

COUNTY OF SAN LUIS OBISPO

HEALTH COMMISSION

Minutes of Meeting

Monday, October 15, 2018 (County Board of Supervisors Chambers)

Members Present: Mary Jean Sage (Chair), Jinah Byram, Robert Campbell, Elisa Moylan, Jean Raymond, Tamar Sekayan, Catherine Shipp, Susan Warren

Members Absent: Candace Winstead

Staff Present: Penny Borenstein, MD, Jean White

Speakers: Joel Diring, Diring & Associates; Jill Bolster-White, Executive Director, Transitions Mental Health Association

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. Introduction of New Commissioners	Chair Sage introduced new commissioners, Elisa Moylan, direct provider, and Catherine Shipp, consumer representative.		
3. Approval of Minutes: September 10, 2018	September 10, 2018 minutes were approved as drafted.	<i>September 10, 2018 minutes approved.</i>	<i>MJS / All</i>
4. Public Comment	Nick, Prevention and Outreach, Behavioral Health Services , announced that this Saturday, October 27, 10:00-2:00 PM, there will be a Drug Take Back event at three locations: Twin Cities Hospital, South County SAFE in Arroyo Grande, and Sierra Vista Hospital. This is an opportunity for anyone in the community to safely dispose of any unused prescription medications. Free flu shots will also be available. He distributed flyers in English & Spanish.		
5. Presentation: Behavioral Health Integration Project	<p>Joel Diring, Diring & Associates, presented an overview of the Behavioral Health Integration Project (BHIP). This was a 3 ½ year project funded by the Blue Shield of California Foundation, with a goal to improve system-level integration of primary and behavioral health care in the safety net in SLO County through collaborative planning and action. This project has ended but the same group continues to meet under the SAMHSA grants, with CAP SLO organizing those meetings. Project accomplishments include: increased communication among providers and recognition of need for integrated care, improved information sharing, expanded patient navigation capacity, sponsored provider empathy trainings, SAMHSA funded pilot projects on integrating care (SLO-HIP for County BH clients and SLO-Hub integrated care for dual diagnosed homeless), client empowerment, and use of Form 815, <i>County Multi-Agency and Client Release of Information</i>. Work yet to do: actual integration of services and systems, community consensus on BH services and resources, pre-criminal justice system interventions, continued data gathering to identify gaps and coordinate care, and braiding of funding sources. Mr. Diring distributed a copy of the report prepared by SLO Behavioral Health Integration Project (August 2018).</p> <p>Commissioner Warren asked about integration of BH services for Cal Poly students. <i>(Mr. Diring and Ms. Bolster-White advised that Cal Poly recently hired a psychiatrist and new director of Health and Wellness Services. They have a very robust team of mental health folks at the Center.)</i></p> <p>Commissioner Byram commented that there is some disconnect between providers on the follow up of patients referred from CHC to the County. <i>(Ms. Bolster-White suggested using the 815 form</i></p>	<i>A copy of the Power Point presentation is filed with the official record of the meeting.</i>	

	<p>with a release signed by the patient to help facilitate provider communication & receive chart notes.)</p> <p>Commissioner Raymond asked if the 815 form addresses multiple medications (prescribed from different agencies) and prioritization for patients after discharge. <i>(Mr. Diringer explained that the form allows for communication among providers, but doesn't provide any information. The maximum 9 prescriptions is a Medi-Cal restriction and a reason to integrate BH and primary care, so someone is looking at the entire list of medications prescribed.)</i></p>		
<p>6. Presentation: Transitions Mental Health Association</p>	<p>Jill Bolster-White, Executive Director, Transitions Mental Health Association (TMHA), presented an overview of Transitions-Mental Health Association, a non-profit organization, with a mission dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services. They provide services from Paso Robles to Lompoc. She provided statistics and data on clients served, a snapshot of their budget, and talked about their programs and projects focused in four areas: Housing (<i>Bishop Street Studios, Youth Treatment Project, Adult Transitional Program, Full Service Partnerships, Residential housing in Atascadero, Permanent Housing for Homeless, Nelson Street Studios, Nipomo Street Studios, Wellness Center in downtown SLO, 50 Now Program, Homeless Outreach Team, Assisted Outpatient Treatment Programs, Adult Full Service Partnerships, Behavioral Health Treatment Court, and Forensic Reentry Services</i>); Work (<i>Growing Grounds Farms, Supported Employment Program</i>), Family Services (<i>team of bilingual family advocates</i>), and Community (<i>Wellness Center and Outreach program</i>). Other programs include peer advocacy, SLO Hotline, Bowl-a-thon. In this last year, there were 9,000 phone calls to the SLO Hotline. Their client satisfaction survey showed empathy training is an important element ensuring people are treated with respect & dignity and that their mental illness isn't their primary identifier.</p> <p>Commissioner Campbell asked about TMHA's funding sources. <i>(Ms. Bolster White explained they have a 17-person board of directors. About 75% of their budget comes from public services (County, State or Federal) and 25% from grants and fundraising.)</i></p> <p>Commissioner Sekayan asked about reporting. <i>(Ms. Bolster-White explained that they have a full-time evaluator who helps with reports. Metrics are a critical part. They have a robust data program and keep track of a lot of data, but it is very hard to get data.)</i></p> <p>Commissioner Sekayan asked about set standards for professionals. <i>(Ms. Bolster-White advised that there are very specific requirements for licensure. CenCal works mostly with the mild to moderate and TMHA works mostly with persistent and severe individuals. TMHA recently hired their first psychiatrist and are moving more into the medical realm.)</i></p> <p>Commissioner Sekayan asked about continuity of providers. <i>(Mr. Diringer noted the difficulty in recruiting and retaining psychiatrists and the use of locum tenens, which makes it difficult for patients to see the same provider. Commissioner Byram added that CHC uses tele-psychiatry, but it is very expensive.)</i></p> <p>Commissioner Byram asked if TMHA works with the VA system on services for those with extensive mental health issues. <i>(Ms. Bolster-White noted that they do not do extensive services with the VA, but they have referred people in to VA services.)</i></p>	<p><i>A copy of the Power Point presentation is filed with the official record of the meeting.</i></p>	

	<p>Commissioner Sage asked about age requirements for the Bishop Street project. <i>(Ms. Bolster-White advised that the agreement is that it will house adults 18+ who have an open case with County Mental Health.)</i></p> <p>Commissioner Sage asked how many are served through the Behavioral Health Treatment Court. <i>(Ms. Bolster-White did not bring those numbers, but would be able to email that information.)</i></p> <p>Commissioner Warren asked if the information from tonight’s presentation will be presented to the Board of Supervisors. <i>(Mr. Diringer advised that it will be presented to the Behavioral Health Board next week and then to the Board of Supervisors.)</i></p> <p>Commissioner Warren asked about the two new grants. <i>(CAP SLO has taken the lead on continuing what was the BHIP Steering Committee. The same 14 people are meeting every other month. SLO HIP is in its 2nd year of a 3-year grant and SLO Hub is a 4-year grant.)</i></p> <p>Commissioner Warren asked how the crisis stabilization unit is doing. <i>(Ms. Bolster-White noted it was a slow start, but the four beds have been full. People are referred primarily through calling the County if someone is in crisis, law enforcement, family members and self-referral.)</i></p>		
<p>7. Health Agency / Public Health Report</p>	<p>Penny Borenstein, MD, MPH, Health Officer/Public Health Director, provided an update:</p> <ul style="list-style-type: none"> • Introduced Rick Rosen, MD, new Deputy Health Officer for the County. • Reminded the public of the upcoming free flu clinic on Sunday, 10/21, 9:00-12:00 noon, at two locations: AG Five Cities Fire Authority Fire Station 1 and in Atascadero at Colony Park Community Center. The clinic also acts as an exercise in emergency preparedness. Senior higher dose will not be available. • Sierra Vista recently put on a CME program for community physicians on Valley Fever. Dr. Borenstein participated as an available consultant and there were 75 physicians in attendance. • Public Health received a small grant from the State Public Health Department / Office of Aids for the current fiscal year to enhance outreach, education, testing, & linkage to care. Public Health is working with ASN to use this money to buy 1,000 testing kits for both HIV and Hep C and working to get this into the Jail. • The Department of Healthcare Services is making Naloxone available free of charge to many organizations (law enforcement, Drug & Alcohol Services, clinics of all types). Several organizations have put in applications. • Public Health Tobacco Control Program is looking at ways to get ahead of the onslaught of youth use of e-cigarettes and the marketing that is happening. 23 jurisdictions have banned flavors. • The Board of Supervisors recommended that Jail medical and mental health care be outsourced. The County is currently in negotiations and a contract with a private entity is expected as early as February 2019. The Health Agency is working with the employees that will be affected. • On Friday, October 19th, Dr. Chasnoff will be speaking at an all-day program at Cuesta College that will focus on alcohol and cannabis use in pregnancy. • On November 7th, First 5 SLO and Public Health will be holding a pediatric town hall meeting focused on strengthening development screening and referral practices in pediatric offices. The event will be held at Dignity Health Copeland Center and is co-sponsored by CenCal Health and the American Academy of Pediatrics. CMEs and CEUs are available. 		

	<p>Commissioner Warren encouraged anyone who has the opportunity to attend the presentation by Dr. Chasnoff.</p> <p>Commissioner Sage asked if the new shingles vaccine is hard to get. <i>(Dr. Borenstein advised that pharmacies have wait lists of approx. 3 weeks. The shingles vaccine is a 2-dose series, separated by a minimum of two months, and isn't effective unless you get both doses.)</i></p>		
8. Appointment of new FY 2018 Vice-Chair & Secretary Officers	<p>Chair Sage recommended the appointments of two new officers, Jean Raymond (Vice-Chair) and Tamar Sekayan (Secretary), due to the recent resignation of Commissioner Kington-Barker. Motion was made to accept the recommendation, seconded, and all in favor (Byram/Warren/All).</p>	<i>Motion to approve appointments of new officers, Vice-Chair and Secretary.</i>	<i>JB/SW/All</i>
9. Health Commissioner Updates	<p>Commissioner Byram advised that CHC offers flu clinics every week - \$20.00 for regular vaccine / \$35.00 for high dose ages 65 years and over. CHC is also offering three no-cost flu clinics in October.</p> <p>Commissioner Raymond attended two Adult Services Policy Council meetings since the last Health Commission meeting. The first meeting included a presentation from Coast Caregiver Resource Center, with a focus on the Alzheimer's Association caregiver and support groups. The second meeting included a presentation from PathPoint, who provides support services to people with disabilities to strengthen workplace abilities. Commissioner Raymond also attended the Commission on Aging, where two of their board members gave a presentation on the senior care crisis, trends, and critical needs. She also attended the <i>Health and Housing: Building the Connection</i> event, with a great speaker and panel discussion on how comprehensive healthy housing strategies improve health outcomes.</p> <p>Commissioner Sekayan announced that October is Domestic Violence Awareness Month and referred anyone that may need help or services, to call RISE at (805) 886-RISE (7473).</p> <p>Commissioner Campbell attended the Human Trafficking Coalition who is focusing on community education and awareness so persons know what to look for and what to report. He also attended the Tobacco Control Coalition, with the most recent meeting focused on the challenges on reaching kids about the e-cigarette epidemic. He suggested inviting Tobacco Control for a presentation to include data from their surveys.</p> <p>Commissioner Warren attended her first First 5 SLO Commission meeting where there was an end of the fiscal year report on the programs that First 5 monitors. She also advised that the Homeless Services Oversight Council is currently looking at "HEAP" funds, one-time funding of 4.2 million dollars coming to the county to provide housing and services for the homeless, with a focus on capital projects to create beds and direct services. If anyone is interested, there will be two informational forums next Tuesday and Thursday, 9:00-11:00 AM, at the SLO City Library.</p> <p>Chair Sage reported that the Oral Health Coalition met and has been working on their strategic plan. Joel Diringler will be finalizing the plan. Commissioner Shipp will begin attending these meetings. Healthy Communities Workgroup had a successful <i>Health and Housing: Building the Connection</i> event with good attendance and a good panel. Discussion will continue at the HEAL SLO meeting in November. Commissioner Warren will be attending in Chair Sage' place. Chair Sage attended the Disaster Healthcare Advisory Committee meeting where there was a presentation about PG&E's community wildfire safety program where electricity will be turned off to customers in the interest of safety when extreme fire danger conditions occur. The committee also discussed</p>		

	the upcoming flu clinic as part of Public Health preparedness and the development of a new website that will be a resource for people during an emergency or disaster.		
10. Committee Reports	Nominating Committee: Commissioner Raymond reported that there are still two vacancies on the commission in the Consumer category. Information is available on the Health Commission website.		
11. Prospective Future Items	<u>November 19, 2018</u> (third Monday) – 6:00 PM <ul style="list-style-type: none"> • HomeShare SLO <u>December 10, 2018</u> – 6:00 PM <ul style="list-style-type: none"> • Retreat/Planning meeting at the Public Health Department, 2191 Johnson Avenue, SLO 		
12. Adjournment	Meeting adjourned at 7:55 PM.	<i>Adjournment</i>	<i>All</i>