

Sutter-Yuba Behavioral Health Behavioral Health Advisory Board

Valley Oak Conference Room

1965 Live Oak Boulevard

Yuba City, CA 95991

(530) 822-7200

Minutes of the Regular Meeting

Thursday, May 9, 2019

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 Vasquez called the meeting to order at 5:04 p.m. and welcomed everyone to the meeting.

2. Roll Call

The following members were present: Yuba County Supervisor Gary Bradford, Chairperson Manny Vasquez, Secretary Lesley Clarkson, Vice Chair Lupe Rose, Paul Cluck, Margery Hubbard and Kimberly Knight.

The following members were excused: Sutter County Supervisor Mike Ziegenmeyer.

Also present were the Assistant Health and Human Services Director and Local Mental Health Director Rick Bingham; Judith Guthrie, Prevention Services Coordinator for SYBH Options for Change, Roger Anderson, Owner/Founder of Buddy's House; Sarah Eberhardt-Rios, Acute Psychiatric and Forensic Services Branch Director, and Executive Secretary Sue Hopper.

3. Action Items

- a. **Approve April 11, 2019 Meeting Minutes:** Member Hubbard moved to approve the meeting minutes of April 11, 2019 as submitted. The motion was seconded by Member Cluck and carried as follows:

Aye votes: Board Members Bradford, Vasquez, Clarkson, Cluck, Hubbard and Knight

Nay votes: None

Abstentions: None

- b. **Appoint an Election Coordinator for the Election of Officers for FY 2019-20:**
Margery Hubbard was appointed as Election Coordinator for the 2019/20 election of officers.
- c. **Approve re-appointment of Lupe Rose as an At-Large Representative for Sutter County and authorize Ms. Hopper to send a letter of recommendation to the Sutter County Board of Supervisors.** Member Hubbard moved to approve the re-appointment of Lupe Rose as an at-large representative for Sutter County and authorize Ms. Hopper to send a letter of recommendation to the Sutter County Board of Supervisors. The motion was seconded by Member Bradford and carried as follows:

Aye votes: Board Members Bradford, Vasquez, Clarkson, Cluck, Hubbard and Knight
Nay votes: None
Abstentions: None

4. **Program Update – Options for Change – Judith Guthrie:**

Ms. Guthrie introduced herself and explained that Options for Change is a state-certified outpatient treatment program. Clients are screened for the needed level-of-care and at times referred to detoxification and residential programs. Ms. Guthrie states one of the largest barriers to treatment for these clients is the client having a safe place for recovery. Ms. Guthrie then introduced Roger Anderson of Buddy's House and states that Options for Change has partnered with Buddy's House for at least the last 15 years.

Mr. Anderson introduced himself as the founder/director of Buddy's House which is a network of clean and sober living environments here in Sutter and Yuba Counties. Mr. Anderson has also been an active resident and participant in Buddy's House for the last 16 years.

Mr. Anderson started Buddy's House when he needed a clean and sober living support system. He began by renting out the extra bedrooms in his house to other people looking for a clean and sober environment. Buddy's House blossomed from there. Today there are 27 houses with 175 beds – 165 men, women and children currently reside at Buddy's Houses. Houses are made up of 17 single-family dwellings and a 10-unit apartment complex that has been set up for families.

Buddy's House does not provide treatment. They rely on community resources, such as Options for Change and Pathways, for treatment. Buddy's House provides an adult communal living arrangement whereby everyone abides by the same set of rules and enter into contracts for sober living. Houses are divided up among men, women, women and children and married couples.

Buddy's House consists of two phases. In Phase I all living expenses such as food and utilities are provided. Nine houses are dedicated to Phase I participants and meetings are held each day.

Buddy's House is self-supporting through contributions of participants. No taxpayer dollars or government assistance are received. No donations are received, and grants are not applied for. This is a self-sustaining program funded by residents paying rent once they can.

Buddy's House networks with local community work places, One Stop, Express, etc. to assist participants with finding employment and becoming more self-sufficient.

Phase II is for people who have been successful in Phase I. Buddy's House no longer supplies food and other necessities for Phase II participants and these participants pitch in for utilities. These houses are less transitional and are for participants who are fully engaged in the sober living system.

Length of stay in each phase is dependent on the client and other factors such as income but is usually a minimum of 30 days. Referrals are received from many different community resources such as Behavioral Health, Drug Court, hospitals and jails.

Buddy's House does at times have to turn people away due to available space. Especially families with children. Mr. Anderson invited the Board to call him at any time for a tour.

5. **MHSA Innovations Plan Proposal Presentation – Sarah Eberhardt-Rios, MPA:**

Ms. Eberhardt-Rios introduced herself and spoke about the Mental Health Services Act Innovation Plan being proposed by Sutter-Yuba Behavioral Health (SYBH). Highlights include:

- SYBH has hosted 11 stakeholder meetings throughout the Sutter/Yuba communities and have talked to approximately 100 people with at least 50 of them being consumers.
- Innovation projects are time-limited, no longer than five years, and the focus of the project must be on learning rather than treatment.
- SYBH serves approximately 3.2% of the population of both Sutter and Yuba counties. Data shows the population is being underserved by about 1.2%.
- The Innovation Project is hoping to engage heavy utilizers of the emergency department, 911 system and people that have lengthy hospitalizations, that have behavioral or substance abuse disorders, and do not follow through with connecting to outpatient services.
- Research shows that 17 non-clinical engagements were necessary before an individual became clinically engaged in outpatient treatment after using emergency/hospital care as routine. That number jumps to 70 for individuals who have been chronically homeless.
- SYBH Innovation Project is proposing a field-based engagement team that will come to individuals needing behavioral health care where they are, instead of asking them to come to the clinic. The mobile team would consist of Peers, Nurses, Alcohol and Drug Counselors and Therapists.
- The goal of the mobile team would be to work with the individual to decrease their number of unnecessary visits to the emergency room, hospital admissions and law enforcement contacts and to increase their overall engagement in behavioral health care, including outpatient services.
- The proposed project also includes a large training component widely available to community members. Training would be funded with PEI funds under MHSA and be offered at no cost to the community.
- \$4.8 million is available over a five-year period to fund this project; although some of that funding is at risk of reversion to the state.
- Project must be approved by the Board of Supervisors and the Mental Health Services Oversight and Accountability Commission before counties can start spending Innovation funding.

6. **Behavioral Health Director's Report – Rick Bingham:**

Mr. Bingham reported on the following:

- Staffing Changes: Dr. Barnett, Inpatient Psychiatrist, has resigned. SYBH will be looking for a replacement for him as well as a Director of Nursing for the Psychiatric Health Facility (PHF).
- PHF Sprinkler Project: no bids were received for this project. Development and General Services departments for the county will be sending out smaller project bids. Target date is fall or early winter for completion.
- Psychiatric Emergency Services: the Program Manager for this program has accepted other employment.
- Tele-Psych: imbedded in the emergency department. Rideout has recently changed their tele-psych contract from JSA to Vituity.
- Wellness & Recovery Rally: event went very well and was well attended.
- Youth4Change Contract: this contract is for children's services and will have capacity increased to allow for more children to be seen.

- TAY Prom: this event will be coming up at end of May.

7. **New Business:**

- a. **Review and consider application to fill Yuba county Consumer position and authorize Ms. Hopper to send letter of recommendation to the Yuba County Board of Supervisors – Kate Donaldson.** Ms. Donaldson provided background information on herself and states she would like the opportunity to help herself and other people by becoming a member of the Behavioral Health Advisory Board. Ms. Donaldson states she is very dedicated and would like to help affect change within the system. The Board approved Ms. Donaldson's application and authorized Ms. Hopper to send a letter of recommendation to the Yuba County Board of Supervisors.

8. **Old Business:** None addressed.

9. **Public Comment:** None addressed.

10. **Other Announcements/Correspondence:**

- a. California Association of Local Behavioral Health Boards and Commissions Spring Newsletter – information only.

11. **Adjournment:**

There being no further business brought forward Chair Vasquez thanked everyone for their participation and Member Clarkson moved to adjourn the meeting at 6:15 p.m. The motion was approved by Member Knight and carried by a unanimous voice vote of the members present.