



# County of Fresno

## ADVISORY BOARDS AND COMMISSIONS

### FRESNO COUNTY BEHAVIORAL HEALTH BOARD Community Forum and Regular Meeting Minutes November 18, 2015

<u>MEMBERS PRESENT</u>	<u>BEHAVIORAL HEALTH</u>	<u>PUBLIC MEMBERS</u>
Carolyn Evans Francine Farber Joanne Cox John Duchscher Donald Vanderheyden David Thorne Renee Stilson Curt Thornton	Dawan Utecht Maryann Le Susan Holt Karen Markland Doua Lor Robert Johnson Kathy Anderson James Ritchie Heather Mann LeAnn O'Neal	Rondy Packard, SCCC Frances Devins, Fresno Sheriff Mark Leavhurl, Westcare Brenda Kent, Kingsview Rachael Ensom, TPOCC Maria Villegas, CentroLaFamilia Vanessa Sandoval, CentroLaFamilia Lillian Fillpot, Fresno Housing Elizabrth Escoto, TPOCC Yami Rodriguez, YLI Lue Yang, Fresno Center Phai Nameesai, Fresno Center Dia Yang, HCEWC Dr. Arrie Smith Mayra Fuentes, Kingsview LeeAnn Skorohod, Exodus Luana Murphy, Exodus
<u>ABSENT</u> Brian Conway David Weber	<u>PUBLIC MEMBERS</u> Brandy Dickey Gilbert Rivas, Kingsview Donna Bailes Tineka Burgess, TPOCC Rebecca Sanchez, TPOCC Andrew Xiong Samnang, Heng, HCEWC	
<u>BOARD OF SUPERVISORS</u> Absent		

#### Minutes from Community Forum - 2:30-3:30 PM

Chair Joanne Cox opened up the forum by having board members and staff self-introduce themselves. She identified that the main objective of the forum was to share concerns, discuss services, and/or speak to your experiences.

Public member Brandy shared her wellness story and advocated for DBT (Dialectal Behavioral Therapy) services and pleaded that consideration to be given to keep the DBT team together.

Public member Terry validated DBT services by sharing her life experience. She shared that the DBT group has met for three years with each member of the group has bonded and gained the necessary life-skills used in their recovery.

Public member Donna spoke to the positive response she personally has received from DBT therapy identifying that the many coping skills she has learned and puts into place regularly helps her to live a balanced life.

BHB members questioned if the DBT program as dissolving. Response by public member was that the team would be spread out and the feeling from the clients is that DBT is not just a program but a team. Some expressed fear that the concept will be watered down.

Deputy Director Maryann Le responded that to her knowledge the DBT program was not changing and that Dr. Santy and Division Manager Stacy Vanbruggen remain proponents of the program and the feedback was appreciated.

Public member Rondy spoke about BlueSky Wellness Center and shared the many programs he has participated in to include anxiety support, relapse prevention, groups on stress and depression, etc. all of which have been very helpful for his wellness.

Public member Brandy commented on the appreciation she has for the development of the adolescent inpatient psychiatric hospital and is thankful to whom ever made it possible. Comments from BHB member Donald VanDerheyden also commented his thankfulness for the facility.

Public member Brandy also commented on the welcoming atmosphere she has experienced at Adult Mental Health. She noted the huge difference the wellness and recovery culture is having on her personal wellness. Discussion led into a brief conversation on how all responders should treat people and that stigma of mental illness is being reduced as more and more people are willing to talk and share their stories.

Division Manager Karen Markland spoke to the recent MHSOAC Community Forum and reported the feedback was positive. She noted that clients and family members were engaged. She spoke to the positive feedback of the CAMPRO pre-forum which identified the work and value of receiving peer driven services. Ms. Markland noted that it was a dynamic opportunity to hear from peers and clients honoring the whole team however what was most powerful was the connection of recovery and for this she congratulated and thanked the community for their participation. In addition to the report on the forums, Ms. Markland spoke to STAKE training calendared on December 9 in which the goal is to target those receiving services and train them to be advocates from a client perspective.

BHB member Curt Thornton announced that in early April, a Gathering on Mental Health, inspired by two such Gatherings previously held by Pastor Rick Warren of Saddleback Church in Orange County. These Gatherings focus on Mental Health, and the faith community. Several people from Fresno who attended the last gathering at Saddleback in October are putting the Fresno event together. There will be several speakers at the Fresno event who were at the Saddleback event. The event will be held in Fresno on April 21, 2016 at New Covenant Church and would be worth attending. In addition, BHB member Duchscher announced that every August, a three-day conference on Celebrate Recovery is held at Saddleback, and that there are plans to incorporate behavioral health into the program. He noted that 25,000 churches worldwide currently promote Celebrate Recovery.

Ms. Markland put on the radar an upcoming opportunity to participate in brainstorming sessions on how Fresno County can better participate in the statewide Each Mind Matters efforts. She reported that Fresno County currently has a good reputation of using the statewide program and even has been asked to coach other counties however it is the goal through the brainstorming process to develop additional opportunities. For example, expanding the art hop efforts are in the works and includes opportunities to display client artwork during the entire month of May at the Fresno Art Council. Seeking grant funds for the addition of art classes for clients is also being considered.

## Minutes from Regular Meeting

### I. Call to Order and Opening Remarks – Chair Joanne Cox

- A. Chair Joanne Cox called the regular meeting to order at 3:30 pm. She announced the BHB membership brochures were available on the back table and that they provided information on current members, membership and the responsibility of the BHB. Chair Cox also encouraged folks to partake in public comment at the end of the meeting. In addition, she also announced that a drafted copy of the BHB Annual Report would be emailed to BHB members for review and comment at December's BHB meeting.

Chair Cox spoke to the celebration of cultural diversity and shared that Fresno County is the sixth largest county in the State with over 70 nationalities and an estimated 100 languages spoken. She noted that Fresno County also is challenged with serving the mental health needs of folks within the diverse population; however, she commented that staff does a great job and appreciates their sensitivity to the many cultural differences. Chair Cox also referenced the cultural artifacts brought in by BHB members. BHB member Francine Farber shared Hanukkah and demonstrated the lighting of the menorah. Chair Cox then introduced the Khmer Healing Dancers who demonstrated their culture by performing an eloquent dance.

- B. Chair Cox announced Dr. Arrie Smith as the cultural diversity honoree. Her nomination was submitted by Clinical Supervisor Les Lucas who presented how Dr. Smith exemplifies the spirit of cultural diversity both at work and in the community.
- C. Chair Cox commented on the team effort and the work being done by the department and specifically recognized Director Dawan Utecht for her leadership. Director Utecht humbly responded that while this is the hardest job she has ever had, she is thankful for the comments. However, Director Utecht noted that it is easy to get discouraged when there are not enough resources to close the gaps in care, or with the challenges of changing a culture to become recovery-based, or even when tackling housing and the comprehensive plan that is so badly needed. But, while it is easy to feel overwhelmed at times, Director Utecht does acknowledge that she has a wonderful team and the progress made thus far could not have been done without them.

### II. Approval of Agenda

Agenda accepted as written.

### III. Approval of Minutes

Minutes from October 21, 2015 meeting were accepted as corrected.

### IV. Update and Program Review from Department of Behavioral Health – Director Dawan Utecht

**Construction Services:** The Board of Supervisors (BOS) approved moving forward with an architect on the Adult Crisis Residential project and the department is in the process of developing a design committee to ensure the facility has a recovery focus. The small group will consist of family advocates, members from the Review Advisory Committee (RAC), families and clients within our system of care. Director Utecht reported that the rural triage personnel began providing services on the east side in October and that services the west side will follow. She commented that as a result of attending the RAC groups in the rural areas, it is clear that more efforts need to be put forth to ensure outreach within the rural communities to include how to access services.

In addition, Director Utecht reported that the contract for rural outpatient services has been increased to expand services however locations of facilities are being reviewed to ensure they are conducive to our clients. She noted that with the rural triage services and the increased funding to rural outpatient services, she is hopeful that the outreach efforts will bring more programs together.

The purchase of the Sierra building is moving along. Administration is working through the details and developing a timeline to communicate to staff.

The Kingsburg Healing Center MHRC is projected to open in 2016.

**Regulatory/Legislative Update:** Director Utecht reported on the priorities that the California Behavioral Health Directors Association (CHBDA) has set forth to include the following:

- Increase capacity to effectively serve individuals in mental health crisis
- Expand California's capacity to treat individuals with substance use disorders
- Expand safe and affordable housing for individuals with behavioral health needs
- Integrate the public behavioral health care delivery system with the Medi-Cal managed care/health care delivery system

Director Utecht commented that there was thoughtful conversation about what are the bottlenecks in the system and how the expansion through the Medi-Cal redesign will treat those with co-occurring disorders, infuse capital and advocate at the State level that the infrastructure will ensure a continuum of care.

Director Utecht spoke to the housing priority noted in bullet three and identified that housing has a big focus and that from a policy perspective all supports will be looked at. The discussion was robust however the dilemma on how to inventory such need poses challenges in which she is hopeful there will be assistance available.

Bullet four, CHHDA is taking a holistic approach to health care and integrating Medi-Cal Managed Care into the system is a priority. It is noted that crisis is also a priority however the question is posed on how to partner for safety-net type services and how to leverage and align incentives to achieve the same goal in collaboration with insurance companies.

**Contract Highlights:** On November 17, 2015, the BOS approved the contract for Exodus to manage Fresno County's inpatient psychiatric health facility previously managed by Crestwood. Services will begin on January 1, 2016. Contracts going forward on December 15, 2015 include the beta project with Turning Point which will allow access to Avatar, specifically the electronic health records as well as the contract for Blue Sky.

**Program Review:** Director Utecht reported on the Holistic Cultural Education and Wellness Center (HCEWC), she is aware that while this contract was hugely controversial years ago, it is her understanding that this program was a result of an extensive stakeholder process through the initial MHSA community planning process. She reported that HCEWC is one program that is funded through the MHSA Innovations component which is 5% of the MHSA budget. Director Utecht reported that a one-year contract extension was granted in an effort to re-design the outcome measures as the original outcomes set forth did not reflect the work of HCEWC.

Director Utecht reflected on the program goals and noted that the program is not intended for treatment but rather designed to engage and encourage access to treatment for those who have different cultural backgrounds and beliefs. Program learning goals and objectives were reviewed and the program's focus is to increase mental health awareness, reduce stigma/discrimination and promote wellness and recovery was defined. It is staffed with diverse bilingual cultural brokers representing various communities. She reported that on a monthly average 2,500-3,000 individuals participate in approximately 120 on-and-off site activities. In addition, program learning goals and objectives were reviewed

Discussion included the recent site visit to HCEWC in which BHB members were impressed by the activities taking place and were pleased to learn that activities were occurring at other locations so others could take part. BHB member Curt Thornton commented that he was hopeful that solid outcomes could have been developed during the one-year extension. While Director Utecht is appreciative of the desire to have tangible outcomes, she responded that this innovative program was not designed that way but she is hopeful that the program will increase the penetration rates. She welcomed suggested and further noted that if we do not try different things to reach the community, we should not expect different results and when there is a struggle to provide treatment to the diverse communities, we simply must meet them where they are at and engage them in activities that will allow them to see the value in improving their mental health. However, there are continued efforts to find measureable objectives that will meet the needs the clients needs. BHB member John Duchscher commented that it must be difficult to track concrete outcomes when providing services to individuals with different cultural backgrounds. Director Utecht clarified that while much of the MHSA programs do not directly bill nor is there any credit given, people do get accounted for through the data billing system. However, she agreed it is challenging. BHB member Renee Stilson commented that she thought the tour of the HCEWC was great. She sees the program as an educational tool for various cultures dealing with stigma and mental health issues. She felt the program was a great avenue to help others within different cultural backgrounds to learn the system.

In closing of the program review, Christina Alejo, Director of HCEWC provided specific examples of the program that truly meets people where they are at and how effective doing things differently was reaching them.

On a side note, BHB member Duchscher questioned the difficulty in getting providers licensed to provide residential drug treatment. Director Utecht identified that currently the facilities providing substance use disorder treatment services do not meet the standards and a lot of the facilities are not for profits. There is no governmental funding for agencies to provide substance use disorder services therefore most facilities have not invested the capital in their facilities and she noted that there needs to be an infusion of capital of funds to get providers ready. Second, the State officials are still working out the details for billing and licensing of integrated services. Director Utecht committed to providing ongoing updates on the process.

## V. Old Business

A. Site Visit Report: Holistic Cultural Education and Wellness Center (HCEWC): Comments from BHB members noted above.

Community Forum and Meeting Minutes

November 18, 2015

Page 6 of 7

- B. Nominations for Officers/Elections on December 16, 2015: Chair Cox called for any other nominations. Staff Secretary Sandra Seely reported that a nomination came in via email for John Duchscher as Vice Chair and BHB member Francine Farber nominated Curt Thornton as Vice Chair. However, BHB member Thornton noted the importance of attending the BHB Executive meetings and asked nominee John Duchscher if he would attend the meetings if elected; John Duchscher's response, "No." Curt Thornton accepted the nomination.

Staff Secretary Sandra Seely announced the slate to include the following nominations:

Joanne Cox, Chair  
John Duchscher, Vice Chair  
Curt Thornton, Vice Chair  
Francine Farber, Secretary

No further comment or discussion noted. Nominations were closed. Election of officers to occur at the December BHB meeting.

VI. New Business

- A. Chair Cox announced that there would be not site visit in December.
- B. Suggestions for Future Board Agenda Items: None

VII. Committee Reports

Deferred due to time constraints however an announcement was made that there would NOT be a BHB Children's Committee meeting in November.

VIII. Public Comment

None.

IXI. Adjournment

The meeting adjourned at 4:45 PM. The minutes were recorded by Sandra Seely, Executive Assistant of the Department of Behavioral Health and submitted to the BHB Executive Committee.

### FUTURE MEETINGS

<u>Executive Committee/Membership Committee</u> <b>Usually 1<sup>st</sup> Monday at 11:30 AM</b>	Joanne Cox, Chair Blue Sky Wellness Center <b>Monday, January 4, 2016 @ 11:30 AM</b>
<u>Adult Services Committee</u> <b>Usually 1st Monday @ 10:00 AM</b>	Carolyn Evans, Chair Blue Sky Wellness Center 1617 E. Saginaw, Fresno <b>Monday, January 4, 2016 @ 10:00 AM</b>
<u>Children's Services Committee</u> <b>Usually 4<sup>th</sup> Thursday @ 9:00 AM</b> <b>NEW DATE/LOCATION DUE TO HOLIDAY</b>	Carolyn Evans, Chair EMQ Families First 1630 E. Shaw Ave #150, Fresno <b>Thursday, December 17, 2015 @ 9:00 AM</b>
<u>Justice Committee</u> <b>Bimonthly 2<sup>nd</sup> Monday @ 1:00 PM</b>	Joanne Cox, Chair Blue Sky Wellness Center <b>Monday, January 11, 2016 @ 1:00 PM</b>
<u>Substance Abuse Disorder Committee</u> <b>Usually 1<sup>st</sup> Wednesday @ 10:00 AM</b>	John Duchscher, Chair Fresno County Elections Training Room 4525 East Hamilton Avenue <b>Wednesday, January 6, 2016 @ 10:00 AM</b>
<u>Behavioral Health Board</u> <b>Usually 3rd Wednesday @ 2:30 PM</b>	Blue Sky Wellness Center 1617 E. Saginaw Avenue, Fresno <b>Wednesday, January 20, 2016 @ 2:30 PM</b>