SHASTA COUNTY MENTAL HEALTH, ALCOHOL AND DRUG ADVISORY BOARD (MHADAB)
REGULAR MEETING
Minutes
January 2, 2019

Members: Charles Menoher, Sam Major, Marvin Peterson, Connie Webber, David Kehoe, Cindy Greene and Dale Marlar
Absent Members: Kari Hess, Ron Henninger, Steve Smith, Ron Vigil and Elizabeth Jarrett
Shasta County Staff: Donnell Ewert, Dean True, Dianna Wagner, Kerri Schuette, Carrie Jo Diamond, Dave Maron, Paige Greene, Terri Fields Hosler, Karen Ramstrom and Teri Linson
Guests: Stephanie Peterson, Katie McCullough, Genell Restivo, Charles Horner, Jill Phillips, Marjeanne Stone and Kristen Schreder

Agenda Item	Discussion	Action	Individual Responsible
I. Introductions	➢ Chair extended a warm welcome to all attendees. Chair also read the Public Comment requirements. ➢ Board members and staff introduced themselves.		➢ Charlie Menoher, MHADAB Chair
II. Public Comment Period	➢ None.		
III. Provider Reports	➢ None.		
IV. Approval of Minutes	➢ Minutes from the October 8, 2018 and November 7, 2018 meeting were presented in written form.	➢ Approve the October 8, 2018 and the November 7, 2018 minutes as submitted.	➢ Dale Marlar (Motion) Connie Webber (Second)
V. Announcements and Review of Correspondence	A. The Annual Mental Health Services Act Revenue and Expenditure Report, FY 17-18, was reviewed by the Board. The next MHSA Stakeholder Meeting will take place on January 9th, that group helps decide how this money will be spent. B. MHADAB Chair welcomed new member Cindy Greene. C. MHADAB Chair recognized David Kehoe with a Certificate of Recognition for his valuable contribution to the Mental Health, Alcohol and Drug Advisory Board.		➢ Kerri Schuette, HHSA Program Manager ➢ Charlie Menoher, MHADAB Chair
VI. Presentations	A. CENTER FOR BEHAVIORAL HEALTH: A PowerPoint presentation on The Center for Behavioral Health was provided by Stephanie Peterson the Director of Behavioral Health at Shasta Regional Medical Center. [See Attachment A] Discussion took place. B. SYRINGE SERVICES: A PowerPoint presentation on Syringe Services was provided by Dave Maron, Public Health Program Manager. [See Attachment B] Discussion took place.		➢ Stephanie Peterson, Director of Behavioral Health – SRMC ➢ Dave Maron – Public Health Program Manager
VII. Discussions/Updates	A. AD HOC 2018 DATA NOTEBOOK COMMITTEE: Board Chair Menoher volunteered to help with the Data Notebook Committee.		➢ Charlie Menoher, MHADAB Chair

	B. <u>AD HOC MHADAB ANNUAL REPORT COMMITTEE:</u> Program Manager Schuette explained the purpose of these reports. Chair asked who would be interested in being on the committee. Board members Major and Kehoe will help with the MHADAB Annual Report. The link to the reports will be sent out prior to the meetings.		➢ Kerri Schuette, HHSA Program Manager
	C. <u>AD HOC MHSA ANNUAL REPORT COMMITTEE:</u> The role of the Board members for the MHSA Annual Report committee is to give an unbiased look at the report and give feedback. Chair asked who would be interested in being on the committee. Board members Major and Kehoe volunteered to assist. An email will be sent out to inform members of the dates and times of the committee meetings.		➢ Kerri Schuette, HHSA Program Manager
	D. <u>MHADAB MEMBER RECRUITMENT;</u> Board Chair advised that we currently have 3 openings on the Board. Supervisor Kehoe has expressed interest in continuing on the Board as a community member. Recruitment will continue as we work to fill these positions.		➢ Charlie Menoher, MHADAB Chair
	E. <u>MHADAB NEW MEMBER ORIENTATION:</u> New member orientation is scheduled for Friday, March 1st. Chair encouraged new members to attend the orientation as well as any current members who would like to attend.		➢ Charlie Menoher, MHADAB Chair
	F. <u>MHADAB YOUTH SERVICES GOALS UPDATE:</u> The goal continues to be to get the word out on the many services available to the youth in our community. We continue to work on the communication plan. Chair Menoher is working with schools to get the message out through the school webpages and through school counselors. Branch Director Wagner is working with the Youth Initiative to enable youth participation in determining what kinds of messages they would like to hear, so that we can use their words for the campaign. Program Manager Schuette has been working on the HHSA webpage, a trifold referral guide to Children's Mental Health and Substance Use Services, the Instagram page, the Shasta County Facebook page, and the Twitter page. We will put out a press release once all the pieces come together.		➢ Charlie Menoher, MHADAB Chair

VIII. Director's Report	➢ The Director's Report was sent out prior to the meeting for the Board and guests to review. [See Attachment C] Discussion took place.		➢ Donnell Ewert, HHSA Director
IX. MHADAB Standing Committee Report	➢ <u>MHADAB EXECUTIVE COMMITTEE MEETING:</u> At the last Executive Committee meeting the primary discussion was the 2018 goals and how to effectively educate the community on the youth services available. The next Executive Committee meeting will be February 4, 2019 at 11:00 am.		➢ Charlie Menoher, MHADAB Chair
X. Other Reports	➢ <u>STAND AGAINST STIGMA COMMITTEE:</u> The next Stand Against Stigma meeting is January 8th at the Care Center. Next Saturday is a Becoming Brave training. The next Hope is Alive! Open Mic is February 22nd at the Shasta County Arts Council. The Minds Matters Mental Health Fair is scheduled for May 10, 2019 ➢ <u>SUICIDE PREVENTION WORKGROUP:</u> No report. ➢ <u>ADP PROVIDER MEETING:</u> The next ADP Provider meeting is scheduled for February 27, 2019 at 10:00 am. ➢ <u>HOMELESSNESS MEETING:</u> They will be doing the Homeless Point in Time Count in January, and will need volunteers.		➢ Carrie Jo Diamond, Community Education Specialist ➢ Steve Smith, MHADAB Member ➢ Kari Hess, MHADAB Member ➢ Charlie Menoher, MHADAB Chair
XI. Reminders	➢ See Agenda.		
XII. Adjournment		➢ Adjournment (6:45 p.m.)	

_____
Charlie Menoher, Chair

_____
Teri Linson, Secretary

Shasta Regional Medical Center

Behavioral Health Services

Stephanie Peterson RN, BSN Director of Behavioral Health

Racheal Paul RN, BSN Behavioral Health Manager

A

History & Changes

- Voluntary Geropsychiatric unit opened December 2015
  - "Path to Wellness"
- Transitioned to wider age range in 2016
  - 18 and up
- "Center for Behavioral Health"
  - August 2017
- Collaborated with Shasta Co. Mental Health to become LPS designated in 2018
  - Board of Supervisors approval September 11, 2018
- Began accepting involuntary patients October 22, 2018

A

Leadership

- Stephanie Peterson
  - Director of Behavioral Health
- Richard Zarriello
  - Medical Director
- Imran Khan
  - Board certified addiction medicine
- Ron Poli
  - Physician's Assistant
- Racheal Paul
  - Behavioral Health Manager
  - Performance Improvement

A

Services Provided

- Inpatient Behavioral Health Program
- 20 beds in a dedicated part of the hospital that is secured for safety
- Interdisciplinary team includes physicians, psychiatric nurses, nursing assistants and social workers
- Patient-centered care in a compassionate environment
- Experienced team provides a full range of services:
  - Comprehensive psychiatric and medical assessment(s)
  - Psychosocial assessment and screening for substance use
  - Assessment of daily living skills
  - Extensive discharge planning and follow-up with community resources

A

Services Provided cont…

- Evaluation by psychiatrists within 24 hours of admission
  - Medication management is provided with an emphasis on safe and effective medication use
- Psychosocial Assessment by Social Services
  - Within 72 hours of admission
  - Identify needs
  - Comprehensive discharge planning and aftercare
- Comprehensive assessment of needs & strengths
  - self-care
  - social skills
  - symptom management

A

Center for Behavioral Health Daily Schedule

onday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-7:00 Up/Hygiene	6:30-7:00 Wake Up/Hygiene	6:30-7:00 Wake Up/Hygiene	6:30-7:00 Wake Up/Hygiene	6:30-7:00 Wake Up/Hygiene	6:30-7:00 Wake Up/Hygiene	6:30-7:00 Wake Up/Hyg
8:00 t/Community Meeting	8:00 Breakfast/Community Meeting	8:00 Breakfast/Community Meeting	8:00 Breakfast/Community Meeting	8:00 Breakfast/Community Meeting	8:00 Breakfast/Community Meeting	8:00 Breakfast/Comm Meeting
9:30 cise/Patio	9:30 Exercise/Patio	9:30 Exercise/Patio	9:30 Exercise/Patio	9:30 Exercise/Patio	9:30 Exercise/Patio	9:30 Exercise/Pat
00-11:00 isitation	10:00-11:00 Visitation	10:00-11:00 Visitation	10:00-11:00 Visitation	10:00-11:00 Visitation	10:00-11:00 Visitation	10:00-11:0 Visitation
11:00 Work Group	11:00 Social Work Group *11:45* *Dietary Education*	11:00 Social Work Group	11:00 Social Work Group	11:00 Social Work Group	11:00 Social Work Group	11:00 Social Work Gr
12:00 Skills/Patio	12:00 Social Skills/Patio	12:00 Social Skills/Patio	12:00 Social Skills/Patio	12:00 Social Skills/Patio	12:00 Social Skills/Patio	12:00 Social Skills/P
0 Lunch	1:00 Lunch	1:00 Lunch	1:00 Lunch	1:00 Lunch	1:00 Lunch	1:00 Lunch
2:00 Therapy	2:00 Art Therapy	2:00 Art Therapy	2:00 Art Therapy	2:00 Activity Therapy	2:00 Movie	2:00 Movie
0 Dinner	6:00 Dinner	6:00 Dinner	6:00 Dinner	6:00 Dinner	6:00 Dinner	6:00 Dinner
00-8:00 isitation	7:00-8:00 Visitation	7:00-8:00 Visitation	7:00-8:00 Visitation	7:00-8:00 Visitation	7:00-8:00 Visitation	7:00-8:00 Visitation
:30 pm Up Group	8:30 pm Wrap Up Group	8:30 pm Wrap Up Group	8:30 pm Wrap Up Group	8:30 pm Wrap Up Group	8:30 pm Wrap Up Group	8:30 pm Wrap Up Gro
0:00 pm ghts Out	10:00 pm Lights Out	10:00 pm Lights Out	10:00 pm Lights Out	10:00 pm Lights Out	10:00 pm Lights Out	10:00 pm Lights Out

A

Daily Program Schedule

- Group therapy and counseling
  - goal setting
  - coping strategies
  - stress management
  - problem-solving skills
- Family intervention and education
- Expressive arts and recreational therapy

Services Provided cont…

- Behavioral Health services integrated into continuum of care
- Management of chronic medical conditions
  - Hospitalist team evaluates patients
    - Within 24 hours of admission
    - Weekly follow-up
  - All ancillary services available to Behavioral Health
    - Laboratory
    - Radiology
    - Physical Therapy
    - Wound Care
    - Dietary & Nutritional Services
    - Tele-Neurology Evaluation

A

Clinical Admission Criteria

- Primary mental health disorder and risk factors present that justify inpatient treatment
  - Voluntary & Involuntary treatment
- Increasing severity of psychiatric symptoms that substantially interfere with social, interpersonal, and occupational functioning
- Suicidal thoughts or other self-harm behavior that can cause an individual to be a danger to themselves

A

Clinical Admission Criteria cont…

- Inability to maintain adequate nutrition or self-care due to psychosis or disorganized thoughts
- Cognitive impairment (disorientation or memory loss) that results in behavioral disturbance or endangers the welfare of the patient or others
- Inadequate response to medication prescribed and severe psychiatric symptoms that require inpatient stabilization before the patient is able to participate in an outpatient treatment program

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A

Vision & Looking Ahead…

Crisis Stabilization/Psychiatric Observation

- Regional Psychiatric Emergency Room

Chemical Dependency Treatment & Medical Detox

- 14-bed on the 2nd floor

Electroconvulsive Therapy (ECT)

- Severe symptoms unresponsive to medications
- Currently unavailable north of Sacramento

Intensive Outpatient Program (IOP)

- Partial Hospitalization Program (PHP)
- Day treatment with group focus and other treatment modalities
- Transportation provided

A

SHASTA COUNTY HHSA PUBLIC HEALTH BRANCH SYRINGE SERVICES PROGRAM

B

BRIEF HISTORY

- SHASTA COUNTY SYRINGE SERVICES PROGRAM (SSP) APPROVED FOR OPERATION IN 2006.
- SSP (FORMALLY SYRINGE EXCHANGE PROGRAM) ORIGINALLY OPERATED UNDER THE ADMINISTRATION OF HHSA REGIONAL SERVICES BRANCH.
- SSP CAME TO THE PUBLIC HEALTH BRANCH IN THE FALL OF 2016.
- SSP SITES HAVE VARIED OVER THE YEARS AND NOW ALL SSP SITES ARE ON THE BRESLAUER CAMPUS.

B

GOAL OF SSP

- THE PRIMARY GOAL OF THE SSP IS TO REDUCE SPREAD OF BLOOD BORNE DISEASE IN THE COMMUNITY BY ENCOURAGING IV DRUG USERS TO USE A CLEAN NEEDLE EACH AND EVERY TIME THEY INJECT.
    - 1:1 EXCHANGE OF NEEDLES (ENCOURAGES CLIENTS TO SAFELY STORE NEEDLES AND NOT DISCARD IN THE COMMUNITY
    - REFERRALS TO DRUG TREATMENT
    - REFERRALS TO HEALTH CARE
    - EDUCATION AND INFORMATION REGARDING A HOST OF OTHER ISSUES AFFECTING THE CLIENTS.

B

RECENT CHANGES TO SSP

- NEW SUPERVISION AND INCREASED STAFF
- SSP OPERATES OUT OF THE PUBLIC HEALTH BRANCH CLINIC EVERY WEDNESDAY AND FRIDAY, AND IN THE CASCADE BUILDING PARKING LOT ON MONDAY'S BEGINNING AUGUST 1.
    - INDOOR LOCATION ALLOWS FOR STAFF AND CLIENTS TO BE OUT OF INCLEMENT WEATHER ONE DAY PER WEEK
    - OPERATING OUT OF THE CLINIC ALLOWS MORE SERVICES TO BE OFFERED TO CLIENTS DURING THAT SSP DAY

B

ADDITIONAL SERVICES TO BE OFFERED AT CLINIC SITE

- HIV AND HEPATITIS C TESTING (*NOW OFFERED!*)
- NALOXONE DISTRIBUTION (*NOW OFFERED!*)
- CERTIFIED DRUG AND ALCOHOL COUNSELOR ON SITE TO ENGAGE WITH CLIENTS REGARDING TREATMENT OPTIONS (*NOW OFFERED!*)
- ACE'S INFORMATION (*NOW OFFERED!*)
- ROOM FOR MORE

B

STOP BY AND CHECK OUT OUR SITE AT THE CASCADE BUILDING PARKING LOT ON MONDAYS AND THE PUBLIC HEALTH BRANCH CLINIC ON WEDNESDAYS AND FRIDAYS.

B

THANK YOU FOR SUPPORTING THIS IMPORTANT PUBLIC HEALTH INTERVENTION

QUESTIONS??

B

Shasta County
Health & Human Services Agency

Directors' Report – January 2, 2019

Mental Health, Alcohol and Drug Advisory Board (MHADAB)

Adult Services Branch Update

- **Updates on Improvements - County's Continuum of Care for Mental Health and Substance Use Disorders:**
  - Mobile Crisis – Hill Country has a team ready to provide services. They have been meeting with both Redding Police Department and EMS dispatchers. Initial services will be to Redding proper, M-F, approximately 9 to 5. As staffing permits, additional hours will be added and geographical reach expanded.
  - Sobering Center – the Shasta County Board of Supervisors approved a contract with Empire Recovery Center to provide sobering services. It is anticipated that these will begin sometime in the later part of January. Details continue to be refined with regard to medical clearance. Primary referrals into the Sobering Center will be law enforcement and local emergency departments.

- **Medication Assisted Treatment (MAT) in the jail:** HHSA continues discussions with both Jail staff, the contractor who provides medical services in the jail (Well Path, formerly California Forensic Medical Group), and Aegis who is willing to provide funding and support through its 'Hub & Spoke' grant. General agreement and protocols are in place, and MAT services will be considered on a case-by-case basis by physicians providing services in the jail. For the time being, services will be limited to continuation of suboxone for those who were participating in services prior to incarceration. Also under consideration is the distribution of naloxone kits upon release from jail.

- **Learning Collaborative targeting opioid treatment within the criminal justice system:** HHSA continues to participate in the learning collaborative to explore options, with discussions centering on making both Vivitrol injections, and/or Suboxone, available to identified incarcerated individuals.

- **ADP Provider Meeting:** the quarterly provider meeting took place on Wednesday, November 28th. The meeting was dedicated to providing mandatory Title 22 training to providers delivering Drug Medi-Cal services.

- The next ADP Provider meeting is scheduled for Wednesday, February 27, 2019, 10:00 am at the Mae Helene Bacon Boggs Conference Center.

C

Children's Branch Update:

- **Youth Substance Use Treatment Collaborative:** Due to the continuance of implementing the SUD organized delivery system until July 2019. Partnership has extended the grant to June 30, 2019. Therefore, the Youth SUD Collaborative will continue our work with Dr. Rachel Gonzales-Castaneda through 2019. The collaborative will be continuing our trainings with the purpose of these trainings is to increase the knowledge of Mental Health Staff internally and in the community to provide dual diagnosis treatment to youth. We will be creating a Secondary Prevention curriculum to educate youth 11-17 on the impact harmful substance use can have on their developing bodies. In the meantime, two Drug Medi-Cal providers have developed or in the process of developing new treatment options for youth.

- **At-Risk and Homeless Youth Initiative:** Community members and service providers meet on December 21, 2018, to discuss a youth facilitated meeting to identify needs of youth experiencing homelessness, mental health issues, and mental health issues. The youth facilitated meeting is being scheduled for later in January. The Youth Needs Assessment is currently being evaluated.

- **AB 1299 (Presumptive Transfer):** On January 8, 2019, the Board of Supervisors will consider a contract with California Mental Health Services Authority (CalMHSA) to utilize the reimbursement bank being established by Joint Power Authority (JPA) so that we will be reimbursed for the mental health services we provide to out-of-county foster youth residing in Shasta County.

- **At Risk Middle School:** Children's will be holding a training from a Botvin Life Skills staff in Shasta County this month for Kings View, Gateway Unified School District, Cascade Elementary School District and SCCAPCC so they can begin their full implementation of Botvin Life Skills into the 6th grade classrooms and at sites in the community.

Board of Supervisor Staff Reports (November - December)

- Agreement with Shasta Community Health Center
- Agreement with California Department of Health Care Services and First Amendment with Northern Valley Catholic Social Service with for Crisis Counseling Program
- Agreement with St. Helena Hospital
- Appointments to the Mental Health, Alcohol and Drug Advisory Board
- Agreement with Empire Hotel EHARC, Inc. dba Empire Recovery Center to Provide a Sobering Center
- Resolution Delegating Signing Authority of Memorandums of Understanding
- First amendment with Shasta County Child Abuse Prevention Coordinating Council
- Renewal Agreement with Northern California Youth and Family Programs for visitation and parent education