

**COUNTY OF SAN LUIS OBISPO**

**HEALTH COMMISSION**

Minutes of Meeting

Monday, November 13, 2017 (County Board of Supervisors Chambers)

Members Present: Mary Jean Sage (Chair), Jinah Byram, Robert Campbell, David Clous, Kris Kington-Barker, Claire Grantham, Jean Raymond, Tamar Sekayan, Candace Winstead

Members Absent: Susan Warren

Staff Present: Dr. Penny Borenstein, Jean White

Speakers: Frank Warren (County of SLO Behavioral Health)

Agenda Item	Discussion	Action	Who/When
1. Call to Order	Meeting called to order at 6:00 PM by Chair Sage.	<i>Call to Order</i>	<i>Chair Sage</i>
2. Approval of Minutes	Minutes of October 16, 2017 approved as drafted.	<i>October 2017 minutes approved</i>	<i>All</i>
3. Public Comment	Chair Sage opened the floor to public comment with no response.		
4. Presentation: Behavioral Health Prevention & Outreach Programs	<p><b>Frank Warren, Division Manager, County Behavioral Health Prevention &amp; Outreach</b>, provided a Power Point presentation titled <i>“Bullying, Suicide Prevention, Early Intervention, Postvention for Schools.”</i> The Prevention &amp; Outreach Division of Behavioral Health Services focuses on youth and family substance use treatment as well as prevention. Mr. Warren is also the Mental Health Services Act (MHSA) Coordinator. Their programs range from traditional substance use disorder prevention &amp; wellness, Friday Night Live, Preventive Health Grant programs in the schools, stewarding the Opioid Safety Coalition grant, suicide prevention, college wellness programs, early intervention programs with school based counseling, young adult counseling, and a federal grant to do a program around first episode psychosis that is based at Cal Poly.</p> <p>Mr. Warren shared statistics on bullying and suicide and walked through what they are doing in the area of prevention. They have a program called <i>No Place For Hate</i> and have developed policies to deal with specific issues. Activities are also woven into Friday Night Live. National Bullying Month is in October, where they have programs that focus on cultural competence, tolerance &amp; acceptance, and safe environments.</p> <p>There are a number of studies that link bullying to high risk of emotional behaviors, including suicide attempts, although not always a direct connection. Eighteen percent of local 11<sup>th</sup> graders have seriously contemplated suicide in the past year. SLO County has often been above the CA average in suicides. There is a suicide prevention council in the community led by Transitions Mental Health Association and MHSA has approved funding for a suicide prevention coordinator.</p> <p>Assembly Bill 2246 mandates each school in California to address suicide prevention, requiring policies to be developed beginning this school year in consultation with school and community stakeholders, school-employed mental health professionals and suicide prevention experts. All staff must receive training on the risk factors and warning signs of suicide, suicide prevention, intervention, referral, and postvention.</p>	<i>A copy of the Power Point presentation is filed with the official record of the meeting.</i>	

	<p>Mr. Warren talked about some of the faculty trainings they are doing in the schools: More Than Sad; Mental Health First Aid; Question, Persuade, Refer (QPR) Suicide Prevention training; and Applied Suicide Intervention Skills Training (ASIST), a two-day workshop. Other trainings include: Student Assistance programs at 6 middle schools, where through the MHSA, 6 schools were given a half-time therapist, family advocate, and a youth development program to work with staff in triaging young people who are at any type of risk. There are also over 10 high school campuses that contract for their services.</p> <p><b>Commissioner Clous</b> asked if they have found young people to be honest when surveyed on the issue of bullying or if they tend to say what they believe you want to hear. <i>(Mr. Warren explained that the State organization conducting the survey has developed questions that lead young people to be as honest as possible.)</i></p> <p><b>Commissioner Byram</b> asked about inpatient substance use programs &amp; facilities for children who are in households where substance abuse is going on. <i>(Mr. Warren advised that there are not any residential substance use facilities. In terms of County response, a young person can be assessed and if they need MediCal eligibility, be treated at an outpatient level or referred to an out of area inpatient treatment facility, which may be as far as Ventura.)</i></p> <p><b>Commissioner Byram</b> noted the problems with transportation and children having to rely on their guardians for transportation. She asked if there are plans for any type of inpatient facility. <i>(Mr. Warren not aware of any plans or part of any discussions on that.)</i></p> <p><b>Commissioner Grantham</b> asked if private schools receive the same services and have the same requirements. <i>(Mr. Warren advised that private schools do not have the same requirements based on Assembly Bill 2246, but they make themselves available to all schools.)</i></p> <p><b>Commissioner Sage</b> asked about substance use services at the new proposed facility in Templeton. <i>(Mr. Warren does not believe it will be specific to substance use or offer drug treatment.)</i></p> <p><b>Commissioner Campbell</b> asked about the status of the proposed facility in Templeton. <i>(Status is unknown, other than there is still a plan in place.)</i></p> <p><b>Commissioner Kington-Barker</b> asked how they measure the impact of the treatment on school campuses. <i>(Mr. Warren explained how the “30 day” mark is used and why questions are asked in a “retrospect pre-post” for evaluation. Questions mirror the Healthy Kids Survey and three big factors are tracked: change in symptomology or behavior, academics and disciplinary.)</i></p> <p><b>Commissioner Kington-Barker</b> referred to the suicide rates and the difficulty in tracking overdoses that may be suicides, commenting the rates could be higher. <i>(Mr. Warren agreed that reporting is tricky and rates for suicide are probably under-reported.)</i></p> <p><b>Commissioner Kington-Barker</b> referred to a national study done on incidence of hate crimes, and asked if there is a correlation to an increase in crisis calls. <i>(Mr. Warren referred to school year 2015-16 study that said 11% of those 7<sup>th</sup> graders bullied was probably because of race/ethnicity. In terms of correlation, he does not know if this is related to having an increase in crisis calls to schools, but there has been an increase in crisis calls to schools.)</i></p>		
--	--	--	--

	<p><b>Commissioner Kington-Barker</b> asked how many people respond to the schools with the mobile crisis unit. <i>(Mr. Warren advised that the contract with Sierra Wellness requires two on-call people at all times.)</i></p> <p><b>Commissioner Sekayan</b> asked if the county has a multidisciplinary team where teachers, etc. all come together around a table for suicide prevention &amp; bullying. <i>(Mr. Warren answered that there is not a suicide specific team, but there are teams drawn together by behavior issues.)</i></p> <p><b>Commissioner Winstead</b> teaches at Cal Poly and asked who to contact to get a training set up. <i>(Mr. Warren referred her to Dr. Hannah Roberts at the Cal Poly Health Center, who is a QPR trainer and offers a series of trainings.)</i></p> <p><b>Commissioner Raymond</b> asked about programs for seniors. <i>(Mr. Warren answered that through the MHSA, they have a program with Wilshire Community Services for depression screening and counseling. Also through the innovation component of the MHSA, Wilshire is developing a curriculum for widows and widowers in building resilience and strength.)</i></p>		
<p><b>5. Health Agency/Public Health Report</b></p>	<p><b>Dr. Penny Borenstein, Health Officer/Public Health Director</b>, reported:</p> <ul style="list-style-type: none"> <li>• There has been an increased number of rabid bats in our county this year. She reminded individuals not to handle bats. <i>(Commissioner Campbell asked who a person should call if they find an ill bat. Dr. Borenstein suggested Animal Services, Pacific Wildlife Care, or the PH Dept.)</i></li> <li>• They have identified five positive birds for West Nile Virus this season, which is a high number, and will be putting out educational information to the public. <i>(Chair Sage asked about reporting dead birds. If you find a dead bird, the Public Health Dept. can assist in how to report.)</i></li> <li>• The open enrollment period for Covered CA is now through the end of January 2018. One of the major providers (Blue Cross) has dropped out and Blue Shield remains.</li> <li>• Public Health has launched a countywide data dashboard with close to 200 health indicators. Commissioners will be invited to participate in a community health improvement process based on this health data.</li> <li>• Public Health is seeing an increase in the use of medical exemptions for immunizations now that personal belief exemptions are no longer an available tool for those families who do not want to immunize their children. Medical exemptions have increased from &lt;1% to 1 ½%, but Public Health officials want to stay ahead of it so they do not start seeing 5%.</li> <li>• Dr. Borenstein attended the Air Pollution Control District (APCD) hearing today as a requested witness for the APCD who asked their hearing board to convene and look at the issue of requiring abatement by State Parks for lack of successful efforts up to this point. The hearing will be reconvened for at least one more day.</li> <li>• They have seen a number of hospitalized influenza cases already this year. It is not too late to get a flu vaccination.</li> </ul>		
<p><b>6. Health Commissioner Updates</b></p>	<p><b>Commissioner Campbell</b> reported that he attended the Air Pollution Control District (APCD) hearing board all day today, beginning at 9AM. The APCD hearing board heard the complaint from the Air Pollution Control Officer against State Parks. Commissioner Campbell was prepared to speak as the Health Commission representative during public comment, but they never got to public comment.</p>		

	<p>The hearing will be continued to a new date (not yet confirmed) for at least one more day. Dr. Borenstein was present at the hearing and talked about the medical aspects of air pollution.</p> <p><b>Commissioner Kington-Barker</b> reported that the Adult Service Policy Council (APCD) will be submitting a letter to the Board of Supervisors about the lack of resources and significant gaps in senior care management for those who do not qualify for MediCal or other home health programs and cannot afford to pay out of pocket for those services in the private sector. There are some care management pilot programs now starting for patients nearing end of life and trying to manage resources. This is something our community needs to look at, as there are no resources for people who are not associated with a program.</p> <p><b>Commissioner Kington-Barker</b> also reported that Senate Bill 294 was passed and signed by the Governor in October 2017. This bill expands some services provided by medical hospice to patients that are still receiving some curative care.</p> <p><b>Commissioner Grantham</b> reported that she will be participating in a statewide medical disaster drill, along with all of the hospitals &amp; the County on Thursday, November 16<sup>th</sup>.</p> <p><b>Commissioner Byram</b> announced that the enrollment period for Covered CA ends on January 31, 2018, but that December 15<sup>th</sup> is the deadline for coverage beginning on January 1, 2018. She also advised that under special life events (loss of healthcare, marriage, adoption, birth of child), you can apply for Covered CA anytime within 60 days of the special life event. MediCal enrollment through CenCal does not have an enrollment period and is based on income (below 138% of federal poverty level).</p> <p><b>Chair Sage</b> attended this month's Healthy Communities meeting where they looked at the new data dashboard and are looking forward to having that in place and using the data. Heal SLO will not be meeting in December.</p>		
<b>7. Committee Reports</b>	<b>Nominating Committee:</b> Commissioner Grantham reported that there is still one vacancy on the commission. The vacancy will be posted on social media.		
<b>8. Prospective Future Items</b>	<p><b><u>December 11, 2017</u></b>  Retreat/planning meeting  Location: County Public Health Department, 2191 Johnson Avenue, SLO</p>		
<b>9. Adjournment</b>	Meeting adjourned at 7:45 pm	<i>Adjournment</i>	<i>All</i>