

Minutes for Yolo County Mental Health Board  
Monday, December 17, 2007

Members Present: Chairwoman Marilyn Moyle; Vice-Chairman Robert Schelen; Millie Braunstein; Peter Brixie; Robert Canning; Martha Flammer; Guille Libresco; Carolyn Reiff; Rev. Hank Scherer; Marilyn Schwartz; Mike Summers; Helen Thomson, County Supervisor

Members Absent: Irma Rodriguez

Members Excused: Anne Breault-Darling; Joanne Welty

Others Present: Richard DeLiberty, ADMH Interim Director; Christina Hill-Coillot, Deputy Director; Mark Bryan, Deputy Director; Joan Beesley, ADMH Program Manager (MHSA); Jesse Salinas, County Administrator's Office; Tawny Yambrovich, ADMH Secretary; Diane Sommers, Director, Suicide Prevention; June Forbes, NAMI-Yolo; Walter Shwe; James McLeod, YCCC Housing Director; Michelle Kellogg, YCCC Interim Executive Director; Sharon Johnson, Director, Pine Tree Gardens; Sandra Sigrist, Turning Point/MHSA; John Buck, Turning Point Community Programs  
Location: Community Room, Building A, 500 Jefferson Blvd, West Sacramento, CA 95605

- I. Meeting called to order by Chairwoman Marilyn Moyle at 7:00 P.M.
  - a. A moment of silence for a consumer who passed away
  - b. Introductions
  
- II. Approval of Agenda; Minutes.
  - a. Approval of Meeting Agenda: *Motion was made by Martha Flammer and seconded by Hank Scherer to approve agenda; carried with none opposed.*
  - b. Approval of Meeting Minutes: *Motion was made by Millie Braunstein and seconded by Helen Thomson to approve minutes of November 26, 2007 meeting as amended; carried with none opposed.*
  
- III. Announcements:
  - a. Marilyn Moyle announced the annual "Walk-and-Roll for Mental Health" on Saturday, May 17. Walk-, Run- and Bike-a-thon to benefit Pine Tree Gardens; donation of \$35 to register; can register online in February by going to the Web site [www.tpcp.org](http://www.tpcp.org). Save the date!
  
- IV. Report: LMHB Chairperson–Marilyn Moyle
  - a. Reminder of the new rules during meetings; audience members are asked to wait until the end of the meeting to ask questions and make comments. Board member questions will also be held until speakers have finished.
  - b. Marilyn's son who has been ill for 12-13 years, and who used to be on the ski team in high school, went skiing for the first time recently on an organized trip with Alpine Adventures; he felt "like his old self;" a great example of what we mean when we talk about recovery.
  
- V. Jail Construction–Ray Groom of General Services

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- a. Maynard w/Lionakis-Beumont, a nationwide architectural firm that has a lot of experience with jail and healthcare facilities is here to answer questions, as well as Dave, a lieutenant from the jail. We are going to the Board in the spring for approval for the financing, and we are competing for some state money to help finance; it will be a significant improvement on the health and mental health facilities currently available at the jail.
  - b. Maynard: 2-phased construction project; after the 1<sup>st</sup> phase, the older portion will be vacated so the older area can be renovated. In the 1<sup>st</sup> phase, there will be new housing and visitation areas; infrastructure needs (electrical, mechanical, civil), a new kitchen/laundry and some support staff areas. The 2<sup>nd</sup> phase will be expansion and renovation of the booking area, and renovation and expansion of the older kitchen/laundry area into a new medical and mental health area. Mental health suite will have inpatient and acute treatment area, and a transitional small group area that will be close to the medical area for observation and support. It will also be close to an existing housing unit that can be used as a transitional housing area if they are not yet ready for general population.
  - c. Martha F.: Forensic committee had an opportunity to review the plans in advance of this meeting, and had a tour of the current jail. These plans represent a significant improvement over existing conditions, and were approved by the forensic committee.
  - d. *Martha Flammer moves, Carolyn Reiff seconds approval of plans as recommended; motion carried with none opposed.*
  - e. June F. According to Sheriff Prieto, 17% of inmates at any one time have severe and persistent mental illness; new/remodeled unit would house what percentage of those? Dave: About 80% of those, because 20% of those on medication can't function in the general population unit; if is for those who can't function in the general population that we are building the new mental health unit.
  - f. June: Will there be opportunities to be outside their cell? Yes; this is a primary purpose for creating the unit. Are there plans for group therapy? Yes.
  - g. **Q.** How are MDs protected and confidentiality assured? **A.** There are confidential assessment rooms.
  - h. June: Will they have nothing to do for 23 hours? Dave: access to TVs, separated from other inmates so they won't be teased. The current jail has no space for that; this will be creating space for special needs inmates.
  - i. Hank: Will it be staffed differently? Dave: One correctional officer for safety at all times; but mostly California Forensic Medical Group (CFMG) staffing.
  - j. The plans for expansion allow for better, safer interaction between inmates and staff.
- VI. Cesar Chavez Apartments–David Thompson of Neighborhood Partners
- a. Cesar Chavez plaza started with a great deal of help from Yolo County Housing Authority; Yolo County ADMH; City of Davis. This is the first development of its kind in Yolo County. We also got funding from Cal HFA and through River City Bank. There are 52 1-bedroom rental units; one 2-bedroom manager's unit. 30% of the units are set aside for handicapped, and those who have been homeless, or are at risk of becoming homeless. Within 30 days of opening we will have 100% occupancy. The 19 set-aside units are fully occupied already; 17 went to Yolo County residents; 2 went to Sacramento County residents who had family in Yolo County. 12 are using ADMH services, and six more we are not yet familiar with. One is IHSS (In Home Supportive Services); 8 were homeless when they moved in. Gratitude to

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Helen Thomson, and also to Mariko (Yamada). There was some resistance in Davis, and Helen and Mariko's championship helped make it happen.

- b. Each unit has a patio or balcony; they are very attractive. A number of people have entered their units with nothing but a bag, but have been very emotional at having a roof over their head. 26 ground floor units are fully handicapped accessible, and adaptable to accessibility in about an hour. So far we have only 1 wheelchair bound tenant. Beautiful community room/building. Has a fireplace and a kitchen; having a community meal this Wednesday, from 6-8 P.M. Manager lives on site, has an office. There is a social services office with a social worker funded through ADMH; there is a private meeting room for meeting with external service representatives. There's a library and a separate computer room; we will have computers in it soon. There is a laundry, outdoor seating, a separate playground. The design of the units was created in a courtyard fashion to encourage communication, participation and society; to create "accidental meetings." Community garden with raised beds for elderly and handicapped.
- c. Marilyn: **Q.** What things do your residents need? And who do we call? **A.** Bill Pride or Cynda Whitmer of Davis Community Meals.
- d. Marilyn M. Do you have a plan for helping residents in crisis; for identifying--and hopefully preventing--tragedies?
- e. David: What we are doing right now is trying to get the best assessment we can of each individual's needs; and how do we provide the needed supports? It is too early for us to have an answer to these questions; some of these people haven't been on anybody's charts for quite some time.
- f. Marilyn: **Q.** Are you connected with our ACT team? Do they have access to housing? David: **A.** Yes.
- g. Marilyn: For those who aren't previously enrolled in programs, do you connect them to benefits? David. **A.** Yes, our whole intent is to get them connected to appropriate support mechanisms.
- h. Hank: Do they get to stay there, or is is transitional housing? David: We are trying to provide ongoing housing, and we try to connect people to jobs.
- i. Carolyn: do you have career resources, a place to work on a resume?
- j. D: Can I come back next year and answer some of these questions? This year we are focused on getting residents the basics that they need, and getting them connected to supports. Eleanor Roosevelt circle, which has been open longer, has a number of life skills programs running, and this is what we envision for Cesar Chavez.
- k. Millie: Do you have plans for other places in the county? David: Through Helen and others, we are working on plans here and in other jurisdictions. These people are living here anyhow. We believe these projects reduce the level of cost to society.
- l. Millie: 35% of units are set aside for disabled; can there be more?
- m. D: There can be more; the financing for that 35% is at 25% of median income; we have units at 50% and 60% of median income, as well as some units that are rented under section 8, or because the tenant is under conservatorship.
- n. Martha F: Prop 63 housing; any possibility of accessing those funds? Joan B: Construction phase pre-dated Prop 63, so can't access for this project, but perhaps for future projects. Some money may be available through client subsidies. Prop 63 money may be available for new projects.
- o. David: In West Sacramento there is definitely a need, so West Sacramento is next. Money for this program will run out, probably in the next 3-4 years. Have suggested

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to county management that they move quickly if they are interested in similar projects. The important thing is to go in right now and apply for the money; there is \$4 million available for each project. Once that is gone, there is no money available to replace it.

- VII. Report: Board of Supervisors–Helen Thomson.
- a. Last time we met we talked about a \$10 billion deficit at the state level; now, it's \$14 billion. That's going to mean some hard decisions at the local level, since problems with the state budget tend to be passed down to the counties.
  - b. This afternoon I was on a conference call regarding the healthcare reform proposal that the governor and the speaker have put together; estimated to cost the state \$14 billion at the same time that there is a \$14 billion deficit. The healthcare reform is being referred to the Legislative Analyst's Office for an impartial financial review.
- VIII. Report: ADMH Interim Director–Richard DeLiberty
- a. Have had a lot of HR activity; Mike Tucker will be moving into the Business Services Officer position – we will start recruiting for a new Deputy Director of Administration and Finance, although Mike will continue in the position until it has been filled. We are still recruiting for a new medical director and a department director. We have a final candidate for Staff Development Director.
  - b. The External Quality Review Organization (EQRO) audit went fairly smoothly; largely due to the efforts of Rudy Arrieta and Katherine Barrett.
  - c. Our contracts are largely completed and ready to go before the Board of Supervisors; our contract for the consumer-run coffee cart is ready to go.
  - d. We have been doing many RFQs and RFPs, largely for services that we are already contracted for, and happy with the services, but we have to periodically make them available for public bid.
  - e. We have a children's residential census.
  - f. No financial report this month.
  - g. Hank Scherer: **Q.** When filling vacancies, is there a smaller pool of candidates, or are we not competitive financially? Richard: **A.** Our situation is similar to that of other counties; there is not the interest in the positions.
  - h. SB163 – In conjunction with DESS and Probation, ADMH's EPSDT for Healthy Families is being provided through Families First, via an RFP that DESS solicited.
- IX. Committee Reports
- a. Executive: not done
  - b. Budget: not done
  - c. Forensic–Martha Flammer: Regrets to inform that she is resigning as the chair of the Forensics Committee. Hope that the board continues to have a strong relationship with our partners in the community.
  - d. Program–Millie Braunstein: Talked this last month about 24-hour crisis services and suicide prevention; there are probably between 80-110 calls/month that need 5150 intervention; we are looking at ADMH staff participating in crisis calls in the future. Discussed the difficulties that are still being experienced with having timely and easy access to needed data. MHSa planning for 2008-2009 is on target; the contract for Prevention and Early Intervention planning has been approved. The Workforce Education and Training component is also going forward. Stakeholder meeting

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(MHSA) will be held Thursday, January 3, 2008 at 5:00 P.M.; will be introducing CIMH and the new Prevention/Early Intervention planning.

- e. Legislative Advocacy–Martha Flammer: Congress has not been able to get the Health Families Program extended; in California there will be 60,000 cut from the Healthy Families Program, and there will be a wait list of eligible children who will not be added until someone else is disenrolled. Also, CMS is distributing Medicaid rehabilitation guidelines that will match with the realignment funding; the rumors are not good. CMHDA, CWDA and other statewide associations met with the governor, and he discussed a 10% across-the-board cut to programs.
- X. CIT Training Update–Mike Summers
- a. Crisis Intervention Training: the vision of the Director is that on the Midwest and on the East Coast, there is a huge amount of CIT that goes on. With the assistance of the California Institute of Mental Health (CIMH) we may be able to get CIT started in Yolo County in the next six months. Right now we have a steering committee of people who attended the training put on by CIMH: Diane Sommers, Woodland PD, West Sacramento PD, Woodland PD, Yolo County Sheriff’s, Terry Hunley and myself. Training would be a 4-day 32-hour class, Police Officers Standards and Training (POST) certified. It will be reimbursable to the departments. The 32-hour class will include talking with the courts about the law and 5150 holds; what the police have to do correctly; a mental illness overview. We will discuss schizophrenia, bipolar disorder, we will have a NAMI family panel; we will be including consumers soon on our steering committee. We will have an extensive section on officer safety and de-escalation techniques; suicide assessments, suicide-by-cop, and role-playing. Managing stress, Q&A with a consumer panel. Training class on co-occurring disorders, major depression, delirium, dementia and developmental disorders. The steering committee will decide what is needed *specifically* for Yolo County. We will be doing 2 classes a year, with a target of 30 sworn personnel.
  - b. Results that can be expected with CIT are reduced “use of force” complaints, reduced SWAT response, reduced hostage situations, due to peace officers being trained in de-escalation techniques that are put to everyday use.
  - c. *Martha F. moves that the Board support Mike Summers continuing to work on establishing the concept and development of CIT in conjunction with ADMH and local law enforcement. Bob Schelen seconds; motion carried with none opposed.*
- XI. YCCC
- a. Michelle Kellogg and James McCleod of YCCC: In conjunction with CHOC (Community Housing Opportunities Corporation), and with the assistance of a HUD grant, acquired Homestead, which is providing 21 beds of housing for those with identified mental illness who are at risk of homelessness. All the beds are available at 30% of income or 50% of income. YCCC recently lost 8 houses that they had previously been renting at below market value; they also took a cut in reimbursements form Section 8 housing, so Homestead came “just in time.” Homestead was originally intended as additional housing; however, many tenants had to be moved out of the rental houses and into Homestead. A few tenants qualified to enter Cesar Chavez. A former Regional Resource Center was being used for housing. Homestead’s opening was delayed, which caused a need for creative shuffling. We are looking at our options for Davis. A few years ago in Woodland we opened New

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Dimensions, 15 apartments on a site on Kentucky, and those apartments are always full. We have a total of 32 clients who are being housed in Woodland. B house on College Street is owned by YCCC, but the remainder are rentals. For the SHP housing, the costs are reimbursed through a federal grant. We currently don't have any housing in West Sacramento, and there is a big need.

- b. Questions and Answers: Martha F.: **Q.** Is there anything we can do to support YCCC? Michelle K. **A.** Our biggest problem is providing support for the services; we are housing 61 people, and James is the housing coordinator for all of them. Since 2004 we have lost \$530,000/year that we had for housing, like the PATH grant, the SHIA grant from the state, AB2034 program. All of those sources have gone away. If anybody has links to someone who will rent out inexpensive housing, if you know of grants that are available. We have tried to cut costs by enrolling in PG&E's discount programs and counseling the clients about energy costs. We have had to cut cable to the houses, which we consider a quality of life issue.

James: We could use useable furnishings and household items; if you know someone who has something they would like to donate, put them in touch with me.

Marilyn Moyle: **Q.** How many people do you have on staff to respond to a client who is suicidal or in crisis?

James: **A.** Me – I live in Sacramento, but I have my phone on 24/7, and we will respond immediately. Michelle lives in Davis, and if necessary she could respond.

Michelle: **A.** There are 5 directors, and we have a call schedule, so there is always one director on call. Our total staff, agency wide, consists of 42 employees, including Safe Harbor, Farmhouse, etc.

Marilyn S.: **Q.** Is there any way to forge a relationship with adult services?

Michelle: **A.** Anytime something like this happens, I immediately call Joanie Turner, who provides case management services, and sometimes Terry Hunley, who leads the crisis team.

Hank S.: **Q.** Is there any chaplaincy involvement, or is that left solely up to whether the police department calls them in?

Carolyn R.: **A.** The police automatically calls them in the event of responding to a death.

James: **A.** It's left up to the family, to follow their religious preferences. During debriefing, we discuss and recommend it if it is a significant support for them.

Martha F.: **A.** I recently went to a training on Dialectical Behavioral Therapy (DBT) that has a component of spirituality to it of reaching out to a higher power to ground you when you are in crisis.

XII. Pine Tree Gardens

- a. John Buck of Turning Point Community Programs (TPCP) – for the last 6 months has sat on a panel to develop a suicide prevention plan for the State of California. When the plan is finalized, I would be happy to come and present to the Board what the plan is about. This will make us the 3<sup>rd</sup> state in the nation with a suicide prevention department.
- b. Sharon Johnson: Briefly, Turning Point took over about 6 months ago; we're still working out some of the bugs in the program. We're straightening out the problems with Medi-Cal share of cost. We're adding additional staff; we currently have only 1 opening. Pinetree Gardens is a board-and-care started by Pat Williams in 1986. They expanded to West House in 1988. There are 10 beds in West and 12 in East and an 8-unit apartment building on 10<sup>th</sup> Street. The apartment building needs renovation; we

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are making improvements there. We have a day rehab program that supports all the clients at Pinetree as well as 2 additional community members.

c. Questions and Answers

Marilyn M.: **Q.** I heard that the owner of the 10<sup>th</sup> Street apartments has to do some major rehabilitation that will require the tenants to move.

Sharon: **A.** There are some foundation issues, but the owner assures me that he can get the foundation and the roof fixed while people are living there.

Marilyn M.: **Q.** All of your beds are filled except for one. How are you achieving that? Are you bringing people in from Sacramento? Are they all from Yolo County?

Sharon: **A.** We are trying to support Mr. DeLiberty's effort to get the clients out of other counties and back to Yolo County; the last 6 clients we have admitted have been Yolo County clients. We do have one dedicated Nevada County and two Contra Costa County beds, but those are as a result of long-standing contracts.

John B.: We will accept any donations; the only type of furniture donation we can't take are beds/mattresses. Linens, towels, lamps – any of those things can make a world of difference. If we get an offer that is larger than we can handle, I can network with some other agencies to make sure the items get used.

Sharon: We're trying to make changes slowly, to not disrupt client's lives. Of 28 original staff, 12-13 remain. We're moving slowly, developing relationships, getting to know everybody's baselines. Overall, I think it's going well.

Hank S.: **Q.** A couple of times tonight, the need for durable goods and services has come up. How is this communicated to faith-based organizations?

Marilyn M.: If you could send e-mail the information to NAMI-Yolo, they will send out e-mail broadcasts requesting donations.

XIII. Public Comment

a. None

XIV. Adjournment: 9:10 P.M.