

ORANGE COUNTY MENTAL HEALTH BOARD

2020 ANNUAL REPORT



MESSAGE FROM BEHAVIORAL HEALTH SERVICES (BHS) DIRECTOR

This past year of 2020 may be remembered as one of the most challenging years in this nation's history. From the maelstrom of a global pandemic, to a bitterly divisive Presidential election, to an attack on the Capitol and uprisings in many cities throughout the country, the United States has been shaken to its foundations by problems, both internal and external. Many of these events have led to fear, anxiety and other emotional and behavioral repercussions. While it remains a top priority to ensure that we provide our clients, family members, and participants with exemplary services, more than ever, we are called to pay attention to our own cultural awareness and sensitivity. As we do our work, it is incumbent that we do so from a health equity perspective – addressing longstanding inequalities in service delivery and outcomes based on race, ethnicity and culture.

It is remarkable to look back at the transformation that occurred since March of 2020, shifting many behavioral health services to a telehealth or telephonic platform and shifting committee meetings to a video platform. In some cases this allowed for improved access and higher levels of participation. As we move towards an easing of restrictions, it will be good to look at the value and benefits of virtual meetings and telehealth and see what elements of this will continue going forward.

This past year we were able to establish joint meetings with the Mental Health Board (MHB) and the Alcohol and Drug Advisory Board (ADAB) meetings to focus more integrated approach to behavioral health care with the eventual goal of creating a combined board: Behavioral Health Advisory Board (BHAB). The vision for this new



Peach Floral by Chloe McIntyre

committee aligns with one of the core goals of behavioral health services centered around enhancing integrated services for adults, children and families in Orange County (OC) with behavioral health needs. I have always been honored to work with individuals who serve as volunteers on the Mental Health Board and Alcohol and Drug Advisory Board. The members of both committees are gracious with their time and are genuinely passionate about improving services to the residents of Orange County. I also want to call out my appreciation for the leadership and backing of the Orange County Board of Supervisors (BOS), who provide a tremendous level of support for behavioral health services.

Behavioral Health Services are grounded in the philosophy of Substance Abuse and Mental Health Services Administration (SAMHSA)

Recovery Model and seek to reach out to the community in close collaboration, to assist in building a more resilient and hopeful Orange County in the coming years. BHS continues to believe that individuals with mental illnesses or addictions can recover and be vibrant members of a thriving community. Therefore, it is our hope that 2021 will help move Behavioral Health Services further along the journey toward increased behavioral health equity and integrated care for those we serve.

Sincerely,

Jeffrey A. Nagel, Ph.D.

Behavioral Health Director

ABOUT THE MENTAL HEALTH BOARD

The Annual Report of the Mental Health Board is submitted in accordance with the California Welfare and Institutions Code 5604.2(a). Under state law the MHB is required to review and evaluate the mental health needs, services and special projects in the Orange County community. The MHB requirements also include advising the Board of Supervisors and Behavioral Health Services director as to any aspect of the local mental health programs.

The MHB is comprised of 15 volunteer members plus one member of the BOS. Each supervisor makes an individual appointment, and the MHB

Diamond Fantasy by Vivian DeLeon



MEET THE MENTAL HEALTH

Supervisor Andrew Do

(Appointed 2016, continues in 2021)

First District Supervisor

Clayton Chau, M.D.

(Appointed 2018, Resigned April, 2020)

Public Interest-First District Appointee

Christine Costa

(Appointed 2019, continues in 2021)

Mental Health Professional

Karyl Dupee, LMFT

(Appointed 2019, continues in 2021)

Family Member

Sandra Finestone, Psy.D

(Appointed 2016, continues in 2021)

Public Interest

Matthew Holzmman

Vice Chairman 2018 -2020

(Appointed 2016, continues in 2021)

Family Member

Mark Levy

(Appointed 2019, resigned in May 2020)

Public Interest-Fifth District Appointee

Stephen McNally

(Appointed 2018, continues in 2021)

Family Member

Kristen M. Pankratz, MSW

(Appointed 2018, continues in 2021)

Direct Consumer

BOARD MEMBERS FOR 2021

Bethsabe Romero, PhD

(Appointed in 2018, resigned in November 2020)

Family Member

Michael Rose, DrPH, LCSW

Chairwoman 2018 - 2020

(Appointed 2012, continues in 2021)

Mental Health Professional

Courtney Smith

(Appointed March 2020, continues in 2021)

Public Interest-Third District Appointee

Jim Taylor

(Appointed November 2020, continues in 2021)

Family Member

Duan Tran

(Appointed in 2019, continues in 2021)

Public Interest-Fourth District Appointee

Nita Tewari, PhD

(Appointed 2019, continues in 2021)

Public Interest-Second District Appointee

Joy Torres

(Appointed in 2016, continues in 2021)

Direct Consumer

Vacant MHB positions as of 01/2021

First District Appointee Rep

Consumer/Family Member

Consumer/Family Member

Nominating Committee also recommends the appointment of new members. The categories of membership include:

- Member of the Board of Supervisors
- Consumer
- Family Member
- Mental Health Professional
- Public Interest

The MHB serves as a link between the BOS and BHS by enhancing public input into the execution of community behavioral health care services. In 2020, the board met regularly, twice a month at a Study Committee Planning Meeting and a General Meeting. This year was a unique year, due to the COVID-19 pandemic, the board met on a virtual platform beginning in March 2020 through the end of the year. Meeting virtually increased participation from members and the community. In addition, the MHB met jointly with the Alcohol and Drug Advisory Board throughout 2020 in preparing for a merge and creation of a new Behavioral Health Board that would originate in 2021.

The MHB would like to thank the members of the ADAB, for all of their participation and support throughout all of the meetings in 2020. Those members include:

Stacy Deeble-Reynolds	Stephan Lambert
Margaret Fleitman	Lorraine Martinez
Johnnie Harris	Lauren Deperine
Geoffrey Henderson	Frederick Williams
Debra Kelsey	



MHB INITIATIVES AND GOALS

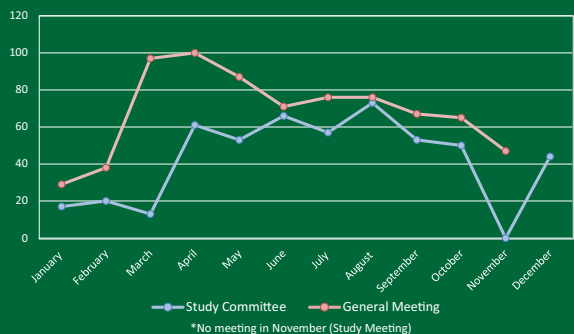
During the MHB's 2020 annual retreat in January, the members strategized and prioritized their goals and objectives for the year. They are as follows:

- Increase interaction with the BOS and policymakers. This would include member participation in community meetings, city council meetings and BOS meetings.
- Increase community participation at MHB meetings by hosting meetings in the evenings out in the community, a listening tour, community workshops, exploring advertising/marketing of events, and learning more about the community planning process.
- Combine meetings and site visits, one substance use disorder (SUD) and one mental health with a focus in adult programs.
- Find opportunities for collaboration with other County of Orange (County) departments; increasing knowledge about what other County departments are doing in which there may be overlap with mental health. Finding points of synergy and opportunity to work together.
- Increase knowledge around youth behavioral health, older adults, and substance use disorders. Understanding the public health population health model.
- Create Annual Report.

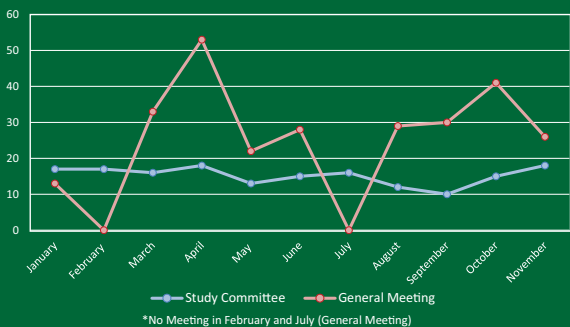
THE MHB ACCOMPLISHED THE FOLLOWING DURING 2020

- The MHB and the ADAB together, jointly held a total of 11 General meetings and 11 Study Committee meetings. Focusing on both mental health and substance use disorder. In addition, the board collaboratively with Mental Health Services Act (MHSA), held a well-attended virtual Public Meeting in the evening.
- The MHB involvement with the BOS increased and had continued involvement with Supervisor Andrew Do and Supervisor Lisa A. Bartlett.
- The MHB was actively involved in the MHSA Steering Committee meetings.
- The Older Adult Committee created a Best Practices to Engage Older Adults in Behavioral Health Strategies. The committee also participated in Be Well OC's Community Suicide Prevention Initiative (CSPI) and focused on Older Adults.
- Continued to work collaboratively with BHS and the BOS in the Stigma Free campaign efforts and re-launch of the website.
- Continued to engage with Be Well OC.
- Under the advisement of the BOS, the MHB and ADAB have been working collaboratively with BHS in the writing of the bylaws and establishment of the new "The Behavioral Health Advisory Board." This is scheduled to go before the BOS for their approval in March 2021.
- The MHB's Data Notebook Committee successfully completed the Data Notebook for 2020; this year the focus was based on telehealth technology for behavioral health.
- Members of the MHB participated in the Be Well OC's CSPI with the chair of the MHB also serving as the co-chair of CSPI.
- Due to the COVID-19 pandemic, the MHB and ADAB meetings had to switch over to a virtual platform; this allowed for increased participation from the public in their meetings. The graphs below show meeting attendance for 2019 and 2020, reflecting the increase in participation.

ADAB/MHB 2020 MEETING ATTENDANCE



MHB 2019 MEETING ATTENDANCE



MHB COMMITTEES AND LIAISON RESPONSIBILITIES

In 2020, the MHB and the ADAB members served on a variety of direct MHB Committees and some members served as liaisons to other boards and committees:

MHB Committees

Executive

Older Adult Services

Board of Supervisors Committee

Data Notebook

Gaps in Services

Public Comment Review

Finance and Resource Committee

Criminal Justice/Correctional

Behavioral Health

Membership/Nomination

Legislation Committee

Community Planning

Substance Use Disorder

Workforce Development/Training

Liaisons to Boards/Committees:

MHB Liaison List

California Association of Local Behavioral Health Boards and Commissions (CALBHBC)

Community Action Advisory Committee (CAAC)

Community Quality Improvement Committee (CQIC)

Mental Health Services Act

Steering Committee

OC Pediatric & Young Adult Mental Health System of Care Task Force

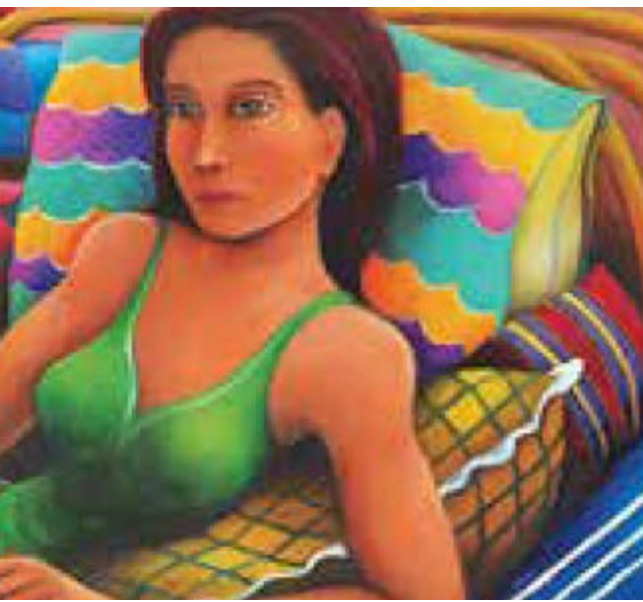
Be Well OC



SELECT MHB COMMITTEE REPORTS

Older Adults Committee: This committee is comprised of at least one MHB member as well as a wide range of community representatives and OC Health Care Agency (HCA) staff who are focused on older adult services and treatment. The committee provides information and proposes actions and policy positions to the MHB regarding the mental health needs of older adults. This year the committee identified and began addressing goals that included:

- The Advisory Committee compiled all known older adults (OA) mental health resources into a 41-page resource directory and made it available for posting by agencies for public and professional use. The directory includes Orange County resources for older adult mental, behavioral and social support services.
- The Advisory Council obtained permission to 'house' this mental health resource list on the 2-1-1 website and with their phone bank, Office on Aging's website, and on the



Unfocused by Janell Thedford

RTS 2020

HCA's Older Adult Dashboard.

- The Advisory Council identified known OA mental health resources. Researched all other possible Orange County sources of information on resources for older adult mental, behavioral and social support services.

Cultural Competency: During 2020, it was decided to combine the Diversity Committee and the HCA Cultural Competency Committee, the new name for this committee is the Behavioral Health Equity Committee. This new committee has allowed more access and participation from community members.

Workforce Education Ad Hoc: The efforts of the committee included meeting with the Behavioral Health Training Services Manager via Zoom, to discuss budgets, staffing, trainings, and the number of employees who participate in the back-to-school programs. The possibility of increasing available internships was discussed. One of the members of this committee attended

the Workforce and Employment Committee Meetings, as a council member of the California Behavioral Health Planning Council. Information related to Workforce Education and Training activities within the state were shared with committee members. These meetings were held 4 times this year.

Mental Health Service Act Steering Committee:

Three voting members of the MHB sit on the MHSA Steering Committee as part of the approximate 51-member committee. The communications sharing between the MHSA Steering Committee and the Mental Health Board helps to communicate information flow across members. With the soon to be established Behavioral Health Advisory Board, the MHSA Steering Committee will be updated to reflect these new changes in 2021.

The MHSA Steering Committee has been utilized as a primary stakeholder group for community planning since the very first Three-Year Plan was developed and this year was no different. The MHSA Steering Committee continued to have an integral role in budget/program proposals in 2019/20. For multiple months, MHSA Steering Committee listened to and commented on a series of strategies to address the fiscal impact of COVID-19 on MHSA programs that were presented by HCA managers. At the December meeting, the Steering Committee agreed with moving forward with the recommended strategies.

The MHSA Steering Committee has also continued to be actively involved in Innovation (INN) programs. The Innovation Office with the Chorus Team with the brought forward a presentation in June to update the Steering Committee on the Behavioral Health System Transformation Project – Digital Resource Navigator. In addition, the Innovation staff also provided the Steering Committee with an update to the proposed Mobile Phones Project.



MESSAGE FROM THE CHAIR

The pandemic and resulting public health crisis created many challenges for all of us. The stress resulting from fear of infection, uncertainty and disruption in many areas in life, social isolation, and grief and loss issues affected each and everyone one of us. These stressors added to the pre-existing health equity issues in our county and exacerbated the challenges that many people living with behavioral health conditions were already experiencing.

In the beginning of 2020, the Alcohol and Drug Advisory Board began attending the Mental Health Board meetings. The two boards worked together throughout the year to advocate for additional resources to meet the increasing needs in the community and to help ensure that there was no disruption in service provision through the pandemic. Together the boards continued to advise the Orange County Board of Supervisors and the Behavioral Health Services Director through feedback and dialogue in meet-

ings and through direct communication from our MHB members who were appointed as District Representatives. In addition, the MHB officially advocated for the Orange County Board of Supervisors support for (1) flexibility in the use of Mental Health Services Act funds in response to COVID-19 and (2) promoting countywide awareness, linkage to services and continued resource allocation related to National Recovery Month, Suicide Prevention Awareness Week and World Suicide Prevention Day.

The MHB 2020 focus areas included youth and older adults as well as substance use disorders.

In order to increase our knowledgebase and provide opportunities for advisement, the MHB received presentations and participated in discussion with BHS leadership on the following topics:

- Crisis Assessment Team (CAT)
- Opioid Crisis
- Crisis Intervention Training (CIT)
- Outreach and Engagement Services
- BHS - Patient's Rights
- Project Roomkey
- Alcohol & Drug Education Prevention Team (ADEPT)
- Connect OC Coalition
- Medication Assisted Treatment (MAT)
- BHS - Help is Here OC Campaign and Suicide Prevention Youth Campaign
- MHSA 2020 3-year plan
- Be Well OC's Community Suicide Prevention Initiative (CSPI)
- Stigma Free OC
- Financial updates (BHS, MHSA and CARES Act Funding)

An unforeseen benefit to the pandemic was an expansion in the use of virtual platforms as a method of interaction and meeting facilitation. The MHB switched our meeting format over to a virtual platform in March. This helped to reduce barriers to meeting attendance and attendance increased significantly at both our Study and General meeting throughout the year.

We were privileged to serve as the Mental Health Board and Alcohol Drug Advisory Board through this extraordinary year. When I reflect on those who I have worked with over the past year, I am highly impressed by the level of passion and commitment of our volunteer board members. The BHS director, Dr. Jeff Nagel, and his leadership team have also demonstrated great commitment and a strong passion for the community we serve. I am grateful for their collaborative spirit and willingness to partner with us to continuously improve the quality of behavioral health services in Orange County. A special Thank You to the Orange County Board of Supervisors including Supervisor Do and Supervisor Bartlett for their leadership and dedication to improving the health of our community. It is an honor to humbly serve the community with all of you.



Michael Rose, DrPH, LCSW, Chair
Orange County Mental Health Board

ORANGE COUNTY BOARD OF SUPERVISORS 2021



Andrew Do
Chairman
1st District Supervisor



Doug Chaffee
Vice Chairman
4th District Supervisor



Katrina Foley
2nd District Supervisor



Don Wagner
3rd District Supervisor



Lisa Bartlett
5th District Supervisor

Alone with My Thoughts by Candace Stopp



Behavioral Health Services & Mental Health Board Contact Information

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Clerk of the Mental Health Board
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