

**DEVELOPMENTAL DISABILITIES COUNCIL OF CONTRA COSTA COUNTY
BOARD OF DIRECTORS MEETING
November 28, 2012**

Board and Liaison Members Present: Suzanne Anthony, Chairperson, Stephanie Chapralis, Vice Chair, Craig Rose, Nickole Bouslog, Ella Liggins, Karen Lingenfelter, Krista Loomis, Caroline Ortiz, Erin Rogers, Heidi Spaulding, Josh Sullivan, Ken Talken, Carl Tolentino, Kimberly Williams, Penny Musante, Joanne Nakamura, Pamela Perls, Rocio Smith, Heather Hackett, John Rodriguez, Staff.

Board Members Excused: Ange Burnett, Jim Burton, Stephanie Meakin, Barbara Maizie, Barbara Sheehy, Diana Thomas.

Guests: Ron Usac, Area Board 5; Carol Anne McCrary, Contra Costa ARC; Dan Denis, Parent/Caregiver, Gayle Larson, Assembly member Buchanan's office; Angela Gattus, Care Parent Network; Francine Davis, RCEB; Emlyn Struthers, Senator Mark DeSaulnier's office; Elree Langford, Contra Costa ARC; Andrew Gamboa; Ramsey Mashy, Jesse Weiler, CIWP/CRP.

Special Guest: Gina Jennings!

Welcome and Introductions-Suzanne Anthony, Chairperson:

The meeting was called to order at 10:15 a.m. and introductions were made.

- The October 2012 meeting minutes were unanimously approved (M/Penny Musante; S/Ella Liggins), with no corrections.
- There were two additions to the agenda (Caroline Ortiz and Gina Jennings)
- Due to the unavailability of the Speaker, today's topic was changed to "Accessing Crisis Services".

Grant Opportunity: Caroline Ortiz described a grant opportunity for CARE Parent Network. It is through the Family and Children Trust and would enable CARE to serve families with children between the ages of 6 years and 15 years. She asked that Contra Costa County residents fill out a survey of service needs which she passed out and return them to her today.

Presentation: Accessing Crisis Services:

Presenters: Jesse Weiler of CIWP's Crisis Response Program (CRP) and Ella Liggins of RCEB (with contributions from Francine Davis and John Rodriguez).

Community Integrated Work Program (CIWP) is vendorized with RCEB and has a contract to provide Crisis Response services to Alameda and Contra Costa Counties, 24 hours per day, 7 days per week.

- Their main purpose is prevention of a crisis, de-escalation and prevention of psychiatric hospitalizations (5150's). A typical behavioral crisis includes aggression/fighting. Their goal is to support people to remain in their current living situation, whether it is in the family home, a group home or other residential setting. Many times, the person is in danger of losing his/her residence.

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- Services include:
 - A 24/7 mobile crisis response team;
 - Clinical support, including licensed clinical staff;
 - Creation of prevention plans, including training of care staff in the home, day program, hospital or wherever needed. They want to be proactive.
 - Advocacy for medical, medication and psychological reviews;
 - De-escalation of crisis situations without the use of restraint; they may assist when police are involved (e.g., brief them on his/her condition; request not to use tasers).
 - Assistance with transitions into new homes or day programs;
 - Crisis Behavior Training offerings.

- Types of interventions include:
 - Changing the environment;
 - Improving communication systems;
 - Developing safety plans;
 - Look for triggers;
 - Collaboration with all involved;
 - Follow-up plans to prevent re-escalation.

- The referral process:
 - Referrals are made to the Crisis Response Program through the **Regional Center Case Manager**;
 - If an immediate crisis is occurring, there is a 24-hour hotline at RCEB, in which the person on duty will triage and possibly make a referral to the CRP.
 - The case manager sends background information and CRP will contact the family within 48 hours to arrange a face-to-face visit to gather information and start their assessment.

- Services NOT provided:
 - Transportation----like a ride home;
 - Respite for families.

- A question was asked about working with people with substance abuse problems. Jesse stated that all evaluations were on a case-by-case basis and safety was a large component of their evaluations.
- A question was asked about the CRP's ability to work with people that speak other languages and Jesse replied that they have the capacity to work in several different languages, including Spanish.
- A question was asked about the fear that some families have regarding being turned in to Child/Adult Protective Services. Jesse replied that CRP is a mandated reporter and any report made will be discussed directly with the family or those involved, prior to notification to APS or CPS.
- Ella mentioned that for the past year, the Crisis Behavioral Training component has been providing monthly trainings to various police departments, including Oakland and San Ramon.
- A question was asked about how many calls were made each month to the Crisis Response Program and Jesse estimated between 50-100 calls. More research is needed as to the types of calls and responses for further analysis of trends.
- Penny Musante complimented the CRP with their prompt responses.
- Rocio Smith stated that there is a child abuse prevention grant (Calico) and Ron Usac will be passing that information to the CRP for consideration.

Ella Liggins provided information regarding the 2 crisis homes funded by RCEB; one for children (ages 8-17 years) and one for adults.

The children's crisis home is called New Yosemite and is located in Oakland on the Fred Finch campus. It has a capacity of 3 children. As with all licensed homes, there is an intake process that includes admission paperwork, TB clearance, etc. These children are unable to stay in their family home and come to New Yosemite for approximately 30 days (short-term placement). During those 30 days there are weekly family counseling sessions, medical and medication reviews, behavioral plans developed and plans for the long-term are made. In addition, a crisis team from RCEB meets to discuss service plans, long-term residential options, etc. There are currently no vacancies at this home.

- A question was asked regarding families receiving a temporary increase in respite services. Ella replied, yes, it is possible to get a temporary increase in respite services, if it will assist in maintaining the child in their home.

In addition, there is a short-term crisis home for adults in the Hayward Hills. The home is owned by the Housing Consortium of the East Bay (modeled after the Unified Plan homes) and the service is provided by ANKA.

- The home serves up to 4 people in a secluded area of Hayward;
- Sometimes there are no families involved;
- Adults must give their consent to move there;
- The adults must also be motivated to change their lives (especially around substance abuse, if applicable);
- Those with a history of starting fires cannot be served at this facility;
- Services may include psychiatric evaluations, medication reviews and counseling.

Ella explained that very often an individual feels isolated and gets involved with the wrong crowd (may give away his/her SSI funds; doesn't take prescribed meds; doesn't get medical care). Ella stated that it is important that he/she gets involved in some type of program to develop more positive relationships.

The Crisis Response Program maintains involvement with the crisis homes to assist in the transition to a long-term residence. In addition, the CRP provides data for specialized service needs to RCEB, to assist in the development of additional services.

- A comment was made that psychiatrists that serve our population are very hard to find and that many adults use their primary physician for medication. Ella explained that she is actively working with the mental health providers to develop more connections with psychiatrists. RCEB does have a clinical team (must be referred by RCEB Case Manager) that can review cases and make recommendations to the I.D. Team.

Francine reported that Alameda County just received a \$300,000 grant to develop a specialized clinic for people with developmental disabilities that also have mental illness. On-going funding is from Medi-Cal. It is a replication of a clinic in San Mateo and should be up and running in about 1 year. If this goes well, our dream would be to establish something similar in Contra Costa County.

Report from RCEB:

Francine Davis substituted for Jim Burton today with his report:

- Everyone is relieved that Prop 30 passed and no further trigger cuts will happen this or next year.

- The Legislative Analyst projects a \$1.9 Billion deficit next fiscal year (down from \$30+ Billion).
- With a Democratic super majority, the State Legislature can implement tax reform without securing Republican votes (could eliminate legislative gridlock).
- RCEB is rebuilding its infrastructure by recruiting for case managers, nurses, an SLS Coordinator and more.
- RCEB is aggressively meeting targets for the Medicaid Waivers. They will be audited in January for a few weeks (every 2 years), in which homes and programs will be visited.
- RCEB is also working very hard to assist families to get Applied Behavioral Analysis (ABA) services (SB 946) through their insurance companies.
- Good News: RCEB has a "Helping Hand" fund, which is not part of their POS budget. It provides loans to people to help with rental deposits and other consumer needs. Cliffbar held a golf tournament, raising \$40,000 for the fund; and they just received \$5,000 from PG&E. So, the fund is currently very healthy.
- The RCEB Board of Directors is recruiting for a Board Member. If interested, please contact Jim Burton's Executive Assistant, Michi Toy.
- Francine and Jim wished everyone a safe and happy holiday season.

Report from Gina Jennings:

It was great to see Gina, as she is home from Kenya until Jan 6, 2013. Her purpose in Kenya is to assist in making sustainable changes, as they pertain to access to clean water (high incidence of dysentery); health care (street boys are addicted to glue to squelch hunger pains); education and micro-finance. 75% of the women and 52% of the men are unemployed in Kenya.

There are about 100 people with DD in her area. They do not go to school after the 8th grade. Many families hide the person, as they do not trust the government. There will be an election in March and a new regime could evict the missionaries from Kenya at that time.

If allowed, Gina and her daughter will return to Kenya and stay until September 2013. You can go to "StartWithOneKenya.org" to make donations to the project. On December 2, 2012 at the Hope Center Church in Pleasant Hill, there will be a free concert with some items from Kenya for sale. Everyone is welcome.

Committee Reports:

- Legislative Committee: The committee is elated that there are no trigger cuts. This coming Monday, Dec 3rd, there are several swearing-in events in Sacramento that are open to everyone.

The next meeting of the Legislative Committee is Dec. 5, 2012 at the Alameda Public Health building in Oakland.

Jim Frasier is one of our new Legislators and was formerly the Mayor of Oakley.

Please mark your calendars of Feb. 8, 2013 for the Town Hall meeting in Oakland. We would like to fill the room!

- Transition Committee: The Transition Task Force meets the 3rd Thursday of each month in the RCEB conference room and hosts interesting speakers. Everyone is invited. The East/Central Transition Fair was a success, with support from RCEB Case Managers, School District personnel and vendors----a great collaboration.

- Nominating Committee: The committee nominated Dan Denis, Parent and Caregiver, to the DD Council Board (M/Heather Hackett; S/Penny Musante). He was unanimously voted onto the Board. There remains one more Board opening.

Future Meetings:

John thanked everyone for the support he has received on the Council so far. There is no meeting in December. Upcoming meeting to be held at RCEB in Concord include:

- January 23, 2013: Topic-Impact of the Affordable Care Act (subsequently changed to Community Safety)
- February 27, 2013: Topic-Mental Health (tentative)
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Announcements:

- Rocio Smith announced 2 Contra Costa County vacancies on Area Board 5. There are 5 meetings per year in rotating Counties: Marin, San Francisco, San Mateo, Alameda and Contra Costa.

Rocio will be officially retiring on December 30th and thanked everyone for their support. She was overwhelmed by the wonderful party. It will take 4-5 months for a replacement to be named. In the meantime, Dennis Craig will be the Acting Director.

- Our State Senator Mark DeSaulnier is hosting a Holiday Open House on Thursday, Dec. 13, 2012 from 4:00 p.m. - 7:00 pm at his office in Walnut Creek (1350 Treat Blvd, Suite 240). Everyone is welcome. RSVP: www.sen.ca.gov/1565/HolidayOpenHouseRSVP

The meeting was adjourned at 12:05 p.m.

**Our next meeting will be January 23, 2013 at:
RCEB Conference Room
Concord, CA
Topic: The Impact of the Affordable Care Act**

Respectfully submitted electronically by,

Carol Anne McCrory

Contra Costa ARC