




**CONTRA COSTA
MENTAL HEALTH COMMISSION**

**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 (2022) Members of the Contra Costa County Mental Health Commission

Barbara Serwin, District II (Chair); Laura Griffin, District V (Vice Chair); Diane Burgis, BOS Representative, District III;
Kerie Dietz-Roberts, District IV; Douglas Dunn, District III; Gerthy Loveday Cohen, District III; Leslie May, District V; Joe Metro, District V;
Tavane Payne, District IV, Pamela Perls; District II, Rhiannon Shires Pys.D., District II; Geri Stern, District I; Gina Swirsding, District I;
Yanelit Madriz Zarate, District I; Karen Mitchoff, Alternate BOS Representative for District IV

Mental Health Commission (MHC)

Wednesday, October 5th, 2022, ◊ 4:30 pm - 6:30 pm

VIA: Zoom Teleconference:

<https://zoom.us/j/5437776481>

Meeting number: 543 777 6481

Join by phone:

1 669 900 6833 US

Access code: 543 777 6481

AGENDA

- I. Call to Order/Introductions (10 minutes)**
- II. Public Comments (2 minutes per person max.)**
- III. Commissioner Comments (2 minutes per Commissioner max.)**
- IV. Chair Comments/Announcements (5 minutes)**
 - i. Review of Meeting Protocol:**
 - No Interruptions
 - Limit two (2) minutes
 - Stay on topic
 - ii. Welcome Pamela Perls, District II to the commission**
- V. APPROVE September 7th, 2022 Meeting Minutes (5 minutes)**
- VI. “Get to know your Commissioner” – Cmsr. Kerri Dietz-Roberts (5 minutes)**
- VII. Presentation: Center for Recovery and Empowerment (CORE), Lara Zanzucchi, LCSW, Program Supervisor, West County Child & Adolescent Services, CORE (20 minutes)**
- VIII. Presentation: SPIRIT Application Cycle Process, Candace C. Wade, SPIRIT Peer Co-Instructor; Janet Costa SPIRIT Peer Instructor (10 minutes)**
- IX. UPDATE by Election Nomination Committee (5 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) Agenda (Page Two)

Wednesday, October 5th, 2022 ◊ 4:30 pm - 6:30 pm

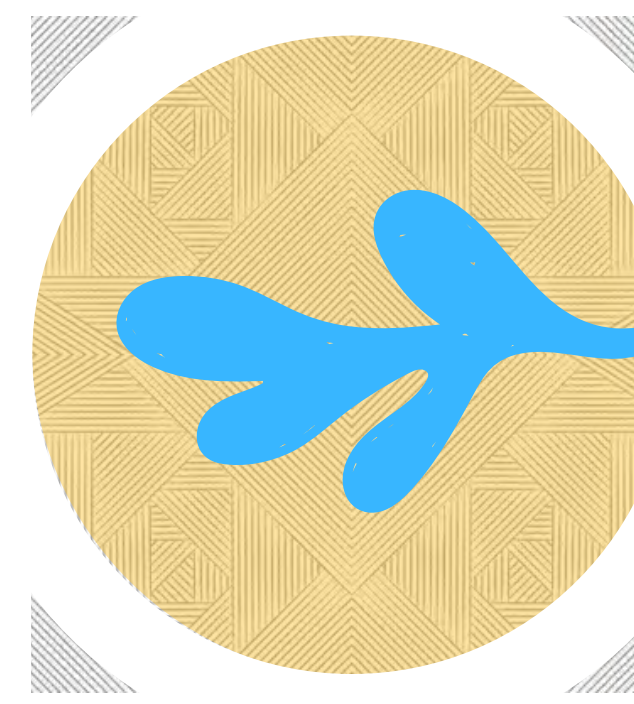
- X. DISCUSS MHC Annual Retreat (via Zoom), December 7, 2022, 4:00 PM - 6:30 PM, immediately following MHC meeting, 3:30 - 3:55 PM (5 minutes)**
- XI. Review progress on Mental Health Commission (MHC) 2022 goals (5 minutes)**
- XII. Behavioral Health Services Director's report, Dr. Suzanne Tavano (10 minutes)**
 - **Update on applications for BHCIP grants**
- XIII. Adjourn**

ATTACHMENTS:

- A. Center for Recovery and Empowerment (CORE) Presentation**
- B. SPIRIT Flyer 2023**
- C. SPIRIT Application 2023**
- D. Election Guidelines for 2023 Nominating Committee**



Center
for
recovery and
Empowerment

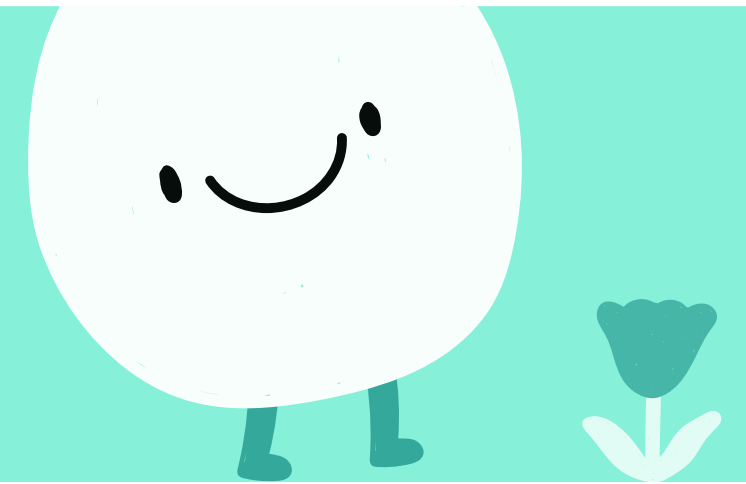


LARA ZANZUCCHI, LCSW /PROGRAM SUPERVISOR CORE/LZANZUCC@CCHEALTH.ORG



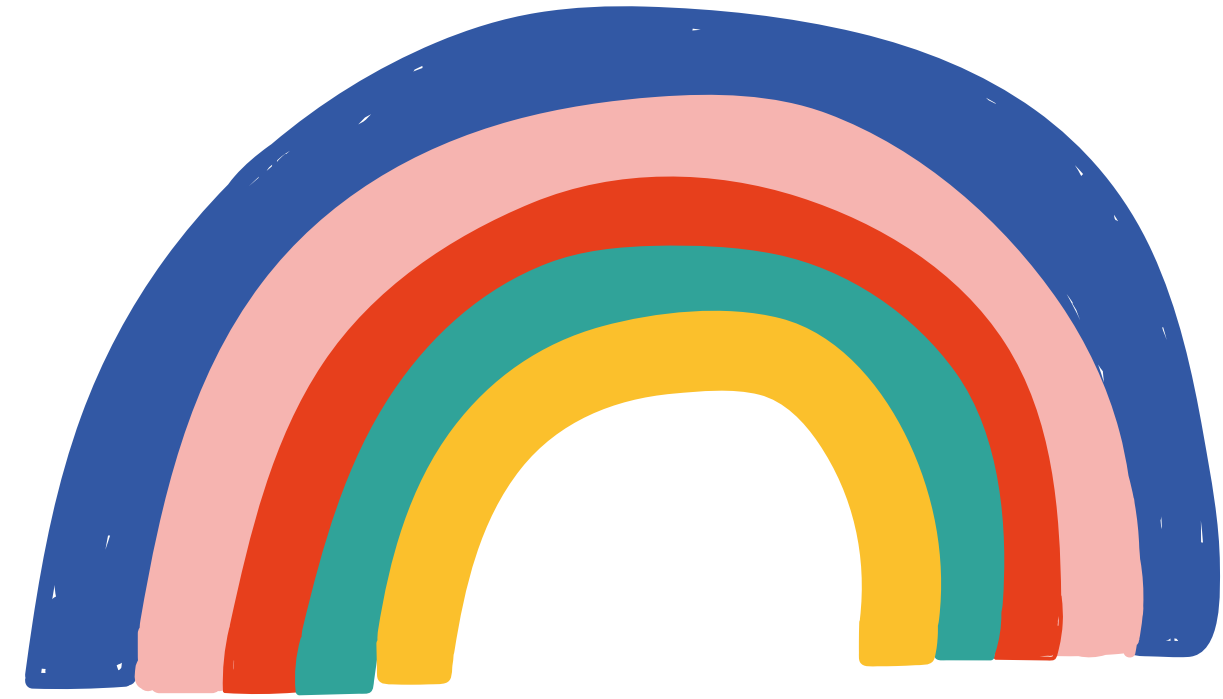


the basics



CORE is a new county program funded by the MHSA Innovation (INN) grant whose mission; is to provide quality, integrated, culturally responsive, evidenced-based treatment and services to youth with co-occurring conditions in need of a higher level of care than the traditional outpatient setting.

what is a MHSA Innovation Grant?



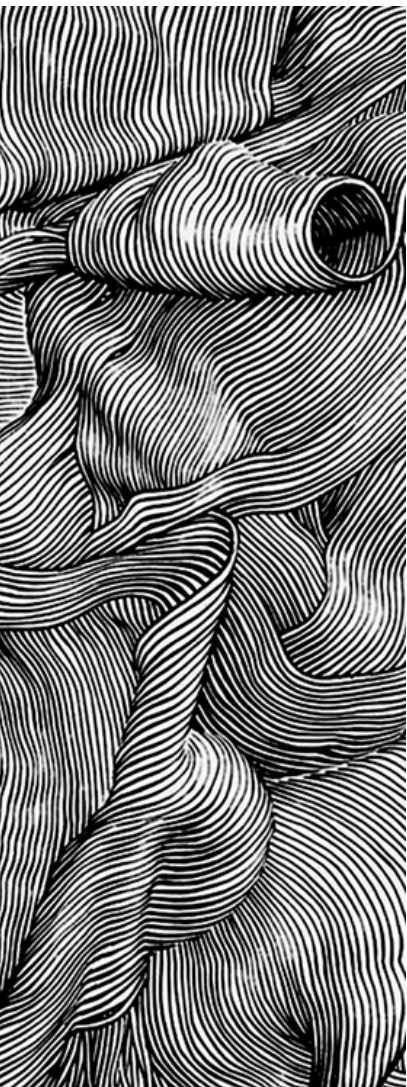
MHSA Innovations Grants are awarded to address mezzo and marco challenges within a system of care. Particular emphasis is placed around proposals that address; access to care, service capacity, integration of providers, and innovation of design.

**what system of care
challenge is CORE
designed to address?**

Substance abuse and dependence in adolescents negatively impacts their physical, emotional, and cognitive development & is one of the strongest predictors of addiction as an adult.



CCBHS does not have a coordinated level of care to provide MH and SUD treatment services to youth that are severely impacted. The current system has prevention and outpatient counseling, with no residential or higher intensity programs accessible to youth with MediCAL.



mental health

adventure therapy

high school credit recapture

transit to/from program

nutritious meals

Bridging the gap between
mh and sud treatment

&

individual, family, and group therapy

life skills and vocational development

AOD counseling and CBI-SU Group

discharge planning & linkage

SUD



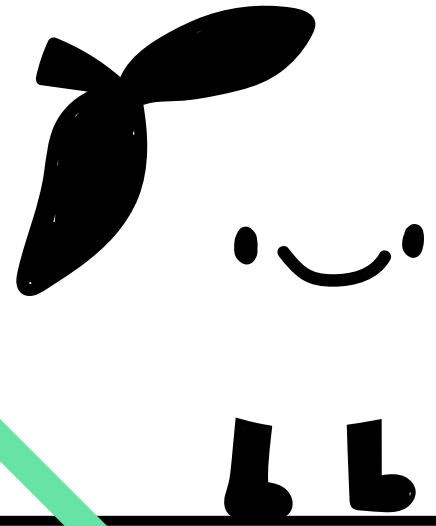
who does CORE serve?

- Youth with active MediCAL ages 13-18
- Currently residing in West County or if outside of county can self-transport
- Diagnosed with either a MH or SUD Disorder which presents with severe symptoms or severe system impairment
- Unsuccessful treatment at a less intensive level of care



places
and
spaces

places and spaces



Therapist

CHRISTINA DINH, AMFT, APCC



CSW

TO BE DETERMINED



**AOD
Counselor**

LES THURSTON, CADDC-II CA



faces



Teacher

GEORGRINA SANCHEZ



How to make a referral

BHS Internal/Transfer Referral (BHS Staff ONLY) ✓ Accept ✗ Cancel

Priority:

Class:

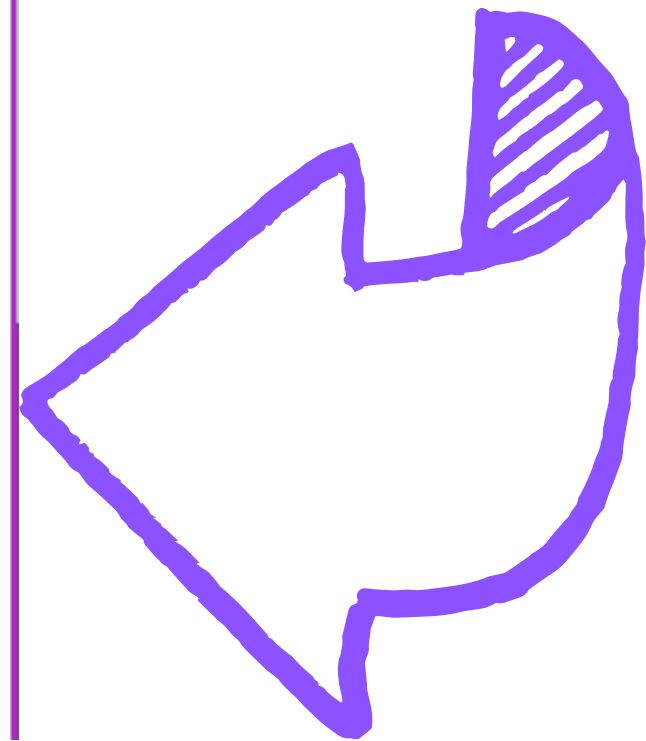
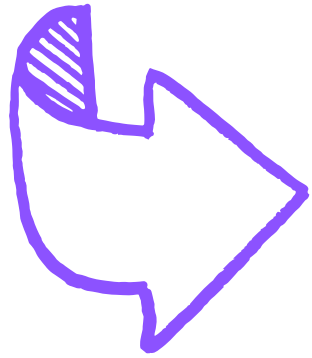
Status:

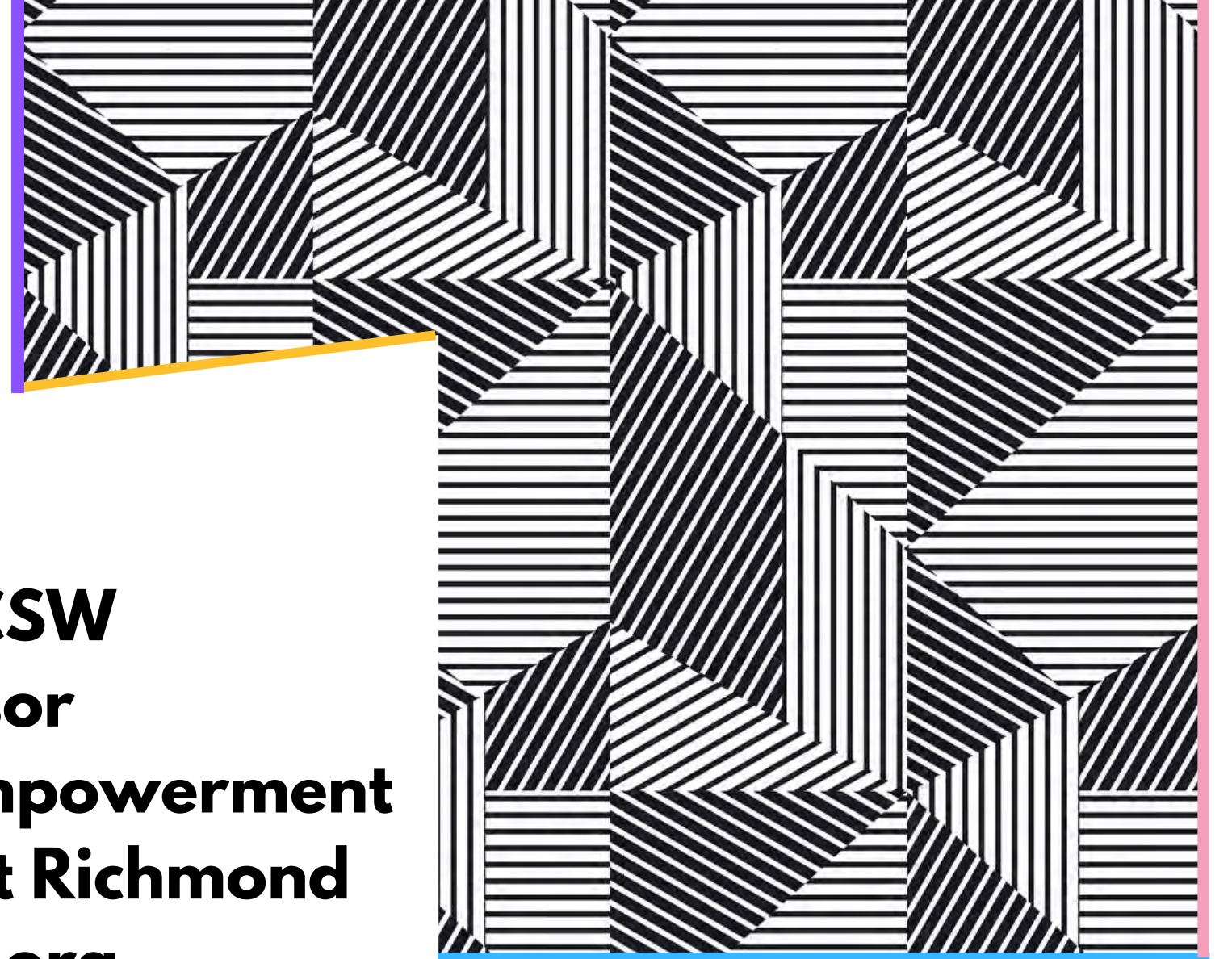
! Is this referral for a TRANSFER to a different BHS clinic?

! Adult/Child?

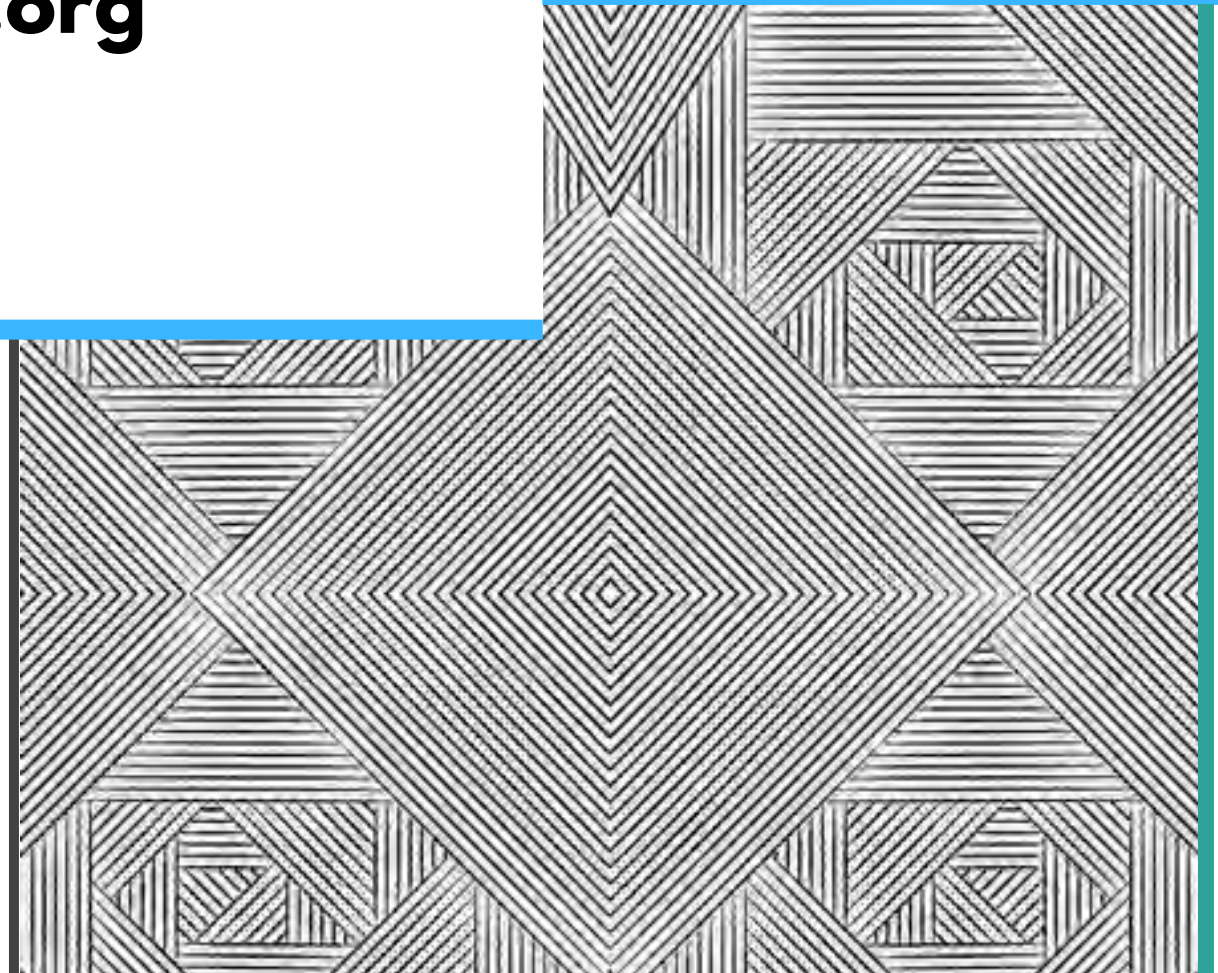
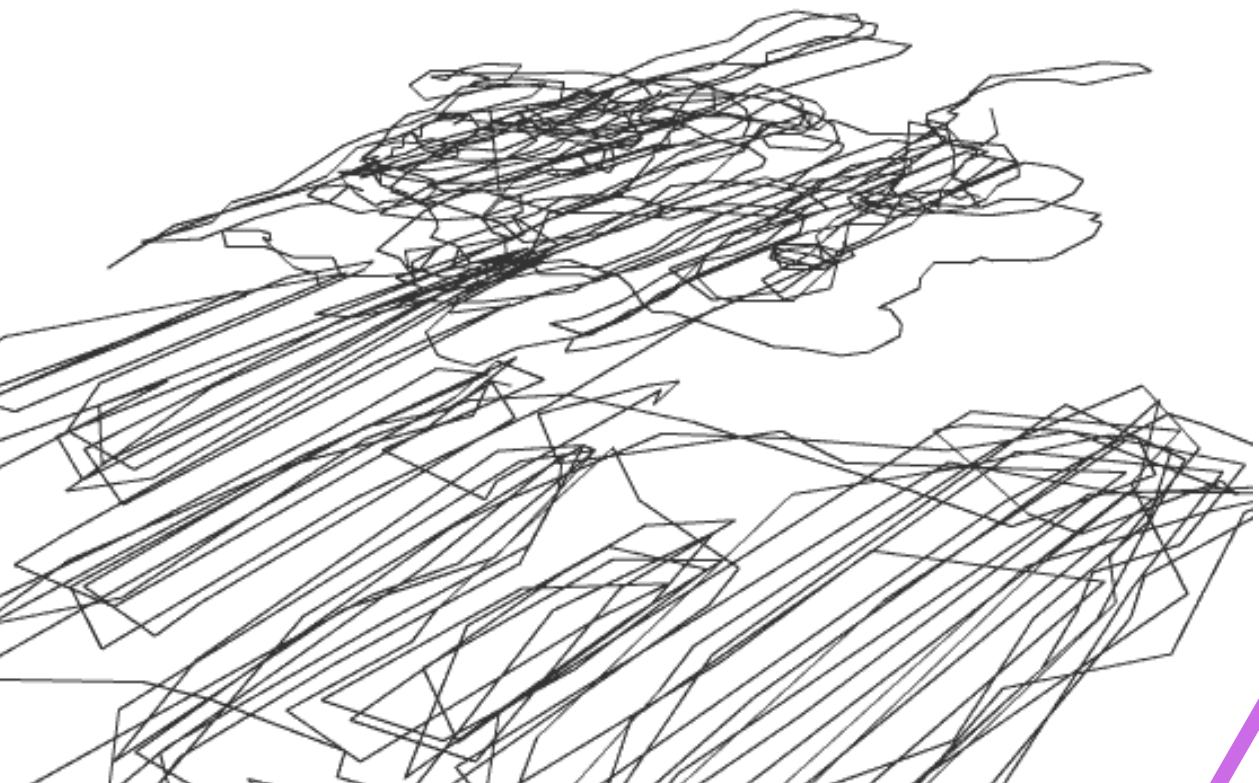
! Ref to Department:

Comments:





Lara Zanzucchi, LCSW
Program Supervisor
Center for Recovery and Empowerment
1160 Brickyard Cove, Point Richmond
lzanzucc@cchealth.org
925-334-2289



**Questions
comments
concerns
accusations...**



Contra Costa Behavioral Health Services Office for Consumer Empowerment
and Contra Costa College proudly announce...

SPIRIT

Service Provider Individualized Recovery Intensive Training

2023

APPLICATIONS NOW BEING ACCEPTED!

Deadline to submit application is 10/07/22



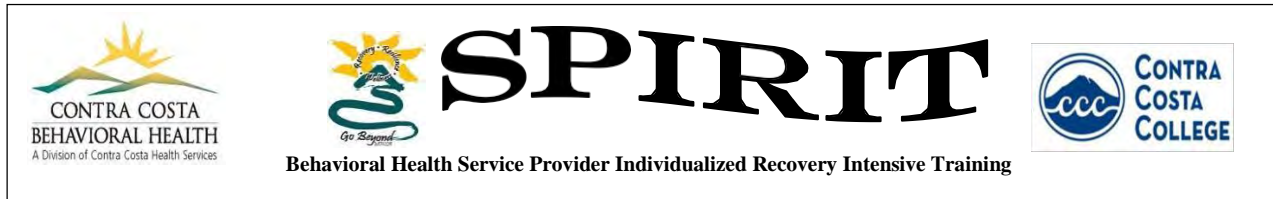
A comprehensive college course offering training and support for people who receive behavioral health services, as well as family members or caregivers of adults or children receiving services, who want to work or volunteer as family/parent/peer providers in the behavioral health field.

Classroom instruction is combined with workplace experience via internships at local behavioral health organizations. We emphasize the development of personal recovery skills, educating clients and family members on peer support and more.

**For applications and more information please call
SPIRIT Instructor Janet Costa @ (925) 348-5459 or
Candace Wade @ (925) 348-1746**



Learn about yourself and your community; change your life!
THE JOURNEY STARTS HERE!



Please note: Due to the current community health concerns and social distancing guidelines, the SPIRIT classes may be delivered in an online or hybrid format in January 2023 with Contra Costa College, San Pablo CA. via Zoom Video Conferencing or Contra Costa College Confer Zoom.

SPIRIT is a 9-unit college course taught in collaboration with Contra Costa Behavioral Health and Contra Costa College. The course teaches students how to develop core skills to empower themselves by attaining and maintaining recovery and resiliency through self-awareness and peer/family support, while learning to assist others in doing the same. The completion of this class leads to a Certificate of Achievement.

This program is intended for individuals who fit at least one of the following criteria:

- **A person who has self-identified as having lived experience of recovery from a mental health condition, substance use disorder, or both.**
- **A transition-age youth or young adult 18 - 26 who has self-identified as having lived experience of recovery from a mental health condition, substance use disorder, or both.**
- **A person with lived experience as a self-identified family member of an adult experiencing a mental health condition, substance use disorder, or both.**
- **A person who is parenting or has parented a child experiencing a mental health condition, substance use disorder, or both. This person may be a birth parent, adoptive parent, or family member standing in for an absent parent.**

Goals

1. To become more empowered, explore potential and help others learn resiliency and empowerment skills.
2. To gain an understanding of the importance of peer and family support as an integral part of the recovery and resiliency journey, as well as to the overall behavioral health system of care.
3. To gain a working understanding of Contra Costa Behavioral Health's system of care which includes, Mental Health Services, Housing and Homeless Services, Alcohol and Other Drug Services, and Health Services broadly, and recovery/resiliency-oriented techniques and principles.
4. To identify, develop and sustain your personal support system, develop and use a personal Wellness Recovery Action Plan and to help others to incorporate these skills into their personal wellness process.
5. To become more aware of community resources which aid peers and their families, including young adults and children in living successfully within the larger community.
6. To explore career options that will help you develop the skills enabling you to find meaningful activity and to learn skills and participate in internship training in the behavioral health field.

The Behavioral Health Service Provider Individualized Recovery Intensive Training (SPIRIT) includes two components; the comprehensive classroom training and support program, followed by the individualized Work-Study placement. This program is a collaboration between Contra Costa Behavioral Health Services (CCBHS), Office for Consumer Empowerment (OCE), and Contra Costa College (CCC).

Application Deadline and Mailing Information

Application Process: This APPLICATION is due by October 7, 2022.

Please submit your completed application to:

Contra Costa Behavioral Health Services
Office for Consumer Empowerment
1340 Arnold Drive, Suite 200
Martinez, CA 94553
Fax (925) 957-5156

For further information about the SPIRIT Training or application, please contact:

Janet Costa at: Janet.Costa@cchealth.org, (925) 957-5113 or (925) 348-5459
Candace Wade at: Candace.Wade@cchealth.org, (925) 957-5145 or (925) 348-1746
Professor: Aminta Mickles at: amickles@contracosta.edu

Training Components

- I. **Intensive online Training (SPIRIT I and II):** The classroom training takes place during the Spring 2023 college semester (starting in January 2023) in partnership with Contra Costa College. It consists of two separate three-unit college classes (six units total), SPIRIT I and SPIRIT II. Students take SPIRIT I for the first half of the semester, and then SPIRIT II during the second half of the semester. Students may not participate in SPIRIT II without successful completion of SPIRIT I.
- II. **Work-Study/Summer Internship (SPIRIT III):** The work study portion of SPIRIT takes place during the summer 2023 college semester and includes a six-week, 60-hour internship at a human service agency with once a week classroom instruction. Students must successfully complete both SPIRIT I and II to participate in SPIRIT III. Students receive three units of college credits for successfully completing SPIRIT III.
- III. **Allowance:** Students may be eligible for an allowance to assist with transportation and other expenses needed to complete the training.



Anna M. Roth, RN, MS, MHP
Health Services Director
Suzanne Tavano, Ph.D.
Behavioral Health Director

Contra Costa Behavioral Health
Administrative Offices
1340 Arnold Dr. Ste. 200
Martinez CA. 94553
Phone (925) 957-5150
Fax (925) 957-5156

Dear SPIRIT Applicant,

Please note: Due to the current community health concerns and social distancing guidelines, the SPIRIT classes may be delivered in an online or hybrid format in January 2023 with Contra Costa College, San Pablo CA. via Zoom Video Conferencing or Contra Costa College Confer Zoom.

SPIRIT is a behavioral health peer and family-driven focused college course. SPIRIT is facilitated by peers and family members for peers and family members. Because SPIRIT is a collaboration with Contra Costa College, some of your personal and identifying information may be shared and exchanged with the college. Additionally, the College may require some administrative information, such as attendance, grades, conduct, or other college-related activities. Being an applicant or participant in SPIRIT may identify you as a peer of behavioral health services or a family member of a person receiving services.

SPIRIT Application

Please print legibly or type. DO NOT USE CURSIVE HANDWRITING

- Please answer each question carefully. Be as direct and specific as possible.
- Attach extra paper if necessary. Number answers on each page

If you have questions about the application, please contact:

Janet Costa at: Janet.Costa@cchealth.org (925) 957-5113 or (925) 348-5459

Candace Wade at: Candace.Wade@cchealth.org (925) 957-5145 or (925) 348-1746

I have read and understand the above statement.

This acknowledgement is advisory only and is not consent to release information.

Signature

Date

Print Name (First, M.I., Last Name)

Phone Number

Behavioral Health Service Provider Individualized Recovery Intensive Training

This program is intended for individuals who fit at least one of the following criteria: **Please check mark the areas below that you identify with.**

_____A person who has self-identified as having lived experience of recovery from a mental health condition, substance use disorder, or both.

_____A transition-age youth or young adults 18 - 26 who has self-identified as having lived experience of recovery from a mental condition, substance use disorder, or both.

_____A person with lived experience as a self-identified family member who has provided care to an adult experiencing a mental health condition, substance use disorder, or both.

_____A person who is parenting or has parented a child experiencing a mental health condition, substance use disorder, or both. This person may be a birth parent, adoptive parent, or family member standing in for an absent parent.

1. Name/Personal Information:

Last: _____

First: _____

Middle Initial: _____

Address: _____

City: _____ State: _____ Zip : _____

Home Phone: (_____) _____ Date of Birth: _____

Cell Phone: (_____) _____ (Voluntary)

E-Mail Address: _____

2. Please list two references:

a. Name: _____

Phone: _____

Agency: _____

b. Name: _____

Phone: _____

Agency: _____

*Each question is scored individually. Please provide a complete answer for each question.

3. Do you identify as a behavioral health peer (**a person with a mental health condition or substance use disorder, or both**) or family member (**parent, caregiver or family member of someone who receives behavioral health services**)? If so, are you willing to share this with others in your work as a Peer/Family Provider?

4. **We value personal or lived experience in the behavioral health system.** This may include personal experience that gives insight into behavioral health, dual diagnosis, self-help, recovery/resiliency-based services, or experiences you've had helping peers and/or family members. Please describe what involvement or knowledge you have that will help you or add to your skills as a peer provider or family member in behavioral health.

5. In order to do well in this training, people who have experienced difficulties with substance use and/or alcohol use need to be in recovery (**abstaining from use of substances and or alcohol especially within a professional/academic setting**). If this applies to you, how long have you been active in the recovery process?

6. Why is it important to learn about and practice methods of wellness, recovery, and resiliency in mental health and/or substance use?

7. Based on your experiences in behavioral health or navigating services for a family member, are there particular types of positions that interest you the most?

Please List here:

8. Why do you want to participate in the SPIRIT Behavioral Health Service Provider Training?

11. Please describe an experience you have had working or interacting with someone or a group of people different from yourself. (*Different from you in terms of language, social status, culture, race, religion, sexual orientation, behavioral health diagnosis, ethnic background, or any combination of these*). Please include:

A. How they were different from you?

B. Describe the experience

C. What did you learn from the experience?

12. Behavioral health providers must deal with potential conflict amongst co-workers and/or the peers or family members they serve. Please describe: *(provide an answer for each question)*

A. Describe a situation in your personal or professional life where you've experienced conflict.

B. What steps did you take to resolve the situation?

C. What would you do differently were a similar situation to occur again?

D. What did you learn from this experience?

13. Computer Proficiency: Do you know how to do the following tasks on a computer?
(circle answer for each)

- a. Send and receive email: **Beginner Intermediate Advanced**
- b. Type, and print, documents: **Beginner Intermediate Advanced**
- c. Use the internet to do research and register for classes: **Beginner Intermediate Advanced**
- d. Scan and Upload documents: **Beginner Intermediate Advanced**

14. If you speak, read, write, or use another language including American Sign Language in addition to English, please specify the language and circle your level of ability with speaking, reading and writing.

- a. _____ fair good fluent fair good fluent
Language Speaking Reading/ Writing
- b. _____ fair good fluent fair good fluent
Language Speaking Reading/ Writing

15. Please list the most recent **volunteer work** you have done:
(Begin with the most recent. Please use extra paper if needed).

- a. _____
Type of Work Location/Agency Dates Worked
- b. _____
Type of Work Location/Agency Dates Worked
- c. _____
Type of Work Location/Agency Dates Worked

16. Please list any **paid employment** experience that you have:
(Begin with the most recent. Please use extra paper if needed).

a.	_____	_____	_____
	Type of Work	Location/Agency	Dates Worked
b.	_____	_____	_____
	Type of Work	Location/Agency	Dates Worked
c.	_____	_____	_____
	Type of Work	Location/Agency	Dates Worked

17. Is there anything else you would like to add?

Please submit your completed application to:
Contra Costa Behavioral Health Services
Office for Consumer Empowerment
1340Arnold Drive, Suite 200
Martinez, CA 94553
Fax (925) 957-5156

Mental Health Commission Guidelines for Nominating Committee, 2023 Elections

Elections Held For:

- Chair
- Vice-Chair
- Executive Committee (minimum of three members, maximum of five, Chair and Vice Chair are automatic members so need to elect one to three additional members)

Timeline:

- September: Formation of Nominating Committee
- September – October: Develop slate
- November: Announce slate
- December: Hold election

Who Votes:

- Only Commissioners vote – not members of the public

Term:

- One year terms
- Chair and Vice Chair may hold their position for three consecutive years only; they may run again for the same position after not holding it for one year

Process:

- Create Elections Committee from Commissioner volunteers
- Select one person to represent/lead the Committee, e.g. give updates at Commission and Executive Committee meetings, lead the voting process at the Commission meeting
- Develop Slate
 - Objective is to develop a list of candidates for each elected role: Chair, Vice Chair and Executive Board Members
 - Identify potential candidates (excluding Supervisor)
 - Email all Commissioners to request that Commissioners interested in a position contact the Nominating Committee; include a description of roles in the email
 - Ask Commissioners for potential candidates too
 - Identify Commissioners who appear to be strong candidates for a leadership role (e.g. experience with the Commission, engaged with Commission issues and work, collegial, speak up at meetings, engaged in the Community)
 - Divide up list of potential candidates among Nominating Committee members
 - Reach out to each potential candidates and walk through: why they are interested in running, job responsibilities and time commitment (note that this is NOT an interview but more a vetting process and chance for Commissioners to

ask questions and to really reflect on whether the role they want to run for is really a good fit)

- Aim for at least two candidates for Chair and Vice Chair and four to five candidates for Executive Committee
- Document candidates
- Announce Slate
 - Ideally, if the slate is ready by one week before the November Commission meeting, provide the slate to the Executive Assistant for inclusion in the meeting packet
 - At the November Commission meeting announce the slate – there will be an item on the meeting agenda for this
- Hold Election
 - For the December meeting election, be prepared with voting materials, method/process for conducting the voting, instructions for Commissioners
 - Since the meeting will most likely be conducted in Zoom, voting materials will need to be a Zoom poll or private Zoom Chat (each Commissioner messages their choices to one member of the Nominating Committee) or other electronic technique that ensures privacy of the voter and ensures that only Commissioners vote (rather than pencil and paper)
 - Tally the votes by entering a break-out room and reviewing the results of the poll or tallying up the votes sent by Chat
 - Winners are selected by simple majority
 - In the case of a tie, ballots may be recast until the tie is broken; if this approach fails to result in a majority winner(s) the vote may be deferred until the next Commission meeting
 - In the event there is only one candidate for the Chair and Vice Chair positions, there is still a vote for these positions; if there is less than three candidates for the Executive Committee slots, there is still a vote for these slots
 - At the end of the vote tallying, announce the winners