

MINUTES
of the
Mental Health Planning Advisory Council
Nominating Committee Meeting
Meeting on
June 21, 2012
held at
Division of Mental Health & Developmental Services (MHDS)
4126 Technology Way, Second Floor Conference Room
Carson City, Nevada 89706

1. CALL TO ORDER, ROLL CALL, INTRODUCTIONS – RENE NORRIS, COMMITTEE CHAIR

Rene called the meeting to order at 10:07 a.m. By the roll call taken and noted below, it was determined a quorum was present. Diane completed the sign-in sheet.

MEMBERS PRESENT VIA TELECONFERENCE:

Rene Norris, Committee Chair/MHPAC Past Chair – Family Member (Las Vegas)
Corrie Herrera, MHPAC Chair – Family Member (Elko)
Alyce Thomas – Family Member (Las Vegas)
Barbara Jackson – Consumer (Reno)
Dave Caloiaro – MHDS

MEMBER ABSENT:

Alisha Ash, Vice Chair – Consumer/Youth

STAFF PRESENT IN CARSON CITY:

Tami Jo McKnight – MHDS
Diane Dempsey – MHDS

2. PUBLIC COMMENT (Discussion only)

There was no public comment.

3. REVIEW AND APPROVE MINUTES FROM THE MHPAC NOMINATING COMMITTEE MEETING ON DECEMBER 21, 2011 (Action Item)

Alyce made a motion to accept the minutes as written. Barbara seconded. Motion passed unanimously.

4. REVIEW AND DISCUSS MHPAC MEMBERSHIP VACANCY AND QUESTIONS (CONSUMER/FAMILY MEMBER) (For Possible Action)

Rene reported that currently there is one vacancy on the Mental Health Planning Advisory Council (MHPAC) for a Consumer/Family Member. She would like to see a replacement in the rural area of Southern Nevada, if possible. There was some discussion on the possibility of another vacancy in the near future.

5. TELEPHONE INTERVIEW WITH APPLICANTS FOR MHPAC CONSUMER VACANCY

Diane phoned Kris T., and he returned the call via teleconference. Rene introduced the Nominating Committee and gave a brief overview of the Mental Health Planning Advisory Council.

Corrie introduced herself and began the interview, asking Kris what his involvement has been with the mental health system in Nevada. Kris said he got involved in the mental health system because someone who really cared about him pushed him into getting help. He has been going to a Douglas Mental Health Center to try to deal with some emotional, as well as physical issues. He attends individual and group therapy weekly. Corrie asked Kris if his involvement in the system has been positive. Kris said mostly, but it was negative at first. It wasn't the staff; it was two individuals, the therapist and service coordinator. He got a new therapist, which made all the difference, so from that point on it became very positive. Corrie asked if he wanted to help make things better in that regard. Kris said that is what is driving him to do this.

Dave introduced himself and asked Kris what he thought the unmet needs and challenges are facing the mental health system in Nevada. Kris said money seems to be one of the big ones. If Douglas could add one more therapist and one more person in between, that would be a big help. There needs to be more peer involvement and, due to the cutbacks, there are no more social interactions, like outings and barbeques.

Barbara introduced herself and asked Kris what qualities he would bring to the Council. Kris said he would bring love, caring, empathy, and time. Kris added that it is kind of scary getting involved at this level but he sees such a need for somebody from the client side to be involved in this and to help make people feel they count. That is a high priority.

Alyce introduced herself and asked Kris for his definition of recovery. Kris feels recovery is a journey. He does not think he will ever be recovered, but recovery means living outside of his pain and depression, living outside of all that.

Corrie thanked Kris for his honesty and said all of the members understand and empathize with the situation.

Dave asked Kris if he had any questions. Kris said he did not and added he has been reading the website to see if there was anything he could do.

Rene thanked Kris for his time and he would be hearing from us.

Kris added a final thought about consumers utilizing a suggestion box, rather than a formal grievance procedure as a way for consumers to make comments about staff and treatment and not feel they are going to get into trouble. Dave said he will personally call the P.I. Director for rural clinics and have an answer for Kris in a couple of days. Everyone thanked Kris for his time and the interview concluded.

Discussion followed.

Diane was unable to reach the second applicant, Cynthia M., by phone.

Diane then phoned the third applicant Dawn W., and she returned the call via teleconference. Rene introduced the Nominating Committee and gave a brief overview of the Mental Health Planning Advisory Council.

Corrie introduced herself and asked Dawn what her involvement has been with the mental health system in Nevada. Dawn said last month she received from her job the Nevada Mental Health Awareness Month buttons. She passed them out and proudly wore them on her bag and clothing. People asked her questions about the buttons, and she educated them on what it means, what the mental health system is like in Nevada, and what services are available. Dawn also shares with individuals what help is available with basic living skills, which is another job she has, working as a Rehabilitative Mental Health Counselor, and helping with basic living skills and psychosocial rehabilitative services.

Dave introduced himself and asked Dawn what she feels are the unmet needs and challenges facing the mental health system in Nevada. Dawn said when she was wearing her button and passing them out, there were many people who did not know what mental health means and did not know the mental health system and some of the ways they could get help. Dawn shared two concerns. One involved a family member and the length of time it took for an assessment and then be seen; and when the family member was seen, one-on-one therapy was not available. The other concern involved her friend's young son and a therapist's assessment of the child from only one session. Dawn believes it is important to have more resources where consumers can talk to someone within the community, face-to-face and peer one-on-one interaction, so they can ask questions and get the responses right there. This helps people feel calm, centered, and comfortable with reaching out to the community.

Barbara introduced herself and asked Dawn what qualities she would bring to the Council. Dawn said she would bring the same qualities to the Council that brought her into the counseling field in general, which is listening to the needs of the individual. Once people have been heard, you can better understand what it is they specifically need, acknowledge their needs and, in turn, advocate their needs. Once those needs are addressed, then we can teach the individual how to communicate on their own behalf, advocate for themselves, and teach them where to get the resources.

Alyce introduced herself and asked Dawn for her definition of recovery. Dawn said when she thinks of recovery she thinks of SAMSAH, because their motto of the road to recovery is a big cornerstone of what it means to recover. Recovery is a process in terms of understanding past decisions, future decisions, learning what past behaviors were exhibited, and learning new behaviors to help foster and promote new learning experiences for the future. Recovery is a very interesting process because it not only takes the individual to recover, but for some, it takes family support, help from friends, help from community leaders, help from community resources, and other consumers who are willing to reach out and help somebody with recovery. Recovery is a very delicate yet personal experience that takes time but it is worth the time taken to reach it.

Dave asked Dawn if she would have the time to serve on the Council since she is both working and going to school. Dawn said it would not interfere with her serving on the Council because she manages her time very delicately. She hopes by being on the Council she can incorporate her school work with the needs of the Council.

Rene thanked Dawn for her time and the interview concluded.

Discussion followed.

6. RECOMMENDATION OF APPLICANT FOR MHPAC'S FINAL APPROVAL (Action Item)

The Committee had difficulty in deciding which qualified applicant should be recommended to the MHPAC Council for final membership approval. There was some discussion on holding applications for future vacancies and whether someone who was interviewed needed to be interviewed again.

Following discussion, Alyce made a motion to recommend Kris to the MHPAC Council. Dave seconded. Motion passed unanimously.

7. PUBLIC COMMENT (Discussion only)

There was no public comment.

8. SET DATE AND TOPICS FOR FOLLOW-UP MEETING

A date for the next meeting will be determined following the MHPAC Quarterly Meeting in July, 2012.

7. ADJOURNMENT (Action Item)

Dave motioned to adjourn the meeting. Alyce seconded. The motion passed unanimously.

Meeting adjourned at 11:49 a.m.

Diane Dempsey
Recording Secretary