

# **SUTTER-YUBA MENTAL HEALTH BOARD**

Valley Oak Conference Room  
1965 Live Oak Boulevard  
Yuba City, CA 95991  
(530) 822-7200

## ***MINUTES***

Thursday, May 18, 2006  
5:30 p.m.

### **1. Call to Order**

Chairperson Hubbard called the meeting to order at 5:40 p.m., and she welcomed everyone to the meeting including guest speakers, Sandra Turnbull, Youth Services Program Manager and Jackie Stanfill, CSOC Program Manager.

### **2. Roll Call**

In the absence of the Board Secretary, Vice Chair Sohrakoff called the roll and the following members were present:

Chairperson Margery Hubbard, Vice Chair Nick Sohrakoff, Board Members David Markland, Kim Olivas, Joginder Pardesi Cheema, and Keith Pinckney. Board Member Charles Clement arrived subsequent to the roll call.

The following Board Members were excused:

Sutter County Supervisor Jim Whiteaker, Yuba County Supervisor John Nicoletti, Patricia Stutte and Alma Amaya

The following Board Members was absent:

Janice DiCola

Also present was the Director of Mental Health Joan Hoss and the Executive Secretary Jean Stump.

### **3. Action Items:**

- a. Approval of April 20, 2006 Meeting Minutes: *Board Member Keith Pinckney moved to approve the minutes of April 20, 2006 as submitted. The motion was seconded by Board Member Clement and carried by a unanimous voice vote of the members present.*
- b. Appoint Nominating Committee for the Election of Officers for FY 06-07. Following discussion on the subject, the Chair appointed Board Member David Markland, Charles Clement and Supervisor Whiteaker to the Nominating Committee. Election of officers will be held at the June meeting of the Board. The Executive Secretary will communicate this information to Supervisor Whiteaker.

- c. Consider Client Satisfaction Telephone Survey to be performed by the Mental Health Board. Following considerable discussion on this subject, Ms. Hoss said she believed this project would be better served working through the Quality Improvement Committee. Subsequently, it was suggested and agreed that members of the Board interested in participating a client satisfaction survey to contact the Executive Secretary Jean Stump who will communicate this information to the Quality Improvement Committee.

In response to a question posed, Ms. Hoss referred the Board to the attachments provided in their packets that described the functions, roles and responsibilities of the Mental Health Board.

### **5. Program Update – Youth Services and Children System of Care (CSOC) – Sandra Turnbull and Jackie Stanfill**

The Youth Services Program Manager Sandra Turnbull addressed the Board by noting that as the new Program Manager to the department early last year, she had come in at the beginning of the MHSA (Mental Health Services Act) planning activities. Following a great deal of feedback by the public during the planning process last year, areas of unmet needs in children's services had been identified, namely a full-service wraparound program for 0 to 5 emotionally disabled youth and an urgent services team to address the needs of children who were at great risk of harming self or others. Because of the pressing need for an urgent services team, Ms. Turnbull said Youth Services was able to hire a therapist, in advance of funding and presently, staff was developing the program model.

Continuing, Ms. Turnbull said in keeping with values and systems transformation, the agency as a whole has been exploring more types of evidenced-based programs such as "Seeking Safety", a program to serve clients with a dual diagnosis, (a mental illness and substance abuse) along with trauma related issues. Currently she said, groups are being held at Sutter County CPS using the Seeking Safety curriculum with positive successes. Another program be trained to and used is "Nurtured Heart" which is a general approach to working with adults and children. So far, program staff at Sutter and Yuba County CPS, Social Services and Probation as well as FICS staff have been trained in Nurtured Heart with promising outcomes.

In conjunction with Children's System of Care (CSOC), another example of an evidence-based program just being implemented is Aggression Replacement Therapy (ART) which is aimed at children aged 10-12. This curriculum has three components: skills building, anger replacement and moral reasoning and will be provided on an outpatient basis.

Some recent barriers faced by Youth Services this past year, Ms. Turnbull said, have been the number of staff on extended absences due to illness, however, this is expected to improve in the near future as staff return to work.

In terms of using an old clinical model, staff is going to a 50 minute hour in an effort to free up clinical schedules so staff is able to go out into the community to visit children at their schools and homes.

Organizationally, one of the big changes that happened this year, she said has been the contract with FICS to provide school-based services. In doing away with the former day treatment model, this change has allowed clinical staff to serve a greater number of children with favorable results.

The CSOC Program Manager Jackie Stanfill then addressed Board by first explaining the difference between Youth Services and CSOC. First of all, she said, CSOC is designed to work with children who are at the greatest risk for out of home placement either because of involvement with CPS, probation or identified through the schools.

The style of CSOC service delivery is different from the traditional outpatient service delivery in that services are provided in the homes and schools and usually involve the entire family. Another distinction between Youth Services and CSOC is that a family care plan is developed and formulated to provide intervention and intensive services to help youth function more effectively in the community.

Similar to what Youth Services has been doing, CSOC has also brought in some new programs such as “Seeking Safety”, which is now operating two groups for adolescent girls who are at risk of behavior that puts them at risk in the community. One of the groups is for girls who are involved with Probation and the other is not.

In other business, Ms. Stanfill noted that two new Parent Partners had just been hired. The role of the Parent Partner is to be supportive of parents who are involved in CSOC and to be a voice for the family.

Another activity underway at CSOC was the start up a “Youth Advisory Council” which was meant to provide feedback to staff on what is working and what is not from the youth perspective.

In conjunction with Youth Services, Aggression Replacement Therapy (ART) has been started with a group consisting of adolescent boys.

Ms. Stanfill said that following approval of the MHSA Plan, CSOC will be involved in a full-service, wraparound program for Transition Aged Youth (TAY) (adolescents 16-25), which is a service designed for clients who have severe emotional disturbances or severe mental illness that result in significant social, emotion, educational and/or occupational impairments and who are at risk of homelessness to help them transition into adult programs.

Another program in Sutter County that CSOC is involved in; Ms. Stanfill said is called, “Wraparound Services” which was introduced by Social Services and recently implemented by Sutter County. Wraparound is a family and child services delivery system that provides intensive, community-based and client focused services to children and adolescents and their families who are at risk of being placed out of the home care setting. Services are designed to increase the child/adolescent’s functionality as well as increase the family’s normalization.

In response to a question posed by Board Member. Markland, Ms. Stanfill said case loads are kept small purposely so staff is able to meet with families more often than the traditional case worker. Presently, the current average case load is about 15 families per case manager.

In response to another question posed regarding available services for a child living out of the area, but adopted in Sutter County, Board Member. Olivas was advised to call Youth Services and request a triage appointment regarding the child's issues.

## **6. Mental Health Director's Report**

Piggy-backing on the reports given by Ms. Turnbull and Ms. Stanfill, the Mental Health Director Joan Hoss said design of the Youth Services and CSOC programs were driven by the fact they were located in different facilities. Eventually, these programs will merge into one and will be housed at one location.

Along with some of new changes as well as the development of new evidenced-based programs and the anticipated approval of SYMHS' MHSA Plan Ms. Hoss said she has undertaken a careful analysis of program staffing. Subsequently she provided a brief overview of the proposed changes, some of which included:

- Reduce staffing in the 0-5 program by one and increase staffing in the adult/older adult full service wraparound programs. It is suggested the 0-5 team will have a Therapist, an Intervention Counselor, a Parent Partner and a Prevention Specialist. The adult/older adult team will increase by adding one Intervention Counselor.
- Additionally, Ms. Hoss said she was proposing to remove some youth mentor time out of Youth Urgent Services and put that time into the Transition Aged Youth (TAY) project.
- She also proposed to reduce the amount of psychiatric time in the new projects by .5 noting that she was recruiting for a physician who would work ½ time inpatient and ½ time outpatient.
- Ms. Hoss said she was proposing to remove an Intervention Counselor from the Older Adult Outreach Team and place it with the Hmong Outreach Team. The Older Adult Outreach Team would now consist of a full-time Therapist, half-time Nurse and a Peer Counselor.

In response to a question posed, Ms. Hoss said these proposals were only a design concept of existing positions that are currently unfilled.

Board Member Pinckney commented that he supported the Mental Health Director's analysis and staffing proposals which was met with a consensus of approval.

In other business, Ms. Hoss said another physician had tendered his resignation effective June 30, 2006 which now created two vacancies as Dr. Riley left in January. Until permanent replacements are found the services of locum tenans will be used.

In response to a question posed, Ms. Hoss said that following approval of the MHSA Plan, staff would be recruiting for about 20 new positions. Subsequently, she provided background information on Prop 63, (the initiative that was passed in November 2004) that created the

Mental Health Services Act (MHSA)). The MHSA initiative imposed a 1% tax on high income individuals to fund improved and expanded mental health services. Funding, however, cannot be used to supplant current services she said.

## **7. Public Comment**

There was no public comment offered.

## **8. Old Business**

There was no old business brought before the Board.

## **9. New Business**

The Chair announced that in recognition of Mental Health Awareness Month, the Annual Fashion show would be held on Friday, May 26, 2006 at 11:00 a.m. on the front lawn outside Psychiatric Emergency Services.

The Chair announced that the California Association of Local Mental Health Boards and Commissions (CALMHB/C) had extended an invitation to the Board to send one representative to the June 17 & 18 Annual Meeting in San Jose. Board Member Markland expressed possible interest.

In other business, Ms. Hoss remind the Board that part of their duties and responsibilities as members of the Mental Health Board were to make recommendations on the selection of the Mental Health Director.

In response to a question posed by Board Member Olivas, Ms. Hoss, referencing the Bylaws, said no member of the Mental Health Board can be employed by SYMHS. Additionally, she said, members of the Board may express opinions as a member of the Board but not on behalf of the Board.

## **10. Adjournment**

There being no further business, the Chair adjourn the meeting at 7:15 p.m.

Respectfully submitted,

Jean Stump  
Executive Secretary