



SONOMA COUNTY MENTAL HEALTH BOARD Minutes of

March 19, 2024

Wellness & Advocacy Center; Hub Room

Santa Rosa, CA



Minutes are posted in draft form and after approval at [www.sonoma-county.org/mhboard](http://www.sonoma-county.org/mhboard)

Email: [dhs-mhb@sonoma-county.org](mailto:dhs-mhb@sonoma-county.org)

**Please Note: A list of commonly used abbreviations and acronyms is attached**

This meeting's Zoom webinar audio recording will also be posted on the Mental Health Board web page as an attachment to these minutes.

**CALL TO ORDER**

Start time – 5:05 p.m.

**ROLL CALL**

**Present:**

Peterson Pierre; District 1  
Michael Johnson; District 3 (Zoom; 1<sup>st</sup> half only then off)  
Bob Cobb; District 4 (Zoom, medical)  
Gregory Fearon; District 4  
Connie Petereit; District 4  
Michael Reynolds; District 5  
Graham Thomas; District 2

**Absent:**

Brad Katuna; District 2  
Nicole LeStrange; District 5  
Mary Ann Swanson; District 2  
Irene Aguilar; District 5  
Vanessa Nava; District 3

**Board of Supervisors Liaison to the MHB:** Chris Coursey (absent)

**PEERS Coalition Representative; SRJC:** Valeria Corona (absent)

**County of Sonoma DHS, Behavioral Health Division:** Jan Cobaleda-Kegler

**COMMUNITY MEMBERS:**

**In person:** Kathy Smith, Rob Walker, Suzanne Edwards, Richard Jump, Jason Windus, Victoria Yanez

**Via Zoom:** Eve Harstad

**ANNOUNCEMENTS /PUBLIC INTRODUCTIONS & COMMENTS**

- 1) You may submit agenda items for consideration prior to the Executive Committee meeting, normally held on the first Wednesday of each month, 10:30 AM to Noon. Email or call MHB clerk (707) 565-3476, [DHS-MHB@sonoma-county.org](mailto:DHS-MHB@sonoma-county.org) to verify the next meeting date.
- 2) **APPROVAL OF MINUTES** – January, 2024; approved (changes to be reflected)

### 3) **CONSUMER AFFAIRS REPORT** – Eve Harstad; Wellness & Advocacy Center

- Interlink is hosting “Living with Lyme” which will be held on the fourth Thursday of each month at 12:30 p.m. beginning on 3/21/24. The event will be held in person at Interlink.
- On 3/9/24, Interlink is hosting a community forum on boundaries and healthy relationships. This will also be in person from 1:30pm-2:30pm.
- West County Community Services Peer Education training program has started a new cohort today, and was able to introduce the new instructor, Hope Rogers. There are (12) participants.
- The Empowerment Center is working in conjunction with MHSA to create a nature walk event – the date is to be determined.
- West County Community Services transition team as (2) peer support specialists – each working with a person at Home and Safe Village. Start date is TBD.
- Homeless Action Sonoma has community dinners every Sunday evening from 5pm-6:30pm and is open to all community members. The event is held at the Home and Safe Village located at 18820 Highway 12 in Sonoma.
- On March 4<sup>th</sup>, COTS and Catholic Charities received a grant from the City of Santa Rosa to offer financial assistance for at risk, homelessness or unsheltered individuals who need back rent, utilities, car repair and maintenance, rental application fees, first and last month security deposits, moving costs and transportation. You must reside or stay within the city limits to qualify.
- The Disability and Services Legal Center has a peer support group for children, adult seniors with disabilities and their families offer a welcoming and safe place to share, encourage each other and provide available resources for support. This is held on Zoom on the last Friday of the month.
- The Disability Services and Legal Center has re-opened its disability Peer Support Group.  
The peer support group for children, adults, seniors with disabilities and their families, regardless of what disability they have. This will be a welcoming safe place to share, encourage each other and provide available resources for support. The group is held on zoom every Friday for 1 hour. The last Friday of the month they meet for a socially distanced hike somewhere in the county. For Family and Caregivers there is a peer group support group that meets via Zoom on Monday nights from 8:15pm-9:45pm. The email to register is [info@seniorsathome.org](mailto:info@seniorsathome.org).
- Buckelew has a support group for survivors of suicide. This is hosted on the second and fourth Wednesday of every month from 7pm-8:30pm. (SOS Allies for Hope)

### 4) **MHB CHAIR’S REPORT:**

#### **Board Member Openings by District:**

- (1) Vacancy in District 1 (Gorin) (Kathleen Miller scheduled to fill last vacancy on 3/26/24)
- (1) Vacancy in District 2 (Rabbitt)
- (1) Vacancy in District 3 (Corsey)
- (0) Vacancies in District 4 (Gore)
- (0) Vacancies in District 5 (Hopkins)

If you are interested in serving on the Board, please complete an application at: <https://sonoma-county.granicus.com/boards/w/808bd6e42edf8e0f/boards/36909>

Please direct all questions to the Chair. We are particularly in need of consumers or family members of those that have lived experience.

- The Mental Health Board held a retreat last Saturday at the Hanna Center. We have several new members on the board and we wanted to gather, spend some time together, share our backgrounds,

review our specific duties and tasks, and then obtain sign-ups for each of those duties. We also discussed our developing orientation and mentoring process. Moving forward, we will have one board member serve as a mentor to newcomers in their district so that they have a better understanding of what we are doing.

We then toured the Hanna Center which, if you have not been to their campus, please make a point of going. Leslie Peterson would be happy to show you around and tell you about their services. It is a truly beautiful place and they are doing amazing work.

Following the tour we had lunch together and talked about what each member would like to focus on specifically, their areas of interest in their district and needs in that district. We strategized best practices to communicate between the members and the District Supervisors, and also shared ideas on ways to achieve supervisor engagement.

A group exercise was next on our agenda. We each put up post it notes that each member wrote about how we could accomplish the specific goals that we had outlined earlier in the day.

Our newest member, Graham Thomas shared how great it was to meet everyone as it was his first time doing so. He greatly appreciated what came out of the meeting because so much of the community is still trying to figure out what the MHB is about and feels we should publicize the things that came out of this meeting. We are on par to accomplish specific things within the next three years.

**MENTAL HEALTH BOARD APPRECIATION:** Presented to County of Sonoma Mobile Support Team

**SRJC PEER REPORT:** - No report; Valeria not in attendance

**BEHAVIORAL HEALTH DIRECTOR'S REPORT/BH FISCAL UPDATE/MENTAL HEALTH SYSTEM:** Dr. Jan Cobaleda-Kegler

- Prop 1. As of this morning, 95% of the vote is in and it remains very close. It's about 50.1 % yes and 49.8% now. 2,000 votes is a 1 point difference and that's where we were last week, but now that number seems to be about 20,000. Regardless, if it passes we are ready to pivot and take it on. We are already looking at developing several housing projects to support our folks with No Place Like Home. Melissa Ladrech assures me that we're going to be able to move contracts such as West County Community Services over to another "bucket" and thus preserve programs. April 12<sup>th</sup> is the date that they will certify the election so we'll just have to wait until we know what's going on.
- Bridge Housing. We are getting ready to issue an RFP, I may have a presentation on this for our next meeting.
- (Unfortunately the internet dropped so we lost some of Dr. Cobaleda-Kegler's update)
- Sid McColley, our Section Manager for Acute & Forensics is retiring in May. Sid has been with us for 20 years and has provided such great services.
- Still working on staff retention and recruitment. Last month I told you all we were down to about 19% vacancy, and then it went up when we started adding positions. Two steps forward, one step back.

**SPECIAL PRESENTATION;** Dr. Jan Cobaleda-Kegler and Wendy Tappon present updates on the Mobile Support Crisis Operation

\*Please refer to the Power Point included at the end of these minutes\*

**PUBLIC COMMENTS:** None

Respectfully submitted by:

Susan Sarfaty

## Mobile Support Support Slide Presentation



DHCS issued notice to county mental health plans that we will be required to provide mobile crisis services to M/C beneficiaries

Provide community-based mobile crisis intervention services to individuals experiencing a BH crisis. ANYONE. ANYWHERE. ANYTIME. Across Sonoma County



### Requirements include

Crisis Services Hotline - Identify one single telephone number to serve as a crisis services hotline connected to the dispatch of mobile crisis teams. Respond. Dispatch team

Coordinate with 988, local law enforcement, 911 systems, community partners



# DISPATCH OF TEAMS



## Standardized Dispatch Tool and Procedures

Hotline operators will use a standardized tool and set of procedures to triage crisis and determine dispatch needs and level of intervention necessary; e.g. de-escalation by phone, connection to other services. Tool will be used consistently to dispatch teams.

Mobile Crisis will be a “live” response. Live staff will receive and respond to all calls from the hotline.

Answering service not allowed.

Once a beneficiary is determined to require services, a team will be dispatched.

Team will meet beneficiary who is experiencing the BH crisis in the location where the crisis occurs unless beneficiary request to be met at an alternate location.

## Mobile Crisis Team Requirements for Initial Crisis Response



Must provide at beneficiary’s location by a multidisciplinary team



Teams must meet specific requirements

## Team Requirements

Two providers- at least- must be physically present MHP may allow one of the two to participate via telehealth MHP determines this based on safety/necessity of response

At least one member of the team must carry and be trained to administer Naloxone

At least one team member must be trained to conduct a crisis assessment

Each team must include or have access to an LPHA, or Licensed MH Professional- this includes licensed physician, psychologist, LCSW, LMFT, RN, LVN, LPT. A team can consist of one LPHA and one peer support specialist. It could also consist of 2 peer support specialists with access to an LPHA/Licensed MH professional via telephone or telehealth.

## Other Qualified Providers

---

AOD Counselors

---

Peer Support Specialist National best practice to include individuals with lived experience as members of mobile crisis teams.

---

Community Health Workers CHWs who meet qualifications through a certificate pathway and completes required mobile crisis services training may provide services as part of a team

---

Emergency Medical Technicians (EMTs), Advanced Emergency Medical Technicians (AEMTs), and Community Paramedics that are licensed may provide services as part of a mobile crisis team.

# Mobile Service Encounter

---

Initial face-to-face crisis assessment

Crisis planning

Intervention and de-escalation

Referrals to ongoing services - coordination with other providers

Facilitation of a warm handoff

Follow up check in - within 72 hours

Coordination with Other Delivery Systems - Alert the beneficiary's M/C Behavioral Health delivery system within 48 hours of a mobile crisis response including disposition of the call

# RESPONSE TIMES

---



Urban Areas



Within 60 minutes of beneficiary being determined to require services



# RESPONSE TIMES

---

◦ In rural areas - within 120 minutes

Teams may provide transportation to an appropriate level of care or treatment setting.



# Developing Implementation Plan

---



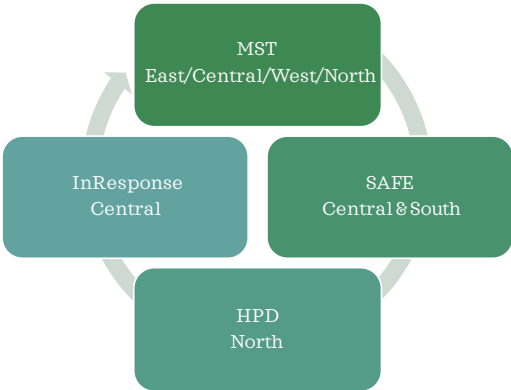
M/C BH delivery system's mobile crisis services provider network in Sonoma

- In Response
- SAFE
- MST
- Healdsburg CORE Team



# Mobile Support Collaborative

---



## Regional Collaboration

---



Partner with SAFE & inRESPONSE to increase their capabilities to serve their existing jurisdictions.

Expand and revise existing Behavioral Health MST to meet ~~DMCS~~ requirements.

Establish MOUs with cities & law enforcement for dispatch and mutual support.

3 Models, 1 Collaborative=**Mobile Support Collaborative**





# Mobile Support Collaborat



## SAFE Team

- Team compositionCommunity Health Worker & EMT
- Service areasPetaluma, Rohnert Park, Cotati, and Sonoma State University
- ModelBased of CAHOOTS, non law enforcement response unless requested by law enforcement. Calls law enforcement if 5150 is needed.
- TransportationIs able to do transportation and facilitate warm hand offs
- Hours 24/7

# Mobile Support Collaborat



## inRESPONSE Team

- Team compositionMultiAgency collaboration, City of Santa Rosa Paramedic, Catholic Charities Unhoused Outreach Specialist, Sonoma County MST Clinician.
- Service areasCity of Santa Rosa
- ModelNon law enforcement response unless requested by law enforcement. County clinician can do 5150s if needed. System navigation and follow up provided by peers through Buckelew.
- TransportationCan do transportation and facilitate warm hand offs.
- Hours 7am-10pm and hiring for 24/7

# Mobile Support Collaborati



## Sonoma County Mobile Support Team

- Team composition: Community Health Worker, Alcohol and Drug Counselor, and licensed waived PHA
- Service areas: All unincorporated areas of county, Cities not represented by other teams.
- Model: Changing from Law Enforcement co response to match BHN will expand current contact with CBO to provide peer system navigation for follow up.
- Transportation: Will be able to do transportation and facilitate warm hand offs
- Hours working towards 24/7

17

## Call Center



One telephone number to serve as a crisis services hotline for the dispatch of mobile crisis teams 24/7.

Utilize the existing 1-800-746-8181 number used by the Crisis Stabilization Unit (CSU) and has been used in the community and given to those in crisis for years. Sonoma County Mobile Support Team will staff the call center, and with same job classes as some of the MST field team.

Biweekly coordination meetings with inRESPONSE, SAFE, 988, local law enforcement, 911, and community partners and developed a communication tool.

18

## Challenges

Timeline

Timing

Staffing

Shifting of team cultures to fit the BHN

Equipment

Coverage area

Contracting

19

## Success

---

Development of the Mobile Support Collaborative.

Existing teams are able to maintain fidelity to their models while adopting theBHIN.

Collaborative work groups with Law Enforcement.

Board of Supervisors, community partners and community support.

Current staff are enthusiastic about new service model.

Mental Health Board Secretary

### ABBREVIATIONS & ACRONYMS

5150	Declared to be a danger to self and/or others
AB3632	Assembly Bill - State-mandated MH services for seriously emotionally disturbed youth - discontinued by State
ACA	Affordable Care Act
ACL	All County Letter
ACT	Assertive Community Treatment (program run by Telecare)
ANSA	Adult Needs and Strengths Assessment – a “tool” for determining which services are needed by each particular adult client
ART	Aggression Replacement Therapy
BHD	Behavioral Health Division (Sonoma County)
CADPAAC	County Alcohol and Drug Program Administrators’ Association of California
CAHPS	Consumer Assessment of Healthcare Providers and Systems
CalEQRO	California External Quality Review Organization
CALMHB/C	California Association of Local Mental Health Boards & Commissions - comprised of representatives from many MHBs in the State
CANS	Child, Adolescent Needs and Strengths (Assessment) – helps determine which services are needed by each child client
CAPE	Crisis Assessment, Prevention, and Education Team; goes into the schools when called to intervene in student mental health matters
CAPSC	Community Action Partnership-Sonoma County
CARE	California Access to Recovery Effort
CBT	Cognitive Behavioral Therapy
CCAN	Corinne Camp Advocacy Network - Peers involved in mental health advocacy
CDC	Sonoma County Community Development Commission
CDSS	California Department of Social Services
CFM	Consumer and Family Member
CFR	Code of Federal Regulations
CFT	Child Family Team
CHD	California Human Development
CHFFA	California Health Facilities Financing Authority

CIP	Community Intervention Program
CIT	Crisis Intervention Training (4-day training for law enforcement, to help them identify and respond to mental health crisis situations)
CMHC	Community Mental Health Centers, Located in Petaluma, Guerneville, Sonoma, and Cloverdale (part of SCBH))
CMHDA	California Mental Health Directors Association
CMHL	SCBH's Community Mental Health Lecture series - open to the public - usually takes place monthly
CMS	Centers for Medicare and Medicaid Services
CMSP	County Medical Services Program - for uninsured, low-income residents of the 35 counties participating in the State program
CONREP	Conditional Release Program (State-funded, SCBH-run, but will be turned over to the State 6/30/14)
CPS	Child Protective Service
CPS (alt)	Consumer Perception Survey (alt)
CRU	Crisis Residential Unit (aka Progress Sonoma-temporary home for clients in crisis, run by Progress Foundation)
CSU	Crisis Stabilization Unit (Sonoma County Behavioral Health's psychiatric emergency services at 2225 Challenge Way, Santa Rosa, CA 95407)
CSAC	California State Association of Counties
CSN	Community Support Network (contract Provider)
CSS	Community Services and Support (part of Mental Health Services Act-MHSA)
CWS	Child Welfare Services
CY	Calendar Year
DAAC	Drug Abuse Alternatives Center
DBT	Dialectical Behavioral Therapy
DHCS	(State) Department of Health Care Services (replaced DMH July 1, 2011)
DHS	Department of Health Services (Sonoma County)
DPI	Department of Program Integrity
DSRIP	Delivery System Reform Incentive Payment
EBP	Evidence-basis Program or Practice
EHR	Electronic Health Record
EMR	Electronic Medical Record
EPSDT	Early and Periodic Screening, Diagnosis and Treatment (Children's Full Scope Medi-Cal to age 21)
EQRO	External Quality Review Organization (annual review of our programs by the State)
FACT	Forensic Assertive Community Treatment
FASST	Family Advocacy Stabilization, Support, and Treatment (kids 8-12)
FQHC	Federally Qualified Health Center
FY	Fiscal Year
HCB	High-Cost Beneficiary
HIE	Health Information Exchange
HIPPA	Health Insurance Portability and Accountability Act
HIS	Health Information System
HITECH	Health Information Technology for Economic and Clinical Health Act
HSD	Human Services Department

HPSA	Health Professional Shortage Area
HRSA	Health Resources and Services Administration
IHT	Integrated Health Team (medical and MH services for adults)
IPU	Inpatient Psychiatric Unit
IRT	Integrated Recovery Team (for those with mental illness + substance use issues)
IMDs	Institutes for Mental Disease (residential facilities for those unable to live on their own)
INN	Innovation (part of MHSA)
IT	Information Technology
JCAHO	Joint Commission on Accreditation of Healthcare Organizations - accredits hospitals & other organizations
LEA	Local Education Agency
LG	Los Guilicos-Juvenile Hall
LGBQQTI	Lesbian/Gay/Bisexual/Queer/Questioning/Transgender/Intersexed (also LGBTQ)
LOS	Length of Stay
LPS	Lanterman Petris Short (Conservatorship)
LSU	Litigation Support Unit
M2M	Mild-to-Moderate
MADF	Main Adult Detention Facility (Jail)
MDT	Multi-Disciplinary Team
MHB	Mental Health Board
MHBG	Mental Health Block Grant
MHFA	Mental Health First Aid
MHP	Mental Health Plan
MHSA	Mental Health Services Act
MHSD	Mental Health Services Division (of DHCS)
MHSIP	Mental Health Statistics Improvement Project
MHST	Mental Health Screening Tool
MHWA	Mental Health Wellness Act (SB 82)
MOU	Memorandum of Understanding
MRT	Moral Reconciliation Therapy
MST	Mobile Support Team - gets called by law enforcement to scenes of mental health crises
NAMI	National Alliance on Mental Illness
NBSPP	North Bay Suicide Prevention Project
NOA	Notice of Action
NP	Nurse Practitioner
OSHPD	Office of Statewide Health Planning and Development - the building department for hospitals and skilled nursing facilities in state
PA	Physician Assistant
PAM	Program Assessment Matrix Work Group
PATH	Projects for Assistance in Transition from Homelessness
PC 1370	Penal Code 1370 (Incompetent to Stand Trial, by virtue of mental illness)
PCP	Primary Care Provider (medical doctor)
PES	Psychiatric Emergency Services – (open 24/7 for psychiatric crises – 2225 Challenger Way, Santa Rosa, CA 95407)
PEI	Prevention and Early Intervention (part of Mental Health Services Act-MHSA)

PHF	Psychiatric Health Facility
PHI	Protected Health Information
PHP	Parker Hill Place - Telecare's transitional residential program in Santa Rosa
PHP	Partnership Health Plan
PIHP	Prepaid Inpatient Health Plan
PIP	Performance Improvement Project
PM	Performance Measure
PPP	Triple P - Positive Parenting Program
PPSC	Petaluma People Services Center
QA	Quality Assurance
QI	Quality Improvement
QIC	Quality Improvement Committee
QIP	Quality Improvement Policy (meeting)
QIS	Quality Improvement Steering (meeting)
RCC	Redwood Children's Center
RFP	Request for Proposals (released when new programs are planned and contractors are solicited)
RN	Registered Nurse
RRC	Russian River Counselors
ROI	Release of Information
SAR	Service Authorization Request
SB	Senate Bill
SBIRT	Screening, Brief Intervention, and Referral to Treatment
SCBH	Sonoma County Behavioral Health
SCOE	Sonoma County Office of Education
SDMC	Short-Doyle Medi-Cal
SED	Seriously Emotionally Disturbed
SELPA	Special Education Local Planning Area
SMHS	Specialty Mental Health Services
SMI	Seriously Mentally Ill
SNF (Sniff)	Skilled Nursing Facility
SOP	Safety Organized Practice
SPMI	Serious Persistent Mental Illness (or Seriously Persistently Mentally Ill)
SUDs	Substance Use Disorders Services (formerly AODS)
SWITS	Sonoma Web Infrastructure for Treatment Services
TAY	Transition Age Youth (18-25)
TBS	Therapeutic Behavioral Services
TFC	Therapeutic Foster Care
TSA	Timeliness Self-Assessment
VOMCH	Valley of the Moon Children's Home
WET	Workforce Education and Training (part of MHSA)
WCCS	West County Community Services
WCHC	West County Health Centers
WPC	Whole Person Care
WRAP	Wellness Recovery Action Plan
WRAP (alt)	Working to Recognize Alternative Possibilities (alt)

Wraparound Community-based intervention services that emphasize the strengths of the child and family  
YS/Y&F Youth Services/Youth & Family (Sonoma County Behavioral Health)  
YSS Youth Satisfaction Survey  
YSS-F Youth Satisfaction Survey-Family Version