

# Alpine County Mental Health Board

July 26, 2018

## Meeting Minutes

### Firehouse Wellness Center

96 Washoe Blvd.,  
Markleeville, CA 96120

#### MEMBERS PRESENT

Jane Sweeney  
Jessica Bennett  
Katherine Rakow  
Rita Lovell

#### MEMBERS ABSENT

NONE



#### Roll Call

Via Teleconference (712) 775-7031 ID No. 874-825#

Location: Alpine County Sheriff Substation

88 Bear Valley Rd., Bear Valley CA 96120

Attendee(s): Member Jema Kimmel

#### Other Attendees:

Alissa R. Nourse, BHS Director  
Deb Goerlich, BHS Admin Asst. III

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

The meeting was called to order at 12:06 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 corrected regular meeting minutes of 05/24/2018.

MOTION, R. Lovell /SECOND J. Bennett to approve the regular meeting minutes

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

NOES: NONE

MOTION CARRIED

**4. New Business:**

**4.1** Discussion and possible action on the California Association of Local Behavioral Health Boards/Commission [CALBHB/C] membership dues.

**MOTION J. Bennett/SECOND R. Lovell to approve the annual membership dues**

**AYES: J. Bennett, R. Lovell, J. Sweeney, J. Kimmel,**

**NAES: NONE**

**MOTION CARRIED**

**5. Unfinished Business**

**5.1** Director Report – Alissa Nourse

- I. Shared to the members of her resignation, effective September 28, 2018. She made herself available to the members or as individuals, if they have any needs.
- II. New Clinician Cecelia McPherson, LCSW, hired for the Bear Valley BHS office. Working 24 hours a T, W, & Th, including time at the school.
- III. Reported the implementation of the Strengths Model is complete. It will be utilized working with the clients strengths models and with staff. To be used with clients goals. August 26<sup>th</sup> & 27<sup>th</sup>, last learning session of four, with a September visit.
- IV. August 22<sup>nd</sup>, 8-10 a.m., Strengths Model of Clinical Services. Strengths Assessment; what goal does the client want to work on to develop their treatment plan. The plan is sought out with treatment.
- V. Discussion on the designing the Mental Health Brochure kiosks for placement in the designated locations in the County.
- VI. Hi speed internet coming to the Firehouse Wellness Center.
- VII. Building update: The BOS has approved the new building plans. Waiting on bids from Contractors.
- VIII. Longer term contracts with SUD Funds Providers; Bear Valley Parents Group (BVPG) "Camp for Kids", Tahoe Youth & Family Services (TYFS) "Alpine Mentoring" – SUD funds.lo
- IX. Also longer terms with contract with Suicide Prevention Network and the PBIS with Diamond Valley School

**5.2** Program Improvement Plan (PIP) Review.

- I. The PIP both Clinical and Non-Clinical are in their final version. EQRO is on September 5<sup>th</sup>. Members may be contacted to participate in an interview.

**5.3** Quarterly Financial Review

- I. Director reported that it is required now to report the FY 16/17 MHSA Revenue Reports. Reports were disseminated..

**6. Board Member Reports:**

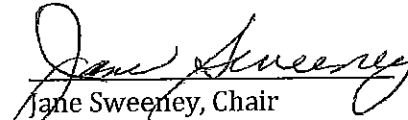
- (A) Jane Sweeney, Chair shared her experience at the National NAMI Conference. She shared it is the 30 year Anniversary for CIT (Crisis Intervention Teams) and it has grown in 2,700 cities.
- (B) Jessica Bennett, Vice Chair shared that she enjoyed the National NAMI Conference very much, especially the documentary "MORAL INJURY- Almost Sunrise".

- (C) Katherine Rakow thanked Alissa Nourse and Misty Dee for the SUD Presentation to the BOS.  
She reported the Washoe Tribe is considering implementing Medical Marijuana in the Washo Community.
- (D) Jema Kimmel shared Vicky made a delicious meal for Create the Good (CTG).  
There were lots of people.
- (E) Rita Lovell shared that after 3 years of Yoga, she has noticed the automatic responses in her daily life learned through practice.

NONE

**7. Adjournment: 1:06 pm**

**The next regular meeting of the Mental Health Board will be held August 23rd, 2018, at the Firehouse Wellness Center, 96 Washoe Blvd., Markleeville, CA 96120.**

  
Jane Sweeney, Chair  
Mental Health Advisory Board

