

Consolidated Planning and Advisory Workgroup (CPAW)

Thursday, February 6, 2020

3:00 pm – 5:00 pm

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



Members Attending: Stephen Boyd, Y’Anad Burrell, Candace Collier, Doug Dunn, Dave Kahler, James Lancaster, Anna Lu Sara Marsh, Will McGarvey, Kathi McLaughlin, Melinda O’Day, Roberto Roman, Jennifer Tuipulotu, Amelia Wood

Staff Attending: Jennifer Bruggeman, Janet Costa, Jessica Dominquez, April Loveland, Ellie Shirgul, Windy Taylor, Robert Thigpen, Genoveva Zesati

Public Participants: Keri Banks, Stan Baraghin, Clarise Beckner, Loretta Bradstreet, V. J. Chue, Linda Dunn, John Gallagher, Leslie Garcia, Don Green, Cheryl Hall, Susan Norwick Horrocks, Mia Jackson, Shelly Ji, Robin Lape, Emily Lin, Lori Pryor, James Ross, Carwen Spencer, Meredith Schultz, Elsa Stevens, Isabel Stott, Kristine Suchan, Vanessa Trump, Elizabeth Ward, Johanna Wagner, Graham Wiseman

Facilitator: Amanda Wehrman

Recorder: Audrey Montana

Staff Support: Warren Hayes

Excused from Meeting: Steve Blum

Absent from Meeting: Lisa Bruce, Jo Bruno, Courtney Cummings, Tom Gilbert, Kimberly Krisch, Jackie Lerman, Lesley May, Mariposa McCall, Ryan Nestman, Lauren Rettagliata, Chelise Stroud, Gina Swirsding, Matthew Wilson, Sam Yoshioka

| TOPIC | ISSUE/CONCLUSION | ACTION/ RECOMMENDATION | PARTY RESPONSIBLE |
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| 1. Welcome <ul style="list-style-type: none"> • Call to Order • Roll Call, Introductions • Review Working Agreement • Announcements • Finalize Meeting Notes | <ul style="list-style-type: none"> • Introductions made • Review Working Agreement • Announcements <ul style="list-style-type: none"> ○ (Anna Lubarov) Reminder the California Association of Social Rehabilitation Agencies (CASRA) 2020 Conference will be May 6th and 7th. Can apply on the web site and early bird rates are available. ○ (Douglas Dunn) NAMI Contra Costa will have its annual fundraiser Crab Feed on March 7th from 5:30 to 9:30 pm. \$75 per person and raffle tickets are available. Can participate and volunteer. Please contact Gigi Crowder. | Information Notes approved. Will be posted to MHSa CPAW website. | Amanda Wehrman, Facilitator Audrey Montana to post notes. |

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| | <ul style="list-style-type: none"> • Meeting Notes <ul style="list-style-type: none"> ○ Approved with minor correction | | |
| <p>2. Dialogue with Contra Costa Behavioral Health Services (CCBHS) Executive Staff</p> <ul style="list-style-type: none"> • Update on State level discussions or legislation regarding the Mental Health Services Act (MHSA) funds and possible use • Discussion regarding Community Based Organizations (CBO) and possible 3% increase • Psychiatric Emergency Services (PES) Update | <p>Dialogue with Contra Costa Behavioral Health Services (CCBHS) Executive Staff</p> <p>Warren Hayes:</p> <ul style="list-style-type: none"> • Annual External Quality Review (three-day visit) <ul style="list-style-type: none"> ○ They look at the quality of service we provide ○ A final report will be written and shared with the Mental Health Commission ○ May be on the Mental Health Commission Agenda in June or July ○ Now have good communication between our Stakeholders and the Mental Health Commission ○ CPAW and the Mental Health Commission are very strong Stakeholder organizations ○ Three days in June ○ CPAW is a key part of the implementation stage and auditors may want to speak to members of CPAW and others • Triennial MHSA Audit <ul style="list-style-type: none"> ○ Three-day event focusing on compliance from State Department of Health Care Services ○ It is the first week of June and may want to speak with some Stakeholders • Mental Health Services Act (MHSA) and the State Budget <ul style="list-style-type: none"> ○ Douglas Dunn is a member of CPAW and the Mental Health Commission and spoke at the Mental Health Commission meeting last night ○ The State Legislators are looking at taking hundreds of millions of dollars from MHSA funds and repurposing them for politically hot topics (i.e. homelessness). ○ Annual California Budget. Governor Newsom presented his budget. Legislators now working to “strengthen” MHSA which means restating uses for MHSA funds. ○ The County Behavioral Health Directors’ Association and the California State Association of Counties (CSAC) involved. Our County Administrator is active in the CSAC lobby efforts. Our MHSA | 11 | Warren Hayes, Operations and Mental Health Program Chief |

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| | <p>Team is working on describing the County MHSA process and detailing the spending of MHSA funds.</p> <ul style="list-style-type: none"> ○ The November election is important as there may be an initiative on the State ballot re repurposing MHSA dollars. Be aware of what will be proposed in regard to MHSA funds. ○ The Mental Health Services Act was designed to supplement treatment dollars for persons with mental health issues in our County. ○ This topic discussed at the Mental Health Commission (MHC) last night. The Commission passed a motion unanimously to request the Board of Supervisors' Legislative Committee to basically ask that the County MHSA funds not be touched and have the original intent of the MHSA remain. The planning and use of the funds remain at the County level. ○ NAMI Contra Costa is active in trying to influence the lawmakers. ● Proposed Budget for County Behavioral Health Services <ul style="list-style-type: none"> ○ We anticipate we may have for cost-based services a three percent cost of doing business increase for 2021 and for each of the three years ○ Most MHSA contracts are cost based contracts ● Psychiatric Emergency Services (PES) Update <ul style="list-style-type: none"> ○ Referred to Handout, "Contra Costa Regional Medical Center, Psychiatric Emergency Services Remodel Plan Options, Report to JCC, February 2, 2020" ○ Stakeholders had voiced issues involving PES services and structure of the PES facilities particularly regarding children ○ Dr. Suzanne Tavano will provide the Update as to PES <p>Dr. Suzanne Tavano:</p> <ul style="list-style-type: none"> ● Psychiatric Emergency Services (PES) <ul style="list-style-type: none"> ○ Monday was a governance meeting of the Contra Costa Regional Medical Center (CCTMC) and discussed PES, provided a presentation and data. Outlined potential plans for PES. ○ Referred to the PES Handout described by Warren Hayes. These are schematics, conceptual drawings. They are not architectural plans. ○ Dr. Matthew White, Director Mental Health Services, also provided information ○ Reviewed existing floor plan and entrances ○ Option One Conceptual Design | | <p>Suzanne Tavano, PhD (Director, Behavioral Health Services)</p> |

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| | <ul style="list-style-type: none"> ▪ Reviewed design and provided specific details ○ Option Two Conceptual Design <ul style="list-style-type: none"> ▪ Option Two includes details of Option One ▪ Reviewed design and specific details ○ Option Three Conceptual Design <ul style="list-style-type: none"> ▪ Option Three includes details of Options One and Two ▪ Reviewed design and provided specific details ○ Provided general cost for each of the options ○ This information is in the conceptual stage ○ A digital copy of this handout was requested. Dr. Tavano indicated the PowerPoint presentation (handout) was made by CCRMC. The PowerPoint presentation (handout) will be sent out with the next MHC meeting announcement. • Mental Health Commission <ul style="list-style-type: none"> ○ We have been working with the Mental Health Commission (MHC) and met with the MHC last night ○ During the next MHC meeting in March, there will be a full presentation of the Regional Medical Center’s (CCRMC) governance meeting that was held this past Monday. Jaspreet Benepal, Acting CEO of CCRMC, Dr. Samir Shah, Medical Director of CCRMC, Dr. Matthew White (Mental Health Director) and I will be at this MHC meeting. ○ The next MHC meeting will be Wednesday, March 4th from 4:30 pm to 6:30 pm at 320 Civic Drive, Pleasant Hill. The next MHC meeting announcement will be sent to the CPAW members list. | | |
| <p>3. Stakeholder Sharing by Committee or Meeting Representatives on Key Topics</p> <ul style="list-style-type: none"> • Adults Committee • Aging & Older Adults Committee • Alcohol and Other Drug Services (AOD) Advisory | <p>Committee Updates (Stakeholder Sharing sheets) were distributed</p> <p>Adults: Met January 28th. Had three presenters on topics: of Asian Financial Services Supervisor (financial Counseling), Miller Wellness Center and NAMI Mental Health Crash Course. Next meeting is February 25th.</p> <p>Aging & Older Adults Committee: No additional comments.</p> <p>Alcohol and Other Drug Services (AOD) Advisory Board - No additional comments.</p> <p>Behavioral Health Care Partnership (BHCP): No additional comments.</p> | | Committee Representatives |

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| <p>Board</p> <ul style="list-style-type: none"> • Behavioral Health Care Partnership (BHCP) Meeting • Children, Teens and Young Adults (CTYA) Committee • Health, Housing & Homeless Services (H3) – Continuum of Care • Innovation (INN) Committee • Membership Committee • Mental Health Commission (MHC) • Mental Health Commission – Quality of Care • Reducing Health Disparities (RHD) • Social Inclusion Committee • Suicide Prevention Committee • System of Care Committee • Training Advisory Workgroup (TAW) | <p>Children, Teens and Young Adults (CTYA) Committee: Meeting time will be changed to 10:30 am to 12:30 pm. Next meeting will be Thursday, February 13th. Last meeting covered updates. Genoveva Zesati from MHSA summarized the Early Childhood Mental Health Forum.</p> <p>Health, Housing and Homeless Services (H3) – Continuum of Care: No additional comments.</p> <p>Innovation (INN) Committee: No additional comments.</p> <p>Membership Committee: No additional comments.</p> <p>Mental Health Commission (MHC): No additional comments.</p> <p>Mental Health Commission (MHC) – Quality of Care: No additional comments.</p> <p>Reducing Health Disparities (RHD): No additional comments.</p> <p>Social Inclusion Committee: Time of next meeting on the CPAW Calendar is incorrect. Meeting time will be 1:30 to 3:30 pm.</p> <p>Suicide Prevention Committee: No additional comments.</p> <p>System of Care Committee: No additional comments.</p> <p>Training Advisory Workgroup (TAW): Adam Down provided information on the upcoming Cultural Competency Training. Steven Blum from Health, Housing and Homeless Services (H3) suggested training re people trying to find housing. Discussed peer training for Community Support Workers. Also discussed Contra Costa County training curriculum.</p> <p>Comment:</p> <ul style="list-style-type: none"> • Suggest in regard to the NAMI Mental Health Crash Course, people should be referred to WRAP groups. | | |
| <p>4. Brief Stretch Break</p> | | | <p>Amanda Wehrman</p> |

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| <p>5. MHSA Budget and Planning Input for Fiscal Years 2020-2023 Three Year Plan</p> | <p>Presentation by Warren Hayes</p> <ul style="list-style-type: none"> • MHSA Three Year Program and Expenditure Plan <ul style="list-style-type: none"> ○ Document distributed: MHSA Three Year Program and Expenditure Plan, Proposed New Programming and Budget for FY 2020-23 ○ Next CPAW Committee meeting in March will provide the first draft of the MHSA Program and Expenditure Plan for the next three years <ul style="list-style-type: none"> ▪ Will be posted on-line for thirty days for public comment ▪ April 1st the Mental Health Commission will host the public hearing to receive public comment ▪ MHSA will provide written responses to those comments or recommendations ▪ Then will send to the County Administrator’s Office ▪ The County Administrator will put the Plan on the Board of Supervisor’s Agenda as a discussion item for public comment and discussion ▪ Will present the Plan to the Family and Human Services Committee of the Board of Supervisors on April 27th ○ Discussed proposed funding and expenditures for priority topics: Supportive Housing, Assertive Community Treatment, Short Term Residential Treatment, Early Childhood Mental Health and Suicide Prevention ○ Mental Health Career Pathway Program <ul style="list-style-type: none"> ▪ Having staff with lived experience is valuable and we need to encourage such existing staff to remain with the County and Community Based Organization – they need a career progression ▪ Fully fund the Loan Repayment Program and to be available to both County and Community Based Organizations’ staff ▪ To keep and advance this population of key employees ▪ Plan to add County Mental Health Specialists to the Adult Clinics ▪ Current Three-Year Plan added Mental Health Specialists to the Children’s Clinics ▪ Add funding to Internship program to provide treatment in other languages ○ Capital Facilities (Oak Grove) | | <p>Warren Hayes, Operations and Mental Health Program Chief</p> |

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| | <ul style="list-style-type: none"> ▪ Applications submitted for funding for the Oak Grove facility – 20 housing units for Transitional Age Youth (TAY) and full-service partnership program for TAY ▪ Funds partially from No Place Like Home funds and some from MHSA unspent funds dedicated to capital facilities ○ Information Technology <ul style="list-style-type: none"> ▪ Built a Data Management System – Now have electronic health records system, new ShareCare system ▪ Will be putting unspent funds into this component ○ Discussed Proposed 20-23 Budget <ul style="list-style-type: none"> ▪ Increased from 54.8 million dollars to 62 million annually for FY 2020-2023 ▪ Discussed Fund Ledger and Assumptions ○ MHSA Funds and proposed new use <ul style="list-style-type: none"> ▪ We cannot compromise the MHSA funds that are currently under County control ▪ At risk is 20 – 25 million dollars of County controlled funds ▪ We will be spending down the amount of unspent funds. <p>Questions and Comments:</p> <p>Comment: 20-25 million dollars of County controlled funds at risk of being controlled by state re new legislation. SB 389 and other legislation suggests using MHSA funds for other reasons – i.e. homelessness, criminal justice system. Governor suggesting MHSA reforms.</p> <p>Response: (Warren Hayes) We have an active CAO and we are one of sixty Counties to counteract those efforts. Would like to see Peers working on this Project similar to the SPIRIT Program. SB192 sets amount of County prudent reserves. Nothing over prudent reserves for Counties.</p> <p>Question: Also, how does the sticker exercise that we have in Community Forums factor into the Three-Year Plan? Answer: (Warren Hayes) That is important. We listen and that influences where we put resources.</p> <p>Comment: In regard to supportive housing, would love to see Peer</p> | | |

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| | <p>Services designation. As to Suicide Prevention, we should try to reach a wider audience. We have a REACH speakers bureau. Let's use them. Community Service Workers could use more support and supervision. A Mental Health Specialist could be designated to help them. Make sure we are providing continuing education. Ensure ongoing training for County supervisors. Provide self-care for staff. Please use us for input for Information Technology. Medical health electronic records can now be seen by a lot of staff – including mental health records. So, training as to this issue should be ensured. Need to research and implement more Peer run programs.</p> <p>Comment: Must ensure that a diverse group of TAY are housed, and that the TAY receive staff support and have a culturally diverse staff. Must ensure diverse group of people obtain housing and the staff support also be culturally diverse. As for the Loan Repayment Program, should provide time allotments to allow students to use work time as school time. This would provide them time to go to school.</p> <p>Comment: Would like to see Peers working on this Project similar to the SPIRIT Program.</p> <p>Comment: Need funds for ACTs. Need to focus suicide prevention on older adults. Need to focus on Early Childhood mental health. Children with mental health issues are labeled as having behavioral problems. Should recruit youth and people from ethnic communities as interns – especially in regard to community language needs. Need to educate parents and get kids into treatment and programs. For Oak Grove, will be expensive to maintain. Government's budget has large cuts in education. Need to focus on special education needs.</p> <p>Comment: Need more support for housing. For example, a SPIRIT graduate go to Board and Cares – i.e. WRAP groups, transportation training and life skills training.</p> <p>Comment Card: Hearing and respecting and the need to hear family voices and support the NAMI Program.</p> <p>Comment Card: Family support is important. Minorities are underserved.</p> | | |

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| 6. Public Comment & Suggestions for Future Agenda Items | <ul style="list-style-type: none"> • Susan Norwick Horrocks, NAMI member and Vice President. Twenty-five years ago, when my son became a victim of mental illness, I looked for help. I could not find it but kept looking. I found NAMI. NAMI saved my son's life, his future and saved our marriage. When I retired, I became an active member of NAMI. Three years ago, you gave NAMI money. When you help a family, you help more than just the person who is ill. The person gets help from not only this support system but also family. Thank you, Warren Hayes, for your presentation and explanation. NAMI programs are national programs that work. NAMI works toward the MHSA mission and needs support and funding. • Melvin Willis, ACE organizer, on the Richmond City Council and member of the Race for Justice Coalition. We did a budget presentation with the goal of investment into the community and community-based organizations. Learned there would be 25 million dollars in MHSA funding from unspent funds. How much is currently unspent? Can those funds be spent without compromising required reserves? (Warren Hayes Response) We have 51.6 million dollars in projected unspent funds. At the end of this three-year period, that will be cut in half. Available would then be 13 or 14 million after allotment for prudent reserves. Will keep prudent reserves so that we will not have to cut programs in the future. • Graham Wiseman Mental Health Commissioner District II, member of Suicide Prevention Committee and member of NAMI. I am a father who lost a child to suicide. Santa Clara County has reduced its suicide rate. Would like to encourage our County to collaborate with them and find out what processes they are using to successfully reduce the suicide rate in this County. • Don Green, President of NAMI Contra Costa. The Behavioral Health Cultural Competency Plan is emphasizing on outreach to LGBGT, Latino and Asian communities. Absent is the African American community. Especially in terms of African American youth in relation to those who go to prison as a result of having mental health problems. We need to have outreach and get services to that community. Poverty makes it harder to get access to services. (Response by Warren Hayes) | | |

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| | <p>There is a distinction between underserved population and inappropriately served populations. The population you reference may be inappropriately served. We need to do a better job for all cultural groups, including the African American community. We have been focusing on this issue with the Reducing Health Disparities efforts. In Contra Costa County, those who identify as African American is roughly ten percent of the County Population. The African American Community being served by BHS in this County is fifteen percent. This community is not underserved. The issue is how to care best with the cultural issues, traumas, problems presented.</p> <ul style="list-style-type: none"> • Will McGarvey - Seeing a lot of displacement of people from housing in this county. Whole faith communities moving from Richmond to Brentwood. Especially affects Latino and African American population. We need to ensure there are local providers to help these people who have lost housing. • Roberto Roman, OCE- Need to incorporate additional voices of people who are directly affected by MHSA funded services. Things may now have changed. We need more client and family voices and everybody to be heard. • Kathi McLaughlin- We need to come up with a united message to send to our local State Assembly members and Senators as they in Sacramento are hearing something entirely different than what we are hearing. • This could be a future Agenda topic - Need advocacy training and awareness of MHSA funding as soon as possible. <p>Announcements: None</p> | | |
| 7. Plus / Delta – Review of Meeting | | CPAW members and attendees | Amanda Wehrman |
| 8. Adjournment & Next CPAW Meeting | <ul style="list-style-type: none"> • The next CPAW meeting will be March 5, 2020 from 3:00 pm to 5:00 pm. | | Amanda Wehrman |