



COUNTY OF ORANGE
HEALTH CARE AGENCY

**MENTAL HEALTH BOARD/
ALCOHOL AND DRUG
ADVISORY BOARD**

Michael Rose, DrPH,
LCSW, Chair

Frederick Williams,
ADAB Chair

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Annual Retreat Planning Meeting Minutes

Wednesday, January 27, 2021
8:30 a.m. – 12:00 p.m.

Teleconference meeting via Zoom

By Computer: <https://zoom.us/j/95862491099>

By Phone: +1 301 715 8592

Meeting ID: 958 6249 1099

ADAB Members Present: Stacy Deeble-Reynolds, Johnnie Harris, Geoffrey Henderson, Lauren Slivinski, Frederick Williams,

ADAB Members Absent: Margaret Fleitman, Debra Kelsey, Stephan Lambert, Lorraine Martinez,

MHB Members Present: Christine Costa, Karyl Dupee, Sandra Finestone, Matthew Holzmann, Stephen McNally, Kristen Pankratz, Michael Rose, Courtney Smith, Nita Tewari, Duan Tran

MHB Members Absent: Supervisor Andrew Do, Joy Torres

I. Welcome & Introduction: *Michael Rose / Frederick Williams*

- Meeting began at 8:32 a.m. Each member and guest introduced themselves and their respective affiliation.

II. BHS Update: *Jeff Nagel*

- Dr. Nagel took questions in reference to the Behavioral Health Services (BHS) update memo that was sent to the board via email. He highlighted a few additional items, including the opening of the Be Well Campus. The Sobering Center, which is the first of its kind in Orange County, opened on 1/25/21. The campus will also have a crisis stabilization unit (CSU) for adults and for adolescents, a crisis residential program, a withdraw management program, and two residential treatment programs (substance use disorder (SUD) and Co-Occurring). Dr. Nagel also touched on the ribbon cutting for the campus. A short virtual tour of the facility was shown for all members.

III. BHAB Bylaw Updates: *Jeff Nagel*

- Dr. Nagel reviewed in detail the Draft Bylaws being proposed for the soon to be established Behavioral Health Advisory Board (BHAB). He highlighted all new changes and additions to the bylaws. In addition, all members were provided with a copy of the Draft Bylaws. These bylaws will be going before the Board of Supervisors for their approval on March 9, 2021.

IV. Review of Welfare and Institutions Code (WIC): *Frederick Williams*

- Frederick advised the MHB and ADAB members of the WIC 5604 – 5604.5 and highlighted a few new changes that became effective October of 2019. In addition, all members were provided with handouts of the updated WIC.

V. Review of 2020 Accomplishments and Recommendations: *Michael Rose / Frederick Williams*

- Michael and Fred led the discussion to review prior year's accomplishments and provide recommendations. Due to COVID-19, the Boards were faced with other challenges and priorities throughout the year and not all goals were accomplished. The board decided to carry over/modify some goals from 2020 into 2021. These action items carried over included, continued involvement with the Board offices, continue to work on next annual report, and continue to increase community participation.
- 2020 Accomplishments of the ADAB and MHB:
 - Collaboration between the Chairs and Vice Chair/s of the MHB and ADAB with BHS administration, while working on the bylaws for BHAB.
 - Older Adult Ad Hoc Accomplishments- Creation of Best Practices to Engage Older Adults in Behavioral Health Strategies, participation in the Suicide Prevention amongst Older Adults, and creation of a Resource Guide for Older Adults.
 - Revamping of the Stigma Free Campaign
 - Participation in Be Well OC
 - Participation in Suicide Prevention initiatives
 - Implementation of virtual meetings for MHB/ ADAB meetings: Increased participation
 - Increased participation with the Board of Supervisors Offices

VI. 2021 Goals; Strategic Planning for the Year – *Michael Rose / Frederick Williams*

- This year the board members brainstormed and provided a list of recommended items to focus on during 2021. The list included the items listed below, in which the members would later pick only 3-4 items via email. Karla Perez will then compile the top actionable items and provide an action plan.
 1. Sitting in on RFP Panels for MH and SUD
 2. Children Suicide rates are rising particularly due to COVID
 3. Addressing Opioid and Methamphetamine overdoses / Spike in SUD incidences and relapse
 4. Community Outreach with Suicide Prevention/ Eliminating Stigma/ Participating in more mainstream activities.
 5. Helpful information of the vaccine/ education and stigma reduction
 6. CJ System / safety net upon release
 7. Children's mental health- mental health and wellness in a fun and loving way to remove stigma
 8. Suicide prevention for youth/ distance learning
 9. A goal focused on Health and Social Equity
 10. Social Services integrated services with Behavioral health: attending other already established committees and bringing back information to the BHAB meetings to report.
 11. Addressing Housing and homelessness
 12. MH and SUD: measuring of outcomes and impact

13. Taking a look at the private sector and what services are they providing for SUD/ MH
14. Focusing on long term recovery support for SUD
15. Student Mental Health: struggling emotionally and lack of connection due to COVID. Would like to collaborate with OC programs /Oragne County Department of Education (OCDE) with regard to the impact on children/youth due to COVID.
16. Evaluations of existing programs and recommending of expansion of impactful programs/ eliminate the less effective.
17. Getting clients into services in a more timely manner
18. Marketing and Social media/ reaching out to the community
19. Providers should be more inclined to speak publicly
20. Connect with other boards/ committees with in HCA

VII. Update Committees, MHB Presentations, Site Visits: *Michaell Rose / Frederick Williams*

- Dr. Rose reviewed the list of committees that are carried over from 2020. However, with the establishment of the new board fast approaching, it was decided to hold off on making any changes to this list until March / April, when the BHAB membership is established.
- Members would like to do in-person or virtual site visits to the following: The Be Well Campus, New Behavioral Health Services Training Center, and the OC Sheriff's Department Training Center.
- The members provided ideas for future presentations, which included the following: Medicated Assisted Treatment (MAT) Programs, Success stories from clients both SUD and mental health/ listening sessions, and learning more about death by suicide (Coroner's Office).

VIII. Business Items:

- Meeting platform for 2021
 - Dr. Rose reviewed the attendance for 2020 and displayed an increase in community participation in their meetings. After March 2020, when meetings became virtual there was a spike in attendance numbers. Dr. Rose suggested to continue to the use of virtual platforms to conduct meetings throughout 2021.
- Health Equity and BHS Listening Session- Jeff Nagel
 - Dr. Nagel provided information about the new office part of HCA, Population and Health Equity. In addition, he provided information regarding a series of listening sessions that will take place in the community for communities of color and vulnerable populations. This is will be a partnership between the office of Population and Health Equity, the Ethics Services Office, and Mind OC. Dr. Nagel will work on getting the information to the MHB / ADAB members to participate in this sessions to listen in on the needs of the community.
- Annual Report 2020
 - Dr. Rose and Fred reminded all members to please submit any pending committee reports to Karla Perez, to start working on the 2020 MHB annual report.
- Nominations
 - Dr. Rose informed the members that nominations for the Chair and Vice Chair of the new board will take place in March and voting will take place in April.

IX. Public Comment: *Michaell Rose / Frederick Williams*

- Jim Farrell:
Mr. Farrell touched on treatments for addiction to Methamphetamine. In addition, he touched on outpatient conservatorship, and would like to see a committee be formed to discuss these types of issues.
- Mara James:
Ms. James provided information on “Hugs for Life Healing Center”, their goal is to merge holistic healers with medical professionals. They are hosting events in the community, their first one is in March, and she will email information.

X. Adjournment- *Michaell Rose*

- Meeting ended at 12:00 p.m.