

**CONTRA COSTA MENTAL HEALTH COMMISSION
MINUTES**

March 22, 2007

1. CALL TO ORDER / INTRODUCTIONS.

The meeting was called to order at 4:35 p.m. by Co-Chairperson Karen G. Sloma.

Commissioners Present:

Bobbie J. Arnold

Geet Gobind

Dave Kahler

Judy McCahon

Kathi McLaughlin

Cynthia Miller

Teresa Pasquini

Bettye J. Randle

Daniel L. Ruxin

Scott Singley

Karen G. Sloma

Barbara Whittingham

Commissioners Excused:

Diane Soto

Commissioners Absent:

Lisa Ronan

Staff Present:

Karen Shuler, Executive Assistant

Attendees:

Jeff Smith, MD, Contra Costa Regional Medical Center

Mariana Moore, Contractor's Alliance

Connie Steers, Mental Health Consumer Concerns

2. PUBLIC COMMENT. -- None.

3. ANNOUNCEMENTS.

- April 6-7, Bay Area Region California Institute for Mental Health (CIMH) Conference in Burlingame.
- Today is the sign-up deadline for the California Mental Health Advocates for Children and Youth (CMHACY) Conference May 16-18 at Asilomar, Pacific Grove.
- April 26 is the deadline for Commissioners to sign up for CIMH Conference Transition Age Youth Collaboration "Taking It Home, Making It Happen," Friday, June 1 in Burlingame.
- April 3 is the sign-up deadline for Older Adults System of Care Conference May 24-25 in San Diego.
- Today is the deadline for Commissioners to submit their Form 700.

4. APPROVAL OF THE MINUTES.

Approval of the Minutes from February 22, 2007 were approved as presented.

M-McCahon; S-Pasquini. Carried.

5. CHAIRPERSON'S REPORT. – Kathi McLaughlin and Karen Sloma

1. Attention was drawn to newspaper articles surrounding mental health issues.
2. The date was set for a site visit to CCRMC's Crisis Stabilization Unit and Psychiatric inpatient with Dr. Jeff Smith – Friday April 20 from 9:00-1:30.
3. Bettye, Scott and Kathi all expressed interest in being involved with the Mental Health Services Act Steering Committee.
4. The Executive Committee will work on bringing the wording of this year's "May us Mental Health Month" Proclamation up-to-date.

5. The Commission has been asked to send a letter of support for AB1494, which would provide funding for Chris Adams Center for Girls through making it is licensed group home. The bill was introduced by Assemblymember Mark DeSaulnier.
6. The Executive Committee will meet next Thursday morning at 10 a.m. to work on the Proclamation and the letter.

6. REPORT: Jeff Smith, MD, Executive Director, Contra Costa Regional Medical Center and Health Centers

Dr. Smith reported that following the March 9th Executive Committee meeting, he met with Officer Petersen and Chief Katay of the Martinez Police Department to review reports of 5150 walk-aways, and found that 20 out of 29 were voluntarily there. Of the remaining 9, 6 were brought back. Dr. Smith explained that the discrepancy in the numbers came about because too many people were calling the Martinez Police Department without complete information. As a result, he stated a system has been set up for the Sheriff's Office Deputy to be the one to attempt to resolve the situation and then call Martinez Police Department. He has arranged for a coordinated contact. The Nursing staff, the Sheriff's office and Martinez Police Department will keep records which will be reviewed on a regular basis. Dr. Smith further reported they have set up 2 rooms in the Crisis Stabilization Unit for 5150's who need to be watched more closely. The nurse will accompany the patient and a doctor will come over from medical emergency. He said there is still a need to streamline communication between medical and psychiatric staff. There has been no dramatic increase in incidents – about 1-3 per month. He said they will keep monitoring things. Addressing a previously mentioned need for transportation help for people released from 5150 holds, Dr. Smith said that Martinez Police department has offered to let CCRMC use some of their travel vouchers. Overall, the new protocol has caused an increase of about 15/day in medical emergency.

Q (Kathi): Have you had a conversation with the other police departments regarding the changes in protocol?

A (Smith): I will be addressing the Police Chief's Association. Bill Shinn has offered to be a liaison.

Dr. Smith addressed training, saying we do have a number of videos etc., and hope to talk to the Chiefs about the need to offer additional help for the line officers. We hope to restructure a crisis line for police departments to be able to call.

Q (Kathi): What is the disposition of 5150's?

A (Smith): ½ are removed; ½ go home. Of those we keep, ½ go to our facility, ½ are sent to other facilities.

Q (Kathi): What are the age breakdowns (adult, older adult, transitional age youth, children)?

A (Smith): I can get those numbers.

Q (Teresa): What is the assessment procedure? How long is it? How do you decide to hold them?

A (Smith): Only a psychiatrist can assess appropriateness for holding them, based on the 5150 criteria – acutely suicidal, homicidal, gravely disabled. Decision is also based on patient, as well as input from family, police department and medical records.

Geet mentioned her experiences with assessments being done by RN's. Dr. Smith responded that nurses can do an assessment, but the psychiatrist is the only one who can make a decision to help the patient.

Q (Teresa): What is the staffing ration? The mandated ration has been exceeded.

A (Smith): Core staffing has a minimum of 4. State law is 4:1. We bring down another nurse as needed.

Update on CMS Report:

Dr. Smith said there were 114 pages detailing 52 situations. Most were easily remedied. Regarding patient safety – the number of assaults has dramatically lowered. Regarding quality assessment improvement – We have re-written it entirely. Regarding the governing body – we have changed the communication structure. CMS had initially said March 15 was our termination date. They've cancelled that.

Karen thanked Dr. Smith for his report. She also asked if there was a way to get our County's 5150 form changed to add a statement about family input being allowed. He will work with Vic on this.

Dr. Smith referred to the CC Times newspaper articles about the prison reform process. Barbara mentioned a law enforcement training on mental illness done by the Barbara Schneider Foundation. The Executive Assistant will get information on this and forward it to the Justice System Committee. Kathi mentioned that we need to look at the mentally ill who present as being drunk, realizing they still need mental health services. She said she'd like to see the Commission partner with CCRMC for oversight of services.

Q (Barbara): Who monitors hospitals we contract with?

A (Smith): Mental Health Director Donna Wigand.

Karen Sloma stated that we need to be informed influencers.

7 MENTAL HEALTH DIRECTOR'S REPORT – Donna Wigand, LCSW

Due to a family emergency, Donna was unable to attend.

8. COMMITTEE REPORTS.

Due to the length of the meeting, there were no reports given.

9. REPORTS FROM ANCILLARY BOARDS/COMMISSIONS/ COMMITTEES.

Due to the length of the meeting, there were no reports given.

10. FUTURE AGENDA ITEMS.

Address the question of how the County monitors Contracts and Programs.

11. ADJOURNMENT.

The meeting adjourned at 6:45 p.m.

Respectfully submitted,

Karen Shuler, Executive Assistant

Contra Costa Mental Health Commission