

# **SUTTER-YUBA MENTAL HEALTH BOARD**

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

## ***MINUTES***

Thursday, May 13, 2010

5:30 p.m.

### 1. Call to Order

The meeting was called to order by Chairperson Marc Myers at 5:40p.m. He welcomed everyone to the meeting including the guest speaker John Floe and subsequently called for roll call.

### 2. Roll Call

Board Secretary Margery Hubbard called the roll and the following members were present: Chairperson Marc Myers, Vice Chairperson David Markland, Board Secretary Margery Hubbard, Joginder S. Pardesi Cheema, Ardythe Price and Alma Amaya

The following Board Members were excused: Sutter County Supervisor Member James Gallagher and Patrica Stutte

The following Board Members were absent: Yuba County Supervisor Hal Stocker, Nick Sohrakoff

Also present was the Mental Health Director Brad Luz, Deputy Mental Health Director of Administrative Services Stephen Marshall and Jean Stump, Executive Sectary

### 3. Action Items:

- a. Approve April 8, 2010 Board Meeting Minutes: *Vice Chair Markland moved to approve the Minutes of April 8, 2010 as presented. The motion was duly seconded by Board Secretary Margery Hubbard and carried by a unanimous voice vote of the members present.*
- b. Approve the Results of the FY 2009-10 Program Goals: *Board Member Amaya moved to approve the Results of the FY 2009-10 Program Goals as reviewed at the April 8, 2010 Board Meeting. The motion was duly seconded by Board Member Joginder Pardesi Cheema and carried by a unanimous voice vote of the members present.*
- c. Consider Setting a Public Hearing on June 10, 2010 at the June Board Meeting to Receive Comments Regarding the MHSA CAP IT Plan and the CSS and PEI Prudent Reserve Funding Request for FY 2009-10: *In conjunction with the June 10, 2010 Board Meeting, Board Member Amaya moved to approve setting a Public Hearing to receive comments regarding the MHSA CAP IT Plan and the CSS and PEI Prudent Reserve Funding Request for FY 2009-10. The motion was duly seconded by Board Secretary Hubbard and carried by a unanimous voice vote of the members present.*
- d. Appoint a Nominating Committee for the Election of Officer for FY 2010-11. *Chairperson Myers appointed himself, Vice Chair David Markland and Alma Amaya to the Nominating Committee. Election of officers will held at the June 10, 2010 meeting.*

#### 4. Program Presentation – Prevention Services Coordinator and Other Projects by John Floe

The Prevention Services Coordinator addressed the Board and utilizing a series of PowerPoint slides and other handouts (hard copies also provided the Board), Mr. Floe previewed the following elements of his presentation which included:

- Network of Care Website: Mr. Floe created and maintains the Network of Care website. There are a total of 362 agencies listed. The site has added Newsletters and Announcement links that posts Community Events & Activities, Trainings, Newsletters, Resources, 40 Developmental Assets (English, Spanish & Hmong). From January – December 2009 there was a total of 83902 hits on the Sutter – Yuba Network of Care Web Site with over 412383 pages viewed with a 65% increase of activity in 2009. There is an online survey that 56 people responded to that is on the main page that asks if the web site provides useful information and 98% said yes the information was very useful. Staff have made some notable changes to the site that include a new Search Engine to find services. Subsequently, Mr. Floe reviewed the survey responses collected for the period of January to December 2009.
- Nurtured Health Approach - Mr. Floe said that during this reporting period, a strong focus was placed on recovery and resiliency based practices. The **Nurtured Heart Approach** is a cognitive-behavioral modality was used as the primary form of client engagement and intervention. Parents were encouraged to verbalize strengths they saw in their children on a daily basis. Youth were encouraged to recognize their wisdom, power and success. Solutions to problems were solicited from client experience and wisdom. A high value was placed on opening up positive and supportive communication between family members. Cognitive behavioral skills are taught to youth, such as emotional regulation skills, that clients could utilize on their own. Clients are encouraged to monitor thoughts and feelings and to be aware that they can positively affect change in the way they feel. Self-reflective instruments were used to support clients in being aware of their strengths and successes. Helping families to understand developmental stages and normalizing behavior aided clients in feeling more self-accepting and eased tension between family members.
- The **Fathers Support Group** is designed to provide education, training and support to fathers with various roles in their children's lives. Children with involved loving fathers are much more likely to do well in school, have healthy self esteem, exhibit empathy and pro-social behavior, and avoid high-risk activities as compared to children who have uninvolved fathers. The importance of the Fathers role in child development is discussed and the group is led by the Parenting Educator Resource Specialist. The curriculum is based on a 16 week course designed to help the fathers develop as parents.
- The Parenting Educator Resource Specialist created and maintains the Mental Health America Yuba Sutter (MHA Yuba-Sutter) Web Site for this local non-profit. This web site is designed to help connect people to resources in the local community as well as support for themselves or a family member. The web address is [www.mhayubasutter.com](http://www.mhayubasutter.com). The MHA Yuba Sutter office is located at SYMHS and is readily accessible to those in need. MHA Yuba-Sutter is committed to assisting those with psychiatric disabilities and their families, by providing mutual support, education, advocacy and research.

***What is the population served?*** The Parent Educator Resource Specialist is providing **Nurtured Heart Parenting** Classes at various rural areas including Yuba City Unified School District Pre-School (Spanish), Camptonville Family Resource Center Staff, Riverbend Elementary School Yuba City, First Steps Sutter Yuba Mental Health Services, Children Systems of Care Staff, Holly Oak 545 Garden Highway Yuba City (Various Clients) & Sutter County Welfare Office Staff.

***What is some of the data or outcomes from this program/service?*** 126 parents have been trained in Nurtured Heart from January – December 2009. Each parent was given an opportunity to give feedback at the end of each session and 96% the parents rated the class as outstanding and 100% stated they would recommend the parenting class to other parents and felt that the content of the training was useful to help them make changes to achieve more success as a parent. We conducted a post survey to 50 parents with 18 responding that had participated 6 months to a year after receiving the training 100% stated that they had seen a change in their parenting style transforming to a more positive nurturing approach.

A total of 17 dads that have completed the Fathers Support Group Parent Training from January – December 2009. An impressive 95% of the dads rated the group as outstanding, and 100% said they would recommend the group to other dads.

***What are the strengths of program/service? The Nurtured Heart Approach*** is an amazing set of strategies developed specifically for children with ADHD and other challenging behaviors to facilitate parenting and classroom success. These methods have helped thousands of families to *transform* their child from using their intensity in primarily negative ways to using their intensity in beautifully creative and constructive ways. This approach has also helped teachers and other school personnel to have a dramatically positive effect on all children. I have a story to share with you I will not read it but provide it for you this was written by one of our families and submitted as a story in the United Advocates for Children and Families Family Story: Zakary's Story-A Three Year Life Changing Event.

In concluding his presentation, the Board thanked Mr. Floe for a most informative review of his programs and services.

#### 5. Mental Health Director's Report.

The Mental Health Director Brad Luz, Ph.D. reviewed the following program updates:

#### Children's System of Care (CSOC)

- ❖ Wraparound: Due to Matt leaving, staff need to recruit for the Wrap supervisor. Staff are looking into how other counties are using their wrap savings.
- ❖ TAY: Considering how to use LOCUS in TAY.
- ❖ PEI: Working on implementing Teen Screening in a primary care setting
- ❖ Suicide prevention program to be rolled out in the community
- ❖ Meeting with Marysville schools at the end of May to solicit their ideas for best way to provide PEI
- ❖ Working on evaluation
- ❖ Mentoring programs are operational
- ❖ Support group at River Valley High School is operational
- ❖ Foster Parent education pending contract with Matt Reddam
- ❖ Looking at a training for staff to become trainers for Strengthening Families

## Youth Outpatient Services

- ❖ Our Nurse Practitioner Student is finishing her placement and will be leaving at the end of May.
- ❖ Raj Randhawa and a Probation Officer have started a group for East Asian girls at a local school under PEI.
- ❖ Expanding our trainee opportunities for BASW/MSW students

## Adult Outpatient

- ❖ MHSA Adult Urgent Services: Staff have launched another nursing-psychiatry partnership Medication Clinic with Dr. Benbow in April, primarily focusing on clients who do not follow up on their mental health care consistently or who tend to “no show” for scheduled appointments. Dennis Howard also provides nursing support to TAY students and assists the Team by providing triage on Open Clinic days. In conjunction with this clinic, Dennis will also be surveying clinic consumers concerning reasons for missed appointments. We are hoping this survey will allow us to further reduce “no shows”.
- ❖ MHSA Wellness & Recovery Program: The Wellness & Recovery Team is on the final “countdown” for the 2<sup>nd</sup> Annual Multi-County Wellness & Recovery Rally to be held May 1<sup>4th</sup>, 10 am to 2:30 p.m. The Rally will once again include a Wellness Walk, Consumer Art Show, Raffle, Potluck Lunch & Barbecue, Consumer Fashion Show, Entertainment, and lots of informational and activities booths staffed by agency, consumer, and community members. The Sutter County Board of Supervisors has proclaimed May “Mental Health Awareness Month” in conjunction with the SYMHS Wellness Rally.
- ❖ MHSA HOPE Full Service Partnership: A variety of success stories came out of HOPE in April: Participants achieved stability in independent housing situations, obtained employment, stayed out of jail, moved from a higher level of care to a lower level of care, and took on peer support roles by co-facilitating self-help groups.
- ❖ MHSA BEST (Bi-County Elder Services Team): April 2010 marks the 3<sup>rd</sup> anniversary for the BEST Team! During the past three years BEST providers have served more than 200 older adults and provided over 60 community outreach events.
- ❖ Ethnic Outreach Services: ADA renovations are moving ahead at The Hmong Outreach Center. Raj continues to facilitate the six week “Second Step” curriculum with Asian Indian parents at the Sutter County Health Department and has also been facilitating an Asian Indian girls’ support group at River Valley High School in an effort to reduce stress related to peer conflicts. The Ethnic Outreach Team is in the process of finalizing beautiful new brochures for multi-cultural services, Latino Outreach, and Hmong Outreach. The new brochures should be available for distribution in late May and are both appealing and informative.

## 6. Public Comment

There was no public comment.

## 7. Old Business

Commenting on available funding for adolescent drug treatment, the Mental Health Director responded that there was approximately \$20,000 which in most cases would not be sufficient.

## 8. New Business

Vice Chair Markland read aloud the Proclamation adopted by the Sutter County Board of Supervisors proclaiming that May 2010 is Mental Health Month. He reported that he along with the President of Mental Health America, Rebecca Bluming, accepted the Proclamation on behalf of the Mental Health Board on May 4, 2010.

The Executive Secretary announced that an application to fill the vacant seat in Sutter County (Family Representative) had been received. A copy of the application was circulated for the Board's review. Following considerable discussion, the Chair suggested and it was agreed to recommend that the Board of Supervisors to appoint Ms. Bain as a Family Representative on the Mental Health Board.

## 9. Other Announcements/Correspondence

No other announcements were offered.

## 10. Adjournment

There being no further business, Chairperson Myers adjourned the meeting at 6:59 p.m.

Respectfully submitted,

Jean Stump  
Executive Secretary