

Lake County Mental Health Advisory Board

Regular Meeting - Thursday, November 10, 2022 4:00pm – 5:00pm

Location: Peer Centers at the following locations will be available for “in person” participation:

Big Oak Peer Center, 13300 E. Hwy 20, Suite O, Clearlake Oaks

The Harbor on Main, 150 S. Main Street, Lakeport

La Voz de la Esperanza Centro Latino, 14092 Lakeshore Drive, Clearlake

Circle of Native Minds, 525 N. Main St, Lakeport

Zoom Meeting:

<https://us02web.zoom.us/j/82138141109?pwd=UWJwQklzT1ZZYmxiYisxMININ3ZWQT09>

Meeting ID: 821 3814 1109 **Passcode:** LCMHAB

Board meetings are open to the public and may be recorded for internal use only (secretarial minutes).

Our Main Purpose: “Review and evaluate the community’s public mental health needs, services, facilities, and special problems in any facility within the county or jurisdiction where mental health evaluations or services are being provided, including, but not limited to, schools, emergency departments, and psychiatric facilities.” (State of California WIC Section 5604.2)

Meeting Conduct Agreements

- Show up, be on time, be prepared
- Practice active Listening – Listen respectfully and appreciatively, Ask questions to clarify understanding, Rephrase what you heard to confirm understanding
- Focus on Issues –
 - Speak to the question or issue under discussion, and to the group, not to an individual
 - One person speaks at a time – avoid side bars and chatting or messaging during meetings
 - Keep comments short if possible – avoid monopolizing the discussion or making a speech
 - State what you think, not what others think
 - Allow the facilitator to 'direct speaking traffic'
 - Leave outside concerns outside – Silence cell phones, Limit background noise when possible
- Person-First Language -
 - A person with a mental illness, not the “mentally ill”
 - A person living with an addiction, not an “addict”
- Use respectful language - avoid profanity and personal attacks or criticism (of self or others)
- Be open-minded and objective: be informed by your expertise - decide based on evidence
- Limit use of Acronyms – “When in doubt, spell it out.”

Board Members

- Julie Colfax, LMFT, Chair
- Camille Cummins, Vice Chair
- Sheila Roseneau
- Michelle Young
- Bonnie Blumenthal
- Lee Zeledon, LMFT
- Vacant

Lake County Behavioral Health

- Todd Metcalf, LCBHS Director

Board of Supervisors

- Moke Simon
-

Stakeholders

- Betsy Cawn, Acting Board Secretary
- Janet Taylor
- Frank & Willyum Smithwaters

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AGENDA

1. Call to Order & Establish Quorum
2. Roll Call & Introductions
3. Approve Agenda -
 - a. Consider input on changes to Agenda for November 10, 2022 regular meeting
4. Approve Minutes -
 - a. Consider input on changes to Minutes from October 13, 2022 regular meeting
 - b. *Approve Minutes from October 13, 2022 regular meeting - **Action Item**
5. Lake County Behavioral Health Directors Report
 - a. Board involvement in RFP process
 - b. MHAB Budget progress – need a process for reimbursement of expenses
6. Public Comment on non-agenda items (board members will not participate in any official discussion of items presented at this time)
7. Membership
 - a. Interested parties invited to submit application for Board Appointment following the information provided here - <http://www.lakecountycalifornia.gov/Government/Boards/MHB.htm> see the link at the bottom of the webpage for a link to apply online.
 - b. Nominations / election of Officers for Calendar year 2023
 - i. Chair
 - ii. Vice Chair
 - iii. Secretary
8. New Policy, Procedure, and Templates
 - a. None at this time
9. AD HOC / Workgroup, Reports and Proposals
 - a. Report from Management and Data Collection work group – No update at this time
 - i. In process of changing from a workgroup to a standing committee

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- b. Data notebook workgroup – progress report
 - i. *Approved answers to DCHS data notebook at last meeting, awaiting further information from LCBHS, prior to submission to DHCS.
- c. Board By-Laws workgroup – meeting – Monday, November 21st 5-7pm – Online
<https://us02web.zoom.us/j/84846791628?pwd=R0d2Zm1rT1ZuNIJqU0RjNzZEc0xzUT09>
- d. Annual Report workgroup – meeting – Tuesday, November 22nd 5-7pm – Online
<https://us02web.zoom.us/j/86280526790?pwd=Y2QwMFI1YmI4U0JhTjRWUGJYQlIOZz09>

10. Reminders/Follow-up

- a. CALBHBC Board Member Training (optional) - <https://www.calbhbc.org/training.html>

11. Announcements & Upcoming Public Meetings

- a. Board Member Announcements
 - i. Hope, Music, Life Event proposal – Spring 2023 – Fund raiser?
- b. Upcoming LCMHAB Activities
 - i. Monday, November 21st 5-7pm - Online, Bylaws revision workgroup–
<https://us02web.zoom.us/j/84846791628?pwd=R0d2Zm1rT1ZuNIJqU0RjNzZEc0xzUT09>
Meeting ID: 848 4679 1628 Passcode: LCMHAB
 - ii. Tuesday, November 22nd 5-7pm – Online, Annual Report workgroup–
<https://us02web.zoom.us/j/86280526790?pwd=Y2QwMFI1YmI4U0JhTjRWUGJYQlIOZz09>
Meeting ID: 862 8052 6790 Passcode: LCMHAB
 - iii. Saturday, November 26th, 10:30am-12 noon, online meeting of the LCMHAB Executive Committee -
<https://us02web.zoom.us/j/86816099858?pwd=STg4UTJ5Vk5TMlA3VGVwbnhPMDVDdz09>
Meeting ID: 868 1609 9858 Passcode: LCMHAB
 - iv. Thursday, December 9th, 4pm - regular meeting of the LCMHAB

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1. Election of officers by secret ballot (if needed)
 2. Workgroup to be arranged - for creation of Regular Meeting Schedule for 2023, 2023 task list, and to review and revise annual goals and objectives.
- c. Links for Upcoming Community Activities of interest to members
- i. CALBHB/C (Association of Local BH Boards) <https://www.calbhbc.org/>
 - ii. CBHPC (BH Planning Council)
https://www.dhcs.ca.gov/services/MH/Pages/CBHPC_QuarterlyMeetings.aspx
 - iii. MHSOAC (MH Services & Accountability Commission)
<https://mhsoac.ca.gov/connect/commission-meetings/>

12. Adjournment

- a. Next LCMHAB Regular Meeting – December 9, 2022, 4pm

*Additional documentation provided or to be presented (in Agenda package or at the meeting)