

# Consolidated Planning and Advisory Workgroup (CPAW)

Thursday, November 5, 2020

3:00 pm – 5:00 pm

**Meeting Access via Online Zoom Video Conference and Telephone Conference:**

<https://homebaseccc.zoom.us/j/724180505?pwd=ayswSINGeU02MTMrRkIzSkY1OFYyQT09>

Call In Number: 1-669-900-6833 Meeting ID Code: 724 180 505 Password: 6472



**Members Attending:** Stephen Boyd, Candace Collier, Chaplain Creekmore, Kimberly Krisch, Anna Lubarov, Sara Marsh, Kathi McLaughlin, Jennifer Tuipulotu, Amelia Wood

**Staff Attending:** Dr. Suzanne Tavano, Janet Costa, Jessica Dominguez, Jaime Janett, Matthew Luu, Ellie Shirgul, Robert Thigpen

**Public Participants:** Ben, Wanda Davis, Jenna Dymes, Carolyn Goldstein-Hidalgo, Robert Gunther, Kody Jones, Carla Lagueste, Diane McCart, Susan Norwick-Horrocks, Michelle O’Keefe, Anthony Paguita,

**Facilitator:** Amanda Wehrman

**Recorder:** Audrey Montana

**Staff Support:** Jennifer Bruggeman

**Excused from Meeting:** Doug Dunn, Roberto Roman

**Absent from Meeting:** Lisa Bruce, Steve Blum, Jo Bruno, Y’Anad Burrell, Courtney Cummings, Tom Gilbert, Dave Kahler, James Lancaster, Jackie Lerman, Leslie May, Mariposa McCall, Ryan Nestman, Melinda O’Day, Lauren Rettagliata, Chelise Stroud, Gina Swirsding, Johanna Wagner, Matthew Wilson, Graham Wiseman

TOPIC	ISSUE/CONCLUSION	ACTION/ RECOMMENDATION	PARTY RESPONSIBLE
1. Welcome – Roll Call, Call to Order • Announcements • Finalize Meeting Notes	<ul style="list-style-type: none"> <li>• <b>Roll Call, Call to Order</b></li> <li>• <b>Announcements –</b> <ul style="list-style-type: none"> <li>○ (Jennifer Bruggeman) Congratulations to our new CPAW member – Chaplain Creekmore. We are thrilled to have you with us.</li> <li>○ (Susan Horrocks) NAMI Contra Costa needs new members. NAMI is primarily run by volunteers. Can become a member on the NAMI website. Started a support group Monday night for parents of children who have mental health issues.</li> <li>○ (Kathi McLaughlin) Have a new Superintendent – Julie</li> </ul> </li> </ul>	Information  Notes approved. Will be posted to MESA CPAW website.	Amanda Wehrman, Facilitator  Audrey Montana to post notes.

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	<p>Synyard. Schools maybe start in-person learning in January.</p> <ul style="list-style-type: none"> <li>• <b>Meeting Notes</b> (October 1, 2020) – Approved no revisions</li> </ul>		
<p>2. Stakeholder Sharing by Committee or Meeting Representatives on Key Topics</p> <ul style="list-style-type: none"> <li>• Adults Committee</li> <li>• Aging &amp; Older Adults Committee</li> <li>• Alcohol and Other Drug Services (AOD) Advisory Board</li> <li>• Behavioral Health Care Partnership (BHCP) Meeting</li> <li>• Children, Teens and Young Adults (CTYA) Committee</li> <li>• Health, Housing &amp; Homeless Services (H3) – Continuum of Care</li> <li>• Innovation (INN) Committee</li> <li>• Membership Committee</li> <li>• Mental Health Commission (MHC)</li> <li>• Mental Health Commission – Quality of Care</li> <li>• Reducing Health Disparities (RHD)</li> <li>• Social Inclusion Committee</li> <li>• Suicide Prevention Committee</li> <li>• System of Care Committee</li> </ul>	<p><b>Adults:</b> No additional comments.</p> <p><b>Aging &amp; Older Adults Committee:</b> No additional comments.</p> <p><b>Adults Committee:</b> No additional comments.</p> <p><b>Alcohol and Other Drug Services (AOD) Advisory Board:</b> No additional comments.</p> <p><b>Behavioral Health Care Partnership (BHCP):</b> Meeting scheduled for November 17<sup>th</sup> has been moved to December 15, 2020.</p> <p><b>Children, Teens and Young Adults (CTYA) Committee:</b> Comment: Have a concern this Committee is not meeting. (Jennifer Tuipulotu) Have checked with Gerold Loenicker (Mental Health Chief) and will meet with him to determine when can restart this Committee’s meetings.</p> <p><b>Health, Housing and Homeless Services (H3):</b> Additional links included in Chat comments. Jaime Janett is with H3 and is the Community Engagement Specialist. Will attend CPAW to obtain information to bring back to our homeless system of care and Council on Homelessness and to provide information to CPAW. It is Homeless Awareness Month. H3 has a toolkit – listing planned events, free meals, volunteer opportunities. Want to thank all the frontline homeless service workers. Will have a community meeting on November 19<sup>th</sup> – consumers with lived experience will share their stories (being homeless, later obtaining housing and working with community partners.) Jaime Janett can be the point person for issues regarding homelessness. Her contact information is provided in the Chat (also listed with the CPAW list of email contacts provided for this meeting).</p>		<p>Committee Representatives</p>

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<ul style="list-style-type: none"> <li>Training Advisory Workgroup (TAW)</li> </ul>	<p><b>Innovation (INN) Committee:</b> (Kathi McLaughlin) The October meeting was canceled. Have concerns about Innovation. Will meet in November the Monday before Thanksgiving. I made a complaint to the OAC (Oversight Accountability Commission) and have not had a response. (Jennifer Bruggeman) The CORE Program is part of the INNOVATION component and located in Richmond. Concerns of staff turnover, not able to rehire, questions of supplantation (take MHSA funds away) were brought to the OAC. Dr. Tavano recently had a meeting with the OAC and the County was found to be in compliance. Dr. Tavano could speak specifically about these issues.</p> <p><b>Mental Health Commission (MHC):</b> No additional comments.</p> <p><b>Mental Health Commission (MHC) – Quality of Care Committee:</b> A member of the Commission, Commissioner Douglas Dunn, is ill but is now doing quite well. He would love to hear from people. He is a huge part of this meeting and contributes so much. Look at last month’s notes. He is also a member of CPAW. We hope he can return. Please contact me if you would like to contact Commissioner Dunn.</p> <p><b>Reducing Health Disparities (RHD):</b> Chief Equity Manager and Assistant Director for Health Services has been hired – Gilbert Salinas.</p> <p><b>Social Inclusion Committee:</b> No additional comments.</p> <p><b>Suicide Prevention Committee:</b> No additional comments.</p> <p><b>System of Care Committee:</b> No additional comments.</p> <p><b>Training Advisory Workgroup (TAW):</b> No additional comments.</p>		

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<p>3. Dialogue with Contra Costa Behavioral Health Services (BHS) Executive Staff</p> <ul style="list-style-type: none"> <li>• Update on any MHSA State level or pertinent discussions</li> <li>• Update on Hiring of BHS Medical Director</li> <li>• Update on Crisis Response Efforts Taking Place</li> </ul>	<p><b>Dialogue with Contra Costa County Behavioral Health Services (BHS) Executive Staff</b></p> <p><b>Matthew Luu:</b></p> <ul style="list-style-type: none"> <li>• The number of COVID-19 cases is increasing in Contra Costa County <ul style="list-style-type: none"> <li>○ Per the Public Health Officer, moving from orange to red color status</li> <li>○ Resulting in more restrictions – for example, restaurants are now twenty-five percent capacity</li> <li>○ Reminder to wear masks, maintain social distancing, wash hands</li> <li>○ Holidays are approaching. After every holiday, there has been an increase in COVID cases. Anticipate after the Thanksgiving holiday, there will be an increase in cases.</li> <li>○ Remind people to be careful and vigilant to try to stop the spread in Contra Costa County</li> </ul> </li> <li>• The Contra Costa Regional Medical Center’s second in-patient Adult Psychiatric Unit (4D) reopened last Monday <ul style="list-style-type: none"> <li>○ 20 bed capacity</li> <li>○ Adding clients to the unit and hiring staff</li> <li>○ The other psychiatric unit is full and there is a concern with COVID 19.</li> <li>○ The State permitted an expedited process to open this second unit</li> </ul> </li> <li>• Recruitment <ul style="list-style-type: none"> <li>○ Mental Health Chief <ul style="list-style-type: none"> <li>▪ This will be the chief of Housing and Intensive Services</li> </ul> </li> <li>○ Have the candidate list of those who have qualified.</li> <li>○ Medical Director (Behavioral Health Services) <ul style="list-style-type: none"> <li>▪ Interviewing recruitment agencies currently</li> </ul> </li> </ul> </li> </ul>		<p>Matthew Luu, (Deputy Director of Mental Health)</p>

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	<p><b>Comments and Response to Questions:</b></p> <ul style="list-style-type: none"> <li>• (Kathi McLaughlin) With the School District, directed if exposed to COVID-19 and test negative, told to still quarantine for 14 days. Is this the recommended procedure? <b>Response:</b> Need to confirm first person tested positive before recommending to be in quarantine. The Public Health Officer would have specific recommendations and information. Provided link for the Public Health website to obtain information and information pertaining to schools. (Question) Unit 4D is open. How does this impact children? <b>Response:</b> Working on future restructuring the psychiatric emergency space to have an area dedicated for youth and children.</li> <li>• (Jennifer Tuipulotu) In the Stakeholder Sharing section, Dr. Tavano provided an update on the psychiatric units and youth at the Behavioral Health Care Providers meeting.</li> <li>• (Amelia Wood) Think it is a smart idea to self-quarantine especially if you don't know if the person has tested negative or positive.</li> <li>• (Chaplain Creekmore) Are all schools planning on starting in January? <b>Response:</b> (Kathi McLaughlin) No. I was referring to Martinez Unified School District only. Do not know the status of other School Districts. (Amelia Wood) Brentwood is also planning to go back to school in January.</li> <li>• (Diane McCart) Is 4D being used for overflow for Psychiatric Emergency or is it also being used for long term care? <b>Response:</b> 4D opening is not short term and the unit will remain open.</li> </ul>		

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<p>4. Report Out of September 23<sup>rd</sup>, 2020 Evolution of the Peer Movement Forum</p>	<p>(Jennifer Bruggeman – Presentation referred to document provided for meeting: 2020 Evolution of Peer Movement Community Forum Summary)</p> <ul style="list-style-type: none"> <li>• Held a Community Forum on September 23<sup>rd</sup> <ul style="list-style-type: none"> <li>○ Focused on Peers and first time holding a virtual forum</li> <li>○ Well attended – over 150 people registered. 147 people participated.</li> <li>○ At the end, requested participants complete an evaluation form and received responses</li> </ul> </li> <li>• Demographics <ul style="list-style-type: none"> <li>○ Most respondents identified with East County but were also from West, Central and South County</li> <li>○ Asian and Latin community slightly underrepresented</li> <li>○ Age - no one under the age of 25</li> <li>○ 62 percent of respondents identified as being a peer, consumer or client. 37 percent identified as family member.</li> <li>○ Most indicated they or a close family member had received services from Contra Costa Behavioral Health Services or other public mental health system</li> </ul> </li> <li>• Survey Questions <ul style="list-style-type: none"> <li>○ Responses overall were positive.</li> <li>○ Question as to most valuable take away of the Forum <ul style="list-style-type: none"> <li>▪ Overwhelmingly responded positively</li> <li>▪ Appreciated the topic and presentation by speakers</li> <li>▪ Enjoyed format – indicated Zoom ran smoothly</li> <li>▪ Felt welcomed</li> <li>▪ Forum was co-hosted with Office For Consumer Empowerment (OCE) and Native American Health Center. They were happy to learn about OCE and Native American community</li> </ul> </li> </ul> <p>Enjoyed learning of the history and receiving information about the Peer movement</p> </li> </ul>		<p>Jennifer Bruggeman. (Mental Health Services Act (MHSA) Program Manager)</p>

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	<p>Breakout Group Discussion</p> <ul style="list-style-type: none"> <li>• Many responded needed more time for discussions</li> <li>• Some suggested longer forum time (for this forum had stretch brakes and even yoga)</li> </ul> <p><b>Comments and Response to Questions:</b></p> <ul style="list-style-type: none"> <li>• (Anna Lubarov) Thank you for the summary. Great to see a lot of our Peers were there. Did need more time for the group discussion/conversation. As for a longer forum, take an hour break or have a two day event. Everything was organized very well. <b>Response:</b> Agree need more time for group discussion. (Anna Lubarov) Should also later have a follow up to work with those who want to work on these issues or get involved. Should be a way to keep going. <b>Response:</b> We did have a follow up meeting.</li> <li>• (Jennifer Tuipulotu) Will we see the outcomes of the notes taken in the group discussions? <b>Response:</b> A staff person who is not present at this meeting usually processes that information. We will share that information.</li> <li>• (Kathi McLaughlin) On the date of this Forum, youth were probably back to school doing distance learning and were busy. They may be getting tired of doing things by Zoom, too. Maybe kids would understand the topic or having mental health issues is a stigma with youth. Next time perhaps get a group of young folks to talk.</li> <li>• (Kimberly Krisch) There were 147 people but only 65 participated in the group discussions. There were 32 who responded to the survey. <b>Response:</b> (Amanda Wehrman) Participants were assigned to individual groups. Some people opted out from participating in the group discussions – not everyone chose to participate. (Jennifer Bruggeman) During in-person Forums, we put a lot of effort in encouraging people to respond to the evaluation forms before they leave. More difficult to do so when do not have the face to face contact. We will promote completing the evaluation forms at</li> </ul>		

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	<p>the next forum. (Kimberly Krisch) Interesting to note that there was such positive feedback for the Native American Health Center presentation but do not see participants from that group.</p> <ul style="list-style-type: none"> <li>• (Anna Lubarov) Felt like we had two events in one. So two days would work well. Second day could be a presentation and then discussions.</li> <li>• (Jennifer Tuipulotu) The Zoom Forum was recorded. Will it be available on the website? <b>Response:</b> (Amanda Wehrman) The recording will be available and can be downloaded.</li> <li>• (Susan Horrocks) Young people need encouragement to share. You need to go to the kids. Cannot use jargon with kids or people or are not in this field. Also, NAMI has youth groups. <b>Response:</b> We have had forums focused on youth. We had a Forum last Fall focused on Early Childhood Mental Health and another Forum was focused on adolescents. We take this into consideration when planning and promoting the forum, designing the flyer, etc. (Kathi McLaughlin) Good to go to the schools and ask them to provide the invitation to their students. The Forum can be part of an assignment. (Dr. Suzanne Tavano) RYSE did a lot of work in the community. We can talk to them about outreaching to youth. In another County, recruited a youth council from youth in the community. They became involved in decisions. Worked out very well.</li> <li>• (Kathi McLoughlin) We have the Children, Teens and Young Adults Committee (CTYA) but it is not meeting currently. Would be helpful to start up that Committee's meetings.</li> <li>• (Jennifer Bruggeman) A majority of MHSA Prevention, Education and Intervention (PEI) programs focuses on youth. Once the CTYA Committee starts meeting again, they can reach out to these organizations to see if there are any young people who may be interested. Especially now that meetings are on Zoom it is a little easier to participate.</li> </ul>		

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	<ul style="list-style-type: none"> <li>• (Jennifer Tuipulotu) Candice Collier and I a few years ago put a good effort four or five years ago and it wore us out. Included Transitional Age Youth (TAY) with CTYA. Need to be intentional when invite young people and they should have a group of their own to discuss things. Also be careful with jargon as some are not in this field and or are youth.</li> <li>• (Kathi McLoughlin) Need to reach out to the Native American populations invite them.</li> <li>• (Dr. Tavano) We certainly should reach out to the youth we are serving. In another county, the PEI coordinator was the point person.</li> <li>• (Jaime Jenett) We have a youth action council through the youth services line of Homeless Services. We now have a youth member who is joining the Council on Homelessness. We call TAY 18 -24. What is your definition of Youth? What is the age bracket? <b>Response:</b> (Jennifer Bruggeman) Anyone 25 and younger. (Dr. Tavano) The MHSA definition of TAY is broad re programs and services. As there are huge differences between a fourteen year old and a 21 year old.</li> <li>• (Robert Thigpen) We had a Youth Community Forum in Antioch in 2018. I thought that went over really well. I really enjoyed it. (Jennifer Bruggeman) That was the first time we focused very specifically on an age group. Last year we had a Forum for younger children.</li> <li>• (Dr. Tavano) I thought the last Forum was really excellent and well done and executed.</li> <li>• (Jennifer Bruggeman) Was really a group effort. Have to recognize those at OCE who were the primary organizers of this Forum. As to the Native American Health Center, Anna Lubarov and Jay Mahler.</li> </ul>		

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<p>5. Update on Hope and Wellness in our Diverse Communities Forum scheduled for December 3<sup>rd</sup>, 2020</p> <ul style="list-style-type: none"> <li>Identify leads for Talking Circles</li> </ul>	<ul style="list-style-type: none"> <li>December Forum <ul style="list-style-type: none"> <li>Tentative date of December 3rd</li> <li>2020 has been a challenging year in so many ways for so many people and goal is to end the year on a positive note</li> <li>Topic – Hope and Wellness in Diverse Communities</li> <li>Welcome input and ideas</li> <li>Also to plan discussion groups</li> <li>Start with a keynote speaker – was suggested we reach out to the RYSE program – this topic appeals to all ages and also appeals to youth</li> <li>There is a pastor from a church in Richmond. He just gave a powerful, inspirational speech. We hope to reach out to him to speak at this Forum.</li> <li>Feedback/discussion groups will have more time and schedule so each participant can be assigned to two different discussion groups</li> <li>Hope to recruit group facilitators with experience in hope and wellness, healing. Some within our own health system. One may be Amada Doyle with BHS who has been leading health care sessions. You can volunteer or make recommendations.</li> </ul> </li> </ul> <p><b>Comments and Response to Questions:</b></p> <ul style="list-style-type: none"> <li>(Dr. Tovano) Would like to encourage central involvement of faith communities. Anna Roth (Director, Health Services) announced Gilbert Salinas has been selected as the Contra Costa Health Services Chief Equity Officer. Can then move on and start on collaborations.</li> <li>(Kathi McLaughlin) Is Gigi Crowder still with NAMI? She is excellent at this sort of stuff. My School District has a Diversity Committee. Need to be addressed to ethnic minorities as well. Have them also involved in the planning.</li> <li>(Susan Horrocks) High schools and colleges have classes in health. Can assign kids to sign up to attend or as extra credit.</li> <li>(Chaplain Creekmore) I see Amanda Doyle about three times</li> </ul>		<p>Jennifer Bruggeman. (Mental Health Services Act (MHSA) Program Manager)</p>

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	<p>a week. As a Chaplain, I am interested in leading one of the groups.</p> <ul style="list-style-type: none"> <li>• (Jennifer Tuipulotu) The leader of the break out group could start with a wellness activity (i.e. drumming groups). Suggest going to ethnic communities to learn their healing practices. Know of someone who does wellness groups for men.</li> <li>• (Anna Lubarov) Recommend making it an extra credit event that make participation mandatory.</li> <li>• (Jennifer Bruggeman) Any specific names of people we can reach out to lead a group? I see in chat suggestions to reach out to the PEI programs. (Anna Lubarov) Have in mind someone from Peers who is an excellent facilitator.</li> <li>• (Jennifer Tuipulotu) For the group, start with a fifteen minutes activity and then discussion afterward.</li> <li>• (Stephen Boyd) Like the idea of drumming for healing. I found drum circles and drumming very healing in my life. I can reach out to a person I know to see if he would be able to facilitate a drum session. Please just let me know.</li> <li>• (Kathi McLaughlin) Do you think December would be too soon? Is it possible to have in the New Year? (Jennifer Bruggeman) Absolutely. (Kathi McLoughlin) I agree. I do think we should move it. It will be too much of a push. Suggest mid to late part of January. I hear many schools are planning to start then. (Chaplain Creekmore) I like January. (Dr. Tavano) I agree with that recommendation because the first two weeks in November, many of us will be involved in the Value Stream Mapping event, then it will be Thanksgiving and the upcoming holidays. (Stephen Boyle) I like the idea of bringing in the New Year instead of taking out the old one, (Jessica Dominquez) I agree with January. That would give us more time for promotion. Word of mouth gets around fast with children. (Jennifer Bruggeman) I think it is a consensus for January. Thank you everyone. Appreciate all your feedback and ideas. It is really helpful.</li> </ul>		

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6. Public Comment & Suggestions for Future Agenda Items	<ul style="list-style-type: none"> <li>• (Kathi McLaughlin) Want to talk about ensuring we have a CTYA Committee meeting at some point.</li> <li>• (Anna Lubarov) Continued conversation of the results of the Peer Forum and next steps.</li> <li>• (Jennifer Tuipulotu) Get an update on the Value Stream Mapping event for crisis response in our community.</li> </ul>		Amanda Wehrman
7. Plus / Delta – Review of Meeting	No Comments	CPAW members and attendees	Amanda Wehrman
8. Adjournment & Next CPAW Meeting	<ul style="list-style-type: none"> <li>• The next CPAW meeting will be <b>December 3rd from 3:00 pm to 5:00 pm.</b></li> </ul>		Amanda Wehrman