

Alpine County Mental Health Board

March 22, 2018

Meeting Minutes

Firehouse Wellness Center

96 Washoe Blvd.,
Markleeville, CA 96120



MEMBERS PRESENT

Jane Sweeney
Jessica Bennett
Rita Lovell
Katherine Rakow

MEMBERS ABSENT

Jema Kimmel
Tanya Berger

Other Attendees:

Alissa Nourse, BHS Director
Deb Goerlich, BHS Admin Asst. III
Gail St. James, LMFT, BHS Clinical Coordinator
Misty Dees, BHS AOD Program Specialist
Crystal Pitts, LMFT, BHS Clinician

1. **Call to order regular meeting:**

The meeting was called to order at 12:05 p.m.

2. **Oral Communication - General Public Comment**

This portion of the meeting is an opportunity for members of the public to address the Mental Health Board. No action can be taken on matters not listed on the agenda.

No General Public Comment

3. **Consent Agenda**

Matters that are routine and non-controversial and are usually approved by a single majority vote without discussion. Items can be removed from the consent agenda to be discussed and considered separately.

3.1 Request approval of regular meeting minutes of 1/25/2018

MOTION J. Bennett /SECOND J. Sweeney to approve the regular meeting minutes

AYES: J. Bennett, J. Sweeney R. Lovell, J. Kimmel, T. Berger

NOES: NONE

MOTION CARRIED

4. **New Business:**

4.1 BHS Clinical Coordinator and Clinical team visit

Alpine County Progression of Services Presentation

- Gail St. James, LMFT – Intake & Assessment process
- Crystal Pitts, LMTT – Groups Clinical and Non-Clinical
- Misty Dees, AOD Program Specialist – Individual Treatment/ Dual Diagnosis Group “Seeking Safety”/Prevention with Co-occurring disorders

See attached item 4.1a

4.2 Discussion and possible action for Mental Health Board Advisory Member(s) to attend the CA Mental Health Planning Council (CAMHPC) General Session on Friday, April 20, 2018 in the morning and/or the California Association of Local Behavioral Health Boards/Commission (CALBHB/C) meeting on Friday afternoon in Redwood City, CA

MOTION J. Sweeney /SECOND J. Kimmel for the approval of travel for J. Bennett to attend

AYES: J. Sweeney, J. Kimmel, R. Lovell, T. Berger, J. Bennett

NOES: NONE

MOTION CARRIED

4.3 Discussion and possible action for Mental Health Board Advisory Member(s) to attend the “Behavioral Health Boards and Commission 101” sponsored by CIBHS, On Saturday, April 21st, 2018, Redwood City, CA

MOTION R. Lovell /SECOND J. Sweeney for the approval of travel for J. Bennett to attend

AYES: R. Lovell, J. Sweeney, T. Berger J. Bennett.

NOES: NONE

MOTION CARRIED

4.4 May events planning

- Jason Simon Presentation May 23rd, time and place TBD
- ACBHS Sponsoring Jeremy McGhee from Mammoth “Do What You Love” at the CVIC Hall date TBD
- Jane recommended that the Clinical team present the ACBHS Progression of Services at the May 50+potluck
- Stay Calm be Kind T-shirts for the County Employees

4.5 Discussion on Consumer Participation in Crisis Intervention Training (CIT) meetings, Mental Health Board, Quality Improvement (QI) meetings and Cultural Humility (CH) meetings.

Alissa reported to the board that ACBHS is extending the invitation to those who may have experienced MH issues, including their family/friends to participate in the CIT meeting. She also, extended it to the MHB members.

5. Unfinished Business

5.1 Director Report – Alissa Nourse

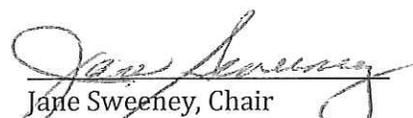
- CIT Meeting held yesterday, Paula Smith Washoe Tribe attended
- Douglas County CIT to commence quarterly here on out
- Deputy's Case and Lowry went to the debriefing
- ACBHS Clinical Staff got CIT certified
- Introduced the new BV MHSA Specialist Lisa Hope
- Introduced the new Suicide Prevention Network Coordinator for Alpine County
- Reported the Mental Health Services Act (MHSA) Three Year Plan meeting postponed until the first week of April
- The Board of Supervisors approved Jane, Chair and Jessica Bennett, Vice Chair to attend the NAMI Conventions and the NAMI Annual Conference
- The BHS Building is moving along, the architect has the documents to review and they will be sent to the BOS for approval

6. Board Member Reports:

- A) Chair Sweeney reported that she attended the pottery class at the Firehouse Wellness Center, as well as a 4 week class in Reno at the Pottery Wheel. She found it to be very therapeutic. She learned a lot about Native American practices through Melanie Smokey, the NA Wellness Advocate. She also reported on the Water Aerobics class she attended.
- B) Vice Chair Bennett excited about the trainings and the conferences that she will be attending, representing Alpine County..
- C) Katherine Rakow – shared the Megan Kelly show – episode on Conduct disorder. Group is formulating a Program called STOP. She asked Alissa to gather more information on this.
- D) Jema Kimmel reported that she attended the CTG in Bear Valley and folks were coming in droves. 35 people attending.
- E) Rita Lovell reported that she attended the CIT meeting and happy to see the folks come together. She is still attending YOGA.
- F) Tanya Berger reported that she is happy to be back on the board.

7. Adjournment: 1:02 pm

The next Public Hearing meeting of the Mental Health Board will be held on April 26, 2018 at the HHS Conference Room, 75A Diamond Valley Road, Markleeville, CA 96120.


Jane Sweeney, Chair
Mental Health Advisory Board

