

Sutter – Yuba Behavioral Health Behavioral Health Advisory Board

1965 Live Oak Blvd
Yuba City, CA 95991
(530) 822-7200

Minutes of the Conference Call

Thursday, June 11, 2020

5:00pm

NOTICE: Requests for assistive listening devices or other accommodations, such as interpretive services, shall be made through the Executive Secretary (530) 822-7200 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 Rose Called the meeting to order at 5:00pm

2. **Roll Call:**

The following members were on the conference call: Chair Lupe Rose, Supervisor Gary Bradford, Supervisor Mike Ziegenmeyer, Secretary Lesley Clarkson, Vice Chair Paul Cluck and Margery Hubbard.

The following members were absent: Manny Vasquez

Also, on the call: Rick Bingham, Assistant Director of Health & Human Services and Local Behavioral Health Director; Josh Thomas, LCSW, Program Manager; Sue Hopper Executive Secretary and Karen Sangston, Executive Secretary

3. **Action Items:**

- a. **Approve May 14, 202 Meeting Minutes:** Vice Chair Paul Cluck moved to approve the May 14, 2020 minutes as presented. The motion was seconded by Member Margery Hubbard and carried as follows:

Aye votes: Members Rose, Bradford, Ziegenmeyer, Clarkson, Cluck and Hubbard

Nay votes: None

Abstentions: None

- b. **Report of Election Coordinator and Election of Officers for FY 20/21:** Nominations for Chairperson were opened, Paul Cluck, Lesley Clarkson and Manny Vasquez were nominated. After voting, Member Lesley Clarkson moved to appoint Paul Cluck as the Chairperson for the 20/21 FY. The motion was seconded by Gary Bradford.

Aye votes: Members Rose, Bradford, Ziegenmeyer, Clarkson, Cluck and Hubbard

Nay votes: None

Nominations for Vice Chairperson were opened Paul Cluck and Lesley Clarkson were nominated, after voting, member Gary Bradford moved to appoint Lesley Clarkson as the Vice Chairperson for the 20/21 FY. The motion was seconded by member Lupe Rose.

Aye votes: Members Rose, Bradford, Ziegenmeyer, Clarkson, Cluck and Hubbard
Nay votes: None
Abstentions: None

Nominations for Secretary were opened Margery Hubbard was nominated, after voting, member Gary Bradford moved to appoint Margery Hubbard as the Secretary for the 20/21 FY. The motion was seconded by member Paul Cluck.

Aye votes: Members Rose, Bradford, Ziegenmeyer, Clarkson, Cluck and Hubbard
Nay votes: None
Abstentions: None

- c. **Review and Approve Annual Report for FY 19/20 and Authorize Ms. Hopper to send to the Board of Supervisors:** After review and discussion, member Gary Bradford moved to approve the Annual Report for FY 19/20 and have it submitted to the Board of Supervisors. member Paul Cluck seconded the motion.

Aye votes: Members Rose, Bradford, Ziegenmeyer, Clarkson, Cluck and Hubbard
Nay votes: None
Abstentions: None

- d. **Review and Approve Draft Calendar for FY 20/21:** After review and discussion. member Lesley Clarkson moved to approve the Calendar for FY 20/21. Member Lupe Rose seconded the motion.

Aye votes: Members Rose, Bradford, Ziegenmeyer, Clarkson, Cluck and Hubbard
Nay votes: None
Abstentions: None

4. **Program Update – Transition Age Youth (TAY) Program:**

Josh Thomas – LCSW, Program Manager, presented the report for the Transitional Aged Youth (TAY) program.

TAY is a Full-Service Partnership program with a "Whatever It Takes" philosophy. TAY "students" are served by a multi-disciplinary treatment team of mental health professionals including a Therapist, Case Manager or "Mentor", Substance Abuse Counselor, Peer Mentor, Housing Resource Specialist, Vocational Resource Specialist, Nurse and a psychiatrist. TAY students choose from a menu of services offered by these professionals. The treatment is individualized to best meet the recovery needs and developmental stage each TAY student is in. Many of the services are provided where it is most convenient for the student - home, community or office.

Three days per week TAY staff provide group rehabilitation services including independent living skills classes. Examples of these classes include money management, cooking skills, understanding how to read an apartment rental lease, writing an effective resume and cover letter, and appropriate social skills in the workplace, etc. Also included, psychoeducational wellness topics such as understanding one's mental health symptoms and how to successfully

cope with them, the impact of substance use on mental health symptoms, how to get along well with others, communication skills, etc. TAY staff focus on the development of healthy, positive, leisure-time skills and experiences such as educational and recreational field trips in the community. TAY staff also support students in improving mental health through physical health and exercise at Northside Fitness with a TAY gym membership.

In addition to the SYBH Psychiatric Emergency Services 24-hr number, TAY students also have after-hours emergency phone access to TAY staff via an "on-call" cell phone that allows them to talk to a staff member who knows them personally and can also partner with PES in crisis stabilization if needed.

Since the program began in 2007, the need has always been greater than the services that could be provided. Statistics provided for fiscal year 2019/2020 show that SYBH served 158 unduplicated youth aged 0-15 years in just the first four months of the fiscal year. The full-service partnership served 89 youth between 0-15 years for the same time frame. Also, in FY 2019/2020, as of November 2019, 68% of the clients served were male, 66% identified as Caucasian, 11% were Latino, 10% were African-American, 1% were Native American, 2% did not report and 11% represented themselves as two or more ethnicities.

Barriers to services have improved now that the program is fully staffed. TAY has hired one fulltime peer mentor and two part-time peer mentors. One fulltime parent partner or two part time parent partners are in process. Peer staff provide feedback and connect with the clients. CSOC still has two vacancies for therapists. There is also one therapist vacancy in Youth Services.

Telehealth services is helping in keeping connected with clients during this difficult time. It is a challenging new platform, but staff are beginning to hit their stride in providing services via this platform.

5. **Behavior Health Director's Report:**

Mr. Bingham reported on the following:

- **Phased-in Approach to Re-open Behavioral Health to Clients:** Sutter County is planning to re-open the Behavioral Health facility to the clients in phases. Phase 1 will focus on psychiatry clients only. Due to the size of the waiting room, only 3-4 clients can wait at a time due to social distancing. The appointments will be staggered. In order to minimize contact clients will then go on a rotating schedule where one appointment will be an office visit and the next will be a telehealth visit. The second phase will begin allowing therapists and case managers to have clients come in for appointments. Modifications will be made for additional waiting room area and an outdoor area. Phase 3 will include restarting group session.
- **PHF Update:** Due to space PHF is unable to social distance very well. So far, we have not had any COVID -19 cases on the PHF. If it does happen, we will isolate the client by asking them to remain in their room, without locking them in.
- **Telehealth Services:** Telehealth Services has had some growing pains. Some clients really do not like not having face-to-face interaction. Other problems are connection issues, group sessions – most platforms only allow for 4-5 people participating at a time. Substance abuse groups are having problems due to telehealth conference confidentiality. They are working on a solution to the problem by using a paid platform.

- **New Student BH Facility:** Child Services Branch is working with all Yuba and Sutter County School Districts, Sutter County Superintendent of Schools and Yuba County office of Education and will hopefully begin a new program funded by a MHSSA grant. If the grant is approved, there will be new behavioral health services for students in the schools. There will be a hub created where students can receive peer support, case management and therapy. The location will be centrally located for maximum participation from various schools.
 - **Stabler Lane Facility:** This facility will be a PHF operated by North Valley Behavioral Health and was originally planned to open July 1, 2020. The opening has been delayed until August 1, 2020. This contracted facility will be a 5150 facility with an attached Mental Health Rehabilitation Center with 44 beds.
 - In response for a request for an update on the new HHS facility located at 850 Gray Ave, Mr. Bingham states he has not had an update on this facility.
6. **New Business:** None addressed.
 7. **Old Business:** None addressed.
 8. **Public Comment:** None addressed.
 9. **Other announcements and Correspondence:** Ms. Hopper provided information to members regarding the webinar being held June 25th, 2020. The training will be offered by California Institute for Behavioral Health Solutions. Trainings will be in two sessions the first at 10:00am and the second to be held at 2:00pm. The training is for small counties in regard to the roles and responsibilities of behavioral/mental health board members.
 10. **Adjournment:** There being no further business brought forward, Chair Rose thanked everyone for participating and adjourned the meeting at 5:49pm