



**2019**

*Mental  
Health  
Board*

**Annual Report**

Orange County, CA

# Message from the Chair



2019 has been a year of continued growth for the Mental Health Board (MHB) and Behavioral Health Services (BHS). This year, we accom-

plished our yearly goals and we engaged greatly in the rollout of Stigma Free Orange County Campaign, Be Well OC, and the Mental Health Services Act planning process.

I would like to highlight our efforts as a board in collaboration with the Orange County Board of Supervisors (BOS) and the Health Care Agency in kicking off the Stigma Free OC Campaign. On October 8, 2019, the BOS issued a resolution recognizing the official launch of the [Stigmafreeoc.com](http://Stigmafreeoc.com) website, and declaring Orange County a Stigma Free County. Orange County residents and organizations were encouraged to take a pledge and be stigma free. By the end of 2019, we had over 1,000 pledges.

Orange  
County  
Board of  
Supervisors



**Michelle Steel**  
Chairwoman  
2nd District Supervisor



**Andrew Do**  
Vice Chair  
1st District Supervisor



**Don Wagner**  
3rd District Supervisor

MHB members have been actively engaged in Be Well OC since its inception and the development of the original “OC Blue Print.” In 2019 several MHB members participated in the larger Be Well Coalition meetings and we had MHB representation across all the result areas:

- Result 1: Stigma Reduction
- Result 2: Prevent and Act Early
- Result 3: Close Treatment Gaps
- Result 4: Strengthen the Crisis Response System
- Result 5: Anchor the System with Accessible Community Wellness Hubs
- Result 6: Align Partners, Policies, and Stakeholder Engagement

The Be Well OC Suicide Prevention Initiative was founded in 2018 and continued to be co-chaired by two MHB members in 2019. Looking ahead, the MHB will work closely with Be Well OC to find points of synergy and opportunities to advocate for, as well

as amplify the community mental health efforts.

The MHSA office held a series of Community Engagement Meetings (CEM) in the community, in an effort to obtain information about services directly from the community stakeholders. Members of the MHB actively participated in these events.

The continued success of BHS and its programs is primarily due to the outstanding job and commitment of BHS personnel at all levels and advocacy of Orange County stakeholders. This year, the board members and I have had the opportunity to work closely with BHS managers and with Supervisor Do and Supervisor Bartlett’s Offices. I would like to recognize them for their leadership, collaborative spirit and commitment to the community we serve. The collective energy and passion to do what is right for the community has greatly contributed to a wide array of services and programs being provided to our mental health clients. More inclusively, I would like to thank the BOS and BHS Director for constantly working to improve the quality of behavioral health services in Orange County.

A job well done!



**Michael Rose**, DrPH, LCSW,  
Chair Orange County Mental Health Board



**Doug Chaffee**  
4th District Supervisor



**Lisa A. Bartlett**  
5th District Supervisor

# About the Mental Health Board

The Annual Report of the MHB is submitted in accordance with the California Welfare and Institutions Code 5604.2(a). Under state law the MHB is required to review and evaluate the mental health needs, services and special projects in the Orange County community. The MHB requirements also include advising the BOS and BHS director as to any aspect of the local mental health programs.

The MHB is comprised of 15 volunteer members plus one member of the BOS. Each supervisor makes an individual appointment, and the MHB Nominating Committee also recommends the appointment of new members. The categories of membership include:

- Member of the BOS
- Consumer
- Family Member
- Mental Health Professional
- Public Interest

In 2019, the MHB met regularly, twice a month at a Study Committee Planning Meeting and a General Meeting, some of which were held in the community through various parts of the County. The MHB serves as a link between the BOS and BHS by enhancing public input into the execution of community behavioral health care services.



## Mental Health Board

### **Michael Rose, DrPH, LCSW** **Chairwoman 2018 & 2019**

(Appointed 2012, continues in 2020)  
*Mental Health Professional*

### **Matthew Holzmnn,** **Vice Chairman 2018 & 2019**

(Appointed 2016, continues in 2020)  
*Family Member*

### **Supervisor Andrew Do**

(Appointed 2016, continues in 2020)  
*First District Supervisor*

### **Clayton Chau, M.D.**

(Appointed 2018, Resigned April, 2020)  
*Public Interest-First District Appointee*

### **Christine Costa**

(Appointed 2019, continues in 2020)  
*Mental Health Professional*

### **Karyl Dupee, LMFT**

(Appointed 2016, Term ended 09/2018)  
*Public Interest-First District Appointee*  
(Appointed 10/2018, continues in 2020)  
*Family Member*

### **Sandra Finestone, Psy.D**

(Appointed 2016, continues in 2020)  
*Public Interest*



# Members For 2019

## **Mark Levy**

*(Appointed 2019, continues in 2020)*

*Public Interest-Fifth District Appointee*

## **Stephen McNally**

*(Appointed 2018, continues in 2019)*

*Family Member*

## **Kristen M. Pankratz, MSW**

*(Appointed 2018, continues in 2020)*

*Direct Consumer*

## **Bethsabe Romero, PhD**

*(Appointed in 2018, continues in 2019)*

*Family Member*

## **Duan Tran**

*(Appointed in 2019, continues in 2020)*

*Public Interest-Fourth District Appointee*

## **Nita Tewari, PhD**

*(Appointed 2019, continues in 2020)*

*Public Interest-Second District Appointee*

## **Joy Torres**

*(Appointed in 2016, continues in 2020)*

*Direct Consumer*

## **Vacant MHB positions as of January 2020:**

*Third District Appointee Rep*

*Consumer/Family Member*



## MHB Initiatives And Goals

During the MHB's 2019 Annual retreat, the members strategized and prioritized their goals and objectives for the year. They are as follows:

- Increase interaction with the BOS and policymakers.
- Increase community participation at MHB meetings by hosting meetings in the evenings out in the community.
- Combine meetings and site visits.
- Find opportunities for collaboration with other County departments; possible joint meeting with Public Health Committee.
- Increase knowledge around adults, minority groups, and public health models.
- Work on Annual Report.



# The MHB Accomplishes

- MHB involvement with the BOS increased and had continued involvement with Supervisor Andrew Do and Supervisor Lisa A. Bartlett.
- Actively involved in the Mental Health Services Act (MHSA) community planning process through participating in most or all Community Engagement Meetings, as well as actively participating in the MHSA steering Committee meetings.
- Participated in efforts to create the School's Mental Health Services Survey Report, a project with the Orange County Department of Education.
- Older Adult Committee developed a resource book on services for older adults 60 + years of age.
- Worked collaboratively with BHS and the BOS in the development of the Stigma Free campaign and website.
- Engaged with Be Well OC.
- Worked collaboratively with CEO on MHSA budget.
- Added four new appointments to the MHB in 2019, with a total of 14 members on the board.
- Under the advisement of the BOS, the MHB and Alcohol and Drug Advisory Board will begin to work collaboratively and in 2020 will become one board, "The Behavioral Health Advisory Board."
- The MHB's Data Notebook Committee successfully completed the Data Notebook for 2018; the California Association of Local Behavioral Health Boards and Commissions (CALBHB/C) was very impressed with Orange County's report.
- The MHB members participated in the Be Well OC Community Suicide Prevention Initiative.

# d the following during 2019

The MHB held one site-visit and one listening session during 2019 in an effort to focus on their goals for the year. This allowed them to learn more about County programs that serve minority populations as well as listen and learn about community mental health needs.

## ***MECCA, Multi-Ethnic Collaborative of Community Agencies*** – August 14, 2019

1505 E. 17th Street, Suite 100  
Santa Ana, CA 92705

The MHB received a comprehensive overview of the services provided by MECCA and its collaborating agencies. MECCA services specialize in accessing and serving underserved or hard-to-reach individuals and communities and, as a collaborative, MECCA relies on the credibility and strength of its member agencies who have been serving communities across the county for decades. The power of the collaborative is evidenced by the ability to reach underserved populations on a scale that has never been done before.

An example of one of their services, funded by MHSA, is the Early Intervention Services for Older Adults. This program targets adults 60 years of age and older who are experiencing the early onset of mental health conditions or who are at great risk of developing a mental health condition. The

program reaches out to unserved or underserved older adults who are isolated due to social, cultural and linguistic barriers. Some of their services include: educational classes, skill-building workshops, support groups, cultural awareness and integration, comprehensive assessments, home visits and case management, socialization support and activities, and referrals to resources and services.

## ***MHB Listening Session at the Meeting of the Minds Conference*** - May 15, 2019

Anaheim, CA

The MHB held a listening session during a workshop at the Meeting of the Minds Conference. This listening session informed attendees of the role and purpose of the OC Mental Health Board and solicited comments and advice from participants. Individuals who attended this workshop addressed issues in policy and program and made recommendations regarding the system of care in the county.



# Select MHB Committee Reports

## ■ **Board of Supervisors**

### **Communications Committee:**

The chair and vice chair of the MHB established regular monthly meetings with Supervisor Andrew Do's office. These meetings served as a forum for strategic planning which included information sharing as well as an opportunity for education and advocacy. In 2019, the chair and vice chair worked closely with Supervisor Lisa A. Bartlett's office in the advancement of the Be Well OC Community Suicide Prevention Initiative, as well as Supervisor Doug Chaffee's office on a number of issues, including student mental health. In addition, the MHB partnered with the Board of Supervisors to launch the Stigma Free OC campaign.

- **Older Adults Committee:** This committee is comprised of at least one MHB member as well as a wide range of community representatives and OC Health Care Agency (HCA) staff who are focused on older adult services and treatment. The committee provides information and proposes actions and policy positions to the MHB regarding the mental health needs of older adults. This year the committee identified and began addressing goals that included:

- a) The Advisory Committee compiled all known older adults (OA) mental health resources into a 41-page

resource directory and made it available for posting by agencies for public and professional use. The directory includes Orange County resources for older adult mental, behavioral and social support services.

- b) The Advisory Council obtained permission to 'house' this mental health resource list on the 2-1-1 website and with their phone bank, Office on Aging's website, and on OC Health Care Agency's Older Adult Dashboard.

- **Data Notebook:** Collaborated with HCA staff to submit two data notebooks as part of our commitment to the California Behavioral Planning Council; focus on "Mental Health Services and Needs" (03/19) and "Trauma-Informed Principles of Care Across The Lifespan" (10/19).

- **Alcohol and Drug Advisory Board (ADAB):** A member of the MHB attended these meetings on a regular basis. This board worked diligently on addressing the opioid crisis in Orange County for 2018 and 2019. The HCA put together the "Addressing the Opioid Crisis in Orange County, CA" report, a publication that details the extensive, strategic prevention, harm reduction, treatment and recovery efforts led by



# 2019

the HCA's Behavioral Health Services team and underway countywide. The report also includes an appendix on behalf of the ADAB that summarizes crucial feedback from stakeholders impacted by the opioid crisis.

The MHB held a joint meeting with the ADAB in October of 2019, which focused on Stigma Free Orange County and Suicide Prevention. In November 2019, both boards began planning for a merge of both boards to become one Behavioral Health Services advisory board. This merge would take place later in 2020.

- **Finance and Resources:** Made a financial recommendation to implement unspent and unallocated funds; the CEO's new formatted financial statements provided significant support. Continue to recognize that shortening the current nine-plus month Request For Proposal (RFP) process and internal HCA hiring process will positively impact timely spending and program implementation.
- **CA Association of Local Behavioral Health Boards (CalBHBC):** Several members attended training in January 2019 in San Diego and the South Regional training in Santa Ana in June 2019. The Mental Health

## MHB Committees And Liaison Responsibilities

In 2019, the MHB members served on a variety of direct MHB Committees and some members served as liaisons to other boards and committees:

### MHB Committees

- Executive
- Older Adult Services
- Board of Supervisors Committee
- Data Notebook
- Gaps in Services
- Finance and Resource Committee
- Membership

### Liaisons to Boards/Committees

- Alcohol & Drug Advisory Board
- California Association of Local Behavioral Health Boards and Commissions (CALBHBC)
- Community Action Advisory Committee (CAAC)
- Community Quality Improvement Committee (CQIC)
- Mental Health Services Act (MHSA) Steering Committee
- OC Pediatric & Young Adult Mental Health System of Care Task Force

Board continues to incorporate the learnings from both "Best Practices" and "Community Planning Process Supported by Statue." CalBHBC supports Mental Health Boards across California.

- ***Mental Health Service Act Steering Committee (MHSA):*** Three voting members of the Mental Health Board sit on the MHSA Steering Committee as part of the approximate 51 member committee. The communications sharing between the MHSA Steering Committee and the Mental Health Board helps to communicate information flow across members.

The MHSA Steering Committee has been utilized as a primary stakeholder group for community planning since the very first Three-Year Plan was developed and this year was no different. The MHSA Steering Committee continued to have an integral role in budget/program proposals in 2019/20. In December,

the MHSA Steering Committee was given a presentation on the extensive community planning process that took place throughout summer and fall in 2019. The MHSA Steering Committee was presented with the findings from the local community planning process comprising of surveys, community meetings, as well as published reports from different areas addressing behavioral health needs.

The MHSA Steering Committee has also continued to be actively involved in Innovation (INN) programs. The Innovation team introduced and provided updates or outcomes on existing projects, utilized the MHSA Steering Committee to conduct community planning/work sessions with stakeholders, presented on general INN updates and shared about potential/future project opportunities.







## **Behavioral Health Services & Mental Health Board Contact Information**

### **Behavioral Health Services**

[www.ochealthinfo.com/bhs](http://www.ochealthinfo.com/bhs)

Office: (714) 834-6023

### **Mental Health Board**

[www.ochealthinfo.com/bhs/about/mhb](http://www.ochealthinfo.com/bhs/about/mhb)

[OCMentalHealthBoard@ochca.com](mailto:OCMentalHealthBoard@ochca.com)

Clerk of the Mental Health Board

**Karla Perez**

Office: (714) 834-5481



**Behavioral Health Information & Referrals**

# **855-OC-Links**

(625-4657)

[www.ochealthinfo.com/OCLinks](http://www.ochealthinfo.com/OCLinks)

