

**Plumas County Behavioral Health Commission Meeting**  
**9/3/2025 1 pm Plumas County Board of Supervisors' Room, Quincy, CA**  
**Approved at Oct. 1, 2025 meeting**

**STANDING ORDERS**

**Call to Order / Roll Call**

Call to Order: Mimi Hall called the meeting to order at 1:00 pm.

**Roll Call/Attendance:**

Commissioners: Bill Cook, Kendrah Fredricksen, Kristin Gyford, Mimi Hall, Megan McCrorey, Stephanie Swithenbank (quorum established)

Commissioners Absent: Liberty Gott, Valerie Sheldon, Kristy Tucker

PCBH Staff: Jacob Grigg, Jessica McGill, Kristy Pierson, Sharon Sousa, Gary Sanderson

County Counsel: Sara James, Stephen Schofield

Public in Attendance (in-person): Kate Rahmeyer (PCIRC), Denise Pyper, Wendy James (PCOE)

Public in Attendance (by Teleconference): N/A

**Pledge of Allegiance**

**Additions to or Deletions from the Agenda/Approval** – *For urgent items only.* Bill moved and Kristin seconded approval of agenda. Motion carried.

**Public Comment** – N/A

**ACTION AGENDA**

**1. Behavioral Health Commission**

- a. Review and approve draft PCBHC minutes of August 6, 2025. Megan moved to approve, Bill seconded. Motion carried.

**2. Informational Announcements & Reports**

- a. Commissioners Reports and Announcements

- i. Bill reported on CARE Act article and homelessness. He said the CARE Act program is not working well, partially because it was only for the diagnosis of schizophrenia; hoping they will expand to bipolar disorder. Sharon mentioned that they got their first referral to this yesterday.
- ii. Bill congratulated EPHC CEO and ER re: house bill 1 – Medicare Funding will not affect their hospital.
- iii. Megan reported that their Senior Living Solutions (SLS) staff start next week – they hope to see their first patients in October.
- iv. Mimi – the County is working on many things which will support BH department and consumers (e.g. interim pay increases). They hope to have salary survey done by February/March 2026. County budget will be posted on Sept. 5<sup>th</sup>. Previous years have been balanced on fund balances; separated by general funds from other funding sources. Mimi is suggesting a general sales tax. A 3/4 cent tax would raise millions of dollars.

- v. Kristin (PCH) – still waiting for pet therapy to be approved for clinics. She will be giving a talk on service animals vs. support animals, etc. to different agencies. They opened a slot for 5 new patients; their waiting list is over 50 people. They are trying to figure out ways to better triage the list. They hope the new skilled nursing facility will open soon.
- vi. Stephanie – PUSD adopted a new cell phone policy to reduce cell use by students. Staff participated in study re: AI in the classroom. Bill asked how they will determine if this is helping students (MH/BH).
- vii. Kendrah – Bill and Kendrah attended PCBH Cultural Competency training by Stonewall Alliance on Trans health. They both felt it was a very good training.
- viii. Sara James introduced Deputy County Counsel, Stephen Schofield, who just moved to the area.

b. Presentation by PRS system of care stakeholders

- i. Kate Rahmeyer – Plumas Crisis Intervention & Resource Center (PCIRC)
  - 1. They operate 4 sites: Quincy, Portola, Dragonfly Café, and NorthStar Navigation Center
  - 2. Homeless day shelter (laundry, showers, food pantries)
  - 3. High food insecurity in Plumas County – especially high in Portola, up to 2,000 pounds of food given out per month
  - 4. Grief services, Marriage counseling (LMFT), SUD counseling
  - 5. MAC Homeless Prevention program
  - 6. NorthStar – PC Navigation center (not a shelter) – full program: they must work, and have an individualized case plan. Male/Female/Family bunk rooms. Can house 27 people. 3 meals a day, staff on site 24/7.
    - a. Program may include services at BH, AA, life skills, budgeting, cooking/cleaning skills, etc.
    - b. Open since last November; 31 people served, they get referrals from many sources. 50% referred do not accept services with program.
    - c. 26 transitional “tiny” homes will be built. They are building relationships with landlords. Hope to have 4 tiny homes built this year.
    - d. Dragonfly – workforce development program
  - 7. CASA – 16 volunteers currently
  - 8. In Portola – they own the abandoned church on property and are hoping to turn this into housing with grant money.
- ii. Upcoming Presentation Schedule:
  - 1. October – Bill will chair; County Counsel will do Brown Act Training
  - 2. November – law enforcement (new sheriff/CHP) Lieutenant Peterson and Sheriff Hermann
  - 3. December – Partnership Health (pending)

c. Housing projects/plans for BH clients

- i. Request for Proposal needed for a housing developer (since RCHDC has stepped down). Applied for Permanent Local Housing Act (PLHA) grant. We discussed many of the stumbling blocks in this process. Mimi mentioned the Continuum of Care commission (PCIRC, BH, etc.) – includes Sierra County. County’s strategic planning – should have board level objectives. Kendrah stated that we need to

think outside of the box for our MH/BH housing needs. We might want to start a pilot project to consider a different way to help house people with MH/BH issues. Mimi will speak with other small counties (RCRC) to see how they are handling housing issues.

### **3. Behavioral Health Department**

#### **a. Director's Report (Sharon Sousa)**

- i. They are still recruiting for full-time or part-time nurse.
- ii. They need a full-time IT person (they have a good candidate), and need a part-time records specialist (with IT skills).
- iii. Continuing Care Coordinator position – no one has applied (prefer a licensed person).
- iv. Lisa Beck is Administrative Services Officer (Chief Fiscal Officer) and she will be going to 2-day symposium on housing.
- v. Therapy positions are currently at: 3.25 for the county; Matt, Juanita, and Kegan. Gary is the .25 as 75% of his time he is the SUD administrator. (Matt and Juanita have extra duties, as they want to be Unit Supervisors once they are eligible.)
- vi. All-staff meeting was on August 14<sup>th</sup>; had training from Stonewall Alliance on Trans health – received positive feedback.
- vii. Submitted budget with \$1 million surplus (½ is going to prudent reserve; the other ½ they hope can be used as incentives for new therapists). Sharon will work with county counsel on this.

#### **b. Quality Assurance Improvement (Jessica McGill) – see separate report.**

- i. Peer Support Services Letter of Intent was sent to DHCS for review.
- ii. Mobile Crisis Implementation Plan addendum was submitted.
- iii. Annual grievance report was submitted.
- iv. BHINs – data collection on LPS; met with all 3 hospitals about 5150 holds and other things.
- v. See new Policy and Procedures – 3 new policies (see handouts) – give Jessica feedback by Sept. 12<sup>th</sup>. One is regarding documentation for Medicare services. One is regarding scheduling and appointment management guidelines. One is regarding screening for MH services (BQuIP) – also hoping to screen for SUD services.
- vi. Access and Utilization for August
  - 1. 252 open charts, 185 unduplicated clients, 73% penetration rate (goal = 80%)
  - 2. 56 youth; 129 adults
  - 3. New Intakes: 22
  - 4. Crisis Services: 56 (39% in jail)
  - 5. Mobile Crisis Unit: 0
  - 6. Psych Placements: 1
  - 7. 5150's: 4 (one renewal)
- vii. Grievances – none
- viii. Next QIC meeting – just met, next one is scheduled for November 19<sup>th</sup> @ 10 am

#### **c. BHSA Report (Kristy Pierson)**

- i. Big push is the Surveys they have sent out. See QR code flyers and paper surveys. (Attended Roundhouse event and most preferred the paper surveys.) Kristy will pick them up from folks. She is getting them out to the schools; the QR code is

- posted on social media. Deadline is end of September. Mimi suggested that Kristi present this at Board of Supervisors meeting.
- ii. BHSA Integrated plan – state just gave them access online. It is a county portal linked to the state. Working with Fiscal to determine financial piece and what programs can be funded.
- iii. Cultural Competency – upcoming: solution focused treatment, short-term trauma treatment, elderly population, etc.
- d. BH Commission Information and Improvement – Data Notebook – focus is on Wellness Centers vs Club Houses. Commission members need to fill this out and complete it by deadline. “We need our Wellness Centers!” Kendrah will take screen shots of Data Notebook and send to Commission members.

**Adjourned as BH Commission and reconvened as AOD commission.**

### **Alcohol and Other Drug Advisory Board**

#### **Public Comment – N/A**

- 1. Action Agenda
  - a. N/A
- 2. Informational Announcements & Reports
  - a. SUD Report (Gary Sanderson)
    - i. Completed review of AOD Administrator position – made some changes.
    - ii. Resolved 3 Corrective Action Plans (CAPs), 2 CAPs left.
    - iii. Gary will be working on SUD/SUS portion of BHSA plan.
    - iv. Aegis Treatment Center report was submitted (DHCS has been notified).
    - v. Granite Wellness Resident – report in process.
    - vi. Plumas Substance Use Services clinic – monitoring in process.
    - vii. They are in talks with Roundhouse in Greenville about using their facility to provide services.
    - viii. No new BHINs
  - b. Quality Assurance Improvement –
    - i. Access and Utilization for August
      - 1. 48 SUD charts open, 28 unduplicated clients, 58% penetration rate
      - 2. 1 youth, 27 adults
      - 3. New intakes: 7
      - 4. 0 residential placements
      - 5. No grievances to report

**Adjournment:** Meeting adjourned by Mimi @ 2:48 pm

Next meeting: **October 1, 2025 Courthouse: Supervisors' Board Room**, 1 pm to 3 pm.

Respectfully submitted,

Kendrah Fredricksen, Secretary, Plumas County Behavioral Health Commission