

Alameda County Mental Health Board Minutes
February 11, 2008 ♦ 12:00pm-2:00pm
First 5 Office Suite 130
1100 San Leandro Boulevard
San Leandro, CA 94578

Meeting called to order @ 12:05 by Chair Deborrah Bremond

HOUSEKEEPING

Roll Call / Introduction of Guests

Mental Health Board Members:

Present: Deborrah Bremond, Pat Buchanan, Rochelle Elias, Anthony Hare, Maxine Oliver-Benson, Jose Reyes, and Sup. Gail Steele

Excused: Dr. Stephen Post

BHCS Staff: Barry Hall, Maxine Heiliger, Jay Mahler, Barbara Majak, Carolyn Novosel, Gary Spicer and Marye Thomas, MD

Public: Margot Dashiell (AC Family Coalition), John Woodruff (PEERS), Brian Garcia (PEERS), Laura Mason (UC Berkeley), Alane Friedrich, Sally Zinman (PEERS), Lorenzo Kearney (HHMSC), Jerome Attaway (HHMSC), John Black (HHMSC), Amiri Benson, Juan Gonzalez (POCC) and Khatera Aslami (POCC)

ITEM	DISCUSSION	ACTION
<u>Approval of January 2008 MHB minutes</u>	No correction was made to the January 2008 MHB minutes.	January 2008 minutes was approved
<u>Discussion Items</u> A. MHB Committee Coordination with MHSA Implementation	Ms. Elias would like to address that when the MHSA funding became available the board should be aware of how the MHSA may impact some of the board activities such as: the Public Awareness Committee (PAC) which has been really an instrumental for the past several years in doing presentations through Speakers Bureau around mental health issues and stigma. Ms. Elias would like to see how a collaboration with staff, providers, consumers will be going to play out i.e. PEERS doing Speakers Bureau. Ms. Bremond stated that she is part of the Ongoing Planning Council (OPC); she felt that	

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<p>MHB Committee... (Cont.)</p>	<p><i>its kind of 2 different worlds between the MHB and the OPC that there is so much shifting within the county in terms of mission and goals in providing mental health services. She stated that the board do not have the sense of the larger picture or larger context of the planning process eventhough Gary provides bits and pieces of what is going on, she felt that the board needs to have a broader understanding of the planning process to really grasp how it significantly interface with the MHB. Ms. Bremond stated that the MHB will conduct the MHSA final hearings and that if the board do not have a better understanding and context it will feel like rubber stamping a set of proposals from the county that are going to the state.</i></p> <p><i>Mr. Mahler related how important the campaign for social inclusion, ending stigma and discrimination for consumers is, they worked so hard at the state level to get PEI include stigma and discrimination. Mr. Mahler mentioned that he had the privilege of being part of the MHB, developed PAC with Karen Kramer and Mike Lippitt and felt gratified that PAC still continue with all this years and that working in collaboration with the community will make a huge impact; it will expand the voice of the community.</i></p> <p><i>Ms. Aslami would like to see Speakers Bureau to continue, grow and reach out to underserved population; there's an idea of having Speaker's Bureau in different languages i.e. Spanish, Farsi, etc., they need support, they want to go out, they want to see the Speaker's Bureau, the TV program move forward to the PEI planning process and have consumers involvement, they want to be in front to show people that consumers are the evidence, that recovery is possible and stigma towards them are inaccurate and she felt that collaborating with the MHB in moving forward is very important.</i></p> <p><i>Ms. Heiliger stated that she is the Liaison to the PAC for 4 years now, she was the coordinator for Speakers Bureau. Historically, the MHB has been the one that has done things concerning stigma, discrimination and social inclusion; Ms. Heiliger trained people and sent people out to community (consumers, families, providers) to do presentations, but now it is not certain who is presenting Speakers Bureau; what Ms. Elias is putting on the table is how to make a transition? How to decide who owns the Speakers Bureau? Who does what? How to collaborate? Everyone wants to see it continue and expand but because there is kind of bidding process with the PEI and proposals have been put forth for funding, it start to feel competitive like there's a proposal that they want to do Speakers Bureau and a TV show, which was done by PAC for several years.</i></p> <p><i>Mr. Hare felt that looking at the board's overarching concern whether talking about the MHSA enhancements and looking at other things, the board really need a better grasp of</i></p>	

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<p>MHB Committee... (Cont.)</p>	<p><i>the big picture because BHCS is a large org. and the board do not really have a handle on what is happening; it could be an advisory or oversight board to have a better understanding of what is being done and whose needs are being met, what mechanism is in place right now; reports that come to the board are like little snap shots of what is going on. The board need to find out what it is they need to know, about what programs and what populations, it may be not the whole picture because board members are just part time lay people but like what Ms. Bremond said its just like rubber stamping things because the board do not understand well how the department is working and agreed with Ms. Heiliger it becomes complicated when there's a money involve, there's a need for measures at the front end when money is involve.</i></p> <p><i>Ms. Majak stated that she feels very optimistic and that it is an exciting time now with the MHSA there is an opportunity to even integrate and expand addressing stigma issues, community education and awareness of consumers and consumer issues; in terms of the PEI money there is a wealth of consumer involvement with Pool of Consumer Champions. Ms. Majak felt that the MHB has an opportunity in their PAC to work with the Dept. work with providers, have dialogue about new initiatives i.e. how it will look like, what the growth can look like etc. and she's seeing that the PAC being a home for the community involvement in partnership with the Dept. and with primary organization within BHCS such as PEERS, Clients Network, Pool of Champions etc. with Jay as the Consumer Relations Manager and the Dept. is in the process of hiring Family Relations Manager, the Dept. is enhancing the ground work that PAC has done, it does not change the committee structure role unless the board chooses to change it.</i></p> <p><i>Dr. Thomas felt that the issue of PAC stigma, social inclusion is such a big issue but that we all own but its not own by a particular organization or by the MHB, there is a room for everybody to participate in some way in making people aware of mental health issues and illness, stigma and social inclusion; its going to get even more complicated because there will be new initiatives coming from the state, the challenge at the local level is how to collaborate and work together in concert. Dr. Thomas felt that the key is to have an open communication, dialogue about who is doing which piece, where it is appropriate for certain piece to be done.</i></p> <p><i>Ms. Bremond stated that when she first came on the board it was described as the existing mental health system on one track and MHSA on another track and that at some point they will merge, it now seems close to the merging point; MHB will conduct the public hearings, Ms. Bremond felt that the board do not really adequately understand the context of changes with MHSA, there's so many components-CSS, PEI and Workforce Education Training; the</i></p>	

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<p>MHB Committee... (Cont.)</p>	<p>board need to understand how things kind of overlap with each other or may be describe how pieces merge together.</p> <p>Dr. Thomas stated that the MHSA cannot go on a completely separate track eventhough initially it was the goal for the funding because the whole purpose of the MHSA was to transform the entire system some of the changes are already in progress i.e. being more transparent in decision making, inclusion of consumers and family members in going out and getting community input, these are all new ways of doing things though there was consumer and family involvement before but never to the extent of what is happening now like having a leadership position. Dr. Thomas asked what would be helpful for the board...</p> <p>Ms. Elias would like to have some preparations for the May hearings.</p> <p>Mr. Hare stated that this has been a continuing issue with the education of the board in the past there is a lot of systems and efforts that the board do not know about, the board do not have the big picture, it does not have to be an in depth picture just need to know the basics and may be ask for reports.</p> <p>Dr. Thomas suggested having a small group and dialogue with the dept. to figure out what it is the board need, how much depth they need to know, what kind of reference materials etc.</p> <p>Ms. Majak suggested outlining what are the different roles of the MHB members in different settings such as: MHB member being on the OPC has a voting roles, has a collaboration role in terms of the other membership; the OPC has the recommendation role in terms of the distribution of funds; the MHB is the sponsor of the public hearings at the end of the planning process to hear feedback it is not the same as the voting role on the OPC.</p> <p>Dr. Thomas suggested having a grid that define those roles in different settings.</p> <p>Ms. Majak related that the State is struggling with the instruction and different roles as well.</p> <p>Mr. Woodruff related that Alameda County (AC) is way ahead of the other counties with their struggles, AC consumers are asked to put a conference to the whole state as to what has been done here to help the other counties.</p> <p>Mr. Gonzalez addressed the need to have consumers' involvement with the MHB.</p>	

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<p><i>MHB Committee... (Cont.)</i></p>	<p><i>Ms. Elias asked whether or not consumers receiving small stipends can be eligible for board membership.</i></p> <p><i>Mr. Spicer responded that stipends are not prohibited for board members. Consumer stipend should not look like a salary; they cannot be an employee of an organization that contracts with BHCS because of the issue of conflict of interest.</i></p>	
<p><u>Presentation</u> <i>Consumer Participation- Pool of Consumer Champions (POCC) by Jay Mahler</i></p>	<p><i>Mr. Mahler stated that he appreciate the opportunity of being able to do a POCC presentation to the Board...the main purpose of the POCC is to help better AC residents who have mental health issues, to have change or transform the system and felt that this is the greatest opportunity the county ever have to transform the system in 36 years that he has been involved in trying to change the system from a consumer perspective.</i></p> <p><i>Mr. Mahler believed that there are 3 reasons why this is the right time to change things:</i></p> <ol style="list-style-type: none"> <i>1) Partnership with community mental health providers, consumers and families and talking about campaign for social inclusion.</i> <i>2) to move toward a recovery</i> <i>3) MHSA-a resource to pull things together and make things happen.</i> <p><i>Mr. Mahler mentioned that there are 150 people who have joined the POCC over the last 9 months and related that the AC has a history of outstanding consumer involvement for 30 years...such as AC Network of Mental Health Clients, PEERS, Howie Harp, AC has quite a movement of consumer interest that really make them able to be involved very strongly; ACBHCS also provides support i.e. provided funds to ACNMHC and PEERS to send clients to attend conference and there is an opportunity to move forward on a campaign re: social inclusion and would like to work with collaboration with the MHB and the county as well.</i></p> <p><i>POCC has the following committees:</i></p> <ul style="list-style-type: none"> <i>• Steering Committee-which is made up of 15 people to reflect the diversity of consumers in AC. The Steering Committee has 2 major goals that are critical to transform the system: 1) Consumers are 10% of the resources for PEI to overcome social inclusion</i> <i>2) 50% training and education dollars goes to consumers and family members.</i> <i>• Luncheon Committee-which does the training once a month</i> <i>• Orientation Committee-providing orientation to new people</i> <i>• Diversity Committee-tries to reflect all the ethnic, geographical and sexual preference diversity as well as people with disability and trying to get youth involve</i> <i>• Special Interest Committee-makes an effort to try and respond in getting people involve in the areas of their most interest</i> <p><i>POCC members attend various meetings such as:</i></p>	

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<p><i>POCC...(Cont.)</i></p>	<ul style="list-style-type: none"> • <i>Workforce Education Training Panel-out of 41 people 20 are from POCC</i> • <i>PEI Planning-9 people</i> • <i>OPC-9 people</i> <p><i>Mr. Woodruff stated that this is an exciting time not just for AC but statewide and related that at the statewide clients' conference held in Sacramento AC was in full front because of the consumers' strong leadership and the BHCS Dept. in making and bringing in leadership to the community.</i></p> <p><i>Mr. Mahler stated that in 5 years AC has the best consumer involvement in the state and he felt that AC will have the best campaign for social inclusion and best effort in hiring consumers as well in the state.</i></p> <p><i>Dr. Thomas pointed out that AC (members of POCC) was all over the conference brochure i.e. providing key note address, consumers leading workshop and that it was just extremely impressive to see the knowledge and the leadership that the POC brought to the statewide conference.</i></p> <p><i>Mr. Mahler thanked BHCS Admin-Dr. Thomas, Ms. Majak and Mr. Spicer for putting a dream team such as hiring Sally who was the Exec. Director of CA. Network of Mental Health, she's now in AC working with POCC.</i></p> <p><i>POCC members shared the importance of being involved with POCC:</i></p> <ul style="list-style-type: none"> • <i>Ms. Aslami stated that the POCC is so important to her because of recovery and hope. POCC is her community now, members are supportive to one another, they are involve with many meaningful activities i.e. helping to transform the system by being involve with the PEI planning process, reaching out to the youth, etc. She felt so blessed to be part of the POCC, she can represent Afghan Community with their mental health issues, speak up for them and tell them that getting help is ok.</i> • <i>Mr. Gonzalez stated that he is involve with the POCC to represent consumers who don't speak English; he is involve in doing outreach; he spends 40 hours a week doing volunteer work, going to community to invite people to share their stories. POCC represent diversity, age, gender, sexual preference, etc. For Mr. Gonzalez POCC helped him have a self help, he found his own recovery and also he's able to help people who want to be better.</i> <p><i>Mr. Mahler thanked the MHB for recognizing Mr. Gonzalez for his volunteer work last</i></p>	

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<i>POCC... (Cont.)</i>	<p><i>year at the MHB Community Service Awards.</i></p> <ul style="list-style-type: none"> • <i>Ms. Johnson stated that the reason why she joined the POC is because of the diversity, it gave her another energy that she kind of lost. Ms. Johnson was the Director for the ACNMHC-Reach Out Program; she heard Jay in one of their board meetings and Nancy Thomas asked her to support the POCC and she was able to integrate all of diversities. Reach Out was a first program to incorporate the members from the POCC. Ms. Johnson is involve in various committees i.e. Executive, Steering, Diversity and Planning Committee.</i> • <i>Mr. Garcia is the newest person to PEERS and he was referred by his Case Manager to join the POCC. He has been searching for a long time, he never had a voice this is first time for him to speak to anybody beside 1 Or 2 people to say that he is a consumer, this is a new thing for him to have a voice. For Mr. Garcia, POC is truly a great opportunity to be able to talk to others who are going through the same thing that he is experiencing; for a number of years he tried correcting everything by himself, but he didn't know what was going on and he didn't have anybody to talk to.</i> • <i>Mr. Kearney stated that as part of the POCC it is exciting to see how the future will be going to play, he is glad to be part of the POCC and be able to help people who need assistance with mental health issues.</i> <p><i>Ms. Elias thanked the POCC for coming and telling their stories.</i></p>	
<u>Action Items</u>	<i>This item was tabled.</i>	
<u>Chair Report</u>	<p><i>Ms. Elias discussed the following:</i></p> <ul style="list-style-type: none"> • <i>Good movement happening with the board: Pat Buchanan-Budget Committee; Tony Hare-Adult Committee; Maxine Oliver-Benson-Housing Committee; Sup. Gail Steele-Children's Committee; Rochelle Elias-PAC</i> • <i>The board is in the process of exploring having an affiliate membership, Pat, Tony and Rochelle will be meeting and the county council is helping with this aspect.</i> • <i>Ms. Elias is doing outreach to underserved population</i> • <i>Board recruitment is coming along and acknowledged the presence of Alane Friedrich and Dr. Laura Mason-Psychologist from UC Berkeley who are applying to the board.</i> 	

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<u>Liaison Report</u> Alameda County Family Coalition (ACFC)	<i>Ms. Dashiell expressed concerns re: Family Education Resource Center (FERC), she would like to talk to BHCS Admin. about the FERC proposals and some weaknesses that the ACFC would like to address; the board made a motion to follow-up with the dept. about ACFC's concern. Ms. Dashiell stated that the language of the MHSA is inspiring, its good to hear the POCC talking about transformation of the system, it's full of hope, it seems POCC members feel that they are living it but family members are not there yet and hoping that when a Family Relations Manager is hired family members will get more attention.</i>	
<u>Public Comments</u>	<i>Mr. Black addressed the need to have Howie Harp open for longer hours. Mr. Attaway addressed some issues happening at Howie Harp such as bathroom issue and would like the board to come visit Howie Harp.</i>	
<u>Board Comments</u>	<i>None</i>	

*Meeting was adjourned @ 2:00PM
Minutes submitted by Agnes F. Catolos*