



Mental Health Advisory Board

Annual Report 2017

(Issued June 2018)

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Letter from the Chair

As Chair of the Solano County Mental Health Advisory Board (MHAB), we are pleased to present this Annual Report to those who have been directly or indirectly touched by mental illness, and those concerned with the quality of behavioral healthcare locally.



In alignment with the County Vision, the MHAB works to champion a progressive system of seamless, accessible and effective services that advances wellness, recovery and resiliency for individuals, families and communities – making certain special attention is given to the cultural and linguistic needs of those served. We continue to look for ways to improve care by connecting the strength and proficient work of consumer advocates, family members, and community leaders.

Working hand in hand with the Department of Health and Social Services, Behavioral Health Division, the MHAB seeks and promotes the most effective methods to educate the public and change some of the negative perceptions attached to those in the community living with behavioral health issues. Through internal and external educational presentations, those who attend MHAB meetings gain a larger understanding of the potential for wellness in our county.

The MHAB continues to work to increase community awareness of mental health issues, support service availability, and reduce stigma. The Board meets regularly once a month on the third Tuesday from 4:30PM-6:00PM, except in July, for a total of eleven public meetings per year.

Heather Theaux Venezio

Mental Health Advisory Board Chair

Letter from the Behavioral Health Director

This annual report marks the conclusion of my first year as Behavioral Health Director (Health & Social Services Deputy Director, Behavioral Health) for Solano County. Appointed by the Solano County Board of Supervisors as Acting Director in January 2017, I was officially named in the position a few weeks later, upon the completion of the recruitment and interview process. I was excited to come into the position, having previously interacted with the monthly Mental Health Advisory Board since starting as the Mental Health Administrator Adult Services & Quality Improvement in August 2015. As I began my year in this position, like most of us in this field, I hoped to make a difference. I hope to continue to do so in support of a service delivery system where a person would elect to receive services even if they could go somewhere else.



One of the primary functions of the MHAB is to advise the Board of Supervisors and the Director of Behavioral Health of local community needs and concerns regarding mental health issues. I am required to ensure that our service delivery system is in full contractual compliance with federal and state regulations, which includes collaborating with an active MHAB. MHAB meetings are an opportunity for meaningful engagement with community members, where they are able to ask questions, provide input, and discuss the impact of mental health services in Solano County.

The MHAB is comprised of community representatives, consumers of mental health services, and family members of loved ones with mental illness, all of whom are committed to mental health issues and community mental health services. Our MHAB is committed promoting awareness about mental health, reducing stigma and discrimination, promoting diversity, and supporting recovery from mental illness. Together, we strive for access to high quality services to achieve mental health wellness for the community. We are in service of this mission, in a supporting role to the County staff and contract provider organizations who are doing this meaningful work every day.

The theme for Mental Health Month in May 2018 is “there is no health without mental health.” That statement applies year-round to all of us and concisely speaks to the many reasons why we do this work. I welcome any questions or feedback about our work.

Sandra Sinz, LCSW

Behavioral Health Director

Meet the Board Members

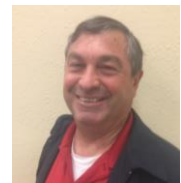
Supervisor Monica Brown: As the Supervisor for District 2, Monica Brown brings her background as a classroom teacher of 39 years and a former Trustee at Solano Community College to her position as a Supervisor. Seeing the devastating impacts of poverty on families in her community, Monica is dedicated to providing resources to those who need them most. Monica is dedicated to using her position as a County Supervisor to help solve homelessness and provide more services for mental health in Solano County.



Heather Theaux Venezio, Chair: Heather Theaux Venezio is the Trauma Program Director for NorthBay Medical Center and a pediatric liaison nurse. She earned a BA in Psychology from University of Massachusetts at Amherst, a BS in Nursing from University of Louisiana at Lafayette and a MS in Developmental Psychology from Virginia Polytechnic Institute and State University. Ms. Venezio was appointed to the MHAB in 2015 and is the current Board Chair.

John MacKenzie, Vice Chair: John MacKenzie has an extensive background in educating and performing safe psychiatric acute inpatient treatment and patient advocacy. He has 21 years of military experience, leading to the ability to work effectively with individual personalities under unique and stressful conditions. Mr. MacKenzie currently serves as a psychiatric Registered Nurse coordinator for a Telemedicine Network serving numerous hospital emergency departments, inpatient units and community clinics.

Michael Wright: Michael Wright joined the MHAB in 2015 and brings to the board the perspective and experience of a parent to an adult mental health services consumer. Mr. Wright is especially passionate about increasing mental health awareness to the law enforcement community. He has a BA in Business Management and Administration from St. Mary's College. After an amazing 30 years with Safeway and 7 years as a community services supervisor for the City of Fairfield, Mr. Wright serves as a community volunteer in an effort to be both a voice and an ear for those receiving or in need of receiving mental health services in Solano County.



Jules D. (J.D.) Hatchett: J.D. Hatchett is a consumer of mental health services who uses his experience of recovery from mental health disorders to support others in recovery. Mr. Hatchett currently works with The Circle of Friends and the local National Association of Mental Illness (NAMI) to provide peer support to mental health consumers. Mr. Hatchett's experience and involvement with the California Department of Corrections and Rehabilitation (CDCR) and Sacramento County of Education inmate re-entry program serves as a driving voice

for the MHAB to advocate for mental health consumers. Mr. Hatchett also oversees a Transitional Housing SLE (Sober Living Environment) program and has a deep understanding and ability to communicate with the homeless mentally ill population. A native of Vallejo, Mr. Hatchett thrives by staying active in his local community and being of service to helping others.

Esmeralda Liberato: Esmeralda Liberato is passionate about communicating her own personal experience with mental illness in an effort to help improve Mental Health Services in Solano County for ethnic communities. She currently volunteers as a member on the Solano County Suicide Prevention Committee and is an active participant in the consumer-directed and consumer-managed program, Circle of Friends. Ms. Liberato is a representative of Solano County's Latino/Hispanic population and is bilingual speaking and writing both Spanish and English.

Elizabeth de la Torre: Elizabeth de la Torre has over thirty years of experience working in the field of Human Services with over 20 of those years working with Mental Health/Behavioral Health as a consumer and advocate. Her focus has been inclusion of consumers in the process of establishing Mental Health Services Act (MHSA) protocols that are “for consumers, about consumers.” Ms. de la Torre is dedicated to outreach in the underserved Latino communities and strives to eliminate stigma associated with mental health issues. Ms. de la Torre’s goal is to continue as a voice for consumers and their families and would like to see consumers encouraged to be a voice in their own programs.



Denise Coleman: Denise Coleman represents the perspective of consumers and family members with lived experience interfacing with the mental health system. She participates in the MHAB to promote awareness and recovery. Ms. Coleman has received “Peer to Peer” training, “Recovery Training” and voluntarily facilitates connection groups with the Solano County National Alliance on Mental Illness (NAMI) and Solano County’s Behavioral Health Wellness & Recovery program. She is also working in a local mental health contract provider program.

Tiffany Banks: Tiffany Banks has an extensive background in delivering mental health services through working as a Social Services Case Manager in the subacute and outpatient settings and working as a Registered Nurse with psychiatric patients in the acute care hospital settings. Ms. Banks has successfully assisted with writing legislation while working in the public health sector that passed the Arizona State Legislature and participates on the MHAB to continue that success in improving and strengthening the delivery of mental health services in Solano County. Ms. Banks is particularly interested in improving services offered to military veterans suffering from mental health ailments and expanding therapeutic group homes for homeless and seriously mentally ill adults and high risk minors.

Mark Headrick: Mark Headrick is a Commander with the California Highway Patrol, has been a peace officer for 15 years, and holds a Bachelor of Science degree in Psychology from Brigham Young University. As a member of the California Highway Patrol, Commander Headrick recognizes the importance of partnering with the community to better serve the diverse population in Solano County. Commander Headrick brings the MHAB a law enforcement perspective with real life experiences.

Melanie Norris: Melanie Norris has an extensive background in research, administration and coordination. She is the parent of a consumer of mental health services and is a tireless advocate for the mental health system and its consumers. Ms. Norris brings a diverse and knowledgeable voice to the discussions of the MHAB and has served sequential terms on the MHAB.

Lori Espinosa: Lori Espinosa has a background in the criminal justice system and experience in developing and understanding fiscal and budgetary documents. She currently manages operations for Meals on Wheels of Solano County and has been a tireless advocate for the mental health system and its consumers. She previously served as Chair and Vice Chair on the MHAB and is the current Suicide Prevention Committee representative. She is going back to school to become a Mental Health Clinician.

County Local Mental Health Board Statutory Requirements

The Mental Health Board serves as an advisory board to both the Board of Supervisors and the Mental Health Director providing community input, ideas, expertise and feedback about the local mental health program. The primary function of the Mental Health Advisory Board is to review and evaluate the county’s mental health programs and services, make recommendations on improvements needed; review State performance contracts for the quality and cost effectiveness of services; advise the County Board of Supervisors and the Local Mental Health Director concerning any aspect of the local mental health program; review and approve

the procedures used to ensure citizen and professional involvement in all stages of the planning process; submit an annual report to the governing body on the needs and performance of the county's mental health system; review and make recommendations on applicants for the appointment of a local director of mental health services; review, comment on, and endorse the county's Performance Outcome Data to be sent to the State Mental Health Planning Council; perform additional duties, which may be delegated by the Board of Supervisors to the Local Mental Health Advisory Board.

The State of California mandates every County have a Mental Health Advisory Board (MHAB) to advise the Mental Health Director and the Board of Supervisors regarding mental health issues, needs and policy. Mental Health Boards and Commissions (MHB/C) were created in 1957 when the State of California passed the Short-Doyle Act that made counties responsible for providing treatment for the mentally ill through a community-based and community-oriented mental health system. These boards are the fundamental way to have oversight of the administration and provision of county mental health services. The Solano County Mental Health Advisory Board is an official community body that advocates for an accessible, appropriate, and effective mental health system that promotes prevention, intervention, recovery, and resiliency for individuals and families in need. The Board consists of up to 15 citizen members (direct consumers, family members, and public interest members) and a member of the Board of Supervisors. One of the Mental Health Advisory Board's responsibilities is the development of an Annual Report to the Board of Supervisors.

MHAB members work closely with Mental Health Services staff and providers through reviewing program and budget priorities, participating in program site reviews, selecting new providers and the Mental Health Director, and serving on various local and state mental health committees.

Board Members provide leadership on mental health issues through public advocacy, education and outreach. The MHAB continues to co-sponsor public education activities regarding illness, appropriate treatment and public policy. Through these and other activities, members of the MHAB advocate for the involvement of consumers, family members and parents of Special Education children in the mental health program and in policy development.

This Annual Report summarizes key activities and accomplishments of the Mental Health Advisory Board for the year 2017.

Mandated Responsibilities

The County Board of Supervisors, in accordance with California Welfare and Institutions Code 5604.2 et. seq. appoints Mental Health Advisory Board members. MHAB duties and responsibilities are the following:

1. Review and evaluate the community's mental health needs, services, facilities and special problems. The Board reviewed and approved the new 3-year MHSA Plan for years FY 17-18 through 19-20. This also included evaluation data in review of the prior 3-year plan. Several MHSA contracted programs presented to the Board throughout the year.
2. Review State performance contracts for the quality and cost effectiveness of services. Performance metrics are included in all new MHSA contracts and are being implemented into all contracts division-wide. These metrics and analysis of cost effectiveness will be reported to the MHAB on a regular basis. Contractors that present their programs will be expected to demonstrate both quality and cost effectiveness measures in their presentations.
3. Advise the County Board of Supervisors and the Local Mental Health Director concerning any aspect of the local mental health program.

A designated member of the Board of Supervisors is a member of the Board; this year, Monica Brown served as Board representative. The Mental Health Director, Sandra Sinz, was an active participant at all monthly meetings, providing updates regarding the Mental Health division and answering questions from the public and the Board.

4. Review and approve procedures used to ensure citizen and professional involvement in all stages of the planning process.
5. Submit an annual report to the governing body on the needs and performance of the county's mental health system.

This document represents the annual report to the Board of Supervisors.

6. Review and make recommendations of applicants for the appointment of a local director of mental health services.

In early 2017, due to the previous director's retirement, a new MH Director was selected. A member of the MHAB participated in the interview process.

7. Review and endorse the county's Performance Outcome Data to be sent to the State Mental Health Planning Council.

MHSA 3-year plan was reviewed and approved which included performance outcome data.

8. Perform additional duties, which may be delegated by the Board of Supervisors to the Mental Health Advisory Board.

None identified.

The MHAB bylaws were revised in 2014, available online at [Solano MHAB Bylaws](#). These bylaws were approved by the Board of Supervisors on November 25, 2014. No changes to the bylaws were proposed in 2017.

Mission Statement

Solano County Mental Health Advisory Board has a commitment to ensure that Solano County's Mental Health Care Services provide quality care in treating members of the diverse community with dignity, courtesy and respect. The Board shall facilitate communication between the consumer, the community, mental health service providers and the Board of Supervisors. This shall be accomplished through advocacy, education, prevention, early intervention, review and evaluation of Solano County's mental health needs and services.

Brown Act Requirements

Quorum: A quorum was present at 9 of the 11 meetings in 2017.

Brown Act Training: Each new member received a binder including membership guidelines, goals and objectives, bylaws, roles and duties (including Brown Act guidelines).

Brown Act Review: Existing members received a review of the Brown Act.

Posting: Agendas were posted and minutes taken in accordance with the Brown Act and the Advisory Board Principles and Policies.

Member Attendance

	Member (List names or Vacant)	Committee Position (List all committee positions)	1/17/2017	2/21/2017	3/21/2017	4/18/2017	5/16/2017	6/20/2017	7/18/2017	8/15/2017	9/19/2017	10/17/2017	11/14/2017	12/14/2017	
Family Member/ Membership	Tiffany S. Banks	1/13/2015-1/13/2018	X	X	X	A	A	X	R e c e s s	X	X	A	X	A	
Family Member/ Vice Chair	John Mackenzie	5/24/2016-5/26/2019	X	X	X	X	A	X		A	X	A	X	X	X
Consumer/ ADAB Liaison	Elizabeth delaTorre	7/25/2017-7/25/2020	A	A	X	A	A	X		X	A	A	A	A	A
Community & Law Enforcement	Mark Headrick	12/6/2016-12/6/2019	A	A	X	A	A	X		X	A	Resigned			
Consumer	Esmeralda Liberato	12/2/2014-12/2/2017	X	X	X	A	A	A		A	X	A	A	A	
Family Member	Melanie Norris	4/7/2015-4/7/2018	A	X	X	X	A	X		X	A	A	X	A	
Consumer	Denise Coleman	7/25/2017-7/25/2020	X	X	X	X	X	X		X	X	X	X	X	A
Family Member	Michael Wright	11/3/2015-11/3/2018	X	X	X	X	X	X		X	X	X	X	X	X
Community Representative/Outreach	Joyce Papetti Thompson	10/20/2015-10/20/2018	X	X	X	X	A	A			A	A	A	Resigned	
Family Member/Suicide Committee	Lori Espinosa	4/22/2014-4/22/2017	X	A	A	Service term ended									
Community Representative/Chair	Heather Theaux Venezio	10/20/2015-10/20/2018	X	A	X	A	X	X		X	X	X	A	X	
Consumer	Jules D. Hatchett		Appointed in November										X	X	
Board of Supervisor	Monica Brown		X	X	X	X	X	X		X	X	X	X	X	
Minutes sent to BOS			Y	Y	Y	Y	N	Y		Y	Y	N	Y	Y	
Minutes Posted on Mental Health Website			Y	Y	Y	Y	N	Y		Y	Y	N	Y	Y	
Quorum Present * * 51% of filled positions			Y	Y	Y	Y	N	Y		Y	Y	N	Y	Y	
Agenda Posting Locations: (State where agendas are posted)			Board												
			HSS (275 Beck Street) Website												
			Brown Act Training is required within one year of appointment and reviewed every two years thereafter.												
			renewed every two years thereafter. Renewal trainings satisfy the above Brown Act review requirements.												
Quorum Present (* Define what a quorum is)															
Example: 51% of filled positions, 5 members per bylaws, etc.															

MHAB Goals & Accomplishments

Each month, with the exception of July, the MHAB Members bring their unique histories and experiences to the table and advocate for important issues affecting all community members. Described below is the list of items the MHAB Members have supported over the 2017 calendar year.

Fulfill the Mandated Responsibilities and Core Purposes of the Mental Health Board

1. Goal: get involved with and advocate for different ethnic groups in the community: Meeting in Vallejo resulted in robust attendance by the community.
2. Goal: participate in Suicide Prevention Strategic Plan - complete in 2017.
3. Goal: support the American Foundation for Suicide Prevention of the Darkness Walk. complete in 2017.
4. Goal: get information about the MHAB to the police departments and encourage them to come to a MHAB meeting to do a presentation – pending.
5. Goal: collaboration between Mentally Ill Offender Crime Reduction (MICOR), Probation, jail, and Law Enforcement, Public defender, district attorney, and Forensic Assertive Community Treatment (FACT) program – pending.
6. Goal: MHSA Plan monthly updates. QI updates are given to the board monthly.
7. Goal: attract more consumers and advocates to the MHAB Accomplishment: J.D. Hatchett and Denise Coleman.

Other Accomplishments:

1. Participated in LPS/PES committee.
2. External Annual Quality Review – DHCS.

Outreach Committee

Mission Statement:

"The Outreach Committee works to enhance opportunities for the public to benefit from participation in mental health services, and to better understand the needs, questions and concerns of mental health consumers, and family/friends of mental health consumers. Information on mental health programs and support groups are shared at public events whenever possible."

Goals:

1. Attend at least three public events including an activity during Mental Health Month.
2. Add Human Trafficking awareness information to our existing set of flyers.

The Outreach committee worked in collaboration with NAMI on the May is Mental Health Month Annual Walk, and they participated in Human Trafficking Awareness Month by posting flyers and banners in the community. Board Member, John MacKenzie attended the quarterly meeting for the American Psychiatric Nursing Association. Michael Wright participated in a "ride along" with emergency responders to get an idea of what they do as far as helping individuals with mental health issues.

Suicide Prevention Committee

Goals:

1. Participate in Suicide Prevention Strategic Plan
2. Participate in Suicide Prevention Week
3. Support the American Foundation for Suicide Prevention Out of the Darkness Walk

The Suicide Prevention Committee liaison attended the community process of the suicide prevention and reduction plan in March 2017. The finished plan was presented and received by the Board of Supervisors. Board members participated in the distribution of Gun Safety Brochures to schools and retail establishments during Suicide Prevention Week. The MHAB dissolved the Suicide Prevention Committee in 2017 as this is a standing committee within the Behavioral Health division.

Membership Committee

Mission Statement:

"This committee is entrusted with the responsibility of ensuring that the Mental Health Advisory Board Members receive the appropriate training in order to perform their duties to the best of their abilities."

Goals:

1. Recruit consumers and advocates to the Board
2. Facilitate the orientation of Mental Health Advisory Board members to the operations, policies and procedures of Solano County Mental Health Services
3. Recruit for a law enforcement representative
4. Actively recruit culturally diverse members to the Mental Health Advisory Board

Progress was made on all goals during 2017. The MHAB added two consumers and one law enforcement representative to the 2017 MHAB Roster. Two Board members attended the annual Mental Health Advisory Boards and Commissions Training in Sacramento on June 17, 2017, and reported back to the Board.

May Is Mental Health Month Committee

Goals:

1. Prepare a Resolution to the Board of Supervisors to recognize May as Mental Health Awareness Month
2. Participate in May as Mental Health Awareness Month activities
3. Plan a community awareness event

The MHAB met these goals. The Board of Supervisors designated May as Mental Health Month on May 2, 2017 and MHAB members attended. Retired Board Chair, Angela Faulkner, donated time and art supplies to frame consumer art to be displayed in the County Administration Center for the month of May. Proceeds of sold art work went to the artists. In collaboration with NAMI and Supervisor Brown's office, the MHAB hosted an event "A Call to Action, Shattered Families" which included a film and discussion with Dr. Stephen Seager, on May 22, 2017, in the Board of Supervisors Chambers. It was well attended by the community and there was productive discussion about the needs of the community and their concerns about historical reductions in long-term care options.

Alcohol & Drug Advisory Board Liaison

The addition of a liaison from the Alcohol & Drug Advisory Board assists and enhances our oversight to better acknowledge our consumers with co-occurring mental health and substance use disorders. Board member Lis DeLaTorre served in this role in 2017. The MHAB engaged in some informal discussions about potential benefits of joining this Board and the Alcohol and Drug Advisory Board (ADAB), given the similar areas of interest and the benefits of approaching both mental health and substance use disorders from a comprehensive behavioral health approach.

Data Notebook

The California Mental Health Planning Council creates an annual "Data Notebook" focused on a particular demographic, the local services available, and the claims data provided by the Counties with that population. This year's Data Notebook focused on services to older adults and included claims data for services claimed to Medi-Cal from 2015. One should note that the service data does not include services that are not billable to Medi-Cal (supportive services that do not meet the threshold of medical necessity) or those services that are funded entirely by MHSA and do not claim Medi-Cal. The Data Notebook was compiled in collaboration between the division and the MHAB. It was then reviewed and approved for submission by the MHAB. Although not posted on the Planning Council's website at the time of this writing, it will be found at <http://www.calbhbc.com/data-notebooks.html>

Building Core Competencies

Through presentations by County staff and community partners, the MHAB heard about County Mental Health ongoing services, future projected programs, and an overview of noteworthy projects in addition to routine staff presentations.

The MHAB hosted the review and public comment session associated with the review of the MHSA Annual Plan in November 2017. After 30-days' public posting on the internet, community representatives came to the meeting held in Vallejo to share their thoughts as well as concerns about the MHSA Annual Plan. The MHAB responded and engaged the division staff in responding to questions by members of the community. These questions and responses were posted online following the public meeting. The MHAB voted to approve and recommend the Annual Report to the Board of Supervisors.

Other Program Presentations Included:

1. National Alliance on Mental Illness (NAMI) Annual Walk for May is Mental Health Month
2. The Mental Health System overview
3. Annual Budget Overview
4. Quarterly Quality Improvement Committee Reports
5. Accessible Resources for the Communities' Homeless (ARCH) program
6. Seneca WRAP Program
7. Monthly Mental Health Services Director's Report
8. Monthly MHSA Updates

Next Steps

Goals for 2018:

1. Participate and provide feedback on the Request for Proposals (RFP) for crisis services.
2. Support mobile crisis implementation as is part of the MHSA 3-year plan.
3. Outreach to homeless
4. Complete the annual data notebook.
5. Review Quarterly QIC that speaks to data around quality of care and services.

As the MHAB approaches 2018, several of the existing members' terms will expire. We hope that they will elect to continue another term in their role, though the Board will continue in its efforts to broaden membership. We intend to collaborate on at least one conjoined meeting with the ADAB to explore the potential benefits of a single Board focused on behavioral health issues.