



SONOMA COUNTY MENTAL HEALTH BOARD Minutes of

February 20, 2024

Wellness & Advocacy Center

Santa Rosa, CA



Minutes are posted in draft form and after approval at [www.sonoma-county.org/mhboard](http://www.sonoma-county.org/mhboard)

Email: [dhs-mhb@sonoma-county.org](mailto:dhs-mhb@sonoma-county.org)

**Please Note: A list of commonly used abbreviations and acronyms is attached**

This meeting's Zoom webinar audio recording will also be posted on the Mental Health Board web page as an attachment to these minutes.

**CALL TO ORDER**

Start time – 5:06 p.m.

**ROLL CALL**

**Present:**

Brad Katuna; District 2 (Zoom; out of town)  
Vanessa Nava; District 3 (Zoom)  
Gregory Fearon, District 4  
Nicole LeStrange, District 5

Michael Johnson; District 3 (Zoom)  
Bob Cobb; District 4  
Connie Petereit, District 4  
Michael Reynolds, District 5

**Absent:**

Graham Thomas; District 2 (not notified)  
Peterson Pierre, District 1 (family emergency)  
Mary Ann Swanson; District 2 (not notified)  
Irene Aguilar, District 5 (notified 2.5 hours prior, no reason provided)

**Board of Supervisors Liaison to the MHB:** David Rabbitt (absent)

**PEERS Coalition Representative; SRJC:** Valeria Corona (present)

**County of Sonoma DHS, Behavioral Health Division:** Jan Cobaleda-Kegler

**COMMUNITY MEMBERS:**

**In person:** Meghan Murphy, Erika Khloe, Kathy Smith, Jennifer Vargas, Robert Worthen, Rebecca Hermosillo, Eileen Bill, Jeane Erlenborn, Abrea Tillman, Rob Walker

**Via Zoom:** Elizabeth Vermilyea, Eve Harstad, Alayza Cervantes, Betsy Ross, Christy Davila, Jody (no last name reflected), Ludmilla (only one name reflected), CB Wohl, Carla Denner

**ANNOUNCEMENTS /PUBLIC INTRODUCTIONS & COMMENTS**

- 1) You may submit agenda items for consideration prior to the Executive Committee meeting, normally held on the first Wednesday of each month, 10:30 AM to Noon. Email or call MHB clerk (707) 565-3476, [DHS-MHB@sonoma-county.org](mailto:DHS-MHB@sonoma-county.org) to verify the next meeting date.
- 2) **APPROVAL OF MINUTES** – January, 2024; approved (changes to be reflected)

3) **CONSUMER AFFAIRS REPORT** – Eve Harstad; Wellness & Advocacy Center

- The PEER Education Training Program from West County Community Services (WCCS) just finished up Cohort #23 last week. There were 6 graduates. One of the graduates will start their internship at WCCS. Another of the graduates has been employed by TeleCare. Two of the graduates are already employed by WCCS. Feedback was received that it was difficult for participants to attend during the evening, therefore Cohort #24 will be scheduled during the daytime starting on March 19.
- The Wellness and Advocacy Center is fully staffed.
- Bay area artist Jeff Rubin will be leading weekly art classes at the center until April. Their work will be showcased at the Arlene Francis Center – date currently unknown.

4) **MHB CHAIR’S REPORT:** Welcome newest board member Gregory Fearon!

**Board Member Openings by District:**

- (2) Vacancies in District 1 (Gorin)
- (1) Vacancy in in District 2 (Rabbitt)
- (1) Vacancy in District 3 (Corsey) – there is an interview set up this week
- (1) Vacancy in District 4 (Gore)
- (0) Vacancies in District 5 (Hopkins)

If you are interested in serving on the Board, please complete an application at: <https://sonoma-county.granicus.com/boards/w/808bd6e42edf8e0f/boards/36909>

Please direct all questions to the Chair.

- Michael introduced Abrea Tilman, who has recently applied to represent District 3 on the board. While she did speak briefly, it did not audibly record or audio transcript unfortunately. In lieu of this, I’m taking the following off of her application about her background and interest in the board: “I am deeply interested in this position as it offers me a platform to serve the county of Sonoma, which has played a pivotal role in my personal and academic journey. I am grateful for the services I've received from the county and am passionate about sharing those resources with the community.”
- Spanish Translation – We have been discussing this for at least a couple of months, and on the agenda this evening is to share what we’ve found thus far so that we can make a selection. Jan Cobaleda-Kegler had provided (3) options that have contracts with the county.  
Another option discussed was Zoom’s closed caption. Michael tried this at another meeting and it was only picking up one out of every eight or so words  
Gregory Fearon stated the BOS uses a functional interpretation, not closed-captioned and he knows that several commissions use the same one. He can dig deeper into this and let us know.  
We will discuss further at our next Executive Committee Meeting and get Peterson Pierre’s input as he is our Chair.
- Polling of the board for our mental health retreat currently in planning stages for March 16<sup>th</sup> from 9:00am-3:00pm (after previously polling for best date). Confirmed at this polling are: Brad Katuna, Bob Cobb, Gregory Fearon, Nicole LeStrange, Michael Reynolds, Michael Johnson, Irene Aguilar (per previous conversation with Michael Reynolds), Peterson Pierre, and Graham Thomas (via email to Susan Sarfaty). Based on these numbers, we will move forward with that date. The retreat will be held at the Hanna Center. The agenda will be posted on our website one week prior and is also at the end of these minutes.

**MENTAL HEALTH BOARD APPRECIATION:** Presented to West County Community Services

**SRJC PEER REPORT:** - Valeria Corona

A “Self-Care Day” was on the quad this week for 3 hours. It was a really great day! They included tables for resources (NAMI, Campus therapists, and a PEER Table). The PEERS table gave out hand cream, had a coloring table, PAWS Support dogs, and they served soup & tea. The event was well attended.

**BEHAVIORAL HEALTH DIRECTOR’S REPORT/BH FISCAL UPDATE/MENTAL HEALTH SYSTEM:** *Dr. Jan Cobaleda-Kegler*

Updates on staffing. While we had made a lot of progress this past year, getting down to 19%, the board has since approved 19 ½ positions for the Mobile Support Team expansion. This now has reflected a 25% vacancy rate. Our hope to go live March 1 is no longer feasible, so we’re looking to April 1. We will continue our collaboration with Buckelew and SAFE programs as well as expand our teams. We have engaged a temporary staffing agency and are re-fitting a conference room so we can set up a live 24/7 call center. The phone number will go out once we’re ready to go.

We are also preparing for next week’s four the annual External Policy Review Audit. They look at us for things such as, are we providing services in a timely manner, are we helping access to be more accessible, what is our quality of care, etc.

We are working on readiness to implement Drug Medical Organized Delivery System. Aim is July 1. We would be providing a much more expanded version of services for those suffering from a SUDS disorder.

Shared a complete slide summarizing CBH reforms between 2022 -2024. Please see slide at end of these meetings.

We applied to the state and received an eleven-million-dollar grant to develop Bridge Housing. This housing is for those BH clients with severe mental illness and/or co-occurring SUD issues as well as temporary shelter for homeless adults with mental illness who are willing to receive treatment (as well as their minor children). The time allotment is 6-12 months. Enhanced supports help homeless BH clients to quickly exit to permanent housing.

At this time, I have requested a full slide presentation. If received I will include it at the end of these minutes. I have included one particular slide that Dr. Cobaleda-Kegler stated was very important for us to view and be aware of.

**SPECIAL PRESENTATION** – Presentation followed by Panel by Melissa Ladrech, MHSA. Please see slide show at the end of these minutes.

**Panelist:** Erika Khloe – Regional Director Sonoma/Napa for Buckelew Programs. There are key issues with the way that Prop 1 was written. At the last minute they threw in some concerning language around Human Rights. California Disability is against Prop 1, as is the Women’s Voters League. She encourages you to look at their websites to see where they are coming from.

We’ve been increasing access for five years – its much more than just BH issues. We’re talking about people with dementia, health issues, mobility issues and a large percentage of seniors over 55. If we put them into housing with addressing the issues that they suffer with, we are not helping them. A lot of money will be taken away from prevention, shifting services to institutionalized care but with no checks and balances (the way it is written).

Panelist: Christy Davila, LFMT – Director of Counseling and Behavioral Health for West County Community Services

We have eight programs currently serving the community through. The impact would be incredibly high. These services would not be funded. This is what MHSA is been about. Last year we served 1385 unique Individuals. We had over 65,000 sessions throughout all of our programs and they would no longer be available.

**PUBLIC COMMENTS:**

Michael Johnson shared his views on both of the above panelits statements. He feels it’s like an “out of sight, out of mind” approach.

George Fearon shared years ago the perception that we could build housing and that would take care of everything. Housing such as Burbank Housing does not provide the support that is needed. None of the problems that will arise if Prop 1 goes through will be undoable at a local level. The fight would have to be against the state bureaucrats and is very concerning.

Kathy Smith asked Christy to specify the programs that would be impacted. Christy provided the following (all currently funded by MHSA dollars, (the coumminty support services) :

- 4 PEER Centers (Empowerment Center in Monte Rio, Interlink, Wellness and Petaluma People Services)
- PEER Outreach Support on MST team
- PEER Education Training Program
- Senior PEER Counseling Program (up to 12 inhome counseling sessions by trained volunteers)
- Therapy Program (a part of the older adult collaberative) which offers up to 10 inhome therapy sessions for seniors across Sonoma County

Mercedes was invited by Gregory to come to this meeting. She lives at Sage Commons and shared how it is an unbearable place to live. She went on to describe the scenarios she’s faced with and the constant change in managers.

Brad Katuna spoke aobut being a new board member (4 months). He sees us as an advisory board, but wonders what do we do can advoate for the programs that we feel are so imporant. What is the most important thing we can do to make ourselves heard. This is his area of concern. Michael Reynolds stated that we serve an important role in educating people about the challenges we face from the State so that we can all advoate for what is so important in our lives.

**Meeting Adjourned:** 7:20 p.m.

**Agenda for SoCo MHB Retreat 2024 - March 16th**

- I. Welcome and Intention
- II. Introductions
- III. Orientation and Mentoring Process

**BREAK**

- IV. Read Bylaws
- V. Review Duties
- VI. Signups for Duties/Roles/Tasks
- VII. Hanna Center Tour (Site Visit) at Noon

**LUNCH (12:30 to 1pm)**

- VIII. Intradistrict Breakouts
  - A. Communication with Sup
  - B. Focus, intention, interest for district
  - C. Email Chain w/ Field Rep and Sup
  - D. Quarterly Meeting w/ Sup

**BREAK**

- IX. Team Building Activity

# CALIFORNIA BEHAVIORAL HEALTH REFORMS IMPACTING COUNTY BEHAVIORAL HEALTH (2022-2024)

<ul style="list-style-type: none"> <li>· <b>New Medi-Cal Benefits</b></li> <li>· 24/7 Mobile Crisis Services</li> <li>· 90-Day Jail In-Reach</li> <li>· Peer Support Specialists (option)</li> <li>· Contingency Management (option)</li> <li>· Mental Health IMD (option)</li> <li>· Community Health Workers (option)</li> <li>· First Episode Psychosis (BHSA)</li> <li>· ACT/FACT (BHSA)</li> <li>· Evidence Based Practices (BHSA)</li> <li>· Supported Employment (BHSA)</li> <li>· Housing (BHSA)</li> <li>· Enhanced Care Management*</li> <li>· Community Supports (option)*</li> <li>· <b>Program/Quality Reforms</b></li> <li>· BH Payment Reform</li> <li>· BH Eligibility Criteria</li> <li>· Mental Health &amp; SUD Plan Integration</li> <li>· Documentation Reform</li> <li>· BH Quality Incentive Program</li> <li>· Comprehensive Quality Strategy</li> </ul>	<ul style="list-style-type: none"> <li>· CPT Coding</li> <li>· Fiscal Reporting (BHSA)</li> <li>· Outcomes Accountability (BHSA)</li> <li>· FSP Levels of Care (BHSA)</li> <li>· SB 525 Min Wage</li> <li>· Centers of Excellence</li> <li>· Network Adequacy</li> <li>· Cultural Competence Plan Reform</li> <li>· <b>Children &amp; Youth Behavioral Health Initiative</b></li> <li>· School-Linked Fee Schedule</li> <li>· FFPSA</li> <li>· AB 2083</li> <li>· OYCR</li> <li>· Incentive Pool</li> <li>· <b>Infrastructure (Treatment &amp; Housing)</b></li> <li>· Behavioral Health Continuum Infrastructure Program (\$2.2 billion)</li> <li>· \$6.2 billion bond (BHSA)</li> <li>· No Place Like Home</li> <li>· Community Care Expansion (CCE)</li> <li>· Workforce Funding</li> <li>· Data Exchange</li> </ul>	<ul style="list-style-type: none"> <li>· <b>LPS &amp; Crisis Continuum</b></li> <li>· SB 43 Grave Disability Criteria</li> <li>· Involuntary SUD</li> <li>· New medical and personal safety</li> <li>· AB 2275</li> <li>· AB 2242</li> <li>· 988</li> <li>· Cohort 1 in 2023</li> <li>· Cohort 2 in 2024</li> <li>· <b>Housing/Homelessness</b></li> <li>· BHSA Housing Category</li> <li>· Behavioral Health Bridge Housing</li> <li>· <b>Department of State Hospitals</b></li> <li>· Community Based Restoration</li> <li>· Diversion</li> <li>· Growth Cap/Penalties</li> <li>· <b>New Initiatives</b></li> <li>· CARE Court</li> <li>· <b>Parity</b></li> <li>· Commercial Plan Contracting Requirement (BHSA)</li> </ul>
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Respectfully submitted by:

Susan Sarfaty  
Mental Health Board Secretary

**ABBREVIATIONS & ACRONYMS**

5150	Declared to be a danger to self and/or others
AB3632	Assembly Bill - State-mandated MH services for seriously emotionally disturbed youth - discontinued by State
ACA	Affordable Care Act
ACL	All County Letter
ACT	Assertive Community Treatment (program run by Telecare)
ANSA	Adult Needs and Strengths Assessment – a “tool” for determining which services are needed by each particular adult client
ART	Aggression Replacement Therapy
BHD	Behavioral Health Division (Sonoma County)
CADPAAC	County Alcohol and Drug Program Administrators’ Association of California
CAHPS	Consumer Assessment of Healthcare Providers and Systems
CalEQRO	California External Quality Review Organization
CALMHB/C	California Association of Local Mental Health Boards & Commissions - comprised of representatives from many MHBs in the State
CANS	Child, Adolescent Needs and Strengths (Assessment) – helps determine which services are needed by each child client
CAPE	Crisis Assessment, Prevention, and Education Team; goes into the schools when called to intervene in student mental health matters

CAPSC	Community Action Partnership-Sonoma County
CARE	California Access to Recovery Effort
CBT	Cognitive Behavioral Therapy
CCAN	Corinne Camp Advocacy Network - Peers involved in mental health advocacy
CDC	Sonoma County Community Development Commission
CDSS	California Department of Social Services
CFM	Consumer and Family Member
CFR	Code of Federal Regulations
CFT	Child Family Team
CHD	California Human Development
CHFFA	California Health Facilities Financing Authority
CIP	Community Intervention Program
CIT	Crisis Intervention Training (4-day training for law enforcement, to help them identify and respond to mental health crisis situations)
CMHC	Community Mental Health Centers, Located in Petaluma, Guerneville, Sonoma, and Cloverdale (part of SCBH))
CMHDA	California Mental Health Directors Association
CMHL	SCBH's Community Mental Health Lecture series - open to the public - usually takes place monthly
CMS	Centers for Medicare and Medicaid Services
CMSP	County Medical Services Program - for uninsured, low-income residents of the 35 counties participating in the State program
CONREP	Conditional Release Program (State-funded, SCBH-run, but will be turned over to the State 6/30/14)
CPS	Child Protective Service
CPS (alt)	Consumer Perception Survey (alt)
CRU	Crisis Residential Unit (aka Progress Sonoma-temporary home for clients in crisis, run by Progress Foundation)
CSU	Crisis Stabilization Unit (Sonoma County Behavioral Health's psychiatric emergency services at 2225 Challenge Way, Santa Rosa, CA 95407)
CSAC	California State Association of Counties
CSN	Community Support Network (contract Provider)
CSS	Community Services and Support (part of Mental Health Services Act-MHSA)
CWS	Child Welfare Services
CY	Calendar Year
DAAC	Drug Abuse Alternatives Center
DBT	Dialectical Behavioral Therapy
DHCS	(State) Department of Health Care Services (replaced DMH July 1, 2011)
DHS	Department of Health Services (Sonoma County)
DPI	Department of Program Integrity
DSRIP	Delivery System Reform Incentive Payment
EBP	Evidence-basis Program or Practice
EHR	Electronic Health Record
EMR	Electronic Medical Record
EPSDT	Early and Periodic Screening, Diagnosis and Treatment (Children's Full Scope Medi-Cal to age 21)

EQRO	External Quality Review Organization (annual review of our programs by the State)
FACT	Forensic Assertive Community Treatment
FASST	Family Advocacy Stabilization, Support, and Treatment (kids 8-12)
FQHC	Federally Qualified Health Center
FY	Fiscal Year
HCB	High-Cost Beneficiary
HIE	Health Information Exchange
HIPPA	Health Insurance Portability and Accountability Act
HIS	Health Information System
HITECH	Health Information Technology for Economic and Clinical Health Act
HSD	Human Services Department
HPSA	Health Professional Shortage Area
HRSA	Health Resources and Services Administration
IHT	Integrated Health Team (medical and MH services for adults)
IPU	Inpatient Psychiatric Unit
IRT	Integrated Recovery Team (for those with mental illness + substance use issues)
IMDs	Institutes for Mental Disease (residential facilities for those unable to live on their own)
INN	Innovation (part of MHSA)
IT	Information Technology
JCAHO	Joint Commission on Accreditation of Healthcare Organizations - accredits hospitals & other organizations
LEA	Local Education Agency
LG	Los Guilicos-Juvenile Hall
LGBQQTI	Lesbian/Gay/Bisexual/Queer/Questioning/Transgender/Intersexed (also LGBTQ)
LOS	Length of Stay
LPS	Lanterman Petris Short (Conservatorship)
LSU	Litigation Support Unit
M2M	Mild-to-Moderate
MADF	Main Adult Detention Facility (Jail)
MDT	Multi-Disciplinary Team
MHB	Mental Health Board
MHBG	Mental Health Block Grant
MHFA	Mental Health First Aid
MHP	Mental Health Plan
MHSA	Mental Health Services Act
MHSD	Mental Health Services Division (of DHCS)
MHSIP	Mental Health Statistics Improvement Project
MHST	Mental Health Screening Tool
MHWA	Mental Health Wellness Act (SB 82)
MOU	Memorandum of Understanding
MRT	Moral Reconciliation Therapy
MST	Mobile Support Team - gets called by law enforcement to scenes of mental health crises
NAMI	National Alliance on Mental Illness
NBSPP	North Bay Suicide Prevention Project
NOA	Notice of Action

NP	Nurse Practitioner
OSHPD	Office of Statewide Health Planning and Development - the building department for hospitals and skilled nursing facilities in state
PA	Physician Assistant
PAM	Program Assessment Matrix Work Group
PATH	Projects for Assistance in Transition from Homelessness
PC 1370	Penal Code 1370 (Incompetent to Stand Trial, by virtue of mental illness)
PCP	Primary Care Provider (medical doctor)
PES	Psychiatric Emergency Services – (open 24/7 for psychiatric crises – 2225 Challenger Way, Santa Rosa, CA 95407)
PEI	Prevention and Early Intervention (part of Mental Health Services Act-MHSA)
PHF	Psychiatric Health Facility
PHI	Protected Health Information
PHP	Parker Hill Place - Telecare’s transitional residential program in Santa Rosa
PHP	Partnership Health Plan
PIHP	Prepaid Inpatient Health Plan
PIP	Performance Improvement Project
PM	Performance Measure
PPP	Triple P - Positive Parenting Program
PPSC	Petaluma People Services Center
QA	Quality Assurance
QI	Quality Improvement
QIC	Quality Improvement Committee
QIP	Quality Improvement Policy (meeting)
QIS	Quality Improvement Steering (meeting)
RCC	Redwood Children’s Center
RFP	Request for Proposals (released when new programs are planned and contractors are solicited)
RN	Registered Nurse
RRC	Russian River Counselors
ROI	Release of Information
SAR	Service Authorization Request
SB	Senate Bill
SBIRT	Screening, Brief Intervention, and Referral to Treatment
SCBH	Sonoma County Behavioral Health
SCOE	Sonoma County Office of Education
SDMC	Short-Doyle Medi-Cal
SED	Seriously Emotionally Disturbed
SELPA	Special Education Local Planning Area
SMHS	Specialty Mental Health Services
SMI	Seriously Mentally Ill
SNF (Sniff)	Skilled Nursing Facility
SOP	Safety Organized Practice
SPMI	Serious Persistent Mental Illness (or Seriously Persistently Mentally Ill)
SUDs	Substance Use Disorders Services (formerly AODS)
SWITS	Sonoma Web Infrastructure for Treatment Services



TAY	Transition Age Youth (18-25)
TBS	Therapeutic Behavioral Services
TFC	Therapeutic Foster Care
TSA	Timeliness Self-Assessment
VOMCH	Valley of the Moon Children's Home
WET	Workforce Education and Training (part of MHSA)
WCCS	West County Community Services
WCHC	West County Health Centers
WPC	Whole Person Care
WRAP	Wellness Recovery Action Plan
WRAP (alt)	Working to Recognize Alternative Possibilities (alt)
Wraparound	Community-based intervention services that emphasize the strengths of the child and family
YS/Y&F	Youth Services/Youth & Family (Sonoma County Behavioral Health)
YSS	Youth Satisfaction Survey
YSS-F	Youth Satisfaction Survey-Family Version