

Sutter-Yuba Behavioral Health Behavioral Health Advisory Board

Teleconference Call
1-888-363-4735

Minutes of the Conference Call

Thursday, February 11, 2021
5:00 p.m.

NOTICE: Requests for assistive listening devices or other accommodations, such as interpretive services, shall be made through the Executive Secretary (530) 822-7288 ext. 2275. Requests should be made at least 72 hours prior to the meeting. Later requests will be accommodated to the extent feasible.

1. **Call to Order**

Chair Cluck called the meeting to order at 5:03 p.m. and welcomed everyone to the meeting.

2. **Roll Call**

The following members were on the conference call: Chair Paul Cluck, Supervisor Karm Bains, Vice Chair Leslie Clarkson and Lupe Rose.

The following members were excused: Manny Vasquez, Margery Hubbard and Supervisor Seth Fuhrer.

Also, on the call: Rick Bingham, Assistant Director of Health & Human Services and Local Behavioral Health Director; Virginia Burns, Sutter County Superintendent of Schools Interventions Program Coordinator – Peer Resource Engagement Program; Taylor Bisbee, PREP Peer Advisor, and Sue Hopper, Executive Secretary.

3. **Action Items:**

- **Approve January 14, 2021 Meeting Minutes:** Member Rose moved to approve the January 14, 2021 minutes as presented. The motion was seconded by Member Clarkson and carried as follows:

Aye votes: Paul Cluck, Lupe Rose and Leslie Clarkson

Nay votes:

Abstentions: Karm Bains

4. **Program Presentation – Virginia Burns – Sutter County Superintendent of Schools Intervention Program Coordinator – Peer Resource Engagement Program:**

Ms. Burns introduced herself as the Program Coordinator for the Peer Resource Engagement Program (PREP) through Sutter County Superintendent of Schools. PREP is a peer led program that targets mental health issues at a school site to address all students' needs. Their mission is, “to empower youth with the opportunity to lead efforts in school through mental health education and awareness, by creating a positive impact in the community”. Students that participate in this program attend monthly meetings throughout the year, plan and implement community events, lead peer planning groups at their school site, and recruit others to join. Their end goal for the program is to help enlighten youth mental health awareness throughout every school in Sutter County to help make a positive shift in the wellbeing of the community. Initial funding for the PREP program was received last year. Ms. Burns then designed an outline to begin going to schools to create a Mental Wellness Youth Commission throughout the system and have all high schools represented. To form this commission, Ms. Burns started with the PREP Peer Advisors and began recruiting college students to fill this need. Ms. Bisbee is the first Peer Advisor to come into the program.

Ms. Burns reported that before COVID, PREP was able to hold a couple of events last year to increase mental health awareness. Due to COVID restrictions several drive through events have been held. Two existing programs are going right now; Sutter and East Nicolaus High Schools. They started with targeting the rural communities for two different reasons. They are the most distant from behavioral health resources and have had more limited access to SEL and school counseling services. Both of these rural high schools have experienced suicide in recent years. PREP was able to hold one, in-person, leadership training at Sutter High School, using ZOOM.

Ms. Bisbee has been working on creating and implementing different campaigns for PREP. Ms. Bisbee states the heart of the program is that it is student led. ZOOM meetings are amazing and community leaders are stepping up. Right now, the groups focus is on “being a part of something that is bigger than yourself.” Ms. Bisbee reports that the program is holding strong and working towards building a great foundation. PREP will continue to plan events around COVID.

Ms. Burns reported that in addition to the PREP groups established at the two high schools they have also been doing targeted interventions at some of the alternative education sites. Yuba County Office of Education has also received the PREP funding and the two districts met with Juvenile Hall and Camp Singer to design and create a wellness space in their facility. PREP will also be working with the Independent Living Program for foster youth at Yuba College to come up with a campaign to increase mental health awareness within this group. PREP is working with school counselors to increase support where needed within the smaller school districts.

In response to a question regarding SYBH going door-to-door during COVID, Mr. Bingham responded that, in the past, SYBH nursing staff went into the community to administer medications and provide injections to clients. Currently, the Adult Education program goes to client’s homes to drop off/pick up homework and the Wellness & Recovery staff also drop off packets/tools to keep folks engaged.

Ms. Burns added that also through Sutter County Superintendent of Schools, her program oversees several other programs through the Student Support Outreach program – homeless services, foster youth services, the attendance recovery program, tobacco use prevention education program, substance counseling and a new counseling program. They conduct home visits and have still been conducting home visits throughout COVID. They partner with other agencies such as Probation and Yuba City School District. They also partner with the Yuba-Sutter Food Bank and provide door delivery services every Thursday for families in need. During home visits they also provide door hangers that have resource information printed on them.

In response to a question about student leaders talking directly to students, is this with or without a script, Ms. Burns stated that as this is the first year of the program there are no scripts; this is a goal for the program once it is fully-functional. Peer leader training has taken place. PREP advisors and youth commissioners completed Mental Health First Aid and suicide awareness trainings and have ongoing counselor support.

In response to a question as to how the BHAB can assist the PREP program, Ms. Burns responded that she would like to have the Peer Advisors and/or Youth Commissioners make a presentation to the BHAB. She feels this would help their confidence as well as helping them to know that they have support throughout the community. In addition, Ms. Burns states that with the Mentoring Program they could use assistance with recruiting mentors. Any kind of awareness that the BHAB could bring to the community of both the PREP and Mentoring programs would be a help. Mr. Bains requested that Ms. Burns reach out to him to discuss other questions. Ms. Burns also has a video that she will share on recruitment and to assist with learning about the program.

Ms. Burns spoke about the funding they received for the PREP Program. Last year they received \$250,000. Due to COVID they have not been able to spend it all. Ms. Burns and staff are working hard and getting creative to make sure funding/resources align with program and hope to spend all funds this year. Random Acts of Kindness week is next week – East Nicolaus High School is preparing wellness kits to distribute to the K – 8 grades. Sutter High School will be planning/promoting a social media campaign.

In conclusion Ms. Burns reported that Youth Commissioners are tasked with getting additional training and do receive a small stipend for their service.

5. **Behavioral Health Director’s Report – Rick Bingham, LMFT:** Mr. Bingham reported on the following:

- Adult Services Branch – New Haven Project – SYBH released an RFP (Request for Proposal) for a CBO (Community Based Organization) to provide supportive services for the behavioral health clients housed at this location. One application has been received and negotiations are in progress. This same CBO will also be contracted to provide services in a couple of other programs such as the Adult FSP, which is being expanded, and the iCARE Innovations project.
- Children’s Services – TIC (Trauma Informed Care) – as most of the youth clients SYBH has contact with have likely been exposed to some form of trauma, all youth services employees are being trained in this modality.
- Children’s Services – Senate Bill 823 that will be realigning juvenile justice. This bill will essentially shut down all juvenile justice centers over the next couple of years. What this means for SYBH is that the local juvenile hall as well as probation will be tasked with housing some of these youth at juvenile hall; however, most children will not be incarcerated at all and will instead be provided programming within the community. Behavioral Health has been included in this planning and everyone is working on a new system of care for this population.
- Deputy Branch Director – Ms. Gowan has now started. She comes with a wealth of experience. One of her duties for SYBH will be the MHSA coordinator. MHSA would like to have a standing agenda item on the BHAB agenda to provide monthly MHSA updates. Will keep as a regular agenda item.

In response to a question on how the SB-823 realignment will affect Camp Singer, Mr. Bingham stated that Camp Singer will still be in place and between them and Juvenile Hall they will most likely house a small percentage of youth for longer periods of time than they currently do. The intent of this legislation is to reduce incarceration.

6. **New Business:**

- Mr. Bains stated he is looking forward to working with everyone on the BHAB.

7. **Old Business:** None addressed.

8. **Public Comment:** None addressed.

9. **Other Announcements/Correspondence:** None addressed.

10. **Adjournment:**

There being no further business brought forward Chair Cluck thanked everyone for their participation and adjourned the meeting at 5:42 p.m.