

## **Sonoma County Mental Health Board** **2018-19 Annual Report**

The Sonoma County Mental Health Board has a dedicated, engaged and diverse membership. We along with the Mental Health Board and Behavioral Health Boards and Commissions from other counties are established in the California Welfare and Institutions Code (WIC) 5604 (a)(1) and must comply with WIC sections 54950-54963, the Brown Act. The following outlines our status and activities for the year 2018-2019. We are an advisory board appointed by the Sonoma County board of Supervisors.

This fiscal year has been a year of transitions for Sonoma County Behavioral Health. The beginning of the year, Michael Kozart remained as interim Behavioral Health Director. He was completing the job of guiding the department through recovering from last year's budget crisis. Bill Carter was hired to take over in August. He was formerly Behavioral Health Director in Napa County. The expertise he brought with him is appreciated.

The final stages of the move of many CMH Services to their new campus at The Lakes took place in late summer 2018. Services that were centered on Chanate Road are now at this beautiful new site. Having most services in a centralized location (including Crisis Stabilization, Adult programs, Youth and Children, and others including the Wellness Center (peer support program) has made a positive difference.

After the traumatic budget issues of 2017-2018, there are gaps in staffing, and everyone is working hard to cover all of the mandated services. Many staff have changed position as well as location, and it has taken a lot of effort to adapt to the changes. The extra effort this has taken by staff is appreciated.

The need to continue to make cuts has been alarming, especially since the Peer Run Centers and Board and Care funding were among the proposed cuts. Senior and adolescent outreach were also cut. Those programs are valued. The Wellness Center has been especially successful and proposing that it be cut was traumatic for those who use it.

While the fire consumed time, energy, and resources last year, this year also had a disaster in the form of flooding on the Lower Russian River. The entire county has been affected because of the need for emergency response and clean-up. Services in West County were impacted by the flooding of the Empowerment Center, a drop-in counseling office, and a housing site in Sebastopol. The Empowerment Center has moved into a much smaller space. And the other programs affected have been cleaned, but the impact was felt.

We are hoping for a disaster free year of rebuilding in 2019-2020.

## **Status of the Mental Health Board**

### **Board Membership**

Membership is mandated to be 50% or more consumers and family members of those receiving mental health services. Of those 20% must be consumers, and 20% family members. The remaining 50% may be community members. ***Our current membership consists of one peer, three family members, and eight community members. We are looking to remedy this situation. Our next members appointed should be consumers (peers).***

Our current membership also does not reflect the ethnic diversity of our county population. We have been reaching out to the community to remedy this situation. Over the years our past membership has been more diverse (as required in WIC 5604) and we look forward to meeting that goal again. We are asking the Board of Supervisors to help us meet these requirements.

**Meetings:** Regular meetings were held on the third Tuesday of each month except for August and December. A notice of all regular and special MHB meetings was made public and an agenda was followed which allowed for public comment. We did not have a quorum for four of our meetings. Regular meetings were held at the “Hub”, 2245 Challenger Way, in Santa Rosa. Meetings were also held in the four outlying areas of the county. The Executive Committee met on the first Wednesday of every month except August. . A working retreat was held April 27, 2019. MHB minutes are available on the county website.

A special MHSA Plan Update meeting was held at Finley Center on December 5<sup>th</sup>.

### **Meetings held in 2018-2019**

|                    |                           |                                       |
|--------------------|---------------------------|---------------------------------------|
| July 17, 2018      | Guerneville               | Local West County Issues              |
| August             | Cancelled                 |                                       |
| September 18, 2018 | Petaluma                  | Local South County issues             |
| October 16, 2018   | Santa Rosa Hub            | Substance Use Disorder/Recovery       |
| November           | cancelled                 |                                       |
| December 5, 2018   | Finley Center, Santa Rosa | MHSA Plan Update                      |
| January 15, 2019   | Sonoma                    | Local Sonoma Valley issues            |
| February 19, 2019  | Santa Rosa Hub            | California Hope, fire recovery update |

|                |                |   |
|----------------|----------------|---|
| March 19, 2019 | Santa Rosa Hub | Sonoma County office of Patients Rights |
| April 16, 2019 | Cloverdale     | Local Cloverdale, North County issues   |
| May 21, 2019   | Santa Rosa Hub | MHSA proposed Budget presentation       |
| June 18, 2019  | Bayside Church | Budget update                           |

**Committees and Board Representatives:**

**Executive Committee(standing);** Mary Ann Swanson (Chair), Matthew Jensen (Secretary), Richard Kirk,(Vice chair) Shelley Hadley (Treasurer). A change was made to the bylaws so that we will have only chair and vice-chair going forward since county staff perform the work of treasurer and secretary.

**QIC representative;** Kathy Smith

**MHSA Advisory/Innovations representative;** Kathy Smith

**California Association of Local Behavioral Health Boards/Commissions representative;** Sherry Weyers

**Program Assessment Matrix;** Richard Kirk, Shelley Hadley, Bob Cobb, Patricia Gray

**Senior Suicide Prevention Forum planning;** Bob Cobb, Bob Hale

**Annual Report;** Kathy Smith, Sherry Weyers

**Nominating Committee;** Mary Ann Swanson,

## **Goals and Accomplishments**

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

**Accomplishment:**

- Throughout the year the Mental Health Board sponsored a variety of speakers related to Sonoma County Mental Health issues and services.
- Conducted a public hearing for review and comment on the MHSA Annual Update Fiscal Year 2017-18

- 2. Goal:** Review any county agreement entered into pursuant to Section 5650 of the Welfare and Institutions Code.

**Accomplishments:**

- Mental Health Division Budget Overview provided by HHSA Fiscal staff
- A work group PAM (Program Evaluation Matrix) developed a site visit evaluation process

- 3. Goal:** Advise the governing body and the local mental health director as to any aspect of the local mental health program.

- Individual MHB members met with the Supervisor who appointed them
- Behavioral Health director attended all regular MHB meetings
- Some members met directly and individually with the Behavioral Health Director and his staff
- A letter was written and sent to all Board of Supervisors encouraging support for the peer run centers and Board and Care facilities.

- 4.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.

- Meetings were held in the counties outlying areas so that those areas could have input. Sonoma, Guerneville, Petaluma and Cloverdale meetings were held.
- Santa Rosa meetings were held at the Hub, in a room adjacent to the Wellness Center. The room is also used for groups, making it a familiar place for consumers.

Meeting Agendas and Minutes are posted on the Sonoma County website [sonomscounty.ca.gov](http://sonomscounty.ca.gov) on the Mental Health Board page

**5.Goal:** Submit an annual report to the Board of Supervisors on the needs and performance of the county's mental health system.

Written by Kathy Smith and Sherry Weyers

- Submitted \_\_\_\_\_

**6. Goal:** Review and make recommendations on applicants for the appointment of a local director of mental health services. The board shall be included in the selection process prior to the vote of the governing body.

**Accomplishments:**

- Board Chair Mary Ann Swanson participated in the interviews of the final candidates for Mental Health Director before the recommended candidate was presented to the Board of Supervisors.

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

**Accomplishments:**

- Completed the California Mental Health Planning Council's 2018 2018 Data Notebook . The completed document is posted at [sonomacounty.ca.gov](http://sonomacounty.ca.gov) on the Mental Health Board page.

## **Acknowledgements**

Thank you to Dr. Michael Kozart for his work as Interim Behavioral Health Director, Bill Carter, our current Behavioral Health Director, and Rhonda Darrow, senior office assistant. Thank you also to the entire Mental Health Division staff and supporting agencies. It has been a difficult year. Their patience and ability to adapt to new situations has made it a successful year.

Thank you to Barbie Robinson, Health Director, and her staff for their increased communication with our board.

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