



February 4, 2016
Behavioral Health Advisory Board
Meeting Minutes

P.O. BOX 85524
San Diego, CA 92186-5524
(619) 563-2700 • FAX (619) 563-2775/2705

MEMBERS PRESENT

Vanessa Mapula – Member-at-Large – District 1
Gloria Harris, Ph.D. – District 2
Rebecca Hernandez, Member-at-Large (ADS) – District 2
Mike Matthews – District 2
Jenifer Mendel, 1st Vice Chair – District 2
Deanne George – District 3
Ed Weiner – District 3
Tom Behr – District 4
Jerry Hall – District 4
John Sturm, 2nd Vice Chair – District 4
Judith Yates – District 4
Phil Deming, Chair – District 5
Richard McGaffigan – District 5
K.C. Strang – District 5

MEMBERS NOT PRESENT

Eyra Leeper – District 1
Julie Martin – District 3
Colin MacKinnon – District 3
Supervisor Dave Roberts – BOS

STAFF TO THE BEHAVIORAL HEALTH ADVISORY BOARD

Alfredo Aguirre, Director, County Behavioral Health Services Division
Traci Finch, Administrative Analyst III, County Behavioral Health Services Division

I. CALL TO ORDER

The Behavioral Health Advisory Board (BHAB) meeting was called to order by Phil Deming, Chairperson, at 3:34 p.m. at the County Administration Center, Room 302-303, 1600 Pacific Highway, San Diego, California 92101.

II. INTRODUCTION OF THE BOARD MEMBERS

Members of the BHAB introduced themselves. Also in attendance was Janie Hoover, Policy Advisor to Supervisor Dave Roberts, District 3.

III. APPROVAL OF THE MINUTES FROM JANUARY 7, 2016

ON MOTION of John Sturm, seconded by Jenifer Mendel, the BHAB approved the minutes as written.
AYES: 12 NAYS: 0 Abstentions: 2

IV. PUBLIC COMMENTS

None

V. PRESENTATION/DISCUSSION – Law Enforcement Update (Dr. A Joshua/B. Lee)

Dr. Alfred Joshua, Chief Medical Officer, and Barbara Lee from the San Diego County Sheriff's Department gave an update on the Sheriff's Department's plan to pilot the use of the Columbia-Suicide Severity Rating Scale (C-SSRS) in the corrections environment. Due to the volume of individuals with mental health conditions coming into the jails, there are a lot of false positives based on risk factors (the jails book about 91,000 people a year/250 people a day). Therefore, the Sheriff's Department proposes

to implement the use of the C-SSRS, but they will pilot the process to make sure individuals who are at risk for mental health issues will receive a more comprehensive assessment, and the C-SSRS tool will be there for those individuals for that screening. The Sheriff's Department will determine the validity of the C-SSRS tool as it pertains to the corrections environment and then come back to the BHAB at a future meeting to report on the results related to that scale.

Concurrently, the Sheriff's Department is also looking at other suicide prevention measures in their jails. In particular:

- Securing mental health providers and staffing 24/7 at intake facilities with the goal of getting all persons a mental health screening and directing them to appropriate services. Barbara Lee explained that presently, around \$7.7 million is spent per year to run the jail mental health program. To add additional staffing around the clock just for the intake portion (and possibly add discharge planners) would require an additional \$2 million.
- Revamping their intake screening questions. Currently there is a three-stage screening process that assesses individuals for:
 - 1) medical or physical health issues,
 - 2) substance abuse whether prescribed or illicit (which could involve withdrawal issues if the individual is incarcerated), and
 - 3) mental health screening where six questions are asked initially, followed by a second stage of 31 questions that delve into the individual's mental health history in greater detail.

A more comprehensive assessment is being considered both on the medical and mental health side when individuals come into a jail facility. After the initial six questions of the screening, if individuals require a more comprehensive assessment, they would go to a second stage where an assessment would be given with a dedicated mental health provider using the C-SSRS. The Sheriff's Department is in the process of putting together an MOA with the UCSD School of Psychiatry to have psychiatry residents come to the jails to do a study and/or reach out for grant opportunities that can benefit the jail population.

- The Sheriff's Department is also working on suicide prevention training with their medical staff to include a curriculum for deputy sworn staff.

BHAB members expressed interest in a tour of one of the mental health booking facilities located in downtown San Diego (males only), Vista (males and females) and Las Colinas (females only). Alfredo Aguirre and Traci Finch will follow up and organize.

Alfredo Aguirre mentioned that BHS staff is working closely with HHSA, Sheriff, Public Defenders, Public Safety, and the District Attorney to look at some after-care strategies, building onto the success of some of the existing programs such as the MHS, Inc., Center Star Program. Lack of living arrangements after discharge from jail is also being addressed. In addition, both Dr. Joshua and Chief Mack Jenkins from County Probation were appointed to the California Department of Corrections and Rehabilitation's Council on Mentally Ill Offenders (COMIO). COMIO's mission is that the leaders in criminal justice and mental health participating in this effort strive to end criminalization of individuals with mental illness by supporting proven strategies that promote early intervention, access to effective treatments, a planned re-entry and the preservation of public safety. COMIO is focused on identifying and promoting integrated, cost effective strategies to:

- Divert persons with mental health needs from the criminal justice system.
- Improve first responder training for encounters with persons with mental illness.
- Prevent youth with mental health needs from becoming involved in the Juvenile Justice System.

VI. BHAB OPEN DISCUSSION – All

- Feedback from those who attended the *How to be a Great Board* training on January 23, 2016:
 - Five BHAB members were represented: Jenifer Mendel, John Sturm, Judith Yates, Eyra Leeper, and Rick McGaffigan.

- The speaker was great and presented a refresher on how a board is run and what is expected of a board. Attendees learned the difference between Brown Act Requirement and Roberts Rules of Order. It was noted that the BHAB learn this distinction in order to become a more effective board and move business forward during meetings.
- The importance of board integration was stressed, as well as having a written plan for direction that goes beyond the Priorities the BHAB addressed earlier.
- Tom Behr requested each of the five BHAB members who attended write down three to five things they learned that could be put in place on our board to make it better or enhance procedure.
- Copies of handouts were given to Alfredo Aguirre for distribution to key staff and BHAB members who didn't attend the training.
- Formation of Workgroups and/or Subcommittees
 - Alfredo Aguirre spoke on what role he feels subcommittees (ongoing, standing timeframe) or workgroups (limited timeframe) should have while being balanced with the role of staff support in order to ensure success. One subcommittee under consideration is Drug Medi-Cal. The plan for the County is to submit the implementation plan to the Board of Supervisors in September 2016. This time delay affords us the opportunity to form a subcommittee in about one month. BHS is considering hiring a consultant to serve as staff support to that subcommittee.
 - Staff resources are limited to assisting a maximum of two subcommittees or workgroups at a time. Traci Finch elaborated that staff time involves creating the agenda, recording meeting notes, capturing action items, and generating a report at the end of the subcommittee or workgroup term.
 - Rick McGaffigan reminded the BHAB that it is important to remember that subcommittees fall under the Brown Act whereas workgroups do not. He suggested we strive to bring subject matter specialists into the subcommittees/workgroups to help us understand certain topics as well as shape the direction of the subcommittee/workgroup.
 - Deanne George suggested we end future BHAB meetings with a five-minute recap from the Chair on what the focus will be at the next BHAB meeting. She also feels no more than one or two subcommittees/workgroups should be formed so that the appropriate time can be taken to accomplish its purpose. In addition, if participants cannot reach consensus at the end of the subcommittee/workgroup, a final report should not be presented to the Board of Supervisors until all BHAB members are behind it. She suggested a workgroup be formed from the BHAB Executive Committee to work out a more formal process and how recommendations are put to vote.
 - It was suggested BHAB determine two areas of focus based on the list of Priorities established at the January meeting. Aside from Drug Medi-Cal, another suggestion was made to take a look at the Adult and Older Adult Outpatient System. Alcohol Licensing and Enforcement is another possible area of focus.
 - Alfredo suggested the creation of a "Process for Establishing Workgroups or Subcommittees" one-pager to be presented at a future meeting. The Action Item for March will be to vote on establishing the Drug Medi-Cal subcommittee.
- BHAB Advocates – Assistance in Meeting Priorities
 - Phil Deming requested advocates identify themselves and discussed reporting of their service in the community as a method to meet Priorities.
 - Tom Behr added that the role of an advocate is to participate and interact with the community committee they are assigned to as advocates and then bring their observations back to the BHAB.

VII. DIRECTOR'S REPORT – Alfredo Aguirre, Behavioral Health Services Director

- Mid-Year Enhancement Update
 - On January 26, 2016, the Board of Supervisors approved recommended actions to authorize the expansion of current services, and associated increases to funding during this Fiscal Year, to

continue implementing and enhancing the delivery of behavioral health services in the San Diego region. As a result of this approval, 30 programs will be enhanced during Fiscal Year 2015-16 and will receive ongoing increased funding in subsequent years.

- On February 2, 2016, the Board of Supervisors approved recommendations for the Chief Administrative Officer to develop and launch "Project One for All," which is a commitment to provide treatment and recovery services for sheltered and unsheltered homeless individuals with serious mental illness. The docketed Board Letter will be sent to the BHAB along with our councils and stakeholder groups.

VIII. CHAIRPERSON'S REPORT – Phil Deming, Behavioral Health Services Advisory Board Chair

- The Social Services Advisory Board would like Phil Deming, as a representative of BHAB, to present to their group to share with them the history and process of our board with the goal of identifying any overlap of areas of concern between the two boards. Phil will also ask the Social Services Advisory Board to come speak at BHAB.

IX. ADVOCATE REPORTING

- Rebecca Hernandez – Children, Youth and Families Behavioral Health System of Care Council (CYFSOC). Handout of December 14, 2015, minutes was distributed. The CYFSOC Training Academy's Annual Conference is coming up on March 3, 2016. This year's conference is titled "Let's Talk about Sex: Sex and Sexuality in Children and Adolescents" and will focus on engagement and supports that will improve dialogue with children and adolescents. Workshop topics will include transgender specific issues, the relationship between sex and substance abuse, and how to talk to children, youth and families about sex and sexuality. The invitation will be sent out to the BHAB.
- John Sturm summarized the California Association of Local Behavioral Health Boards and Commissions (CALBHB/C) he and Alfredo attended on Friday, January 22, 2016. Alfredo presented on Housing and Homeless Issues.
- Jenifer Mendel summarized the Health Services Advisory Board meeting she attended on Thursday, January 21, 2016, as an alternate for Phil Deming. The Health Services Advisory Board currently has two vacant seats they are looking to fill.

X. BOARD MEMBER ANNOUNCEMENTS

None

XI. BHAB GROUP PHOTO

BHAB group photo was taken for the purpose of inclusion in newsletters, annual reports, etc.

XII. MEETING ADJOURNMENT

ON MOTION of John Sturm, seconded by Rebecca Hernandez, the meeting adjourned at 5:49 p.m.
AYES: All

Brown Act Procedure: *As required by California Government Code 54950 et seq. (Ralph M. Brown Act), a copy of the packet of information that was mailed to Behavioral Health Advisory Board members at the point of posting of this agenda has been placed at the reception desk at 3255 Camino Del Rio South, San Diego, CA 92108, for public inspection, and is available at the site of the meeting for public inspection. Members of the public wanting their own copy of the advance materials may request them under Government Code 6250 et seq. (Public Records Act) and receive them on payment of copying charges of \$0.20/page, and actual mailing charges, if mailing of the material is requested. If you are planning to attend and need special accommodations, you must call Jackson Alexander at (858) 505-6521, at least three days in advance of the meeting.*

Respectfully submitted,



Allison V. Williams, Secretary to the Director
Behavioral Health Services

Reviewed by,



Traci Finch, Administrative Analyst III
Behavioral Health Advisory Board Support Staff

Approved by,



Phillip R. Deming, Chairperson
Behavioral Health Advisory Board

For BHAB documents, agenda, minutes and Director's Reports, please read or download from the Network of Care Behavioral Health Advisory Board at:
<http://sandiego.networkofcare.org/mh/content.aspx?id=257>