

**EL DORADO COUNTY
MENTAL HEALTH COMMISSION
South Lake Tahoe
Minutes for March 4, 2010
Approved**

TIME: 12:00 pm

PLACE: South Lake Tahoe
El Dorado County Mental Health Clinic
1900 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150

Call to Order and Introductions-

Members: Denise Burke, Ernie Klindt, Lori Shepard

Associate Member: Diana Hankins

Staff: Hector Reyes, Sally Williams, Keith Taylor with minutes by Jackie Norlie, Chris Kondo-Lister via teleconference

Guest: Dave Hosseini

Approval of Agenda – Approved.

Public Comment – None.

Minutes –Approved.

Old Business –Keith spoke about the SLT Wellness Center that is now in operation. Keith went over the Clubhouse schedule and calendar. The program started Monday, March first and so far had an average of six to eight consumers. There is an area for people just to relax and socialize. Monthly outings are planned for the warmer weather. Any ideas about the Clubhouse from the Commission are welcome.

The safety net piece of the Wellness Center was clarified. Former clients can come into the Center as long as they are not disruptive. Also welcome are graduates of services and especially those who need to re-engage in services.

There will be a Community meeting the fourth Friday of each month from 1 to 3 or 3:30. The first Community meeting will be the last Friday in March, the 26th. The meeting will start off with a discussion about leadership training by Lori Shepard from 1 to 1:30. The meeting will be supervised by Hector with staff and consumer co-facilitation. Keith will always attend along with a clinical staff member. The clinical staff will take turns attending the meeting and will go over programs being offered. Announcements will be made and food provided. The food will be finger food and not a full scale meal. Flyers to advertise the meeting will be posted and the Clinic will

provide transportation when needed. The clients will sign in and be given an agenda. Notes will be written on a flip chart during the meeting. The consumers will help in the clean up. The Community meeting style will be business like instead of the Clubhouse, which is more social. The flow of the Community meeting will be as follows: The co-chairs will offer a welcome statement, introductions, announcements, feedback topics, kudos and appreciation and a reminder of the next meeting's date and time. Some of the feedback topics could be suggestions regarding the local satisfaction surveys, outreach and engagement, topics for groups, community concerns and solution building.

Lori asked if the Life Skills University groups were still active. They are – Monday, Wednesday and Fridays from 11 to 12 and from 1 to 2. Diana brought up that it is a problem for the court ordered consumers when the group modules are repeated because they get boring. Chris replied that there is only so much change that can be implemented. Many stakeholders have ideas of what we should be doing. We are looking into changing the groups; it takes time. We cannot tell staff to “wing it”. Updates will be given to the Commission about progress.

Besides the Life Skills modules, there are other groups such as DBT (Dialectical Behavior Therapy), Recovery International and the Women's group. Hector added that he is working “outside the box” with the Behavioral Health Court program. Keith stated that the Life Skills module that targets substance abuse is going well. The group has gone from high risk to healthy pleasures.

A question was asked about how the clubhouse and groups are billed. The answer is with Medi-Cal and MHSA funds. The drop in group and Clubhouse are billed to MHSA but not in the same way as the groups.

The West Slope report for the Board of Supervisors is in draft form.

New Business – The Commission needs new client members. An invitation to join could be put out at the Community meeting. The clients can come to the Commission meetings as an alternate or guest if they prefer. Perhaps a Commission member can attend the Community meeting to make this announcement.

NAMI would like to hold another Family to Family course. This would be for 12 weeks starting in the spring. About 15 people are needed to attend and NAMI is looking for a location.

Dr. John Bachman would like to join the Mental Health Commission. He could possibly be appointed by the Board of Supervisors instead of being voted in by the Commission members. The Commission is not in favor of this because it could be a conflict of interest since he now works for a community clinic. The Commission would welcome him to attend as a guest but would not to vote.

Director's Report – Update on Wellness Center was covered earlier in the meeting.

Hector brought up that the Clinic has hired 3 new drivers. If clients call between 11 and 12, they can be picked up for the Wellness Center on Mondays, Wednesdays and Fridays. He also noted that the web cam is up and running for the clients to talk to Dr. Tran.

Chris would like the consumers and their families to have a bigger voice. A suggestion box could be created by the art group.

Mary Ellen Kinnings is a nurse from the West Slope Mental Health Clinic. She is now coming up to South Lake Tahoe the first and third Tuesdays of each month to visit clients. She can go over medications with clients and check their general health.

Keith is looking for a consumer greeter for the Wellness Center.

Commissioners Comments. Denise asked Keith to keep the Commission members in mind as volunteers for the Wellness Center / Clubhouse.

Ernie and Lori are creating a consumer committee as part of the Mental Health Commission. They need two more consumers to represent South Lake Tahoe. They would like to have a leadership academy to keep membership sustained. A meeting with the West Slope consumer group would be ideal, especially if it could be at a half way point. Perhaps the Strawberry Lodge. Mental Health Drivers could be possibly be used to transport those attending the meeting.

Adjournment

Next meeting for the SLT Commission will be April 2, 2010, from 11 to 12.