Meeting Agenda:

**Mono County Behavioral Health (MCBH)**

**Behavioral Health Advisory Board (BHAB) Meeting**

**Monday April 8, 2024 from 3:00-4:30 pm**

In-person locations (required for BHAB members):

Mono County Civic Center   
Dana Room (2nd floor – across from restrooms)   
1290 Tavern Road Mammoth Lakes, CA 93546

Bridgeport Memorial Hall  
73 North School Street Bridgeport, CA 93517

242 Avenida Del Mar  
San Clemente, CA 92672

Hybrid Zoom Option:<https://monocounty.zoom.us/j/7609242222>  
Call in: +1 669 900 6833  
Meeting ID: 760 924 2222

1. Public Comment
2. Approval of minutes from March 13, 2024 (Action)
   1. Approved
   2. First Carolyn Balliet, second Lois Klein
   3. Unanimously approved
3. Quality Improvement Discussion Topic
   1. Focus Group for Mental Health Services Act (MHSA) Annual Update: Discussion of Community Survey Results
      1. Overview of our CPPP efforts so far: Community Survey and focus groups at community events:
         1. Top issues facing mental health
         2. Top strategies for improving mental health
      2. Amanda presented the results of the Community Survey – see below
      3. Comments/Questions/Discussion:
         1. Is it good that the individuals surveyed were clients that you can serve?
            1. We think so – gives us a more targeted set of responses and we can be sure we are meeting the needs of our target population.
         2. What is the budget for community programs and what do we do in terms of outreach to reduce social isolation?
            1. Lauren supervises most of the community outreach and wellness programmming and they do so much all around the county. Including all funding sources, we would estimate that we spend $500,000 annually on this type of programming.
         3. What service can we provide to individuals who are socially isolated or have social anxiety or are experiencing depression?
            1. Community programming discussion – also discussed “reaching in” and how we want to empower community members to have conversations with people who might be struggling.
            2. Service based model discussion – our providers will pick people up and take them to events or provide gas cards so that clients or natural supports can bring them to programming.
            3. Prevention outreach discussion – we work hard to get people engaged in preventative ways so that they feel less isolated; it’s also true that lots of people move here because they want to be isolated.
            4. Usage of apps and isolation – 1000 friends and nobody to feed my cat
            5. How do we manage our mental wellness
            6. Social Services for Seniors

Meals on wheels – assess and make referral as needed

APS – out to help and establish connections with self neglect concerns

Granpad program

* + - 1. Access to services is challenging in a timely manner
         1. Waitlist at Mammoth Hospital is outrageous

Suggestion to BHAB that you as community members could advocate that Mammoth Hospital contract out for psychiatry and other therapy services

* + - * 1. What resources can be utilized while on the waitlist?

BHAB shared an idea to create a flyer that outlines what you can do while you wait

Monthly group session for people waiting to get into a therapist at no cost

* + - * 1. Medi-Cal mandate – we are really only set up to see clients with Medi-Cal, but we do also see children and their families at no cost, even those with private/commercial insurance.
        2. MCBH often confused with Mammoth Hospital
      1. Open discussion
         1. Surprised and not surprised about isolation. Stacy and Robin to discuss.
         2. Interesting that clients listed mobile crisis as a top strategy to promote mental health – when we fully roll out the mobile crisis benefit this summer, we can get that info to clients upon intake.
         3. Paradise Paradox screening discussion – suicide hits harder because we are so small
         4. Drugs and Alcohol prevention outreach promotion

One less materials

Napkins and or coasters for alcohol festivals in village

Even though few people state that alcohol and drugs are a problem for themselves in the survey results, we do see in the community that lots of people have problems

* + - * 1. Fire Department talk with Ingrid and Robin (Bridgeport)
        2. Target Volunteer Fire Department and Medics to target isolation (Reach In)
        3. Chamber of Commerce
        4. Access and Functional Needs List

1. Behavioral Health Department Updates
   1. Community Programming
      1. BHAB presentation May 14 followed by film
      2. Mental Health Awareness Month Events
      3. Pride Month Events
   2. New Staff
      1. New fiscal staff
      2. Reallocating SUD staff to include an additional scale to have a ladder
   3. External Quality Review Organization (EQRO) Audit on May 21st – update to many policies and procedures
      1. Learn a lot and will report back to BHAB
   4. Robin Roberts
      1. County Administrative Officer (CAO) and Assistant CAO cultural shift and support
      2. Sheriff taking on Animal Control
         1. Created new manager position – holding 2nd interviews soon.
      3. Robin asked to help with transition
   5. Upcoming MCBH items before the Mono County Board of Supervisors (BOS)
      1. 4/16: Contract with Department of Health Care Services (DHCS), Memorandum of Understanding with Managed Care Plans
      2. 5/14: BHAB Presentation, appointment of Jenny Weaver, Mental Health Month Proclamation
      3. 6/18: Mental Health Services Act (MHSA) Annual Update presentation
2. BHAB Presentation to BOS (Ingrid)
   1. Explaining what we do as a BHAB
   2. Can attend in Bridgeport or Mammoth Lakes (virtual)
   3. Eta 9:15 am
   4. Stacy Corless offered to help with presentation
3. Board Member Reports
   1. Ingrid
      1. Partner with BH with a transport recently
      2. Seth Guthrie passed away
   2. Lois
      1. Volunteer with college students at Cerro Coso. Student expressed gratitude for Clubhouse Life. Attended hang time with Sabrina/Dirk and enjoyed the time.
   3. Caroline
      1. Salvation army – Monday and Friday from 4-6pm – across from Inyo Mono Title on Sierra Manor Road, Mammoth Lakes
   4. Stacey Powells
      1. Passive outreach
      2. Public restrooms
   5. Stacy Corless
      1. Mammoth Mountain Community Foundation – mental health initiative, scoping out a needs assessment. Fill in gaps.
   6. Krista Cooper
      1. Bingo in Chalfant
      2. Cassidy doing well at senior center in Walker
      3. Interviewing for Walker Cook/Driver position
      4. Child Abuse Prevention Month (April)
         1. Flag raising ceremony at end of month
      5. Foster Caregiver Appreciation Month (May)
         1. Currently have 12 homes right now
         2. Seeking feedback from them on inspiration
   7. Margee
      1. Rachel Barnett at Walker Senior Center 3 days a week – some services
      2. Hired a nurse in Bridgeport
      3. Hired Community outreach person (Antelope Valley)
      4. Focusing on expanding outreach and services in north county
      5. Checking in with people in person – hoping to expand
      6. Perhaps a community event in the summer
4. Future items
5. Confirm meeting schedule for 2024 and adjourn to next meeting
   1. **June 10, 2024: 3:00 – 4:30pm**
   2. **2024 Calendar: April 8, 2024; June 10, 2024; August 12, 2024; October 21, 2024 (note this is the 3rd Monday due to Indigenous People’s Day); December 9, 2024**

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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). MONO COUNTY BEHAVIORAL HEALTH DEPARTMENT P. O. BOX 2619 MAMMOTH LAKES, CA 93546 (760) 924-1740 FAX: (760) 924-174

Survey Results Presentation

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