Consolidated Planning and Advisory Workgroup (CPAW)

Thursday, August 2, 2018 3:00 pm - 5:00 pm

Location: 2425 Bisso Lane, First Floor Conference Room, Concord, CA 94520



Members attending: Steve Blum, Doug Dunn, Tom Gilbert, Kimberly Krisch, Sara Marsh, Will McGarvey, Tammy Keagy,

James Lancaster, Kathi McLaughlin, Roberto Roman, Chelise Stroud, Jennifer Tuipulotu, Sam Yoshioka

Staff attending: Jennifer Bruggeman, Golnaz Fortune, Kristin Heher, Joe Metro, Matthew Luu, Lila Sanrady, Stephanie Stoval,

Windy Taylor, Robert Thigpen, Genoveva Zesati

Public Participants: Keri Banks, Loretta Bradstreet, Guadalupe Cazares, Gigi Crowder, Cheryl Hall, Mia Jackson, Cheryl Maxie,

Melinda O'Day, James Ross, Jonathan San Juan, Carwen Spencer, Bessie Sagaiga, Elizabeth Ward, Amelia Wood

Facilitator: Maria Pappas

Recorder: Audrey Montana

Staff Support: Warren Hayes

Excused from Meeting: David Bergesen, Candice Collier

Absent from Meeting: Lisa Bruce, Stephen Boyd, Courtney Cummings, Duane Chapman, Maude DeVictor, Holly Hamaker, David Kahler,

Jackie Lerman, Lucy Nelson, Ryan Nestman, Lauren Rettagliata, Sheri Richards, Karen Smith Connie Steers,

Gina Swirsding, Matthew Wilson

TOPIC	ISSUE/CONCLUSION	ACTION/ RECOMMENDATION	PARTY RESPONSIBLE
 Welcome Call to Order Roll Call, Introductions Review Working Agreement Announcements Finalize Meeting Notes 	 Introductions made Review Working Agreement Announcements None Meeting Notes – Approved with minor revisions 	Information Notes approved. Will be posted to MHSA CPAW website.	Maria Pappas Audrey Montana to post notes.

TOPIC	ISSUE/CONCLUSION	ACTION/	PARTY
		RECOMMENDATION	RESPONSIBLE
2. Dialogue with Contra Costa Behavioral Health Services (CCBHS) Executive Staff	Dialogue With Contra Costa Behavioral Health Services (CCBHS) Executive Staff Matthew Luu:		Matthew Luu, Acting CCBHS Director
Update on Children's Chief Position, First Hope and Mobile Crisis Response Team	 Children's Chief Position Gerold Loenicker will start in the middle of August He will work with Warren Hayes and will be introduced to CPAW He will share his priorities with CPAW First Hope Delay in delivery of furniture and will be delivered four to six weeks from now Located at 391 Taylor Boulevard in Pleasant Hill Mobile Crisis Response Team Mental Health Evaluation Team Has been in existence a few years Was initially focused on people coming out of hospital or psychiatric emergency That Team followed individuals to ensure they got linked into services Was not 24/7 The Mobile Crisis Response Team Started one month ago The telephone number is (833) 443-2672 Is under Forensics Staff will come to CPAW to make presentation Serves those who never went to the hospital Provides the necessary services now before there is any need for hospitalization Services available 24/7 Forensics has experience with this concept Experiences working with stakeholders in the community (i.e. law enforcement, ambulance services, etc.) 		

TOPIC	ISSUE/CONCLUSION	ACTION/ RECOMMENDATION	PARTY RESPONSIBLE
	 Questions/Comments: Question: First Hope is the first part of the program and First Break will be the second part? They both will be at the same location? 		
	(Warren Hayes) First Hope's goal is to help youth with severe psychotic symptoms and prevent a first psychotic break. First Break's goal is to assist and support youth who have had a first psychotic episode or break. These services will be provided at the same location. The goal is to prevent these youth from becoming lifelong consumers. Staff will intervene early. MHSA stakeholders identified this as a gap in service and listed it as a critical need in the community.		
	• Question: What is the age range for the youth?		
	(Warren Hayes) Thirteen years to twenty five years old		
	• I (Doug Dunn) and other Spirit graduates visited First Hope and spoke with Dr. Leung who said, that for the first episode psychosis, they are looking at an age range of 16-30. That is a little higher than the current 12-25 age group for the first episode psychosis part of First Hope.		
	• Question: For First Hope, what type of outreach is being done?		
	(Warren Hayes) First Hope spent a large amount of staff time devoted to going to places and organizations where kids would surface that might have these episodes. Kathi McLaughlin will contact Mr. Leung re contact with the Contra Costa School Board.		
	• Question: What is the makeup of the Team?		
	(Warren Hayes and Matthew Luu) Clinical Specialists, Community Support Workers and a Nurse Practitioner who can prescribe medication		

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	• Question: The Children's Team currently is not available 24/7. Will the Children's Team later be made available 24/7? Weekends? Currently parents have no support on weekends especially when school is not in session or after 11 pm.	RECUIVILIDATION	RESPUNSIBLE
	(Warren Hayes and Matthew Luu) The Seneca start Team is separate from the Mobile Crisis Response Team. The start Team from Seneca was already in place. Dollars will be added to their contract to increase availability. Was initially eight to five. Now available until eleven in the evening. The goal is 24/7 in person availability.		
	(Matthew Luu) The hours were established after reviewing extensive data (i.e. number of calls, number of people at Psychiatric Emergency, visits to Miller Wellness Center). I do not have the information about the weekend availability at this moment. We will obtain that information for the Committee.		
	Doug Dunn completed his Spirit internship with the Seneca Mobile Crisis Response Team. They have limited staff available on weekends - nine am to nine pm. Monday through Friday from seven am to eleven pm.		
	 The 211 system says Monday through Sunday eleven to nine with 24 hour phone support. 		
	• (Kimberly Krisch) We had to opportunity to use the Team. It was really helpful. After talking with the Team, the individual, calmed down, decided not to the go to the hospital and made an appointment instead.		

TOPIC	ISSUE/CONCLUSION	ACTION/	PARTY
3. Dialogue with Stakeholder Committee Representatives • System of Care • Social Inclusion • Children, Teens and Young Adults • Adults • Older Adults • Innovation • Mental Health Commission • Alcohol and Other Services • Health, Housing and Homeless Services	Committee Updates (Stakeholder Sharing sheets) were distributed System of Care • Sarah Marsh during this meeting will make a presentation about what System of Care will be doing regarding supporting housing. Social Inclusion • Cited correction for this month committee summary. Should read, "Between 80% and 90% of those present at the meeting" got a chance to express themselves • During the next meeting (August 9th), will be preparing for the West County meetings (September 13th and October 11th) Children, Teens and Young Adults – No additional comments and no questions Adults –No additional comments and no questions Older Adults – No additional comments and no questions Innovation – The next meeting will be August 27th. Mental Health Commission • Had a meeting yesterday at the Pittsburg Health Center • Dr. White spoke of the Value Stream Mapping re the Pittsburg Health Center where there have been tremendously long psychiatric wait times (9 months to a year) • Demonstrated the use of tele-psychiatry that seems to be working quite well • Due to increase compensation for psychiatrists resulting in more psychiatrists and the use of tele-psychiatry, the wait time has been reduced down to five to six weeks • During the July Mental Health Commission meeting, Lavana Martin did an extensive presentation on Housing and the use of micro-housing • Hope to start a micro-housing project and services in Richmond by early next year	RECOMMENDATION	RESPONSIBLE Committee Representatives

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	 Alcohol and Other Drug Services - No additional comments and no questions Housing Committee Will meet at this location next Tuesday (August 7th) Will focus will be Youth and the Mobile Crisis Response Team will be presenting Suicide Prevention Committee The Suicide Prevention Committee is a collaborative effort that reaches out to the larger community All are invited to attend the meetings and presentations This committee meets the fourth Friday of the month from 9:00 am to 10:30 am at 1120 Morello Avenue, Suite 100 in Martinez. The next meeting is August 24th This committee will also be providing summaries for each CPAW committee meeting starting next meeting 	RECOMMENDATION	RESI ONSIBLE
 Debrief of June 21st Central County Community Forum Providing overview of data, numbers in attendance and input on forum 	Overview of data, numbers in attendance and input on forum Forum Generally CPAW is the sponsor of community forums and ensures topics are relevant to help plan for the budget for the Mental Health Services Act dollars Last year had three community forums last fall With input from CPAW, we will do venue differently Will have a forum quarterly We will partner with community based organization(s) (CBO) in planning and holding each forum The audience the CBO would draw at a forum would be the same group that that CBO spends a lot of time with The goal is to complete five or six forums before writing the 2020 – 2023 MHSA Three Year Plan The first of such forums was held June 21st	CPAW members and attendees	Maria Pappas and Warren Hayes

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	 NAMI (Family Volunteer Support Network - FVSN) At this forum we had a lead organization – NAMI NAMI was chosen for this forum because NAMI was in the middle of standing up their Family Volunteer Support Network (FVSN) program FVSN is a huge program that CPAW assisted in getting approved and funded FVSN is about ready to open their doors This was a good time to partner with NAMI 		
	 Attendance We chose to hold the forum during the NAMI general meeting held at John Muir Medical Center Normally NAMI has thirty to fifty attendees We had over 100 people show up Demographics Were a little older than attendees in this room More were family members who have loved ones who are experiencing mental health issues 		
	 Topics and Questions for the Forum Top three items to discuss Housing for people experiencing serious mental Illness Supporting Families Outreach and engagement to underserved Populations 		
	 Group Discussion/Post Forum Input We initially thought the room was big enough but it wasn't With over one hundred people in the room it was hard for people to hear Was able to put some people in one group into a different room and had a productive session there Three groups remained in the general assembly area 		

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	 We looked at the forum evaluations and the consistent theme was "I couldn't hear" or "I didn't have an opportunity to participate" 	RECOMMENDATION	RESPONSIBLE
	 Facilitator's Role We need to do a better job to prepare our facilitators to set ground rules So that loud voices wouldn't dominate Facilitators role designed to elicit comments or ideas to encourage discussion back and forth Similar to Q & A discussions Someone gives input or observation and facilitator responds to that Our intent was for a free for all so that everyone in the group had a chance to talk to each other 		
	Observations of those in attendance at the Forum:		
	 Kim Krisch I facilitated a large group on the topic of housing What came up was a discussion on services that were already in place and they did not know what worked So discussed present services (i.e. what happens when you call 211, etc.) Discussion got derailed She asked individuals if they wanted to say something Doug Dunn I interjected some questions to bring the topic back and it was a real challenge As a suggestion for next time, if held at the NAMI general session meeting room, there are additional rooms available for use besides that large room Warren Hayes At Vicente High School during a Community Forum, they had separate classrooms and that worked well 		

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	 Roberto Roman Yes at Vicente High School, we had a separate classroom for each discussion group High schools, middle schools or other locations that have an auditorium but also smaller rooms or classrooms would be good for use for the discussion groups Jennifer Tuipulotu I was a facilitator and our group was also large There were times when the note taker could not hear what the person who was speaking was saying Because the room was so large, I had to stand in the area of the person who was speaking so I could hear what the speaker was saying If I allowed cross discussion there would be no containment of the group I kept getting interrupted by the group nearby that was saying my group was too loud It was challenging but at the end I felt really good because a principal there shook my hand and said I did a really good job with what I had Little groups would allow people to have a conversation with each other Robert Thigpen The number of people in the groups were well beyond what we all had initially thought and that created a little bit of chaos We had only three groups in the room that ranged from maybe 20-25 people Possibly in the future we can have more than three groups – five or six groups This could give everyone the opportunity to say what they had to say Some groups were dominated by a handful of people 	RECOMMENDATION	RESI ONSIDEE

TOPIC	ISSUE/CONCLUSION	ACTION/	PARTY DESPONSIBLE
	Warren Hayes We reduced the normal forum time from three hours to two hours for this particular forum We completed each agenda item on time But, we had a third less time What got sacrificed was giving people the opportunity to have their say and then dialogue Amelia Wood We heard some people say that one group was too large so they would go to a smaller group So maybe some people did not sit in a group they initially wanted Sarah Marsh Feeling sad she did not go. Besides being challenging, sounds like it was really well attended with a lot of passionate, intense energetic people. How great is that. We also a slightly different group than the past. Kimberly Krisch Explained housing and what kinds of housing there is Explained support services as well Having generic descriptions would be helpful Roberto Roman We should have a contingency plan for future If group is too large, be prepared to divide into smaller groups Golnaz Fortune A lot of group members were confused We had numbers to our questions and one of the numbers didn't match Perhaps those who are assisting could remain on the side of their group Maybe colors would be easier than numbers	RECOMMENDATION	RESPONSIBLE

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	 Amelia Wood Was at the Brentwood forum The providers were there and introduced themselves and explained services provided Providers should be at every forum Kathi McLaughlin Maybe expect attendance to be over 20% Have a facilitator and note taker write questions More topics for groups would be good and would permit time for specific questions Kim Krisch Need to get information to people who are not at the table I took the forum flyers to four or five of the agencies and clinics in the County that worked with the underserved population Got a good reception for example at La Clinca and they wanted the clients to have the information Worth the effort and next time will go to West County Yes we should prepare for the extra 20% 	RECOMMENDATION	RESI OTOSIDEE
 5. Preparation for Next Community Forum Date, time, maybe hold in late October or early November in East County What questions to pose to stakeholders? Some ideas for questions from Steering Committee: a) School safety b) Barriers to Mental Health c) Issues affecting 	 Date, time, maybe hold in late October or early November in East County CPAW Steering Committee plans CPAW meetings All invited to come to help set the agendas Discussed the upcoming community forums CPAW discussions indicated wanted the meetings to be quarterly, in a different part of the County each time land focus on a particular population (most desirable a population that we don't normally reach) Genoveva (Geni) Zesati worked with the last meeting We need to commit to the date, time and place now We will have then the September and October CPAW meetings to formulate the game plan for the forum 		Maria Pappas and Warren Hayes

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immigrants d) Housing e) Possibly conducting Survey Monkey survey to reach larger audience and receive feedback to what questions should be discussed. How tied are we to existing list of questions?	 Have asked Geni to take the lead for this forum even. If you have any information that would be helpful, please email me and I will forward to Geni Genoviva Zesati - Planning for the East County Forum One of the populations discussed was youth Could use Survey Monkey to ask questions about what youth would like at the community forum Aiming at East County for the next forum for October or November Is challenging getting youth to come to the forum is difficult because they are in school when forums are usually held Also traffic at the end of school day and travel time at rush hour is heavy But, students in East County are on break for the first two weeks in October One option may be the Antioch Community Center that has a bus stop nearby and that bus goes to and from BART Plan to reach out to organizations in East County especially those that work with youth and also plan to 	RECOMMENDATION	RESPONSIBLE
	invite families		
	 Question: Schools are a good idea due to large assembly area and classrooms. How much will costs? Will it be free? 		
	 (Warren Hayes) It doesn't need to be free We can ask the kids questions Leadership class students might be interested in helping BART now goes out to Antioch Hillcrest area and Antioch Community Center (Four major rooms that can be partitioned into smaller rooms) and Deer Valley High 		

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	 School would be good locations A new bus route (#384) will run hourly right by there until six o'clock in the evening Can give flyers to school, meet with PTA's, school clubs and Leadership students Some schools have outreach staff in the school that enable students to participate in other activities or events and would be good to find out who the outreach contacts are Pittsburg and Deer Valley High School have outreach staff River View Jr. High School on Pacific Street has a good Leadership class May be worthwhile to get input from the Children's and Young Adults Committee An option is to use Survey Monkey to get input from youth But need to consider who the survey will go out to, who the information will be made available too Health Right 360 Initiative in East County may be a good contact Consider those with Asthma going to East County due to pollution and refineries in the area 	RECOMMENDATION	RESPONSIBLE
	Questions/Topics Input:		
	 School Safety Topic Some want to build a wall around a school and lock it up. It is a huge issue now (i.e. Do they feel safe at school, bullying, harassment) Immigration (especially an issue for East County) If I go to school today will I have a parent when I get home? Commute Parents commute long distances and children are alone – also results in barriers to care 		

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	 Housing There are almost no resources in East County re housing especially for people who are homeless Suicide Prevention 	RECOMMENDATION	KESI ONSIBEE
6. What should supportive housing look like in our country?	Sarah Marsh – Power Point Presentation: Sarah Marsh from Contra Costa Interfaith Housing provided a presentation entitled: "Contra Costa Interfaith Housing – Home is Just the Beginning"		Sara Marsh, Contra Costa Interfaith Housing
	 Questions/Comments: Have a friend who said that in Oakland there is project that provides people places to live and own (maybe condos). They found that when people own the property, they take better care of property They found the bad element went away. People were proud of the property they owned. We should have something like that. There is a program in Gilroy that is an apartment complex that houses migrant families during the farming season. Nice place for families and they make migrant workers feel welcome and part of the community Heard of a program associated with older adults and foster kids in the community. But is having problems finding funding. Has been successful in a couple of places. Maybe we can look into this program. 		
	• Question: Due to the No Place Like Home ballot initiative, shouldn't we be having a more focused conversation about this program?		
	(Warren Hayes) The ballot initiative says "Mental illness" not "Serious Mental Illness". That is a point of confusion. The State Housing and Community Development (HCD) has it ready to go. If voted in, we start going. The issue is, "Is this a good deal financially?"		

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	They are taking money off of the top that they normally would give to this County and MHSA but some will used instead for debt servicing in bonds. Not concerned about program guidelines. The concern is how the County defines the population that will be eligible for this service. Would increase the target population beyond Behavioral Health Services service population. Is an internal Contra Costa County issues. So there is a sense of urgency for the CPAW System of Care Committee to make a clear statement about identifying the target population.	RECOMMENDATION	REST ONSIDEE
	• Question: Your program looks at the needs and fills in the gaps?		
	(Sarah Marsh) Yes. We show up and assist people to access resources. Some with intensive wrap around resources don't follow through. We sit with them to identify their needs and assist.		
	 People in high school ready to graduate know nothing about being on their own or getting an apartment. Some kids cannot stay with parents when they graduate. Suggest providing some help or instruction Maybe tiny homes could be an option. Maybe the Hume Center can provide the services and buy the land 		
	(Sarah Marsh) The County has a grant for 50 small houses to be located in Richmond in West County		
	• As with the issue of foster children, the speaker was in foster care in the past. When she was seventeen, her foster mother told her she could no longer live there. It was hard for her. She ended up homeless. This happens to thousands of young people in foster care who turn 18. It is hard for many teens in foster care. Many homeless people had been in foster care in their youth. This happens to so many people like herself. She was		

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	homeless for an extended period of time. Her life is so much better now. She has a roof over her head, a bed and clothes. Feels much happier and wanted to share her experience with CPAW		
	 Another speaker commented that she also had been kicked out of group homes and board and cares Suggest that supportive housing be provided by cities and not by counties 		
7. Public Comments	Was a very good meeting. Glad she was able to express herself at the meeting.		Maria Pappas
8. Review of meeting	 Nothing need be changed. Information shared was good. Had detailed descriptions Next meeting will be September 6, 2018 from 3:00 pm to 5:00 pm. 		Maria Pappas
9. Adjourn			Maria Pappas