



**COUNTY OF ORANGE
HEALTH CARE AGENCY**

**BEHAVIORAL HEALTH
ADVISORY BOARD**

Matthew Holzmann
CHAIR

Duan Tran
Stephen McNally
CO-VICE CHAIRS

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Santa Ana, CA 92701

**Mental Health and Substance
Use Disorder System of Care
Meetings
NOTES**

Wednesday, February 9, 2022
9:00 a.m. – 10:45 a.m.

Teleconference meeting via Zoom

By Computer:

<https://zoom.us/j/99364554212>

By Phone: +1 301 715 8592

Meeting ID: 993-6455-4212

Members Present: Matthew Holzmann, Mara James, Steve McNally, Kristen Pankratz, Courtney Smith, Duan Tran, Frederick Williams, Karyl Dupee

Members Absent: Jim Taylor, Lauren Deperine, Nita Tewari, Supervisor Doug Chaffee

I. Welcome & Introduction

- Matt Holzmann began the meeting at 9:00 a.m. Members of the Behavioral Health Advisory Board (BHAB) introduced themselves via roll call.

II. Public Comment

- Aimee Dunkle noted that her organization, The Solace Foundation, distributed many Narcan doses and despite that, 2021 had over 900 Fentanyl overdoses. She noted that we should be looking at where Narcan is needed. Another community member noted that we could also find out where the overdoses are occurring.
- Another community member, Tamara Jimenez from the Lighthouse Treatment Center, stated that she looks forward to further participation and working with the BHAB towards recovery in Orange County.
- Dr. Kelley noted that the CDPH overdose surveillance is broken down by zip code and that

would be a starting point for information. Matt Holzmann suggested reaching out to Be Well, the Orange County Sheriff's office and to various coalitions to get more information and to coordinate services.

III. Update Presentations and Site Visits for 2022

- The BHAB members discussed areas of interest for presentations they would like to see and the sites that they would like to visit in 2022. The site visits planned for 2021 were left on the list since the members did not conduct site visit due to COVID. They noted that there would be quarterly budget updates from the CEO's office in November, February, May, and August. They also noted that they could conduct site visits in smaller groups so that more visits could occur throughout the year. The site visit list and presentation list were updated to reflect their discussion. In addition, BHAB members requested a master calendar from procurement for BHAB review and would like any presentations at least 1-2 weeks in advance.

IV. SUDSOC and MHSOC Breakout Sessions

Substance Use Disorder System of Care (SUDSOC)

Mental Health System of Care (MHSOC)

- **SUDSOC Breakout Discussion:**

Steve McNally started out the discussion by asking attendees to note what collaboratives in which they participate. He stated that he would like to organize getting invites to the various groups to get more SUD information and improve collaboration. Regarding Narcan distribution and education, it was suggested that they could get information from OCDE on youth drug use from the Healthy Kids Survey and this could help localize information, education and Narcan distribution to districts with higher drug usage rates. They would also like someone from the state to give more information about Narcan distribution. Dr. Kelley noted she could give information about what the county provides vs what is provided within the community. Karyl Dupee noted that we still need to address the underlying issues that can lead to drug abuse. One participant shared resources to get information on filling out Narcan applications and how to get trained on usage. Glenda Aguilar noted that all county staff will take Narcan training, and that Hazelton will be providing training and community providers can attend. Once the information is available the group requested that it be shared with them. It was also noted that there is no tracking of who is trained on Narcan usage outside of the county trainings nor is there a central list of those providers who received Narcan. The group felt that Lake Elsinore may be the first to distribute Narcan in the schools and this effort should be expanded.

Regarding improvements needed and gaps in services and treatment, they felt that improvement is needed in the pharmacy distribution of Narcan and stigma reduction, educational outreach to families, treatment for those seeking help within the private sector, treatment bed availability, reducing barriers to treatment and treatment length. They felt that needle exchange programs and testing strips programs are not available along with a lack of education about the medications available to treat opioid addiction. They would also like programs to train high school students on the use and availability of Narcan. They also noted they would like a presentation on Fentanyl and a new methamphetamine that is now available.

- **MHSOC Breakout Discussion: 10-15 Minutes**

Courtney Smith brought up the topic of Health Equity. Johnice Williams, from Peer Voices, shared how her organization obtained a booth at an African American Equity event. Over 750 individuals attended the affair that focused on the African American population and their recovery. Supervisor Foley and Chaffee were in attendance. BHAB participants were encouraged to attend similar events in the future. Duan Tran described The County Equity Committee and how everybody present were invited to participate. He saw the committee as an important voice for the community.

Regarding suicide prevention, Daniel Gibbs referenced the issue of youth suicide, including the impact COVID 19 has had on that demographic. Duan Tran enumerated the many pressures that today's youth experience. He asked how we could reduce the shame factor and address it as a community. Dawn Smith pointed out that the prevalence of suicides has decreased while accidental overdose has gone up. She stressed the importance of focusing on all age groups and the impact mental health has on each one. Jenny Hudson believes that obtaining numbers to illustrate the problem, and the trends it might point to, would be critical moving forward. Helen Cameron addressed various suicide problems for veterans and where the needs and gaps might be and announced that a presentation on veterans will occur at the upcoming Meeting of the Minds Conference. Linda Smith announced an Early Psychosis Meeting taking place the following night and how the subject of suicide would be included, and Michael Arnot mentioned the Children Mental Health Access Collaborative and its suicide prevention element.

Other topics discussed were the upcoming CEM general planning meetings being rolled out in coming weeks. A distribution list was requested. Mara James promoted a 5k event taking place in Mission Viejo to support happy healthy children. She then provided a link for registration. Duan Tran wants to support student mental health. He hopes to facilitate school outreach county wide. He mentioned the pressure many children experienced when they are pushed to a potential crisis.

Duan Tran initiated a discussion on marketing and a list was made of the marketing techniques that counties might employ. Michael Arnot used the County Hub and school based Mental Health services as examples. He stressed the importance of collaboration and including everybody at the table. Helen Cameron referred to already gathered material regarding stigma and diversity to provide them to the community. Duan Tran suggested adopting stigma campaigns developed for Mental Health Awareness Month in May and Mara James focused on how they might reduce stigma.

Regarding older adult veterans, Daniel Gibbs emphasized the importance of designating veteran peers to provide veteran services. Helen Cameron mentioned the OC Veteran Military Family Collaborative Program and how they hire veteran peers. Duan Tran suggested we invite these community members to future BHAB meetings.

V. Feedback from Breakout Sessions:

- The members returned to the main session and shared some of the items and topics that each committee discussed during their breakout sessions.

VI. System of Care Shared Items:

- New advocacy issues
- None

VII. Announcement:

- It was announced that a link went out for the Community Engagement Meetings (CEMS) that will start on February 15, 2022 and continue through March of 2022.
- There will be a listening session for The Meeting of the Minds on April 15. Members of the BHAB can register as speakers and will need to provide short files on all members who will be attending.
- On Saturday February 26, Mission Viejo will hold their Oso Fit 5K Fun Run and Community Health Fair that will include information for mental health support.
- There will be a table at the San Juan Capistrano Swallows Festival on March 12 and HCA can help to staff the table.
- It was noted that if a community member wants to invite the HCA to an event, they can email the information to the BHAB email address.
- During the BEHAB meeting, Duan Tran, encouraged more community involvement with the Behavioral Health Equity Committee and provided a link to the steering committee in error. He later asked to amend the notes to reflect that interested individuals reach out to the Behavioral Health Equity work group.

VIII. Adjournment

- Meeting ended at 10:38 a.m.
- The next meeting will be the BHAB General Meeting February 23, 2022.