

**EL DORADO COUNTY
MENTAL HEALTH COMMISSION
South Lake Tahoe
Minutes for July 1, 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, Claudia Ball, Gus Pike, Norma Santiago, Lisa Schafer (formally Corthell).

Associate Member: Diana Hankins

Staff: Chris Kondo-Lister, Hector Reyes, with minutes by Jackie Norlie

Guest: Lynne Blaylock and Tim Cramer

Approval of Agenda – Approved.

Public Comment – Hector thanked NAMI for helping his client to get his California ID and copy of his birth certificate. Diana Hankins said that the biggest cost for client assistance that NAMI provides is housing. They have spent \$1,000 on housing and \$500 on for the purchase of medications.

Lynne said she is being transferred out of the Mental Health Clinic. Chris reminded the group that commission meeting minutes are public documents and Lynne said that she understood this. Lynne stated that she understood that that if a client does not go to group, services are discontinued. She stated that some clients, including herself, become anxious in a group setting. Furthermore, despite the fact that Dr. Tran has suggested that she go to the CBT (Cognitive Behavior Therapy) group, she does not attend because she feels uncomfortable with the clinician that runs that group. Lynne later clarified that she has not been given any time frame to graduate or discontinue services.

Claudia Ball looked through the previous Commission meeting minutes and noted that it was reported in a joint meeting that there is a transitional period for clients when they graduate of 3 to 6 months.

Chris Kondo-Lister agreed to address her comments later during her Division report.

Minutes – May 26, 2010 joint meeting have been approved by West Slope Commission. There was not a quorum of SLT members that had attended and therefore a SLT vote was not taken.

Old Business – Hector reported that the Community Meetings for the Wellness Center are going well with 12 to 18 participants. Another day will be added for Clubhouse effective July 6th. Consumer input and leadership is a critical factor in a Clubhouse model. The following are some ideas and activities that participants have come up with: volunteer at the animal shelter, walking and exercise groups, shopping off the hill. Keith took the clients on a field trip to demonstrate and practice how to ride, change buses to go shopping down in the Carson Valley.

There is still a goal to have volunteers from NAMI, the Community College and others throughout the community to help with Clubhouse activities. An art group may come in to volunteer. Lisa will try to facilitate some involvement from the community service clubs at the college. A “Friendly Visitor” volunteer program has been developed on the West Slope. A power point presentation that serves to orient incoming volunteers to mental health services could be adapted for South Lake Tahoe and used for Clubhouse volunteers, - particularly concerning safety and confidentiality issues. A good start for potential volunteers is to attend the monthly Community Meeting.

Hector would like the Clubhouse room to be cozier and have a coffee house feel to it similar to the West Slope Clubhouse. Perhaps NAMI could help coordinate donations.

Hector said that the MOU between the Sheriff’s Department and Mental Health regarding the Star program is in the works. Volunteers will stop by to check on clients after they have received training from Mental Health. Clients will have to sign HIPPA releases. Diana is concerned that clients who really need the checks will be reluctant to sign those releases. The Sheriff will oversee this program and has certain requirements. Mental Health will give the Star Program referrals of those who could benefit from the visits. NAMI can also contact Mental Health with referrals. Those who are unstable are more appropriate for Mental Health outreach instead of visits from Star Volunteers. Diana will contact Mental Health with the names of those who she feels need to have an outreach visit.

New Business – Commission members Bob and Pam may be changed to associate members of the Commission instead of voting members because of their busy schedules. Lisa will work on an ad with the Tribune to advertise for more members. She will get the ad approved by the Commission before it is placed. Denise suggested that a good resource maybe teachers from the Psychology Department at the college. They may know of people who want to go into the field. A reminder that both slopes of the Commission need more representatives from the mental health consumer and Latino communities. Arturo Rangel who runs the HOPE club at the college may be

interested. Consumers can be recruited at the Community Meeting. Claudia reported that the West Slope has a committee working on recruiting consumers, Latinos and Native American Commission members. She said that Saint Patrick's church was contacted on the West Slope in hopes of recruiting a new Latino member. There is some interest; as one of their members came to the data training. Diana reminded everyone that Commission members do need to have some knowledge of mental illness.

Board of Supervisors member Ron Briggs appointed a new member to the Commission. A retired nurse who has a daughter that works for the County. Norma went over her process for an appointment to the Commission. She would look for recommendations from Mental Health and the Commission and conduct interviews if needed.

Associate members can comment during meetings but do not vote. There are no limits to how many associated members belong to the Commission. Approval for associates does not have to go through the Board. Norma remarked that associate members could be a good base for volunteers.

The South Lake Tahoe Commission wishes to keep their regular meetings the first Thursday of each month from noon to one. The bylaws state there are to be three joint meetings each year. Joint meetings will also be held when there is something that both Commissions need to vote on. The Commissions used to take turns traveling to the joint meetings but now the video conference equipment is utilized. Jan has requested a joint meeting for July 28th. This has yet to be confirmed. The MHSA plan update will be an item on the agenda.

The Mental Health Commission Member Survey was handed out to those who did not already have one. They can be completed electronically on the computer. Those who do not have a computer can complete the survey and hand into Diana to be scanned.

Mental Health Division Report

Childrens Services

Updates with the Children's Services; two Prevention and Early Intervention (PEI) programs are being implemented. The Primary Intervention Program (PIP) will start in the fall. The Incredible Years (IY) is expanding into the community. The Family Resource Center (FRC) is currently using a Spanish version of IY and soon the young parents at the alternative High School will use IY.

Adult Services

Clinicians will start using the Level of Care Utilization System (LOCUS) in July for adult clients.

Psychiatry Services

The psychiatrist recruitment is still active. Unfortunately a recent candidate declined an offer. Ads are still running.

Quality Improvement

The Quality Improvement Committee needs more participants from South Lake Tahoe. Dr. Lynn has been invited to join. This committee meets quarterly and now has three subcommittees. One is addressing cultural compliancy chaired by Stephanie Carlson. Another looks at performance improvement projects – one in adult and another in children services. Aren Manda heads these groups, which alternates meetings on Tuesday afternoons.

The External Quality Review Organization (EQRO) visited last April. A draft report was sent to Mental Health and some feedback to the EQRO will be provided on this report. The MHD will send in their response by July 8th and then the final report will be completed.

MHSA

There will be a MHSA community update July 19th at noon. Mental Health has met with Mercy Housing regarding client housing in Placerville under MHSA. A Tahoe Housing group has also been approached for South Lake Tahoe. There will be some training regarding the community capacity building component of the MHSA plan. John Ott will go over how to partner with people and agencies to better link clients with natural support systems. This linkage serves to complement their mental health treatment, not replace it. The innovation component is in the focus group phase. Chris has met with Maureen Fouch who is facilitating these groups. The planning committee will reconvene once the findings have been compiled. Diana mentioned that it has been difficult to get community members to participate in the MHSA meetings as there is a perception that the Division has changed MHSA program unilaterally.

Open Discussion

Chris Kondo-Lister addressed Lynne's comments from the Public Comment period. As mentioned in the minutes that were reviewed, there is typically a transition period from three to six months authorized when a client is ready to move from specialty to a primary care services. Clients are never dropped from services because they do not go to group. Medical necessity for mental health services is the criteria. Everyone agreed that social interactions are part of the group experience and may not be suitable for everyone. As far as graduating from mental health services, this is only done when there is belief that the client is ready to sustain stability under a primary care physician. The CBT therapy that Dr. Tran suggested can be done in group and also one on one. For example, Gail is working on a new group called "Seeking Safety" and is SAMHSA approved and utilizes CBT. Currently, the Mental Health Wellness Center places an emphasis on group therapy and case management but also provides individual services when needed.

Claudia Ball stated that the current budget is posted on the County website, but the proposed 2010/2011 version is not available yet. Currently the Commission is not involved in going over contracts with Mental Health and outside contractors, but Claudia understands that this is part of the Commission's scope of responsibility.

Diana Hankins stated that it would be helpful to have California Institute of Mental Health (CIMH) come in to do some training with the Commission regarding their role and responsibilities.

Commissioners Comments - None

Adjournment

**Next meeting for the SLT Commission will be August 5, 2010; from 11 to 12.
Possible joint meeting July 28th at 5:00.**