



# COUNTY OF YOLO

Health and Human Services Agency

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## Local Mental Health Board Meeting Minutes

**Monday, January 25, 2016, 7:00 PM – 9:00 PM**

600 A Street, Davis, CA, 95616 – Conference Room

**Members Present:** Bret Bandley; Richard Bellows; Davis Campbell; Martha Guerrero; James Glica-Hernandez; Nicki King; Sally Mandujan; Josh Pozun; Supervisor Don Saylor Robert Schelen, Chair; Tom Waltz; Tawny Yambrovich

**Members Excused:** Brad Anderson; Robert Canning, Vice-Chair; June Forbes;

**Staff Present:** Karen Larsen, Mental Health Director / Alcohol and Drug Administrator  
Makayle Neuvert, Secretary, LMHB Administrative Support  
Emily Henderson, Assistant Deputy to Don Saylor

**Community Members:** Nancy Schaezlein-Zipse, NAMI Member; Sarah Hahn, UC Davis

### CALL TO ORDER

1. Welcome and Introductions: The January 25, 2016 meeting of the Local Mental Health Board was called to order at 7:00 PM.
2. Public Comment:
  - NAMI-Yolo Member Nancy Schaezlein-Zipse addressed the Board sharing that though her family member is currently receiving treatment, engagement with law enforcement and the legal system was required. Ms. Schaezlein-Zipse noted that there should be another way to access the level of treatment and this has left her family member in a difficult and depressing situation due to the life consequences that stem from substantial legal trouble.
3. Approval of Agenda: **Motion:** Davis Campbell, **Second:** James Glica-Hernandez, **Discussion:** None, **Vote:** Unanimous
4. Approval of Minutes from December 7, 2015: **Motion:** Richard Bellows, **Second:** Davis Campbell, **Discussion:** None, **Vote:** Passes with 1 Abstention form Tawny Yambrovich
5. Announcements
  - LMHB 2015 Annual Report Presentation to BOS on January 26, 2016: Chair Bob Schelen commented shared these details with the Board and encourage attendance.
  - The NAMI-Yolo Pat Williams Dinner will be held on February 25, 2016.

### CONSENT AGENDA

6. Mental Health Director's Report: The following items were pulled from Karen Larsen's Mental Health Director's Report for additional discussion.
  - University of California, Davis Student Mental Health: In response to a request from James, Karen noted that while she did not personally attend the UCD meeting being discussed, both Dr. Sarah Hahn and Supervisor Don Saylor were present. Prospective LMHB member Sarah shared her excitement over joining the Board and her desire for collaboration opportunities with UCD.

She clarified for inquiring members that she is the UCD Director of the Student Health and Counseling Services or SHCS (formerly known as Counseling and Psychological Services or CAPS). Both Sarah and Supervisor Saylor referenced the high need for services among the student population who are in the prime age group for early onset psychosis.

- Homeless Services: The Davis MOU supporting the program is just being finalized and it is expected that program participants will be identified in the next couple of weeks. In response to an inquiry, Karen shared additional details on the food provisions in the programs, saying the residence has a kitchen that will be an onsite house manager to support meal preparation as appropriate.
- Housing Project: Referencing the timeline included in Karen's report, members inquired about the perceived delay on moving the project forward. Karen discussed the use of tax credits and the application deadlines for the larger 80 unit part of the project which have moved to September 2016 rather than March 2016.

#### 7:25 PM REGULAR AGENDA

7. Board of Supervisors Report: Supervisor Don Saylor has stepped again in to the primary BOS liaison to the LMHB and Supervisor Jim Provenza will take over the alternate position. Supervisor Saylor shared that he was glad to be back in this role.
8. LMHB Strategic Plan Update: Board Member Davis Campbell presented a proposed approach to tackling the strategic plan update. A [handout](#) was shared on the mission, vision, and values and these were discussed in order to help drive common understanding for the group. Davis promoted the Board's development of proactive, time-limited (1 year), focused projects under a 3-5 broad goals. He reasoned that by employing time constraints for focused projects, the Board could successfully accomplish goals rather than visiting many topics briefly over long periods of time. The committees could support the work for the greater Board effort. Further, having only a few focus issues allows for some reserved capacity to look at emerging issues. The group was then led in considering what goals to adopt using the S.M.A.R.T. goal structure, meaning they are...
  - Strategic: Goals should have an impact on an entire system.
  - Measurable: Goals would utilize data from the County.
  - Attainable: Goals could be approached by small working groups.
  - Results Based: Goals should provide value to the department and/or have an actual product at the end of the year.
  - Time Bound: These would be goals for 2016.Davis offered the following three goals suggested for consideration then asked the Board to weigh in on other topics that should be considered.
9. Focus on consumer access from a consumer perspective. Our advice should be broad spectrum and community rather than "expert" which is already available to the BOS.
10. Monitor and track the reorganization from a consumer perspective.
11. Review the existing outreach materials and, if appropriate, develop a consumer and family resource guide. Question if users/consumers understand what available resources there are and what is available to them. Is there a connection to services readily available? The LMHB could bring these resources together and create a product that is easily updatable by staff.

Comments:

- Karen commented on the synergy between the proposed goals and the County's new strategic plan as well as the focus areas of the Behavioral Health Services strategic plan. These items will be very easy to partner with and get to a beneficial outcome for all spheres. One example to consider is the existing HHS Resource Guide which would benefit from LMHB review and translation into other languages.
- Tawny shared interest in the County's tracking of privately insured residents seeking services from the County. Additionally, there was desire to capture information on those not currently receiving County services due to cultural barriers, limited coverage, etc.
- Martha suggested that proposed goal 1 could be expanded to those not yet available to seek services, (i.e. homeless, family members outreach); goal 2 could be narrowed to specifically track how the HHS integration, which is going to be a multi-year process, will implement the no wrong door approach in 2016 and have our goal be to consider the consumer perspective in the design of the approach.
- Tom recommended that goal 3 include a law enforcement component – what to do, why are things done the way they are, talking points, what to expect, etc..
- Supervisor Saylor led the group in considering the Policy Circle/Clock as a mechanism for narrowing down on the topics of focus.



- Bob agreed that the components of the broad goals could be broken down and worked on by the committees. He said that the standing committee will be assigned these topics and will return feedback to Davis to narrow the issues.
- Sally supported some way to increase the connection between the independent efforts of the Board members outside of meetings to the work done as a part of the Board which would increase the overall productivity of the Board.
- Offers to provide additional information to the next meeting were considered premature as Davis reiterated that the purpose of today's discussion was to consider and agree on the Broad goals which will be narrowed in the future.
- Bob asked for a sense of the Board to see if these three goals were supported. No motion was made but an informal vote/survey was taken: Yes 9, No 0, Undecided 2, Tawny and Nicki requested more time to provide feedback.

12. Chair Report: Bob Schelen led the group in the following agenda topics.

- a. A review of member resignations, appointments, and re-appointments was performed. Updates to meeting materials will be completed at the next meeting. All members were encouraged to provide regular feedback to their appointing Supervisor.
- b. Vice Chair Discussion: With a vote scheduled for the February meeting, James Glica-Hernandez was nominated to fill the vice-chair position. With his acceptance of the nomination the position of Secretary will become vacant and be addressed.

- c. New Member Onboarding Discussion: Our current Roles and Duties binder which is given to new members is dated. The Communication and Education Committee will review the contents and update for February. Additionally, an oral presentation for new members will be developed; perhaps a conference call or meeting to talk about the expectations and roles of a Board members. Existing Board members were encouraged to connect with James to have all members on the same page.
  - d. Update on the Proposed Amendment to Bylaws and Committee Structure: Bob shared that a meeting with Supervisor Provenza and County Counsel was planned to further discuss the Brown Act procedures but has not yet been held. Consideration of the use of standing committees versus ad hoc committees may be of interest to the Board. James and Bob have developed a plan for how the standing committees will meet. This process will be shared with members in the next 4-7 days.
  - e. Long Range Planning Calendar: This topic was briefly discussed as part of the future meeting planning and noted as a good practice that supports the Brown Act guidelines for allowing members an orderly process for bringing up new topics but allowing the public time to attend and speak to agenda items.
  - f. Legislative Ad Hoc Committee Report: Martha Guerrero shared that new bills are being produced and a request was made to resend the bill matrix to the group.
  - g. Committee Reports: Each Committee Chair shared a brief description of the committee for new and prospective members. A description of each committee will be provided to new members so they can choose which to join.
    - Communication and Education Committee: No report
    - Program Committee: No report
    - Budget and Finance Committee: No report
13. Future Meeting Planning and Adjournment: A brief discussion of how topics are added to the calendar was held. New topics can be emailed to Bob, James or LMHB@yolocounty.org. Also a practice of broaching a topic at a meeting and tabling till a future meeting for expanded discussion has been supported. See Long Range Planning Calendar notes captured above.
- The next meeting will be held on Monday, February 22, 2016 from 7:00 – 9:00 PM in the AFT Library Community Meeting Room at 1212 Merkley Avenue, West Sacramento, 95691.
  - Future Meeting Planning:
    - February: Strategic Plan Long Range Goals for additional discussion and finalization
    - February: Co Occurring Disorders Presentations
    - April, May, and June: Public Forums (*member support was requested*)
  - This meeting was adjourned at 8:57 PM.



## Yolo County Local Mental Health Board DRAFT

### **Mission:**

We support the wellness, recovery and resilience of all Yolo County residents through the identification of local assets and needs, informed advocacy and education, and collaboration with policymakers, service providers, consumers and family members.

### **Guiding Vision:**

We envision a community free of stigma, which values all persons' wellbeing and provides the highest quality, integrated continuum of mental health and social safety net services and supports. Consumers and family members, as well as persons from unserved, underserved and historically inappropriately served communities, will participate in advocacy, education, decision-making, planning, programming and evaluation.

We envision that Yolo County is a destination of choice for mental health professionals, including psychiatrists. All providers will be cross-trained and knowledgeable about the myriad of health and human service programs. Consumers and family members find and maintain meaningful employment in behavioral health or other careers of choice.

We envision that all persons with mental health needs have access to and receive culturally and linguistically appropriate care that takes into consideration their unique strengths and assets, their age, physical health and co-occurring conditions. Services and wellness centers will be provided throughout the County, and transportation to services and supports will be available to those who need it when they need it. Residents will have access to preventative screenings, and early care and intervention before they reach crisis, and will be served in community-based settings rather than hospitals and jails. Housing will be affordable and no one will need to sleep on the street. All family members and caregivers will have sufficient respite to remain healthy, compassionate, and capable.

We envision that community wellbeing will be our county and state's most critical concern, and that our vision of wellness, recovery and resiliency will be made possible by positive legislation, sufficient funding and volunteerism.

### **Collective Values:**

- ❖ Every person deserves wellbeing and quality of life
- ❖ Every person has value, importance and is unique
- ❖ Meaningful consumer and family participation
- ❖ Cultural sensitivity, appropriateness, and appreciation for the diversity of the region
- ❖ Highest quality, integrated services and supports
- ❖ Strong social safety net
- ❖ Political and personal accountability
- ❖ Advocacy beyond the minimum mandated care
- ❖ Evaluation and data-driven decisions