

**Alameda County Mental Health Board Minutes**  
**May 10, 2010 ♦ 12:00pm-2:00pm**  
**First 5 Office Suite 130**  
**1100 San Leandro Boulevard**  
**San Leandro, CA 94578**

Meeting called to order @ 12:15 by Chair Rochelle Elias

**HOUSEKEEPING**

Roll Call/Introduction of Guests

**Mental Health Board Members:**

**Present:** Pat Buchanan, Jeffrey Davidson, Rochelle Elias, Alane Friedrich, Samuel Greyson, Luvenia Jones, Dorothy King, Sheldon Koiles, Laura Mason, Dr. Stephen Post, Sup. Gail Steele, Patricia Sweetwine, Kelly O’Lague-Dulka and Ravi Sodhi

**Excused:** Laura Mason

**Absent:** Lisa Gifford

**BHCS Staff:** Agnes Catolos, Barry Hall, Barbara Majak, Carolyn Novosel, Gary Spicer, Marye Thomas, MD, and Rosa Warder

**Liaison:** Margot Dashiell (ACFC)

**Public:** Joe Rose, Joan Miro, Josh Thurman (BOS-District 1 Office) Howie The Harp Representatives-Joseph Carter, Jerome Attaway, Troy Johnson

<b>ITEM</b>	<b>DISCUSSION</b>	<b>ACTION</b>
<b><u>Public Comment</u></b>	None	
<b><u>Approval of April 2010 MHB minutes</u></b>	No correction was made to the MHB April 2010 minutes.	M/S/C Pat Buchanan/ Alane Friedrich Motion Passed All Favored
<b><u>Correspondence</u></b>	<ul style="list-style-type: none"> <li>▫ NAMI Walk will take place at Golden Gate Park in San Francisco on May 22, 2010.</li> <li>▫ Ms. Elias received an invitation from the EveryOne Home group to a Candidate’s Forum for 3<sup>rd</sup> Supervisorial District, candidates are: Nadia Lockyer, Liz Figueroa and Kevin Dowling, the forum will take place on May 17<sup>th</sup> at this location (First 5 Office in San Leandro). The event is sponsored by EveryOne Home, Foster Youth Alliance, Children and Family Services Network, ACCMHA and East Bay Law Offices.</li> </ul>	

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<i>Correspondence (Cont.)</i>	<ul style="list-style-type: none"> <li>▫ <i>Reminder: ACMHB Annual Community Service Awards is scheduled on May 25<sup>th</sup>.</i></li> <li>▫ <i>Proclamation of May is Mental Health Month on Tuesday, May 18<sup>th</sup>, the Board of Supervisors (BOS) will do the proclamation; Dr. Thomas and Ms. Elias will do presentations at this event.</i></li> <li>▫ <i>Ms. Elias did a site visit at East Bay Recovery Project.</i></li> <li>▫ <i>Nominating Committee for June Election was appointed by Ms. Elias, the committee members include: Ravi Sodhi, Sam Greyson, Patricia Sweetwine, Luvenia Jones and Dr. Stephen Post.</i></li> </ul>	
<b><u>Director's Report</u></b>	<p><i>Dr. Thomas discussed the following:</i></p> <ul style="list-style-type: none"> <li>▪ <i>Family Quick Guide-an updated version of the family quick guide was distributed. Dr. Thomas provided some background info on how the family quick guide was developed by various family groups which primarily focus on info that family members wanted to know; the brochure was dedicated to Joe Shimizu, a former MHB member and President of a local chapter of NAMI, because he originally developed the 1<sup>st</sup> family quick guide.</i></li> </ul> <p><i>Ms. Warder brought a case of the family quick guide.</i></p> <p><i>Dr. Thomas felt that when the consumers develop brochures for consumers they should do a similar process that involve consumers themselves to identify what kind of info they need on the brochure.</i></p> <p><i>The other brochure that was distributed is the BHCS handbook for all Medi-Cal recipients in Alameda County.</i></p> <ul style="list-style-type: none"> <li>▪ <i>Budget Update:</i> <ul style="list-style-type: none"> <li>▫ <i>Susan Muranishi's (County Administrator) memo re: 2010-2011 Values-Based Budgeting Targeted Reduction Plans was distributed and discussed that showed reduction target for county departments e.g. HCSA was assigned a \$40.4 mil deficit; \$18 mil of this deficit was assigned to BHCS.</i></li> <li>▫ <i>Alex Briscoe's letter re: HCSA FY 10/11 VBB Targeted Reduction Plan was distributed and discussed that showed the following strategies to close HCSA's budget deficit:</i> <ul style="list-style-type: none"> <li>○ <i>One-time only strategies</i></li> <li>○ <i>Permanent on going strategies</i></li> </ul> </li> </ul> </li> </ul>	
<b><u>Liaison Reports:</u></b> <i>Measure A</i>	<i>Dr. Post stated that the Measure A Committee is in the process of preparing report for the BOS and they are hoping to have the BHCS section completed by the end of June for 2008-2010.</i>	

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<i>Alameda County Family Coalition (ACFC)</i>	<i>Ms. Dashiell stated that the ACFC is focusing their efforts towards provider education so that providers understand the importance of making an alliance with family members to develop a team approach that include family members in treatment planning. She related that one of their members, Joe Rose has been working with provider education and the FERC is beginning to have provider training as well.</i>	
<b>Committee Reports:</b> <i>Adult Committee</i>	<i>Ms. Friedrich distributed Adult Committee April minutes and related that at their previous meeting they had a vibrant discussion on what the county uses to evaluate service teams and also a discussion on qualitative vs quantitative reports; they also discussed reports from JGPP, Sausal Creek, Family Caregiver and Patient’s Rights Advocates- finally got some improvements with Herrick Hospital as Ms. Tenenbaum was invited to Herrick’s Leadership meeting.</i>	
<i>Children Advisory Committee (CAC)</i>	<i>Ms. Novosel related that CAC May meeting was canceled and in June meeting, they’ll have discussion on Underserved Ethnic Language Program.</i>	
<i>Public Awareness Committee (PAC)</i>	<i>Ms. Elias related that Barbara Myers recently did a show on prisons, which include a chaplain from Napa State Hospital and an ex-inmate consumer. The quality of programming is becoming quickly apparent though Ms. Myers could no longer able recruit consumers to the station as it’s not part of the contract with the production company. PAC is working with Joe Rose on slide presentation for Speaker’s Bureau to try to present mainstream info on mental health to various church, schools and organizations; they also had discussion on the film proposal of consumer movement in Alameda County.</i>	
<i>Santa Rita Adhoc-Committee</i>	<p><i>Mr. Greyson stated that Santa Rita Adhoc-Committee met last week and their next meeting is scheduled on June 3<sup>rd</sup> at 9am at Sup. Steele’s Office in Oakland. He related that they went to Santa Rita Jail, Millie Swafford (Director of CJMH Services at Santa Rita) provided the tour, their group met one of the psychiatrist and they saw the following: one of the housing units for mental health clients, dental facility, intake and discharge area and few inmates.</i></p> <p><i>Ms. Friedrich related that seeing the jail’s automated transportation system for supplies was an experience she won’t forget.</i></p>	
<b>Discussion Items:</b> <i>A. Quick Guide for Consumers</i>	<p><i>Ms. Elias agreed with Dr. Thomas’ suggestion that when developing quick guide for consumers it should involve consumers themselves who access BHCS whether it’s the POCC or other consumer groups e.g. PEERS, ACNMHC, etc. For reference, LA county consumer resource directory was distributed.</i></p> <p><i>Ms. Friedrich suggested contacting Patients’ Rights Advocates Office to incorporate info that they already have to the consumer resource manual.</i></p>	

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<p><i>B. To Pursuit Film Project on the History of Consumer Movement in Alameda County</i></p>	<p><i>Ms. Elias felt that the mental health consumer movement has been an important force in Alameda County with their efforts to transform mental health care system; she would like the MHB to vote to recommend to BHCS to make a film on the history of consumer movement in Alameda County and it's up to BHCS whether they choose to support this project or not.</i></p> <p><i>MHB members suggested the following:</i></p> <ul style="list-style-type: none"> <li><i>o Ms. King suggested to go back to the history of consumer movement in Alameda County to include OISC, which is the 1<sup>st</sup> consumer run organization in the county and also the Oakland Union of the Homeless and Henry Robertson MSC. She suggested looking at a documentary called "Homeless not Hopeless"</i></li> <li><i>o Mr. Koiles agreed with Ms. King's suggestion to include the history of consumer movement prior to POCC and he felt that the makers of the film should come up with some kind of trailer or a 5 minute teaser to show to the MHB.</i></li> <li><i>o Sup. Steele suggested having a meeting first with major stakeholders including people from early days and BHCS Admin. before the board vote on this recommendation to look at various issues e.g. time involve and potential cost.</i></li> <li><i>o Ms. King suggested to look for sponsor, internship or do fundraisers for the film.</i></li> <li><i>o Mr. Davidson suggested that the MHB be a consultant in this project and suggested a Lee Mun Wah who may be able to produce the film.</i></li> <li><i>o Ms. Friedrich suggested that the PAC compose a list of suggested stakeholders to meet together and they comeback to MHB to address this issue again.</i></li> </ul>	
<p><i>C. Consumer Fitness Partnership</i></p>	<p><i>Ms. Elias stated that with the stats that show mental health consumers die 25 years sooner than other individuals, she felt that Alameda County should have a similar model used in San Francisco, where battered women's group are able to access gyms to enhance their self-esteem, which could benefit POCC members who don't have the financial resources to access gyms. She would try to advocate for a partnership between private gyms e.g. YMCA with BHCS to help consumers access gyms.</i></p> <p><i>Ms. Friedrich suggested bringing this idea to POCC Steering Committee and see what their impression is.</i></p>	
<p><i>D. 2010 Mental Health Advocacy Conference by Luvenia Jones and Sheldon Koiles</i></p>	<p><i>Mr. Koiles provided the following info:</i></p> <ol style="list-style-type: none"> <li><i>1) He watched a presentation that showed the unmark graves of 1000 patients in State MH Hospitals in CA.</i></li> <li><i>2) He related that when he attended the conference in LA, he felt that there is hope, he saw a lot of highly functioning consumers and he felt that this kind of conference is great for consumers to support each other but he felt that the mainstream is missing, those people outside the mental health system should be part of the conference.</i></li> </ol>	

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<p><i>2010 Mental Health Advocacy Conference (Cont.)</i></p>	<p><i>3) He stated that one of the presenters talked about a good way to destigmatize consumers is to disclose who they are and that they are consumers.</i></p> <p><i>4) He learned that stigma is a killer because consumers won't go for treatment and it also put off hope; without treatment and without hope its very difficult to go on a journey of recovery.</i></p> <p><i>5) He attended a conference with Dan Fisher and learned that a cure is possible and that the idea that there is no cure is a false helplessness and a false sense of hopelessness.</i></p> <p><i>Ms. Jones stated that she attended 2 workshops:</i></p> <p><i>1) Homeboys Industry founded by Fr. Greg Boyle-is a non-profit organization that help gang members who are seeking a way out and looking for a second chance in the community. Homeboys Industry nonprofit economic development enterprises include: Homeboy Bakery, Homeboy Silkscreen, Homeboy Maintenance, Homeboy/Homegirl Merchandise, and Homegirl Café where the most difficult to place individuals are hired.</i></p> <p><i>2) Drumming for Your Life Institute founded by Steven Angel-utilizing the rhythm of discovery drum therapy, he has worked with patients recovering from addiction, trauma, and mental illness.</i></p>	
<p><b>Public Comments:</b></p>	<p><i>Mr. Johnson and Mr. Carter addressed their concern re: Howie Harp, they don't want the program to be moved to a different location.</i></p> <p><i>Ms. Miro made comments about the proposed film project and committee reports.</i></p>	

*Meeting was adjourned at 2:15pm  
Minutes submitted by Agnes Catolos*