

Plumas County Behavioral Health Commission Meeting
11/5/2025 1 pm Plumas County Board of Supervisors' Room, Quincy, CA
Approved at December 3, 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, Liberty Gott, Kristin Gyford, Mimi Hall, Megan McCrorey, Stephanie Swithenbank (quorum established)

Commissioners Absent: Valerie Sheldon, Kristy Tucker

PCBH Staff: Jacob Grigg, Jessica McGill, Sharon Sousa

County Counsel: Stephen Schofield

Public in Attendance (in-person): Merle Rusky, Wendy James

Public in Attendance (by Teleconference): Pam Becwar (First 5), Monica Potter (FRC), Sarah Wallace (PDH LCSW), Jesslan Avlos (EPHC)

Pledge of Allegiance

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

Public Comment – N/A

ACTION AGENDA

1. Behavioral Health Commission

- a. Review and approve draft PCBHC minutes of October 1, 2025. Bill moved to approve, Stephanie seconded. Mimi abstained. Motion carried.

2. Informational Announcements & Reports

- a. Commissioners Reports and Announcements

- i. Kendrah – Data Notebook was submitted online, and a copy was emailed to BoS Clerk. [BoS is scheduled to review this at November 18, 2025 meeting.]
- ii. Kristin – PDH MH waiting list is increasing again; they are improving policies; her position will be ½ time patient care, ½ time training/admin.; hoping to hire another therapist; Wonder dog has been approved for pet therapy.
- iii. Liberty – is on independent study at school and is able to work with children more – this has been a positive experience; she would like to get MH peer group started at school.
- iv. Mimi – Sharon provided update to BoS on the loss of SNAP benefits; several groups are meeting every Friday at 10 am regarding SNAP recipients and how to help folks (Vanessa Vasquez is keeping resource list). Acting Director of Social Services – has a \$1 million allocation but has spent only \$100,000 – they do not have the staff to meet the needs of the folks requiring these services. These positions require bachelor's degrees (and are underpaid). Need to Fast Track

changes. Mimi does not see pay scale changing until beginning of new fiscal year in July 2026. County policies state that new positions can only be requested in January. They can offer recruitment and retention bonuses.

- v. Megan – EPHC has started SLS program.
- vi. Stephanie – has a senior student in Portola who is hosting a walk for Mental Health on Nov. 16th – they will have booths for peer groups and whoever else wants join (flyer will be emailed to everyone).
- vii. Bill – Veteran population in Plumas Co. is decreasing (e.g. Baby boomers dying) – now 1,200 total. Goals of Veterans' Association include decreasing isolation; Greenville – new building will be dedicated and there will be a parade on Veterans' Day at 11 am (also a Veterans remembrance in Graeagle on same day/time). VA in Reno is running at full speed. They have more drivers to take folks to Reno. FRC is hosting a Veterans event on Friday, Nov. 7th at 10:15 am.

b. Presentation by PRS system of care stakeholders

- i. Law enforcement, Sheriff Chad Hermann: Ryan Pedersen (could not be present) – you can reach out to him anytime; he welcomes any questions: 530-283-1100, 530-251-6304, rpedersen@chp.ca.gov
 - 1. Sheriff Hermann – there is an increase in folks with mental health in local jail; it really helps that BH staff are in jails on regular basis; struggling in public sector side – they do not have the staff to deal with some of the issues; law enforcement does not respond to medical calls (due to law suits, suicide by cop, etc.).
 - 2. Last year, Jessica McGill provided them with critical response instructions.
 - 3. On weekends and evenings there is no one with BH to help sheriff's department with MH calls; Fire Dept. (EMT) also does not want to respond to certain calls. Communities other than Quincy do not want to respond to medical/MH calls.
 - 4. With SNAP benefits being denied, the county is in critical need.
 - 5. Portola Rotary is working diligently to honor veterans.
 - 6. Many segments of the population are feeling isolated.
 - 7. Students are food insecure as well.
 - 8. We all need to respond with compassion, and he has encouraged his staff to do the same.
 - 9. They have started their own Wellness Program – sent staff to be trained by peer support. This includes mental, physical, financial and spiritual health.
 - 10. Megan commented as the Long Valley Fire Chief – if they go out on a MH health, will sheriff back them up? Not unless it is a criminal matter. Hermann reiterated that we need a Crisis Response team, which they would be glad to be a part of. Ideally, it would be good to have an MH provider as part of the sheriff's staff.
 - 11. Mimi said we should work on policy/procedure/framework for a Crisis Response team and then work to fill the positions. Jessica McGill has written-up some of these procedures already. There is a 24-hour crisis line.
 - 12. Need to figure out how to recruit/retain people to Plumas County for sheriff's jobs, MH jobs, social workers, etc. – many factors are against this, not just salary.

- 13. BoS needs to hear from Commissioners and employees of BH, social services, etc.
- 14. Liberty requested that there be more connection between local agencies and high schools – for senior projects, etc.
- 15. Mimi mentioned that there will be community strategic planning feedback sessions – PCBH Commission could be a part of this – **we will invite the staff to come to our January 7, 2026 meeting (Zach Gately).**
- ii. Upcoming schedule
 - 1. December – Partnership Health (Kendrah is trying to follow-up) – Jill Blake deferred to Mark Bontrager, Sr. Dir. of BH Services.
 - 2. January 2026 – Mimi will reach out to Zach Gately – strategic planning feedback (come up 3-5 objectives to be accomplished by June 2027)
 - 3. January 2026 – Seneca in Chester – Bill Cook will reach out.
 - 4. February 2026 –
 - 5. March 2026 – Matt regarding jail services

c. Housing projects/plans for BH clients

- i. Sharon is researching a couple things and will report more on this next month.
- ii. BHSA budget in process – housing money can be included but it must be used or given back to the state.
- iii. Kendrah mentioned that PRS is building housing in Greenville – who is their contractor? Can we have a conversation with PRS about expanding their scope?

3. Behavioral Health Department

- a. Director's Report (Sharon Sousa)
 - i. Sharon had a Mobile Crisis Unit Kit available for folks to see (state provided these).
 - ii. Staffing
 - 1. Hired an Admin. Assist. for nurse (Eliza); still posting for a nurse.
 - 2. Clerical – need a Records Specialist with IT skills.
 - 3. Continuing Care Coordinator – no applications.
 - 4. MHSA Coordinator resigned – critical staffing issue (BHSA plan must be submitted in early 2026) – will be posted (job description needs to be updated) – Mimi suggested that Zach Gately might be able to help with this. Previous CFO might also be willing to help with this.
 - 5. Long-time CM is retiring, moving another CM into that position – cannot post because of job description issues.
 - 6. Another CM has resigned (have 5 CMs out of an allotted 13).
 - 7. Peer Support Specialist – hope to have this posted soon (and hope to fill soon).
 - iii. Client with obsession with a staff member; client has been asked not to go to that particular wellness center. BH staff are first responders and their safety is on the line. Staff should be compensated at higher rate.
 - iv. CBHDA conference – care court was discussed; they are working on procedures with county counsel on this.
- b. Quality Assurance Improvement (Jessica McGill) – see separate report.
 - i. Attended CBDHA Policy conference and Sheriff-sponsored multi-agency meeting on BH Crisis Response (community health workers can be added to this team), next meeting is Dec. 8th.

- 1. Peer Support position was approved by DHCS.
- 2. Mobile Crisis Plan approved – Corrective Action plan has been extended to June 30th – need to recruit a minimum 5 non-licensed staff.
- 3. Draft MH/SUD audit reports (see separate reports) – best reports in several years.
- ii. BHINs
 - 1. Several notices received (see separate report)
- iii. Access and Utilization for October:
 - 1. 202 open charts, 188 unduplicated clients, 93% penetration rate (goal = 80%)
 - 2. 60 youth; 128 adults
 - 3. New Intakes: 24
 - 4. Crisis Services: 48 (17% in jail)
 - 5. Mobile Crisis Unit: 0
 - 6. Psych Placements: 6
 - 7. 5150's: 20 (2 re-evals) – youth crisis rate is very high, suicide rate is high
- iv. Grievances – 3 quality of care open, 2 quality of care resolved
- v. Next QIC meeting – just met, next one is scheduled for November 19th @ 10 am.
- c. BHSA Report – no report
- d. BH Commission Information and Improvement – we need elections for commission officers in January. *[Per Bylaws, Article V. D. The Officers shall serve a term of one (1) year, not to exceed three (3) consecutive terms.]*

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 (Jessica for Gary Sanderson)
 - i. Charles, SUD Counselor, was promoted to SUD Counselor II
 - ii. Received finalized SUBG findings
 - iii. Exploring billing for Medication Assisted Treatment
 - iv. 2 new groups started – 1 for youth
 - b. Quality Assurance Improvement –
 - i. Access and Utilization for October
 - 1. 40 SUD charts open, 37 unduplicated clients, 92% penetration rate
 - 2. 6 youth, 31 adults
 - 3. New intakes: 10
 - 4. 1 residential placement
 - 5. No grievances to report

Adjournment: Meeting adjourned by Mimi @ 3:01 pm

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

Respectfully submitted, Kendrah Fredricksen, Secretary, Plumas County Behavioral Health Commission