

Contra Costa Mental Health Commission
August 13, 2009
Minutes – Approved 10/8/09

1. CALL TO ORDER/INTRODUCTIONS

The meeting was called to order at 4:35pm by Vice Chair Teresa Pasquini.

Commissioners Presents:

Supv. Mary Piepho
Dave Kahler, District IV
Colette O’Keeffe, MD District IV
Floyd Overby, MD, District II
Annis Pereyra, District II
Anne Reed, District II
Teresa Pasquini, District I
Art Honegger, District V

Commissioners Absent:

Peter Mantas, District III - Excused
Bielle Moore, District III - Excused
Scott Nelson, District III
Carol McKindley-Alvarez, District I

Attendees:

Julie Freestone, Contra Costa Health Svcs.
Suzanne Tavano, Contra Costa Health Svcs.
Sherry Bradley, Contra Costa Health Svcs.
Cindy Downing, Contra Costa Health Svcs.
John Gragnani, Local 1
Mariana Moore, Human Services Alliance
Brenda Crawford, Mental Health Consumer Concerns
Anne Heavey, Nat’l Alliance on Mental Illness
Ralph Hoffman
Sam Yoshioka
Charles Madison
Sharon Madison
Jakki Tachiera
Paula Bender, Rubicon
Dorothy Sansoe, County Administrator’s Office
Suzanne Davis, Contra Costa Health Svcs.

Vice Chair Pasquini announced the Mental Health Commission Chair Peter Mantas has a serious health issue, will be having surgery and will be requesting a three month leave of absence. Vice Chair Pasquini will forward his formal announcement when it is received. Commissioner Supv. Piepho suggested that the leave of absence not begin until at least September.

Two of the newest Commission members – Floyd Overby and Anne Reed – explained why they had joined the Commission.

- Commissioner Reed is a Human Resources Manager for a mid-sized law firm in San Francisco and sister to a Contra Costa Mental Health consumer for over thirty years. Commissioner Reed wants to be a voice for those who don’t have active family members.
- Commissioner Overby has a son that has had a mental illness for over 10 years and said he was frustrated by what he sees to be dysfunctional medical system both public and private care in the county and hopes for ideas and change.

Vice Chair Pasquini announced that a new commissioner was appointed on Tuesday, Aug. 11th 2009 from District I. Her name is Carole McKindley-Alvarez, and she will be a member-at-large.

2. PUBLIC COMMENT

Ralph Hoffman, a former Mental Health Commission Chair and consumer, described three concerns:

- 1) Procedure for getting 5150s to the county psychiatric hospital

- 2) An article in the Contra Costa Times on Aug. 12th 2009 about the budget cuts that quoted Health Services Director William Walker, MD saying that the cuts were “no joke and mean spirited.”
- 3) The need to have prescription medication ads banned on television. Vice Chair Pasquini thanked Mr. Hoffman for his comments.

3. ANNOUNCEMENTS

Vice Chair Pasquini moved discussion of September 3rd MHC Special Meeting and September 30th Possible Town Hall meeting to Item s8 so there could be more discussion on these topics in more detail.

4. APPROVAL OF THE MINUTES

Commissioner Reed mentioned the inconsistencies in format between the 6/25/09 minutes and the 7/9/09 minutes. The 6/25/09 minutes are more of a transcript, without mention of motions and attendance.

ACTION ➤ **Commissioner Supv. Piepho made a Motion to table 6/25/09 minutes until the next meeting so they could be converted into more of a meeting format and the gaps could be filled in to the extent possible by consulting the tapes. Commissioner Honegger seconded the Motion. Motion was passed unanimously.**

ACTION ➤ **Commissioner Supv. Piepho made a Motion to approve 7/9/09 minutes with a correction by Commissioner Honegger at the top of page 3 indicating that the \$8 million in Mental Health Services Act funds could be used for ‘eligible facilities’ and not ‘housing.’ Commissioner Reed seconded motion. Motion was passed unanimously.**

The point was made that the 7/9/09 format is easier to read and summarized rather than repeating verbatim. The group agreed it should be used as a sample for the next Mental Health Commission clerk.

5. VICE CHAIR COMMENTS

- A. California Institute for Mental Health (CIMH) training. This was suggested previously to better understand laws and rules. Commissioner Kahler & Vice Chair Pasquini had taken the training previously. Commissioner Kahler did not find it useful while Vice Chair Pasquini thought it might help new members.

ACTION ➤ **Commissioner Supv. Piepho made a Motion to request that Mental Health staff get written information for the next meeting about what training California Institute for Mental Health offers. Commissioner Pereyra seconded the Motion. The Motion was passed unanimously.**

- B. Kaizen Event. Commissioners Pasquini and Kahler described their experience at Contra Costa Regional Medical Center (CCRMC) as part of the Lean Management effort. They were invited as National Alliance on Mental Illness representatives by Miles Kramer to participate in CCRMC’s third Kaizen event, an event looking to teach continuous incremental improvement to achieve improved service with no additional resources. The idea, lead by Anna Roth, the new CCRMC CEO, is to shift the focus to the patient.

Vice Chair Pasquini and Commissioner Kahler focused on the inability of family members to talk to acute care and psychiatric staff when a consumer is brought in. During their five days, they met with the person in charge of those units, recommended a solution – trained volunteers to supplement the CCRMC staff. The solution will be implemented next Monday, Aug. 24th at

4pm. Commissioner Kahler was pleased at how quickly a plan was developed into place, and noted how rarely such speed and efficiency occurs.

Vice Chair Pasquini said she felt tremendous amount of hope as a result of the collaborative experience. She has submitted the idea of using this Lean approach to Sherry Bradley, Mental Health Services Act Program Manager, as a possible use for Mental Health Services Act Innovation funds.

Commissioner O'Keefe expressed her distress that a consumer was not involved in the Kaizen effort. She talked to Anna Roth about it at the time and found her to be defensive. Commissioner O'Keefe reported that Ms. Roth didn't seem to care or understand.

Vice Chair Pasquini and Anna Roth seem to be passionate about quality of care issues and suggested it might be a communications problem.

Brenda Crawford of Mental Health Consumer Concerns thanked Commissioner O'Keefe for her persistence in raising the consumers' voice and said it is about the Contra Costa consumer culture: 'Nothing about us without us'. Suzanne Tavano of Contra Costa Mental Health Administration has talked to Anna Roth about this issue and will be arranging a meeting with Susan Medlin - the Office for Consumer Empowerment Coordinator, and Commissioner O'Keefe when Anna Roth returns from vacation.

- This was not agendaized for action so Commissioner O'Keefe's suggestion to write a letter to Anna Roth about this could not be officially considered. Commissioner Supv. Piepho suggested a letter of inquiry about why the consumer role wasn't considered. Commissioner Reed requested a draft of the letter before it is submitted to Anna Roth. Vice Chair Pasquini will put it on the next agenda, with Commissioner O'Keefe providing a draft.

6. REPORT: CONTRA COSTA HEALTH SERVICES MENTAL HEALTH ADMINISTRATION

Suzanne Tavano, Deputy Director of Mental Health, provided a summary of key budget issues:

- Local level:
 - An audit was completed of Early Periodic Screening, Diagnosis, and Treatment Program (EPSDT) claims and there was only a .002% error rate among the thousands of claims reviewed. Auditors complimented the staff for the work they were doing with very high needs children. Suzanne Tavano commended staff and providers for their continued excellent work.
 - An initiative to improve productivity was undertaken with three unions: PDOC (Physicians' and Dentists' Organization of Contra Costa), CNA (California Nurses Association) and Local One. As a result, productivity levels are up to 55% - 70% mark of direct services, which has increased revenue by millions of dollars and also made it possible to expand service capacity.
- State funding:
 - Regarding a 10% in realignment funds, counties have been told it will not mean less money.

- AB 3632 funds are used to provide mandated services to children with disabilities. This should have been fully funded, but the majority of costs are uncovered and the state is millions in arrears for claims. Some counties feel they cannot go on carrying these costs. Contra Costa, Orange, Sacramento and San Diego Counties sued the state five years ago and the court decided that counties could stop providing services– but Contra Costa has not done that because it is not clear who would serve this population.
- Medi-Cal Managed Care funding has been cut in half and it appears now that the counties will be able to decide where the cuts should be made. It is possible that it could be accomplished through efficiencies rather than service cuts. Medications are one area for possible cost savings.

7. REPORTS: ANCILLARY BOARDS/COMMISSIONS

- A. Mental Health Coalition. Vice Chair Pasquini reported that the members of this group expressed concerns about the Consolidated Planning Advisory Work Group (CPAW), which provides input about Mental Health Services Act planning and implementation. They feel the meetings are too deadline driven, the agendas are too full and there is not enough collaborative planning. Sherry Bradley and Julie Freestone will be meeting with a CPAW Ad Hoc group about this on August 25 at 12 noon at Mental Health Consumer Concerns on Treat Blvd., Concord. The Coalition has also drafted talking points to be used to talk to supervisors and others about mental health issues.

ACTION ➤ Commissioner Overby made a Motion to accept the Mental Health Coalition talking points. Seconded by Commissioner Honegger. Motion passed unanimously.

- B. Hospital Community Forum. Commissioner O’Keefe is the representative to the Hospital Community Forum. She reported that no meeting was held. Vice Chair Pasquini believes Todd Paler be in charge of forum in the future.
- C. Human Services Alliance. Mariana Moore of reported that the group has been has been very focused on the impact of the state budget on Community Based Organizations. She has created a written analysis of the cuts described by William Walker and Joe Valentine at a recent Board meeting and is encouraging the county to work with the Alliance on joint advocacy. Required Beilenson Hearings will be held on September 15th 2009 related to cuts in medical services. A list of them will be included in the Board of Supervisors’ packet for that meeting, which will go out the Thursday before the meeting. On September 22, there will be another Board meeting to discuss budget cuts.
- Dorothy Sansoe will send the written summary of the report made by Dr. Walker and Joe Valentine
- D. Local 1. John Gragnani reported that 11 full time equivalent positions – plus a manager are handling 659 open cases in Antioch. He expects to have numbers for other regions as well. Shortage of staff is due to budget, not lack of qualified personnel.
- E. Mental Health Consumer Concerns (MHCC). Brenda Crawford thanked everyone for attending a recent open house. She reported that MHCC programs are growing fast, with the fastest one in Antioch serving 40 people a day. A program to let board and care homes know about MHCC services is being launched in Central County. Many of the new consumers are younger.
- F. National Alliance on Mental Illness (NAMI) – no report
- G. Mental Health Services Act (MHSA) Consolidated Planning Advisory Workgroup (CPAW). Teresa submitted some questions related to various topics CPAW is discussing (They were

included in the Commission packet). She encouraged everyone to visit chealth.org to view CPAW's website and familiarize themselves.

8. CAPITAL FACILITIES AND PROJECTS WORKGROUP

A. Capital Facilities & Projects Workgroup

- Commissioner Honegger explained that an email letter he wrote related to this topic and signed as this work group chair should have been written as an individual since the work group did not have input into it.
- It was suggested that there be a special September 3rd meeting to outline possible alternatives of modifications to the current plan to find compromises that would benefit the greatest number of consumers and families.
- The Work Group continues to oppose the pavilion project based on the fact that there have been no alternatives examined.
- Art suggested that \$2 million allocated for the current project be used instead for a facility in East/West County.
- Suzanne Tavano said she and Mental Health Director, Donna Wigand had met with Contra Costa Health Svcs. CFO Pat Godley and the East/West county options being looked at.
- Teresa reported that she and Julie Freestone had developed a draft agenda for the September 3rd three-hour meeting. There was a proposal to combine that meeting with the possible Sept. 30th public meeting in view of the numbers of meetings that have already been held and the amount of staff resources needed.
- There was debate over whether the draft agenda spent too much time describing the current plan, or if that background information is needed for new commissioners/member of the public.
- Supv. Piepho mentioned that she has a scheduling conflict, but would be able to attend the beginning portion of the Sept. 3rd meeting.

ACTION ➤ **Commissioner Supv. Piepho suggested that the Commission conduct the special meeting on September 3rd 2009 from 4:30-7:30 at 651 Pine Street for the Commission to hear, provide input about and get educated about alternatives and then determine the next steps, including a possible public meeting on 9/30/09 and the need for the Commission's 9/10/09 meeting. Motion made by Commissioner Reed. Seconded by Commissioner Supv. Piepho. Motion passed unanimously.**

B. Commission Workgroups updates/assignments.

ACTION ➤ **The Workgroup updates and assignments discussion was postponed until the next meeting due to time considerations. Commissioner Reed made a Motion to postpone discussion. Seconded by Commissioner Supv. Piepho. Motion passed unanimously.**

9. SPECIAL REPORTS – MENTAL HEALTH SERVICES ACT (MHSA)

A. Mental Health Services Act Update – Sherry Bradley

- Sherry Bradley, MHSA Program Coordinator, distributed a report on the status of the components of MHSA. A chart listing new MHSA components in FY2008-09 and beyond was distributed and briefly discussed. Although Housing

is not a formal MHSA component, it is listed separately in the chart because of the high level of interest in it.

- A flyer for 'Reducing Stress' was handed out as an example of the education material created under Mental Health Wellness and Education.
- The August edition of MHSA "Did You Know That?" newsletter was distributed. The newsletter is also available on the County Mental Health webpage.
- She pointed out that \$108 million has been allocated to Contra Costa in MHSA funds and \$52 million has been received. (Some of it was released to counties by the state in error)

ACTION ➤ No Action Taken

B. Advocacy Issues – Sherry Bradley

There was not sufficient time for Sherry Bradley's presentation on advocacy (Housing/Transportation)

10. FUTURE AGENDA ITEMS

Vice Chair Pasquini asked Commissioners to email her Agenda Items for 9/3 Meeting.

11. PUBLIC COMMENT

There was no public comment.

12. ADJOURN MEETING

ACTION ➤ Commissioner Reed made a motion to adjourn meeting. Seconded by Supv. Piepho. Motion passed unanimously. The meeting adjourned at 6:35pm.

Respectfully submitted,
Cindy Downing
Mental Health Administration