

Contra Costa County Mental Health Services Act (MHSA) Community Program Planning Process



Early Childhood Mental Health Community Forum

November 2nd, 2019
Pittsburg, CA



General Agenda

- 9:30AM - Registration, Light Breakfast and Meet & Greet
- 10:00AM - Welcome, Introduction, Learn about the Mental Health Services Act (MHSA) and MHSA Planning in Contra Costa County
- 10:25AM - Why Early Childhood and Introduction to First 5 Contra Costa
- 10:40AM - Learn Methods to Support Mental Health in Early Childhood
- 11:05AM - Service System Landscape
- 11:20AM - SHORT BREAK
- 11:25AM - Community Program Planning Process: Small Group Discussions
- 12:25PM - Reconvene, Group Sharing & Introduce Service Providers
- 12:40PM - How to Stay Involved, Prioritization of Service Needs, Input & Evaluation Forms and Public Comment
- 12:55PM - Lunch and Networking with Service Providers
- 1:00PM - Conclude

(Please look inside your folders for important documents)

Social Media Presence

If you would like to post anything in regards to today's forum on social media, you can use the hashtag below. First 5 Contra Costa will be posting information online throughout the day.

#EARLYCHILDHOODFORUM

Mental Health Services Act (MHSA)

- The Mental Health Services Act, (Proposition 63) was voted into law in November 2004 by California's voters.
- 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 relevant, and integrated with other relevant 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 800 clients, family members, service providers and other interested individuals have participated in seven 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 for the MHSA Three Year Program and Expenditure Plan for the upcoming 2020 - 2023 fiscal years.

Plan Update for 2019-2020

The Three Year Plan set aside over \$54 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	\$37.6 million
Prevention & Early Intervention (PEI)	To prevent mental illness from becoming severe and debilitating	\$9.1 million
Innovation (INN)	For new/ different patterns of service that can be subsequently added into system	\$2.2 million
Workforce Education & Training (WET)	To recruit, retain, develop, and train Contra Costa County Behavioral Health Services Employees and Contracted staff	\$2.6 million
Capital Facilities/ Information Technology (CF/TN)	To implement an electronic mental health record system and to bring Oak Grove Facility to Code	\$3 million

Funded by the MHSA in Contra Costa County



What Do We Need From You Today?

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 needs are not discussed, please include it on the Input Form in your folder.

Presentation on Why Early Childhood

Breakout into Small Group Discussions

Please wait until we cover the following steps before starting the small group discussions.

1. In a few moments you will start small group discussions. Please try not to dominate a conversation and allow room for others to speak.
2. The discussion points on the following slide will be available during group discussions. These points serve to start the discussions. Anyone is free to provide input that may not be covered through these points in relation to today's forum.

Small Group Discussion Points

For those viewing, the video feed will start again at 12:25pm. The video will also be available afterwards on the MHSA website. Small group discussions and lunch will not be recorded. Viewers may provide their input via email at MHSA@CCHHealth.org.

1. What would help reduce the stigma associated with "mental health" and increase understanding that early childhood mental health means supporting healthy social-emotional development in babies and young children?
2. What types of support are most helpful for parents of babies and young children?
3. Who is providing Early Childhood Mental Health services in Contra Costa?
4. What trainings do providers need to work with, and to meet the needs of families with babies and young children?

Reconvene from Small Group Discussions

Sharing from Small Group Discussions and Introduction of Community Based Organizations & Service Providers



How to Stay Involved?

- Send an email to the Contra Costa County MHSa Office at MHSa@CCHealth.org or call (925) 957-2617 and ask to be added to the email list to receive notifications of future forums and committees.
- Visit the MHSa website: cchealth.org/mentalhealth/mhsa/ to stay informed
- **Get involved with the Consolidated Planning Advisory Workgroup (CPAW) and stakeholder (community) committees!**
 - ❖ These groups help inform, develop, and assess services in Contra Costa County's public mental health system. They integrate the values of the Mental Health Services Act into our larger public mental health system by promoting transparency of efforts while sharing information with stakeholders (people like you)!
 - ❖ Refer to the CPAW brochure in your folder for more information on specific meetings, locations and times.

Input and Evaluation Forms

Please complete the Evaluation Forms. This helps us better prepare future forums. If you have input you'd like to provide on today's topic please include it on the Input Form.



Please complete and return the Input & Evaluation Form (double sided).

Voting Instructions

Voting will be done on your way out in specified area.

Before leaving, we ask that you prioritize (vote) for service needs that have been identified from previous community forums that have taken place during this three year period (2017-2020).

You will vote by placing the five sticker dots on the sheets. You may use your five dots in any way you wish by placing all five dots on one service need, selecting five different service needs, or splitting up the dots between no more than five service needs.

If you'd like to suggest a service need that isn't listed, include it in the Input Form.

Prioritization of Service Needs Identified from Previous Community Forums

You will be asked to prioritize (vote) on the identified service needs below with the sticker dots in your folder. Remember to do so before leaving.

- 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

Public Comment

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 asked to observe a 2-minute time limit (subject to change at discretion of the facilitator).

For those wishing to speak, please complete a Public Comment Request form and give it to a volunteer.

Closing Remarks

Thank you to all community members for coming. We also thank the presenters for sharing their experience and expertise; as well as all the service providers and resource tables that offered their time today.

Please visit the resource tables and learn about services in your community before leaving.

Please remember to vote before leaving.

Resources

- Contra Costa County Access Line: **1-888-678-7277** or **211**
- Contra Costa County Behavioral Health Services website: cchealth.org/bhs/
- Contra Costa County MHSa Website: cchealth.org/mentalhealth/mhsa/
Email: MHSa@CCHealth.org
- First 5 Contra Costa: first5coco.org or call **(925) 771-7300**

Thank you for your participation!

Contra Costa Early Childhood Mental Health Forum November 2, 2019



Understanding and Healing Early Childhood Trauma



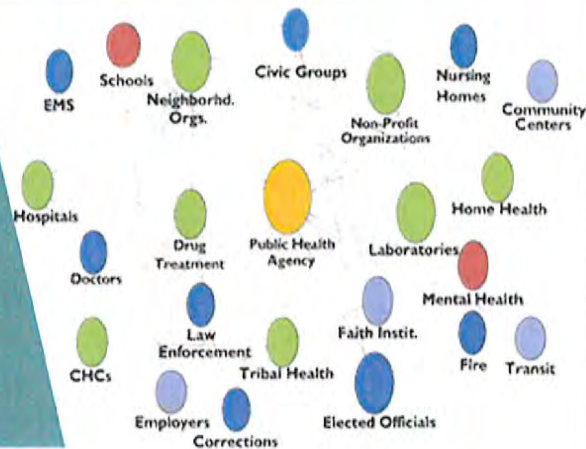
Children don't grow up in
programs...

They grow up in **families** and in
communities.

Dr. Urie Bronfenbrenner, Cornell University

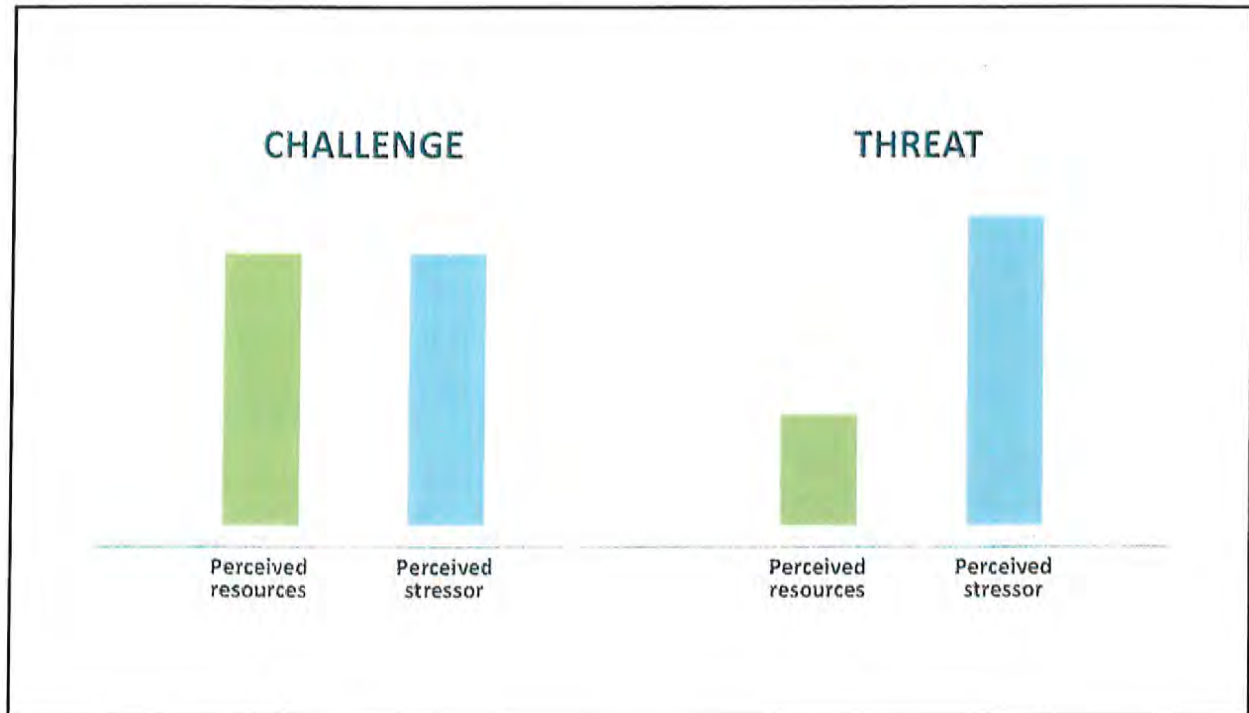
STRESS AND TRAUMA ARE PUBLIC HEALTH ISSUES

- Stress linked to 6 leading causes of death
 - Heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide
- Trauma impacts more than just the individual
 - Ripple effect to others
- Some communities disproportionately affected
 - Racism/Oppression + Poverty + Trauma = Toxic
- Intergenerational transmission of trauma
- Systemic, preventative approach needed



HOW STRESS AFFECTS OUR JOB PERFORMANCE THE YERKES-DODSON LAW





TRAUMA = EVENT, EXPERIENCE, & EFFECT

Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening (*to child OR for caregiver/sibling*) and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

SAMHSA

EARLY CHILDHOOD TRAUMA

Prevalence and What it looks like:

It's important to recognize the signs of traumatic stress and its short- and long-term impact.

The signs of traumatic stress may be different in each child. Young children may react differently than older children.



PRESCHOOL CHILDREN

- Fear being separated from their parents/caregiver
- Cry or scream a lot
- Eat poorly or lose weight
- Have nightmares



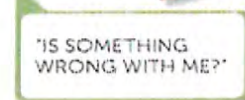
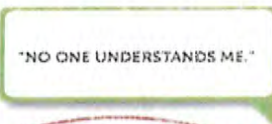
ELEMENTARY SCHOOL CHILDREN

- Become anxious or fearful
- Feel guilt or shame
- Have a hard time concentrating
- Have difficulty sleeping



MIDDLE AND HIGH SCHOOL CHILDREN

- Feel depressed or alone
- Develop eating disorders or self-harming behaviors
- Begin abusing alcohol or drugs
- Become involved in risky sexual behavior



BEGINNINGS

RESILIENCE IS RELATIONAL



“The timing and quality of early experiences combine to shape brain architecture.”

National Scientific Council on the Developing Child



PROTECTIVE FACTORS

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children



CENTER FOR THE STUDY
OF SOCIAL POLICY IS
strengthening families
A PROTECTIVE FACTORS FRAMEWORK

REFLECTION

1. Pair up with someone near you
2. Introduce yourself
3. Share about a person or protective factor in your past that you experienced and how it impacted you/loved ones



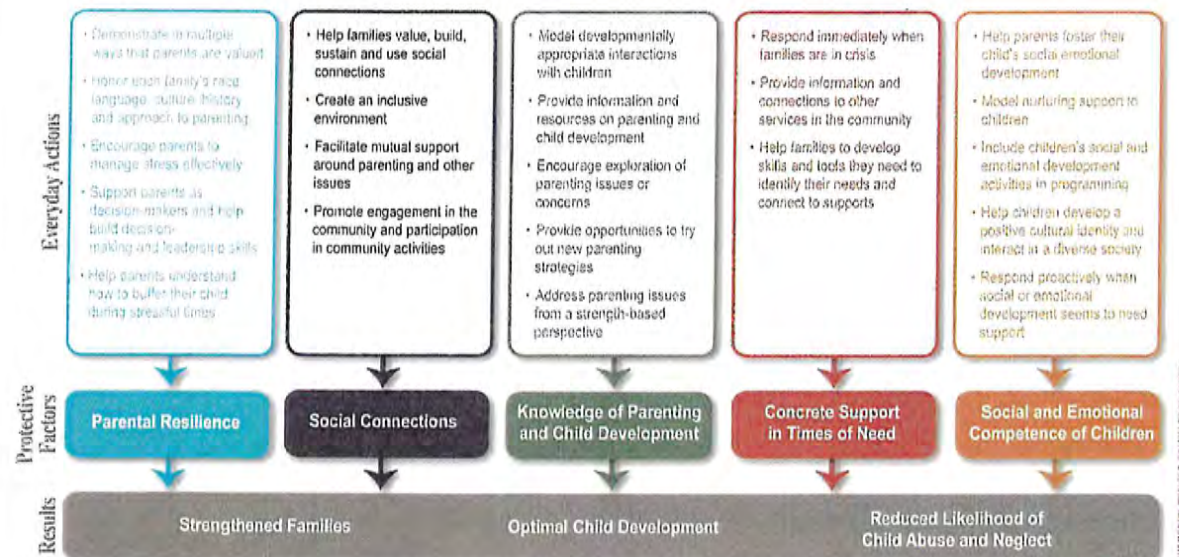
FAMILY SUPPORT RESOURCES: What Does it Look Like?



CENTERS FOR THE STUDY
OF SOCIAL POLICY'S

strengthening families
A PROTECTIVE FACTORS STRATEGIC PLAN

The Pathway to Improved Outcomes for Children and Families Everyday Actions That Help Build Protective Factors



RESOURCES

- Trauma Transformed

www.traumatransformed.org

www.strengtheningfamilies.net

Speaker: Jen.Ieland@ebac.org

