Meeting Minutes:

**Mono County Behavioral Health (MCBH)**

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

**Monday October 21, 2024 from 3:00-5:00 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

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

* 1. Called to order at 3:05 pm
	2. Attendees: Robin Roberts, Lois, Ingrid, Carolyn, Tom Boo, Jenny Weaver, Rolf Knutson, Amanda, Sal, Kathy P, Krista C, Arlene Brown, Dirk Addis, Marcella Rose, Danyell Lebrun, Lauren Kemmeter, Mary Snyder, Lauren Plum
1. Public Comment
2. Approval of minutes from August 12, 2024 (Action)
	1. Rolf motion, Lois second:
	2. In favor: all
3. Behavioral Health Department Updates
	1. Community Programming
		1. Lauren’s position open
		2. Foro Latino: 100 attendees
			1. Latin Heritage Month; Robin explained how Foro came about
		3. Walker programming on pause – Betty and Dave’s retirement
		4. Is there a program for older students to show newer students around?
		5. MCBH had a meeting with the Public Health portion of the Health and Human Services department where we talked about programming and opportunities for collaboration; talked about adding a couple of projects and having more cross-over
		6. Lauren – we miss you
	2. Sawyer Update
		1. All our clients are moved into the units we had set aside. Furniture is in the units and most clients are tapering off rental assistance next month.
	3. Staffing Update
		1. Betty and David retirements
		2. Quite a few applicants for North County case management
		3. Debra Stewart and Rich Bonneau retiring in October 2025
			1. Questions about succession planning and whether we have plans to move anyone up – discussion about what our SUD department looks like now
			2. If Prop 36 passes, there will be more drug crimes and funds will be less allocated for prevention/tx and more for incarceration
		4. Janelle Clark is our new clinical supervisor – tremendous experience working with folks with severe mental illness in urban environments
		5. Will be moving Batterers’ Intervention to Probation in preparation for Rich’s retirement
		6. Exploring the possibility of contracting out DUI program – most other counties contract this out
		7. Lauren’s old position is being flown
		8. State meeting – state organizations are interested in why our staff retention rates are so high and how effective our early intervention and prevention
	4. Audits/reviews:
		1. Upcoming AOD (Alcohol and Other Drug) On-site visit
		2. Awaiting results of mega-audit
		3. New P&P
	5. Upcoming or recent MCBH items before the Mono County Board of Supervisors (BOS)
		1. Robin: budget update: budget passed
4. Approval of Community Program Planning Process (CPPP): Amanda (Action)
	1. MCBH’s plan is to mimic previous years’ efforts for CPPP, including community survey, focus groups, key informant interviews, and data gathering like “dot exercises” at larger events. Discussion about including ski area employees and more targeted involvement of the schools given the strength of the North Star program.
	2. Marcella motion; Lois second; Passes unanimously
5. Adopt 2025 meeting schedule: Amanda (Action)
	1. February 10, 2025; April 14, 2025; June 9, 2025; August 11, 2025; October 20, 2025 (note: 3rd Monday due to Indigenous People’s Day); December 8, 2025
		1. Lois would be remote a couple of those meetings
		2. Lois motion; Dirk second: passes unanimously
6. Quality Improvement Discussion Topic: Opioid Settlement Funds
	1. Presentation and Discussion
	2. County is receiving Opioid Settlement Funds; staff have met internally and decided this would be a great place to discuss the use of these funds; Goal is for this body to guide us in ideas moving forward.
	3. Short list of allowable uses (see presentation)
	4. Overview of High Impact Abatement Activities (HIAA)
		1. All about prevention and intervention
		2. 50% of funds must be in the HIAA
	5. Have to report the funds in three different categories
	6. Projections over the next 30 years: $38,000 per year for next 30 years – would need to braid with other funding
	7. Expect some shifts in the exact amount; would want to have some type of cash reserve so we could wind down programs in a thoughtful way
	8. Harm reduction resonates in our communities; our harm reduction work has really created bonds where people are coming back and reporting reversals; Really wanted people to come back and stay safe and stay alive; the programs that treat folks with dignity are the ones that make a difference; have events and ways that we distribute Narcan all over the place (even in schools); grows over time;
	9. Clear sense of what’s happening now to think about what the gaps might be; gap is getting MAT to people quickly; have certain prescribers that prescribe a number of Benzos, etc. in Mono County; Mammoth Hospital has had for some years a system to monitor and reduce the opioids prescribed;
	10. Arlene: to reduce over-prescribing have educated community members/patients on medication best practices to educate the people consuming the medications;
	11. Lock boxes and educating youth on counterfeit pills; more education on what a fake pill is and how dangerous it is to take that; fentanyl pressed in; taking whatever they can get their hands on
	12. Gaps: don’t know that we have data that we have access to related to an overdose or withdrawal (talked in the past about embedding folks in the Emergency Department (ED));
	13. Northern Inyo Hospital (NIH) had some program engaging with folks at ED – substance use navigator;
	14. Sheriff and Police haven’t been reporting reversals
	15. ED docs at NIH will call Crossroads in to provide services to folks – may sometimes decline SUD Navigator but then engage with harm reduction folks;
	16. Funding to retrain Mammoth Hospital ED in Bridge – get providers all on the same page;
	17. Pathways to services – not knowing who is doing what; letting people know who they call if they have an addiction and want help; educating community on pathways to recovery – who is doing what in which area;
	18. Narcan vending machines – newspaper stands;
	19. Looking at getting one-two Narcan vending machines – you do lose the connection part which is the motivator for change
	20. Consumer feedback on where the gaps are;
	21. Could we get data on prescribing practices? Data on primary, secondary, tertiary diagnosis codes from ED?
	22. Street outreach…people who live in the communities we try to serve;
	23. A-Frame just does Narcan and pregnancy tests;
	24. No recent opioid deaths here
	25. Mammoth Mountain Ski Area (MMSA) – distributed harm reduction kits at all locations and hotels; developing an employee wellness center – strength and mobility classes 6 days/week, as well as resource hub; MMSA talks about the harm reduction kits at all employee orientations;
	26. Contingency mgmt: Crossroads: wellness journey for people in active substance use through indigenous model of care (emotionally, physically) they pick their own goals and they incentivize;
	27. Traditional contingency mgmt (12 weeks): goals could be getting drivers license or stopping injecting and just smoke; trust is being built through the process; take people right into rehab;
	28. If someone overdoses and is reversed in the field, do they always come to ED? They can decline
	29. There is way less stigma around giving out Narcan
	30. Would more local businesses give out Narcan, etc. to support the traveling population
	31. A lot of people who use stimulants like meth is to counter it with fentanyl
	32. A lot of people actively seeking fentanyl; haven’t seen xylazine here;
	33. Last overdose death was in Benton in January; alcohol death
	34. Reversal data
		1. Where applied (house, restaurant)
		2. Where in the county
		3. Person local vs. visiting
		4. Crossroads had 22 successful reversals last year – good majority are people they know; makes it more personal knowing the successes
	35. QR code on all the Narcan boxes
		1. Site that has reversal reporting, links to care, etc
	36. Required to prescribe Narcan with opioid prescription; could have a model where hospital or pharmacy gives it out;
	37. Medics and Fire Dept are empowered to leave the Narcan;
	38. Plan on the jail with discharge re: Narcan kits;
	39. Sometimes see people in withdrawal at jail (call medics for withdrawal)
	40. Can we do a mass mailing? (Narcan to every home)
	41. Like the vending machines in the right locations – didn’t want to see anyone from the government when I was using
	42. When people go to treatment and come back, use this funding for safe housing, transportation;
7. Board Member Reports
	1. Jenny: hosted mental health movie night (Mountain in my Mind III) fun ski movie with mental health message - over 100 folks showed up
	2. Lois: interim assignment for Mono County Office of Education serving as assistant superintendent;
	3. Rolf: AA is not going anywhere but some philosophical problems in the big book; 12 step programming is becoming proven to be less and less effective; it works but it’s not the only way
	4. Marcella: Mammoth Hospital just got another provider who can do more longer term therapy so that’s really exciting; have been working with the schools lately on ELOP focusing on theme of career development and always looking for content – may want to do something through that program on career development; scheduling one for fire dept
		1. Where is mobile crisis response? It’s being piloted in June Lake, north;
	5. Dirk: nothing to report
	6. Ingrid: team is doing well and getting things all done
8. Future items
	1. New BHAB Membership requirements, CARE Act, BH-CONNECT, Justice-Involved Initiative
9. Confirm meeting schedule for 2024 and adjourn to next meeting
	1. **December 9, 2024: 3:00 – 4:30pm**

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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) 924-1740