

CONTRA COSTA COUNTY MENTAL HEALTH COMMISSION

Thursday ♦ May 28, 2009

Minutes – Approved 6/25/09

1. CALL TO ORDER / INTRODUCTIONS

Chairperson Peter Mantas called the meeting to order at 4:35.

Commissioners Present:

Clare Beckner

Art Honegger

Dave Kahler

Peter Mantas

Bielle Moore

Colette O’Keeffe

Floyd Overby

Teresa Pasquini

Annis Pereyra (who left at 5:35)

Anne Reed

Commissioners Absent:

Supv. Mary N. Piepho

Non-Commission Member Attendees:

Suzette Adkins, Supv. Bonilla’s Office

Brenda J. Crawford, MHCC

Al Farmer, NAMI-CC

John Gragnani, Local 1

Mariana Moore, Human Svc. Alliance

Dorothy Sansoe, CAO

Mickey Sherman, Visitor

Connie Steers, MHCC Patient’s Rights

Tomi Van de Brooke, Supv. Piepho’s Office

Donna Wigand, CCMH

Janet Marshall Wilson, MHCC

Karen Shuler, MHC Executive Assistant

2. PUBLIC COMMENT

None.

3. ANNOUNCEMENTS

1) New Commissioners from District II, Dr. Floyd Overby and Anne Reed, were welcomed to the table.

2) There will be 3 MHSA Community Input meetings in June. Colette mentioned the Central County location (Pleasant Hill Community Center) is inconvenient transportation-wise.

3) The July 9th SPIRIT Program graduation was announced.

4) CIMH Training Conference in June

4. APPROVAL OF THE MINUTES

1) March 26, 2009 Monthly MHC Meeting Transcription
Available on request.

2) Approval of the Minutes from April 23, 2009 Monthly MHC Meeting
Approved as presented. M-Beckner; S-Kahler. Unanimous. 8-0-2 abstentions.

3) Approval of the Minutes from April 29, 2009 Special Meeting – Public Hearing
Approved as presented. M-Honegger; S-O’Keeffe. Unanimous. 7-0-3 abstentions.

4) Approval of the Minutes from April 30, 2009 MHC Planning Meeting
Approved as presented. M-Kahler; S-Beckner. Unanimous. 7-0-3 abstentions.

5. **FOUR-MINUTE REPORTS: ANCILLARY BOARDS/COMMISSIONS**

a. Mental Health Coalition -- Teresa Pasquini

Met Tuesday. All members were present. Discussed upcoming MHSA Forums. Did not discuss recommendation to Set goals following outline of CMHDA Continuum of Care Policy Recommendations. Would like a statement supporting a deliberate and inclusive process for all stakeholder meetings.

Follow-up: Place on June MHC Agenda.

1. Update on adding new members

No discussion.

b. Hospital Community Forum -- Colette O'Keeffe

Colette has been assigned to be the MHC representative. She wasn't able to attend the latest meeting so Dave Kahler reported. He said Janet Wilson brought questions to the meeting surrounding cost issues at the hospital. The proposed PHF was on the agenda as well. Janet made it clear the MHCC is neutral. Miles said there would be a meeting addressing concerns about the elderly.

c. Human Services Alliance -- Mariana Moore

Distributed written report:

Expressed appreciation for support at their Open House and hope to make it an annual affair. She discussed their involvement in the CPAW. The current and ongoing budget crisis remains a topic of great concern.

d. Local 1-- John Gragnani

County employees are concerned about the state budget, especially the governor's threat to eliminate adult mental health services.

Local 1 approved a donation to The Clubhouse.

Countywide negotiations are coming to a close. It is hoped dollars will be saved and that there will be cooperation on keeping costs down.

Working with county mental health to prioritize mental health services.

Peter asked if there are any committees in the county that are working on children.

John replied he had recently participated at the Child and Adolescent Task Force. He explained it was formerly in the county and has re-started. He said the meeting he attended was an initial introductory meeting seeking participants. Mariana Moore said Chairperson of the CATF Kathi McLaughlin wants a broad representation. It is still forming and anyone with interest should contact Kathi.

Peter said it hasn't been narrowed down as to what we're going to do committee-wise -- reach out or have standing committees. Asked if someone knows of any groups out there to tell him.

e. Mental Health Consumer Concerns--Brenda Crawford

Concord Wellness and Recovery Center is averaging 25-35; 20-25 in West County; and East County is scheduled to open in mid-June (2400 Sycamore).

We will be offering tai chi, yoga, and after July will have evening hours. We are working with a doctor from UCSF to develop a smoking cessation program for MHCC to pass on to consumers. Hope to open it up to other providers if funded.

MHCC is conducting focus groups around the PHF issue -- met for 1st time today. next is June 12 in Richmond, then June 18 in Antioch.

Patients right is inundated and we have a dire need for backup. Responsibilities include covering hearings.

Teresa: how is it a mandate?

Donna: Patients rights is one of the oldest mandated services in the W&I.

Peter: Send an e-mail about what you need.

Brenda: Increased funding to hire more patients rights advocates. It needs to be fully funded.

f. National Alliance on Mental Illness – Al Farmer

In these difficult times, NAMI is getting increasing calls from families in crisis. Al announced the May 30 NAMI Walk fund raiser. Last year 1300 people participated and over \$300,000 was raised.

g. MHSA CPAW—Annis Pereyra

From April there has been discussion about no representation from children's families. With CATF, maybe there will be more representation. At the March 7 meeting, it was decided to have 2 meetings a month rather than 1. There's a subgroup working on goals and -- need to be attainable, consistent with MHSA requirements, timetable must align with goals. Connie commented about consumers being in agreement with the FSC Memo of Concerns and wishes to keep that group separate from CPAW.

Suzanne mentioned she would like to see a TAY representative, and a consumer representative on the TAY portion – it would be great if someone could be found who has been through the foster care system.

Peter: Can the MHC help?

Annis: It needs to come from people who work with the age group. There are 5 focus tasks for adults and children. It was suggested that it is not appropriate to combine adults and TAY. There will be a focus group on older adults. In terms of the MHC, there needs to be at least 1 other representative from the MHC to the CPAW.

Bielle volunteered to be a rep. but her schedule doesn't permit it. Peter said he had heard a lot of good things about the way the meetings are run. Teresa agreed.

6. **COMMITTEE / WORKGROUP REPORTS**

a. Bylaws Workgroup – Peter Mantas, Chair (**No Report**)

1) Update on status of County Counsel's Review

It will be at least another couple of weeks. Hope to have feedback by next meeting.

b. Executive Committee – Teresa Pasquini, Chair

1) Update on candidate Nelson

Scott Nelson has been placed on the June 9 Board of Supervisors consent calendar

c. Capital Facilities & Projects Workgroup – Art Honegger, Chair

1) Response to letter or other actions as appropriate

A policy/financial decision has been made to keep 20 CCRMC beds open if the PHF goes through. Last month's financial report was if 10 beds were kept open. Money will still be saved and CCRMC will have 20 beds and the PHF 32 -- 16 locked and 16 crisis residential. Art said it is still his opinion that central is getting the most with west and east not being served and asked if the focus groups will address this. Donna replied that the County would like to have 3 regional facilities, but that's not realistic, and added that in these financial times, the central one is more feasible. Art asked when the next silo of money is coming down and Donna said she doesn't know. She mentioned she would like to attend his workgroup so she can sit down and go over the details and not be rushed. Art said

they had not been meeting. Donna said if they could set aside a chunk of time, she would like to go over the information with the workgroup. Art said they were most curious about the CSS funds. Donna replied that will come up in the 3 community input meetings. Art asked what's to stop them from closing the CCRMC beds once the PHF is up. Donna replied that if there's a commitment, it will be public policy. Colette expressed the desire to have an extended meeting with the workgroup and Donna. Art responded favorably to meeting with Donna and said he couldn't think of anything to recommend as an action.

Peter stated that numerous requests for reports to be presented to the workgroup had been made, and asked Donna to gather up those details and present them at the meeting with the workgroups. Donna nodded in agreement. Teresa said she wanted to go on record saying she was present at all other meetings, and has been listening and gathering information. She asked if there was more information. Donna replied that those meetings took place up to February and a lot has taken place since then, including a CQAW analysis that wasn't available then and she can share them now. She added that it's a work in progress. Art said he has never been able to find out if there was a discussion about what to do with this money – if it was automatically assigned to the PHF. Donna replied by saying the previous MHC was supportive but things have changed.

Peter summarized by saying things that could have gone wrong have gone wrong and we need to go forward. He added that the requested reports and openness need to be done.

7. DISCUSSION: PUBLIC TRANSPORTATION ISSUES FOR CONSUMERS

Colette O'Keeffe reported that recovery and growth is difficult if you're stuck in your house and unable to leave. She distributed a chart showing fares. Free bus fare for seniors and disabled are gone. Seniors and disabled have a disproportionate cost. She suggested having punch cards and a monthly pass for seniors and disabled at a price in line with other agencies (\$15/month).

A motion was made to request that a senior/disabled pass to mitigate transportation costs be created -- and that the Commission obtain permission to assign a representative to attend the Operations and Scheduling Committee meeting. M-O'Keeffe; S-Honegger. A Public Comment from Ralph Hoffmann (who was unable to attend), in which he stated he was a new CCCTA Transit Ambassador who would be working one-on-one with new passengers, helping them schedule trips and make interconnections was read into the record. The motion passed unanimously.

Follow-up: Draft letter to be sent to Contra Costa County Transit Authority.

8. REPORT: MENTAL HEALTH DIRECTOR – Donna Wigand, LCSW

a. Progress on MHSA CSS 08/09 Plan

Donna mentioned that MHSA Program Manager Sherry Bradley is out-of-town.

Good news:

- \$2.2 million 5-year WET plan adopted. Distributed letter of approval.
- Distributed MHSA CSS outcomes report which was done before and after

enrollment survey -- they are down.

b. Budget Update

Bad news:

- Distributed May 14 letter. Basically shows the state of the union prior to the election and said whether or not the props passed, they were going to make cuts anyway.
- Distributed May 20 letter. \$64 million cut to "non-federally required" MH Managed Care would eliminate all outpatient adult mental health treatment for this population.
- Kids and private in-patient hospitals we buy beds for should be protected. But there are thousands and thousands who would be affected.
- Another \$3 billion in cuts are being presented tomorrow. Backfilling is against Prop 63.

Distributed FMAP Impact. FMAP increase in amount of dollars we draw down from the federal government. The stimulus package changed it to feds 61.69 cents and county.

Distributed Revenue update. Shows 2003-2013. Realignment funds is the vehicle license fee and sales tax. The \$2 million reduction this year was realignment reduction Medi-Cal FFP. Medi-Cal money and federal money will be our lifeblood.

MHSA money has tanked because revenue they take in has a two year lag on monies taken in and let out.

This chart was the worse case scenario – it is now the best case scenario.

Peaking now -- will be worse over the next 3 years.

Discussion:

Anne: Is our county trending along the state lines?

Donna: Yes.

Brenda: What is the county's plan around sustaining programs funded by MHSA?

Donna: When money was let out for CSS, the state said to set aside a prudent reserve of 50% of the costs of those programs. CCC started putting some aside and now has 37% set aside. We have to ask the state to allow us to use the prudent reserve to continue the same level of service. This may not be enough to maintain all the programs and we may have to close some.

Public Comment from Connie Steers was received, expressing the opinion that consumer and family input is essential regarding Medi-Cal and other funding cuts.

c. Present follow-up reports

None presented. However, Donna will be meeting with the Capital Facilities and Projects Workgroup

9. CHAIRPERSON'S COMMENTS – Peter Mantas

a. Cooperative environment

Peter stated we need to work toward working together to provide the best system possible for consumers and families.

b. Outreach to diversify

Brenda has agreed to work with Peter to establish community meetings to educate Individuals and the community about the MHC and how they and the community can benefit through their participation. Mariana will also help.

- c. Set meeting to finish planning -- Thursday, June 11 at 5 pm
Peter said this will be a Special MHC Planning meeting. Bielle said she is not opposed but is unable to attend.
- d. "MHC Wants to Hear from You" Brochure
In October 2007, the Commission voted to distribute a distribute questionnaire to line staff, clinics, the conservator's office, the behavioral health court, and CSU.
Peter said he would set up a workgroup to review comments that are received. Bielle, Colette, Anne and Teresa volunteered to participate. They would summarize responses and bring back to the Commission. Anne suggested adding the website information. Peter gave instructions to staff to go ahead and have it printed and distributed.

Follow-up: Add website address, send to printer, distribute.
- e. Reaching out to the Oversight & Accountability Commission and other County Boards/Commissions for best practices.
Peter stated he is seeking ideas for best practices.
- f. Understand everything about the MHSA – Educate yourselves
Peter said to take the time to understand the MHSA. The CPAW group is putting together MHSA 101 and copies will be sent to the Commission.
- g. NAMI Membership
Peter commented about what a great organization NAMI is. He stated that NAMI brings a significant impact to the community for families and consumers. He cited how NAMI Contra Costa provided funds for consumers to have spending money while the County could not provide. He then publicly joined NAMI by presenting a check to NAMI-CC President Al Farmer and suggested all join as well.

10. **FUTURE AGENDA ITEMS**

- a. Suggestions for June Agenda
 - 1) Case study: The Mental Health Commission had a discussion regarding Chair Mantas' proposal for a June agenda item to have consumers come in to discuss their individual experiences. During the course of the discussion, the Mental Health Director left the room, and subsequent to her departure, the commission decided not to pursue the proposal as a June agenda item.

Colette said she felt there was an edge to this and what's going to be whipped up is the unhappiness and emphasize the failures. She added that it seemed the selection process was unclear and won't be inclusive and well-represented.

Brenda said one of the things she hoped to do with Mariana's help was bringing in people who have real life experiences to let the Commission know what it's like living where services are not accessible -- not looking at worse case scenarios, but having the Commission look at a full range of people's stories. The Commission would meet the community, hear stories about challenges encouraging people to talk about services.

Floyd (a retired physician) mentioned that physicians do case studies all the time, and it's a learning experience. He said he wasn't concerned about the confidentiality.

Colette (also a retired physician) stated morbidity and mortality conferences are

None.

12. **ADJOURN MEETING**

The meeting was adjourned at 6:58. The next regularly scheduled meeting of the Mental Health Commission will take place June 25, 2009.

Respectfully submitted,
Karen Shuler, Executive Assistant
Contra Costa County Mental Health Commission
Revised per 6/25/09 minutes by Nancy Schott 10/27/09