

**Sutter-Yuba Behavioral Health
Behavioral Health Advisory Board**

Minutes of the Regular Meeting

Thursday, July 13, 2023

5:00 p.m.

1. **Call to Order**

Chair Esemann called the meeting to order at 5:00 p.m. and welcomed everyone to the meeting.

2. **Roll Call**

The following members were in attendance: Chair Heather Esemann, Tom McWhorter, Jay Kaze, Supervisor Mike Ziegenmeyer, Supervisor Don Blaser, Lesley Clarkson, Vice-Chair Manny Cardoza, and Maggie Walker.

The following members were excused: Mary Page and Renick House.

Also, in attendance: Rick Bingham, HHS Assistant Director; April Tate, Program Manager, Clinical Services (via TEAMS); Mai Vang, Mental Health Therapist III; Geisha Lopez-Leon, Mental Health Therapist III; Betsy Gowan, Adult Services Branch Director; and, Sue Hopper, Executive Secretary.

3. **Public Comment:** No public comments were provided.

4. **Action Items:**

- a. **Approve June 15, 2023, Meeting Minutes** - Member Cardoza moved to approve the June 15, 2023, Meeting Minutes as submitted. The motion was seconded by Member Walker.

Aye votes: Esemann, McWhorter, Kaze, Clarkson, Cardoza and Walker

Nay votes: None

Abstentions: Blaser and Ziegenmeyer

5. **Program Presentation** – HEART, PATH, Ethic Outreach – April Tate, Program Manager:

Ms. Lopez-Leon introduced herself as a Mental Health Therapist III and supervisor for the Latino Outreach Center (LOC).

- The LOC provides specialized mental health services for the Latino Spanish-speaking/Bilingual Community of Sutter and Yuba Counties.
- The LOC has three Spanish-Bilingual Mental Health Therapists who provide individual and group therapy services to youth, adults, couples, and families; and two Spanish-Bilingual Mental Health Workers who support clients with transportation, interpreting, case management and life skills development to assist clients with mental, medical, educational, and social adjustments.
- Services include triage, evaluations, treatment planning, individual, group and family therapy, case management and referrals when available.

- LOC seeks to serve clients who are not engaging in the general mental health services due to cultural and linguistic barriers.
- For FY 21-22, the LOC served 197 unduplicated clients. The LOC overcame several challenges during this year including the continued effects of Covid-19 and being unable to resume with outreach engagement events which help reduce stigma and increase awareness of the services provided by the LOC.
- The LOC also has limited clinical staff and was unable to pursue an added mental health therapist position which has led to the LOC having a wait list for therapy. There are currently approximately 20 – 25 potential clients on the wait list with an approximate 3 month wait.
- The LOC would like to increase outreach services available to the community to ensure that the Latino population has a clearer awareness of the services offered at the LOC.

Ms. Vang introduced herself as a Mental Health Therapist III and supervisor for the Hmong Outreach Center (HOC).

- HOC is located in Olivehurst and provides services similar to the LOC.
- Staffed by a fulltime Therapist, Intervention Counselor and Mental Health Worker.
- Hmong population will historically seek traditional healing before seeking modern practices.
- HOC has been operating for 13 years; served 41 families last year. Currently only serving adults, 18+. HOC efforts reached a total of 228 unduplicated Hmong community members with outreach activities FY 21/22.
- Hmong PEI IMPACT Youth Program served 17 Unduplicated youths and their families in FY 21/22
- HOC provides education and outreach to the Hmong community. Collaborates with other Hmong organizations to get the word out on services and help reduce stigma.
- Provides culturally appropriate activities.

Ms. Tate is the Program Manager – Clinical Services for the Adult Services Branch. Ms. Tate reported on the HEART and PATH programs:

- HEART (Homeless Engagement and Resolution Team) has been in existence since 2020. This team engages homeless individuals in both counties. They provide outreach and service connection, assessment, transportation, case management and substance use program linkage.
- The team is comprised of staff from SYBH working with law enforcement and other entities as necessary – such as Adventist Health.
- There are two designated shelter beds at both shelters (Better Way and 14 Forward) for the Start to Finish program. Clients are placed here until they can be placed in alternative housing and begin consuming services.
- PATH (Project Assisting in Transition from Homeless) is a grant-funded program. This program consists of two Resource Specialists. One provides outreaches to the shelters and assesses clients to determine if they meet eligibility for specialty mental health services and refer them to services as needed. The other Resource Specialist is a Housing Specialist that works with the Regional Housing Authority to identify openings within housing in the community and works with clients to provide support with their housing. This person also works with the supportive housing units in the community to ensure clients there have what they need.

- A case manager stays with the client for the first six months of their housing to ensure that the client is sustaining their housing.
 - PATH clients must also be SYBH clients with specialty mental health needs.
 - iCARE – this teams engages homeless and other individuals that don't normally consume services from SYBH to create a rapport with them with a long-term goal of eventually getting them into needed services.
6. **SUDS Program Update** – Betsy Gowan, Branch Director, Adult Services, reported:
- Mr. Hernandez's former position of SUDS Program Manager has now been filled by Stacy Lee.
 - Suggestion was for Mr. Bingham to include the SUDS monthly report in his monthly Behavioral Health Director's Report.
7. **MHSA Program Update** – Betsy Gowan, Branch Director, Adult Services. Ms. Gowan reported on the following:
- MHSA Steering Committee will be working on suicide prevention program.
 - Working on Two-Year Plan updates.
 - Watching/monitoring legislative issues.
 - SB-326 – Reform Bill for MHSA – changing to Behavioral Health Services Act (BHSA). One key element is that MHSA funds can be used to treat just those with substance use issues whereas before the person had to have a co-occurring disorder in order for those funds to be used. Some other elements of this bill – will take 3% off of the top statewide for workforce development. Once counties receive their share – 5% will need to be used for prevention and intervention; 35% will be strictly for FSP programs; 30% will need to be used for early intervention programs and the last 30% will have to be used for housing. This breakdown will affect the open access, urgent services clinics, school-based programs and how services are provided overall. This bill should go on the ballot in March 2024.
8. **Behavioral Health Director's Report** – Rick Bingham, Assistant Director/BH Director. Mr. Bingham reported on the following:
- SB-326 – bill is going on the ballot as an urgent item. If this is passed it would go into effect when the Governor signs it – all subject to change.
 - HHS Director – Sarah Eberhardt-Rios, will be providing a budget update for the September 14, 2023, meeting – should take about an hour.
9. **New Business**
- a. 22/23 Grand Jury Report
 - Mr. Bingham reports that SYBH is working on getting funding to install the PHF fencing and hopefully assist with the ligature issue and continues to look at other revenue sources with the goal of finalizing fencing and higher risk ligature items by the end of the year. Ms. Esemann requested an update on these issues during the September meeting.
 - b. Create Ad Hoc Committee on Getting Services to Homeless
 - Ms. Esemann suggests focusing on what services are actually offered; what policies/procedures can be improved/approved. What other items can be fixed or improved – such as the barrier to TB tests.

- Ms. Esemann, Mr. Kaze, Mr. Ziegenmeyer and Ms. Walker will participate on the Ad Hoc Committee. Ms. Esemann will send out meeting details. Committee will meet and bring back recommendations in 2 months.
- c. Discussion on moving BHAB meeting to Public Health Auditorium
 - Decision was to move the BHAB meeting to the Public Health Auditorium beginning September 14, 2023.

10. Old Business

- a. Ethnic Outreach, PATH, BEST, HEART Site Visit Reports – Lesley Clarkson, Heather Esemann and Maggie Walker.
 - No further discussion since program provided updates above and questions were answered.

11. Other Announcements/Correspondence

- 12. Adjournment** - There being no further business brought forward Chair Esemann thanked everyone for their participation and adjourned the meeting at 6:50 p.m.