

**MINUTES APPROVED –
September 19, 2019**

MENTAL HEALTH ADVISORY BOARD

July 18, 2019

3:00 p.m. – 5:00 p.m.

Watsonville City Council Chambers, 275 Main Street, Suite 400, Watsonville, CA

Present: Bek Phillips, Erika Miranda-Bartlett, Serge Kagno, Hugh McCormick, Lynda Kaufmann, Xaloc Cabanes

Excused Absence: Antonio Rivas, Kate Avraham, Supervisor Greg Caput

Unexcused Absence: Rebekah Mills

1. Public Comments
 - Carol Williamson –NAMI meeting had a Suicide Prevention Presentation. Presentation included what they have to offer and trainings for specific groups. They also presented information on the Suicide Prevention Task Force. NAMI meetings are growing, good attendance. Meetings will be held at the Simpkins Swim Center Facility.
2. Approval of June 20, 2019 meeting minutes postponed to next month – no quorum.
3. Standing Behavioral Health (BH) Directors Report, Erik Riera
 - Watsonville Behavioral Health office update – State gave approval to move into the building and certification will be completed after services are provided. August move in date to be determined.
4. Ad Hoc Committee and Standing Committee Reports:
 - a. Jail Committee Report – Co-Chair: Hugh McCormick
 - Continuing to work on jail orientation packet for friends and family members of incarcerated individuals. Final packet to be completed soon.
 - b. Community Engagement Committee Report – Chair: Kate Avraham
 - Encourage all Board Members to attend the Watsonville Behavioral Health Office opening.
 - August meeting – plan to have a discussion on a community awareness event in November before the holiday season
 - Second Annual Candlelight Services to be held on National Suicide Prevention Awareness Day – September 10, 2019
 - Possible locations: lighthouse, clock tower, Aptos library, Capitola Beach (Esplanade bandstand area), Watsonville Plaza at Main Street, Jade Street Park
 - Xaloc Cabanes to look into small portable P.A. system
 - 2 simultaneous events – one in North County (led by Bek Phillips) and one in South County (led by Erika Miranda-Bartlett)
 - Publicity – on the radio last year but didn't make it in the newspaper. Plan to advertise and talk to other groups and invite to the event.
 - c. MHSA Advisory Committee – Chair: Lynda Kaufmann
 - Need to do further research on the formation/direction of the MHSA committee. Next meeting will be on Monday, August 12, 2019, 9am – 11am, 1400 Emeline Ave, Bldg K, Rooms 206-207.
 - MHSOAC Meetings:
 - Wednesday, July 24th, 9am – 12 noon: 15 members from the State will be attending a leadership training for clients and family members regarding MHSA oversight work.
 - Thursday, July 25th, 9am – 3pm, Hyatt on Broadway in Santa Cruz. Innovation presentations.

-Friday, July 26th, 10am – 12pm, Hyatt on Broadway. Special meeting for peers and how to prioritize MHSA funding.

- d. Membership Committee – Chair: Hugh McCormick
 - Meeting dates/times to be established.
 - e. Site Visit Committee – Chair: Hugh McCormick
 - Set up meeting soon to discuss site visit locations and dates.
5. Board Member presentation on School Informed Services by Xaloc Cabanes
- 1 in 5 children have a significant impairment related to BH disorder, less than 50% seek help. Behavioral Health disorders start to show signs at age 14.
 - Suicide is the 2nd leading cause of death for 15- 25-year-old individuals.
 - What is being done – the County Office of Education (COE) under the leadership of Superintendent Dr. Faris Sabbah is currently redoing The COE Mission Statement and Strategic Plan by working on Safety Plan, which incorporates behavioral health. Teaching staff members signs and giving them the tools on how to support young people, and examine a tired system of care/responses that is designed specifically for each school site/district
 - COE does not have complete jurisdiction over, but provides guidance and support for all the school districts. There are about 10 school districts in Santa Cruz County.
 - COE working closely with Suicide Prevention Task Force to make sure safety plan is applicable.
 - Sequoia Schools in Watsonville have started a Health and Wellness Center. Professional Behavioral Health Specialist at that site help students deescalate what is going on or find proper support. Support staff at that site work closely with Children’s Mental Health of the County. Children’s Mental Health workers have a regular presence on campus.
 - COE has a comprehensive curriculum that deals with student wellness, currently at 20 alternative schools. The curriculum works to destigmatize behavioral health issues by covering stress, depression, suicide, anxiety, tools to get help for themselves or for friends who need help, as well as local community resources.
 - COE currently is promoting the “I am Thrive” learning series coordinated by Robyn McKeen available to staff and educators from all Santa Cruz County schools connecting them with education and local recourses.
 - Areas that need attention: currently there is no peer residential respite support for youth in Santa Cruz County– comes down to lack of funding for those who do not have insurance and who do not qualify for Medi-Cal (currently biggest vulnerable population).
6. Unfinished Business
- a. Nominating Committee for Board Member Positions - Nominations postponed to next month.
 - b. Substance Use Disorder Commission and Mental Health Advisory Board merger update
 - Kate informed the SUDS Commission that the MHAB unanimously felt a merger should go slowly and carefully with the first step of one of them coming onto our Board.
 - The scheduled meeting on 07/20 was cancelled.
 - Next meeting is scheduled on August 14th at 5:30 p.m., Starbucks on 41st Avenue.
 - c. Discussion of Measure G and Funding for Mental Health – postponed to next month.
 - d. Mental Health Advisory Board Retreat Dates – recommended dates will be sent to Board members via Doodle Poll. Specific date will be announced at the next meeting.

e. Santa Cruz County Strategic Plan

Motion made by Lynda Kaufmann to send a letter to the Board of Supervisors recommending the following change:

Support residents and *improve* community impacts through increased access to integrated mental health, substance use disorder and health care services.

Second by Erika Miranda-Bartlett.

AYES: Bek Phillips, Erika Miranda-Bartlett, Serge Kagno, Hugh McCormick, Lynda Kaufmann, Xaloc Cabanes

NAYES: 0

ABSENT: Antonio Rivas, Kate Avraham, Supervisor Greg Caput, Rebekah Mills

Bek Phillips and Xaloc Cabanes to write letter. Xaloc and Erika Miranda-Bartlett to attend the Board of Supervisors August 27th meeting and address the requested change during Public Comments.

7. New Business

a. Quality Improvement Steering Committee Meetings are held on the 4th Tuesday of the last quarter month. The next meeting is September 24, 2019 from 3:30 p.m. to 5:00 p.m. Any Board Member interested in receiving more information to consider participation should email Cybele Lolley directly.

b. Suggestions on how to invite community members without housing to MHAB meetings

- o Send notice/flyer to different board & care facilities in the city
- o Create stickers with meeting information and leave at Reception desks
- o Orientation packets for discharged individuals at CSP - put flyer in packets
- o Advertise on tv screens in Behavioral Health reception areas
- o Downtown location, possibly Louden Nelson and provide food
- o Continue discussion at retreat. Possible focus for next calendar year: how the MHAB can be more accessible to community members

8. New/Future Business

a. The MHAB received an email from participant of a program in Santa Cruz County who was no longer welcome to participate in a support group (not banned from the program).

- Email was forwarded to the Quality Improvement department. No further action required, unless the individual returns to the MHAB for further direction.
- Discussion/clarification on the Board's role: If it involves any of the Santa Cruz County funded programs, the email is forwarded to the Quality Improvement department for further review. The County can only share with the Board that an email was received, reviewed, and investigated.

Motion to adjourn made by Bek Phillips. Second by Erika Miranda-Bartlett. Meeting adjourned at 4:48 p.m.