

Lake County Mental Health Advisory Board

Regular Meeting - Thursday, December 8, 2022 4:00pm – 5:00pm

In person 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~~ (Temporarily unavailable)

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

- Michael Green
- Alt. 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 December 8, 2022 regular meeting
4. Approve Minutes -
 - a. Consider input on changes to Minutes from November 11, 2022 regular meeting
 - b. *Approve Minutes from November 11, 2022 regular meeting - **Action Itemf**
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 attend at least two regular meetings, and then submit an 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.
8. New Policy, Procedure, and Templates
 - a. None at this time
9. Workgroup, Reports and Proposals
 - a. Report from Management and Data Collection work group –
 - i. Moving from a workgroup, to being a standing committee as Bylaws are revised
 - b. Data notebook Ad-hoc Committee workgroup – progress report from November 2022
 - i. *Approved answers to DCHS data notebook at October meeting, awaiting further information from LCBHS, prior to submission to DHCS.

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- c. Board By-Laws Ad-hoc Committee workgroup – Progress report from November 2022
 - i. Meeting was held– Monday, November 21st 5-7pm – Online
 - ii. Next meeting to be scheduled
- d. Annual Report workgroup – Progress report from November 2022
 - i. Meeting was held– Tuesday, November 22nd 5-7pm – Online
 - ii. Next meeting to be scheduled

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
- b. Upcoming LCMHAB Activities
 - i. Bylaws revision workgroup – To be scheduled
 - ii. Annual Report – To be scheduled
 - iii. Planning Workgroup Monday, December 19th, 5pm - for creation of Regular Meeting Schedule for 2023, 2023 task list, and to review and revise annual goals and objectives.
 - iv. Saturday, December 31st, 10:30am-12 noon, online meeting of the LCMHAB Executive Committee -
 - v. Thursday, January 12th, 2023, 4pm - regular meeting of the LCMHAB
- 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/>

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12. Adjournment

- a. Next LCMHAB Regular Meeting – January 12, 2023, 4pm

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