

**SHASTA COUNTY MENTAL HEALTH, ALCOHOL AND DRUG ADVISORY BOARD (MHADAB)**

**SPECIAL MEETING**

**Minutes**

**April 5, 2017**

Members: Charlie Menoher, Marvin Peterson, David Kehoe, Steve Smith, Kari Hess, Sonny Stupek, Leon Polk, Amanda Peterson, and Kerrie Hoppes

Absent Members: Sam Major, Ron Henninger, Carol Zetina, and Michele Wright

Shasta County Staff: Donnell Ewert, Dean True, Tracie Neal, Dale Marlar, and Cara Schuler

Guests: Kay Downing, James Montgomery, Amy McCune, Tammy Allan, Patrick Moriarty, Susan Power, Dan MacMillan, Betty Cunningham, and Cindy Diezsi

<b>Agenda Item</b>	<b>Discussion</b>	<b>Action</b>	<b>Individual Responsible</b>
I. Introductions	<ul style="list-style-type: none"> <li>➤ Chair extended a warm welcome to all attendees.</li> <li>➤ Board members and guests introduced themselves, if those chose.</li> </ul>		➤ Steve Smith, MHADAB Chair
II. Public Comment Period	<ul style="list-style-type: none"> <li>➤ Board member Polk is excited to be here.</li> </ul>		➤ Leon Polk, MHADAB Member
III. Discussion	<ul style="list-style-type: none"> <li>➤ <u>TOUR OF HILL COUNTRY CARE CENTER</u> Tammy Allen, Behavioral Health Program Director, went through the services provided at the CARE Center. A question and answer session took place with Board members, Patrick Moriarty, Community Outreach Coordinator, and Amy McCune, Site Manager. Amy McCune conducted a tour of the CARE Center. [See Attachment]</li> </ul>		➤ Tammy Allen, Behavioral Health Program Director, Amy McCune, Site Manager, and Patrick Moriarty, Community Outreach Coordinator
V. Adjournment		➤ Adjournment (6:15 pm)	

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Steve Smith, Chair

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Cara Schuler, Secretary

## The CARE Center – Crisis Prevention and Recovery Engagement

Urgent Mental Health Care and Crisis Prevention	Mental Wellness and Recovery Support	Specialty Support Programs	Community Outreach and Training
<p><b>CRISIS PREVENTION SERVICES</b> We offer urgent evaluation &amp; intervention for any person experiencing a serious, but non-life threatening crisis situation.</p> <ul style="list-style-type: none"> <li>• Triage and safety evaluation</li> <li>• Assessment and stabilization assistance</li> <li>• Referral, linkage and follow up</li> <li>• Assistance with basic needs</li> </ul> <p>Persons may self-refer for urgent mental health services, but may also be referred by other agencies, hospitals, law enforcement, schools, Helpline, 211, family, friends, etc.</p> <p><i><b>EXCEPTIONS: Persons who present a risk of harm to self or others should be linked with emergency services, not The CARE Center. Also, we are not able to serve persons who are intoxicated.</b></i></p> <p><b>Brief Intensive Case Management</b> We provide high intensity support to aid with stabilization and recovery engagement.</p> <ul style="list-style-type: none"> <li>• Rapid access to medication evaluations &amp; health care (usually within 72 hours)</li> <li>• Level of care assessment and advocacy for people with acute psychiatric impairment and/or addictions</li> <li>• Intensive case management for recovery support</li> <li>• Solution-oriented interventions for individuals and families, rapid linkage to community therapists and other services</li> </ul>	<p><b>WELLNESS AND RECOVERY SUPPORT</b> We provide on-demand recovery support for persons living with a serious mental illness. We promote the CHIME Recovery Framework: <b>Connectedness. Hope and Optimism. Identity. Meaning and Purpose. Empowerment.</b></p> <p><b>Personalized Recovery Coaching</b></p> <ul style="list-style-type: none"> <li>• We listen, in person or by phone</li> <li>• We help with motivation and support problem solving</li> <li>• We help develop personal Wellness and Recovery Plans</li> </ul> <p><b>Classes and workshops (coming soon)</b></p> <ul style="list-style-type: none"> <li>• NAMI family-to-family and peer-to-peer-classes</li> <li>• WRAP for crisis prevention and long term wellness</li> <li>• Healthy living classes</li> <li>• Expressive art classes</li> <li>• Relaxation training</li> <li>• Self-care training</li> <li>• Mastering social anxiety</li> <li>• Peer specialist training</li> <li>• And more...</li> </ul> <p><b>Support and therapeutic groups</b></p> <ul style="list-style-type: none"> <li>• Managing depression, anxiety, chronic pain, etc.</li> <li>• Recovery from trauma and loss</li> <li>• Stress reduction and management</li> <li>• Parent support and skill building</li> </ul> <p><b>Connection to recovery resources</b> Employment, volunteerism, social activities, community resources, etc.</p>	<p><b>ACCESS TO SPECIALTY SUPPORT PROGRAMS</b></p> <p><b>Assisted Outpatient Treatment (Laura’s Law)</b> We provide community-based, intensive case management with clinical support and other stabilizing services to persons with a serious mental illness who are also high risk for incarceration, psychiatric hospitalization or homelessness. Referrals to this program must be via Shasta County HHS and Shasta County Court.</p> <p><b>Support for foster families</b> We support foster families by providing recreational activities for foster youth at various locations in Shasta County. These activities take place weekly after school and occasionally on weekends. We also provide classes and individualized support foster parents.</p> <p><b>Medication Assisted Treatment (MAT) for Opioid Addiction</b> We work with Hill Country’s integrated care staff to provide medication-assisted treatment of opioid addiction. This program requires a comprehensive assessment, participation in substance abuse groups, and individual therapy. Intensive case management support is also provided to enhance success in recovery.</p> <p><b>Whole Person Care – Intensive Medical Case Management for homeless persons (Coming soon)</b></p> <p><b>Other MHSA/Shasta County Programs</b></p>	<p><b>Outreach and Engagement</b> Our Outreach Team is able to meet with people on-site or at other agencies, such as hospitals, for crisis prevention and early intervention. We offer a special focus on helping people with complex care needs such as overlapping serious mental health conditions, medical problems, and adverse life situations.</p> <p><b>Community Collaboration</b> Our wish is to partner with other agencies, organizations, and community groups to form a gapless continuum of crisis prevention and recovery support for services for people living with a mental illness and others in need of help.</p> <p>We invite our partners to join us at The Care Center to offer services that promote recovery and a healthier, more supportive community.</p> <p><b>Community Education</b> We offer training and other learning opportunities for people throughout the region. Trainings include topics related to trauma informed care, mental health recovery, complex care management, and community building.</p> <p><b>Professional Development</b> In collaboration with CSU Humboldt and CSU Chico, and local agencies, Hill Country offers rich social work professional training experiences and opportunities for helping professionals to earn CEU/CME hours.</p>