

**San Joaquin County Behavioral Health Board**  
**Minutes**

**Members Present**

Nancy Chastain, Chair  
Cary Martin  
Karen Ivy  
Tasso Kandris  
Tosh Saruwatari  
Vaunita Duval  
Frances Hernandez  
Ingrid Oliver  
Mudalodu Vasudevan

**Members Excused/Absent**

Supervisor Miguel Villapudua  
Joseph Dittmann, Vice-Chair  
Mike Corsaro  
Lori Hansen  
Daphne Shaw

**Also Present**

Tony Vartan, BHS Director  
Frances Hutchins, Assistant Director  
Billy Olpin, Deputy Director  
Jacqui Coulter, Deputy Director  
Isabel Espinosa, Board Secretary

**Guests**

Gertie Kandris, NAMI SJ  
Patricia Barrett, Mayor's Task Force for People with Disabilities  
Nancy Moll, Aegis  
Da Her, Aegis  
Raksmev Castleman, Telecare  
Myrna Leon, Community

**I. Call to Order**

The Behavioral Health Board (BHB) meeting was convened on Wednesday, January 17, 2018 at the Behavioral Health Services located at 1212 N. California Street, Stockton, CA. Chairperson Nancy Chastain called the meeting to order at 6:00 p.m. and led the pledge of allegiance.

**II. Roll Call**

Roll call was taken by the Board Secretary. A quorum was in attendance at this meeting.

**III. Introductions**

Chairperson Nancy Chastain led self-introductions among board members and the public audience present at this meeting.

**IV. Approval of the Minutes**

A motion was requested by Chairperson Nancy Chastain to approve the December 20th meeting minutes. Motion was made by Tasso Kandris, and seconded by Cary Martin. The motion passed, with unanimous approval.

**V. Public Comment**

Raksmev Castleman of Telecare invited board members to attend the Community Open-House Showcasing TEIR: Telecare Early Intervention & Recovery Services, to be held on

February 9, 2018, from 3-5 pm, at 4545 Georgetown Place, Suite A-3, Stockton, CA 95207.

## VI. New Business

- a. A presentation on the Overview of Opioid Prevention and Treatment by Frances Hutchins, Assistant Behavioral Health Director; Billy Olpin, Deputy Director of Justice and Decriminalization Division; and Jacqui Coulter, Deputy Director of Children and Youth Services:

Frances Hutchins, Assistant Behavioral Health Director, began the presentation with an overview of Opioids.

- Opioids are drugs that are naturally extracted from the opium poppy plant, or synthetically manufactured to replicate the effects of endorphins.
- Opioids also include commonly prescribed medications such as Vicodin, Percoset, Tylenol with codeine, and Tylenol #3.
- San Joaquin County currently:
  - prescribes opioids at a rate of 794.5 prescriptions per every 100,000 people, which is higher than the state average of 544.78
  - has 15.9 overdoses per 100,000 people, with the state average being 4.6
  - has 6.8 deaths per 100,000 people, with the state average being 4.6 (California Opioid Overdose Surveillance Dashboard)
- San Joaquin County has responded to this epidemic by Behavioral Health Services' Prevention and Treatment Services, Public Health Services' County Wide Opioid Coalition, Correctional Health Services' Naltrexone Pilot program, and San Joaquin General Hospital's Pain Clinic.

Billy Olpin, Deputy Director of Justice and Decriminalization division discussed the Treatment of Opioids:

- On Fridays the SJGH Pain Clinic is staffed with a Substance Abuse Counselor who will assist any patients who are in need of assistance getting off of medication.
- Opioid withdrawal is not as dangerous as alcohol withdrawal. It is very rare to die from opioid withdrawal.
- Addiction is treated as a medical condition.
- Only 10% of those addicted who need treatment, receive it. 40% of those addicted are not yet ready to quit (Surgeon General 2016)
- For the Naltrexone Pilot program at the Jail, over 50 people have been interviewed since it started in November of 2017. Only 3 inmates have accepted treatment.
- Pilot program involves connecting inmates who received treatment while incarcerated, to be linked to services upon release.
- The current medications used to treat Opioid Use Disorder are:
  - Methadone: Currently 2,366 San Joaquin County residents receive Methadone from one of the six sites in the county. Methadone has same effects as Opioids and helps to decrease drug cravings and helps wean patients off the drugs.
  - Buprenorphine: (Suboxone) has the partial effect of Opioids, and only fourteen doctors in San Joaquin County are authorized to prescribe.
  - Naltrexone: Blocks the effects of Opioid use on the opioid receptor to reduce cravings. It also blocks the euphoric and sedative effects.

- Naloxone: Is used in the event of overdose.
- Drug Medi-Cal Organized Delivery System (DMC-ODS) plan has been approved. New treatments will begin in June 2018.
- Aegis to create the hub and spoke model to connect patients to regional and community locations.

Jacqui Coulter, Deputy Director, Children and Youth Services, discussed Prevention of Opioid Use disorder:

- BHS offers many prevention and early intervention services through programs like Friday Night Live, Child Abuse Prevention Council, Women's Center Youth and Family Services, Valley Community Counseling Services, Catholic Charities, Community Partnership for Families, and Parents by Choice
- Patient centered care involves medical, mental health, and substance abuse care with family involvement.
- 90% of current opioid abusers began using prior to the age of 18.
- Brain development in youth increases their chances of becoming addicted.

Assistance in overcoming Opioid Use disorder is available at Central Intake, 620 N. Aurora Street, Stockton, CA or by walking into any of the treatment centers in the French Camp location.

More information on opioids is available on [www.cdc.gov/RxAwareness](http://www.cdc.gov/RxAwareness), [www.cdc.gov/drugoverdose](http://www.cdc.gov/drugoverdose), and [www.lockyourmeds.org](http://www.lockyourmeds.org)

## VII. Old Business

- a. Nomination Committee for 2018 Chair and Vice Chair by Cary Martin
  - Board members Daphne, Cary, Nancy, and Tosh volunteered to be on the Nomination Committee.
  - They Nominated Joe Dittmann as the Chair, and Mike Corsaro as the Vice Chair.
  - Both nominees were not at tonight's meeting due to illness. Both were informed prior to the meeting, and advised they would accept the nomination.
  - The floor was opened for any additional nominees. No others were nominated.
  - Tosh made a motion to appoint the nominees, and it was seconded by Vaunita.
  - All board members approved, with new board member Jeff abstaining from voting.
- b. Location of March meeting by Isabel for Mike Corsaro
  - Mike did not attend the meeting due to illness, and informed Isabel via email of the date.
  - Meeting will be held on Thursday 3/22/18 from 5:30-7:30 at the Tracy Library, located at 20 E. Eaton Ave, Tracy, CA.

## VIII. Director's Report

- a. Thank you to Frances Hutchins, Billy Olpin, and Jacqui Coulter for their informative presentation.

- b. Drug Medi-Cal Organized Delivery System (DMC-ODS) site visit by the State has been scheduled.
- c. MHSOAC will be January 25 in Sacramento. BHS will be presenting the Innovation Plans for Progressive Housing, and the Assessment and Respite Center. A few board members will be attending.
- d. The Stepping Up Initiative for Sequential Intercept Mapping will be January 30-31, and will focus on services and diverting individuals with mental illness from jail.
- e. Black History Celebration will be February 16, from 10 am-1 pm in the Conference Rooms
- f. Director has visited off site community partners such as Fathers and families and the Pride Center. BHS is interested in making connections, meeting their staff, and understanding the needs of the community.
- g. Gave a presentation at the NAMI San Joaquin meeting.

## **IX. Committee Reports**

- a. Executive Committee – set agenda for tonight’s meeting.
- b. Legislative Report –no report.
- c. Children’s Committee – no report.
- d. Grievance Committee –no report.
- e. Housing Committee – Handout provided by board member Frances Hernandez. She and Karen Ivy visited Arlyn S Guest Home, a 6 bed residential facility in Stockton and advised that it was a clean and neat.
- f. Substance Abuse Disorder Committee –Tosh and Cary complimented the direction of BHS in regards to Substance Abuse, dual diagnosis, mental health, homelessness, incarceration, and appreciate the hard work of staff.

## **X. Other**

- a. Tasso welcomed Jeffrey Giampetro to the Behavioral Health Board.
- b. Dr. Vasu pointed out that the Veterans Affairs system has an excellent program for opioids that we can learn from. And has an international data base for patient information.
- c. Cary Martin commented that the current administration is seeking to privatize the VA system, and advised that many doctors practicing have received training from the VA.
- d. Vaunita asked about a unified computer data base project that was previously discussed. BHS Director Tony advised that the project is currently working on the integration of segmented records. Currently there is a system that links Community Medical Centers with San Joaquin General Hospital. In the future there may be a unified prescription system to prevent multiple doctors from prescribing the same patient medications.

**Meeting Adjourn:** 7:36 p.m.