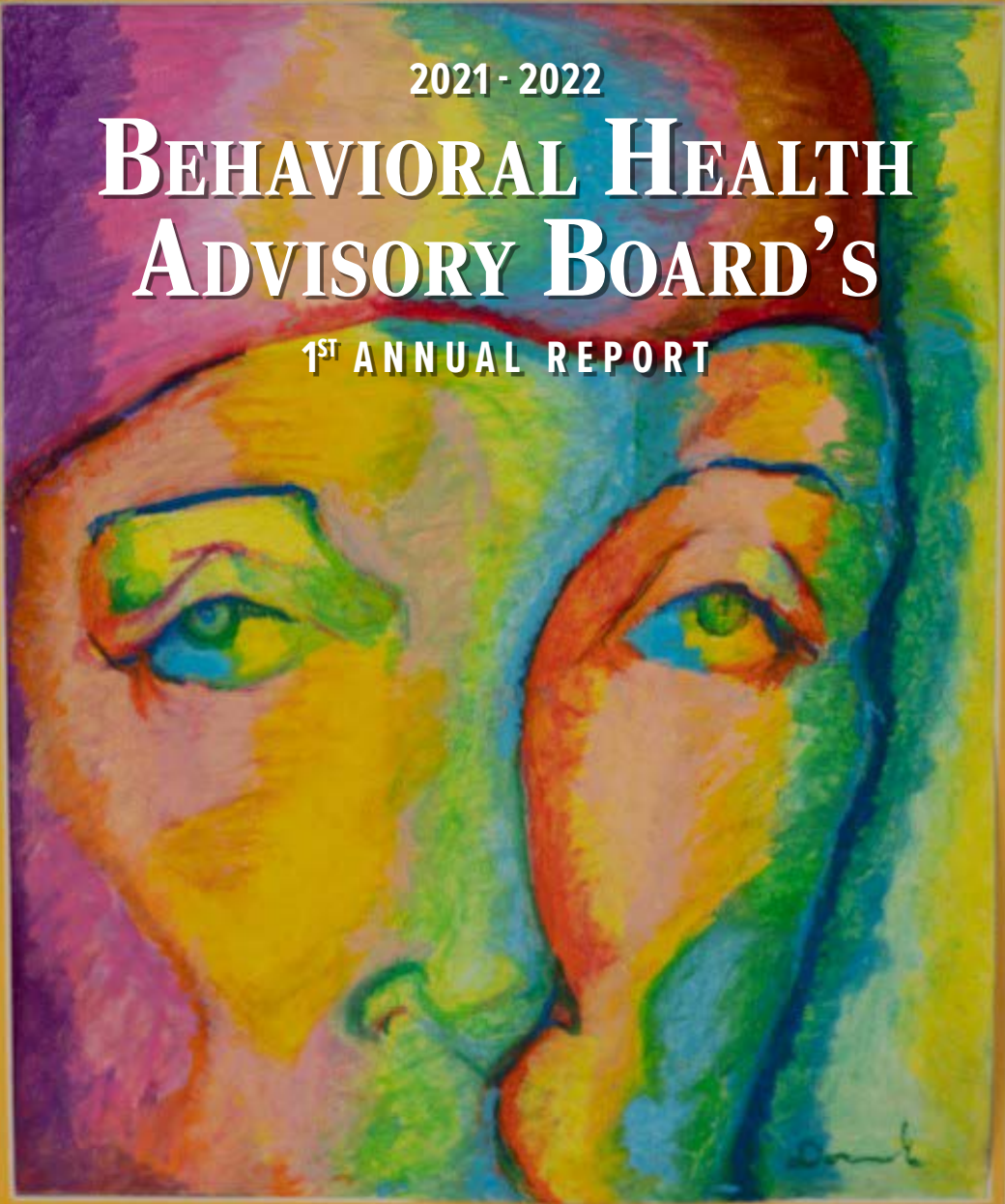


2021 - 2022

BEHAVIORAL HEALTH ADVISORY BOARD'S

1ST ANNUAL REPORT





Orange County
Board of Supervisors
2022



Andrew Do
Chairman
1st District Supervisor



Doug Chaffee
Vice Chairman
4th District Supervisor

About the Behavioral Health Advisory Board

On March 9, 2021, the Board of Supervisors (BOS) approved the merge of the Mental Health Board and the Alcohol and Drug Advisory Board and created a new board, the Behavioral Health Advisory Board (BHAB). This is the 1st Annual Report of the Behavioral Health Advisory Board (BHAB) and is submitted in accordance with the California Welfare and Institutions Code 5604.2(a). Under state law the BHAB is required to review and evaluate the behavioral health needs, services, and special projects in the Orange County community. The BHAB requirements also includes advising the BOS and Mental Health and Recovery Services (MHRS) director as to any aspect of the local behavioral health programs.

The BHAB is comprised of 14 volunteer members, plus one member of the BOS. Each supervisor makes an individual appointment, and the BHAB Nominating Committee also recommends the appointments of new members. The categories of membership includes:

- Member of the Board of Supervisors
- Person in Recovery
- Family Member
- Prevention Specialist
- Treatment and Recovery Specialist
- Public Interest

The BHAB serves as a link between the BOS and MHRS by enhancing public input into the execution of community behavioral health care services. In 2021 and 2022 the board met regularly, twice a month at a Mental Health and Substance Use Disorder System of Care meeting and a General Meeting. During 2021 and most of 2022, due to the COVID-19 Pandemic, the board met on a virtual platform. They later transitioned back to in-person meetings in August of 2022 for their General meetings.



Katrina Foley
2nd District Supervisor



Don Wagner
3rd District Supervisor



Lisa Bartlett
5th District Supervisor

Meet *the* Behavioral Health Advisory Board Members for 2021 and 2022

Supervisor Katrina Foley

(Term ended 12/2021)
Second District Supervisor

Supervisor Doug Chaffee

(Term ended 12/2022)
Fourth District Supervisor

Alan V. Albright, LMFT

(Appointed in 2022)
Treatment and Recovery Specialist

Lauren Deperine

(Appointed 2021, resigned in 2022)
Person in Recovery

Karyl Dupee, LMFT

(Appointed 2021, continues in 2022)
Family Member

Heidi Girolamo

(Appointed in 2022)
Family Member

Geoffrey Henderson

(Appointed 2021, resigned in August 2021)
Family Member

Matthew Holzmann

Chairman for 2022
(Appointed 2021, continues in 2022)
Family Member

Mara James

(Appointed 2021, resigned in 2022)
Person in Recovery

Stephen McNally

Co-Vice Chair for 2022
(Appointed 2021, continues in 2022)
Family Member

Kristen M. Pankratz, MSW

(Appointed 2021, continues in 2022)
Person in Recovery

Michael Rose, DrPH, LCSW

Chairwoman for 2021
(Appointed 2021, resigned in 2022)
Treatment and Recovery Specialist

Courtney Smith

(Appointed 2021, resigned in 2022)
Public Interest- 3rd District
Appointee

Jim Taylor

(Appointed 2021, continues in 2022)
Public Interest-5th District
Appointee

Nita Tewari, PhD

(Appointed 2021, resigned in 2022)
Public Interest- 2nd District
Appointee

Duan Tran

Co-Vice Chair for 2022
(Appointed in 2021, continues in 2022)
Public Interest-4th District
Appointee

Chase Wickersham

(Appointed 2022)
Public Interest- 2nd District
Appointee

Frederick Williams, LMFT

Vice Chair for 2021
(Appointed 2021, continues in 2022)
Treatment and Recovery Specialist

Vacant BHAB positions as of
12/2022:

- First District Appointee Representative
- Third District Appointee Representative
- Person in Recovery
- Person in Recovery

The BHAB would like to thank the former members of the MHB and ADAB, for their service, dedication, and support throughout their years of service on both boards. Those members include: (Active members until March of 2021)

- | | |
|-----------------------------|---------------------------|
| ■ Supervisor Andrew Do- MHB | ■ Johnnie Harris- ADAB |
| ■ Joy Torres- MHB | ■ Debra Kelsey- ADAB |
| ■ Sandra Finestone- MHB | ■ Stephan Lambert- ADAB |
| ■ Christine Costa- MHB | ■ Lorraine Martinez- ADAB |
| ■ Margaret Fleitman- ADAB | |

BHAB Initiatives and Goals 2021

During the BHAB's 2021 Annual retreat, the members strategized and prioritized their goals and objectives for the year. They were as follows:

- | | |
|--|--|
| ■ Increase Marketing- Increase marketing and social media advertising of events for BHAB or related events to Behavioral Health Services. Increase community outreach marketing and increase community participation. | ■ Addressing Overdoses and SUD- Address the increased opioid and methamphetamine relapses and overdoses. Focus on long term recovery for substance use disorder. |
| ■ Suicide Prevention- Increase community outreach with suicide prevention and eliminating stigma. Become more involved by participating in more mainstream events and activities. | ■ Addressing Emotional Distress for Youth- Focus on suicide prevention for youth. Address the emotional distress being caused by distance learning. |
| ■ Students Mental Health: Focus on students' mental health, in particular those students struggling emotionally and who lack connection due to the Covid pandemic. Increase collaborations with Orange County Department of Education and other community providers to follow-up on the impact Covid-19 has had on children and youth. | |

BHAB Accomplishments for 2021

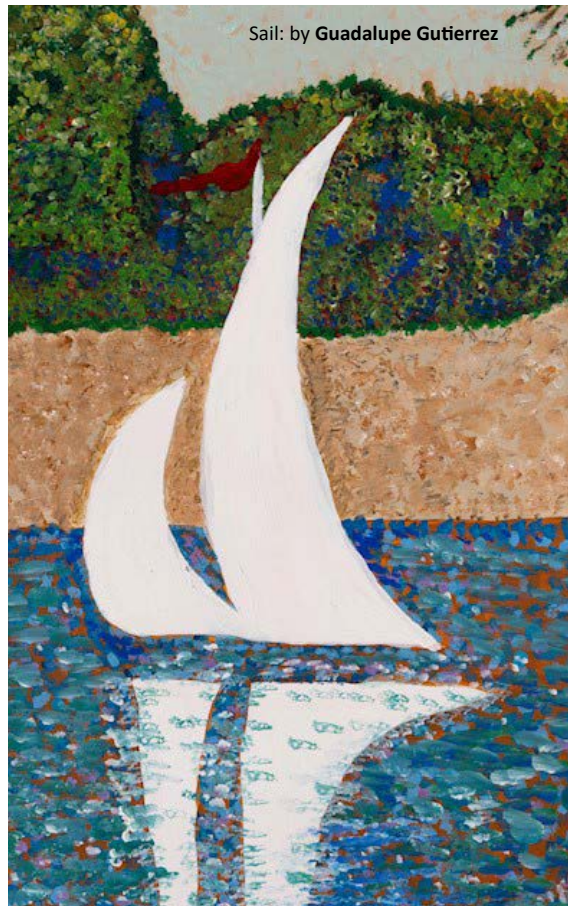
During the BHAB's 2021 Annual retreat, the members strategized and prioritized their goals and objectives for the year. They were as follows:

- The merging of the MHB and the ADAB to create this new integrated board, the Behavioral Health Advisory Board.
- The BHAB involvement with the BOS increased and has continued involvement with Supervisor Katrina Foley as well as Supervisor Doug Chaffee.
- The Older Adult Committee created a Best Practices to Engage Older Adults in Behavioral Health Strategies. The committee also participated in Suicide Prevention amongst Older Adults.
- The BHAB provided a letter of support for overdose prevention to the BOS and the Director of Behavioral Health Services. This letter included statistics on the rising overdose rates across the nation due to fentanyl. The BHAB suggested additional funding for overdose prevention, to include a greater supply of Narcan for the County of Orange.
- The BHAB provided a thank you letter to over 1,500 organizations and individuals who have signed up to pledge at www.stigmafreeoc.com and help create a Stigma Free OC.
- The BHAB's Data Notebook Committee successfully completed the Data Notebook for 2021; the focus was based on racial/ethnic inequities in behavioral health as well as monitoring and identifying unmet needs or gaps in services.
- BHAB meetings increased participation from the community via virtual meetings.

Fire and Rose: by **Barbara Germain**

BHAB Initiatives and Goals 2022

- Initiative for Older Adult Veterans – Reaching out to the older adult veteran population as isolated older male veterans are at risk for suicide. Outreach into that specific population with a census on mental health needs (an innovative approach).
- Transparency for Data & Budgets – Request quarterly budgets to be presented as well as provide accountability through outcomes data. Receive a better understanding of care coordination, navigation & hand-offs to assist community.
- Community Engagement – Outreach during community events, organize with district offices, identify community events that BHAB can attend, and partner with HCA for materials/resources. Create a budget for BHAB activities, outreach through local outlets, engage with the various cultural groups.
- Improve Engagement with Decision Makers – ensure open communication with the 5 board district offices and Behavioral Health Director.
- Workforce Education, Training, Development – Identify and meet training/education needs for workforce. Help address equity, look at alternative healing & practices that are not yet evidence based.



BHAB Accomplishments for 2022

- Letters of recommendation to the Board of Supervisors:
 1. Older Adults: Proposed pilot project to provide an integrated approach to meet the unmet needs of homeless or at risk of homelessness older adults with a co-occurring neurocognitive and mental health disorders.
 2. Veterans: Proposed Veteran Mental Health Innovation / Prevention and Early Intervention projects.
- Community Engagement: the BHAB members participated in various community events providing behavioral health resources and providing awareness of the BHAB to have more community involvement in their meetings as well as recruitment for vacant seats. Events included some of the following: Orange County Fair, Swallows Parade, Butterfly Festival, OC Recovery Collaborative, faith-based events, Meeting of the Minds 2022 Conference, OCSAPN Conference, American Addiction Institute Health Fair amongst others.
- Continued to improve communication with the Board of Supervisors (BOS) offices. Each District Representative maintained a good communication with their district office throughout the year.
- The BHAB stayed engaged with fentanyl prevention efforts and events. Including, advising MHRS for greater access to Narcan and informational campaigns regarding fentanyl.
- The BHAB Executive Committee worked on a budget for the BHAB to begin attending trainings, conferences, and other events.
- The BHAB received and stayed informed on the following presentation topics: Mental Health Services Act (MHSA) budget updates and MHSA Plan Update Overviews, Innovation Project Proposal Overview- 1) Improving the Early Identification of Youth at Clinical High Risk for Psychosis and Increasing Access to Care & 2) Examining Whether Integrating Early Intervention Services into a Specialized Court Improves the Well-being of Justice Involved Young Adult Men: A randomized control Trial, Certified Peer Specialist, Behavioral Health System Transformation parts I and II, Collaborative Courts for SUD and mental health, Psychiatric Advanced Directive Innovation Project, MHSA Community Program Planning Overview.
 - Site Visits:
 - ▶ Lighthouse Treatment Center
 - ▶ Recovery Beach Addiction Treatment Center
 - Developed a Workforce Engagement ad hoc Committee.

BHAB Committees and Liaison Responsibilities

During 2021 - 2022, the BHAB members served on a variety of direct BHAB Committees, and some members served as liaisons to other boards and committees in the community:

Sub-Committees

- Executive
- Substance Use Disorder System of Care
- Mental Health System of Care
- Older Adult Mental Health Committee

Ad-Hocs and Assignment list

- Data Notebook
- Finance and Resource Committee
- Membership/ Nomination
- Legislation

- Public Comment Review
- Board of Supervisors Representatives

BHAB Liaison List

- California Association of Local Behavioral Health Boards and Commissions (CALBHBC)
- OC Pediatric & Young Adult Mental Health System of Care Task Force
- Be Well OC
- CalOptima Member Advisory Board

BHAB Sub Committee Reports

Mental Health System of Care: This committee, under the leadership of a co-vice chair, reviewed all matters related to the mental health system of care. Specific topics that were covered during 2021 – 2022 included: stigma reduction, health and equity, student’s mental health, community outreach, inpatient beds availability, Be Well, Mental Health Services Act (MHSA) programs, Innovation projects, and outpatient services provided by the County’s Mental Health and Recovery Services.

Substance Use Disorder (SUD) System of Care: This committee, under the leadership of a co-vice chair of the BHAB, reviewed all matters related to the SUD system of care. Specific topics that were covered during 2021 – 2022 included: long-term recovery, increased marketing on overdose prevention, SUD treatment, and a special emphasis was placed upon the fentanyl crisis. The committee advocated on the need for greater availability of Naloxone as well as the need for more detox beds.



A Song in my Head: by Karen Manna

Message from the 2022 Chair

The Behavioral Health Advisory Board was very active in the community and in advocacy during 2021 - 2022. As the voice of families, individuals with lived experience, professionals and other stakeholders are heard, our statutory duty is to advise our County Supervisors and Mental Health and Recovery Services Director. We do so on all matters related to, both, mental health and substance use disorders.

As such, for the first time BHAB began to reach out to the community at a variety of events including the San Juan Capistrano Swallows Parade, the Orange County Fair, and a number of local health and wellness fairs. It also held a listening session at the 2021 and 2022 Meeting of the Minds conference, one of the largest behavioral health conferences in California. Input from individuals, families and other stakeholders is vital to help the BHAB advise leadership on the expenditure of just under \$600 million/year in behavioral health funding.

In Calendar Year 2021 and 2022, the Board addressed several advisory letters to the Board of Supervisors and the Mental Health and Recovery Services Director, as mentioned in the accomplishments. In addition, individual members of the BHAB met with County Supervisors, Mental Health and Recovery leadership, and many community stakeholders individually throughout the year.

With the reopening after the Covid crisis, members of the Board will resume site visits to a wide range of behavioral health County contracted providers. We look forward to another successful year of engaging with the community and advising our Orange County leadership.

Sincerely,

A stylized, handwritten signature in white ink, appearing to read 'Matthew Holzmann', with a long horizontal flourish extending to the right.

Matthew Holzmann

Message from the Director

The County of Orange, Mental Health and Recovery Services (MHRS) is pleased to collaborate with the Behavioral Health Advisory Committee (BHAB) in presenting the BHAB's first Annual Report to the Board of Supervisors and community stakeholders. As a department, our mission is to provide high quality mental health and recovery prevention, treatment and recovery support to the residents of Orange County.

The BHAB impacts their communities by promoting awareness about mental health and recovery, reducing stigma and discrimination, fostering diversity, as well as encouraging and supporting recovery, wellness and resiliency in the community. One of the primary functions of the BHAB, in statute (WIC 5604.2) is to advise the Board of Supervisors and the Director of MHRS on local community needs and concerns regarding mental health and substance use disorder issues. During 2021 – 2022, the BHAB has provided instrumental input to MHRS to help improve transparency so that all our Orange County community can better understand our mission and our services.

MHRS has worked with BHAB throughout the past year to ensure community understanding of the current system of care, receive feedback to improve the system of care and work more collaboratively with the BHAB on future behavioral health endeavors.

I am struck by their dedication, volunteerism and genuine concern for the community's needs and their commitment to help us improve and transform the behavioral health system of care. It is a pleasure to serve alongside the BHAB in promoting and providing services that are recovery-based and wellness driven.

Sincerely,



A handwritten signature in black ink, appearing to read 'Veronica Kelley', written over a white background.

Dr. Veronica Kelley, LCSW
Chief, Mental Health and Recovery Services

Youth: by Mee Hyun Kim



Behavioral Health Advisory Board Contact Information

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www.ocalthinfo.com/bhs

Office: (714) 834-6023

Behavioral Health Advisory Board

www.ocalthinfo.com/bhs/about/mhb

OCBHAB@ochca.com

Clerk of the Behavioral Health Advisory Board

Karla Perez

Office: (714) 834-5481