

BEHAVIORAL HEALTH ADVISORY BOARD
ADULT SERVICES COMMITTEE
MINUTES ■ Thursday, March 5, 2015

Present: Karyn Bates, Co-Chair Nancy Borchard, Co-Chair Beverly Wisotsky, BHAB Debora Schreiber, VSSTF/NAMI Corliss Porter, Turning Point Foundation Mark Schumacher, Turning Point Foundation Kalie McCormack, Turning Point Foundation Denise Noguera, VCAAA Jennifer Gomez, Pacific Clinics Laura Pancake, Pacific Clinics Cary Davis, Family Member Georgina Perry, Family Member Regina Poynter, Client Network Denise Noquera, VCAAA Gane Booking	VCBH staff: Amanda Pyper, Manager Pam Roach, Transformational Liaison Officer Rajima Danish Irma Victorino, Management Assistant Next meeting: Thursday, April 2, 2015 Lake Tahoe Conf. Room, Oxnard
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Note: The Committee has not yet approved these minutes. There may be corrections before they are accepted in their final form.

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	Call to Order Co-chair Karyn Bates called the meeting to order at 10:06 a.m.		
II.	Welcome and Introductions Co-chair Borchard welcomed everyone and requested introductions.		
III.	Approval of the Agenda 1. Co-chair Borchard asked the Committee for any discussion or changes to the agenda. 2. A motion was made and seconded to approve the agenda as presented.	The agenda was approved as presented. M/S/C	
IV.	Approval of the Minutes 1. Co-Chair Borchard asked the Committee for any discussion or changes to the February 5, 2015 minutes of meeting. 2. A motion was made and seconded to approve the minutes as written.	The minutes were approved as written. M/S/C	
V.	Chair Announcements 1. Co-chair Borchard raised her concern about the need to address supportive housing in the county. 2. Co-chair Bates mentioned that she received an email from Teresa Crocker-Chavez, Chair of the Sober Living Network announcing the dates of the Sober Network Meetings scheduled on May 12, July 6, Sept. 8, and November. Meetings are held in the Oxnard Library. 3. NAMI Walk is scheduled on Saturday, May 2, 2015.		
VI.	Public Comments None		

VII.	Provider's Comments		
	<ol style="list-style-type: none"> 1. Turning Point Foundation, Corliss Porter <ol style="list-style-type: none"> a. Extended appreciation to everyone who attended the Quality of Life Stakeholders' meeting held earlier this morning. b. Mixteco and Spanish monolingual speaking evening programs started at the Wellness Center last month. Turning Point staff are working closely with a lot of agencies to further this program. 2. VCAAA, Nadine Noguera - shared Homeshare Flyer Linking Home Providers to Home Seekers. The flyer provides housing opportunities and resources for senior individuals ages 65 years old and older and adult ages 21 to 64. For more information call (805) 4777-7300. The program offers housing opportunities for individuals with disability. The program is not limited to seniors (65 years old and up) but also available to adults (21 to 64 years). HomeShare is a program that gives assistance primarily to seniors, with home seekers who are willing to help with household tasks, transportation, companionship, financial support or combination of all these in exchange for affordable housing. 3. Pacific Clinics, Jennifer Gomez and Laura Pancake <ol style="list-style-type: none"> a. Partnered with Hilton Foundation and Columbia University Research on a project targeting youth population. The 16-week curriculum focuses on career preparedness and job readiness for TAY involved in system of care. Eight of the 22 enrollees completed the 16 week program. b. They are getting ready for the NAMI walk on Saturday, May 2. The NAMI kick-off gala is scheduled on Wednesday, March 11, 2015, 5:30 – 7:30 pm at the Tower Club, Esplanade Drive. Pacific Clinic TAY office will be closed on two Saturdays, March 7 and March 14 and will open the following Saturday, March 21. c. Ongoing project with Todd Road Jail includes weekly visits by one or two staff to provide Wellness Recovery Action Plan training and assist Transitional Age Youth inmates with establishing achievement plans, identify areas in which they need assistance and link the inmates with resources both within the jail as well as the community. 35 new individuals were served through this program during fiscal year 2013-2014. d. Laura Pancake discussed Health Navigation Training set on April 20-23 from 9:00 am to 5:00 pm. The program is a 4-day classroom training to help participants learn all about health navigation. There will be a fee attached to the certification. Unless there is a scholarship available, it is expected that fee of participants will be funded by their agencies. Looking into availability of scholarship. Participants will receive 4 coaching sessions and make sure that they have the full understanding of the program. Maximum capacity for attendance is 30 individuals, preferably Recovery Coaches. 	<p>Provided flyer HomeShare</p>	
VIII.	List of Evidence-Based Practices (EBP) <ol style="list-style-type: none"> 1. VCBH EBP Practices – Amanda Pyper <ol style="list-style-type: none"> a. Cognitive Behavioral Treatment (CBT) – CBT individual therapy is provided in all adult clinics. All VCBH clinicians completed 4-day intensive training provided by the Institute of Cognitive Behavioral Therapy with 10 weeks of group supervision. Additional trainings were provided to 12 clinicians and they are in the process of being certified by the Institute. b. Seeking Safety – evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. Seeking Safety groups are available in all out-patient clinics except in Santa Paula. Next training is scheduled in June 2015. <p>Dialectical Behavioral Therapy (DBT) Skills Groups – a treatment program featuring individual and group therapy and a consultation team. DBT is a treatment model for Borderline personality Disorder. VCBH uses the Skills Training component of DBT. Next training is scheduled</p>		

	<p>for FY 2015/2016</p> <ul style="list-style-type: none"> c. Social Skills Training (Lieberman model) – The theory teaches basic life skills i.e. self-care, money management, and social interaction to clients. Social Skills groups are available in all out-patient clinics. d. Integrated Dual Diagnosis Treatment (IDDT)/Co-Occurring Disorders Treatment (COD) – All clinics were trained in providing individual - clients and group treatment for those with co-occurring challenges and at various states of engagement. VCBH received SAMHSA grant in 2007 to implement IDDT in the Oxnard clinic with dual diagnosis homeless individuals. Next scheduled training will be presented by Dr. Gertson in 2016 e. Health Navigation – Health Navigation Certification Training program which trains and certifies behavioral health staff in providing skills and tools to train consumers to establish links to services in the healthcare system. Older Adults and EPICs program were trained in this model. f. Assertive Community Treatment (ACT) – The ACT team members help individuals in every aspect of their lives i.e. medication, therapy, social support, employment, or housing using “whatever it takes” approach. EPICS program uses this model although the team does not provide 24/7 services. The Crisis Team responds to request for services after hours. g. Peer Support – this model is based on the fact that individuals who have their own lived experience with mental health and/or addiction challenges can effectively engage and provide support and resources to others who are facing similar challenges. Peers hired by Behavioral Health are trained in the WRAP model providing individual support and wellness and recovery classes in all out-patient clinics. <p>2. Turning Point EBP practices – Corliss Porter</p> <ul style="list-style-type: none"> a. Psychiatric Rehabilitation Process Model b. Wellness and Recovery Model <ul style="list-style-type: none"> i. Wellness and Recovery Action Plan (WRAP) ii. Recovery Tools iii. Peer Support c. Motivational Interviewing d. Cognitive Behavioral Social Skills Training e. Life Skills Training f. Harm Reduction g. Seeking Safety h. Trauma Informed Care i. Mental Health First Aid j. Mindfulness 		
IX.	<p>Mental Health Update</p> <ul style="list-style-type: none"> 1. Amanda Pyper, Oxnard Adult Manager, made the report on behalf of Pam Fisher, Adult Division Manager. 2. Provided data on housing and jail census. Report provided as handout. 3. Last month the Behavioral Health Department completed the new module of the Mental Health First Aid Training for Adults in English and Spanish. 4. Proposals from prospective organizations to operate for the Mental Health Rehabilitation Center (MHRC)/Horizon View were submitted last month. Horizon View will be located near the Camarillo airport. 5. The Older Adults Program is starting a Men’s Group for client in the East County. The program will address alcohol abuse with participants in order to increase socialization. 6. The department has contracted with Quest Diagnostic to perform basic lab requirements for clients in their out-patient clinics. Lab work is done twice a week in the Oxnard Clinic. This will eventually be expanded to other clinics. 		
IX.	<p>Alcohol and Drug Update</p> <p>None</p>		

X.	Members' Comments <ol style="list-style-type: none"> 1. The Committee suggested inviting Teresa Crocker-Chavez, Chair of the Sober Living Network, to the next Committee meeting. 2. Deborah Schreiber announced that the Social Services Task Force meets first Wednesday of the month at 2:00 pm. The next meeting of the Task Force Subcommittee is on April 1 which will address homelessness. The Homelessness Task Force meets every first Monday at the Council Chamber of Oxnard, 3:30 pm. 	Invite Teresa Crocker-Chavez, Chair of Sober Living Network	Karyn Bates
XI.	Adjourn The meeting was adjourned at 12:03 pm. Next meeting is scheduled on April 2, 2015.		