



COUNTY OF ORANGE  
HEALTH CARE AGENCY

MENTAL HEALTH BOARD  
& ALCOHOL AND DRUG  
ADVISORY BOARD

MICHAELL ROSE, DrPH, LCSW  
MHB CHAIR

FREDERICK WILLIAMS, LMFT  
ADAB CHAIR

MAILING ADDRESS:  
405 W. 5<sup>th</sup> Street  
Santa Ana, CA 92701

**Study Meeting Notes**

**Wednesday, December 9, 2020**

9:00 a.m. – 10:45 a.m.

**Teleconference meeting via Zoom**

**By Computer:** <https://zoom.us/j/819682651>

**By Phone:** +1 301 715 8592

**Meeting ID:** 819-682-651

**Members Present:**

Christine Costa, Stacy Deeble-Reynolds, Karyl Dupee, Sandra Finestone, Johnnie Harris, Matthew Holzmann, Stephan Lambert, Lorraine Martinez, Steve McNally, Kristen Pankratz, Michael Rose, Lauren Slivinski, Courtney Smith, Nita Tewari, Duan Tran, Frederick Williams

**Members Absent:**

Supervisor Andrew Do, Margaret Fleitman, Geoffrey Henderson, Debra Kelsey, Joy Torres

**I. Welcome & Introduction: Michael Rose**

- Meeting began at 9:04 a.m. Each member of the ADAB and MHB introduced themselves via roll call.

**II. Public Comment**

- Christine Tolbert:  
Ms. Tolbert provided information regarding a Mindfulness Practicing Self-Care Webinar (a recording is available to the public upon request). The office of State Council on Developmental Disabilities will have an upcoming live Mindfulness for Parents on December 18<sup>th</sup>, at 2:00pm. Furthermore, she provided additional information we regard to access to services.

**III. Scheduled Discussion Item**

- UCSD Needs and Gaps Report Overview- Sharon Ishikawa  
Dr. Ishikawa provided a comprehensive overview of the Orange County Needs and Gaps Analysis, an overview of the main findings and recommendations from the October 2019, UCSD Report. The report was separated into three (3) parts, 1) Estimates of the prevalence of mental health symptoms and service utilization in Orange County 2) Geographic Access to behavioral health services and a supplemental analysis on a the impact of the availability of psychiatric hospital beds on overnight

emergency department stays. Lastly, 3) Barriers to behavioral health care from provider care from provider /advocate and under-represented cultural /linguistic community member's perspectives. For each of these, Dr. Ishikawa provided data, its strengths and limitations, as well the recommendations and solutions in progress by HCA.

- **Stigma Free OC and Suicide Prevention Campaigns Update- Mark Lawrenz**  
Mark provided an update on the three (3) multimedia campaigns currently happening in Orange County. *Help is here* ([www.Helpishere.com](http://www.Helpishere.com)) is targets middle-age and older adult males, its campaign includes billboards, transit shelters, television, radio, digital and social media, and community outreach toolkit. *Be a Friend for Life* ([www.beafriendforlife.com](http://www.beafriendforlife.com)) targets youth ages 15-22 years old with a specific focus on LGBTQ, foster youth and high achiever demographics. This campaign covers billboards, transit shelters, radio, digital and social media, and community outreach and toolkit promotion. *Stigma Free OC* ([www.Stigmafreeoc.com](http://www.Stigmafreeoc.com)) targets cites organizations and individuals of all ages. This campaign includes newspaper, television, digital and social media, and community outreach.
- **Meeting of the Minds 2021 Listening Session- Matthew Holzmann**  
The Meeting of the Minds Conference will take place in May of 2021; the MHB has been invited to do another listening session. At this listening session, the focus will be providing information about the new board, the Behavioral Health Advisory Board (BHAB) and listen to community needs. Matt has asked members to participate in this event, more information to come soon.

#### **IV. Open Discussion:**

- **Public Comments Received:**
  - Concern for SUD and SMI clients with lack of housing at Board and Cares, causing relapse on their road to recovery.
  - Success story on housing, and concern for others who are going through the process having a hard time due to their criminal records.

#### **V. Committee Reports:**

- **Pediatric Task Force:** Kristen mentioned that there has been a spike on admission rates for youth experiencing eating disorders. Michael suggested possibly taking a deeper dive into this subject in the near future.

#### **VI. Announcements:**

- Dr. Rose reminded the board members of the BHAB Annual Retreat taking place on January 26, 2021 and reminded all members to complete the AB 1234 Ethics Training by December 31<sup>st</sup>.
- Dr. Rose asked all committee leads to submit their reports to Karla Perez as soon as possible to continue to work on the MHB annual report for 2020.

#### **VII. Adjournment**

- Meeting ended at 10:58 a.m.