

Stakeholder Sharing

MHSA Consolidated Planning Advisory Workgroup (CPAW) October 6, 2022 Meeting

Highlights of news to share and areas discussed at recent Contra Costa Behavioral Health Services (CCBHS) supported stakeholder meetings held in September 2022.

Adult Committee (September 13th)

- Presentation on Hume Center Programs by Chris Celio Director of clinical programs.
- SPIRIT Program presentation by Candace Wade and Janet Costa.
- The next meeting of the Adult Services Committee will be Tuesday, October 11, 2022 from 3:00 pm– 4:30 pm via Zoom.

Aging and Older Adult Committee (AOA) (September 14th)

- We received a presentation from John Gallagher, Site-Based Clinical Support Services Manager, Hope Solutions, on a new older adult low-income housing development in Richmond, Hacienda Heights. John discussed the application process, and the services that will be available, including Permanent Supportive Housing for 25 residents. To qualify for Permanent Supportive Housing the applicant must be chronically homeless, have a disability and be receiving services through the Health, Housing and Homeless Division. All applicants must be 62 years of age or older. There are over 100 units available, and they hope to start having residents move in by the end of this year.
- The workgroup shared resources that are often difficult to find for older adults, including dental services, and discussed the need for additional resources.
- Our next meeting will be held on October 12, 2022 from 2:00pm to 3:30pm. We will receive presentations from the Health Insurance Counseling and Advocacy Program (HICAP) and Contra Costa Health Services, who will update us on COVID-19 and MPox.

Alcohol and Other Drugs (AOD) Advisory Board (August 24th)

- The AOD Advisory Board will meet on September 28th. Due to the date of the meeting late in the Month of September, a summary of the meeting could not be provided by the publication of this document. A summary of the August meeting is provided.
- The AOD External Quality Review Organization (EQRO) review period will be September 13 through September 15, 2022.
- AODS opens a new treatment facility in Concord (OPTIONS Recovery Services) October 1.
- Dr. Shires presented a report (Getting It Right from the Start) by the Public Health Institute re model policy of cannabis retailing, marketing, and taxation.
- Reviewed Recovery Residence (RR) Update Report. Discussed application process, management, support, funding, and access to services.
- Informed of the Mental Health Commission's recommendations to the Board of Supervisors.
- Contra Costa County MEDS Coalition is cohosting an event for International Overdose Awareness Day on Saturday, August 27th from 5:30 pm to 8:00 pm at Chichibu Park in Antioch. Will provide tables with information, overdose training and Narcan kits.
- The next AOD Advisory Board meeting will be October 26, 2022 from 4:00 pm to 6:15 pm via Zoom.

Behavioral Health Care Partnership (BHCP) (September 18th)

- Update will be provided at the CPAW meeting.
- The next meeting will be October 18, 2022, from 1:30 pm – 3:00 pm via Zoom.

Health, Housing and Homeless Services (H3) (September 15th)

- Update will be provided at the CPAW meeting.
- The next Council on Homelessness meeting will be October 6, 2022, from 1:30 pm to 3:00 pm via Zoom.

Innovation Committee (INN)

- No meeting in September.
- The next Innovation Committee meeting will be October 24, 2022 from 2:30 pm to 4:00 pm via Zoom.

Mental Health Commission (MHC) (September 7th)

- Presentation of the External Quality Review Org (EQRO) Report by Priscila Aguirre, MPP, Quality Management Program Coordinator (QI/QA)
- Presentation: Meeting the Mental Health Needs of People with Developmental Disabilities by Developmental Disabilities Council
- Established Election Nomination Committee
- The Mental Health Commission will next meet on October 5, 2022 from 4:30 pm to 6:30 pm via Zoom.

MHC Quality of Care Committee (MHC QC) (September 15th)

- Updates on the Department of Health Care Services (DHCS) Behavioral Health Continuum Infrastructure Program (BHCIP) Round 5: Crisis Continuum (8/4/22) listening session.
- Reviewing Finance committee discussion of K-12 school district contracts for Seneca (Outpatient and Therapeutic Behavioral Services (TBS) contracts)
- High level summary review of Behavioral Health Services (BHS) contracts
- Report out on the BHCIP Steering committee
- Reviewed Hope House Site Visit Report
- Confirmed K-12 project committee volunteers and discuss goals/strategies
- The Quality of Care Committee will next meet on October 20, 2022 from 3:30 to 5:00 pm via Zoom.

Reducing Health Disparities (RHD)

- No meeting in September.
- Next Reducing Health Disparities Workgroup meeting is Monday, October 3, 2022 from 3:00 pm to 4:30 pm via Zoom.

Social Inclusion (SI) (September 8th)

- Contra Costa Crisis Center Presented the Rebranding of the Suicide Hotline 988
- Victoria Fairchild Introduced a New Campaign “I’m Not a Case” Breaking the Chains of Stigma
- Please join the Contra Costa Behavioral Health, Office for Consumer Empowerment as we develop a new workgroup to help transform the system with education and discussion about harmful language. We are wanting to engage with the community plus include behavioral

health Staff in problem solving and taking action to encourage and lift people up because WORDS MATTER.

- Community member discussed the challenge of mental health while having a drug addiction. 10.5 years clean and sober the barriers she overcame during the pandemic
- SPIRIT Presentation given by the SPIRIT Instructors Janet Costa and Candace Wade
- Next Social Inclusion meeting will be on Thursday, October 13, 2022 from 1:30-3:00 PM. The meeting will be virtual only via Zoom using the login info below:

<https://cchealth.zoom.us/j/95344660402>

Meeting ID: 953 4466 0402

Dial by your location +1 646 518 9805

For more information or to join the Social Inclusion mailing list, please call (925) 957-5141 or email Cynthia.Ayala@cchealth.org.

Suicide Prevention Committee (SP) (September 23rd)

- There was a presentation from the Contra Costa Crisis Center on Suicide Assessment.
- The members also reviewed the latest draft of the Suicide Prevention Strategic Plan that's available online for public comment for 30 days.
- The next Suicide Prevention Committee/Coalition meeting will be October 28, 2022, from 9:00 am to 10:30 am via Zoom.

Suicide Prevention (SP) – Youth Subcommittee

- No meeting in September.
- The next Suicide Prevention – Youth Subcommittee meeting to be on October 28th from 3:30 pm to 4:30 pm.

System of Care Committee (SOC)

- No meeting in September.
- The next System of Care Committee meeting date to be announced.

Contra Costa Behavioral Health Stakeholder Calendar October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Reducing Health Disparities (RHD): (3:00—4:30 pm) (Online/Telephone)	4	5 Mental Health Commission (MHC): 4:30 — 6:30 pm (Online/Telephone)	6 Council on Homelessness: 1:00—3:00 pm (Online/Telephone) CPAW Orientation: (No meeting) CPAW: 3:00—5:00 pm (Online/Telephone)	7	8
9	10	11 Adult: 3:00 — 4:30 pm (Online/Telephone)	12 System of Care: (No meeting) Aging /Older Adult COVID-19 Workgroup 2:00—3:30 pm (Online/Telephone)	13 Social Inclusion: 1:30—3:30 pm (Online/Telephone)	14	15
16	17	18 Behavioral Health Care Partnership: 1:30—3:00 pm (Online/Telephone)	19	20 CPAW Steering (No Meeting) MHC Quality of Care: 3:30 — 5:00 pm (Online/Telephone)	21	22
23	24 Innovation: 2:30 — 4:00 pm (Online/Telephone)	25	26 AOD Advisory Board: 4:00 — 6:15 pm (Online/Telephone)	27	28 Suicide Prevention Committee (SP) 9:00 — 10:30 am (Online/Telephone) Youth Sub-committee 3:30 — 4:30 pm (Online/Telephone)	29
30	31					

Contra Costa Behavioral Health

October 2022

Committee Email Contacts**

Adults	robert.thigpen@cchealth.org
Aging and Older Adults	ellen.shirgul@cchealth.org
Alcohol & Other Drugs (AOD) Advisory Board	fatima.mataalsol@cchealth.org
Behavioral Health Care Partnership (BHCP)	jennifer.tuipulotu@cchealth.org
Children, Teens & Young Adults	To be Determined
Consolidated Planning Advisory Workgroup (CPAW)	audrey.montana@cchealth.org
Health, Housing & Homeless Services (H3)	jaime.jenett@cchealth.org
Innovation	jessica.hunt@cchealth.org
Membership (CPAW)	audrey.montana@cchealth.org
Mental Health Commission (MHC)	angela.beck@cchealth.org
Reducing Health Disparities (RHD)	genoveva.zesati@cchealth.org
Social Inclusion	cynthia.ayala@cchealth.org
Steering (CPAW)	audrey.montana@cchealth.org
Suicide Prevention	jessica.hunt@cchealth.org
System of Care	jennifer.Bruggeman@cchealth.org

** Can also call the Mental Health Services (MHSA) Office at **(925) 313-9525** for committee meeting status updates.



INNOVATION Updates

Consolidated Planning and Advisory Workgroup (CPAW)

9/1/22

Center for Recovery and Empowerment (CORE)

Re-opened 8/16/22!

Re-Branding

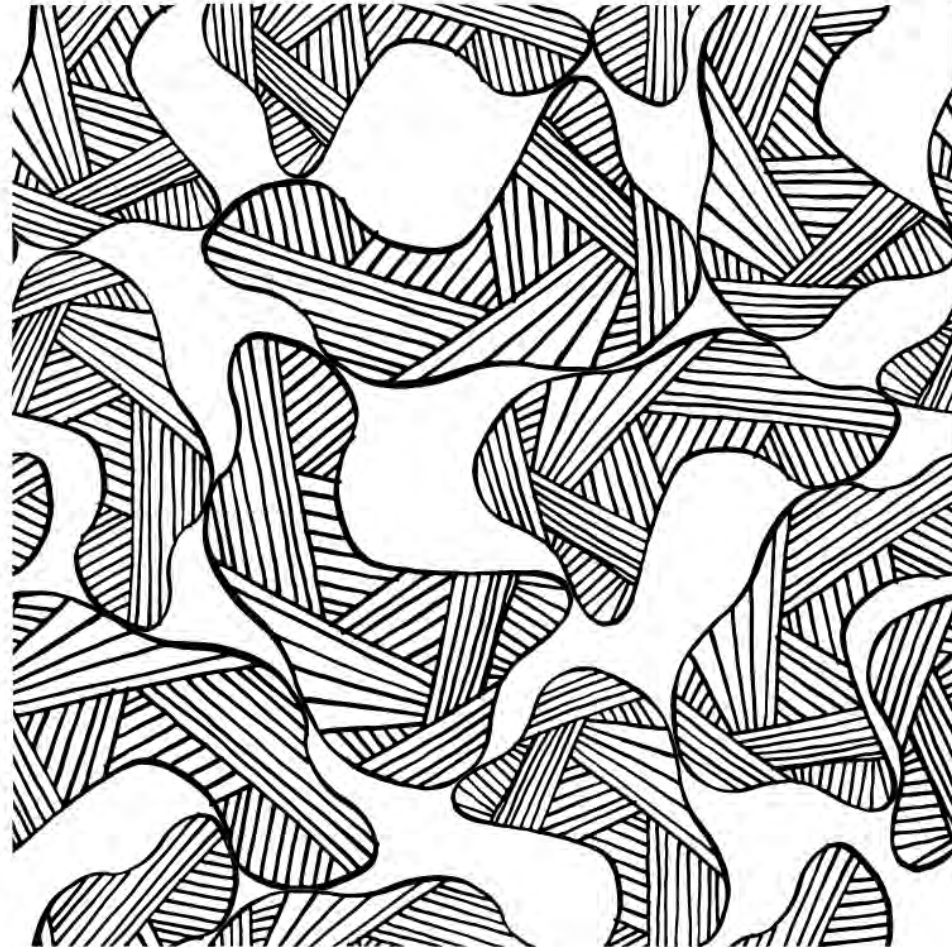
New Name TBD

Workgroup
Collaborative (AODS,
BH, CCOE) continues
to meet bi-monthly

WISP Vocational
Specialist on board

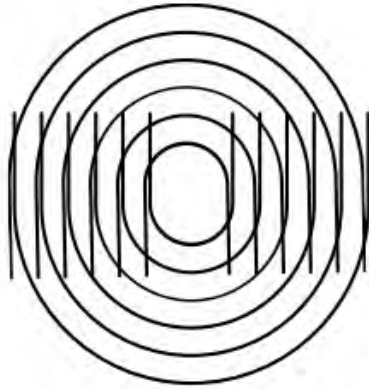
CORE

ENGLISH



RECOVERY

EMPOWERMENT



WHO WE ARE

CORE is an evidenced-based day treatment program for youth (age 13-18) with co-occurring substance use and mental health disorders.

The program provides both a non-traditional school and a therapeutic environment where youth can work towards their health, wellness, and education goals.



TREATMENT TEAM

Program Supervisor
Psychiatric Nurse Practitioner
Substance Abuse Counselor
Mental Health Clinical Specialist
Office of Ed Credentialed Teacher
Peer Recovery Coach
Adventure Therapist
Peer Recovery Coach

HOURS

Monday	9:00 - 6:00 PM
Tuesday	9:00 - 6:00 PM
Wednesday	5:00 - 9:00 PM
Thursday	9:00 - 6:00 PM
Friday	9:00 - 6:00 PM

WHAT WE DO

Peer Recovery Counseling
High School/GED Credits
Expressive Art Therapy
CBT for Substance Use
Transit to/from Center
Adventure Therapy
Individual Therapy
Psychoeducation
Nutritious Meals
Family Therapy



HOW TO ENROLL

Contact us for assessment
and screening
(925) 334-2289
or

Ask your Psychiatrist,
Counselor, or Primary Care Doctor
for a direct referral

Psychiatric Advanced Directives (PADs)

Statewide Collaborative

7 Counties – meet monthly via Zoom, bi-annually in person

Sub Contractors

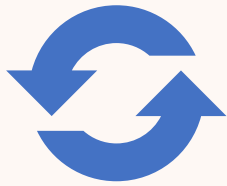
- Concepts Forward, Kiran Sahota – Project Manager
- Hallmark Compass, Laurie Hallmark – Subject Matter Expert
- Syracuse University, Burton Blatt Institute – Fiscal Intermediary, Tech Process Eval
- Chorus Inc – Technology Build (app)
- RAND – PADs Process Evaluation
- Idea Engineering – MH Marketing Expert

PADs *Continued*

- Phased approach to include:
 - Community engagement
 - Identify local champions
 - Create standardized PAD template
 - Utilize peer voice throughout project
 - Training
 - Tool kit
 - Cloud-based technology access portal
 - Project website
 - Seek legislative & Policy advocacy
 - Evaluation
- PADs CA - Psychiatric Advance Directives
<https://www.padsca.org>

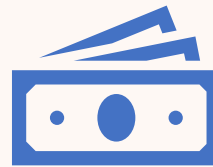
Grants

Supporting Community Defined Practices



In process – not yet approved by MHSOAC

Will be posted on MHSA website for 30 day public comment before going to MHSOAC



Proposal will include time-limited grants up to approx. \$100,000 annually



Advancing Equity through Community Defined Practices

Targeting unserved and under-served groups
Alternatives to western medical model
Supporting initiatives created by and for the community being served



Service Provider Individualized Recovery Intensive Training



What is SPIRIT?

- SPIRIT 2023 is a 9-unit certificate course taught to peers and family members by peers and family members in an online/virtual or in person format.
- It's a collaboration between Contra Costa Behavioral Health's Office for Consumer Empowerment, and Contra Costa Community College.
- Welcoming peers, family members, parents, caregivers and young adults within the behavioral health system.



Service Provider Individualized Recovery Intensive Training





*Contra Costa College, San Pablo CA.
Photo: courtesy of Richmond Standard*

Who is SPIRIT intended for?

- The SPIRIT Program is intended for people with lived experience who identify as behavioral health peers and for those who support them.
- This includes people with lived experience relating to Substance Use Disorders, Homelessness, and Mental Health.

What is the goal of SPIRIT?



- Our goal is to train people to become peer and family providers in the behavioral health field.
- To encourage hope, resiliency, and empowerment.
- To help individuals identify, develop, and sustain personal support systems, develop and use a personal wellness plan, and in turn, to help others incorporate these skills into their own personal wellness process.

Scheduling of SPIRIT

- SPIRIT 2023 is a 6-month course starting in January and ending in July.
- **(Due to community health concerns and social distancing guidelines, the SPIRIT class may be delivered in an online or hybrid format beginning January 2023)**
- SPIRIT consist of 3 parts. SPIRIT I and II take place during the Spring semester and consist of 2 classes per week.
- Classes are on Mondays and Wednesdays from 11:00am to 2:00pm.



SPIRIT Presenters



- During SPIRIT, topics of Peer Support, Group Facilitation, Ethics, Cultural Responsiveness, Patient Rights, Resume Writing and Interviewing Skills are taught.
- Subject Matter Experts from Contra Costa Behavioral Health Services and Community Based Organizations complete presentations with Q & A sessions.
- College professors are also available to provide guidance and instruction during each class.

SPIRIT III – Internships

- SPIRIT- III takes place during the Summer semester.
- Classes are on Mondays from 11:00am to 2:00pm.
- Tuesdays through Fridays, students participate in a 6-week Internship through a local behavioral health agency acquiring 60 hours minimum.



SPIRIT III - Internships

- Student internship locations are determined through an interviewing process at a work study fair with employment resumes presented.
- Up to 30 behavioral health agencies are in attendance.

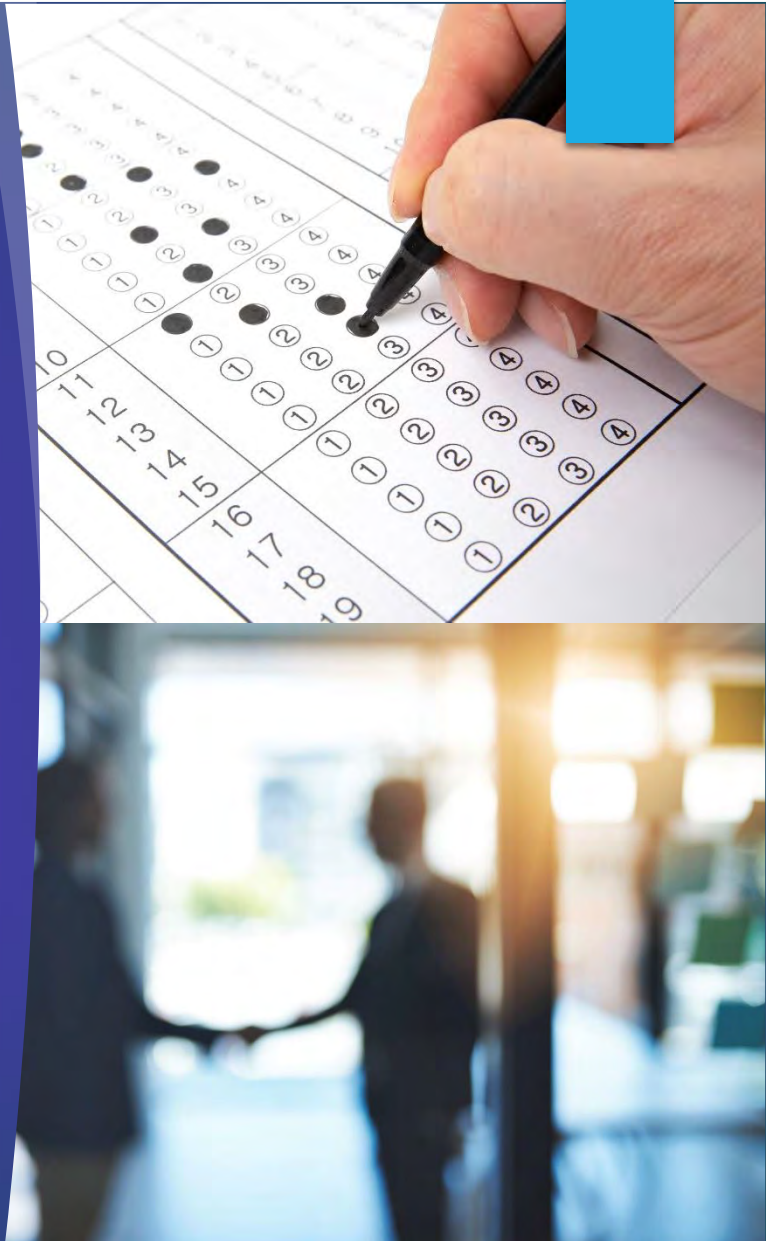
Certificate of Completion & Achievement

- Upon completion of SPIRIT I, II and III, there is a Graduation ceremony.
- Students receive a Certificate of Completion for SPIRIT.
- Students also receive a Certificate of Achievement for their Wellness Recovery Action Plan (WRAP)



Career Goals/Continuing Education

- Many SPIRIT graduates go on to paid employment or volunteer positions within the behavioral health system of care
- Some SPIRIT graduates also choose to continue their college education to become part- or full-time students
- Students also have access to SPIRIT Vocational Services to support with searching for Peer employment or volunteer opportunities within the Behavioral Health field and continuing education



2022 SPIRIT Applications

Due: October 7th, 2022

Please contact SPIRIT Peer Instructors

Janet Costa MHS – II (925) 348-5459

Janet.Costa@cchealth.org

Candace Wade CSW-II (925) 348-1746

Candace.Wade@cchealth.org

Office for Consumer Empowerment

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Martinez CA. 94553