

CPAW AGENDA ITEM READINESS WORKSHEET

CPAW Meeting Date: February 7, 2013

Name of Committee/ Individual: Committee for Social Inclusion/Susan Medlin

1. Agenda Item Name:

Update: Building Inclusion and Supports within the Committee for Social Inclusion.

2. Desired Outcome (as you'd like it to show on the CPAW Agenda):

- ✓ Discussion to Build Understanding

3. Summary:

The purpose of the report is to first inform CPAW members of the efforts taken by the Committee for Social Inclusion to increase acceptance of people with lived mental health/co-occurring experiences and their families in the community, and second to discuss and receive feedback from CPAW members, on ideas for outreach to and support of members of diverse and/or underserved communities that use our services, as well as people served by AOD and Homeless Services.

The committee members have expressed interest in exploring how we as a committee promote social inclusion of consumers and family members in our meetings, and the supports and issues we feel are important to create a safe environment for committee participants and observers.

4. Background: What context is needed for CPAW members to understand this item? What's the history that CPAW members need to be aware of for discussion or recommendation? (eg. Is this building on a previous committee recommendation?) What else should CPAW members know about the rationale that guided the committee or individual to this point?

The Committee for Social Inclusion wrote committee communication guidelines to help build a more welcoming atmosphere within meetings through effective communication skills and protocols in meetings and in e-mail between meetings. This process has made more people aware of this effort, but there are no guidelines on what to do to increase adherence.

The committee has also had a meet and greet, and a potluck featuring a presentation about the committee to engage people and interest them in participating in the committee. The committee has been successful at engaging consumers, but has had less success with engaging family members consistently. Also, the committee has been successful recently in outreach to Homeless Services staff, including peer providers.

We are working with Imo Momoh, the Contra Costa Behavioral Health Services, Ethnic Services Manager, and member of the Committee for Social Inclusion, to strategize on outreach to people from diverse communities or cultures and provide supports so that they can participate in the Committee for Social Inclusion activities and planning. We would like some ideas from CPAW members on reaching out to members from diverse and/or underserved communities, as well as people served by AOD and Homeless Services.

5. **Funding Considerations¹:** If this item includes funding, please answer the following relevant questions- **No additional funding needed at present.**

7. **CPAW Role:** What is the desired and appropriate level of CPAW engagement?

Choose ONE from the following²:

✓ **Discuss-** Deliberate, weigh the pros and cons

Receive information and contribute ideas on inclusion of consumers and family members in committees, including outreach.

8. **Other Important Factors:**

Who else is influencing this item? **No one.**

Is there an upcoming deadline? **No.**

Is "Conflict of Interest" a factor that should be acknowledged with this item? **No.**

9. **Anticipated Time Needed on Agenda): 15 mins.**

10. **Who will report on this item?**

Glenn Arnold, Committee for Social Inclusion member

Stephen Boyd, CPAW Member, OCE staff member, and Committee for Social Inclusion member

Lisa Bruce, CPAW and Committee for Social Inclusion member

Ralph Hoffman, CPAW and Committee for Social Inclusion member

Susan Medlin, CPAW Member, OCE staff member, and Committee for Social Inclusion member

Devon Roberts, Committee for Social Inclusion member

Jennifer Tuipulotu, OCE staff member and Committee for Social Inclusion member

¹ Please offer visual representations when possible.

² Please note that the levels of engagement are in ascending order- from lesser to greater levels -of engagement. The greater the level of engagement, the more background and context should be provided by the committee.

Bus Schedules for County Meeting Locations

All bus routes are The County Connection, unless otherwise specified. Arrival times are approximate, so give or take 10 minutes. County Connection transfers are free for two rides within the time limit stated on the transfer. **All PM times are in bold print.** Last bus of the day in either direction is highlighted in yellow. Schedules are for weekday service only.

Board of Supervisors

651 Pine Street, Room 107

Martinez, CA

Bus 16 Arrival Times: From Concord BART 7:15am, 7:55am, 8:35am, 9:15 am, 9:55am, 10:35am, 11:15am, 11:55am, **12:35pm, 1:15pm, 1:55pm, 2:35pm, 3:15pm, 3:55pm, 4:35pm, 5:15pm, 5:55pm, 6:35pm, 7:15pm, 7:55pm, 8:35pm**

Bus 16 Arrival Times: From Amtrak 5:40am, 6:20am, 7:00am, 7:40am, 8:20am, 9:00am, 9:40am, 10:20am, 11:00am, 11:40am, **12:20pm, 1:00pm, 1:40pm, 2:20pm, 3:00pm, 3:40pm, 4:20pm, 5:00pm, 5:40pm, 6:20pm, 7:00pm, 7:40pm**

Bus 18 Arrival Times: From Pleasant Hill BART 8:12am, 9:32am, 10:52am, **12:12pm, 1:32pm, 2:37pm, 3:05pm, 4:12pm, 5:32pm, 6:52pm, 8:12pm, 9:32pm**

Bus 18 Arrival Times: From Amtrak 5:55am, 7:00am, 8:20am, 9:40am, 11:00 am, **12:20pm, 1:43pm, 2:36pm, 3:00pm, 4:20pm, 5:40pm, 7:00pm**

Bus 19 Arrival Times: From Concord BART 7:55am, 9:55am, 11:55am, **1:55pm, 3:55pm, 5:55pm, 7:55pm**

Bus 19 Arrival Times: From Amtrak 6:05am, 8:05am, 10:05am, **12:05pm, 2:05pm, 4:05pm, 6:05pm**

Bus 28 Arrival Times: From North Concord BART 6:48am, 8:03am, 9:18am, 10:33am, 11:53am. **1:03pm, 2:33pm, 4:03pm, 5:03pm, 6:33pm, 7:26pm, 8:56pm**

Bus 28 Arrival Times: From Amtrak 5:45am, 7:00am, 8:15am, 9:35am, 10:45am, **12:15pm, 1:45pm, 2:45pm, 4:15pm, 5:15pm, 6:45pm, 7:50pm**

Bus 98X Arrival Times: From Walnut Creek BART 6:56am, 7:43am, 8:28am, 9:13am, 9:58am, 10:43am, 11:28am, **12:14pm, 12:59pm, 1:44pm, 2:29pm, 3:15pm, 4:00pm, 4:45pm, 5:31pm, 6:16pm, 6:58pm, 7:35pm**

Bus 98X Arrival Times: From Amtrak 5:38am, 6:23am, 6:59am, 7:46am, 8:31am, 9:16am, 10:00am, 10:45am, 11:30am, **12:17pm, 1:02pm, 1:47pm, 2:32pm, 3:18pm, 4:03pm, 4:48pm, 5:34pm, 6:19pm**

Bus Schedules for County Meeting Locations

WestCAT Bus 30Z: From Hercules Transit Center 6:48am, 7:18am, 7:48am, 8:18am, 8:48am, 9:18am, 10:35am, 11:50am, **1:05pm, 2:20pm, 3:35pm, 4:05pm, 4:35pm, 5:12pm, 5:42pm, 6:12pm, 6:42pm, 7:12pm**

WestCAT Bus 30Z: From Amtrak 6:53am, 7:23am, 7:53am, 8:23am, 8:53am, 9:23am, 10:40am, 11:55am, **1:10pm, 2:25pm, 3:40pm, 4:10pm, 4:40pm, 5:17pm, 5:47pm, 6:17pm, 6:47pm, 7:17pm**

Tri Delta Transit Bus 200: From Pittsburg/Bay Point BART 7:31am, 8:33am, 9:48am, 10:48am, 11:48am, **12:48pm, 1:48pm, 2:48pm, 4:04pm, 5:04pm, 6:18pm**

Tri Delta Transit Bus 200: From Amtrak 7:38am, 8:38am, 9:53am, 10:49am, 11:49am, **12:49pm, 1:49pm, 2:49pm, 4:04pm, 5:05pm, 6:19pm**

*Probation Dept. Sequoia Room
50 Douglas Drive
Martinez, CA*

Bus 28 Arrival Times: From North Concord /Martinez BART 6:30am, 7:45am, 9:00am, 10:15am, 11:35am, **12:45pm, 2:15pm, 3:45pm, 4:45pm, 6:15pm, 7:15pm, 8:45pm**

Bus 28 Arrival Times: From Amtrak 5:49am, 7:05am, 8:20am, 9:40am, 10:50am, **12:20pm, 1:50pm, 2:51pm, 4:20pm, 5:20pm, 6:50pm, 7:55pm**

*595 and 597 Center Avenue
Martinez, CA*

Bus 28 Arrival Times: From North Concord /Martinez BART 6:30am, 7:45am, 9:00am, 10:15am, 11:35am, **12:45pm, 2:15pm, 3:45pm, 4:45pm, 6:15pm, 7:15pm, 8:45pm**

Bus 28 Arrival Times: From Amtrak 5:49am, 7:05am, 8:20am, 9:40am, 10:50am, **12:20pm, 1:50pm, 2:51pm, 4:20pm, 5:20pm, 6:50pm, 7:55pm**

*Behavioral Health Services--Mental Health Administration
1340 Arnold Drive, Suite 200
Martinez, CA*

Bus 18 Arrival Times: From BART Pleasant Hill 7:55am, 9:15am, 10:35am, 11:55am, **1:15pm, 2:20pm, 2:48pm, 3:55pm, 5:15pm, 6:35pm, 7:55pm, 9:15pm**

Bus Schedules for County Meeting Locations

Bus 18 Arrival Times: From: Amtrak 6:07am, 7:12am, 8:32am, 9:52am, 11:12am, **12:32pm, 1:55pm, 2:48pm, 3:12pm, 4:32pm, 5:52pm, 7:12pm**

Bus 28 Arrival Times: From North Concord /Martinez BART 6:30am, 7:45am, 9:00am, 10:15am, 11:35am, **12:45pm, 2:15pm, 3:45pm, 4:45pm, 6:15pm, 7:15pm, 8:45pm**

Bus 28 Arrival Times: From Amtrak 5:58am, 7:15am, 8:30am, 9:50am, 11:00am, **12:30pm, 2:00pm, 3:01pm, 4:30pm, 5:30pm, 6:50pm, 7:55pm**

EHSD – Independent Living Skills Program

1875 Arnold Drive

Martinez, CA

Bus 18 Arrival Times: From BART Pleasant Hill 7:55am, 9:15am, 10:35am, 11:55am, **1:15pm, 2:20pm, 2:48pm, 3:55pm, 5:15pm, 6:35pm, 7:55pm, 9:15pm**

Bus 18 Arrival Times: From: Amtrak 6:07am, 7:12am, 8:32am, 9:52am, 11:12am, **12:32pm, 1:55pm, 2:48pm, 3:12pm, 4:32pm, 5:52pm, 7:12pm**

Willow Creek Center

1026 Mohr Lane

Concord CA

Bus 14 Arrival Times: From Concord BART 6:22am, 7:02am, 7:42am, 8:22am, 9:02am, 9:42am, 10:22am, 11:02am, 11:42am, **12:22pm, 1:02pm, 1:42pm, 2:22pm, 3:02pm, 3:42pm, 4:22pm, 5:02pm, 5:42pm, 6:22pm, 7:02pm, 7:42pm, 8:22pm, 9:02pm**

Bus 14 Arrival Times: From Pleasant Hill BART 6:04am, 6:30am, 7:10am, 7:50am, 8:30am, 9:10am, 9:50am, 10:30am, 11:10am, 11:50am, **12:30pm, 1:10pm, 1:50pm, 2:30pm, 3:10pm, 3:50pm, 4:30pm, 5:10pm, 5:50pm, 6:30pm, 7:10pm, 7:50pm, 8:30pm, 9:10pm**

Bus Schedules for County Meeting Locations

Centre Concord

5298 Clayton Road

Concord CA

Bus 10 Arrival Times: From Concord BART 5:44am, 6:14am, 6:46am, 7:16am, 7:46am, 8:16am, 8:46am, 9:18am, 9:48am, 10:18am, 10:48am, 11:18am, 11:48am, **12:18pm, 12:48pm, 1:18pm, 1:48pm, 2:18pm, 2:58pm, 3:18pm, 3:48pm, 4:18pm, 4:48pm, 5:18pm, 5:48pm, 6:18pm, 6:44pm, 7:14pm, 7:44pm**

Bus 10 Arrival Times: From Clayton Road and Marsh Creek Road 6:07am, 6:39am, 7:11am, 7:41am, 8:11am, 8:41am, 9:11am, 9:41am, 10:13am, 10:43am, 11:13am, 11:43am, **12:13pm, 12:43pm, 1:13pm, 1:43pm, 2:13pm, 2:43pm, 3:13pm, 3:43pm, 4:13pm, 4:43pm, 5:13pm, 5:43pm, 6:13pm, 6:43pm, 7:07pm, 7:37pm, 8:07pm**

Older Adult Mental Health Clinic/Bisso Building First Floor Conference Room

2425 Bisso Lane, Suite 100 (Conference Room is down the hall from Older Adult)

Concord, CA

Bus 19 Arrival Times: From Concord BART 7:20am, 9:20am, 11:20am, **1:20pm, 3:20pm, 5:20pm, 7:20pm**

Bus 19 Arrival Times: From Amtrak 6:27am, 8:28am, 10:28am, **12:28pm, 2:28pm, 4:28pm, 6:28pm**

Contra Costa Water District

1331 Concord Ave

Concord, CA

Bus 19 Arrival Times: From Concord BART 7:20am, 9:20am, 11:20am, **1:20pm, 3:20pm, 5:20pm, 7:20pm**

Bus 19 Arrival Times: From Amtrak 6:27am, 8:28am, 10:28am, **12:28pm, 2:28pm, 4:28pm, 6:28pm**

Central County Adult Mental Health Clinic

1420 Willow Pass Road

Concord, CA

Bus 20 Arrival Times: From Concord BART 6:49am, 7:04am, 7:19am, 7:49am, 8:09am, 8:19am, 8:49am, 9:04am, 9:19am, 9:49am, 10:04am, 10:19am, 10:49am, 11:19am, 11:49am, **12:19pm, 12:49pm, 1:19**

Bus Schedules for County Meeting Locations

pm, 1:49pm, 2:19pm, 2:34pm, 2:49pm, 3:19pm, 3:49pm, 4:19pm, 4:49pm 5:19pm, 5:49pm, 6:19pm, 6:49pm, 7:19pm, 7:49pm, 8:19pm, 8:49pm, 9:19pm, **9:49pm**

Bus 20 Arrival Times: From DVC 6:08am, 6:38am, 7:08am, 7:38am, 7:45am, 8:08am, 8:38am, 9:08am, 9:38am, 10:10am, 10:40am, 11:10am, 11:40am, **12:10pm, 12:20pm, 12:40pm, 12:55pm, 1:10pm, 1:40pm, 2:00pm, 2:10pm, 2:20pm, 2:40pm, 2:55pm, 3:10pm, 3:25pm, 3:40pm, 4:10pm, 4:40pm, 5:10pm, 5:40pm, 6:10pm, 6:40pm, 7:10pm, 7:40pm, 8:08pm, 8:38pm, 9:08pm, 9:38pm, 10:08pm**

*West County Adult Mental Health Clinic
2523 El Portal Drive Suite 103
San Pablo, CA*

AC Transit Bus 71 Arrival Times: From Richmond Pkwy. Transit Center 6:07am, 6:37am, 7:07am, 7:37am, 8:07 am, 8:37am, 9:07am, 9:37am, 10:07am, 10:37am, 11:07am, 11:37am, **12:07pm, 12:37pm, 1:07pm, 1:37pm, 2:07pm, 2:37pm, 3:07pm, 3:37pm, 4:07pm, 4:37pm, 5:07pm, 5:37pm, 6:07pm, 6:37pm, 7:07pm, 7:37pm**

AC Transit Bus 71 Arrival Times: From El Cerrito Plaza BART 5:40am, 6:10am, 6:40am, 7:10am, 7:40am, 8:10am, 8:40am, 9:10am, 9:40am, 10:10am, 10:40am, 11:10am, 11:40am, **12:10pm, 12:40pm, 1:10pm, 1:40pm, 2:10pm, 2:40pm, 3:10pm, 3:40pm, 4:10pm, 4:40pm, 5:10pm, 5:40pm, 6:10pm, 6:40pm, 7:10pm, 7:40pm**

AC Transit Bus 72 Arrival Times: From Hilltop Mall 6:18am, 6:48am, 7:19am, 7:48am, 8:17am, 8:47am, 9:17am, 9:47am, 10:16am, 10:45am, 11:15am, 11:41am, **12:12pm, 12:40pm, 1:09pm, 1:40pm 2:10pm, 2:40pm, 3:13pm, 3:44pm, 4:15pm, 4:47pm, 5:11pm, 5:46pm, 6:16pm, 6:46pm, 7:12pm, 7:52pm, 8:38pm, 9:20pm**

AC Transit Bus 72 Arrival Times: From Oakland Amtrak Station 6:24am, 6:55am, 7:26am, 8:04am, 8:50am, 9:20am, 9:50am, 10:21am, 10:51am, 11:19am, 11:50am, **12:20pm, 12:49pm, 1:16pm, 1:47pm, 2:19pm, 2:50pm, 3:21pm, 3:56pm, 4:24pm, 4:55pm, 5:25pm, 5:56pm, 6:27pm, 6:57pm, 7:18pm, 7:45pm, 8:14pm, 8:47pm, 9:23pm**

AC Transit Bus 72R Arrival Times: From Contra Costa College and from Downtown Oakland (both directions) Buses arrive every 12 minutes between approximately 6:00AM and 7:30PM.

AC Transit Bus 74 Arrival Times: From Ford Point 5:53am, 6:32am, 7:17am, 7:54am, 8:36am, 9:16am, 10:36am, 11:15am, 11:55am, **12:35pm, 1:15pm, 1:55pm, 2:36pm, 3:17pm, 3:58pm, 4:38pm, 5:18pm, 5:58pm, 6:34pm, 7:14pm, 7:54pm, 8:39pm, 9:14pm**

Bus Schedules for County Meeting Locations

AC Transit Bus 74 Arrival Times: From Sherwood Forest 6:30am, 7:09am, 7:56am, 8:33am, 9:15am, 9:54am, 10:34am, 11:14am, 11:54am, **12:33pm, 1:13pm, 1:53pm, 2:33pm, 3:15pm, 3:56pm, 4:38pm, 5:19pm, 5:57pm, 6:36pm, 7:11pm, 7:51pm, 8:31pm, 9:16pm, 9:51pm**

AC Transit Bus 76 Arrival Times: From Hilltop Mall 6:07am, 6:37am, 7:07am, 7:37am, 8:07am, 8:37am, 9:07am, 9:36am, 10:06am, 10:36am, 11:06am, 11:36am, **12:06pm, 12:36pm, 1:06pm, 1:36pm, 2:06pm, 2:36pm, 3:06pm, 3:36pm, 4:06pm, 4:36pm, 5:06pm, 5:36pm, 6:06pm, 6:36pm, 7:06pm**

AC Transit Bus 76 Arrival Times: From El Cerrito del Norte BART 6:07am, 6:37am, 7:07am, 7:40am, 8:12am, 8:41am, 9:11am, 9:40am, 10:09am, 10:39am, 11:09am, 11:39am, **12:09pm, 12:39pm, 1:09pm, 1:39pm, 2:10pm, 2:40pm, 3:10pm, 3:40pm, 4:10pm, 4:40pm, 5:10pm, 5:40pm, 6:10pm, 6:39pm, 7:09pm, 7:39pm**

*East County Adult Mental Health Clinic
2311 Loveridge Road, Second Floor
Pittsburg, CA*

Tri Delta Transit Bus 380 Arrival Times: From Antioch Park and Ride (Hillcrest) 6:15am, 6:48am, 7:18am, 7:30am, 7:56am, 8:18am, 8:46am, 9:16am, 10:01am, 10:50am, 11:50am, **1:00pm, 2:06pm, 3:18pm, 3:29pm, 3:55pm, 4:09pm, 4:41pm, 5:09pm, 5:41pm, 6:08pm, 6:41pm, 7:11pm, 7:41pm, 8:27pm, 9:00pm**

Tri Delta Transit Bus 380 Arrival Times: From Pittsburg/Bay Point BART 6:06am, 6:37am, 7:07am, 7:37am, 8:07am, 8:35am, 9:07am, 10:07am, 11:07am, **12:11pm, 12:52pm, 1:57pm, 2:13pm, 3:25pm, 4:21pm, 4:52pm, 5:19pm, 5:49pm, 6:08pm, 6:38pm, 7:08pm, 7:38pm, 8:08pm, 9:01pm**

Tri Delta Transit Bus 387 Arrival Times: From Tri Delta Transit (Antioch) 6:00am, 6:47am, 7:36am, 8:36am, 9:51am, 10:38am, **12:18pm, 1:18pm, 2:18pm, 3:13pm, 4:18pm, 5:18pm, 6:18pm, 7:23pm, 8:23pm**

Tri Delta Transit Bus 387 Arrival Times: From Pittsburg/Bay Point BART 7:06am, 8:00am, 9:20am, 10:18am, 11:21am, **12:18pm, 1:28pm, 2:18pm, 3:30pm, 4:18pm, 5:18pm, 6:26pm, 7:19pm, 8:32pm**

Tri Delta Transit Bus 388 Arrival Times: From Kaiser/Deer Valley (Antioch) 5:59am, 6:19am, 6:59am, 8:15am, 8:35am, 9:05am, 9:31am, 10:05am, 10:32am, 10:51am, 11:26am, **12:50pm, 1:50pm, 2:54pm, 3:44pm, 4:22pm, 5:10pm, 5:11pm, 6:09pm, 6:34pm, 7:20pm, 7:58pm, 8:56pm**

Bus Schedules for County Meeting Locations

Tri Delta Transit Bus 388 Arrival Times: From Pittsburg/Bay Point BART 6:04am, 6:59am, 7:38am, 8:11am, 8:48am, 9:18am, 10:11am, 10:43am, 11:11am, **12:23pm, 1:32pm, 2:17pm, 2:56pm, 3:34pm, 5:20pm, 6:01pm, 6:50pm, 7:20pm, 8:12pm, 9:28pm**

Tri Delta Transit Bus 390 Arrival Times: From Antioch Park and Ride (Hillcrest) 5:54am, 6:24am, 6:54am, 7:24am, **7:40am**

Tri Delta Transit Bus 390 Arrival Times: From Pittsburg/Bay Point BART 7:05am, **4:19pm, 4:59pm, 5:19pm, 5:46pm, 6:19pm, 6:49pm, 7:22pm, 7:49pm**

Tri Delta Transit Bus 391 Arrival Times: From Brentwood Park and Ride 5:48am, 6:13am, 6:40am, 7:16am, 7:41am, 8:07am, 8:48am, 9:28am, 10:20am, 11:20am, **12:20pm, 1:20pm, 2:20pm, 3:38pm, 4:37pm, 5:00pm, 5:30pm, 6:18pm, 6:49pm, 7:30pm, 8:20pm, 9:23pm**

Tri Delta Transit Bus 391 Arrival Times: From Pittsburg/Bay Point BART 6:03am, 6:33am, 7:07am, 7:46am, 8:09am, 8:39am, 9:09am, 10:09am, 11:09am, **1:17pm, 2:22pm, 2:52pm, 4:08pm, 4:39pm, 5:11pm, 5:41pm, 6:08pm, 6:45pm, 7:15pm, 7:29pm, 8:25pm, 9:40pm**

What Every Parent/Caregiver of a Child Consumer Should Know About Stigma

Stigma can be defined as a combination of learned negative attitudes, misinformation, fear, and unfounded beliefs that motivate people to treat others or themselves differently, causing discrimination.

Here are a few ways you can tell if you are stigmatizing:

You Know You Are

Stigmatizing If you...

- say something about your child that you would not say in front of him or her.
- talk about your child like he or she is not there.
- disregard your child's feelings and emotions because you believe they are part of his or her diagnosis.

What You Can Do

- Point out your child's strengths and abilities instead of your child's limitations.
- Give your child a voice by bringing him or her into conversations.
- Listen to your child and acknowledge your child's point of view.
- Reframe negative labels for example: use the word "energetic" as opposed to the word "hyperactive" or "wild", "imaginative" instead of "day dreamer", or "assertive" in place of "aggressive".
- Set an example to others by labeling behaviors as stigmatizing, and refusing to participate.
- Continually work on improving positive parenting techniques.
- Teach your child how to advocate for him or herself with his or her family members, peers, teachers, doctors, etc...

Remember: children are resilient! Children are able to build on their strengths and throw away labels and fight against limitations.

Did you know that...

- Stigma causes isolation for children and their families.
- Stigma can cause low self esteem and lack of self worth.
- Stigma can negatively impact the development of social skills.
- Stigma can decrease access to mainstream activities.
- Stigma can result in discrimination or abuse.
- Stigma can keep children from participating in education and treatment.
- People can make remarks or take actions that are stigmatizing without realizing it.
- You can stigmatize your child because of their diagnosis, for example by saying "Oh you have a sickness or disability". This keeps the child from reaching their full potential.

Resources:

Contra Costa County Mental Health Services

ehealth.org/services/mental_health
Children and Adults with Attention-Deficit/Hyperactivity Disorder

CHADD.org

National Alliance on Mental Illness

NAMI.org

The National Institute of Mental Health

NIMH.nih.gov

United Advocates for Children and Families

uacfahope.org

NAMI Contra Costa

www.namicontracosta.org

Community Alliance for Special Education

www.caseadvocacy.org

Disability Rights Education Defense Funds, Inc.

www.dredf.org



Contra Costa Behavioral Health Services
Office for Consumer Empowerment

2013



1340 Arnold Drive Suite 200
Martinez, CA 94553
Phone: (925) 957-5104
Fax: (925) 957-5156

Brochure adapted with permission from mirecovery.org.
Original content developed by the Office for Consumer Empowerment in collaboration with the Committee for Social Inclusion.

Overcoming Mental Health Stigma

IN THE HOME AND THE COMMUNITY

PARENTS/CAREGIVERS OF
CHILDREN



QUORUM RECOMMENDATION

There are 32 people listed on our current roster. The individuals who are inactive include:

On-leave: 1 (Lisa Bruce)

Resigned: 10 (Peggy Harris, Beatrice Lee, Candace Kuntz-Tao, Lori Larks, Connie Steers, Nayyirah Sahib, Wayne Thurston, Tony Sanders, Tom Sponsler, Steve Grolnic-McClurg)

Of the 21 active members, the breakout of voting privileges at each attendance threshold would be:

Through the Jan 17th meeting:

	50%	60%	70%	75%
Active Voting	19	15	13	11
Active Non-voting	2	6	8	10
Quorum at 50% +1	11	9	8	7

Step One: Voting Privileges

In order to have influence on CPAW's recommendations to the MH Director, an individual member must be committed and actively engaged in the work.

We have 21 active members with between 11 and 19 potentially qualifying for voting privileges (using a 50-75% requirement).

What's the right percentage of meeting attendance for a CPAW member to be an engaged and informed voting member?

50%? 60%? 70%? 75%?

Step Two: Quorum

In order to make recommendations to the MH Director and forward the work of CPAW, the group must maintain an engaged membership.

Using the 50% + 1 standard for quorum recommended by the Planning Committee, at our last meeting we would have achieved a quorum under ANY of these scenarios, but the number of people voting would have differed. Therefore, a quorum would range from 7-11, depending on the threshold required for voting privileges.

Is 50% + 1 the right threshold for a valid vote?

KRIP-HOP NATION MINI CONCERT

HONORING **BLIND JOE**, THE JOE CAPERS LEGACY

FEBRUARY 14-17TH

VENUES: MENTAL HEALTH CONSUMER CONCERNS-SF MAIN LIBRARY-THE LATINO ROOM-EASTSIDE ARTS ALLIANCE-LIVING ROOM PROJECT

FEB 14TH MENTAL HEALTH CONSUMER CONCERNS (CONCORD, CA) **11:00am-3:00pm**

FEB 15TH SF MAIN LIBRARY-THE LATINO ROOM 1-4 & EASTSIDE ART ALLIANCE (EAST OAKLAND) 7-9PM

FEB 17TH THE LIVING ROOM PROJECT (WEST OAKLAND) 7-10PM

KEITH JONES

FEATURING:

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JOY ELAN



MUSICIANS AND POETS WITH DISABILITIES COME TOGETHER AS A COALITION NAMED KRIP-HOP NATION, FOR A BAY AREA MINI-CONCERT AND TO HONOR THE LATE BLIND JOE CAPERS. THE CONCERT WILL FEATURE A MIXTURE OF MUSIC FROM PUNK, HIP-HOP, JAZZ, SPOKEN WORD TO ROCK. A PANEL OF SPEAKERS WILL EXPLAIN KRIP-HOP AND TALK ABOUT WHY KRIP-HOP NATION IS IMPORTANT. MUSICIANS AND POETS WILL TELL THEIR STORIES ABOUT DEALING WITH THE ENTERTAINMENT INDUSTRY UNDERGROUND AND LIVING IN THE COMMUNITY AS AN ARTIST. PLUS: A SNEAK PREVIEW OF AN UPCOMING DOCUMENTARY ABOUT THE LATE JOE CAPERS AKA BLIND JOE. THIS EVENT IS ABOUT MORE THAN MUSIC. IT WILL BE AN ARENA FOR ADVOCACY, EDUCATION, BUILDING CULTURAL ACTIVISM THROUGH ARTISTIC EXPRESSION AND COMING TOGETHER. MENTAL HEALTH CONSUMER CONCERNS (CONCORD), THE LIVING ROOM PROJECT (WEST OAKLAND) & EASTSIDE ARTS ALLIANCE (EAST OAKLAND)