



# County of Fresno

## ADVISORY BOARDS AND COMMISSIONS

### FRESNO COUNTY BEHAVIORAL HEALTH BOARD

DBH Health and Wellness Center

1925 E. Dakota Ave.

Fresno, CA 93726

#### Minutes

Meeting Via Webex

April 21, 2021

| <u>MEMBERS PRESENT</u>   |                     |                       |                |
|--|---------------------|-----------------------|----------------|
| Kylene Hashimoto   | Carolyn Evans       | Jonathan Halverstadt  | Duke Ramshaw   |
| Francine Farber  | Debbie Xiong        | Lisa Crossley         | Sue Vang       |
| MaryLou Brauti-Minkler   | Nick Lutton         | Emma Mejia            | Erinn Reinbolt |
| David Thorne   | Donald Vanderheyden | Doug Loera            |                |
| Ana Boydstun   |                     |                       |                |
| <u>BOARD OF SUPERVISORS</u>  |                     | <u>PUBLIC MEMBERS</u> |                |
| Ari Martinez and Rocky Vang<br>(Representatives for Supervisor Sal Quintero) |                     | Amber Molina          | Melissa Rose   |
|  |                     | Karen Levinson        | David Tan      |
|  |                     | Samantha Ortiz        | Janet Paine    |
|  |                     | Katrina Rudnick       | Eloisa Estrada |
|  |                     | Diana Castaneda       | Holly Lanier   |
|  |                     | Elizabeth Williams    | Chris Roup     |
|  |                     | Ryan Banks            | Ray Banks      |
|  |                     | Mayra                 | Rosio Laguna   |
|  |                     | Angela Yepez          | Nakia Vue      |
|  |                     | Marilyn Bamford       | Michele Meisch |
|  |                     | Dana Field            | ICSI           |
|  |                     | Liz Escoto            | SDC Staff      |
|  |                     | Brook Frost           |                |
| <u>ABSENT</u>  |                     |                       |                |
| Steffanie Long   |                     |                       |                |
| <u>BEHAVIORAL HEALTH</u>   |                     |                       |                |
| Dawan Utecht, Director   | Susan Holt          |                       |                |
| Ahmad Bahrami  | Brian Bishop        |                       |                |
| Tina Young   | Stacie Vanbruggen   |                       |                |
| Jeannette Dominguez  | Dang Xiong          |                       |                |
| Jolie Gordon-Browar  | Vincent Montgomery  |                       |                |

#### I. Welcome

Chair Kylene Hashimoto began the meeting at 3:32. welcomed all and introduced Ana Boydstun as a new member of the Behavioral Health Board (BHB), representing District Four. Ana was asked to provide a brief introduction. Ana stated that she currently works at Kaiser and has many years of experience in the Behavioral health field working with all different populations in a variety of settings that all has contributed to her passion of helping others. She is happy and excited to be on the BHB.

#### II. Review of Agenda by Board

Approved

#### III. Approval of Minutes from March 17, 2021 BHB Meeting

Approved

#### IV. Recognize April as Autism Awareness Month

Guest Speaker; Melissa Rose, *Autism Specialist Credentialed School Psychologist*

Although Autism is a developmental disorder, it effects the behavioral health of individuals living with autism and those who care for them. The BHB members wanted to take the opportunity to recognize April as Autism Awareness and Acceptance Month and invited Melissa Rose to share some of her knowledge with them. Melissa is a Board-certified school psychologist and Behavioral Analyst for Fresno County Superintendent of Schools who has spent 17 years of specializing in autism spectrum disorder and has been a long-standing member of (CAPTAIN) California Autism Professional training and information network. Mental Health intervention study : <https://www.teamsasdstudy.org/about-aim-hi> *additional Autism information provided is attached.*

#### V. Department of Behavioral Health Update Dawan Utecht, *Director*

Director Dawan Utecht began with the Departments Mission, Vision and Goals and went on to mention that April is Alcohol and Stress Awareness month. She also mentioned the continued focus on racism as a public health crisis, highlighting "Stop Asian Hate".

##### COVID -19 Trends

Fresno County is now in the orange tier with over 100,000 cases and 1,600 deaths. About 33 % of Fresno county's entire population has been vaccinated. 226,693 individuals have been fully vaccinated and 124,693 partially. There has been a small increase in the number of adult mental health services provided as well as the number of persons served from 2019 to the present. The department recognizes the data as an impact of COVID and the mental health of those in the community as well as the Departments ability to ensure access to these individuals who need services.

##### A. General Update including Board of Supervisors (BOS) Agenda Items, Legislative Updates

###### March 23<sup>rd</sup> BOS Agenda Items

- Department of Rehabilitation amendment to capture expenses incurred
- Exodus Recovery Supportive Housing Services
- Upholdings for Butterfly Gardens No Place Like Home Permanent Supportive Housing

###### April 13<sup>th</sup> BOS Agenda Items

- Amendment to Agreement on services for Child Welfare children and families to accommodate the need of a fourth vendor
- Handle with Care – Innovations project
- Approval of Mental Health Services Act (MHSA) 3-Year Plan

###### April 27<sup>th</sup> BOS Agenda Items

- Mental Health Awareness Proclamation
- Upholdings LLC No Place Like Home Butterfly Gardens

###### Legislative Update

- AB 451 Health Care Facilities: Treatment of psychiatric emergency conditions
- AB 638 Mental Health Services Act: Early Intervention and Prevention programs
- AB 808 Children's Crisis Continuum pilot program

##### B. Biannual MHSA Sustainability/Reversion Report

Unused MHSA funds are subject to reversion if PEI dollars allocated are not spent in the term intended for, or if there are unspent innovation / unincumbered INN funds. Fresno only has some INN funds at risk and has prepared a plan to ensure there are no remaining funds subject to reversion.

C. Quarterly Report from Patients' Rights Advocates

Complaints/Grievances Total for February – March 2021

February – 3 (1 substantiated, 2 unsubstantiated)

March – 5 (4 substantiated, 1 pending)

Additional information will be provided next month regarding the location from where the complaints were received.

D. Review of Innovation Plans Submitted for Review: Suicide Prevention Follow-up Call Program and California Reducing Disparities Project (CRDP) Evaluation

New Submissions of Suicide Prevention Follow-up Call Program MHSA Innovations Project

- Goal to serve 1,800-3,600 persons
- Innovation to learn through follow-up phone calls to persons who have experienced suicidal ideation
- Inform prevention efforts of the triggers and factors leading to ideation

California Reducing Disparities Project (CRDP) Evaluation

- To serve 900 unduplicated persons
- Seek to understand community defined practices under the CRDP through community input to adapt and align with MHSA funding without compromising effectiveness

E. Outcomes Report on Uplift Family Services Fresno HOPE program

- Provides specialty mental health services and court-specific services
- Unique individuals served – 1,121
- Services rendered – 22,157
- Cost per person served – \$3,616 per unique client
- Staff – 1 Clinical Director, 6 Program Managers, 20 Clinicians and 5 Family Specialists

HOPE program response to COVID Pandemic beginning March 2020

- All services transitioned to telehealth
- All in-person trainings were canceled, and virtual trainings began FY 2020 – 21
- Staff turnover
  - The convenience of Telehealth allowed Clinicians who previously traveled to clients, the ability to add clients to their caseload and pick up any slack from staff turnover

F. Report on Marketing Campaigns and Outcomes presented by JP Marketing

Representative for JP Marketing presented a large amount of information on the many projects they are involved in with the Department as well as information on the general support they provide with public outreach. A campaign timeline was presented in addition to the following:

- Description of JP Marketing scope of work that has been utilized with the Department
  - Creative Services
  - Media Services

- Strategic, consulting, research, and account management services
- Metrics and measurables

The Department will continue to assess the services individuals seek as a result from the work done in collaboration with JP Marketing. The BHB would like to invite JP Marketing back for an update in the future.

#### **VI. Public Comment**

No Public comment received

#### **VII. Old Business**

- Report on Virtual Site Visit to Uplift Family Services Fresno HOPE program
  - Clients and families are referred by the Department of Social Services, Child Welfare Division to be assessed and receive services
  - Goal is to stabilize mental health of children and their families toward the goal of family reunification
  - Services available are specialized mental health services, individual assessment, case management, behavioral coaching, psychiatry as well as amplified services by partnering with other agencies
  - Expressed need for more case managers

#### **VIII. New Business**

- May Virtual Site Visit to Living Well Center
  - Jeannette will proceed with coordinating

#### **IV. Committee Updates**

- Adult Services Committee
  - Adult Services Committee will meet May 3<sup>rd</sup>
  - RH Community Builders invited to discuss the projects they are part of in the community
- Children's Services Committee
  - Next meeting April 22<sup>nd</sup>
  - Anyone who wants to be on the mailing list may contact Jeannette
- Forensics Committee
  - DBH Forensics Team provided informative program overview
  - Next meeting will be June 14<sup>th</sup>
- Substance Use Disorder Committee
  - Next meeting June 10<sup>th</sup> at 10:00 am
  - Topic of discussion, Recovery Residence providers

#### **X. Public Comment**

##### **Activities/Outreach for May Mental Health Awareness Month**

- **Tuesday April 27** – Mental Health Awareness Proclamation to the BOS (10AM)
- **Friday April 30** – Arbor Day Creek Fire Resource Event (1-6PM)
- **Wednesday May 5** – Panel: Mental Health Month (Spanish)
- **Thursday May 6** – WFFRC Resource Fair (11AM – 2PM)
- **Tuesday May 11?** – Maternal Mental Health Proclamation to BOS (Consent Item)

- **Saturday May 15.** Grizzlies Game, Parker (mascot) will have shirt on, players will have green socks, green ribbon on the field, MH ads on big screen, and will do the PSAs throughout the summer on the screen.
- **Week of May 17** – Spirit Week-Daily activities to help promote wellness.
- **Saturday May 22** – Virtual NAMI Walk (10AM – 2PM)
- **Saturday May 22)** – Drive Thru Resource Fair (may partner with NAMI, or host one at the HaWC)
- **TBD** – Virtual Toolkits for Healthcare Workers
- **API Wellness Panel (last week of May) to focus on mental health of API and impact of harassment, racism, and attacks on API community.**
- **All Month**
  - Provide education materials and promo items to community partners (anyone who requests, while supplies last)
  - Drop in Article for County Newsletter (beginning of May)
  - Instagram Post – MH Trivia and Education (Weekly on Tuesdays)
  - Biweekly emails to All County Staff
    - 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> week
  - Biweekly emails to DBH Staff
    - 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup> week
  - Activities for DBH Staff
    - Crossword Puzzle
    - Scavenger Hunt

## **XI. Adjournment**

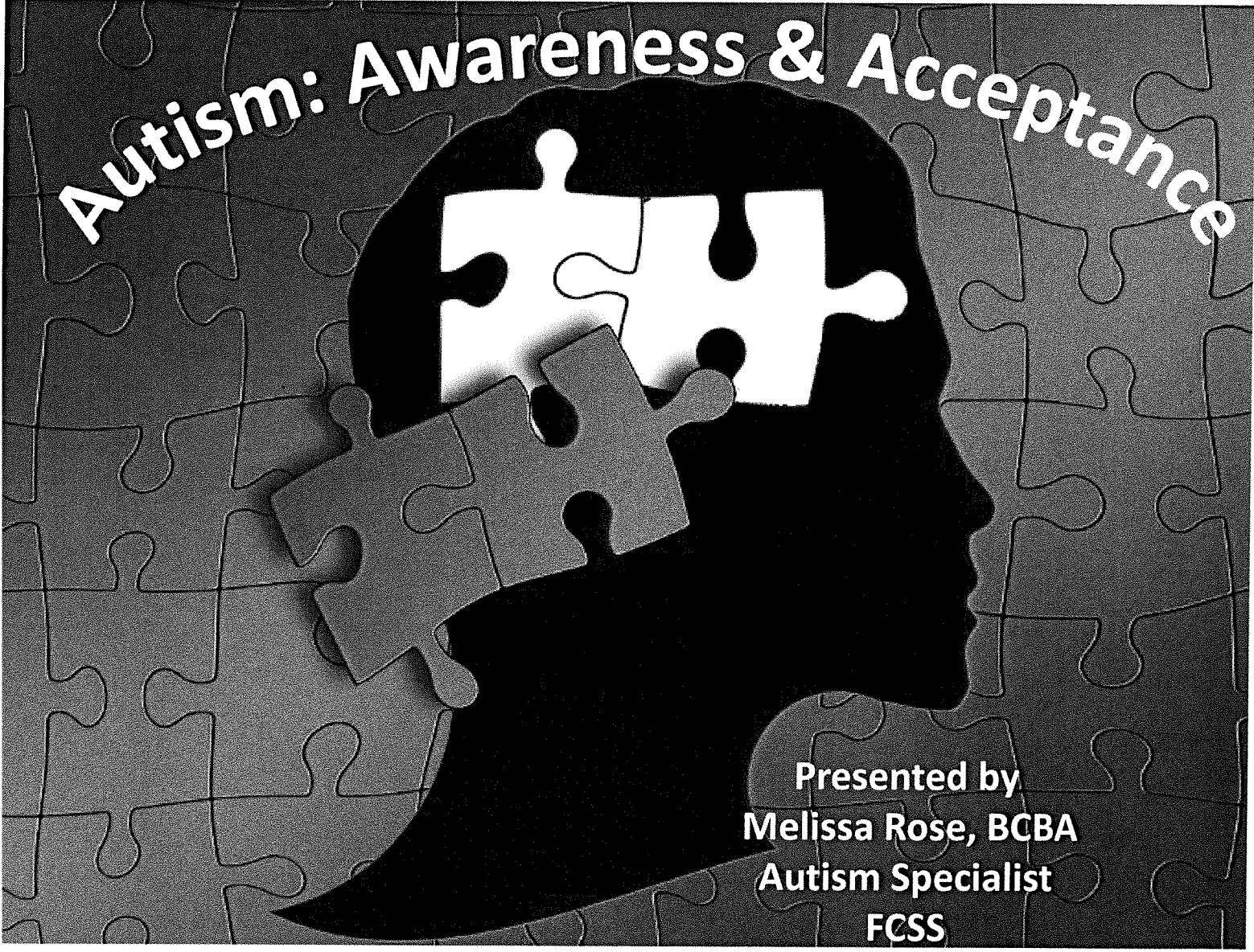
4:58 pm

Next Behavioral Health Board meeting: Wednesday, May 19, 2021

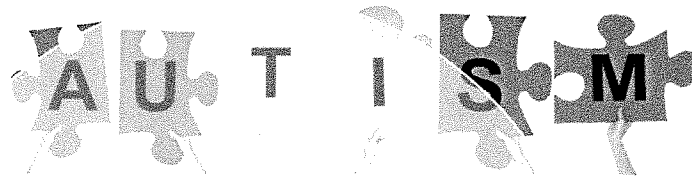
**This meeting is open to the public under the Ralph M. Brown Act.**

1925 E. Dakota Ave Fresno, CA 93726 (559) 600-9180  
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# Autism: Awareness & Acceptance



Presented by  
Melissa Rose, BCBA  
Autism Specialist  
FCSS



Language Disorders

Communication  
Differences

Learning Disabilities

Social-  
Communication  
Differences

Behavioral  
Differences

Conduct/  
Behavioral  
Problems  
~25%

Psychotic  
Disorders  
~8-18%

Social  
Differences

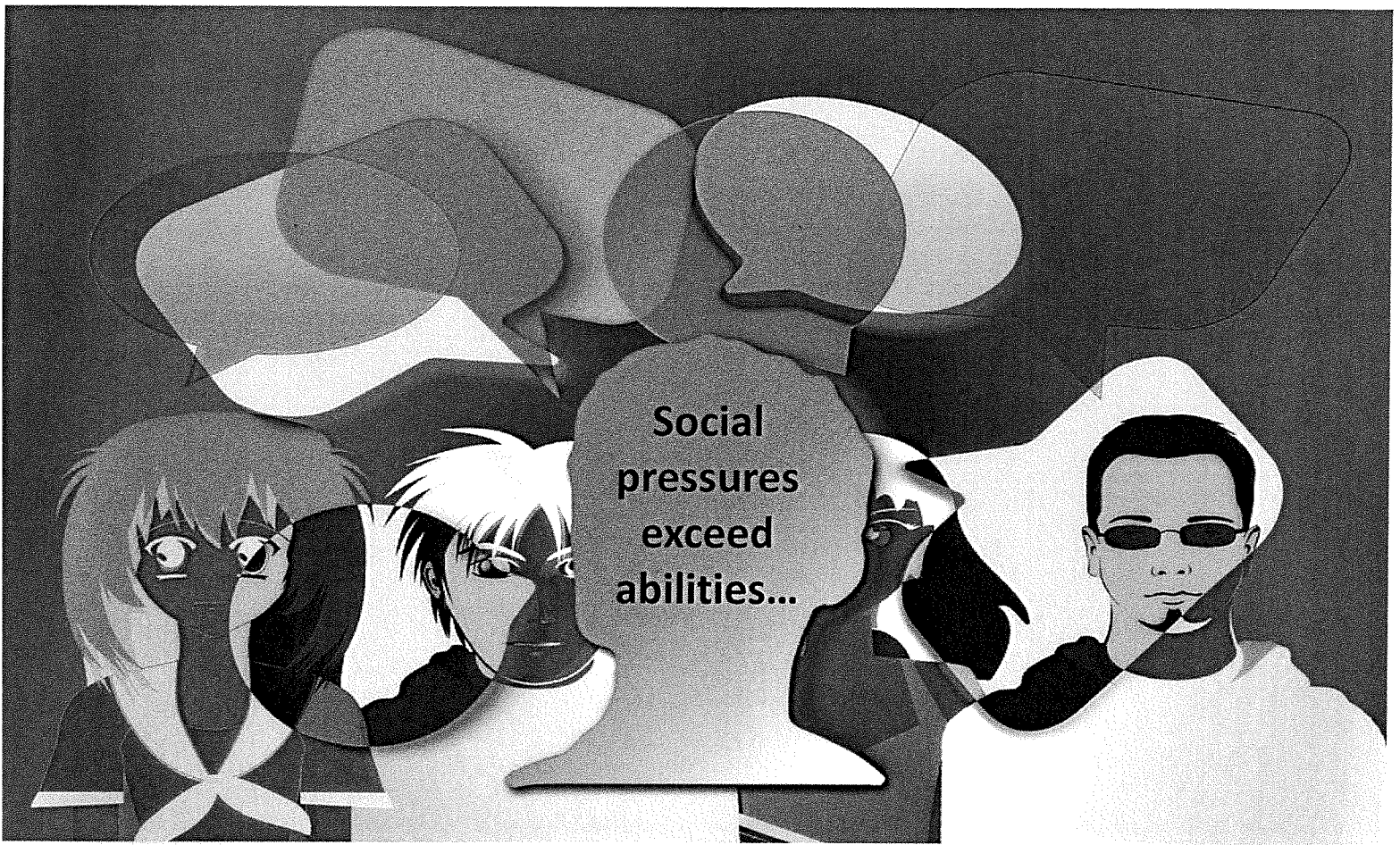
ADHD~ 30%

Depression~ 30-77%

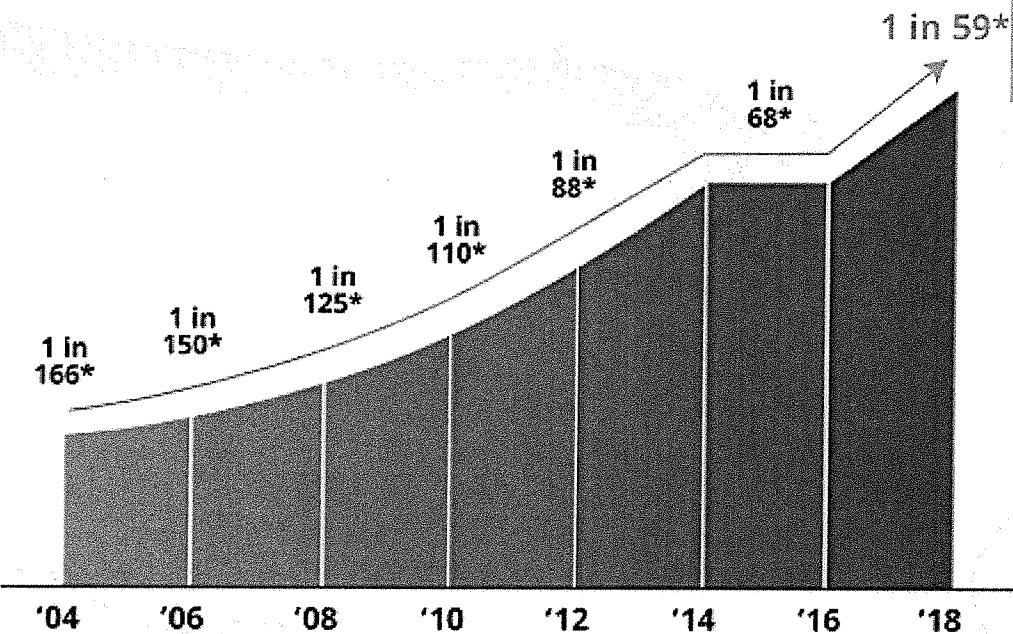
Anxiety~ 40%

| Medical:<br>Autism Spectrum Disorder |  | Educational<br>Autism as eligibility category  |
|--------------------------------------|--|--|
| Social-Communication<br>(all 3)      | <p>Deficits in social-emotional reciprocity</p> <p>Deficits in nonverbal communicative behaviors used for social interaction</p> <p>Deficits in developing and maintaining developmentally appropriate relationships</p>   | <p>Developmental disability significantly affecting verbal <u>and</u> nonverbal communication <u>and</u> social interaction</p> <p><u>And</u> adversely affecting a child's educational performance</p>  |
| Repetitive Behaviors<br>(at least 2) | <p>Stereotyped or repetitive motor movements, use of objects or speech</p> <p>Insistence on sameness, inflexible adherence to routines, or ritualized patterns of behavior</p> <p>Highly restricted fixated interests abnormal in intensity or focus</p> <p>Hyper- or hypo-reactivity to sensory input or unusual interest in sensory aspects of environment</p> | <p>Other characteristics <u>often</u> associated with autism are engagement in repetitive activities and stereotyped movements, resistance to environmental change or change in daily routines, and unusual responses to sensory experiences</p> |

# When is Autism recognized?



# Estimated Autism Prevalence 2018



~2020~  
1 in 54



\* Centers for Disease Control and Prevention (CDC) prevalence estimates are for 4 years prior to the report date (e.g. 2018 figures are from 2014)

# Autism & Trauma



Reference<sup>6</sup>

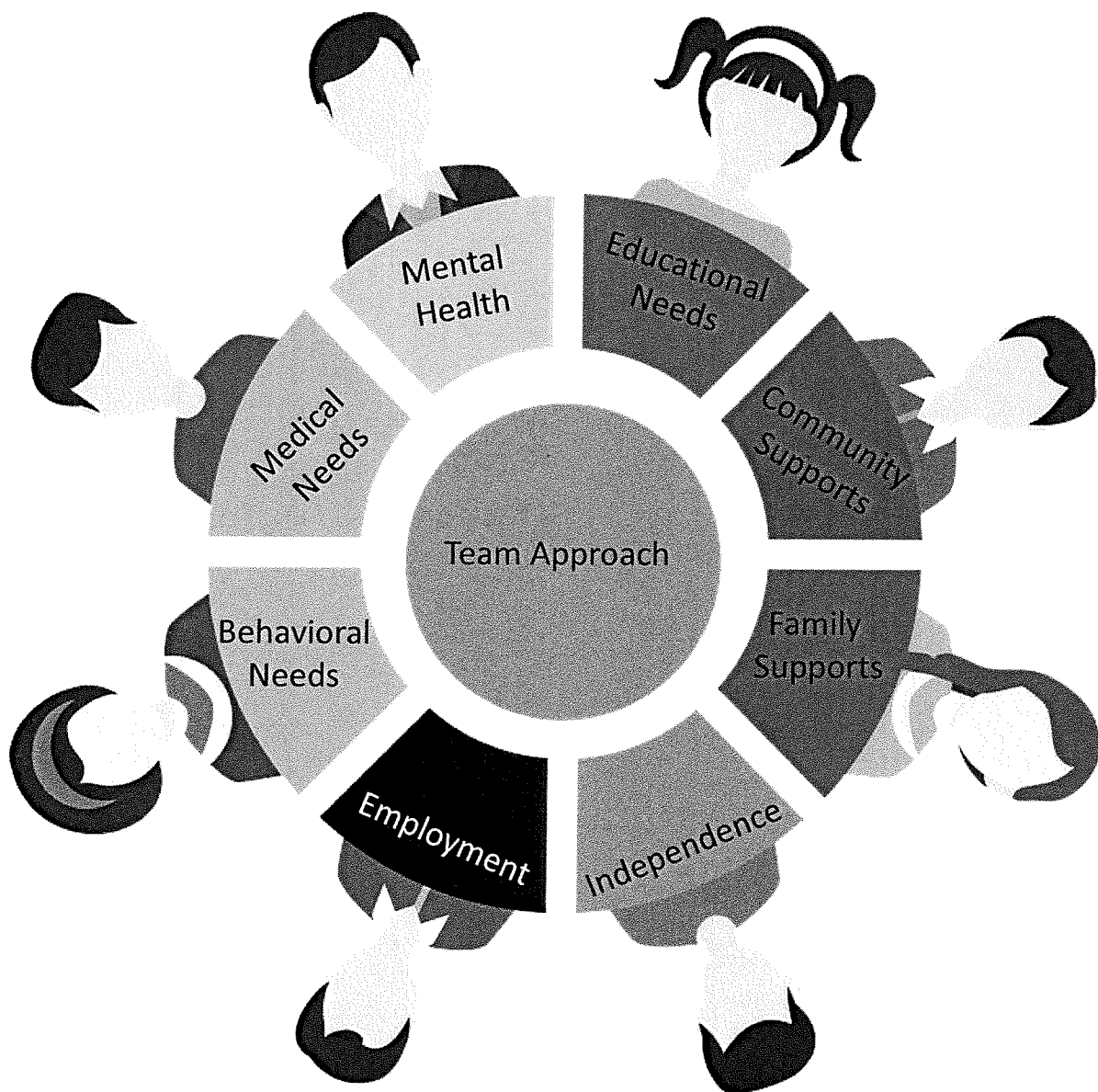


“Often the greater problem isn’t necessarily Autism, it’s Anxiety, Depression, Anger Management. [...] If you have Autism Pure, then the prognosis is pretty good, but if you have Autism Plus [...] prognosis isn’t as good.”

Dr. Tony Attwood,

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Psychologist & Author



# How to get help

## Ages 0-3

- Doctor
- CVRC
- EPU or other FRC

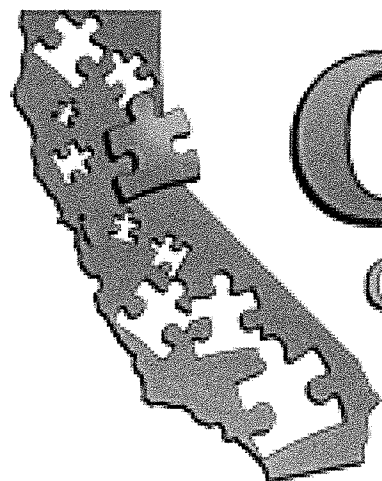
## Ages 3 and up

- Doctor
- CVRC
- School District

Help Me Grow- Fresno County

1-866-KIDS-HMG  
(children under 6)

Evidence Based Practices...



**CAPTAIN**

California Autism Professional Training  
and Information Network

[www.captain.ca.gov](http://www.captain.ca.gov)

Table 3.7 Matrix of evidence-based practices, outcomes, and age categories

[illegible]



# Learn the Signs. Act Early.

- Milestone Checklists
- Milestones in Action
- Free Materials!

[www.cdc.gov/actearly](http://www.cdc.gov/actearly)

1-800-CDC-INFO



# CONTACT INFORMATION

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Autism Specialist

Fresno County Superintendent of Schools

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# References

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