Berkeley/Albany Mental Health Commission
Corrected Minutes

Berkeley Mental Health Clinic
2640 Martin Luther King Jr. Way

Members of the Public Present: B, Michael Diehl, Catherine Hall, Ann Hawkins, Shelby Heda, Paul Kealoha-Blake, Joan Miro, Andrew Phelps, Dan Virkstis

Staff Present: Jane Micallef, Carol Patterson, Dr. Karyn Tribble

1. Call to Order at 7:00 pm

Commissioners Present: Jesse Arreguin (left at 9:43 pm), Carole Marasovic (Chair), Kim Nemirow, Shirley Posey, Anna Mae Stanley (Vice Chair)

Commissioners Absent: Jeffrey Davis

2. Public Comment

Andrew Phelps, former Commissioner – was involved in the Outcomes Committee which looked at how Outcomes would be implemented. He is now involved with Psychologists for Social Responsibility, looking at new social roles. He distributed a flyer from their website.

Michael Diehl – last meeting Occupy Berkeley asked for some assistance so Michael tried to work with Mobile Crisis to help, but the encampment has now been removed. Measure B is about a transit plan, provides funding for public transit. Michael encouraged others to talk to AC Transit about how important it is not to raise the cost of the disabled pass.

3. Commission Housekeeping
   A. Rides were handled
   B. Approval of January Agenda

   M/S/C (Posey, Arreguin) Move to approve the January 26, 2012 Agenda with the Chair’s Report be moved to after Commission Housekeeping
   Ayes: Arreguin, Marasovic, Nemirow, Posey, Stanley; Noes: None; Abstentions: None; Absent: Davis.

   C. Approval of the December 8, 2011 minutes
      o Shirley Posey was on time and Anna Mae was only a few minutes late. They participated in all the votes. So change under #1 Roll Call to remove ...(arrived at 7:20 pm.) Under #3B remove …Stanley (arrived after vote) and under #3.C. remove …Stanley (arrived after vote.)
      o Under Kim Nemirow’s public comment, the end of the sentence should read: “concerned about how staff treat her.”
M/S/C (Stanley, Arreguin) To approve the December 8, 2011 minutes with [the above] corrections

Ayes: Arreguin, Marasovic, Nemirow, Posey, Stanley; Noes: None; Abstentions: None; Absent: Davis

D. Staff Announcements
- Officer elections will take place next month.
- The Secretary went over the memo “Encouraging Consumer and Family member Participation.
- Next month the Commission will be hosting the Public Hearing on Berkeley’s Innovations Plan funded under the Mental Health Services Act.
- Staff are planning an event to celebrate May Is Mental Health Month.
- The new Commissioners’ manual is available online.

SB 343 Communications Binder – The binder was available at the meeting.

8. Chair’s Report
A. The Chair reported that she did not draft a recruitment letter because we suddenly had more applicants for General Public Interest seats than seats.
B. The Chair referred to the Commission Duties listed in State law and pointed out the Mental Health Commission is at variance with state law because the we do not: review any of the City’s Mental Health contracts, provide Council with Annual reports, review performance outcome data nor communicate their findings to the California Mental Health Planning Council and have Commission By-Laws. In addition, other Mental Health boards do optional site visits and our Commission does not.
D. CiMH is no longer face-to-face training in the Bay Area. There are monthly webinars. Each Board/Commission will be able to send one Commissioner to the training in Los Angeles. There may be additional seats if other Counties’ and eligible cities’ Mental Health Boards do not respond by Mid-March. The Chair would like the selection of the Commissioner to attend the training on next month’s agenda.
C. M/S/C (Nemirow, Posey) The Mental Health Commission moves that Berkeley Mental Health release it’s Performance Outcome data for the last 5 years in order that the Mental Health Commission can review and comment on that data and communicate its findings to the California Mental Health Planning Council.
Ayes: Arreguin, Marasovic, Nemirow, Posey, Stanley; Noes: None; Abstentions: None; Absent: Davis.
The Chair will check other Mental Health Boards and Commissions as to what information is gathered.

4. Old Business
A. Nutrition Referral Proposals
M/S/C (Nemirow, Stanley) The Mental Health Commission recommends that Berkeley Mental Health establish a bulletin board in the Adult Clinic waiting room with low cost and free nutritional food and information to help improve diet and quality of life.
Ayes: Arreguin, Marasovic, Nemirow, Posey, Stanley; Noes: None; Abstentions: None; Absent: Davis.

M/S/C (Nemirow, Stanley) The Mental Health Commission recommends that Berkeley Mental Health Division identify and retain, with assistance and/or input from the Commission, a nutritional expert that can engage consumers in nutrition related groups.
Ayes: Arreguin, Marasovic, Nemirow, Posey, Stanley; Noes: None; Abstentions: None; Absent: Davis.
M/S/F (Nemirow, Posey) The Mental Health Commission authorizes Commissioner Nemirow to gather information related to nutrition for the bulletin board and bring it to the Commission for recommendation to Mental Health Administration.
Ayes: Arreguin, Nemirow, Posey; Noes: None; Abstentions: Marasovic (this is an unnecessary motion), Stanley (this is an unnecessary motion); Absent: Davis.

5. New Business
   A. Commission appointments and reappointment
   Michael Diehl introduced himself as someone who has been on the Commission for 8 years, works for Building Opportunities for Self-Sufficiency and the Berkeley Free Clinic. He has been acting as a liaison between the City and the County. Is active in the Pool of Consumer Champions.
   Ayes: Arreguin, Nemirow, Stanley; Noes: None; Abstentions: Marasovic (feels he has lack of commitment), Posey (feels he has lack of commitment); Absent: Davis.

   Commissioner Arreguin requested that this item be re-agendized when more Commissioners are present.

   Paul Kealoha-Blake introduced himself as a long-time resident of Berkeley, president of the East Bay Media Center which production and post-production facility. He is embedded in the street community and finds that mental health affects most of the people he sees. He serves on the boards of 3 indigenous peoples’ organizations. Has spent some time with the Chumash and the Moraga tribes. He sees that the Native American and Pacific Islander mental health needs are unaddressed. Could help with outreach to Pacific Islander community.
   M/S/C (Nemirow, Arreguin) The Mental Health Commission recommends to City Council that Paul Kealoha-Blake be appointed to the Berkeley/Albany Mental Health Commission.
   Ayes: Arreguin, Marasovic, Nemirow, Posey, Stanley; Noes: None; Abstentions: None; Absent: Davis.

   Dan Virkstis introduced himself as relatively new to Berkeley. He works for a Berkeley environmental non-profit doing public relations and marketing. He is concerned about the stigma connected to mental illness. His brother struggled with mental illness for many years and this would be a way for Dan to honor his legacy.
   M/S/C (Stanley, Posey) The Mental Health Commission recommends to City Council the appointment of Dan Virkstis to the Berkeley/Albany Mental Health Commission.
   Ayes: Arreguin, Marasovic, Posey, Stanley; Noes: None; Abstentions: Nemirow (wants to keep a seat open so that another candidate can be reconsidered); Absent: Davis.

   M/S/C (Stanley, Arreguin) Move to extend the meeting to 9:45 pm.
   Ayes: Arreguin, Marasovic, Nemirow, Posey, Stanley; Noes: None; Abstentions: None; Absent: Davis.

   Discussion and Possible Action Item: Recommendation to City Council to amend Commission enabling resolution, Res. 57, 078 N.S.
   We need to change the 57,078 Resolution to change: language referring to “County” to “City”, the definition of consumer and family member to align with the state. Staff are bringing forward changes pertaining to the number of seats, the application process for the Albany seats and the overall application process. Staff will incorporate the changes into a draft to bring to the next Commission meeting.
6. Mental Health Manager Report  - Dr Tribble briefly highlighted her written report.

7. Presentation on the Informed Consent at Berkeley Mental Health
   Due shortness of time, Dr. Tribble mentioned the policy included in the packet, the
   Medication Informed Consent Form and a description from the Medical Director. Some of
   the practices are required by the City contract with the County.

M/S/C (Stanley, Posey) The Mental Health Commission requests that Berkeley
Mental Health revise the Informed Consent Policy and Procedure and revise their
Client Consent Form to ensure Informed Consent for medications including benefits
and side effects and produce these revised documents for the Commission for its
input.

Ayes: Marasovic, Nemirow, Posey, Stanley; Noes: None; Abstentions: None; Absent:
Arreguin (left before the vote), Davis.

The chair requested a motion to extend the meeting beyond 9:45 pm and there was none so the
meeting ended.

12. Adjournment at 9:50 pm

Minutes submitted by: ________________________________
Carol Patterson, Commission Secretary