



King County

Mental Health, Chemical Abuse and Dependency Services Division

Department of
Community and Human Services

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King County Mental Health Advisory Board (MHAB) Regular Meeting December 13, 2011

Members Present: Nancy Dow-Witherbee, Chair; Moz Benado; Alicia Glenwell; John Holecek; Kristin Houser; Veronica Kavanagh; Toni Krupski, Vice Chair; Eleanor Owen; Allan Panitch

Members Absent: Nicole Cederblom, Steve Williams (unexcused)

Guests Present: Dave Black, (MH Ombuds); Linda Brown, (KCASAAB Board Liaison); Destiny Matters

Mental Health, Chemical Abuse and Dependency Services Division (MHCADSD) Staff Present: Bryan Baird, Jean Robertson

I. Welcome and Introductions

Board Chair, Nancy Dow-Witherbee, convened the meeting at 4:35 p.m., at the Chinook Building, 401 5th Avenue, Seattle, Conference Room 126. Nancy welcomed the members and introductions were made by each person in attendance. A quorum was present for this meeting.

II. Approval of Minutes

The November 8th MHAB regular meeting minutes were approved by consensus.

III. Chairperson's Report

The board voted in favor of board nominee, John Holecek, for board membership in a closed session prior to today's MHAB meeting.

IV. Domestic Violence (DV) Presentation

Alicia Glenwell, board member and King County Coalition Against Domestic Violence (KCCADV) Services Systems Coordinator, gave a brief, but informative presentation on DV resources and how these organizations work in King County. Alicia provided study statistics of victims who have experienced domestic abuse. A few of those statistics include:

- In a study of women with schizophrenia, researchers found that 59 percent experienced adulthood sexual abuse and 82 percent experienced adult physical abuse. *Gearon, et al, 2003*
- In clinical samples serving battered women including emergency rooms and psychiatric settings, on average 48 percent of women have major depression and 64 percent have PTSD. *C. Warshaw, H. Barnes, 2003.*
- 81 percent of women treated for psychiatric disorders report histories of abuse. *C. Warshaw, N. L. Stotland et al, 2001*

The KCCADV helps identify the needs of individuals through a myriad of advocacy services such as:

- Shelter (and other housing resources)
- Crisis line
- One-on-one advocacy
- Support groups
- Children's advocacy
- Legal Advocacy
- Other support: financial assistance, substance abuse support, specialized advocacy, advocacy in multiple languages, elder abuse advocacy, etc.

The specific skills clinicians need when working with survivors of trauma include Short-Term Safety Planning using danger assessment tools and the following three "R's" of Safety Planning:

- **Risks:** What do you need now to be safe? How will you know if things are getting worse?
- **Resources:** Supports, friends, what have you done to keep safe thus far?
- **Responses:** What is your plan if things escalate?
- *And*, consider client's MH and CD needs and how that could impact safety

Alicia provided a list of DV resources in King County, Safety Planning with Survivors of DV, and a Danger Assessment. These, as well as this presentation are available at this link: <http://www.kingcounty.gov/healthservices/MentalHealth/Board/Archives.aspx>

Alicia also discussed the distinction between anger management and the appropriate intervention avenues for abusers. One method is a batterer invention, or treatment program, designed to hold an abusive person accountable, break down entitlement patterns that manifest in tactics to control and have power over their partners, and build up healthy and appropriate attitudes and behaviors.

For more information, contact Alicia at alicia@kccadv.org, www.kccadv.org, or 206-568-5454.

V. **Committee Reports**

[Legislative Advocacy and Public Affairs Committee \(LAPAC\) Update – Toni Krupski](#)

Members discussed November's successful Legislative Forum.

Toni read verbatim a portion of KCASAAB member, Joan Clement's, speech at the forum and what immediately followed. Her speech read as follows:

"Tonight we will hear some great stories of treatment and recovery that we can all celebrate. As we celebrate recovery, we are facing catastrophic budget cuts to chemical dependency and mental health programs that would devastate services. Without treatment, costs will rapidly escalate in jails and hospitals with the very worst cost in family lives and human lives. In response to this dire situation, the King County Mental Health Advisory Board and the King County Alcoholism and Substance Abuse Administrative Board have passed a motion stating additional revenues are crucial to preserve essential mental health and chemical dependency services. The boards support reasonable measures to raise additional revenues to do so."

After Ms. Clement finished, she asked everyone in agreement with the above statement to please stand. It was noted all legislators who were present, among countless audience members, stood up.

David Black, Ombudsman, gave recognition and high accolades for Amnon Shoenfeld's composure and management of protesters that occurred during the event. His soft approach deescalated possible tensions and enabled the protesters to participate in some fashion.

The next quarterly LAPAC meeting is scheduled for Monday, March 12, 2012, from 1 p.m. to 3 p.m., in Chinook Building, Room 116.

[Nominations Committee Update – Nancy Dow-Witherbee](#)

See Chairperson's report above.

[Quality Council \(QC\) Update](#)

No report as this meeting was cancelled.

The next QC meeting is scheduled for Monday, January 23rd from 3 p.m. to 4:30 p.m., in Chinook Building, Room 124.

[Recovery Advisory Committee \(RAC\) Update – Veronica Kavanaugh](#)

Meeting topics from the RAC meeting included:

- Reviewed the Recovery and Resiliency Roundup
- Focus on resiliency and merging with CD recovery
- Housing issues
- Reviewed foundational competencies and drafted a self assessment survey to discover where individual providers stand
- Reviewed standards for peer support specialists

The next RAC meeting is scheduled for Tuesday, December 20, 2011, from 3:30 p.m. to 5 p.m., in Chinook Building, Room 126.

[Mental Illness and Drug Dependency \(MIDD\) Oversight Committee \(OC\) Update – Nancy Dow-Witherbee](#)

No report as this meeting was cancelled.

The next MIDD OC meeting is scheduled for Thursday, February 23, 2012, from 12:15 p.m. to 1:45 p.m., in Chinook Building, Rooms 121 and 123.

VI. Staff Report – Jean Robertson

Jean spoke briefly to the following points:

- Rose Quinby, YMCA, will come to the January MHAB meeting to share outcome data. The YMCA is the contractor for the Children's Crisis Outreach Response System, funded through the Mental Health Block Grant, MIDD funding, and Division of Child and Family Services.
- Regarding the special legislative session legislators did not close the \$2.5 billion shortfall, but they have identified \$500 million of savings, or reductions. The reductions that will affect mental health will be the reduction of the Offender Reentry Community Support Program, formerly known as the Dangerous Mentally Ill Program, reducing the number of people we can serve. In years past, they have tried to reduce the benefit length, which has not been done to date.
- No revenue package proposed in this session, but they also did not take as many cuts as proposed. This is expected to happen in the regular session. There is concern the cuts taken in the regular session will be much steeper to make up the shortfall over a shorter time period.
- A bill was dropped to reduce the number of Regional Support Networks (RSNs) in the state. Jean reported she, and a few of her colleagues were asked to testify at Senator Hargrove's subcommittee on Thursday, December 1, 2011. Three RSNs talked about innovative programs and the positive impacts those programs have had on jail populations as well as budget impacts and ward closures at Western State Hospital.
- Robin Arnold Williams is returning from Utah to fill in as Interim Secretary of the Department of Social and Health Services following Susan Dreyfus' departure, starting January 1, 2012. She will be in place until the new governor appoints his/her new Secretary.
- Rick Weaver, Yakima Comprehensive, has been tapped by Mary Ann Lindeblad, Director, Division of Healthcare Services and Susan Dreyfus, DSHS Secretary, to work at DSHS over the next 13 months to assist with implementation of policy changes.

VII. Board and Community Concerns

- The First Annual King County MHCADSD All Provider Meeting is Friday, January 27, 2012 at the Criminal Justice Training Center, 19010 1st Avenue S, Burien, from 8:30 a.m. to 4:30 p.m.

VIII. Adjournment

There being no further business, the meeting adjourned at 6:10 p.m.

Prepared by;
Bryan Baird
Recording Secretary

Attested by:
Nancy Dow-Witherbee
Board Chair

FINAL