



YOUTH COMMUNITY FORUM

WHEN: TUESDAY, NOVEMBER 13, 2018

TIME: 3:30PM TO 7PM

WHERE: ANTIOCH COMMUNITY CENTER

4703 LONE TREE WAY, ANTIOCH, 94531

**Hey Contra
Costa County
this is your
chance to voice
service needs
and propose
strategies!!**

1.) Attend the Youth Community Forum at the Antioch Community Center and join the discussion on supporting mental health in youth.

2.) Or participate by live streaming the event. The video feed will be on YouTube at the link below. People can provide input during the event by email. Directions will be included in the video.

<https://youtu.be/f4c0Zs-JbYk>

**The forum will
also be live
streamed on
YouTube.**

Youth, family, people working with youth and all interested members of the community are invited to attend!

Information gathered at the forum will be used to prepare and plan the Contra Costa County Mental Health Services Act (MHSA) Three Year Program and Expenditure Plan and annual updates.

RSVP at 925-957-2617 or mhsa@hsd.cccounty.us



FORO COMUNITARIO

CUÁNDO: MARTES, 13 DE NOVIEMBRE, 2018

HORARIO: 3:30PM A LAS 7PM

DÓNDE: CENTRO COMUNITARIO DE ANTIOCH

4703 LONE TREE WAY, ANTIOCH, 94531

¡Los invitamos al foro comunitario para hablar sobre la salud mental en niños y jóvenes!

1.) Asista al Foro Comunitario en Antioch y únase a la discusión en como mejor apoyar la salud mental en niños y jóvenes.

Esta es su oportunidad para comunicar las necesidades de servicios, proponer estrategias y aprender sobre los recursos disponibles.

Personas que hablan español estarán disponibles para traducir y responder a preguntas.

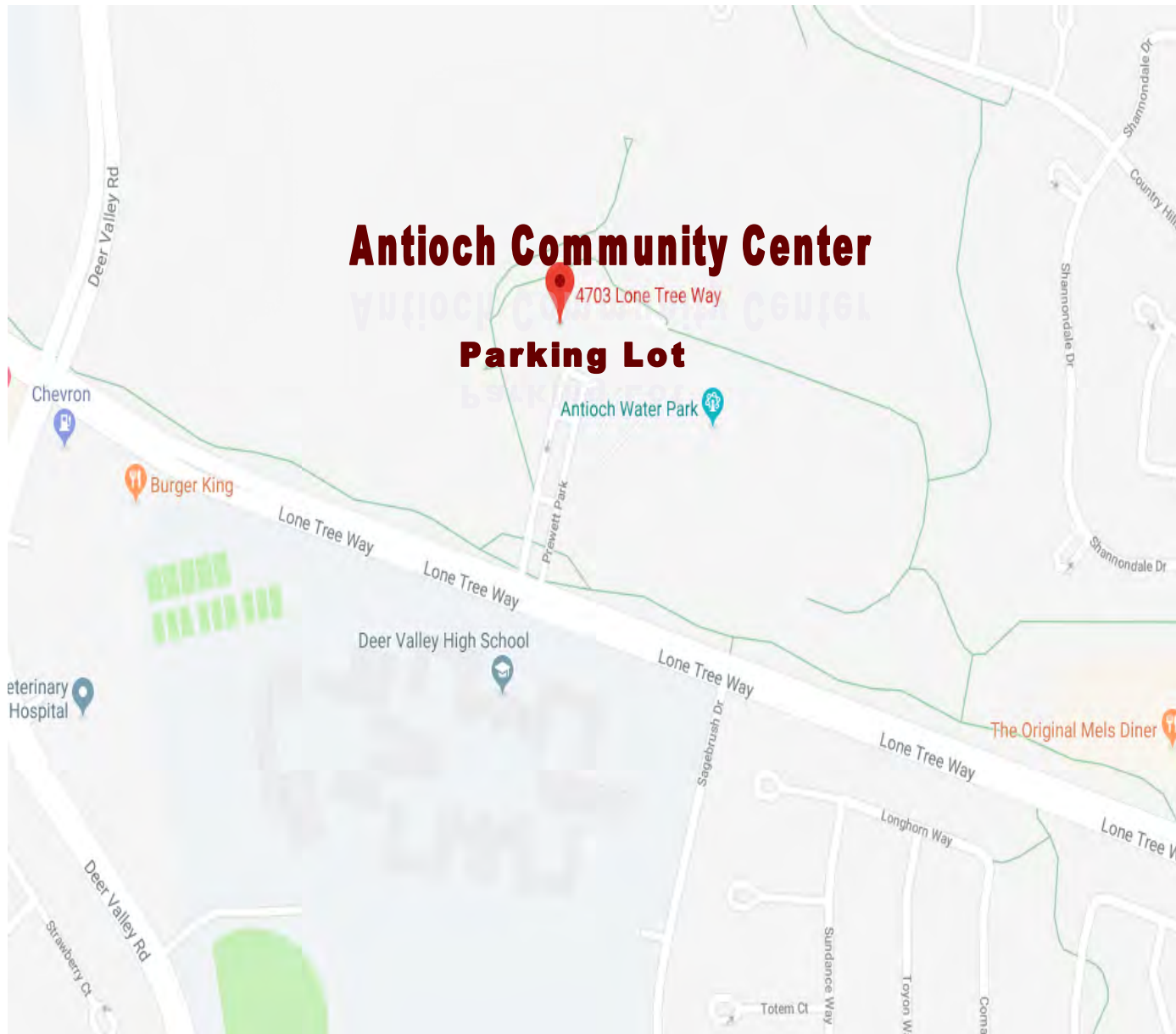
¡Esta es tu oportunidad de comunicar las necesidades de servicios y proponer estrategias!

¡Jóvenes, padres, personas que trabajan con niños o jóvenes, e todos interesados están invitados a asistir!

La información colectada en el foro será utilizado para preparar y planificar el Plan de Gastos y Programa de Servicios de Salud Mental (MHSA) para los proximos años fiscales.

Confirme su asistencia por correo electrónico a mhsa@hsd.cccounty.us o por teléfono al 925-957-2614.

**Map to Contra Costa Behavioral Health's
Youth Community Forum 11/13/18 at
Antioch Community Center (4703 Lone Tree Way Antioch, CA)**



FREE PARKING!

Nearest Freeway Exit Off

Hwy 4:

A Street/Lone Tree Way

Nearby Bus Lines:

- Tri Delta Transit's 380 stops at Prewett Park & Lone Tree Way
- Tri Delta Transit's 384 stops at Lone Tree Way & Deer Valley High School

Nearest BART Station:

EBART– Hillcrest Station

Directions:

- Board Antioch Train
- Off board at Hillcrest Station
- Take Tri Delta's 380 Westbound
- Off board at Prewett Park/ Lone Tree Way
- 2 min walk

OR

- Take Tri Delta's 384 Eastbound
- Off board at Lone Tree Way and Deer Valley High School
- 4 min walk

If you have questions
about how to get to the Youth
Community Forum or how to get home,
contact a

Commute Navigation Specialist
at **925.957.5110** by 2:30pm on 11/13/18



Contra Costa County Mental Health Services Act Youth Community Forum



**COMMUNITY PROGRAM
PLANNING PROCESS
NOVEMBER 13, 2018**



**Welcome to the Community Forum focused
on Supporting Mental Health in Youth**



Tonight's Agenda

- 3:30PM** Registration and Tabling (Meet Community Based Organizations)
- 4:00PM** Introduction to Mental Health Services Act (MHSA)
- 4:25PM** Group Discussion
- 5:45PM** Reconvene
- 5:50PM** Public Comment
 - Speak with Staff
 - Input and Evaluation Forms
 - Prioritize Service Needs (Voting)
 - Would You Like to Stay Involved?
- 6:30PM** Adjournment

Please look inside your folders for important documents.

Mental Health Services Act (MHSA)

- The Mental Health Services Act, or Proposition 63 was voted into law in November 2004 by California's voters.
- It taxes 1% of income over \$1 million and provides additional funding to the County's existing public mental health system.
- Services are to be consumer driven, family focused, based in the community, culturally competent, and integrated with other appropriate health and social services.
- Requires that a Three Year Program and Expenditure Plan be developed with the active participation of local stakeholders (people like you) through the community program planning process.

MHSA Three Year Program and Expenditure Plan

- Contra Costa's 2017-2020 Three Year Plan is approved by the Board of Supervisors and is updated annually.
- The plan is prepared with input from the community program planning process, like the forum you are at tonight.
- Approximately 380 clients, family members, service providers and other interested individuals have participated in four community forums during this three year period identifying service needs and offering strategies to meet these needs.
- We ask for your input as we prepare our annual MHSA Plan Update and prepare for upcoming fiscal years.

Plan Update for 2018-2019

The Three Year Plan set aside over \$50 million for over 80 programs and plan elements in the following five components:

Component	Purpose	Amount
Community Services & Supports (CSS)	To support children with serious emotional disturbance and adults with serious mental illness	\$36.7 million
Prevention & Early Intervention (PEI)	To prevent mental illness from becoming severe and debilitating	\$8.9 million
Innovation (INN)	For new or different patterns of service that can be subsequently added into the system	\$2.1 million
Workforce Education & Training (WET)	To recruit and retain Contra Costa County Behavioral Health Services county employees and contract staff	\$2.6 million
Capital Facilities/ Information Technology (CF/ITN)	To implement an electronic mental health record system	\$52,000

- For the full Three Year Plan visit the MHSA website at:
<https://cchealth.org/mentalhealth/mhsa/pdf/Plan-Update-FY-2018-2019.pdf>

Funded by Contra Costa County MHSA



What Do We Need From You Tonight?

- 1) Participate in the forum, review the materials in your folders and complete and return necessary documents. Ask questions.
- 2) Participate in the breakout sessions and discuss public mental health needs and topics at hand. Try recommending strategies for meeting those needs.
- 3) Help us prioritize mental health issues and prioritize service needs that are important to you/your community. If your issues/service need is not listed, please include it on the Input Form in your folder.

Mental Health Issues Affecting Youth

Prior to this evening, we conducted a survey of mental health issues that affect youth to determine the top five issues for discussion tonight. Later, we will ask those in attendance to prioritize their top 5 issues (vote).

- Resources in east Contra Costa County to support mental health in youth
- Barriers to mental health
- Suicide
- School Safety
- Culturally competent services available to you (youth, people of color, immigrant families, LGBTQIA, multi-generational families, etc.)
- Issues affecting immigrant communities (youth fearing family separation)
- Housing
- Services relevant and appropriate for you or your child's needs
- What is helpful in the times of crisis?
- Understanding mental health/ illness
- How do we best support youth/ families experiencing mental health needs and are homeless or at risk of being homeless?
- Social Media/ Electronic Addiction
- Performance Expectations
- Bullying
- Sexual Harassment/ Dating Violence
- Other (Please add on Input Form)

Identified Service Needs from Previous Community Forums

You will also be asked to prioritize (vote) on previously identified service needs from other community forums that have taken place during this three year period (2017-2020). This will be a separate vote apart from the top 5 topics you vote on solely in relation to youth.

- More housing and homeless services for the mentally ill
- Getting care in my community, my culture, my language
- More support for family members
- Improved response to crisis and trauma
- Finding the right services when you need it
- Better coordination of care
- Getting to and from care
- Intervening early in psychosis
- Children and youth in-patient and residential beds
- Serve those who need it the most
- Support for peer and family partners
- Increased psychiatry time
- Care for the homebound frail and elderly
- Assistance with meaningful activity

Group Discussion Topics

The top five issues identified for discussion tonight have been listed here. Time will be given to discuss other mental health topics as well during the course of the evening during the breakout session and public comment.

1. What type of resources are there in east Contra Costa County and how can they be strengthened or better utilized to support east Contra Costa County youth?
2. How can we better support youth and families dealing with suicide and better support awareness in the community?
3. What are some barriers for youth in accessing mental health?
4. How can we better support schools to make them a safer place?
5. How do we better reach and engage those who are underserved to provide more culturally respectful and embracive services (For example; youth, people of color, services in other languages, supporting immigrant communities, multi-generational families, LGBTQIA etc.)?

Breakout into Groups

Please wait until we cover the following steps before moving into your group.

1. In a few moments you will move. Please take all your items with you when you move.
2. Please stay with the group you were assigned.
3. Once you join your group, you will be with them until we reconvene in the main room (Hall A) at 5:50pm.
4. At this time, please find the facilitator holding a sign that matches the dot color and number on your name tag.

Welcome Back



Agenda

- | | |
|---------------|---|
| 5:45PM | Reconvene |
| 5:50PM | Public Comment |
| | <ul style="list-style-type: none"> • Speak with Staff • Input and Evaluation Forms • Prioritize Service Needs (Voting) • Would You Like to Stay Involved? |
| 6:30PM | Adjournment |

Public Comment / Comentario Publico



The public may comment on any agenda item or any item concerning the topic at hand. In the interest of time and equal opportunity, speakers are requested to observe a 2-minute time limit (subject to change at the discretion of the facilitator). **For those wishing to speak, please complete a Public Comment Request form and give it to a volunteer.**

El público puede hacer comentarios sobre cualquier tema en la agenda o sobre cualquier tema relacionado con los temas del Foro Comunitario. En interés del tiempo y la igualdad de oportunidades, se solicita que los comentarios observen un límite de tiempo de 2 minutos a menos que se especifique lo contrario. **Aquellas personas que deseen dar comentario, por favor completen una solicitud de Comentario Publico y entréguela a uno de los voluntarios.**

Questions & Forms/ Preguntas y Formularios



Any questions? Please ask at this time.

Please complete and return the Evaluation and/or Input Forms.



¿Tiene preguntas? Favor de hacer su pregunta en este momento.
Por favor complete y regrese los Formularios de Evaluación e los Formularios de Sugerencia.

Voting Instructions



Please do not move until told to do so.

In a few moments, you will vote by placing colored dots on sheets. **You will vote twice using different colored dots.** You will chose your top 5 issues in relation to the topics discussed tonight **and** you will also chose 5 issues from the identified service needs from previous community forums that have taken place during this three year period.

If you'd like to suggest an issue that isn't listed, complete and return an Input Form.

Voting Instructions

To help with crowd control, people in the first three rows will first vote on topics listed in the front of the room using red dots. When people in the front are done voting, please head to the back of the room and vote using green dots.

At the same time, people in the last two rows will vote on topics listed in the back of the room using the green dots. When people in the back of the room are done voting, please head to the front of the room and vote using red dots.

At this moment, please get up and vote.

First 3 rows vote using red dots first, then go to the back of room and vote using green dots.

Last 2 rows vote using green dots first, then go to the front of room and vote using red dots.



How Can You Stay Involved?

- Email mhsa@hsd.cccounty.us and ask to be added to our list serve of future forums and committees.
- Reach out to the MHSA Office via phone at (925) 957-2617 or visit the MHSA Office at 1220 Morello Avenue, Suite 100 in Martinez.
- **Get involved with the Consolidated Planning Advisory Workgroup (CPAW) and stakeholder committees!**
 - ❖ These groups help inform, develop, and assess services in Contra Costa County's public mental health system. They also help integrate the values inherent to the Mental Health Services Act into our larger public mental health system. Lastly, they promote transparency of efforts by sharing information with stakeholders (people like you)!
 - ❖ Refer to the trifold brochure in your folder for more information on CPAW.

Thank you for your participation!

Contra Costa Behavioral Health Stakeholder Calendar

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 No CPAW Meeting (due to East County Community Forum)	2	3
4	5	6 H3 Community Housing 1:00 – 3:00 pm 2425 Bisso Lane, Concord	7 Mental Health Commission: 4:30 – 6:30 pm San Ramon Regional Medical Center 6001 Norris Canyon Road, San Ramon	8 Children's: 11:00 am—1:00 pm 1340 Arnold Dr, Suite 200, Martinez Social Inclusion: 1:30—3:30 pm 2425 Bisso Lane Concord	9	10
11	Veterans Day 	13 CPAW Community Forum ** Antioch Community Center, 4703 Lone Tree Way, Antioch	14 Systems of Care: 10:00—12:00 pm 1220 Morello Av, Suite 100, Martinez	15 CPAW Steering: 2:30 – 3:30 pm 1220 Morello Av, Suite 100, Martinez	16	17
18	19	20	21		23 DAY AFTER THANKSGIVING	24
25	26	27 Adults: 3:00 – 4:30 pm 1340 Arnold Dr, Ste 200, Martinez	28 Aging /Older Adults: 2:00—3:30 pm 2425 Bisso Lane Concord AOD Advisory Board: 4:00 – 6:00 pm 1220 Morello , Martinez	29	30	

Contra Costa Behavioral Health Stakeholder Calendar

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 MH Commission: 4:30—6:30 pm	6 CPAW: 2:00—5:00 pm 2425 Bisso Lane Concord	7	8
9	10	11	12 Systems of Care: 10:00—12:00 pm 1220 Morello Ave, Ste 100, Martinez	13 Children's: 11:00 am—1:00 pm 1340 Arnold Dr, Ste 200, Martinez Social Inclusion: 1:30—3:30 pm 2425 Bisso Lane Concord	14 CPAW Steering: 1:00pm — 2:00 pm 1220 Morello Ave, Ste 100, Martinez	15
16	17 CPAW Membership 3:00-4:30 pm 1340 Arnold Dr, Ste 200, Martinez	18	19	20	21	22
23	24 CPAW Innovation: 2:30 — 4:00 pm 1220 Morello Ave, Ste 100, Martinez	25 <i>CHRISTMAS</i>	26 Aging /Older Adults: 2:00—3:30 pm 2425 Bisso Lane Concord AOD Advisory Board: 4:00 — 6:00 pm 1220 Morello Ave, Martinez	27	28	29
30	31					