

# Sierra County Human Services



Darden Bynum, LSCW  
Director

## Mental Health/Drug/Alcohol Services

P.O. Box 265  
704 Mill Street  
Loyalton, California 96118  
Phone: (530) 993-6746 Fax: (530) 993-6759

## Sierra County Mental Health Advisory Board Meeting

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

**March 4, 2016 9:30am to 11:30 am**  
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:** Annie Elorza-Case Manager, Laurie Marsh-Behavioral Health Coordinator

**Stakeholders Present:** Jeff Bosworth-Chief of Probation, Lea Salas-Health & Human Services

**Community Members Present:** Three or fewer

1. **Welcome and Introductions** – Meeting started at 9:30 am.
2. **Approval of Agenda** – March 4, 2016 agenda approved by consensus.
3. **Approval of Regular Minutes** – January 28, 2016 minutes approved by consensus.
4. **Public Hearing – 15/16 Mental Health Services Act Annual Update**  
The public hearing opened at 9:38 am.

---

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.

# Sierra County Human Services



Darden Bynum, LCSW  
Director

Laurie Marsh clarified that the public hearing was to address FY 15/16 MHSA Annual Update and not FY 13/14 MHSA Annual Update.

Laurie presented to the attendees the following activities which were inadvertently omitted from the draft plan. Community Academies, which included Cultural Proficiency Training and Bridges Out of Poverty training under Community Services and Supports was added. Becky Kincaid said that she attended Bridges Out of Poverty in the past and said it was a good program, and beneficial for clients to attend. Laurie also reported that SafeTalk was included in Prevention and Early Intervention under Suicide Prevention.

Laurie noted that the Behavior Intervention Specialist (BIS) position was included under General Service Delivery and needed to also be included under Prevention and Early Intervention.

The Student/Parent Navigator program was brought up and Jeff Bosworth reported that Probation has been trying to do something similar to this position and has reached out to the schools to help with truancies, etc., however, they have received little support and very few referrals from the schools early enough in the process. Jeff also noted that he has seen inconsistency in which children the schools tend to address.

Laurie presented the comments received during the 30-day review period. They were as follows:

- 2 people who supported the idea of equine assistance
- 4 people who felt there was a definite need for a BIS, and were interested in whether or not this person would serve both sides of the county, and if the position would become a full-time position
- 3 people who felt the plan provided appropriate services at this time
- 1 person who felt there is a need for local services for people who have insurance as they then become unserved or underserved
- 3 people who felt the Volunteer Peer Support Program is a great idea, but also felt the need for a tech support person to fix the internet issues

The idea of needing more local services for people with insurance was discussed, and the lack of services was noted. It is felt that this will likely become a hot topic in the near future. Lea Salas

# Sierra County Human Services



Darden Bynum, LSCW  
Director

and Laurie reported why Health and Human Services cannot accept private insurance at this time, and explained that internal restructuring would need to take place to allow it.

In regards to the topic of fixing the internet issues at the Wellness Center, Sara Wright asked if just purchasing a separate computer on a different internet service would be an option. Jeff stated that approval from the board may be required to purchase a separate internet system that was completely separate from the county. Scott Schlefstein voiced his skepticism with this being approved by the board.

A community member shared his/her history and success with Equine Assisted Therapy, and stated that "it's like 5 years of counseling in just 6-8 weeks." The community member reported that in his/her experience, this program has a high success rate with both youth and adults, and was "very helpful."

In regards to the overall plan, a community member voiced their approval and support of having a washer and dryer at the Wellness Center that they could use.

Becky then reviewed her notes about the plan, which included making note that Sierra County now has Public Event Centers (at the park, museum, and the Sierraville School). She also felt the washer and dryer was a good idea. She questioned why the software cost was so high. Lea and Laurie then explained that buying the software also includes the tech support and billing support, as all Medi-Cal billing will be going through the software as well.

Laurie then spoke about the Capital Facilities fund, and mentioned the idea to possibly purchase a building and convert it into a Board and Care Facility, as there is a lack of Board and Cares statewide, but also because we have multiple clients who would currently benefit from this facility and "live in the community." She stated that this would be staffed 24/7 for medication management, food/nutrition services, and explained that there would also be activities for the residents to engage in. Lea likened the idea to the Farmhouse facility in Yolo County. Jeff voiced his concern with this idea, stating "it would be just like the jail," in that there would need to be about 6 full-time staff members and someone at the facility, awake, at all times. He stated the Sierra County is "too small" for this, as there would likely be times when the facility would be fully staffed even though there might only be 1, or even no residents staying there. A community member noted that other counties might be able to send clients to the facility as well, so there would be a chance for higher residency at the facility. Scott stated that that might be like "opening a can of worms." He compared this idea to the Juvenile Detention Center in Lassen County, where "millions" of dollars were spent, but they were unable to fill the beds. Sara made the comment that some community members might not support the idea and might think "not in my backyard."

---

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.

# Sierra County Human Services



Darden Bynum, LCSW  
Director

The Public Hearing closed at 10:20 am.

- a. **Action Item: Approve 15/16 Mental Health Services Act Annual Update**  
Becky Kinkead made a motion to approve the 15/16 Mental Health Services Act Annual Update as written and to take it before the Board of Supervisors for approval. Scott Schlefstein seconded the motion. The motion passed.

## 5. Cultural Proficiency Topics

- a. **Discussion Item: Cultural Proficiency Trainings**  
Laurie reported that there will be a Cultural Proficiency Training on April 20, 2016 at the Catholic Church Hall that will be free and open to the community, however, reservations are required.

## 6. Mental Health Plan Topics

- a. **Update**  
No Mental Health Plan topics were addressed as Kathryn Hill, Assistant Director of Behavioral Health was not able to attend the meeting.

## 7. Public Comments and Reports

Becky suggested the Probation be included on the Mental Health Advisory Board, as there are often areas between Probation and Mental Health that overlap. She then asked how coordination between the two could be improved. Laurie stated that communication between the two is key, and that working together would improve the provision of "seamless services." Jeff stated that even if he was not a voting member on the board, he would try to attend more of the meetings.

Becky also provided information about a new parent support group for parents with children with special needs that is taking place in Truckee. Laurie will scan and send the flyer out to the group. In addition, Becky provided an article about what to do when you encounter a person experiencing a mental health episode. Laurie will also scan and send this to the group.

Sara mentioned that Sierra SAFE was providing a training on March 23, 2016 at the Catholic Church Hall about awareness of male sexual abuse.

---

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.

# Sierra County Human Services



Darden Bynum, LSCW  
Director

## 8. Adjourn Meeting

The next Mental Health Advisory Board meeting is scheduled to take place on April 7, 2016 at 9:30 am.

Meeting was adjourned at 10:50 am.

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

DRAFT

---

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.