NAMI SCC Board Minutes

January 9, 2017

Sash Mill Meeting Room

Change of venue from United Way Capitola to Sash Mill Santa Cruz, (due to date change from 1st Monday of the month)

Call to order: 6:15pm

Attendance:

 Carol Williamson, President; Melissa Waltrous Vice Pres./Treasurer,Hugh McCormick, Pam Gleitsman, Tina Landino, Betsy Clark. Absent: Rama Khalsa

 Advisory Board members: Nancy Sherrod, Lynda Kaufmann, Jorge Mendez

 Sheryl Lee, NAMI SCC Program Director

 Suzanne Williams, NAMI SCC Administrative Assistant

 Guests: Michael Fitzgerald, RN**,** *Executive Director, Behavioral Health Services,
 El Camino Hospital*

1. Approval of Minutes of December 5, 2016 meeting.

Minutes reviewed. Correction: Removed line regarding follow up care after hospital encounters, in other counties. Tina made a motion to approve the minutes of December meeting as modified.

Second by Melissa. Vote. Approved.

2. General comments. Guests who wish to speak to the Board may do so at this time.

**3. Advocacy for mental health community. Michael Fitzgerald, Carol and Sheryl.**

 Law Enforcement Patrol, Criminal Justice & Jails, and Mental Health Services

Discussion of purposes, processes, updates on meetings and thoughts on independent committees.

**Mental Health Services Review**

Ideally there would be a committee led by independent citizens to meet, interview, write up findings.

Can we find strong people to lead a commission? Should NAMI be the leader? or could County supervisors set up independent commission and pay for administrative coordination and report writing?

NAMI needs to educate all the Board of Supervisors about the needs and gaps.

Michael talked about the successful actions taken in Santa Clara County, led by judge and panel of skilled stakeholders. After a death in Santa Clara jail, community became galvanized and changes have been made.

Sheryl and Michael met with Supervisor Bruce McPherson, who also invited Erik Riera, Behavioral Health Director, to suggest review committee/commission. The meeting quickly turned to the “money” issue. Things have been tough. The County MH Dept. lost 3 ½ million from its budget this year. Erik was very supportive of NAMI taking action as advocates. Supervisor Bruce McPherson was hesitant and careful in what he said. He knows the need for more beds. We currently haven’t talked with the other supervisors.

The media also needs understandings of mental health care issues. Ryan Masters, a reporter for the SC Sentinel, has been doing good writing on mh issues.

Who is monitoring the county’s progress on their Strategic Plan, a roadmap to Wellness? How have things improved? We need to stay up on it.

Michael is involved in advocating for improved systems on the state level with NAMI of CA in his role with California Hospital Association.

We should consider the membership in the task force carefully. We need a strong leader. Carol suggests we need someone like Hon. Judge Heather Morse, who runs the Friday Behavioral Health court, or retired psychiatrist or other County leader. NAMI can bring people together, provide true experiences and stories. We need to make sure our mission stays clear. We can make specific recommendations.

Michael reminded us of the quote by Margaret Mead: “Never doubt that a **small group** of thoughtful, committed citizens **can change the world**; indeed, it's the only thing that ever has.”

There are 30-40 agencies & non-profits involved in mental health care – including private pay Kaiser, Dignity.

Input and comments from the group:

There should be 2 rather than 3 subcommittees. (Law Enforcement and MH Services)

We still don’t have a “Family Navigator” position in the County. The Innovative Project “Director of Consumer and Family Affairs” funding was lost before implemented.

Suspicious of committees. They put forth a lot of energy but end up being very vague. What are we really advocating for? If there is no follow up to a committees work, our efforts are worthless.

 “How many times do people have to fail to receive services?”

“How does mental health services measure themselves?”

NAMI strongest advocacy is the telling of our stories. We personalize our experiences.

The County wants an “ASK”. What can a Supervisor do? Here’s what you can do? approve or request a study. Increase funding for MH. We need to develop our stories and determine our “ASK”. We can extend a hand to other organizations.

We need to check-in on County Strategic Plan and require accountability.

We should follow up on what has actually been done with the Grand Jury report and the MHAB Strategic Plan. Sheryl will look into.

What is a good system? What is a reasonable goal? How do we get there?

We are looking for reintegration of clients into the community with support as needed.

We need to act soon to not lose the energy of the community.

Perhaps the system is “crippled” rather than “broken”. (Words are important!)

The system is insufficient to meet the needs of the community rather than “broken”.

Identify what is the piece/s that are “broken”?

examples: Medical necessity criteria are not sufficient. Do I have to make my son homeless or violent to get in the system of care? Must they be hospitalized to receive care?

What brought us here? Sean Arlt – Lack of effective treatment that lead to a disastrous outcome.

Hugh mentioned “conservatorship” as a way to attain services. Very hard to get.

What are NAMI’s concerns? We need to white board them out. This is the Committee’s work?

We need to pace ourselves. But if we don’t act who will ever change things? Perhaps we should look at a 2-3-year process. The vision at this time is sooo big.

There needs to be change in the whole system of care.

We need to pull in information.

Is there a partial hospitalization program?

What services is Kaiser bringing to the area?

What are we measuring? Connection to treatment providers.

The absence of follow up to clients leaving the BHC is a problem, county says they working on this with “Rapid Connect” intending to make contact with client within 24 hours after release.

Future meetings needed with each Board of Supervisor, Coonerty and Leopold in particular.

**Police Actions Review and SC City Council committee**

NAMI SCC has been invited to attend meeting January 12 with City Manager and two council members called “Community Police Relations Meeting”. Other invited organizations are ACLU, Barrios Unidos, Diversity Center, Resource Center for Non Violence.

NAMI will propose an independent citizens review committee or commission to review investigation done by DA, City Police internal review, and review by Robert Aaronson, auditor/investigator. We can invite the other interested organizations. A “commission” is more official with more power as legislative and executive functions. A Committee is more of a task force.

SC City Council has a “Public Safety Committee”

Police Chief used to have a community advisory committee that has been disbanded for two years.

We could ask to be part of that is it is revived.

Meeting January 12 at 3pm with City Council members and the City Manager at the City Hall Conference Room. Those interested and planning to attend:Carol, Hugh, Betsy, Pam – maybe Sheryl

**4. Speaker Meeting** - January 18. Presentation by Pam Rogers-Wyman, Adult Chief of Services, Santa Cruz County Behavioral Health, on mental health services and crisis. “*BEFORE, DURING AND AFTER CRISIS*”

We will advise Pam that we are planning to ask questions – hope to give her a heads up to prepare. We will also be discussing the Strategic Plan and asking questions regarding it.

**5. Update on County-wide CIT** training to Law Enforcement starting in February and Update on training for NAMI Speakers for CIT training. Possible expansion of this group’s tasks into advocacy efforts.

Second speaker training is January 21st at the Live Oak Senior Center. Saturday 9:30-12:30p

**6. Update on recruitment** for bilingual and youth program coordinator.

Initial round of interviews will be this Wednesday, January 11th, 2017.

We have 3 potential candidates. If none are suitable we will conduct additional recruiting.

**7. Opportunity for CORE grant** from city/county. Due: February 6th HSD’s website.

$15,000 minimum grants for evidence based practice (Family to Family), others?

NAMI’s proposal: Section B, Improve public understanding of mental health and mental wellness.

Same application for both city & county CORE grants. Apply for one or the other or both?

Ideas: CIT July 2017-July 2018

Propose “Family Navigator”

Nancy to talk with Carol & Sheryl. Nancy will be the primary grant proposal writer.

**8. Upcoming classes**. Status and needs of programs.

Both Family to Family classes filled with 20 participants each. They begin this Tuesday, January 10th taught by Jean & Mike Beebe and Wednesday, January 11th taught by Chris Campton & Jenni Strecker-Langenberg.

Lots of interest in Peer to Peer class beginning Monday, January 23rd – taught by Alisa Allen, Carrie Jensen & Asako Kinase-Leggett.

Basics class – haven’t begun working on it yet. English class to be offered in Spring 2017.

Spanish Basics Class to begin in Watsonville – **Mon, January 23rd 6:00 - 8:30pm**

**9. Holiday Party MHCAN review.**

Please send comments to Suzanne via email. She will compile and report to next board meeting.

**10. Finance Report.** Individual donations for the calendar year of 2016: $31,615.

Success in receiving grants from Community Foundation $8000.

Handouts provided: **Statement of Financial Position** and **Profit & Loss Budget vs. Actua**l

Expenses generally match our projections. Income looks short because we are waiting for $35,000 payment from County for NAMI services completed to date. Need to increase revenue.

Santa Cruz Gives to be added next week. $1420

Donations in memory of Ken Thomas = approx. $4000

Sheryl suggested using funds for a fitness program for Peers in honor of Ken.

Nancy suggested a scholarship fund for exercise & life enhancement programs. General agreement by all. We could accept future donations in his honor toward the scholarship fund.

**11. Board participation in calls to donors:** Each board member will take a month to call donors of large amounts to offer thank you. Schedule was provided.

**12. Zero Suicide education** opportunities for providers in March, sponsored by Betty Nadeau. Two workshops are being presented, information will be in our newsletters and e-news. Intended for all providers in private care also

13. Meeting adjourned approx. 7:45 pm.