



Solano County

675 Texas Street
Fairfield, California 94533
www.solanocounty.com

Legislation Text

File #: 19-817, **Version:** 1

Approve the appointment of Menlo Avestro to the Mental Health Advisory Board for a term to expire on October 22, 2022

Published Notice Required? Yes ☐ No ☒
Public Hearing Required? Yes ☐ No ☒

DEPARTMENTAL RECOMMENDATION:

The Department of Health and Social Services (H&SS) requests that the Board of Supervisors approve the appointment of Menlo Avestro to serve on the Mental Health Advisory Board (MHAB) for a term to expire on October 22, 2022.

SUMMARY/DISCUSSION:

Welfare and Institutions code 5604-5604.5 specifies that the Board of Supervisors of each county shall appoint a Mental Health Advisory Board (MHAB) to provide input and feedback to the County Mental Health Director. The board must include individuals who have experience with and knowledge of the mental health system. The board membership should have ethnic diversity of the client population in the county. At least 50% of the membership must have personal experience either directly or as a family member of someone who lives with mental illness. More specifically at least 20% of the membership must be a person with lived experience as a recipient of mental health services, and at least 20% must be a family member of an individual who is receiving or has received mental health services, to assure that different viewpoints are present.

The Solano County MHAB has been in existence since August 11, 1977 and currently maintains an active and diverse six-member roster, including one position filled by a member of the Board of Supervisors, currently Supervisor Brown. The board is striving to achieve a membership of at least ten interested participants. The recommended appointment helps to maintain an active membership for the MHAB in its role to provide input to issues facing the local mental health system. Mr. Avestro attended two board meetings as a member of the public as required in the bylaws to affirm his commitment. He has been interviewed and accepted by the membership committee.

Menlo Avestro has been a Fairfield resident for over 27 years. He has a Bachelor of Science in Business Marketing which he completed through the University of Phoenix, Fairfield Campus in 2014. While he has worked in jobs related to his course of study, he found it to be unfulfilling. He successfully completed the 80 Hour Peer Support Training Class with Resilience Inc. held in Solano County in May 2019, and through this he believes he has found his calling. He is now serving as a peer volunteer within Behavioral Health and facilitates the peer support group in Fairfield on Wednesday evenings. He has also used his newly acquired skills to volunteer as a facilitator at Fairfield's Circle of Friends and Solano County National Alliance on Mental Illness (NAMI), and Solano County's Fairfield Peer Support Group on Wednesday evenings. In his most recent work, Menlo has also volunteered with the Solano County Homeless Outreach Team to serve people in the community of Vallejo. He enjoys offering support on issues regarding mental health, life skills, self-advocacy and empowerment.

Mr. Avestro has been in his own personal mental health recovery since 2011. As a person recovering from a mental health condition, he wants to be an asset to consumers and community outreach programs in Solano County.

FINANCIAL IMPACT:

There is no financial impact to the County General Fund. Staff time preparing this Board Item is included in the current budget.

ALTERNATIVES:

The Board may choose not to approve this appointment. This is not recommended as H&SS and the MHAB has interviewed him and is recommending his appointment. He brings an important and required consumer perspective to the board.

OTHER AGENCY INVOLVEMENT:

There are no other involved agencies.

CAO RECOMMENDATION:

APPROVE DEPARTMENTAL RECOMMENDATION