

MINUTES

Behavioral Health Advisory Board

Clallam County Courthouse

May 10, 2022

3:00 pm-5:00 pm

Voting Members Present: Bruce Fernie, Christina Miko, John DeBoer, Tayler McCrorie, Tom Stokes, Helen Kenoyer, Kristine Johnson,

Non-voting members present: Jody Jacobsen, Kirsten Poole, Kristina Bullington, Wendy Sisk, Jenny Oppelt

Absent: Amy Bundy, Don Lawley, Stephanie Lewis

General Attendance: Christine Dunn, Kevin LoPiccolo

1. **Welcome and Introductions** – The meeting was called to order at 3:00 p.m.
2. **Agenda** – Majority approved the agenda with one modification, Dr. Allison Berry is not able to present on Overdose Trends in Clallam County 2021/2022 today and we look forward to rescheduling this presentation with her.
3. **Minutes** – Majority approved the minutes from March 8, 2022.
4. **Old Business**
 - Discussion of the bylaws: Christine Dunn updated us on the bylaws revision which went before the Board of County Commissioners work session this week and will be on the agenda next week to finalize. So, we are still going by the previous member designation and we do have a quorum today. The commissioners did bring up concerns about Stephanie Lewis' position (Regional Administrator Salish Behavioral Health Organization) being removed from the membership and they wanted to know if there was any inclination amongst board members to pursue that at a later time, if the managed care piece was something the BHAB would consider adding to the membership. Discussion followed. Final thoughts were what was discussed at the previous board meeting with all the members present in regards to removing this membership position stands. The board members feel there is enough representation of members on all of the different boards that everyone attends that we are getting enough input from across the State and across the county to fuel the board's decisions.

- Vacancies: Tribal Representative, Services for the Homeless, Private Provider of Mental Health Services not contracting for funding and Consumer/past consumer Mental Health Services, as Grace Bell has resigned and advertising will continue. At this time no applications have been received.

5. New Business

- Presentations: Overdose Trends in Clallam County 2021/22 – By Alison Berry & Mondana Madjdi has been postponed.
- Suicide Prevention Task Force – Overview and data – Jenny Oppelt & Christine Dunn
 *See Attached for presentation material. Jenny ended the presentation with information on the schedule for meetings of the Task Force. They are bi-monthly on the 4th Tuesdays at 11 a.m. and to please reach out to Christine Dunn if you would like to join. After the presentation discussion followed. Helen mentioned it was sad to see Clallam County's rate was so much higher than the State's and also that 50% of suicides are 65 of age and older. Wendy followed with this generation rarely reaches out for help and aren't putting out the signals, so targeting with this older generation is really challenging. Jenny mentioned that one avenue this generation is seeking is their primary care providers and this is an appropriate opportunity to catch that assessment. Wendy mentioned men less than women see their primary providers, which is still that challenge. Helen stated that it is unfortunate that we can't help the older generation, when you get to see the younger generation embracing therapy and the struggles with mental health and that it is good to ask for help. They talk about it, see a counselor and do not feel ashamed about it. Wendy mentioned the Thomas Joiners "The Interpersonal Theory of Suicide". Wendy said that one of the things he finds is that people have the potential for lethality and work themselves to that place of feeling like a burden on other people. So when you look at a retired man who has been the sole provider for the family and they start having health issues, they feel like they are not contributing to the family anymore and have become a burden. Jodi mentioned that the mental health first aid classes that Peninsula Behavioral Health and several other organizations are offering, is getting the information out which helps in starting the conversation and having that support which may lead to a referral. Wendy filled us in on the 988-line which goes into effect July 1st. At the Federal level there was a decision to roll out a national suicide hotline/crisis intervention number with the idea of diverting some of those calls away from law enforcement directly to the crisis response system. So, in theory if someone in Clallam County calls the 988-line they will be routed directly to the regional crisis line. So the hope is that law enforcement will be responding to your behavioral health crisis and our mobile outreach crisis teams will be responding when somebody is having an acute mental health crisis.

6. Future Meeting Agendas

- July 12th Meeting
 - Presentation from Jamestown Healing Clinic
 - Overdose Trends in Clallam County 2021/22 – Dr. Alison Berry and Mondana Madjdi

7. Public Comment

- None

8. Announcements

- Peninsula Behavioral Health moved the Sequim office and it is located directly across the street from where it was before. The new address is 500 West Fir. It is a much bigger space and will allow for more staff on site. Will also start offering Mental Health First Aid classes in May and Adult classes in June and August. Some classes are virtual and some are in person and information is available on the website.
<https://peninsulabehavioral.org/services/mental-health-first-aid/>
- Jody Jacobsen announced the Healthy Youth Coalition is expanding Nurse Family Partnership at First Step Family Support Center as well as the Guiding Good Choices program. It is continuing its work with the med take-back program. They also have Dr. Jason Kilmer signed up to deliver 2 more presentations to the community.

9. Adjourn: Meeting adjourned at 3:57 pm

Next meeting: July 12, 2022

Voting Members: John DeBoer, Bruce Fernie, Don Lawley, Helen Kenoyer, Tayler McCrorie, Kristine Johnson, Christina Miko, Tom Stokes, Kristina Bullington, Wendy Sisk Non-Voting Members: Amy Bundy, Jenny Oppelt, Jody Jacobson, Kirsten Poole
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