

**TEHAMA COUNTY MENTAL HEALTH BOARD MEETING**  
**Wednesday, October 20, 2021**

**Members:**

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|--|--|
| <input checked="" type="checkbox"/> Charla Jensen, Chair | <input checked="" type="checkbox"/> Jackie Hernandez |
| <input checked="" type="checkbox"/> Donna Ceremony       | <input checked="" type="checkbox"/> Jean Shackelford |
| <input checked="" type="checkbox"/> Rosie Flores-Wilfong | <input type="checkbox"/> Shelley McCullough          |
| <input checked="" type="checkbox"/> Lonni Jones          | <input type="checkbox"/> Janice Horner               |

**Quorum Present?** Yes No

**Present:** Lonni Jones, Donna Ceremony, Rosie Flores-Wilfong, Jean Shackelford, Jackie Hernandez, Charla Jensen

**Absent:** Shelley McCullough

**Guests:** Heidi Mendenhall, Ann Houghtby, TCHSA: Travis Lyon, Monique Hernandez, and Jayme Bottke,

TOPIC	DISCUSSION	ACTION
<b>Welcome &amp; Introductions</b>	Jean Shackelford welcomed all who were present and conducted a roll call.	
<b>Public Comments</b>	<p>Heidi Mendenhall, Executive Director of First 5 Tehama, shared a resource. First 5 Tehama recently developed cards that share tips for healthy relationships, as well as private and community-based counseling services that are billed through Medi-Cal or free to the public. This was developed out of their ACEs Aware funds to connect people to a non-crisis, intermediate counseling service.</p> <p>Rosie Flores-Wilfong made a public comment on behalf of Northern California Child Development Inc. (NCCDI), sharing that NCCDI has their Community Counseling program which is a low-cost counseling program that cost anywhere from \$5-\$20. There are currently openings available if anyone knows someone who needs counseling services. Rosie stated they can call (530) 529-1500 and they will assist with scheduling. Counseling services are available for children, teenagers, adults, and couples.</p>	Travis to send to Monique to distribute to Board members.

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	<p>Additionally, NCCDI has started their Nurturing Parenting classes in Corning. Rosie stated she will send out a flyer to anyone who is interested.</p> <p>Also, a reminder that this Saturday, October 25, 2021, from 10AM-2PM is their 'Kid's Spooktacular' event at Red Bluff River Park. This is a free event and there will be games and booths from other community agencies that will be there.</p>	
<b>Mental Health Board</b>	Jean opened the Mental Health Board meeting at 12:28 PM.	
<b>Organization Updates &amp; General Announcements</b>	None.	
<b>Approval of Minutes</b>	Review of the September 15, 2021, minutes.	Rosie Flores Wilfong moved to approve the minutes, it was seconded by Donna Ceremony, and a unanimous approval was received.
<b>Discussion and Possible Action</b>	None.	
<b>NAMI Update</b>	<p>Presented by Jackie Hernandez:</p> <p>NAMI's presence on campus at Red Bluff High School continues to go well. Students were thrilled to receive their T-Shirts. Jackie stated that they are currently preparing for their upcoming Halloween lunch where candy will be distributed, and students can get to know NAMI better.</p>	
<b>MHSA</b>	<p>Presented by Travis Lyon:</p> <p><b>Suicide Prevention Awareness Walk-</b> Travis stated it was a great turnout and there were well over 200 people who participated in the walks in Red Bluff, Corning, and Los Molinos combined. Suicide prevention T-Shirts were distributed at all walk sites.</p>	

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	<p><b>Frank King-</b> Suicide Prevention/Comedian Frank King spoke about suicide prevention and awareness at Salisbury, Red Bluff and Corning High School which made the local newspaper. After his presentation, Frank King spoke to students to answer any questions or concerns they had about suicide prevention and awareness.</p> <p><b>Safe Talk-</b> Avery held a Safe Talk training on October 13<sup>th</sup> at Red Bluff High School. The on-campus NAMI students participated. This was a good turn out as well.</p> <p><b>STANS Wellness Center-</b> There are groups every day of the week, sometimes more than 1 group a day. The Peers are doing a phenomenal job keeping the groups going. Travis added that they are still working on getting an internet connection for the Northern Valley Catholic Social Services (NVCSS) staff set up. This will provide phone and computer services separate from the County systems.</p>	
<p><b>Wellness Center Group Activities</b></p>	<p>Presented by Donna Ceremony:</p> <p>Donna shared the Peer’s group activities schedule:</p> <p><b>Monday-</b> The Peers are working in the garden for 2 hours.</p> <p><b>Tuesday-</b> Processing Group from 11AM-12PM to discuss any subject members would like to talk about.</p> <p><b>Wednesday-</b> Drumming 10AM-11AM and “Game Day” from 11AM-12PM.</p> <p><b>Thursday-</b> Creative Writing Group from 10AM-11AM and then a Book Club from 11AM-12PM.</p>	

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	<p><b>Friday-</b> The Peers have a group called 'Let's Go' from 11AM-12PM where they practice Tai Chi. They watch this on a DVD and follow along.</p>	
<p><b>Assisted Outpatient Treatment (AOT)</b></p>	<p>Presented by Ann Houghtby:</p> <p>Ann went over the definition of Assisted Outpatient Treatment (AOT), also known as 'Laura's Law' in California. AOT is a process that allows the courts to compel individuals with severe mental illness and a history of arrest or violence to stay in treatment as a condition for living in the community. It requires that county Behavioral Health provide the services and treatment that the individual needs.</p> <p>This is a civil court process, and the goal is to help this group of people achieve recovery and stability, while maintaining their physical and mental health within the community without depleting the resources of the community.</p> <p>Additionally, this would help decrease hospitalizations, incarnations, crises, and homelessness through voluntary or court-ordered treatment.</p> <p>AOT services include Intensive Case Management, Therapy, Psychiatry, Medication Management, Benefit and Housing Support, Life Skill Development, guidance, and support to help the individual reach recovery goals.</p> <p><b>Requirements for AOT:</b></p> <ul style="list-style-type: none"> <li>• Must be at least 18 years old</li> <li>• A resident of the county</li> <li>• Have a serious Mental Illness that causes them to be unlikely to survive safely in the community without supervision</li> <li>• Have a history of non-compliance with treatment</li> </ul>	

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	<ul style="list-style-type: none"> <li>• Have been in either a psychiatric hospitalization or incarcerated two or more times in the previous 36 months</li> <li>• Threatens or displays acts of violent behavior towards themselves or others in the past 48 months</li> </ul> <p>The Clinical person who does the assessment has to believe that the person is unlikely to maintain themselves safely within the community.</p> <p>Ann stated that voluntary services are always preferred and offered first.</p> <p><b>Referral Process:</b> There is a mandated referral process, and certain items must be included in the referral, and only certain people can make the referral which are:</p> <ul style="list-style-type: none"> <li>• An adult family member such as a parent, sibling, etc.</li> <li>• An adult living with the individual</li> <li>• Law enforcement (including parole or probation officers)</li> <li>• Superior Court Judge (this is a new addition with the updated 2020 law)</li> <li>• Director of a public or private agency, treatment facility, charitable organization, or licensed residential facility providing Mental Health services to the candidate</li> <li>• Director of a hospital where the candidate is hospitalized</li> <li>• Licensed Mental Health treatment provider who is either providing treatment or supervising the person providing treatment</li> </ul> <p><b>Opting In/Out-</b> When Laura’s Law started in 2002, it was an optional program. However, the 2020 law requires that counties must officially “opt out” with a detailed explanation as to why their county should not implement AOT, requiring the County Board of Supervisors approval. There are few counties that are opting out, but the outcomes of AOT</p>	

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	<p>implementation are demonstrably positive. Currently, there are thirty-one counties that have opted in and are in the process of implementing AOT under the new law. Twelve counties have implemented under the old law and twenty counties are in the process.</p> <p><b>Data Review:</b> It has been found that the AOT program keeps the public, client, and law enforcement safer by reducing physical harm to others.</p> <p>Below are some of the outcome statistics:</p> <ul style="list-style-type: none"> <li>• Safety increased by 47%</li> <li>• Property destruction reduced by 43%</li> <li>• Helped the seriously Mental Ill by reducing homelessness 74%</li> <li>• Suicide attempts reduced by 55%</li> <li>• Substance abuse reduced by 48%</li> <li>• Money saved by reducing arrests 83%</li> <li>• Incarceration reduced by 87%</li> <li>• Hospitalization reduced by 77%</li> </ul> <p><b>Case Examples: Nevada County:</b></p> <ul style="list-style-type: none"> <li>• The candidates had 1404 hospitalization days. However, once receiving AOT, that number was reduced to 748 days. This is a 46.7% improvement.</li> <li>• Incarceration went from 1824 to 637 days, which is a 65.1% reduction.</li> <li>• Homelessness went from 4224 days to 1898 days, which is a 61.9% reduction.</li> </ul> <p>Jackie asked if there is money available through this program to provide housing. Ann stated no, there is no money attached to this as Behavioral Health will either bill Medi-Cal or use MHSA dollars.</p>	

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	<p>Jayme added that Tehama County Health Services Agency has been speaking at the Interagency Coordination Committee (formerly Interagency Coordination Council) level for the past 5 years to implement AOT before it was mandated to opt-in or opt-out.</p> <p>The request is to get the recommendation from the Mental Health Board to proceed to the Board of Supervisors for the approval and implementation of the Assisted Outpatient Treatment.</p>	<p>Jackie Hernandez motioned for approval, Loni Jones seconded it, and a unanimous approval was received.</p>
<p><b>Directors Report</b></p>	<p>Presented by Jayme Bottke:</p> <p><b>Recruitment-</b> A new Case Resource Specialist (CRS), Extra Help (EH) and Clinician I began last week. There is a new Institutional Licensed Psychiatric Technician (ILPT) who is in the pre-employment process and hoping to start as early as next week. Interviews for clerical positions have been completed, however they have not been successful, as extended offers have been made but not accepted.</p> <p>Recently, an interview for a Behavioral Health Director was conducted this past Friday, and Jayme has decided to move forward with the process to make a conditional offer this week. There is still a vacancy for the Assistant Behavioral Health Director, but we plan to re-open the recruitment.</p> <p>Additionally, Jayme added there is a candidate for Behavioral Health Clinician III who will be scheduled for an interview next week.</p> <p><b>Vaccination Mandate-</b> With the September 30<sup>th</sup> Vaccine Mandate, as an Agency, we only had 1 staff person whom was separated from employment as a result. There was a very rigorous exemption process for medical and religious</p>	

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	<p>reasons. Agency-wide 12 exemptions, 10 approved, and 1 pending because the employee is out on leave now.</p> <p><b>Ann Houghtby-</b> Jayme thanked Ann for doing a wonderful job regarding AOT approval and implementation. There will be another AOT meeting scheduled with the court to discuss the logistics. Ann has also been working with the Clinical staff and Case Resource Specialists on implementing a seamless process for the staff's case load coordination and working on providing training opportunities for new Case Managers.</p> <p>Jayme asked if there were any questions. There were none, however Jean commended her for all the hard work.</p> <p>Lastly, Jayme added that we continue working with consultants from Net Smart to implement MyAvatar. Hoping to go live on January 4<sup>th</sup>, 2022.</p>	
<b>Training Opportunities</b>	Mental Health First Aid on December 10th.	Monique to forward flyer to the Board.
<b>Meeting Adjourned</b>	Meeting adjourned at 1:05 PM.	
<b>Next MH Board Meeting</b>	November 17, 2021.	

Minutes completed by Monique Hernandez, Administrative Assistant.