1. **5:30 P.M. - CALL TO ORDER**
   The meeting was called to order by Chair Linda Fosler at 5:30 P.M.

2. **INTRODUCTIONS**

   **COMMISSIONERS**
   
   **Present:**
   - Heather Deming
   - Maribel Ferreira
   - Linda Fosler
   - Cathy Gutierrez
   - Jesse Herrera
   -Supv. Christopher Lopez

   **Absent:**
   - Maria Leon
   - Mario Ramirez
   - Sydney Johnson

3. **AGENDA ADDITIONS, DELETIONS AND CORRECTIONS**
   Commission Clerk Andria Sumpter announced a revised copy of the handout for agenda item No. 6 – Update on Community Planning Process for MHSA, and the handout for agenda item No. 7 – Director’s report was distributed to the Commission and public.

4. **PUBLIC COMMENT**
   Pamela Weston, NorCal Access Ambassador attended the National Conference where guest speaker, Mark Riggins spoke on a movement happening from clinical to community. She submitted another copy of the Access California handout, *MHSA Program Planning Guidelines for Local Mental Health Agencies*, dated January 2018. The Cultural Relevancy & Humility Committee will meet On September 6, 2019 at the Pajaro Wellness Center from 10:15 a.m.-12:15 p.m. On October 17, 2019 from 10:00 a.m-11:30 a.m. at the Health Department, there will be representation at the Quality Improvement training. Statewide, Access is conducting community planning outreach.
Kontrena McPheter with Interim, Inc., extended an invitation to Interim’s Annual Picnic at Toro Park, on Friday, August 30, 2019 from 11:00 a.m.-2:00 p.m., entrance fee to park is $2/person. The state is moving towards Peers Specialists being certified and she attended an Advanced Peers Specialist Training last week, to prepare for the required testing; certifications will be transferrable from state to state.

Rory Gomez-Aarons representing the National Alliance on Mental Illness (NAMI-Monterey) presented classes NAMI offers and provided handouts. The Family to Family/Familia a Familia class will start September 7, 2019 every Saturday from 3:00 p.m.-5:30 p.m. in Salinas. The Peer to Peer class for any adult that suffers a mental health challenge and there are support groups for each of those classes. The Family Support Group meets the first and third Saturday, each month, and the NAMI Connection Recovery Support Group meets the first Saturday, each month. Class have been held on the Peninsula, in Salinas and in South County.

Dee Drost, a member of the public, believes in mental health and has been an advocate for the Behavioral Health Bureau’s programs. She attends Behavioral Health Commission meetings to find out additional ways she can be of help. Thanked Amie, Lucero and Kacey for being resources for her.

5. ACCEPTANCE OF MINUTES

It was moved by Commissioner Sokotowski, seconded by Commissioner Ferreira to approve the June 27, 2019 meeting minutes and passed unanimously.

6. INFORMATION: Update on Community Planning Process for Mental Health Services Act (MHSA)

Chair Fosler provided a brief overview of the MHSA and noted that the County is in the beginning stages of creating the next three-year plan.

Dana Edgull with the Behavioral Health Bureau gave a presentation referring to the handout provided: Resident Engagement Model for Monterey County Behavioral Health, reflecting the outline for the community planning process to gather feedback for the next MHSA three-year program and budget plan. Key points included:

- For those not attending the planning team meeting, an online survey will be provided for maximum input. Questions for the team will include optimal places to hold community meetings and how best to share information to community members.
- One (1) general MHSA input meeting will be held in each of the five (5) Monterey County districts.
Five (5) smaller, focus group-based meetings will center around the five (5) specific categories mandated by Senate Bill 1004 (SB 1004):

1. Childhood Prevention and Early Intervention,
2. Early Psychosis & Mood Disorder Detection & Intervention (Suicide Prevention)
3. Youth Outreach & Engagement Strategies (Partner with Community Colleges)
4. Culturally Competent & Linguistically Appropriate Prevention & Intervention; and
5. Older Adults

Part of the community outreach will include an online provider survey. Feedback from the 10 meetings will be presented to the planning team for further assessment, prior to the draft three-year plan being released to the public for the 30-day comment period.

Discussion and questions from those present included:

- Where will the meeting locations for the focus-based groups be and County staff responded locations have yet to be determined.
- What is the timeframe for the analysis and draft of recommendations of the three-year plan? Dana responded report findings are targeted to be finalized by end of January 2020. The community facing document can then share with the commission and community, with the initial draft plan brought back to the commission in February 2020. The draft plan would then be ready for public comment circulation in March 2020. The target dates were set get ahead of the beginning of the fiscal year and contract negotiations/execution
- There was a request for the commission to receive a copy of the initial draft plan prior to meeting to allow for thorough discussion and changes to be made, and then be posted for public comment period. Staff responded this can be done, however, the point was made the challenge will be to have time to include budget information which has complicated the process in the past.
- Commissioner Fosler stated importance of each commissioner to be present if possible to the community meeting held in their district and meeting information will be sent out to the commission members.
- The commission was asked by staff for input on what groups should the County reach out to attend the community meetings, in addition to possible locations for the district meetings.

7. INFORMATION: Receive a Report from the Behavioral Health Director

Dr. Amie Miller gave a presentation referring to the handout provided: Director’s Report – 8/29/19 (includes D3 report, pp. 3-4). Key points included:
The BH Prevention team has been working to do more outreach events as the response in the last MHSA plan indicated; in response to the localized gun violence, the team held some community outreach presentations to educate on how to respond to traumatic events.

- Events held in Gonzales, Salinas, Greenfield and Marina

BH will be building partnerships with other groups (schools, etc.) to provide more effective outreach events. Some events will be less advertised to encourage community involvement.

Kelly Pfeifer, MD the newly appointed Deputy Director of Mental Health & Substance Use Disorder for the Department of Health Care Services (DHCS) will tour the Bureau this fall. Dr. Miller met with her last month to provide insight to County Behavioral Health.

Negotiations are in process with the federal government to change the new waiver. Behavioral Health is currently held to managed healthcare and documentation standards. By addressing these standards that provide a challenge, it could change how the County gets paid, and provide documentation that makes more sense for staff and consumers.

D3 Report produced each year (for last 10 years). The Health Equities/Ten Year Service Trend Charts shows:

- This is first year South County has been served equitably and is an area the Bureau will remain mindful of. Factors contributing to this change were: redirecting the staffing/hiring process and new business contracts to areas in need vs. the entire county.
- An ongoing target is increasing services to the Latino population.
- The County’s micro innovation program is testing new ideas in effort to increase services to Latinos through grant funding to selected partners (educations services to field workers; community specific videos on mental health and stigma and hosting dialogues). This program is unique to Monterey County.
- System-wide there was a 6% increase in clients served. The Access System of Care (Substance Abuse & Entry point) increased number of clients served by 128% in last five (5) years.
- Once the D3 report is finalized copies will be provided.
- Each month the Director’s Report will highlight data in the charts provided on the handout.

The Bureau has done a lot with health equity goals regarding schools. The County reduced costs charged to schools, in particular, South County due their higher poverty rate which in turn, increases their available Medi-Cal money. In response the schools have allocated more of their LCAP money (LCAP similar to MHSA) which is managed through a local planning process. The commission can have an impact on programs provided in local schools by advocating for student mental health in their communities, which encourages schools to contract with the Bureau and its contractors.

The Bureau’s work with school-based mental health (advocating for students, reducing stigma, violence) has had a great positive impact and has also
influenced child welfare reporting. In previous years, there was minimal, reporting now it has increased due to awareness brought by school-based services and families are able to connect with needed resources.

**Discussion and questions from those present included:**

- The Gonzalez event was much better organized and the information on services and resources were well received and appreciated by the community with interest in upcoming events was expressed.
- There is a large gap in getting information out to the public about services and events for those who do not use social media or check the BH website.

Suggestions offered included:

- Providing information on the Behavioral Health website is key, in addition to the local papers and social media.
- Utilizing large employers such as the County are excellent resources for advertising information to the public (ex. CAO’s Weekly Report).
- Post information at churches, libraries, public service slots at movie theaters; local growers and organizations such as NAMI are great resources; post office and bakeries are key places for South County.
- Radio Bilingue is very important in South County and a good source to get information out to the community; and School liaison officers offer great access to families.
- Childcare services at events is vital to boost community participation and make sure messaging reflects children are welcome.

- In reference to page three (3) of the handout what does the 4% of clients served with Private Insurance mean? Dr. Miller responded that the Bureau is only funded for the MediCal population. Any clients served not on MediCal, the Bureau operates at a loss which reduces the MediCal reimbursement. Private insurance is only taken on an emergency basis with efforts made to link clients up with another network of care. The 4% percentage needs to be reduced below 4%.

8. **INFORMATION:** Receive a Report from a Member of the Board of Supervisors

Supervisor Lopez made the following announcements:

- August’s Board of Supervisors agenda included multiple contracts dealing with behavioral health in schools.
- District 3 office held a townhall in Gonzalez on mental health (suicide prevention for youth). Suggestion was made for a facility strictly focused on children, to locate in Greenfield to serve all South County.
- The South County Courthouse (Project) got ranked far down the non-critical list, the Seaside Courthouse ranked high on the critical list.
- A tentative agreement had been reached between the County and the Labor Unions.
The County’s CAO, Lew Bauman announced his retirement with his last day in office on September 14, 2019; the Board of Supervisors are conducting interviews and hope to have a replacement before the office is vacated.

The deep South County community is concerned about Mee Memorial Hospital which let go of 40 employees as part of restructuring. Another community meeting will take place in a couple of weeks.

9. INFORMATION: Receive the Commissioner’s Reports/Updates

- Comm. M. Lopez stated he attended one of the demonstrations for trauma events, it was well represented, and he has been working on the micro innovation processes with Linda.

- Comm. Gutierrez shared that residential services at Sun Street Center, King City are open offering additional 20 residential beds to men and women, with one perinatal bed. The Board of State Community Corrections (Prop 47) officials will visit King City the first week of October 2019.

- Comm. Herrera shared the Latino Network will have its 30th annual luncheon on Wednesday, September 25, 2019 at Sherwood Hall 11:30 a.m.-1:30 p.m., tickets are $30/person. Guest speaker is Ernie Camacho, a local Major League Pitcher and runs the Ernie Camacho Educational Foundation. The Latino Network expresses its appreciation for the early and long-term support Behavioral Health has provided to the luncheon committee. Nominations for volunteers in the community are still open, deadline is September 4, 2019. The commissioner also expressed appreciation to Dr. Miller for the article she wrote on gun violence, clarifying that mental health is not a significant contributor to the incidents of mass shootings.

- Comm. Gonzalez shared she attended the West End Celebration last Saturday and on Sunday at the Greenfield Festival-Día Del Trabajador Agricola on behalf of the Immigration Taskforce, providing information to community on family emergency plans. She is also facilitating the Familia-a-Familia class for NAMI, linking the families to a support group formed with Dr. Barcelo, a psychologist in L.A. who comes in to visit the with group in a non-formal setting. She would like to further explore the idea of non-formal setting for people to gather and gain knowledge through everyday conversation. The next meeting will be September 27, 2019 at NAMI. She also met with counselors in Alisal School District, as they discussed their plans for this school year. She also mentioned the new County app on the Behavioral Health website for public to obtain and communicate information (Monterey County Connect), could be a good resource.

- Comm. Deming commended the commission on their enthusiasm and sharing of information.

- Assoc. Comm. Dicken-Young announced her school’s The Youth & Government Club is planning “The Unity Rally” in response to the recent mass shooting in
Gilroy. The rally will highlight gun violence and racism with guest speakers, the Gay Straight Alliance (GSA). Will be held September 7, 2019 at Salinas City Hall.

- Comm. Young stated he may be absent next month, as he is scheduled to testify in front of Congress: Weighs & Means and possibly Energy & Commerce Committees. The focus will be on the upcoming bills on hospice care education and palliative care.

- Comm. Ferreira attended the first of 11 sessions of a new series with Dr. Eisner, provided by Lincoln Elementary. It is funded by LCAP, to allow parents to raise various mental health issues in an open dialogue environment, offered in English/Spanish. She gave kudos to Melanie Rhodes who’s been working closely with the Public Defender regarding the legislation on mental health diversion for criminally accused defendants that did not get funding; Behavioral Health staff has been active in finding the means and resources to provide the services. She also expressed hope to see the different programs being implemented for the jail-based competency program, clients experiencing 3-4 month wait to be placed in state hospitals, with no services to meet their needs.

- Comm. McHoney spoke about the latest census done in Monterey County which identifies 33% of homeless in this county are veterans. Prop 63 funding will provide $49,000 towards mental health outreach services via three (3) areas: the local Transition Assistance Program (TAP), the veterans transition court and the homeless veterans Stand Down in 2020. Behavioral Health is able to augment funding with $20,000. Marina library is having their annual book sale (flyers provided).

- Supv. Lopez-Greenfield recently had a call come through their police department involving a person in mental distress and the department acknowledged their Crisis Intervention Training (CIT) training lead them to intervene and resolve the situation in a peaceful way and secure services for those involved. The department provided a nice write up on their social media page. He gave kudos to Melanie Rhodes with CIT training and the commitment local cities have made in this effort.

- Chair Fosler shared the webinar sites: National Hispanic and Latino Prevention Network which offers the very informative podcast, “Vaping 101” and the National Latino Behavioral Health Network offers the podcast: “Improving Behavioral Health for Latinos.” She encouraged commission to attend topics of relevance on these sites, links will be included in the minutes. She gave kudos to Dana Edgull for the Leadership Breakfast on maternal mental health held, this past Tuesday. This topic is important to those who live in disenfranchised areas and this session directly linked maternal mental health issues and the first adverse childhood experiences (ACEs) that a human being may experience.

  - National Hispanic and Latino Prevention Network Webinar - “Vaping 101: and Latino Youth: Devices, risks, prevention efforts, and solutions”

ADJOURN
   The meeting was adjourned at 7:08 p.m.