

BEHAVIORAL HEALTH BOARD

of Mariposa County
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MARIPOSA COUNTY BEHAVIORAL HEALTH BOARD 2018-2019 ANNUAL REPORT

TO: Mariposa County Board of Supervisors
FROM: Mariposa County Behavioral Health Board
Debbie Cook, Chair
Dusty Luker, Vice Chair
DATE: May 21, 2018

Mission Statement: Our mission is to ensure high quality behavioral health services for all individuals in our community by **evaluating** the community's behavioral health services and needs, **advocating** for persons with behavioral health and substance use disorder needs, **advising** the Board of Supervisors and Behavioral Health Director on related issues and **educating** the public on the importance of behavioral health as a part of community health.

Members of the Behavioral Health Board were appointed by the Board of Supervisors and the first meeting was conducted on June 6, 2018. At this meeting, Debbie Cook was elected as Chair, Jim Mason was elected as Vice Chair, and a meeting time was established as the first Wednesday of each month. In the following months, an Action Plan was determined with a focus on the mission statement and Education, Advising and Evaluating and Advocacy.

Action Plan Goals for the Behavioral Health Board included:

- A. Improving outreach, engagement and input between the Behavioral Health Board, the community and the Board of Supervisors.
- B. Improving the use of information and data – both internal and external use (for decision making and raising awareness).
- C. Reviewing and improving Behavioral Health Board structure and processes.

To achieve the Action Plan goals, different activities were identified and implemented, such as: (reference made to the activity and goal in the Action Plan)

1. Mariposa County Minds Matter Stigma Reduction Task Force was formed in January 2018 and meets regularly on the 1st Wednesday of each month. Stigma Reduction Task Force was able to reach approximately 225 adult consumers and were able to engage 75+ children in conversations about Mental Wellness.

Our goals this year are to continue to work to reduce discrimination and stigma associated with mental illness with the following objectives: [Action Plan, Goal A1]

- A. Educate community on 'myths and facts' about mental illness.
 - B. Allow self-exploration through the use of an online screening tool and wellness guides.
 - C. Engage children and families in conversations about mental illness and mental wellness via participation in events such as the Butterfly Festival in May and the County Fair in September.
 - D. Provide resources and materials (create new brochure).
 - E. Provide interactive activities to community to experience self-care through grounding, sound baths and aromatherapy.
2. During this past year, we developed a strategy for having both our MH Director, Chevon Kothari, and Supervisor Rosemarie Smallcombe, who both sit on statewide task forces and associations, present legislation or policy issues that may impact mental health services in Mariposa or statewide. This keeps the BH Board informed and also allows each individual member to decide if they want to take action or support on a particular item as individuals. [Action Plan, Goal A4]
 3. 2018-05-02: Veterans: Staff created a survey. The purpose of the survey is to identify gaps in resources for vets. Once gaps are determined, an action plan will be made to determine who will do what to meet needs of veterans. During this year, the Health and Human Services Agency also commenced a Veteran's Services Committee. The BHB took action to ensure that there will be representation from the BHB on that Committee to avoid a duplication of efforts. [Action Plan, Goal A3, B2]
 4. 2018-07-11: BHB member survey results. The survey results were distributed and discussed. These results were used to inform our creation of an Action Plan. [Action Plan, Goal C2]
 5. 2018-09-05: Behavioral Health Board Training: Susan Morris Wilson presented training to BHB members, staff and guests. Topics reviewed included the Brown Act, roles and responsibilities of the BHB, developing the role of liaisons to assist the BHB and collaborate with other groups, action plan (goals and monitoring tools), data notebook, annual report, the structure of the BHB. [Action Plan, Goal C1]
 6. 2018-11-07: Dr. Eric Sergienko, the County Health Officer, gave an update on the Living Free Initiative (aka Opioid Task Force) which gives providers guidelines for opioid prescribing and offers patients alternatives to pain management and using opioids. 'Mariposa Opioid Overdose Snapshot' flyer handout was distributed. [Action Plan, Goal B1, B2]
 7. 2018-12-05: Todd Davidson reported December 5th was the go-live day for the Jail Based Competency Training Program. Inmates who are deemed incompetent will be referred to this program. [Action Plan, Goal A3]

8. 2019-01-02: Behavioral Health Facilities: Board member Ellie McQuarrie reported on her visits to the homeless shelter in Mariposa and the Crisis Stabilization Unit in Merced. A list of facilities was prepared by staff so the BHB could determine where to focus efforts in visiting additional facilities. [Action Plan, Goal Other #3]
9. 2019-03-06: BHB meeting was held in Coulterville, at IOOF Lodge on 5030 Main Street, to engage other areas of the community. [Action Plan, Goal Other 1]
10. The BHB will participate in the Butterfly Festival this year on May 4th and 5th in Mariposa to educate and increase awareness regarding behavioral health and SUD issues in the community for stigma reduction. [Action Plan, Goal A1]
11. The 2018 Mariposa County Data Notebook was submitted to the California Behavioral Health Planning Council in April 2019. The focus of the data notebook was on crisis services. Information in the data notebook will be used, along with information from other counties, for advocacy for various programs and services and state legislation regarding behavioral health. [Action Plan, Goal A3]
12. Behavioral Health Board members were identified and wrote the Annual Report to present to the Board of Supervisors in May 2019. [Action Plan, Goal A2]
13. Continued development of new board member orientation and training. [Action Plan, Goal 1]

In summary, the Behavioral Health Board's focus on the action plan this year led to an improved understanding and interaction with staff, consumers and board members. Sharing new programs, successes in existing programs and educating the BHB continues to provide us with the opportunity to set new goals that will serve the community and celebrate achievements from the result of our efforts.

Sincerely,

The Behavioral Health Board
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