MONO COUNTY BEHAVIORAL HEALTH ADVISORY BOARD

COUNTY OF MONO

P.O. Box 2619, Mammoth Lakes, CA 93546

PHONE: 760-924-1740

Meeting Minutes

April 13, 2020, 3-4:30 PM

Remote meeting via Zoom:

Join by computer: https://monocounty.zoom.us/j/350334560

1. Introductions/attendance: IB, AG, MH, LK, RK, SC, RR, JE, AC, DS, SV, CB, JJ, MOC
2. Public Comment
3. Approval of Minutes from 2/10/20 (action): IB moves; SC seconds; motion passes
4. Check-in Related to COVID-19 (discussion)
   1. Timeline overview of MCBH’s move to remote work
   2. Warm Line 7am to 7pm
   3. Leadership meeting daily; All staff call daily; Beth Cohen joining us for debriefs – very valuable
5. Behavioral Health Dept. Update (action)
   1. Facebook Stay Connected series
      1. Disseminating information through FB Live
   2. Latino Outreach
      1. Aggressive expansion of outreach into Latino community through FB
   3. Activity bags (action to approve unplanned expenditures)
      1. Activity bags through local businesses about 300, with North County next on our radar
      2. LK moves to approve the cost of activity bags; IB second: motion passes
   4. DUI is back up and running
   5. Next big push around masks, sanitizing stations, and evictions
   6. Next push about connections, pen pals, etc.
   7. Discussion around adding capacity to see folks in the fall-out; hospital offered its additional capacity if we need it
   8. Discussion around potentially not filled position of retiring school counselor at MUSD
   9. Discussion around increase in domestic violence and child abuse reporting;
   10. Worked with hospital to do telehealth for 5150 assessments
   11. Housing – financial agreement in the works for the project in Mammoth; Walker Housing project continues to be on hold
   12. New staff: Michael (Director of Clinical Services) and Jessica (accountant)
   13. Civic Center: we will not go back to SCM – we will move directly to new building
   14. Discussion around economic resources – County staff and County website can help
6. Department Restructure (Action)
   1. Robin provided an overview of restructure that will be before the BOS tomorrow
   2. LK moves to support and accept dept restructuring plan; second by IB; motion passes
7. BHAB input on programs and activities for MHSA Three-Year Plan
   1. Sierra Wellness Center – opportunity to lead basic exercise classes; lunge lunch walks; basic education on things they can do at home;
   2. Untapped potential in general through our Wellness Center; intro movement classes to community based yoga classes; Give talks on wellness, painting;
   3. Influx of people coming back to town; Mammoth 101 – New to Town groups
   4. Incorporating child care into Wellness Center programs;
   5. Free hair cuts
   6. Strong Suicide Prevention campaign
   7. A way to tell our story about what this has been
   8. Yolo County INN plan: ACEs through the jail;
   9. Story-telling – include the indigenous perspective
      1. Creating children’s books
   10. Follow-up with great ideas from suicide awareness events
   11. Strengthening relationships and honoring perspectives of indigenous peoples
   12. How to strengthen the relationship between hospital and county BH- how to coordinate interventions to serve everyone – levels of care concept “when do they go to county vs. go to hospital”
       1. Hospital is also starting wellness groups – how do we not duplicate
       2. Formalize the relationship through MOUs, etc
       3. Student mental health
   13. Program for suicide survivors – though do have grief and cancer support groups through the hospital;
   14. Smart recovery groups for substance use through the hospital
   15. Greater partnership with Wild Iris
   16. Self-compassion group – no one wants to think of themselves as an alcoholic or addict; self-compassion puts a more positive spin on it
   17. Going to need a lot of flexibility in the future – we didn’t return to pre-911 and we won’t return to pre-COVID and we don’t know what that difference is going to look like
   18. Pets as therapy
   19. Partnership with Toiyabe
8. Logo/tagline (discussion)
   1. Goal is branding our department and creating our own identity
   2. Found other Counties who had created their own BH logos
   3. SV is working with the same designer who designed the county logo
   4. Tagline is like a slogan: staff jotted some down: “moving mountains”
      1. Incorporate holistic – brain, thoughts, nature, peacefulness
      2. Be well and be kind
      3. Peaks and valleys
      4. Heart centered, people focused
      5. Not a dry clinical service – it’s really leading with heart and serving people
9. Board Member Reports (discussion)
   1. SC – BHAB appointments; 3 year terms for BHAB members
   2. CB – will put together some info about the Brown Act, BHAB info, and the terms of BHAB members; has 50 cloth masks;
   3. IB – 19 people in jail; have seen an uptick in DV; $0 bail for certain crimes; pretty quiet crime-wise
   4. LK – staying at home
   5. MOC – open and serving and very busy at Wild Iris
10. Future Agenda Items
11. Adjourn to next meeting: June 8, 2020

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In compliance with the Americans with Disabilities Act, anyone who needs special assistance to attend this meeting can contact the Behavioral Health Department at 760-924-1740 within 48 hours prior to the meeting in order to ensure accessibility (see 42 USCS 12132, 28CFR 35.130).

Electronic Sign-In

