



Mental Health, Alcohol and Drug Advisory Board

Annual Report 2018



Shasta County
**Health & Human
Services Agency**

Our membership

Charles Menoher (chair)
Kari Hess (vice chair)
Naomi Coates
Cindy Greene
Ronald Henninger
David Kehoe
Sam Major
Dale Marlar
Marvin Peterson
Steve Smith
Sonny Stupek
Ron Vigil
Connie Webber
Carol Zetina

We said goodbye to:

Kerrie Hoppes
Dave Kent
Amanda Flowers Peterson
Michele Wright

Dear Shasta County Board of Supervisors:

2018 proved to be another interesting year for the Shasta County Mental Health Alcohol and Drug Advisory Board. After reviewing our ongoing mission and responsibilities, our advisory board elected to hold a public forum to seek input on the mental health and substance abuse issues and concerns of our local citizens.

From this forum, held March 7, 2018 in the Board of Supervisors Chambers, it was established that over the past several years, mental health and substance abuse services for youth and adults have been expanding and improving here in Shasta County. However, the awareness of these programs and services has not kept pace and information as to accessibility is lacking. To this end, two goals were established for youth services for 2018:

- Goal 1: Identify all mental health services in Shasta County that are available for youth and how to access them. Develop a communication plan to help make youth, parents, and community more aware of these services;
- Goal 2: Identify all substance use disorder services in Shasta County that are available for youth and how to access them. Develop a communication plan to help make youth, parents, and the community more aware of these services.

With great assistance from the Health and Human Service Agency (HHSA) staff and schools across our county, the youth mental health and substance abuse communication plan kicked off on March 1, 2019. This communication plan included information to youth, parents, and the community at large.

In addition to pursuing our youth services goals, our advisory board continued to review and be updated on the community's mental health and drug treatment needs and services provided by the HHSA. This information will be summarized in this report.

While the mental health and substance abuse issues facing us here in Shasta County continue to be urgent, there is a real sense that positive progress is being made in these critical areas. We encourage the Board of Supervisors to maximize available resources so that HHSA, community agencies, and our citizens can continue to work toward a healthier Shasta County.

Thank you,

Charles Menoher, Ed.D.
Shasta County Mental Health, Alcohol and Drug Advisory Board Chair

Board Mission and Responsibilities

The mission of the Board is to inform and educate the public on alcohol, drug and mental health issues as well as to advise the Shasta County Mental Health Plan on program development, availability of services and planning efforts as established by Welfare and Institutions Code Section 5604.2. This includes the following responsibilities:

1. Review and evaluate the community's mental health, alcohol and/or drug treatment needs, services and special problems as related to the above.
2. Review performance contracts.
3. Advise the Board of Supervisors, the Shasta County Director of Mental Health Services and the County Alcohol and Drug Program Administrator to any aspect of Shasta County's mental health, alcohol and drug treatment and prevention services.
4. Ensure citizen, consumer and professional involvement in the Shasta County Mental Health Plan's delivery planning efforts.
5. Submit an annual report to the Board of Supervisors on the needs, challenges and performance of Shasta County's mental health, alcohol and drug treatment and prevention services.
6. Review, interview and make recommendations on applicants for appointment of the Director and Administrator.
7. Review and comment on Shasta County's performance outcome data and communicate its findings to the State of California Mental Health Planning Council and/or other appropriate entities.
8. Assess the impact of the realignment of services from the State of California on mental health services delivered to clients and within the Shasta County community.
9. Review draft Mental Health Services Act (Proposition 63, General Election of November 2004) plans and annual updates, make recommendations to the Director regarding the plans and updates, and make recommendations to the County Mental Health Department for revisions, as needed (per Welfare and Institutions Code Section 5848(b)).
10. Conduct public hearings on draft Mental Health Services Act plans, annual updates and other matters as appropriate.

This year, the board conducted a town hall meeting and goal-setting session to prioritize its responsibilities. It identified youth mental health, alcohol and drug services as an area of focus, and after studying the issue, is moving forward with a community education campaign to ensure that local residents know what services are available for youth.

The board also receives updates and presentations regarding alcohol and drug programs and services. These presentations help board members continue their education about the services offered in our community, along with the challenges we face.

In the following pages, we have indicated where and how we have accomplished some of these missions.

Meetings: Action Items and Presentations

January

Discussions:

- Agreed to submit the completed 2017 Data Notebook.
- Heard an update from HHSA Children's Services Branch Director Dianna Wagner, who is requesting an additional \$2 million in the mental health budget to cover presumptive transfer costs of foster youth coming into Shasta County.

Presentations:

- **Men's Mental Health Campaign - "Captain Awesome":** HHSA Suicide Prevention Community Education Specialist Amy Sturgeon and Epidemiologist Sarah Adams gave an overview of the "Captain Awesome" campaign, including how focus groups informed the creation of the campaign. Shasta County's disproportionately high number of suicide deaths and death by firearm help underscore the importance of this awareness campaign.
- **Youth Substance Use Disorder Treatment:** HHSA Children's Services Branch Director Dianna Wagner shared information about the Youth Substance Use Disorder Grant, which will fund the creation of a uniform substance use disorder program to serve youth. Dr. Rachel Gonzales-Castaneda, PhD, MPH, will consult with Shasta County on this.



March

Presentations:

- **Mental Health, Alcohol and Drug Services:** HHSA Director Donnell Ewert described the mental health services and substance use treatment services provided by Shasta County, and explained what other agencies provide services for people who do not fit the criteria required to receive county services. He outlined gaps in service that have been filled in the past five years and shared some services that would be available soon.
- **Your Mental Health, Alcohol and Drug Advisory Board:** Board Chairman Charlie Menoher gave an overview on the board's mission, duties and operations.



Town Hall Meeting: The board invited community members to provide insights and guidance on priority topics for the Mental Health, Alcohol and Drug Advisory Board to help set goals for the coming year. A community process ensured that every voice was heard, ideas were discussed and clarified, and priority topics were captured for future use.

April (special meeting)

Site visit: The board visited North American Mental Health Services. John Serle, Chief Operation Officer, and Connie Webber, RN, described services provided there, and questions were answered by board members Simeon Jones, Therapeutic Supervisor, Benton Kinney, Owner, and Serle. Serle then conducted a tour of the facility.

April (special meeting)

Action item: Voted to recommend that the Board of Supervisors support an application by PC Redding Apartments, which would use \$587,852 in Mental Health Services Act housing funds on deposit with the California Health Finance Agency to develop a 20-unit second phase of The Woodlands in exchange for five one-bedroom apartments dedicated to housing people with severe mental illness.



May

Presentations:

- **Milestones of Recovery Scale:** HHSA Adult Services Deputy Branch Director Paige Greene explained the Milestones of Recovery Scale, a tool that mental health professionals use to track clients' recovery. It measures level of risk, level of engagement and level of skills and supports.



- **Aegis Clinic:** Judson Lea, Regional Manager and Michelle Saldana, Clinic Manager for Chico and Redding Medication Unit, shared information about the Redding Aegis clinic, which now has 135 patients (86.8 percent of whom tested free of illicit opiates after 90 days). They also gave an update on the hub-and-spoke grant.

Action items:

- Voted to recommend that the Board of Supervisors approve establishment of a full narcotic treatment center in Shasta County.
- Reviewed the results from the Town Hall Meeting in March and voted to focus on youth services for mental health, alcohol and drug services as its goal for 2018. In 2019, they will focus on adult mental health, alcohol and drug services.
- Reviewed the MHADAB 2017 Annual Report and will present it to the Board of Supervisors at an upcoming meeting.

June(special meeting)

Action items:

- Held a public hearing, then voted to recommend that the Board of Supervisors approve Section D: Supportive Services Plan for The Woodlands 2.
- Held a public hearing, then voted to recommend that the Board of Supervisors approve the Mental Health Services Act Annual Update to the Three-Year Program and Expenditure Plan 2018-19.

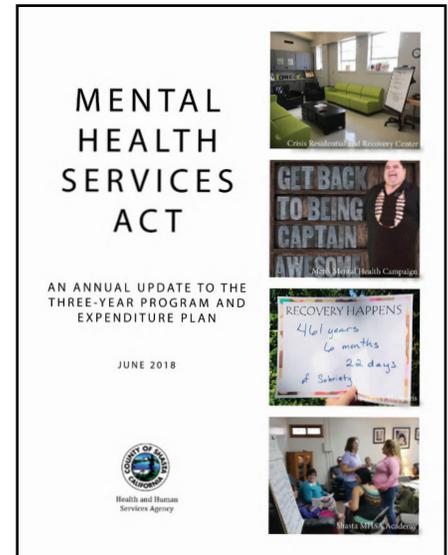
July

Action items:

- Voted to recommend that the Board of Supervisors appoint Joseph (Ron) Vigil, Connie Webber and Naomi Coates to the board.
- Established an ad-hoc committee to identify all mental health and substance use disorder services in Shasta County, and develop a communication plan to help the community become aware of these services.

Presentation:

2-1-1: The United Way's Larry Olmstead shared information about 2-1-1, an online, phone and text system that is "the 9-1-1 of social services." The service directory is available 24 hours a day, 7 days a week, and its database includes 315 agencies and 580 programs in Shasta County.



September

Action items:

- Voted to recommend that the Board of Supervisors request that the Mental Health Services Oversight and Accountability Commission extend Shasta County's current Innovations project, the CARE Center, by one year.
- Opted to change the focus of this year's goal to educating the public on services available in our community.



Presentations:

- **Youth Substance Use Collaborative:** HHSA Children's Services Branch Director Dianna Wagner shared information about the Youth Substance Use Collaborative.
- **Carr Fire Response:** HHSA Children's Services Branch Director Dianna Wagner and HHSA Adult Services Deputy Branch Director Paige Greene discussed the role that HHSA played in working with the Red Cross to ensure appropriate staffing and supports at the shelters during the Carr Fire. This was a multi-faceted effort that involved transporting RestPadd clients to Red Bluff, evacuating foster youth, preparing to evacuate the Crisis Residential Recovery Center if needed, providing mental health and nursing services in the shelters around the clock, helping clients return home who were trapped in Weaverville, and more.

October (special meeting)

Action items:

- Voted to recommend that the Board of Supervisors appoint Cindy Greene to the board.
- Approved the youth services communication components discussed at the Sept. 26 subcommittee meeting. The United Way is working on a live connect that will interface with their web page. The MHADAB page on the Internet will be updated to include a Powerpoint presentation that members can use when they go into the community. Information will also be shared on social media, in schools and on rack cards.

November

Action items:

- Voted to recommend that the Board of Supervisors appoint Charlie Menoher to serve another year as chair and Kari Hess to serve another year as Vice Chair, reappoint Sam Major to a three-year term, and appoint Elizabeth Jarrett to fill a vacant position.

Presentation:

- **AB 109 Alcohol and Drug Screenings:** HHSA Alcohol and Drug Counselor Tonya Clark explained how AB 109 clients are referred for services and how the triage system works.

Join us!

The Mental Health, Alcohol and Drug Advisory Board meets at 5:15 p.m. the first Wednesday of every other month - January, March, May, July, September and November - with occasional special meetings in alternating months.

The board is always looking for new members. For more information, go to www.shastahhsa.net. In the right-hand column under "Advisory Boards," click "Mental Health, Alcohol and Drug."

Committees

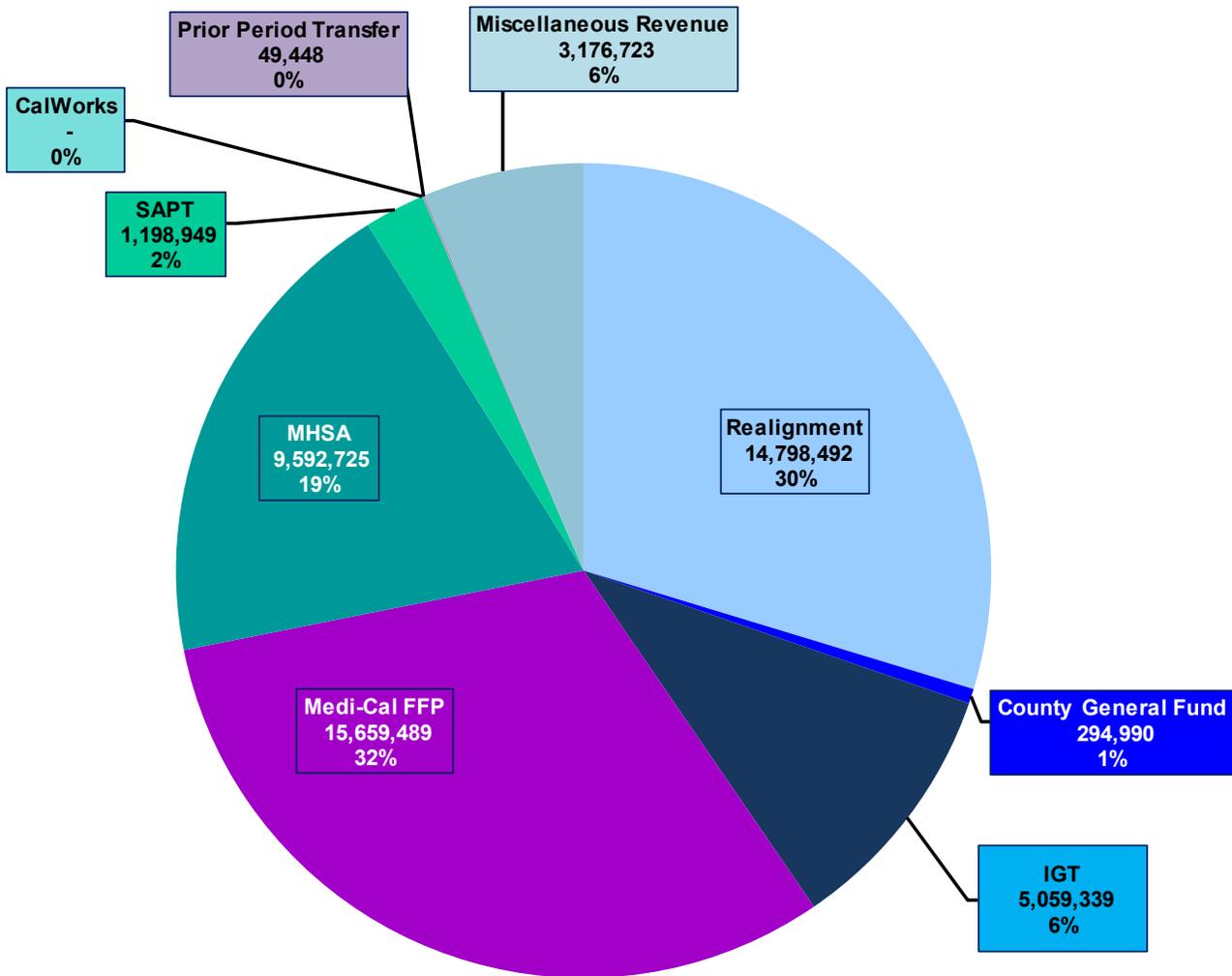
Board members serve on various community and agency committees to share input, gather information and bring that knowledge back to their fellow board members. Committees include:

- Mental Health, Alcohol and Drug Advisory Board Executive Committee
- California Association of Local Behavioral Health Boards and Commissions
- Stand Against Stigma Committee
- Mental Health Services Act Advisory Committee
- Suicide Prevention Workgroup
- Redding Area Homeless Coalition Project

Budget - Revenues

The Health and Human Services Agency receives funding for mental health and substance use treatment services from various sources. The bulk of our revenue is realignment funding, which comes from vehicle license fees and a portion of the state sales tax. The second largest piece of our revenue comes from the Mental Health Services Act, which is a tax on millionaires that was approved by voters in 2004. These dollars are designed to develop a comprehensive system of community-based mental health services and supports.

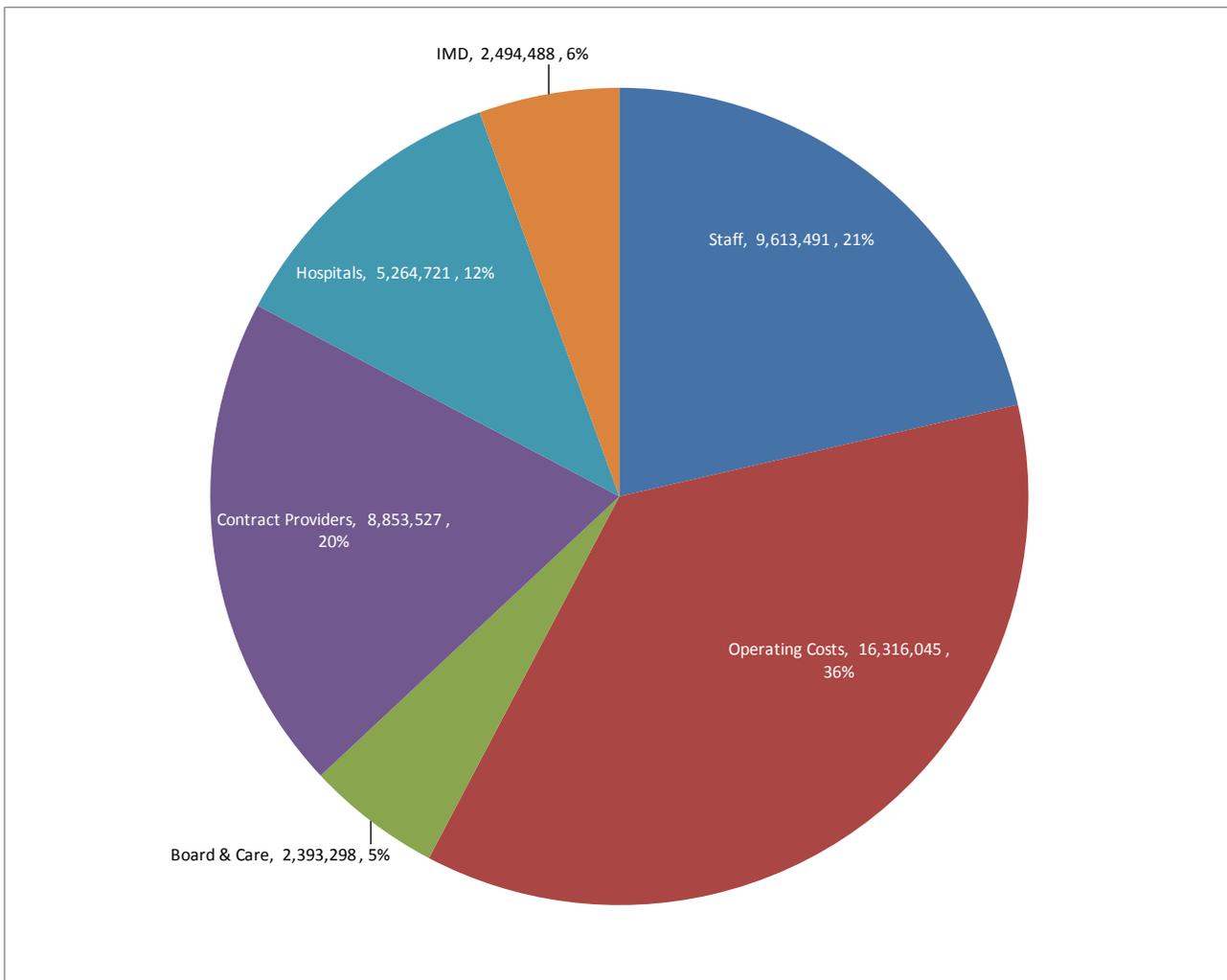
Fiscal Year 2017/2018 Revenues: \$49,830,155



Budget - Expenditures

The Health and Human Services Agency uses the majority of its funding to provide services to clients, either through our own programs or through our contracted providers. About 20 percent of funding is spent on care for Shasta County clients in psychiatric facilities, hospitals and board-and-care homes.

Fiscal Year 2017/2018 Expenditures: \$44,935,569



Summary

The Shasta County Health and Human Services Agency continues to work diligently to provide mental health and alcohol/drug treatment services in our community. We are heartened by staff's commitment to this difficult and exceptionally important work. We're proud to share some of the significant progress that has been made on projects that will improve life for some of our most vulnerable residents. Highlights include:

- The Whole Person Care pilot project continues to move forward and increase the number of people enrolled. The goal is to coordinate health, behavioral health and social services in a patient-centered way to improve participants' overall health.
- A three-day Crisis Intervention Team training was provided to about 30 staff from the Shasta County Sheriff's Department, Shasta County Probation, Redding Police Department and Anderson Police Department in April.
- The Assisted Outpatient Treatment/Laura's Law program is serving about 25 clients at the CARE Center. Outreach and engagement is challenging with these clients, but staff are reaching out and creating therapeutic relationships wherever possible.
- Master trainers made presentations about Adverse Childhood Experiences all over the county.
- The Youth Substance Use Treatment Collaborative is a dynamic partnership of local providers who are committed to working together to treat youth substance use disorders. The collaborative is working on a core treatment curriculum.
- Outpatient mental health services for children moved downtown, so now all Children's Services are located together.
- Community members and service providers have begun meeting regularly through an initiative to address the needs of at-risk and homeless youth.
- A new drug and alcohol counselor is working at the Community Correction Center to identify and link clients coming out of jail to needed services.
- The county has partnered with Northern Valley Catholic Social Service for a crisis counseling program to provide grief counseling and problem-solving outreach services to victims of the Carr Fire.
- The Shasta County Board of Supervisors approved contracts for a Mobile Crisis Team and involuntary psychiatric inpatient services at Shasta Regional Medical Center, which will roll out in early 2019.
- HHSA is working with a local provider to open a sobering center.

The Board remains committed to its responsibility to provide sound direction to Shasta County's mental health, alcohol and drug programs, and together, we will continue striving to ensure that Shasta County's treatment and prevention services meet the needs of our ever-changing community.

Acknowledgements

Our thanks to the Shasta County Board of Supervisors and David Kehoe for their support and commitment to our meetings, goals and concerns. We offer a special thank you to Administrative Secretary Teri Linson for her support. Thanks to Health and Human Services Agency Director Donnell Ewert, Adult Services Branch Director Dean True and Children's Services Branch Director Dianna Wagner for their assistance. Finally, we thank all County staff for providing the help that we need as a Board to do our work.