



A Tradition of Stewardship  
A Commitment to Service

# Napa County Mental Health Board

## 2018-2019 Annual Report

August 2019



**Kristine Haataja**  
2018 - 2019 Chair

### Executive Summary

Napa County’s Mental Health Board (MHB) has a dedicated, engaged, and diverse membership that understands that mental illness is a medical condition, and cares very much about the mental health services, programs, and facilities available in our county. Advocating for increased access to services, housing, and employment opportunities for those with mental health issues are foremost in our concerns.

#### Key Concerns and Recommendations:

- 1) **Housing:** The Mental Health Board continues to advocate for more housing for those with serious mental health issues. In the 2018 Data Notebook project, the Mental Health Board identified housing as a key unmet need and top priority for the County across all age groups, including children, TAY, adults, and older adults.

The shortage of supportive housing and/or adult residential facilities (augmented Board & Cares), results in out of county placements and/or a revolving door between homelessness, jails, hospitals and transitional facilities. This results in high monetary cost for Napa County and high social costs for the citizens and their families.

- 2) **Employment:** The Mental Health Board continues to advocate for employment opportunities for those with mental health issues, because employment is shown to be a major therapeutic tool improving quality of life and reduced symptoms. The 2018 Data Notebook identified unmet needs for vocational services for TAY, adults, and older adults who have mental health conditions.

The Work for Wellness Innovation project is researching an adaptation to the existing supported employment model by using a community building and leadership program to address access to sustained meaningful employment. The Board is optimistic that learning from this project will result in an employment model that can be successfully implemented in Napa County.

- 3) **Community Awareness and Engagement:** A Mental Health Board “Community Outreach” Work Group increased awareness of the Board and its programs by publicizing meetings and speaker topics both online and in print. Posters featured engaging headlines to communicate topics and their relevance to the community. As a result of this outreach program, more citizens attended Mental Health Board meetings than previously. The Board recommends that we continue to build on the success of the communication program by including publicity as a task lead by the Executive Committee and by implementing a consistent poster style, colors, logo, and tagline.

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**No Health Without  
Mental Health**

*Through public meetings, site visits, work groups, speakers, and reports from MH Division Staff and contractors, the MHB works to understand local mental health issues and advise the Board of Supervisors and the Mental Health Director regarding Napa County’s mental health offerings and challenges. Napa County Mental Health Board members are appointed by the Board of Supervisors. It is part of our mandated duties to provide the Board of Supervisors with an annual report reviewing the needs and performance of the county’s mental health system. This report documents our membership and activities for July 2018-June 2019.*

## Accomplishments of Napa County Mental Health Division

It is also important to acknowledge the many accomplishments of the Napa County Mental Health Division, under the leadership of Acting Mental Health Director Jim Diel and Interim Assistant Mental Health Director Sarah O'Malley (as reported in Napa County, California Recommended Budget FY 2019-2020, page 275:

<https://www.countyofnapa.org/DocumentCenter/View/13104/2019-2020-Recommended-Budget-PDF>).

- 1) Collaborated with Napa County Alcohol & Drug Services to further develop Co-Occurring services in the areas of outreach & engagement, co-occurring group therapies & implementation of shared evidence-based practices.
- 2) Expanded co-locations and community outreach to increase access to services for individuals experiencing mental health, behavioral health and/or housing crisis.
  - Provided embedded staff at Puertas Abiertas Community Resource Center, UpValley Family Center in Calistoga, and Napa County Court & Community Schools.
  - Provided comprehensive mental health services to Napa County Court & Community Schools, including screening, brief therapy, and triage to other services.
- 3) Increased community awareness of Mental Health services and County HHS funding of Mental Health supports through targeted partnership and messaging campaign with existing contracted CBOs, in order to promote awareness of services, access to resources, and avoid duplication of efforts.
  - Worked with contracted CBOs to ensure that the Mental Health Division was mentioned as a partner in their promotional materials.
- 4) Increased collaboration with Public Safety partners through existing mental health programs designed to promote appropriate treatment.
  - Promoted improved coordination of community outreach resources in support of public safety activities.
  - Added two full-time positions embedded in the jail, to provide services 7 days a week between 7:00 – 12:00 pm.
  - Achieved full staffing for direct mental health services.
- 5) Revised the Health & Human Services Mental Health Division Strategic plan through incorporation of 3-year community planning process and existing data resources to ensure alignment with broader Health & Human Services and County of Napa Strategic Plans.

## Status of the Mental Health Board

**Meetings:** Regular MHB meetings were held on the 2nd Monday of each month. A notice of all regular and special MHB meetings was made public, and an agenda was followed which allowed for public comment. MHB meeting agendas and minutes are available on the County website. A quorum was established at all twelve meetings. Board member attendance ranged from 64% to 90%, with average attendance: 76%.

In August, we held a public hearing for review and comment on the Mental Health Division’s Mental Health Services Act (MHSA) Three-year Plan for Fiscal Year 2017-18 through FY 2019-20.

### Committees & Workgroups:

**Executive Committee:** Kristine Haataja-Chair; Rowena Korobkin-Vice Chair; Members at Large: Beth Nelsen, Kathleen Chance, Justine Zilliken

**Data Notebook Workgroup (2018):** Beth Nelsen (Chair), Theresa Comstock

**Member Recruitment Workgroup:** Larry Kamer (Chair), Kristine Haataja

**Community Outreach Workgroup:** Tiffany Iverson (Chair), Kristyn Miles, Kristine Haataja

**Annual Report:** Kristine Haataja (Chair), Justine Zilliken

**Quality Improvement Committee (QIC):** Kristine Haataja

**Stakeholders Advisory Committee (SAC):** Rocky Sheridan

**County Suicide Prevention Council:** Kristine Haataja, Christine Lieber

**Cultural Competence Committee:** Beth Nelsen

**California Association of Local Behavioral Health Boards/Commissions:** Theresa Comstock, Kristine Haataja

**Membership:** At the close of the fiscal year, membership on the MHB consisted of 15 members, the full number based on the Board Bylaws. The Board now has a better age distribution, and we continue to work toward adequately representing the ethnic make-up of our community.

Members joining the board this year include Zachariah Geyer, Supervisor Ryan Gregory, Tiffany Iverson, Kristyn Miles, Mirna Leiva-Gullord, Christine Lieber, Summer Thompson, and Justine Zilliken. One member, Larry Kamer, left the board at the end of his term. We thank Larry for his valuable contributions to our board!

Board Member	District at Time of Appointment	Appointment Date	Term Ends	Represents
Kathleen Chance	1	09/12/2017	01/01/2020	Family Member
Theresa Comstock	2	01/06/2015	01/01/2021	Concerned Citizen
Zacharia Geyer	4	08/28/2018	01/01/2020	Consumer
Supervisor Ryan Gregory	2	08/28/2018	12/31/2023	BOS/Concerned Citizen
Kristine Haataja	4	11/03/2015	01/01/2022	Consumer
Tiffany Iverson	4	08/28/2018	01/01/2021	Concerned Citizen
Rowena Korobkin, M.D.	1	01/06/2015	01/01/2021	Family Member
Mirna Leiva-Gullord	2	07/31/2018	01/01/2020	Consumer
Christine Lieber	4	10/23/2018	01/01/2022	Family Member
Kristyn Miles	5	08/28/2018	01/01/2021	Concerned Citizen
E. Beth Nelsen	1	05/09/2017	01/01/2020	Consumer
Oliver “Rocky” Sheridan	4	01/06/2015	01/01/2021	Consumer
Shari Staglin	3	06/05/2018	01/01/2021	Family Member
Summer Thompson	2	02/26/2019	01/01/2022	Concerned Citizen
Justine Zilliken	2	08/28/2018	01/01/2022	Concerned Citizen

## Goals & Accomplishments

The following objectives and goals for 2018-2019 were developed by the MHB Executive Committee and approved by the MHB. Below are details of the work done by the MHB on each of these goals.

### A. Objective: Fulfill the Mandated Responsibilities and Core Purposes of the Mental Health Board

1. **Goal:** *Review and evaluate the community's mental health needs, services, facilities, and special problems [5604.2 (a)(1)] Welfare & Institutions Code (WIC)*

**Accomplishments:**

- Throughout the year, the MHB hosted a variety of speakers and panel forums related to Napa County mental health issues and services, including:
  - Review of the Napa County Mental Health disaster readiness and response plan;
  - Update on the Suicide Prevention Council's successes in creating awareness and adoption of screening tools;
  - Review of County mental health services for military veterans;
  - The impact of housing scarcity on those with mental illness and the County's 10-year plan to end homelessness;
  - Review of current school based mental health services available in Napa County;
  - Discussion of the mental health challenges of and services for older adults;
  - Update on progress of four Innovation projects: new approaches to creating employment opportunities for those with mental illness; understanding the mental health needs of the American Canyon Filipino community, the impacts of adverse childhood events, and impact of Native American historical trauma and traditional healing.
- Review and comment on the Mental Health Division's Mental Health Services Act (MHSA) FY19-20 Annual Update to the Three-year Plan for Fiscal Year 2017-18 through FY 2019-20.
- Reviewed and evaluated mental health facilities and services through scheduled site visits.

2. **Goal:** *Review and comment on the county's performance outcome data and communicate its findings to the California Mental Health Planning Council (CMHPC) [5604.2 (a)(7)] WIC*

**Accomplishments:**

Completed the California Mental Health Planning Council's 2018 Data Notebook questionnaire in partnership with county staff/mental health director. The goal of the 2018 Data Notebook was to survey types of services and needs in the behavioral health systems of care for children, transition aged youth (TAY), adults, and older adults based on minimum requirements of California's Welfare and Institutions Code (WIC). The survey collected data as the foundation for an overall needs review to guide advocacy in the coming year. Key findings are as follows:

- Evaluation of service areas for which the County has identified that persons are substantially underserved or experience substantial unmet behavioral health needs. Unmet needs were identified for:
  - Vocational services for TAY, adults and older adults
  - Residential services for children, TAY, adults and older adults
- The major barriers to mental health service access for persons in need of these services include:
  - Lack specialized professional expertise, the need for more mental health practitioners
  - Clients are dispersed in outlying areas
  - Transportation problems (bus, etc.)
  - Fear of government involvement
- Areas for which Napa county has implemented new programs within the last 3 years include:
  - Pre-crisis and crisis services
  - Mental health assessment tools
  - Twenty-four-hour treatment services (CSS)
- Services which are funded with temporary (one-time, time-limited) funding for which the County needs a sustainable fund source to continue services.
  - Vocational services for TAY, adults, and older adults
- The Mental Health Board identified the highest priority new program, facility, or resource desired within the next three years as:
  - Subsidized supportive housing for individuals diagnosed with mental health conditions, and
  - A local Adult Residential Facility (Board and Care) for individuals diagnosed with severe mental health conditions.

The complete 2018 Data Notebook is posted at: [www.countyofnapa.org/1018/Mental-Health-Board](http://www.countyofnapa.org/1018/Mental-Health-Board)

**Goals & Accomplishments cont'd...**

3. **Goal:** *Review and approve the procedures used to ensure citizen and professional involvement at all stages of the planning process [WIC 5604.2 (a)(4)].*

**Accomplishments:**

- The public was routinely invited to attend and participate in all monthly MHB meetings. Public comments, concerns and questions were received from mental health consumers, stakeholders, and advocates throughout the year.
- A Community Outreach Workgroup was created to 1) increase community awareness of and involvement with the Napa County Mental Health Board and 2) Addresses the following California WIC 5604(a)(1) mandated duties:
  - Review and approve the procedures used to ensure citizen and professional involvement at all stages of the planning process
  - Review and evaluate the community's mental health needs, services, facilities, and special problems
- The Workgroup created a series of messaging approaches and experimented with various media plans.
  - Publicizing MHB meetings had a positive impact on public attendance, and targeted promotional activity resulted in even higher attendance.
  - The Workgroup engaged a Branding Consultant and created a unique logo that will be used on flyers, posters and other communication to the community. This will provide a consistent, recognizable identity for Board communication.
  - Moving forward, the Board will continue to publicize monthly meetings using flyers, posters and calendar postings, will use a wide variety of media to reach the community, and will use the new logo on flyers and posters promoting community involvement/attendance.
- One special meeting was held at the upper campus of Napa Valley College in St. Helena.
- Meeting Agendas and Minutes are posted on the Napa County website:  
<http://www.countyofnapa.org/HHSA/MentalHealthBoard/>

4. **Goal:** *Review any county agreement entered into pursuant to Section 5650 of the Welfare & Institutions Code.*

**Accomplishments:**

- Current contracts were reviewed prior to site visits.
- Mental Health Division Budget Overview was provided by HHSA Fiscal Staff.
- The following contracts, agreements, reports and applications were provided for review during FY 2018-19: SAMHSA Grant Application; FY17-18 Medi-Cal Specialty Mental Health External Quality Review; MH Division's Mental Health Services Act (MHSA) Annual Plan Update Fiscal Year FY 17-18/19-20; Mental Health Division's Mental Health Services Act (MHSA) Innovations Round 3 Project for FY 2019-20 to FY 2020-23; External Quality Review Organization (EQRO) Audit, Department of Health Care Services (DHCS) Triennial Audit; Conditional Release Program (CONREP); Projects for Assistance in Transition from Homelessness (PATH)

**B. Objective:** *Maintain an active, involved Mental Health Board.*

1. **Goal:** *Achieve full MHB membership that reflects the diversity of the populations served.*

**Accomplishments:**

- As of June 30, 2019, the MHB has 15 members, including interested/concerned citizens (40%), consumers (33%) and family members (27%). The Board successfully recruited new members, filling 6 vacancies at the beginning of FY 2018-2019.
- Applications to the board surpassed the number of openings to be filled.
- The Mental Health Board continues to work toward adequately representing the ethnic make-up of our community.

2. **Goal:** *Maintain a high attendance and participation at all MHB meetings, including all committees and/or workgroups.*

**Accomplishments:**

- Board Meetings were held monthly without exception and a quorum was established at every meeting. Board member attendance ranged from 64% to 90%, with average attendance: 76%.
- The Executive Committee also met monthly without exception and a quorum was established at all except two meetings.

**Goals & Accomplishments cont'd...**

- 3. Goal:** *Maintain representation on appropriate local, regional and state boards, committees, councils, etc., and regular reporting to the Mental Health Board (for example: CALBHBC, QIC, etc.).*

**Accomplishments:**

- In FY 2018-2019, member Theresa Comstock continues as the Executive Director of the California Association of Local Behavioral Health Boards/Commissions (CALBHB/C). CALBHB/C updates, newsletters, [website](#) access, and regional meeting schedules were shared with the MHB. Chair Kristine Haataja was elected as a Greater Bay Area Governing Board member of CALBHB/C in May.
- At the state level, member Theresa Comstock participated on the CA Behavioral Health Planning Council's Ad Hoc Advocacy Committee addressing Adult Residential Care facilities for adults with mental illness; serves on the CBHPC's Performance Outcomes Committee; is a member of the CA State Rehabilitation Council which advises the Department of Rehabilitation regarding employment for youth and adults with disabilities; and is a member of Behavioral Health Action, and BHA Work Group tasked with recommending a plan for "CA's Model for Behavioral Health"
- Chair Kristine Haataja and member Theresa Comstock joined CALBHB/C and California NAMI for Capitol Advocacy Day in Sacramento and participated in legislative visits to support SB539 (addresses mental health workforce needs) and AB680 (mental health training for public safety dispatchers).
- Member Rocky Sheridan is a member of the MHSA Stakeholder's Advisory Committee (SAC).
- Chair Kristine Haataja was a member of the Mental Health Division Quality Improvement Committee (QIC).
- Member Christine Lieber was a member of the Napa County Suicide Prevention Council.

- 4. Goal:** *Complete 100% of site visits.*

**Accomplishments:**

- The MHB reported on the following site visits during 2018-2019.
  - Progress Foundation – Bella House Transitional Residential Home
  - Adventist Health – St. Helena Hospital Center for Behavioral Health, Vallejo
  - Napa State Hospital CONREP Program
  - Side By Side (Previously Sunny Hills Children's Services), San Anselmo
  - John Muir Behavioral Health, Concord
- Written reports were submitted to the Executive Committee for review, followed by a presentation and discussion with the MHB and any community members present at the meeting.

- 5. Goal:** *Provide training opportunities to MHB Members*

**Accomplishments:**

- Ten Mental Health Board members participated in a local MHB training program authored by Chair Kristine Haataja.
- Chair Kristine Haataja, Vice Chair Rowena Korobkin, and members Kristyn Miles and Theresa Comstock attended Mental Health Board and Advocacy training sponsored by the California Institute for Behavioral Health Solutions (CIBHS).
- Chair Kristine Haataja and members Tiffany Iverson and Theresa Comstock attended an MHSA Community Program Planning Training sponsored by Access California.
- Board members were notified of dates for Mental Health Board and Advocacy trainings facilitated by CALBHBC.
- Members were encouraged to complete Ethics Training [on-line](#) or in classes provided by Napa County.

## Meet the Board Members



**Kathleen Chance** taught at the elementary and middle school levels in the Napa Valley Unified School District, primarily at Browns Valley Elementary School, where she also served as coordinator of the Positive Behavioral Interventions & Supports program and collaborated with staff to implement the Building Effective Schools Together curriculum. In retirement, she felt called to bring her lived family experience to mental health advocacy. Of particular interest to her: addressing stigma, negative language, and stereotypes that continue to exist toward those challenged with brain diseases. Kathleen holds a BA from UC Davis and is currently pursuing a Master of Fine Arts in Creative Writing degree from Dominican University. She and her husband Robert live in Napa.

**Theresa Comstock** is the Executive Director for the CA Association of Local Behavioral Health Boards & Commissions, where she previously served as President. Ms. Comstock is also a Governor-Appointed Member of the CA State Rehabilitation Council. Past community and leadership roles include: Past Co-Chair of a Dallas-based community organizing group, Past Legislative Chair of the Houston Council of PTA's, Past President of The Kiwanis Club of Greater Napa, Past President of New Technology High School's Parent Club. Ms. Comstock is an artist (oil painting) and has a BA from U.C. Davis. She was appointed in 2014, chaired the Mental Health Board from 2015 - 2017, and has chaired two work groups related to Adult Residential Facilities (Board & Cares) for adults with severe mental illness.



**Zachariah Geyer** has lived experience with both physical and mental challenges. He works full-time as a Mental Health Worker Aide for Napa County Mental Health Division, and is co-located two days week at Innovations Community Center running groups and doing peer support work. Zachariah has been trained as a Peer Support Specialist PSS, Wrap Facilitator, Question/Pursue/Refer facilitator, and in both Adult and Child Mental Health First-Aid amongst numerous other trainings. Prior to employment with the County, he had extensive volunteer experience, including, Santa Rosa Memorial Hospital in the Intensive Care Unit as a family support volunteer, as a speaker at National Alliance On Mental Illness (NAMI) meetings, at Buckelew Programs in the Family Services Unit, and at other organizations. Zachariah is a Napa Native and joined the Mental Health Board in 2018

**Ryan Gregory** is a third-generation Napa resident and was elected to the Board of Supervisors in 2016. He earned a bachelor's degree in civil engineering at California Polytechnic State University (Cal Poly) in San Luis Obispo and is a Registered Professional Engineer. He worked as Vice President and Owner of the local civil engineering firm RSA+, resigning from the firm to focus on his job as Napa County Supervisor. During his 20-year professional career, Ryan was a leader in the local engineering field with a specialty in the planning, design and construction of residential projects for both nonprofit and for-profit builders. Ryan's extensive history of community involvement includes service as the former Board Chair for the Napa Chamber of Commerce and Community Action Napa Valley and President of Leadership Napa Valley, Napa Engineers Society and the Kiwanis Club of Napa. Ryan was actively involved as a member of the Vine Trail Engineering Committee, Joint City-County Affordable Housing Taskforce, the Airport Industrial Area Blue Ribbon Committee, the City of Napa Housing Element Update Committee 2007 and 2014, Napa County Transportation and Planning Agency's (NCTPA) Highway 29 Citizens Advisory Committee, and the Downtown Napa Specific Plan Steering Committee. He continues to demonstrate his commitment to Napa County through service to the Boys and Girls Club of Napa Valley, the Downtown Property and Business Improvement District (PBID), Brother Can You Spare A Dime Community Baseball Outings organization, and the Napa Composite High School Mt. Bike Team. Ryan joined the Mental Health Board in 2018.





**Kristine Haataja** was a Consumer Insights & Strategy Consultant for corporations and consulting firms for over 35 years, retiring in 2015. Her career focus has been researching consumer behavior to understand and address unmet needs for consumer products. Ms. Haataja is especially passionate about mental health intervention in early childhood and adolescence, based upon her lived experience raising a child with serious mental health issues. She serves on Aldea’s Development Committee, is a 2017 graduate of Leadership Napa Valley (LNV), and serves on the LNV Board. Ms. Haataja was appointed to the Mental Health Board in 2015, is on the Executive Committee, was Vice Chair for 2016-2017, and Chair for 2017-2019. She has served on several workgroups, including School-based Mental Health, Member Recruitment, Community Outreach, and the 2017 Data Notebook. In 2019, Ms. Haataja was elected to the California Association of Local Behavioral Health Boards and Commissions (CALBHBC) as a Bay Area representative. She has a BA in Sociology from Gustavus Adolphus College in Minnesota and an MBA from the University of North Carolina, Chapel Hill. She lives in Napa with her husband.

**Tiffany Iverson** is a Licensed Marriage and Family Therapist working in private practice in the Napa community. Her work as a therapist has spanned both the private practice and non-profit worlds. Tiffany has worked for NVUSD as an intern therapist for Silverado Middle School and Napa High School, and at Aldea’s Wolfe Center program; she is passionate about working with underserved youth populations. Her work now consists of the general public, as well out-patient psychiatric patients. Tiffany received an AA in Liberal Arts from American River College, a BS in Criminal Justice from Sacramento State University, and an MA in Counseling Psychology from the University of San Francisco. Ms. Iverson was appointed to the Mental Health Board in 2018. She chaired the Community Outreach workgroup which focused on increasing public awareness of the board and its role, with the hope of building a bridge between the Napa County community needs and resources. She lives in Napa with her husband and young son.

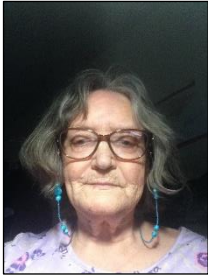


**Rowena Korobkin, M.D.** was appointed to the MHB in 2012. Dr. Korobkin is a Board-Certified Physician Neurologist and Child Neurologist. She received her MD in 1971 from the University of California, San Francisco, and trained in pediatrics at Children’s Hospital in Oakland, and neurology at UCSF. She is the author of numerous journal articles and books in her field and recently consulted with the National Institute of Child Health and Development (NICHD) on a research project. Dr. Korobkin’s current main clinical interest relates to epilepsy and other neurologic issues in people with developmental disabilities, and she is a member of the Professional Advisory board of the Epilepsy Foundation of Northern California. She is the Consulting Neurologist for Sonoma Development Center, the Pediatric Neurologist for the County of San Joaquin at the San Joaquin General Hospital, and the Consultant Neurologist to North Bay Regional Center and Redwood Coast Regional Center. Because of a close family member with serious mental health issues, Dr. Korobkin has been inspired to lend her experience and expertise to help influence the mental health delivery systems for Napa County.

**Mirna Leiva-Gullord** is a Licensed Vocational Nurse and is currently a student at Napa Valley College seeking an Alcohol and Drug certification. She works as a peer mentor at Innovations Community Center where she also provides bilingual perspective for participants. Ms. Leiva-Gullord was appointed to the Mental Health Board in 2018, with a desire to share her lived experience with mental health issues both personally and as a family member. She especially wants to provide hope to others that they can live successful lives and learn to live with mental health issues. Ms. Leiva-Gullord lives in Napa with her husband.







**Christine Lieber** was appointed to the Mental Health Board in 2018. Ms. Lieber holds a JD from Laverne University College of Law. She has participated in numerous trainings in Special Education, Behavioral Interventions, and various subjects related to advocacy for children. Ms. Lieber worked for 10 years at the Parents Child Advocacy Network (Parents CAN) as an advocate for children with emotional and behavioral health issues. She has extensive lived experience parenting a daughter with bipolar disorder. Ms. Lieber has been involved in advocacy for Mental Health Services in Napa County for her daughter and for her clients at Parents CAN. Ms. Lieber was the mental health advocate assigned to the Napa County Village Project (Nexus) for 8 years. She has also served on the Napa County Commission on the Status of Women, an MHSA Task Force, Napa Valley Unified Education Foundation, and in leadership positions at various schools attended by her children. Ms. Lieber lives in Napa.

**Kristyn Miles** was appointed to the Mental Health Board in 2018. Her background as a Speech-Language Pathologist (SLP) has afforded her insight into both adult and pediatric populations with disabilities and special needs. Having worked as an SLP in various public and private institutions, she is passionate about increasing access and decreasing stigmatization of mental health services for all Napa County residents. Kristyn earned a Bachelor of Science degree from Saint Mary's College of California and a Master of Science degree in Speech-Language Pathology from California State University, East Bay. She currently resides in American Canyon with her husband and three beautiful children. This year, Ms. Miles was a member of the Community Outreach Workgroup and was instrumental in the development of the recently approved MHB logo.



**E. Beth Nelsen** is a local documentary filmmaker, change maker, and conscious shaker. A Napa Valley College graduate, Ms. Nelsen earned her BA in Philosophy from UCLA and her M.A. in Film & Television at the University of Melbourne; she is a 2017 graduate of Leadership Napa Valley. Ms. Nelsen is an international guest speaker whose films have screened all over the globe. Her passions include advocacy for mental health, Indigenous Rights, LGBTQ equality, adoption and identity, all of which have been fodder for her storytelling. She seeks collaboration on projects with potential for heavy social impact, not confined to only the screen. She resides in Napa with her partner Christina and their daughter. Ms. Nelsen was appointed to the Board in 2017 and is a member of the Executive Committee.

**Oliver "Rocky" Sheridan** is a long-time Napa resident who served proudly in the U.S. Army from 1952 to 1955. Following an honorable discharge, he obtained an A.A. degree from Napa College, completed a four-year apprenticeship as a marine machinist, and finished a two-year course in management at Solano College. After 37 years of federal service, Mr. Sheridan retired from Mare Island in 1992 where he worked as a Production Shop Planner. Since then, Mr. Sheridan has been extremely active in community organizations and boards, including the Child Abuse Council of Solano County, Volunteer Center of Solano County, National Association of Retired Federal Employees, City of Napa Senior Advisory Commission, Napa County Commission on Aging, Napa Healthy Aging Population Initiative Committee, the Children's Nurturing Project of Solano County, Kaiser Permanente Health Council, Shamia Recovery House in Vallejo, and the Napa-Solano United Way. Mr. Sheridan joined the Napa County Mental Health Board in June 2014 and is dedicated to advocating for broader and better geriatric mental health services. He states, "I believe that awareness and education of the senior population will reduce suicide, depression, isolation, and loneliness amongst our seniors."





**Shari Staglin** has owned and run a family vineyard in Rutherford, Napa Valley since 1985 and has lived here since 1993. Inspired by her son, Brandon, who suffered an acute onset of schizophrenia at age 18, in 1990, she and her husband have run toward the problem of mental illness, seeking answers to causes and cures. Over the last 25 years, they have been hosting the annual Music Festival for Brain Health at their Rutherford vineyard and have raised over \$300 million for brain health research. The Staglin family chaired Auction Napa Valley in 2013, which raised \$16.9 million for Napa County beneficiaries. These proceeds included a \$3.9 million ‘fund-a-need’ to start an EPI-plus program (Early Psychosis Intervention, plus depression, anxiety, bipolar disorder) which now operates at Aldea as the SOAR program. Ms. Staglin holds a BA in International Relations from UCLA, an MPA from NYU, and has done additional graduate work at UC Davis. In March 2018, she and her husband received the Research America award for their commitment to accelerating cures for brain disorders through scientific research. Ms. Staglin was appointed to the Board in 2018.

**Summer Thompson** is a Psychiatric Mental Health Nurse Practitioner working with the physicians group Community Psychiatry in both the communities of Napa and Vacaville. Prior to this, she worked at Ole Health in Napa. Mrs. Thompson is an Air Force veteran experienced in working with active duty military and veterans, both abroad and in the US. As a member of the Napa community and as a mental health practitioner, she feels a vested interest in promoting the mental health of our community. Mrs. Thompson has a BA from Gonzaga University, a BS from Johns Hopkins School of Nursing, an MS in Nursing from UCSF, and is currently working on her Doctorate of Nursing Practice at UCSF. Mrs. Thompson was appointed to the Mental Health Board in 2019. She lives in Napa with her husband and two children.



**Justine Zilliken** is assistant vice president of surgical and specialty services for NorthBay Healthcare, an independent, integrated delivery system and Mayo Clinic Care Network member. An innovative healthcare leader, Justine delivers optimum multi-million-dollar operational performance and market share growth grounded in clear communication, financial dexterity and sustainability principles. Justine holds both a master’s degree in Business Administration and in Healthcare Management. Earning the Fellow of the American College of Healthcare Executives (FACHE) designation, she is also certified by the American College of Medical Practice Executives (CMPE). Justine serves on the board of the California Association of Healthcare Leaders (CAHL) and co-chairs the Diversity and Inclusion Committee. Justine serves on the Regent’s Advisory Council of the American College of Healthcare Executives (ACHE). Recognizing the correlation between robust mental health services and overall community vibrance, Justine is dedicated to facilitating programs and infrastructure resulting in mental wellness for all. Justine was appointed to the mental health board in 2018, serving on the executive committee since 2019. She lives in Napa with her husband John and daughter Alexia.

## Members Leaving the Board During the Past Year

*Thank you for serving on the MHB!*



**Larry Kamer** is a corporate communications and public affairs consultant and university instructor. He is the CEO of Kamer Consulting Group and teaches at the University of San Francisco and Carnegie-Mellon University. Additionally, he serves on the boards of directors of The Pathway Home, Dreamcatchers Empowerment Network, and the American Red Cross Bay Area. Mr. Kamer was appointed to the Board in 2017 as a concerned Citizen. He was a member of the Executive Committee and chaired the Member Recruitment Workgroup where he actively encouraged new Mental Health Board applicants.

## Acknowledgements

Thank you to Jim Diel, Acting Deputy Director -Mental Health, Sarah O'Malley, Assistant Deputy Director Mental - Health, LuAnn Pufford, Senior Office Assistant, and to the entire Mental Health Division Staff and supporting agencies.

Thanks also to guest speakers and community members for information and support this year:

Kerri Ahearn, CEO, Aldea  
Roberto Albanese, M.D. Physician, Adventist Health/St. Helena Hospital  
Sarah Barry, MENTIS  
Steven Boyd, Progress Foundation  
Bob Brown, Director of Mental Health Services, Buckelew  
Meena Chang, RN, Program Director of Exodus Crisis Stabilization Unit  
Ain-Tei Echauri, Court and Community Schools  
Michele Grupe, Executive Director, Cope Family Center  
Xavia Hendricksz, Healthy Minds Healthy Aging  
Regina Kaiser, Executive Director, Dreamcatchers Empowerment Network  
Nicollete Magsambol, Project Coordinator of American Canyon Middle School  
Mike Mills, Supervising Mental Health Counselor, Napa County Comprehensive Services for Older Adults (CSOA)  
Kristin Nelson, Napa Valley Unified School District  
Alex Nikolay, Social Worker, Adventist Health/St. Helena Hospital  
Roxana Plancarte, Social Work, American Canyon Middle School  
Alli Stanfield, Napa Valley Unified School District  
Jennifer Thater, Innovations Community Center  
Sara Tirado, Co-Director of Innovations Community Center, Work for Wellness  
Charlie Toledo, Director of the Suscol Intertribal Council  
Rob Weiss, Executive Director, MENTIS  
Caroline Wilson, Court and Community Schools

### Napa County Health & Human Services Mental Health Division Staff:

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Harry Collamore, Quality Coordinator  
Zachariah Geyer, Peer Support Services  
Carolina Mariposa, Supervising Mental Health Counselor II  
Lynette Lawrence, Provider Services Coordinator  
Sandy Schmidt, Staff Services Analyst

### Napa County Health & Human Services Staff:

Nui Bezaire, Project Manager, Homeless and Housing Services  
Kris Brown, Deputy Director, Comprehensive Services for Older Adults  
Kimberly Danner, Deputy Chief Fiscal Officer  
Rose Hardcastle, Chief Fiscal Officer  
Mike Mills, Supervising Mental Health Counselor, Comprehensive Services for Older Adults  
Molly Rattigan, Deputy County Executive Officer, Housing & Intergovernmental Affairs  
Corey S. Utsurogi-Cosenza, Deputy County Counsel  
Mitch Wippen, Deputy Director of Operations, Housing and Homeless Services

***Thank you to everyone in the community who works to provide the best mental health care system possible to the children and adults of Napa County!***