

**BEHAVIORAL HEALTH ADVISORY BOARD**  
**Adult Services Committee Meeting**  
**Thursday, February 7, 2019, 10:00 a.m. - noon**  
Ventura County Behavioral Health  
1911 Williams Drive, Lake Tahoe Room (second floor) • Oxnard, CA 93036

**AGENDA**

- I. Call to Order
- II. Approval of the Agenda - **ACTION**
- III. Approval of the Minutes - **ACTION**
- IV. Welcome and Introductions
- V. Public Comments - 3 minutes per speaker
- VI. Chair Announcements
- VII. Presentation: Crisis Stabilization Unit and Dignity Health – Dr. Robert Streeter, Dignity Health
- VIII. Old Business
  - A. The Lanterman, Petris, Short (LPS) Conservatorship Reform – Nancy Borchard, Gane Brooking, Ratan Bhavnani – **ACTION**
  - B. Safety Plan Update – Pam Roach - **ACTION**
- IX. Members and Participants Comments
- X. Update: Behavioral Health Adult Division
- XI. Update: Behavioral Health Substance Use Disorders
- XII. Items for Next Meeting Agenda
- XIII. Adjourn

Next Meeting: Thursday, March 7, 2019, 10:00 a.m. - noon

Members of the public making oral presentations to the Board in connection with one or more agenda or non-agenda items at a single meeting are limited to a cumulative total time not to exceed (5) minutes for all of their oral presentations at such meeting unless otherwise provided. The entire public comment period is limited to no more than (20) minutes total for all speakers. NOTE: The Chair may limit the number or duration of speakers on a matter. In compliance with the Americans With Disabilities Act, if you need special assistance to participate in this meeting, please contact: [Behavioral Health Administration](#), at (805) 981-6830. Reasonable advance notification of the need for accommodation prior to the meeting (48 hours advance notice is preferable) will enable us to make reasonable arrangements to ensure accessibility to this meeting.

**COUNTY OF VENTURA – BEHAVIORAL HEALTH ADVISORY BOARD**  
**ACTION PLAN**  
**Adult Services Committee**

OBJECTIVE TITLE: Advocate for increased services to the older adult population (60+ y/o)

SPECIFIC OBJECTIVE: Establish Geriatric Inpatient services (IPU)

Ascertain updated and detailed data re: factors that contribute to need for IPU

KEY INDICATORS: 1. Advocate for inpatient services for adults 60+ years old

2. Written report summarizing local findings re: factors that contribute to need for IPU presented to County

3. Creation of graphic service matrix of elder adult services for future publication and distribution

ACCOUNTABILITY: \_\_\_\_\_ TARGET COMPLETION DATE: **June 30, 2019**

ACTION STEPS	START DATE	COMPLETION DATE	ACCOUNTABILITY	ACTION STEP: ON TARGET DELAYED*	STATUS
1. Gather information to understand rationale for exclusion of adults 60+ y/o from HPC/IPU including contacting County counsel	now	2/7/2019	Gane		
2. Research inpatient options available to adults 60+ y/o in other countries/states	now	2/7/2019	Gane/ Elizabeth		Received list of LPS facilities throughout California from Peter 1/24/2019  Gane will contact CMH
3. Identify and invite speaker(s) from entity(ies) with potential for operating a geriatric IPU to present to adult services committee	2/7/2019	3/7/2019	Gane/ tba		

\* Explain project delays in status column, revise target dates as required, and state actions required to overcome/remove obstacle(s).

ACTION STEPS	START DATE	COMPLETION DATE	ACCOUNTABILITY	ACTION STEP: ON TARGET DELAYED*	STATUS
4. Research established indicators and factors that contribute to older adults meeting admitting criteria to a geriatric IPU	2/7/2019	3/30/2019	Elizabeth/ tba		
5. Compile listing of all services for elder adults in county for design into a graphic service matrix	2/7/2019	3/30/2019	Denise/ Elizabeth/ Gray		
6. Gather county-wide data (prevalence) on identified indicators and factors from #4	4/1/2019	4/30/2019	tba		
7. Assess veracity of anecdotal evidence suggesting high levels isolation and/or depression in older adults vis-à-vis data from #6; for example, where housed? access to technology?	4/15/2019	5/2/2019	tba		
8. Present draft of design for service matrix to committee	4/1/2019	5/2/2019	Denise/ Elizabeth/Gray		
9.					
10.					

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**COUNTY OF VENTURA – BEHAVIORAL HEALTH ADVISORY BOARD**  
**ACTION PLAN :**  
**Adult Services Committee**

OBJECTIVE TITLE: Advocate for increased services to the older adult population (60+)

SPECIFIC OBJECTIVE: Enhance Outpatient Service Options for Older Adults

KEY INDICATORS: 1. Support development of pilot (8-week?) site-based support groups for older adults

2. Advocate for peer specialists/peer support services for older adults

3.

ACCOUNTABILITY: \_\_\_\_\_ TARGET COMPLETION DATE: **June 30, 2019**

ACTION STEPS	START DATE	COMPLETION DATE	ACCOUNTABILITY	ACTION STEP: ON TARGET	DELAYED*	STATUS
1. Determine locations of high-density housing complexes where large proportion of 'eligible' seniors reside	now	2/7/2019	Denise/Gray/ Elizabeth			<b>COMPLETED FOR HASCB CITY OF VENTURA (01/17/2019)</b>
2. Learn what/which support services (to all residents) are currently offered – include by whom and in which language(s) - in housing sites determined above	2/7/2019	3/7/2019	tba			
3. Identify current peer specialists who might be considered older adults and who might have an interest in facilitating support groups to elder adults	2/1/2019	3/7/2019	Elizabeth/ Gane			

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ACTION STEPS	START DATE	COMPLETION DATE	ACCOUNTABILITY	ACTION STEP: ON TARGET DELAYED*		STATUS
4. Outreach to peers who might be interested in being trained to run support groups (including Spanish speakers)	2/1/2019	3/7/2019	Elizabeth/ tba			
5. Discuss with VCBH other areas/programs in which additional peers could be employed		3/7/2019	tba			
6. Plan outreach to existing service providers at sites determined in step 1 to explore cooperative arrangements		4/4/2019	tba			
7. Draft a plan for implementation with VCBH regarding other areas/programs in which peers could be employed		tba	tba			
8. Explore funding for training of additional peers for skills running site-based elder adult support groups and/or areas/programs identified with VCBH	3/1/2019	5/2/2019	tba			
9. Explore entities to provide training/support for facilitating site-based support groups for elder adults and/or areas/programs identified with VCBH		5/2/2019	tba			

\*Explain project delays in status column, revise target dates as required, and state actions required to overcome/remove obstacle(s).

**IF:**

**SEEK:**

Stress

- Feeling overloaded/overwhelmed
- Restlessness
- Tight muscles
- Feeling nervous

**Self Care**

- Use WRAP Plan
- Eat regular, well-balanced meals
- Breathing exercises
- Practice good sleep habits
- Exercise on a regular basis
- Go to the Wellness Center (805) 653-5045 or TAY Tunnel (805) 240-2538

Increased Symptoms

- WRAP Plan not working
- Have increased symptoms
- Have increased fears
- Feeling out of control
- Having crying spells
- Having suicidal thoughts

**Resources**

- Call your doctor/clinic
- Ask help from family & friends
- Talk with a trusted friend, family member or counselor
- Suicide Prevention Lifeline 1-800-273-8255

Escalating

- Anxiety/depression/symptoms are increasing
- Mood swings are increasing
- Difficulty with concentration
- Unable to sleep or sleeping too much
- Having medication complications

**Mental Health Provider**

- Call your doctor/clinic
- Visit Urgent Care/ER

Threat

- Engaging in dangerous or risky behaviors
- Experiencing erratic/escalating behavior or mood
- Feeling unsafe

**Ventura County Behavioral Health Crisis Team**

1-866-998-2243

24 hours / 7 days a week

Immediate Danger

- Threatening to harm/kill yourself or others
- Physically assaultive or destroying valuable property
- Gravely disabled
- Have a weapon and intend to use it

**Call 911 immediately**

- Request a CIT (Crisis Intervention Team) Officer

## Si:

## Intente:

**Estrés**

- Se siente abrumado / sobrecargado
- Inquieto
- Músculos tensos
- Se siente nervioso

### Cuidarse a sí mismo

- Use el plan de bienestar (WRAP)
- Coma comidas bien balanceadas a horas regulares
- Ejercicios de respiración
- Practique buenos hábitos para dormir
- Haga ejercicio regularmente
- Vaya al Centro de Bienestar (805) 653-5045 o a TAY Tunnel (805) 240-2538

**Incremento en los Síntomas**

- Plan WRAP no funciona
- Han incrementado síntomas
- Ha incrementado el miedo
- Se siente fuera de control
- Tiene episodios de llanto
- Tiene ideas suicidas

### Recursos

- Llame a su doctor/clínica
- Pida ayuda a familiares y amigos
- Hable con un amigo de confianza, familiar o consejero
- Línea directa de Prevención de Suicidios 1 -800-273-8255

**Escalando**

- Ansiedad/depresión/síntomas están incrementando
- Cambios de humor están incrementando
- Dificultad para concentrarse
- No puede dormir o duerme mucho
- Tiene complicaciones con las medicinas

### Proveedor de Salud Mental

- Llame a su doctor/clínica
- Vaya a la Sala de Urgencias, Clínica de Emergencias

**Amenaza**

- Participa en conductas peligrosas o riesgosas
- Experimenta comportamiento o carácter errático/ se intensifica
- Se siente inseguro

### Ventura County Behavioral Health Crisis Team Equipo de Ayuda en caso de crisis

1-866-998-2243

24 horas al día/7 días a la semana

**Peligro Inmediato**

- Amenaza dañarse o matarse a si mismo o a otros
- Es físicamente agresivo o está destruyendo propiedad de valor
- Gravemente discapacitado
- Tiene un arma y la intención de usarla

### Llame al 911 inmediatamente

- Solicite un Oficial de CIT (Equipo de Intervención en Situaciones de Crisis)