

**COUNTY OF SAN LUIS OBISPO**

**HEALTH COMMISSION**

Minutes of Meeting

Monday, March 11, 2019 (County Board of Supervisors Chambers)

Members Present: Mary Jean Sage (Chair), Robert Campbell, Catherine Shipp, Candace Winstead, Jean Raymond, Tamar Sekayan and Jinah Byram

Members Absent: Elisa Moylan and Susan Warren

Staff Present: Theresa Miranda

Speakers: Ana Floriani O'Sullivan, PhD and Kerri Creason Mahoney, Alysia Hendry, and Meghan Boaz Alvarez

Agenda Item	Discussion	Action	Who/When
1. Call to Order	Meeting called to order at 6:00 p.m. by Chair Sage.	<i>Call to Order</i>	<i>Chair Sage</i>
2. Approval of Minutes:	January 14, 2019 minutes has a correction, once correction is made minutes are approved for posting	<i>January minutes correction/approved</i>	<i>MS/JR / All</i>
3. Public Comment:	Chair Sage opened the floor to public comment with no response.		
4. Presentation: Transitional Health and Mental Association	<p><b>Meghan Boaz Alvarez, M.S., LMFT, Clinical Director, T-HMA</b> introduced herself and presented a Power Point overview regarding Community Out Reach and Education Programs. One of the programs is question, persuade and refer, or QPR.</p> <p><b>Community Outreach and Education:</b></p> <ul style="list-style-type: none"> <li>▶ Question, Persuade, &amp; Refer               <ul style="list-style-type: none"> <li>▶ 60-90-minute class that is a basic suicide intervention/prevention training</li> <li>▶ Considered a “best practice” prevention training</li> <li>▶ County contract supports 4 classes per year</li> <li>▶ Additional private grant funds this year allowed for T4T and the certification of 30 additional trainers</li> <li>▶ Fall of 2017 trained all SLO High School teaching, counseling, and admin staff</li> <li>▶ 168 high school students trained</li> <li>▶ Hundreds of community member</li> </ul> </li> </ul> <p>Another training offered at T-HMA is Applied Suicide Intervention Skills Training which is a 2-day intensive suicide prevention program. The training is designed for anyone and is offered twice a year. The cost for this training is \$200.00 dollars. T-HMA High School Program is fairly new and partners with 16 middle and high schools in the San Luis Obispo and North Santa Barbara Counties. Students are trained in New Perspectives which is a mental health education curriculum. The San Luis Obispo Suicide Hotline is a 24 hour serve. It is a crisis support, suicide intervention, coping skill support and provides referral community resources. The following stats this year are below.</p> <p align="center"><b><u>211 Calls related to Suicide</u></b></p> <ul style="list-style-type: none"> <li>▶ San Luis Obispo County= 3962 total distinct</li> <li>▶ Suicide related SLO County=356</li> <li>▶ Total calls=7220</li> </ul>	<p><i>A copy of the Power Point presentation is filed with the official record of the meeting.</i></p>	

	<p>► Suicide related=433</p>		
<p><b>5. Presentation: Connect be Well</b></p>	<p><b>Ana Floriani O’Sullivan, PhD, and Kerri Creason Mahoney, Connect Be Well</b> introduced themselves and presented a Power Point overview regarding suicide and Connect be Well. Through the loss of Ana’s son, Tomas, Ana and Kerri began the organization called Connect Be Well. The organization is designed to address the community needs regarding anxiety and depression among students in middle and high schools. Extensive research shows a positive correlation between the skills taught throughout Social-Emotional Learning programs.</p> <ul style="list-style-type: none"> <li>• <b>What is SEL?</b></li> </ul> <p>The process of acquiring and applying the knowledge, attitudes, and skills necessary to understand and manage emotions, set, and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.</p> <ul style="list-style-type: none"> <li>• <b>Research Data on SEL</b></li> </ul> <p>\$1 investment: \$11 return benefit spend on rigorous SEL program. Economist Clive Belfield and Colleagues at Teachers College, Columbia University published a study that demonstrated a roughly \$11 benefit for every \$1 spent on a rigorous SEL program (The Economic Value of Social and Emotional Learning, Journal of Benefit-Cost Analysis, 2015). 11 Percentile gain in academic achievement for students who participated in a well-implemented SEL Program versus students who didn’t (CASEL,2016).</p> <p><b>5 Competencies for Social Emotional Learning</b></p> <ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Self-Management</li> <li>• Social Awareness</li> <li>• Relationship Skills</li> <li>• Responsible Decision Making</li> </ul> <p>Collaboration for Academic, Social, and Emotional Learning (CASEL) which is a trusted source for knowledge about high-quality, evidence based social and emotional learning. CAREL supports educators and policy leaders and enhances the experience and outcomes for all PreK-12 students.</p> <p>Connect Be Well started a Reach Club to introduce the students to Social-Emotional Learning in the high schools. Reach is a place for student to learn about themselves, to strengthen their well-being muscles and to reach out to their school community.</p>	<p><i>A copy of the Power Point presentation is filed with the official record of the meeting</i></p>	
<p><b>6. Presentation: Suicide Prevention Coordinator</b></p>	<p><b>Alysia Hendry, M.S., Suicide Prevention Coordinator, Behavioral Health Department</b> introduced herself and presented a Power Point overview of the following: The Suicide Prevention Coordinator is funded by the Mental Health Services Act (MHSA), or Prop 63: “Suicide prevention programs include, but are not limited to, <i>public and targeted information campaigns, suicide prevention hotlines, training, and education.</i>”</p> <p>Suicide Prevention Council has been meeting for a little over four years and meets on the 4<sup>th</sup> Wednesday of every month. Key partners include: T-HMA, NAMI, GALA, AFSP, Veterans Service Office, Hospice, Cal Poly and Cuesta College.</p>	<p><i>A copy of the Power Point presentation is filed with the official record of the meeting</i></p>	

	<p>Other task forces in the community have monthly standing meetings, and T-HMA reports to the following groups on data, trainings, and information.</p> <p><b>Community Partnerships</b></p> <ul style="list-style-type: none"> <li>• SLO Hotline &amp; Transitions-Mental Health Association</li> <li>• Veterans’ Health Task Force</li> <li>• #Out4MentalHealth Task Force</li> <li>• American Foundation for Suicide Prevention</li> <li>• Connect. Be. Well.</li> <li>• Each Mind Matters</li> </ul> <p>SLO Hotline has been established for over 40 years. Annual Suicide Prevention Forum will be on October 2, 2019. It is important to understanding how suicide affects SLO County and how this compares to suicide rates in other counties across the state, compare to the state in general. In 2017, the rate of suicide in SLO County was 19.3, and in CA the total was 10.4.</p> <p><b>Looking Forward</b></p> <ul style="list-style-type: none"> <li>• County-wide suicide prevention strategic plan</li> <li>• Annual review of school district prevention policy</li> <li>• Suicide prevention programs specific to high-risk individuals and their families</li> <li>• Access to mental health care and psychiatric facilities</li> <li>• Continued collaboration, community education &amp; awareness</li> </ul> <p>Research and advocacy</p>		
<p><b>7. Health Agency / Public Health Report</b></p>	<p>None currently</p>		
<p><b>8. Health Commissioner Updates</b></p>	<p><b>Commissioner Campbell</b> reported on the Dust Abatement Order for the Oceano Dunes. The stipulated agreement became in effect in April last year. State Parks where required to fence off and put straw bales in an area that had previously been vegetated. Preliminary data shows a reduction in the articulate matter downwind by 22 percent. State Parks released the first of a four-year plan. The plan turned out to be very vague and more of an outline. Air Pollution Control Officer received several plans and will make his recommendation. By the end of May, State Parks will need to accept the plan, or it goes back to the hearing board.</p> <p><b>Commissioner Winstead</b> attended the Opioid Safety Coalition. Presentation was presented by new non-profit organization called SLO County Recovery Support Network. They staff a 24-hour addiction hotline, one for women and one for men. They provide outreach, hospitals, peer to peer support, board pets and assist with recovery.</p> <p>A presentation was also presented on the Jail. The Syringe Exchange Program has been partnering with the jail to do Naloxone and over dose prevention training so that the inmates are trained will receive Naloxone upon release. The Syringe Exchange Program receive doses of Naloxone from DHCS. The Syringe Exchange volunteers replaced 270 kits on property so that they are available on release. The author who wrote the book called “Hey, Kiddo, how I lost my Mother, found my Father, and dealt with Family Addiction” will be at the San Luis Obispo Library on April 10, 2019. There will be a book discuss to follow.</p> <p><b>Commissioner Shipp</b> reported she is working with the grant review and has an Oral Health Coalition meeting on April 2, 2019.</p>		

	<p><b>Commissioner Sage</b> reported on the meeting Heal SLO which focused on the second of the four areas. A panel discussion about wellness in the workplace in our County was discussed at the meeting. Reported on the attendance of the California Alliance for Preventive Funding which was a convening of what it is all about, what the process is, and what we can do. Santa Barbara and Monterey County participated. The Health Commission has volunteered to take on some of the educational issues. The first thing should have them come to speak with us, so we have a better understanding what the benefits are to the Community. There are five bills that have been brought forth in our State Legislative that have to do with all sugary drinks. The bills have just been presented and have not gone through committee. We should keep track of the bills. Maybe a possible speaker that could come and discuss how the bills differ.</p>		
<b>9. Committee Reports</b>	<p><b>Nominating Committee:</b> The Nominating Committee will be interviewing a candidate for the position of consumer this Friday.</p> <p><b>Nominating (Action):</b> Commissioner Raymond reported that the nominating committee met to interview candidate Amy Kleinman. Commissioner Raymond is recommending the appointment of Amy Kleinman to the County Health Commission pending final approval from the County Board of Supervisors. Motion made by Commissioner Winstead to accept the recommendation, seconded by Commission Byram, with all in favor.</p> <p>Amy Kleinman was present at tonight's meeting and introduced to the Health Commission.</p>	<p><i>Motion made to accept the recommendation for appointment of Amy Kleinman to the commission.</i></p>	
<b>10. Prospective Future Items</b>	<p>Suicide Prevention Council should have a representative from the Health Commission. Theresa to find out the details of the location and time so a representative of the Health Commission can attend the meetings.</p>		
<b>11. Meeting</b>	<p>Next Meeting is April 8, 2019</p>		
<b>12. Adjournment</b>	<p>Meeting was adjourned at 8:09 p.m.</p>	<p><i>Adjournment</i></p>	<p><i>All</i></p>