



CONTRA COSTA MENTAL HEALTH COMMISSION

1340 Arnold Drive, Suite 200
Martinez, CA 94553

Ph (925) 313-9553

Fax (925) 957-5156

cchealth.org/mentalhealth/mhc

Current (2021) Members of the Contra Costa County Mental Health Commission

Graham Wiseman, District II (Chair); Barbara Serwin, District II (Vice Chair); Supervisor Candace Andersen, BOS Representative, District II;
Michael Coyle, District IV; Douglas Dunn, District III; Laura Griffin, District V; John Kincaid, District II; Katie Lewis, District I;
Leslie May, District V; Joe Metro, District V; Kira Monterrey, District III; Alana Russaw, District IV; Geri Stern, District I; Gina Swirsding, District I;
Diane Burgis, Alternate BOS Representative for District III

Mental Health Commission (MHC)

Wednesday, May 5th, 2021 ◊ 4:30 pm - 6:30 pm

VIA: Zoom Teleconference:

<https://cchealth.zoom.us/j/6094136195>

Meeting number: 609 413 6195

Join by phone:

1 646 518 9805 **US**

Access code: 609 413 6195

AGENDA

- I. Call to Order/Introductions**
- II. Public Comments**
- III. Commissioner Comments**
- IV. Chair Comments/Announcements**
 - “May is Mental Health Awareness” Month
- V. APPROVE April 7th, 2021 Meeting Minutes (5 minutes)**
- VI. “Get to know your Commissioner” (5 minutes)**
 - ✓ Graham Wiseman, Commission Chair, District II
 - ✓ Leslie May, Commissioner District V
- VII. RECEIVE update on Crisis Intervention Rapid Improvement Event (RIE): speakers Aisha Banks, Health Services, RIE Co-Facilitator; Kennisha Johnson, Behavioral Health Services, Program Supervisor of Central County Adult Mental Health; Commissioner Barbara Serwin (25 minutes)**
- VIII. RECEIVE update on Hume site visit test and work on building a site list, Commissioner Laura Griffin and Commissioner Barbara Serwin, Quality of Care Committee (10 minutes)**

(Agenda continued on Page Two)



The Contra Costa County Mental Health Commission is appointed by the Board of Supervisors to advise them on all matters related to the county's mental health system, in accordance with mandates set forth in the California State Welfare & Institutions Code, Sections 5604 (a)(1)-5605.5. Any comments or recommendations made by the Mental Health Commission or its individual members do not represent the official position of the county or any of its officers. The Commission is pleased to make special accommodations, if needed, please call ahead at (925) 313-9553 to arrange.



Mental Health Commission (MHC) Draft Agenda (Page Two)

Wednesday, May 5th, 2021 ◊ 4:30 pm - 6:30 pm

IX. VOTE on proposed by-law change regarding mandatory attendance of Mental Health Commission meetings (15 minutes)

CURRENT LANGUAGE:

- a) *“Regular attendance at Commission meetings is mandatory for all Commission members.”*
 - i) *“A member who is absent from four (4) regularly scheduled Commission meetings in any calendar year shall be deemed to have resigned from the Commission.”*

PROPOSED LANGUAGE (IN BOLD):

- a) *“Regular attendance at Commission meetings is mandatory for all Commission members.”*
 - i) *“A member who is absent from four regularly scheduled full Commission meetings in any **consecutive twelve-month period, as opposed to calendar year**, shall be deemed to have resigned from the Commission.”*

X. VOTE on proposed new By-law change regarding mandatory Committee membership and attendance (15 minutes):

- a) *“Regular attendance of one standing Commission Committee, with the exception of Executive Committee, is mandatory for all Commission members.”*
 - i) *“A member who is absent from four (4) regularly scheduled Commission Committee meetings in any calendar year shall be deemed to have resigned from the Committee. In such event the former Committee member's status will be noted at the next scheduled Committee meeting and shall be recorded in the Committee's minutes. The resigned member shall choose a different Committee on which to serve.”*

XI. RECEIVE Behavioral Health Services Director’s Report, Dr. Suzanne Tavano (20 minutes)

XII. Adjourn

CONTRA COSTA MENTAL HEALTH COMMISSION

CLIENT SATISFACTION SURVEY

1. How long have you been in this program?

2. Do you feel that you are getting better and that your quality of life is improving?

3. Are there ways in which this program is different for you than other programs that you have participated in? How is different?

4. Tell me a few things about this program that you like the best.

5. [In respect to making this program better](#), are there any recommendations that you would make to improve this program?

6. Does the staff ask you for your input on services that you might need?

7. Does the staff help you use your personal strengths, skills, and capabilities in your recovery? (E.g. your leadership abilities, compassion for others, artistic talents, computer skills)

8. Do you feel the services you receive are adjusted to your specific needs (e.g. gender, ethnicity, disability, language)?

9. Does the program provide or connect you with meaningful social opportunities or therapeutic activities? Any other type of activities that are important to you?

10. Are you comfortable with us asking you questions about your behavioral health medications? Yes No

Are you taking medications? (If “Yes”, go to question “11a”. If “No”, skip remaining medication-related questions.)

Yes No

a. Did a doctor or staff person talk to you about what the medications are for?

Yes No

b. Did a doctor or staff talk to you about the medications’ side effects, including interaction with other medications you are taking?

Yes No

c. Did a doctor or staff talk to you about alternatives to medication such Cognitive Behavioral Therapy, Acupuncture, Yoga, or Mindfulness?

Yes No

d. Did the doctor or staff answer all of your questions about your medications?

Yes No

e. Do you feel the medications are helping you?

Yes No

f. If you had a problem with your medications, did the doctor or staff listen to your concerns? What did they do about your concerns?

Yes No

g. (*For female clients*): Did a doctor talk to you about the impact of medication on your hormones, menstrual cycle, menopause, pregnancy, or sexual function?

Yes No

h. *(For male clients)*: Did a doctor talk to you about the impact of medication on your hormones or sexual function?

Yes No

i. Where do you get your medications? Is it convenient for you?

j. Did you sign any papers agreeing to take the medications?

Yes No

k. Did you understand the papers?

Yes No

11. How is your physical health? Do you have access to the physical health treatment and support that you need? Is your physical health accounted for in your treatment plan?

12. Does the program provide ways for family members, caregivers, friends or other advocates to participate in your program? *Are services are provided to support your family members?*

13. Do you have a Peer Provider? (*See description below.) What services or support do you receive from peer providers in this program?

14. **(Inpatients Only)** Do you like your accommodations and your meals here? What about the common areas and therapy spaces, or any other aspects of the facility?

15. How do you get to and from this program? How long does it take you to get here from where you live? Do you feel safe in this program's neighborhood?

16. Is it easy to get appointments with your doctor, therapist, social worker or whoever else you want to meet with? Can you get appointments within a reasonable time-frame?

17. (Will think about this question – Should we include)?

Do you have children, elderly parents, or anyone else whom you are responsible to care for? What are some ways that this program helps you manage your caregiving needs? (E.g. providing toys and a play space for children?)

18. Does this program provide you with other services, such as legal help, housing services, financial resources, medical expense resources, educational services, SNAP benefits (food assistance program known as CalFresh in CA), or other services?

19. Consider the documents that you have signed. For example, HIPPA notice (privacy), financial responsibility, patients' rights.

a. Did you read the documents? Yes No

b. Could you read them? Yes No

c. Did you understand what you were signing? Yes No

20. Do you know your rights as a participant in this program? Confidentiality is a right, for example. Do you feel your rights are being respected?

21. If you've ever had a concern or grievance with your treatment or some other aspect of the program, have you been able to address your concern successfully? What process did you follow? Did you use a grievance form?

22. Do you know what a Patient's Rights Advocate is? ([*See description below.](#)) Do you know how to contact one?

23. Do you have an Mental Health Advanced Directive, also known as a Psychiatric Advanced Directive? (**See description below.)

24. If you had a magic wand and could change anything about this program, what would that be?

*** PEER PROVIDER**

A peer provider is someone who draws on their own lived experience of disability, along with training and professional support, to provide services like counseling and coaching to people with the same type of disability.

**** PATIENTS RIGHT ADVOCATE**

An individual, such as an attorney, friend, nurse, ombudsman, physician, or social worker, who pleads for and preserves a patient's rights to health care. Patient advocates address many common and important health care issues, including the right to access a health care provider, the right to obtain confidential care, and the right for the patient to work after diagnosis or treatment.

***** MENTAL HEALTH ADVANCED DIRECTIVE:** Document developed voluntarily by a person with a mental health condition when the person is doing well to ensure that during periods, when the person lacks the capacity to make an informed decision about mental health care, their choices regarding treatment and services shall be carried out. The benefits of Mental Health Advance Directives include increasing treatment collaboration by improving communication between the individual and his/her treatment team; allowing for consumer-centered care and treatment planning; expediting crisis interventions; preventing unnecessary guardianship procedures; and promoting individual autonomy and empowerment in the recovery from mental illnesses.

HEALTHY MINDS = HEALTHY LIVES
HEALTHY LIVES = HEALTHY COMMUNITIES
CELEBRATE MENTAL HEALTH WITH US!

ZOOM MEETING THURSDAY, MAY 13TH, 2021
SPECIAL CELEBRATION TIME: 1:00-3:30 PM



**NATIVE AMERICAN
HEALTH CENTER**



Social Inclusion
HOPE STARTS WITH US



Access the meeting via online video conference with this link:

<https://cchealth.zoom.us/j/96176731835>

To access the meeting via telephone conference,

dial 1-646-518-9805 then enter Meeting ID: 961 7673 1835 #

For more information, email

Roberto.Roman@cchealth.org or call (925) 957-5105.

See you there!



U.S. Citizenship & Immigration Services

Northern California

May 2021 Webinars

Free public webinars by local USCIS Representatives

Immigration 101– Entry to Naturalization

Wednesday, May 5th, 4pm to 5:00pm (Presenter: Vilaysay “Sai” Phavisith, Sacramento)

Webex Link: <https://uscis.webex.com/uscis/j.php?MTID=m14e923569e97917e1af2209250c27da4>

Meeting number (access code): 199 528 7181

Meeting password: R6XjPN8JTk8*

How to Become a U.S. Citizen

Wednesday, May 12th, 4pm to 5:30pm PST (Presenter: Jesse Castro, Fresno)

Webex Link: <https://uscis.webex.com/uscis/j.php?MTID=ma5cee39706b88ff9fb734c3d8633af02>

Meeting number (access code): 199 631 3068

Meeting password: FjxbCi4Pi@47

USCIS Online Resources and Customer Service Tools

Wednesday, May 19th, 4pm to 5:30pm (Presenter: Jennifer LaForce, San Francisco)

Webex Link: <https://uscis.webex.com/uscis/j.php?MTID=m8c0b20b015b0ed7175bc8c3a3924759d>

Meeting number (access code): 199 882 6188

Meeting password: Kuj32SRyQX3@

Petitioning for Relatives & The Permanent Resident Process

Wednesday, May 26th, 4pm to 5:30pm (Presenter: Nina Sachdev, San Jose)

Webex Link: <https://uscis.webex.com/uscis/j.php?MTID=m86da90818abcd715d40a952bf408b678>

Meeting number (access code): 199 092 2356

Meeting password: VArwyYfu@438

To find all USCIS webinars, go to <https://www.uscis.gov/outreach/upcoming-local-engagements>

We encourage you to join 10 minutes early. Call in at **1-415-527-5035** and use the **Meeting Number** to join.

1. If you are using a computer, use Google Chrome. Click on “Join from your browser” to join the meeting.
2. If you are using a phone or tablet, it is best to download the Cisco WebEx Meeting App (it is free).
3. To request a disability accommodation, please contact us no less than 3 days prior to the event. USCIS strives to meet accommodation requests whenever possible.



Webinar: Addressing Isolation & Depression for Older Adults

Wednesday, May 5, 2021
10:00 – 11:00 a.m.

REGISTER



The COVID-19 pandemic has significantly reduced older adults' access to the services they need, as well as vital connections with family and friends. Join us to hear what organizations like yours have learned about addressing isolation and depression for older adults.

Speakers will share how they have used and adapted a program developed with the UW Health Promotion Research Center to reach older adults who are experiencing poverty, are community members of color, have limited-English proficiency, and/or live in rural areas. Attendees will also be able to ask the speakers and one another questions about how their organization and community is responding to the mental health needs of older adults.

This event is for Washington state and California organizations that provide community-based social services and/or behavioral health services.

Speakers

Margaret Boddie (she/her), Program Manager
African American Elders Program with Catholic Community Services
Seattle, Washington

Andrea Deaton (she/her), Staff Development Officer
Riverside University Health System
Riverside, California

Willa Evans (she/her), Health Educator
Area Agency on Aging & Disabilities of Southwest Washington
Vancouver, Washington

Jennifer Lopez (she/her), Program Manager
Inland Caregiver Resource Center
Riverside, California

Lesley Steinman (she/her), Research Scientist
UW Health Promotion Research Center

mind out loud

free
online
student
event

May
4th - 6th
3:30 pm - 5:00 pm PDT

**boldly discussing
mental health,
Mind Out Loud
inspires students to
live authentic lives**

Wellness Together
School Mental Health, in
partnership with the San
Diego County Office of
Education, and the California
Department of Education, is
excited to announce Mind
Out Loud, a free online
event for STUDENTS!

EDUCATORS & SCHOOL STAFF,

Host a watch party and provide your students with a three-day virtual experience to connect with peers, hear from well-known speakers, be equipped with practical tools on increasing awareness and advocacy for friends, and reduce the stigma associated with mental health.

**You provide the space, we provide the pizza!
Go to bit.ly/molwatchparty for more info.**



California Department of
EDUCATION