



# County of Fresno

ADVISORY BOARDS AND  
COMMISSIONS

## **FRESNO COUNTY BEHAVIORAL HEALTH BOARD**

Wednesday, September 12, 2018 at 2:30 PM  
Blue Sky Wellness Center  
1617 E Saginaw Way - Fresno, CA 93704

### **Minutes**

<p style="text-align: center;"><u>MEMBERS PRESENT</u></p> <p>Carolyn Evans Francine Farber Katie Lynn Rice Curt Thornton David Thorne Donald Vanderheyden Jerry Wengerd Margot Tepperman</p> <p style="text-align: center;"><u>MEMBERS ABSENT</u></p> <p>Marta Obler</p> <p style="text-align: center;"><u>BOARD OF SUPERVISORS</u></p> <p>Sal Quintero (absent)</p>	<p style="text-align: center;"><u>BEHAVIORAL HEALTH</u></p> <p>Dawan Utecht</p> <p style="text-align: center;"><u>PUBLIC MEMBERS</u></p> <p>Stan Lum Fidel Garibay MaryLou Brauti-Minkler Anna Allen Alejandra Mata Gregory Rodriguez Brooke Frost</p>
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### **I. Welcome and Opening Remarks**

Meeting was called to order at 2:35 PM.

Chair Carolyn Evans introduced a new member of the Behavioral Health Board (BHB) Margot Tepperman. Margot stated she was a therapist for 40 years and joined the BHB to be more involved with the community.

As previously discussed, newly appointed BHB members are offered assistance from a mentor (BHB member) as they become familiar with the process and duties of a board member. Carolyn offered to mentor Jerry and Francine offered to mentor Margot.

The board recognized Director Dawan Utecht, as she will be honored as one of the recipients of the Top Ten Professional Women and Leading Business Awards for 2018.

a. Proclamations

David Thorne, Gregory R., and Kym M. read proclamations in recognition of Suicide Prevention Week and Recovery Month.

b. Sober Stock

Sober Stock will be held on September 28<sup>th</sup> and 29<sup>th</sup>, 2018 at Manchester Center,

1901 E. Shields Ave., Fresno.

## **II. Approval of Agenda by Board**

Agenda approved as written.

## **III. Approval of Minutes from**

Minutes approved with noted changes.

## **IV. Update & Program Review – Department of Behavioral Health – Director Dawan Utecht – Suicide Prevention Collaborative**

The 2018 Mental Health Services Act (MHSA) Plan is on-track for posting on September 17, 2018. The Public Hearing will be scheduled for October 17, 2018, before or during the regularly scheduled BHB meeting.

### Legislative Session

SB 906 Peer Support Certification – The bill is pending the Governor's signature. He has until the end of the month to make his decision.

SB 192: MHSA Prudent Reserves – Governor Brown signed this bill. It provides guidance to counties on how much money can be kept in reserves for MHSA. It is a percentage of the average of over a five year period of annual MHSA allocation.

Proposition 2: It is a \$2 billion bond project that leverages MHSA funds of approximately \$120 million per year / 6% of overall MHSA funds across the state. Voting yes on this bond, is not voting on additional taxes; however, it adds a caveat on how funds are spent and it will take a small percentage of MHSA funds for the purpose of Housing and Housing Supports. This amendment requires voter approval.

### Contracts

The Contract for Crisis Intervention Team will be expanded. The current contract includes four allocated clinicians; however, only two have been filled. The expansion will include two clinicians for Clovis Police Department, two for the metropolitan area, four for Fresno Police Department.

CIT outcomes reflect 2700 calls received during the year, 1200 write-ups of 5150's, and saving approximately 2000 hours of time in which other officers would have had to respond.

Katie requested to receive future updates that includes the average age group of the callers and how many of the 5150 individuals were youth or adults and how many may have had underlying medical conditions.

## Fresno County Suicide

In 2016, the community experienced a cluster of teen suicides, subsequently various entities within the community came together in response to the crisis with Community Conversations facilitating the first-three meetings. From that came the Fresno County Suicide Prevention Collaborative. The group which consists of school districts, law enforcement, providers, faith based organizations, health care providers, and county agencies, including the County Administrative Office, have been meeting for the past 18 – 20 months every first Friday of the month. It is a broad sector of community involvement.

Statistics reported on include the population with the higher risk of suicide; the number of reported suicide attempts and number of suicides (see attached PowerPoint). Of note, for every suicide that occurs, there are seven to ten attempts. During the past year, there were 101 completed suicides in Fresno County.

Recently the Collaborative completed the first drafted Plan, which is about 90 pages, noting a fair amount is theoretical. Further, the Plan is a living document that will be continually edited and updated.

Similar to the Sequential Intercept Mapping (SIM), a Crisis Systems Mapping was created. Findings reflect that there are different paths of support for youth versus adults. Identified was a number of opportunities for communication for youth suffering from a suicidal crisis.

The Collaborative was surveyed to gauge their knowledge and awareness of suicide prevention. They also held key informant interviews and focus groups. In addition to the various entities that help make-up the Collaborative, three suicide prevention experts were brought in to assist with the work and authored the plan, DeQuincy Levine, Stan Collins and Noah Whitaker. A community survey was also conducted that was broadly shared across the community. It received approximately 1000 responses. It will serve as a baseline in terms of attitudes, thoughts, behaviors, and knowledge about suicide prevention. The implementation will now begin.

Planning process included the formation of workgroups: Data, Communications, Learning & Education, and Sectors: Schools, Health Care, and Justice. Training & Interventions such as Sources of Strength is a youth suicide prevention project that they are hoping to implement through the schools contract. Adverse Childhood Experiences (ACES) training provided by the Resiliency Network, is recognition that trauma has life-long impacts on children. The training will ensure when someone has experienced trauma the individual is provided with resources as early as possible.

Training and intervention next step from higher risk to suicidal is where the communication campaign begins. Knowing the signs, where to get help, outreach to sub-populations, Mental Health First Aid, mental health resources, follow-up after prior attempts, Zero Suicide, Trauma-Informed Care, Trauma Formed-Cognitive Behavioral Therapy (TF-CBT), and Critical Incident Stress Management (CISM). CISM is an approach that recognizes that when a significant incident occurs there is a higher risk of mental health issues.

Fresno County Crisis Systems:

- CIT – Crisis Intervention Team
- ASIST – Applied Suicide Intervention Skills Training

- RRSR – Recognizing and Responding to Suicide Risk
- C-SSRS- Columbia Suicide Severity Rating Scale
- CVSPH – Central Valley Suicide Prevention Hotline
- DBT – Dialectal Behavior Therapy
- CBT-SP – Cognitive Behavior Therapy-Suicide Prevention
- CAMS – Collaborative Assessment and Management of Suicidality

Gun Shop Project – educating gun shop businesses on firearm safety and safe storage of firearms.

Railroad Intervention – partnership with Union Pacific Railroad that has analyzed every track across the nation. Through a complex risk algorithm, they found the highest risk tracks are in the Central Valley. They are doing a number of things for prevention such as fencing around particular areas and posing signs with Suicide Prevention Hotline.

LE / EMS – Law Enforcement and Emergency Medical Services

LOSS Team – Local Outreach to Suicide Survivors. Recommended by the Collaborative, the LOSS Team may respond to the scene where a suicide or attempted suicide occurred to provide emotional and other supports to those impacted. Done in Kings and Tulare County.

SOSL – Survivors of Suicide Loss

EMDR – Eye Movement Desensitization and Reprocessing. An evidenced based approach specifically for trauma.

Psychological Autopsy – work done subsequent to death by suicide that may help understand all possible risk factors. May help understand what steps could be taken in the future to reduce suicide by the knowledge gained.

Public Service Announcements were presented. They will be aired through various media outlets during the month of September.

## **V. Old Business**

### **a. Community Forum**

The BHB will hold the next Community Forum on Wednesday, October 10, 2018 beginning at 5:30 PM in Selma. Location to be determined.

### **b. Report on Site Visit to Exodus Psychiatric Health Facility (PHF)**

Donald Vanderheyden and Carolyn Evans visited Exodus PHF; they were impressed with staff, the recovery program, and the inclusion of family; however, aware of needed updates. Challenges include having only 16 beds; there were 161 referrals denied due to not having adequate space; also, there is a lack of community resources. The Full Service Partnership are full and there are long waits for state hospitals. Carolyn's primary concern was the uniformed security guard, who appeared to be patrolling the facility. Recommended is a fresh paint to exterior, particularly patio area. Don added

the staff are doing a good job given the challenges; clients displayed a positive outlook.

c. Report from Ad Hoc Committee on BHB Evaluation

Donald and Carolyn presented the drafted BHB Self-Evaluation. BHB members all agreed the work was good; however, a few members felt that some questions appeared to be duplicative and could be shortened, especially if asking public to provide input. Therefore, some questions will be removed for the public version as well as to the BHB's version.

Curt Thornton motioned to complete the survey before the October 17<sup>th</sup> BHB meeting; however, adapting shorter version for public.

Tina Young will create a Survey Monkey for the BHB Self-Evaluation and Public Evaluation.

*Ayes: Donald Vanderheyden, Katie Rice, Curt Thornton, David Thorne, Jerry Wengerd, Francine Farber, Margot Tepperman*

*Abstain: Carolyn Evans*

d. SB 906 Update

Bill passed legislation, encouraging the public to write letters to Governor. Have until the end of September.

Curt added that letters were mailed to the BOS and Legislators; he proposed sending a letter to Governor Brown.

Curt motioned to send a letter from the BHB in support of SB 906; seconded by Margot Tepperman.

*Ayes: Donald Vanderheyden, Katie Rice, Curt Thornton, David Thorne, Jerry Wengerd, Francine Farber, Margot Tepperman*

*Abstain: Carolyn Evans*

## **VI. New Business**

a. Future site visits – Pathways to Recovery

Proposed dates of October 2nd, 3rd and 5th were provided to BHB. Members will respond to Tina with their availability.

b. Report on Veterans Affairs 2018 Mental Health Summit

The Mental Health Summit covered the following items for serving the community: Call center for smoking, military sexual trauma, homelessness, substance use for alcohol and drugs, agency referrals for PTSD, and brain trauma. The highest number of veterans is in the state of California; however, there are not enough resources or staff to fulfil the needs. They have great on-line resources; go to VA.gov for additional information.

Carolyn noted that members have other community involvements and encouraged

them to share their knowledge.

## **VII. Committee Reports**

a. Adult Services – Did not meet in September; meeting October 1st.

b. Children's Services

Meeting was held on August 23rd at Uplift Services. Heather Flores from Central Valley Regional Center was the guest speaker. She provided information services provided by CVRC such as assessment evaluation, case management, programs, and activities for individuals with developmental disabilities. If the on-set of the disability developed prior to age 18, children and adults with the following conditions are eligible for services: cerebral palsy, epilepsy, autism, intellectual disability, and conditions similar to intellectual disability. Mental illness is not a qualification; however, may be a co-occurring disorder. Referrals may come from parents, relatives, doctors, teachers, friends, or the individual; referrals can be completed at [www.cvrc.org](http://www.cvrc.org).

CVRC is working towards providing a road map to families to help navigate the system and access services for their children or family member. Once the assessment is complete, if determined they fit the criteria, most individuals will continue to remain eligible and will most likely receive life-long services; exceptions depend on the case.

Each client has an Individual Program Plan (IPP) that identifies services for needs of clients; case managers however have a heavy caseload (1:74). There is an Officer of the Day for daytime crisis; they also have after-hours responses through an exchange.

Committee members were concerned for children in the foster system, specifically those from other counties and records do not follow them. Additionally there may not be an IPP or diagnosis; also, educational rights remain with the natural parents. This is difficult in that if they cannot locate parents, services cannot begin until consent is given. It was agreed that DBH staff would be meet with CVRS staff to overcome the barriers.

Cynthia Hagar provided data that reflects the timeliness of service for Child Welfare Mental Health. Additionally, the Youth Wellness Center added a specialist to assess children for substance use disorders. During the summer there was no wait list; now there are 20 -30 on the waiting list. Most assessments are conducted within a week.

Clovis Unified has not signed a Memorandum of Understanding that would allow clinicians to meet with students during the school day.

c. Justice Services

Yana Nebyshinets of Fresno County Superior Court presented on Friday Court. It deals with juveniles involved in human trafficking; youth are referred by their attorneys. It is a collaborative court, similar to other behavioral health courts. At this time, the court is only dealing with human trafficking, but may consider labor trafficking. Girls are the primary population; they will also hear male cases when presented. It is a 6 to 9 month program seeks to stabilize, connect to services, building healthy peer support, and return to community. There is a need for training and working with this population especially by mental health providers, school personnel and others that that come in

contact with youth. DBH will be working with the Courts to provide training to staff that may be providing services to this population. Next meeting is November 5, 2018, due to Veteran's Day Holiday.

d. Cultural Competency Committee

Laura Luna the new Program Manager for Staff Development is heading the committee now. They reviewed the Cultural Competence Committee flyer. They are trying to get more community involvement. Most of the meeting was dedicated to collecting topics for staff training. They discussed various populations that special cultural needs that can be addressed through cultural competency. The list will be organized and prioritized. They will discuss how to address schools, boards, other community organizations by having a speaker's bureau. Next meeting is October 4<sup>th</sup>.

e. Other reports or announcements

Mary Lou Braunti-Minkler announced the NAMI Dinner Dance / Silent Auction on October 26<sup>th</sup>. NAMI will honor Ken Katz with American Ambulance for work on Crisis Intervention Training.

**VIII. Public Comment**

Held; none received.

**IX. Adjournment**

Adjourned at 4:11 PM.

**This meeting is open to the public under the Ralph M. Brown Act.**