethnic, social group). Teresa said we need to change the Mission Statement stating we are in favor of having outreach in all areas. It needs to be an action plan. She said she thinks the Commission should consider the guiding principles of the state organizations. Peter said it's already part of the W&I code. He said he was suggesting having Brenda spearhead the plan and the Commission support her. Brenda said she can invite people, but they need to know why they are coming, and that framing what is the purpose of the gatherings is important – she said she needs language around the Commission's commitment to this process. Mariana suggested forming an ad hoc workgroup to bring in recommendations around best practices -- day/time/location/food availability need to be discussed as possible blocks to people attending. Peter asked if the Commission should set up a workgroup. Teresa asked if CPAW is already addressing this. She said she envisions coming up with a policy statement. Peter mentioned there are 4 more seats to fill on the MHC. He said the Commission should outreach to the whole county. He suggested a Diversity and Recruitment Workgroup with Brenda, Mariana, Teresa, Bielle, and Colette.

***PLACE ON JUNE MHC AGENDA***

Peter went through the bullet points of his notes from the previous Planning Meeting: Peter said Commissioners need to meet with their Supervisors. During discussion, Dorothy pointed out that the Commission is an advisory body to the BOS and is not independent. Peter responded that the W&I says the Commission advises independently. Bielle mentioned that the BOS has the last word. Peter explained that the independence is on the decisions for recommendations to the BOS on what the Commission suggests they do. The Commissioners' thoughts are independent of any outside influence. He added, the Commission collaborates with the Mental Health Administration and advises the BOS.

Anne said that they were getting bogged down and should be talking about the Plan. Referencing to Peter's notes from the minutes about getting information from MHA, Bielle said it was an inflammatory remark, and requested that this kind of language not be used. She added that they need to move forward and this language creates bad feelings between the MHC and MHA. Peter said at the end of the day we need to be able to speak up and have tolerance about what is being said. Peter also stated that the words used in the minutes were not his but the contributors. He added we need to move on. Bielle stated that if something is written in a record, she wanted her statement as not being in agreement with this statement. Colette asked if wording could be changed to "not in a timely manner"?

Peter stated that we're a committee. A majority made the decision. Anne pointed out that the portion of the April 30<sup>th</sup> Minutes being referred to were stated as being Peter's

comments from notes he had taken himself and not a part of the official Minutes. Peter advised everyone that his summarized list was approved as part of the official Minutes. Dorothy suggested changing the wording to work with MHA to get information in a timely manner. She suggested using positive language and start focusing on how to get these things done.

The discussion progressed to whether the MHC should reactivate the Standing Committees or use community based committees that are discussing the target subject matter. Annis said Commissioners should be appointed to go to other committees. The need to obtain a list of other committees was mentioned. Dorothy mentioned the CATF was by invitation only. Peter asked if the MHC's committees should be re-launched or if existing committees should be used. Teresa said someone can contact Kathi and ask to be a part of the CATF. Peter said the indication was that we should use existing committees. He asked for a volunteer to go to OA groups. There was none. Anne suggested finding out about them and at next meeting fill in details and appoint someone.

***PLACE ON JULY MHC AGENDA***

Mariana suggested the Commission consider having ad hocs as the need arises. Teresa said the focus needs to be on the MHSA. There was discussion surrounding having a Quality of Care Workgroup. Floyd asked what kind of oversight there is over contracts? Peter said the Commission has the ability to look at all service contracts. Dorothy said only over the County performance contract. Dorothy added she would check the W&I Code and get back to the Commission on this. Bielle said that when she thinks of quality of care, she's thinking it would be helpful to contact providers to determine where quality of care is falling down. Mariana told about the CPAW plan to bring providers and consumers together. She suggested the Commission wait and see and use that as a model for how they might engage in that issue. Brenda added that after CPAW does that, it would benefit the MHC to have people who are funded come and tell about what they're doing. They need to develop a relationship with the MHC. Annis asked if we are missing contract providers who are not funded by MHSA? Peter said site visits should be thought about again. Floyd asked if there are statistics on how many consumers have case workers? Peter asked if the Commissioners want to have a workgroup that addresses quality of care? Annis asked don't you presume that others are reviewing quality of care? Teresa said there is a quality review organization that is being resurrected. She added that for her, we needed to think about how we're going to divide the work. Dorothy suggested having a timeline scheduling one after another instead of all meeting at the same time. Colette stated that the legislative issue is going to take time. Peter recommended that the Commission have a Quality of Care workgroup to address quality of care and do site visits. Teresa suggested combining quality of care and ensuring good quality of life. Bielle asked how this would translate -- what that committee is going to work on. She said she wants to make sure whatever they were doing was reflective of what was the opinion of the Commission. Peter said they should outline their charter and bring it to the MHC for approval. Floyd asked about quality of care after they are discharged. Peter responded that if it's a service the county says it's providing, this Commission has purview. If additional, it would go to BOS.

***PLACE ON JUNE MHC AGENDA***

Peter said he felt the beds and PHF should be handled by the Capital Facilities Workgroup.

4. **Health Services Director Dr. Walker -- Discuss the changes in attendance by his staff at MHC meetings.**

Budget: Dr. Walker said his first message is that things don't look good. We are entering the biggest meltdown for funding for both counties and health services and it very much impacts mental health services. Things will be getting worse. Dr. Walker distributed a memo from Patricia Ryan of CMHDA that showed proposed budget cuts. Taking all the governor's proposals and passing them would result in: Cutting EPSDT; eliminating healthy families program; eliminating caregiver program; restricting Medi-Cal managed care funding; and deferring AB3632 mandate payments to counties.

Dr. Walker added that he was reporting on all this to say it is not "business as usual" in the county or in health services. He stated that having staff at the Commission's meetings is not the highest or best use of their time. He also noted that the Commission is losing their staff support. He said Administration will be working with a temp agency during the transition. He said that he hoped the Commission will be planning how best to use the energy in this room and added that warfare gets us no where. He expressed the hope that Health Services can be working with the Commission, and the Commission can step up and help us with the community and state advocacy that can help us all. Dr. Walker said Julie Freestone will attend the MHC meeting in June.

There was brief discussion about the CPAW group, and Julie said the CPAW has had an amazing amount of energy. She mentioned their website will be up soon.

Peter said he would love to hear how the Commission can work with health services by being advocates. Looking at the Action Plan, Dr. Walker replied that focusing on emergency assistance was important, but he is really concerned about having an emphasis on community advocacy. Anne asked if the budget passes and there are portions that fly in the face of previous mandates, is there thought about lawsuits? Dr. Walker replied that there were, but law suits against the state drag on. He said the California Association of Counties is working on this issue. Anne asked if community advocacy meant to write your legislator? Dr. Walker said it does include legislative advocacy. Peter asked if Dr. Walker had a list of priority items the Commission should be advocating for. Dr. Walker said he could get them a list. In the meantime, people need to grasp the essence of what is happening. He said he'll start with 8 or 9 issues pertaining to mental health.

Julie Freestone was asked to draft a letter for the Commission. It was pointed out that there was no action item on the Agenda to accommodate this request. Dorothy Sansoe said an item could be added if it was an urgent matter that had not come to the attention of the Commission prior to the meeting.

A motion was made to add an urgency item to the Agenda.  
M-Reed; S-Pereyra. Motion carried.

A second motion was made to request that Julie Freestone draft a letter regarding opposition to all the proposed budget reductions listed in the CMHDA letter.

M-Honegger; S-Nelson.

Discussion: Anne said she thought that was too limiting. There was discussion on adding to the letter a phrase “to include additional budget cuts objected to by the Board of Supervisors which would impact mental health services in Contra Costa County.” The letter is to be addressed to county elected officials, budget committee, governor. Anne suggested sending the letter to local news outlets and advocacy groups like NAMI, The Clubhouse; support groups, Board of Supervisors; legislators, wellness and recovery centers. Have a separate cover letter to mobilize others, asking them to do something. Sending out a press release was suggested. Other groups to include were patients right advocacy group, faith-based organizations, and the Human Services Alliance for forwarding to non-profit orgs. Anne said it would be nice to include what would happen if they are passed. Don't assume they know what will happen. Brenda said an effective way is to use the grassroots consumers organizations (CASRA). The motion was amended to include the distribution list. Motion carried. Bielle asked for a timeline in getting this out and asked if Peter was going to come in and sign it on Friday. Peter said because of the urgency, the letter needs to be approved via e-mail. He stated, that as in the past staff had his authorization to sign for him after his review and approval.

[Back to item 3]

5. **Refine the Key Issues which the Commission will focus on over the next 7 months.**  
See Agenda Item #3.

6. **Public Comment**  
None.

Announcement: The Finance Committee is meeting on the issue of the Pavilion – They referred the issue to the Family and Human Services Committee. They will have a Finance Committee report on the issue July 20 at 651 Pine, Rm. 108 at 1:00 and then Family and Human Services will then meet at 1:20 at 651 Pine, Rm. 101

7. **Adjourn**  
The meeting adjourned at 7:05 p.m.

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