

Sierra County Human Services



Darden Bynum, LSCW
Director

Mental Health/Drug/Alcohol Services

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Sierra County Mental Health Advisory Board Meeting

Contact: Laurie Marsh Phone: 530-993-6745 Email: lmars@sierracounty.ca.gov

January 28, 2016 9:30am to 11:00am

Sierra County Wellness Center
207 Front Street Loyalton, California 96118

Minutes

Board Members Present: Becky Kinkead, Scott Schlefstein, Sara Wright

Mental Health Staff Members Present: Kathryn Hill-Behavioral Health Assistant Director, Annie Elorza-Case Manager, Linda Diltz-Peer Support, Laurie Marsh-Behavioral Health Coordinator

Stakeholders Present: Lisa Botzler - Social Services (CPS/APS/IHSS), LeTina Vanetti - Emergency Preparedness, Shanna Anseth - Public Health, Celia Sutton-Pado - Public Health

Community Members Present: Three or fewer

- 1. Welcome and Introductions** – Meeting started at 9:30 am
- 2. Approval of Agenda** - Approved by consensus.
- 3. Approval of Regular Minutes** – June 25, 2015 minutes were unavailable to make comments and approve.
- 4. Mental Health Plan Topics**

The Sierra County Mental Health Advisory Board, in partnership with the Board of Supervisors, advocates for responsive services, within the Mental Health System, that are easily accessible, person and family centered, strength-based, recovery and wellness oriented, culturally competent and cost effective. The Sierra County Mental Health Advisory Board provides the voice of informed perspectives on planning, policies and procedures that impact the recovery, resiliency and rights of the persons served, along with family members. The Sierra County Mental Health Advisory Board involves and educates the residents of Sierra County.

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a. Triennial Review

Kathryn Hill reported on the Triennial Review that took place in November 2015. This external review addresses Placer/Sierra's Mental Health Plan. She explained that currently Sierra County falls under Placer County's Mental Health Plan. Kathryn spoke about the importance of the Triennial Review, how it ties into the Mental Health Plan and that Sierra County is working on creating and implementing. Sierra County needs to create a standalone Mental Health Plan in order to be compliant with the State of California and Affordable Care Act regulations.

5. Mental Health Services Act Topics

a. FY13/14 MHSA Annual Update Planning

The Community and Stakeholder survey results were distributed during this planning meeting. Based on the results from the Stakeholder's end, the focus groups wanted to do more parenting programs. Family relationships were concerns that ranked high on both the adults/families and children's surveys.

Sara Wright thought that instead of doing parenting programs, why not create programs to work with children regarding how to deal with their parents. In addition, she thought there should be parenting classes for parents who have children with special needs.

Lisa Botzler reviewed the indications for and benefits of home visits, as well as the idea of a "parent café," rather than just parenting classes.

Becky Kincaid agreed that a diversified approach would likely be the most beneficial.

Scott Schlefstein voiced his concern that parents wouldn't actually participate in a parenting class, unless it was court ordered. He felt that most parents would not willingly choose to go. He did like the idea of calling it a "parenting support group."

Lisa mentioned that although participation in the group could be court-ordered, SARB might also be able to recommend attendance. She mentioned that there

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has been talk about a “low-level” outreach to parents, and Laurie explained that this is currently being called “student/parent navigation” and is in the works.

Laurie pointed out that if we choose to offer nothing, then nothing changes.

Scott asked about possibly having a parent sponsor/mentor.

Lisa stated that child welfare has parent partners, but Sierra County does not have a high number of foster kids, but she stated that they have already been looking into having parent partners.

As part of the Prevention and Early Intervention piece, Laurie discussed the goal of creating a Parent Support Program that includes a parent partner, offers parenting groups, parent café, children’s café, and also has a Behavior Intervention Specialist that can go into the schools. She stated that this program would be in collaboration with Social Services and the schools with the funds coming from a blend of the different departments/agencies involved, and would also offer Mental Health First Aid and Safetalk (suicide prevention).

In regards to Community Services and Supports for Adults and Older Adults, Sierra County currently offers clinical staff for medications, therapy, case management, peer support/Wellness Center, and also has the FSP program. As a result of stakeholder and community member feedback community members seeking services would benefit from interacting with a Behavior Intervention Specialist of which part of the funding to support the position could be leveraged through Community Services and Supports. In addition, community members seeking services would greatly benefit from increasing our peer support staff in Loyalton and add a peer support person in Downieville as well. Laurie also talked about the possibility of adding a Volunteer Peer Support program. Using volunteer peer support staff could increase peer run activities such as facilitating a “Wellness Cafe,” as there are already two individuals who are interested in pursuing this. Another goal would also be to increase WRAP activities.

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Celia Sutton-Pado asked how we could expand “wrap-around” services, such as those offered in FSP, to other clients and community members who do not meet the eligibility requirements for the FSP program.

Lisa talked about a “Friendly Visitor Program” and the Good Shepherd Center that are volunteer programs where volunteers offer to help other people with their grocery shopping, odd jobs around the house, or even just play cards with and visit with the clients. She said that the agency overseeing the program would interview the applicants requesting services and also interview the volunteers, and then match them up based on who would fit together well.

Laurie talked about the Outreach and Engagement part of MHSA and discussed the future goal of starting a “Front Porch Program” where a peer support person would go to people who are geographically isolated and talk with them about different services and supports that would be beneficial. The peer support person would gather information to report back, (without using names), because everything through MHSA has to be documented and reported on. Then if it was determined there was truly a need for specific services and supports, a program/system would be developed to help meet those needs.

6. Cultural Proficiency Topics

a. Update

This item was tabled due to time constraints.

7. Public Comments and Reports

Three or fewer community members mentioned having trouble connecting with Sierra County’s patient advocate, and also reported her difficulty and frustration with various services offered/not offered to her in the past. She feels there are problems with the system that needs to be fixed so we can solve how to get people’s needs met.

8. Adjourn Meeting

It was decided that the next Mental Health Advisory Board meeting will include the Public Hearing addressing the 13/14 MHSA Annual Update. This meeting/public hearing is scheduled for March 4, 2016.

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Minutes submitted by Annie Elorza, Client Services Coordinator and Laurie Marsh, Behavioral Health Coordinator

DRAFT

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