



CONTRA COSTA
MENTAL HEALTH
COMMISSION
1340 Arnold Drive, Suite 200
Martinez, CA 94553
Ph (925)957-2619
Fax (925)957-2624
cchealth.org/mentalhealth/mhc

Current (2023) Members of the Contra Costa County Mental Health Commission

Laura Griffin, District V (Chair); Leslie May, District V (Vice Chair); Ken Carlson, BOS Representative, District IV;
Gerthy Loveday Cohen, District III; Tavane Payne, District IV, Pamela Perls; District II, Barbara Serwin, District II,
Rhiannon Shires Psy.D., District II; Geri Stern, District I; Gina Swirsding, District I;
(VACANT) Alternate BOS Representative

Mental Health Commission (MHC)

Wednesday, September 6th, 2023, ◇ 4:30 pm - 6:30 pm

This Meeting will be held in person and via Zoom 'Hybrid'

VIA: Zoom Teleconference: <https://zoom.us/j/5437776481>

Meeting number: 543 777 6481 | Join by phone: 1 669 900 6833 | US Access code: 543 777 6481

In Person: 1025 Escobar Street, Martinez, CA 94553

AGENDA

- I. Call to Order / Introductions (10 min.)**
- II. Motion to request approval for Commissioner Leslie May to continue to participate remotely based on “emergency circumstances” for the period September 1, 2023 through September 30, 2023 (In accordance with AB2449 -Teleconferencing options allowed under the Brown Act, dated March 1, 2023) (5 min.)**
- III. Public Comments (2 minutes per person max.)**
In accordance with the **Brown Act**, if a member of the public addresses an item not on the agenda, no response, discussion, or action on the item will occur, except for the purpose of clarification.
- IV. Commissioner Comments (2 minutes per Commissioner max.)**
- V. Chair Comments/Announcements (5 min.)**
 - i. Creation of three (3) Ad hoc committees:
 - * Site Visit – Vicente High School, Martinez;
 - * K-12 project;
 - * 2024 Election Nomination Committee
- VI. APPROVE August 2, 2023 Meeting Minutes (5 min.)**
- VII. RECEIVE Presentation on the SPIRIT Program and Application information – Janet Costa and Victoria Fairchild, Certified Peer Specialists and Co-Instructors of the SPIRIT Program (20 min/10 min. Q&A)**
- VIII. RECEIVE Presentation “The Opportunity Gap for Children Across Contra Costa County” – Dr. Rhiannon Shires, PsyD, Commissioner, District II (30 min/10 min. Q&A)**
- IX. ESTABLISH Election Nomination Committee (5 min)**

(Agenda Continued on Page Two)



The Contra Costa County Mental Health Commission is appointed by the Board of Supervisors to advise them on all matters related to the county's mental health system, in accordance with mandates set forth in the California State Welfare & Institutions Code, Sections 5604 (a)(1)-5605.5. Any comments or recommendations made by the Mental Health Commission or its individual members do not represent the official position of the county or any of its officers. The Commission is pleased to make special accommodations, if needed, please call ahead at (925) 313-9553 to arrange.



Mental Health Commission (MHC) Agenda (Page Two)

Wednesday, September 6th, 2023 ◊ 4:30 pm - 6:30 pm

- X. RECEIVE Committee Report out: Justice Systems and Quality of Care/Finance committees (10 min.)**
- XI. RECEIVE Behavioral Health Services Director's report, Dr. Suzanne Tavano**
 - *Update on Behavioral Health Continuum Infrastructure Program (BHCIP) Round 6 allocations for Contra Costa County (CCC)*
 - *Update on Children's Crisis Center and Psych Emergency Services (PES) Expansion*
- XII. Adjourn**

ATTACHMENTS:

- A. SPIRIT Program Presentation**
- B. 2024 Application Announcement Flyer**
- C. 2024 SPIRIT Application Packet**
- D. Presentation "The Opportunity Gap for Children Across Contra Costa County" – Dr. Rhiannon Shires, PsyD, Commissioner, District II**
- E. Election Committee Guidelines for 2024 Nomination Committee**

CONDUCT AGREEMENT

The input of all participants in the meeting is highly valued. In order for all voices to be expressed in a productive, safe and respectful environment, the following set of self-governance guides are asked of all participants:

- 1. We are committed to honoring people's time. Please help us by being on time, asking questions, speaking to the topic at hand, and allowing for others to speak.**
- 2. Please keep yourself on mute unless you are speaking.**
- 3. Wait to be recognized, before commenting and keep your comments direct and brief.**
- 4. It is okay to disagree, as different perspectives are welcomed and encouraged. Please be polite and respectful and allow others to voice their views as well.**
- 5. Please refrain from criticizing a specific person or viewpoint in a negative manner during the meeting. Outside of the meeting, you may connect with MHC Commissioners and staff for assistance in having your concerns heard and addressed through the appropriate channels.**
- 6. Avoid providing any distractions, such as side bar conversations.**
- 7. An individual may be asked to leave should they behave in a manner that threatens the safety of any participant or does not honor the terms of these guidelines.**





SPIRIT

Behavioral Health Service Provider Individualized Recovery Intensive Training



CONTRA COSTA
HEALTH



What is SPIRIT?

- SPIRIT 2024 is a 9-unit certificate course taught to peers and family members by peers and family members.
- 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.





*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 2024 is a 6-month course starting in January and ending in July.
- 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.**



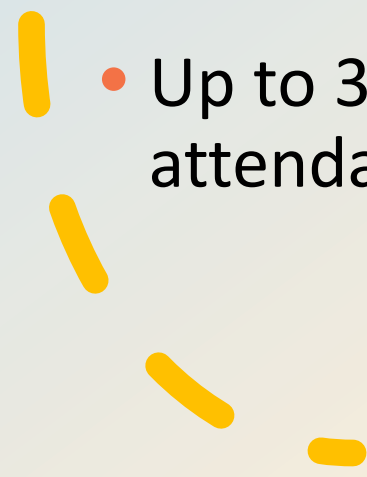
SPIRIT III - Internships



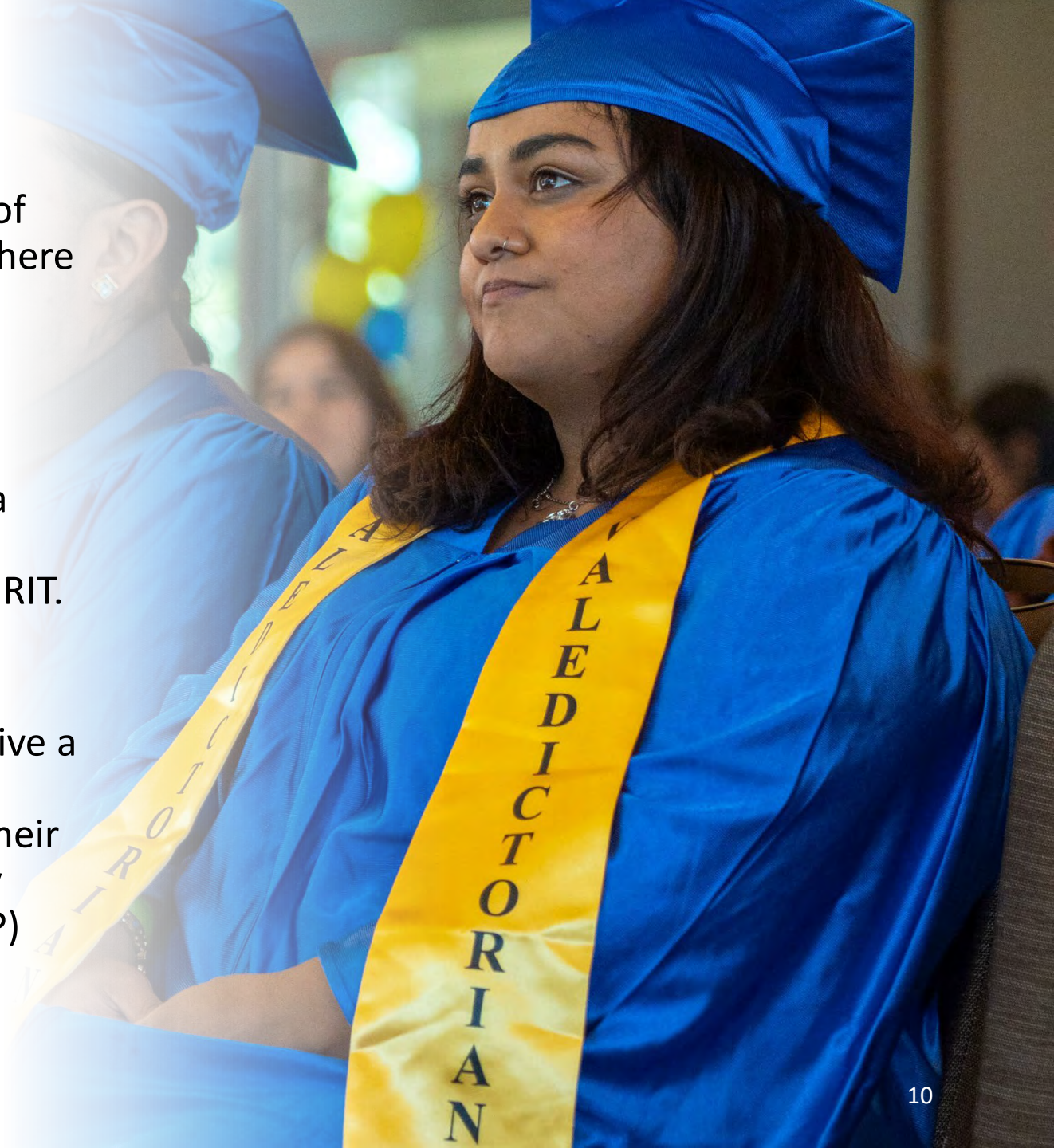
- SPIRIT- III takes place during the Summer semester.
- Classes are on Mondays from 11:00am to 2:00pm.
- Tuesdays through Fridays, students participate in a 6-week Internship through a local behavioral health agency acquiring 60 hours minimum.



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.
- 

- 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





2024 SPIRIT Applications

Due: October 6, 2023

Please contact SPIRIT Peer Instructors

Janet Costa MHS-II (925) 348-5459

Janet.Costa@cchealth.org

Victoria Fairchild CSW-II (925) 723-2729

Victoria.Fairchild@cchealth.org

Office for Consumer Empowerment

1340 Arnold Dr. Ste 200

Martinez CA. 94553

Contra Costa Behavioral Health Services Office for Consumer Empowerment and Contra Costa College proudly announce...



Service Provider Individualized Recovery Intensive Training

2024 APPLICATIONS NOW BEING ACCEPTED!

Deadline to submit application is 10/06/2023

A comprehensive college course offering training and support for people who receive behavioral health services, as well as family members or caregivers of adults or children receiving services, who want to work or volunteer as family/parent/peer providers in the behavioral health field.

**For applications and more information please call SPIRIT Instructors:
Janet Costa at (925) 348-5459 or Victoria Fairchild at (925) 957-5143**

Classroom instruction is combined with workplace experience via internships at local behavioral health organizations. We emphasize the development of personal recovery skills, educating clients and family members on peer support and more.



Learn about yourself and your community; change your life!

THE JOURNEY STARTS HERE!



Service Provider Individualized Recovery Intensive Training

SPIRIT is a 9 - unit college course taught in collaboration with Contra Costa College. The course teaches students how to develop core skills to empower themselves by attaining and maintaining recovery and resiliency through self-awareness and peer/family support, while learning to assist others in doing the same. The completion of this class leads to a Certificate.

This program is intended for individuals who fit at least one of the following criteria:

- **A person who has self-identified as having lived experience of recovery from a mental health condition, substance use disorder, or both.**
- **A transition-age youth or young adult 18 - 26 who has self-identified as having lived experience of recovery from a mental health condition, substance use disorder, or both.**
- **A person with lived experience as a self-identified family member of an adult experiencing a mental health condition, substance use disorder, or both.**
- **A person who is parenting or has parented a child or adult experiencing a mental health condition, substance use disorder, or both. This person may be a birth parent, adoptive parent, or family member standing in for an absent parent.**

Goals

1. To become more empowered, explore potential and help others learn resiliency and empowerment skills.
2. To gain an understanding of the importance of peer and family support as an integral part of the recovery and resiliency journey, as well as to the overall behavioral health system of care.
3. To gain a working understanding of Contra Costa Behavioral Health's system of care which includes, Mental Health Services, Housing and Homeless Services, Alcohol and Other Drug Services, and Health Services broadly, and recovery/resiliency-oriented techniques and principles.
4. To identify, develop and sustain your personal support system, develop and use a personal Wellness Recovery Action Plan and to help others to incorporate these skills into their personal wellness process.
5. To become more aware of community resources which aid peers and their families, including young adults and children in living successfully within the larger community.
6. To explore career options that will help you develop the skills enabling you to find meaningful activity and to learn skills and participate in internship training in the behavioral health field.



The Behavioral Health **S**ervice **P**rovider **I**ndividualized **R**ecovery **I**ntensive **T**raining (SPIRIT) includes two components; the comprehensive classroom training and support program, followed by the individualized Work-Study placement. This program is a collaboration between Contra Costa Behavioral Health Services (CCBHS), Office for Consumer Empowerment (OCE), and Contra Costa College (CCC).

Application Deadline and Mailing Information

Application Process: This APPLICATION is due by October 06, 2023

Please submit your completed application to:

Attention SPIRIT

Contra Costa Behavioral Health Services

Office for Consumer Empowerment

1340 Arnold Drive, Suite 200

Martinez, CA 94553

Fax (925) 957-5156

For further information about the SPIRIT Training or application, please contact:

Janet Costa at: Janet.Costa@cchealth.org (925) 957-5113 or (925) 348-5459

Victoria Fairchild at: Victoria.Fairchild@cchealth.org (925) 723-2729

Training Components

- I. **Intensive Training (SPIRIT I and II):** The classroom training takes place during the Spring 2024 college semester (starting in January 2024) in partnership with Contra Costa College. It consists of two separate three-unit college classes (six units total), SPIRIT I and SPIRIT II. Students take SPIRIT I for the first half of the semester, and then SPIRIT II during the second half of the semester. Students may not participate in SPIRIT II without successful completion of SPIRIT I.
- II. **Work-Study/Summer Internship (SPIRIT III):** The work study portion of SPIRIT takes place during the summer 2024 college semester and includes a six-week, 60-hour internship at a human service agency with once-a-week classroom instruction. Students must successfully complete both SPIRIT I and II to participate in SPIRIT III. Students receive three units of college credits for successfully completing SPIRIT III.
- III. **Allowance:** All students will be eligible for an allowance to assist with transportation and other expenses needed to complete the training.



Anna M. Roth, RN, MS, MHP
Health Services Director
Suzanne Tavano, Ph.D.
Behavioral Health Director

Contra Costa Behavioral Health
Administrative Offices
1340 Arnold Dr. Ste. 200
Martinez CA. 94553
Phone (925) 957-5150
Fax (925) 957-5156

Dear SPIRIT Applicant,

SPIRIT is a behavioral health peer and family-driven focused college course. SPIRIT is facilitated by peers and family members for peers and family members. Because SPIRIT is a collaboration with Contra Costa College, some of your personal and identifying information may be shared and exchanged with the college. Additionally, the College may require some administrative information, such as attendance, grades, conduct, or other college-related activities. Being an applicant or participant in SPIRIT may identify you as a peer of behavioral health services or a family member of a person receiving services.

SPIRIT Application

Please print legibly or type. DO NOT USE CURSIVE HANDWRITING

- Please answer each question carefully. Be as direct and specific as possible.
- Attach extra paper if necessary. Number answers on each page

If you have questions about the application, please contact:

Janet Costa at: Janet.Costa@cchealth.org (925) 957-5113 or (925) 348-5459
Victoria Fairchild at: Victoria.Fairchild@cchealth.org (925) 723-2729

I have read and understand the above statement.

This acknowledgement is advisory only and is not consent to release information.

Signature

Date

Print Name

Phone Number

Behavioral Health Service Provider Individualized Recovery Intensive Training

This program is intended for individuals who fit at least one of the following criteria: **Please check mark the area below that you identify with.**

_____A person who has self-identified as having lived experience of recovery from a mental health condition, substance use disorder, or both.

_____A transition-age youth or young adults 18 - 26 who has self-identified as having lived experience of recovery from a mental condition, substance use disorder, or both.

_____A person with lived experience as a self-identified family member of an adult experiencing a mental health condition, substance use disorder, or both.

_____A person who is parenting or has parented a child or adult experiencing a mental health condition, substance use disorder, or both. This person may be a birth parent, adoptive parent, or family member standing in for an absent parent.

1. Name/Personal Information:

Last: _____

First: _____ Middle Initial: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (_____) _____ Date of Birth: _____
(Voluntary)

Cell Phone: (_____) _____

E-Mail Address: _____

Emergency Contact: _____ Phone: _____

2. Please list two references:

a. Name: _____

Phone: _____

Agency: _____

b. Name: _____

Phone: _____

Agency: _____

11. Please describe an experience you have had working or interacting with someone or a group of people different from yourself. (*Different from you in terms of language, social status, culture, race, religion, sexual orientation, behavioral health diagnosis, ethnic background, or any combination of these*). Please include:

- a) How they were different from you
- b) Describe the experience
- c) What did you learn from the experience?

A. _____

B. _____

C. _____

12. Behavioral health providers must deal with potential conflict amongst co-workers and/or the peers or family members they serve. Please describe: **(provide an answer for each question)**

- a) A situation in your personal or professional life where you've experienced conflict.
- b) What steps did you take to resolve the situation?
- c) What would you do differently were a similar situation to occur again?
- d) What did you learn from this experience?

A. _____

B. _____

C. _____

D. _____

13. Computer Proficiency: Do you know how to do the following tasks on a computer?
(circle answer for each)

- a. Send and receive email: **Beginner Intermediate Advanced**
- b. Type, and print, documents: **Beginner Intermediate Advanced**
- c. Use the internet to do research and register for classes: **Beginner Intermediate Advanced**
- d. Scan and Upload documents: **Beginner Intermediate Advanced**

14. If you speak, read, write, or use another language including American Sign Language in addition to English, please specify the language and circle your level of ability with speaking, reading and writing.

- a. _____ fair good fluent fair good fluent
Language Speaking Reading/ Writing
- b. _____ fair good fluent fair good fluent
Language Speaking Reading/ Writing

15. Please list the most recent **volunteer work** you have done:
(Begin with the most recent. Please use extra paper if needed).

- a. _____
Type of Work Location/Agency Dates Worked
- b. _____
Type of Work Location/Agency Dates Worked
- c. _____
Type of Work Location/Agency Dates Worked

The Opportunity Gap for Children Across Contra Costa County

2021-2022

Dr. Rhiannon Shires

Contra Costa County

Demographic²

(0-17 years)

- African American/Black
- Asian
- Hispanic/Latino
- White
- Other
- 2+ Races

Contra Costa
259,670 kids



West
55,586 kids

Hercules, San Pablo, Richmond



Central
127,227 kids

Concord, San Ramon, Walnut Creek



East
76,906 kids

Pittsburg, Antioch, Brentwood



97%

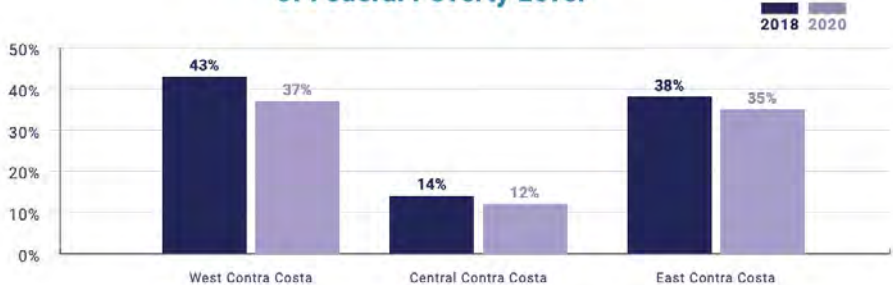
of Contra Costa families with children have at least one working parent⁸

The federal child tax credit, state young child tax credit, and earned income tax credit reduced child poverty despite the economic impacts of the pandemic.^{3,4} Yet, disparities in child poverty across the county persist.^{5,6,7}

Children in Families Below 200% of Federal Poverty Level

43%

of Contra Costa kids have at least one immigrant parent⁹



At least

13%

of Contra Costa youth identify as LGBTQ+¹⁰

Pandemic Impacts

Supervisory District	March 2020 CalFresh Households	May 2022 CalFresh Households	Change (2020 to 2022)
District 1 (West)	9,601	13,383	39%
District 2 (Central)	1,101	2,062	87%
District 3 (East)	7,678	10,376	35%
District 4 (Central)	4,871	7,454	53%
District 5 (West & East)	10,336	14,006	36%
Total	33,587	47,281	41%

Wellbeing

Reported survivors of
child maltreatment

8,553

Survivors of verified
child maltreatment

678

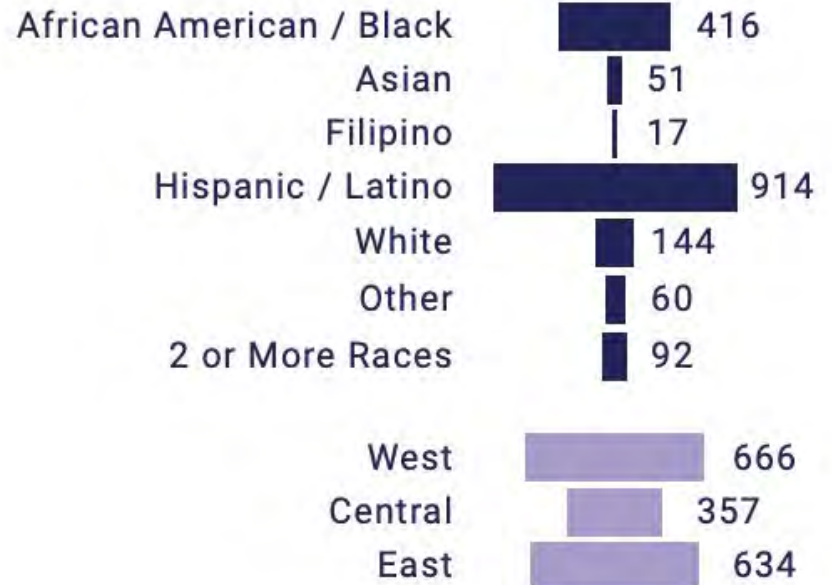
Child maltreatment
fatalities

2

Financial impact of
child maltreatment

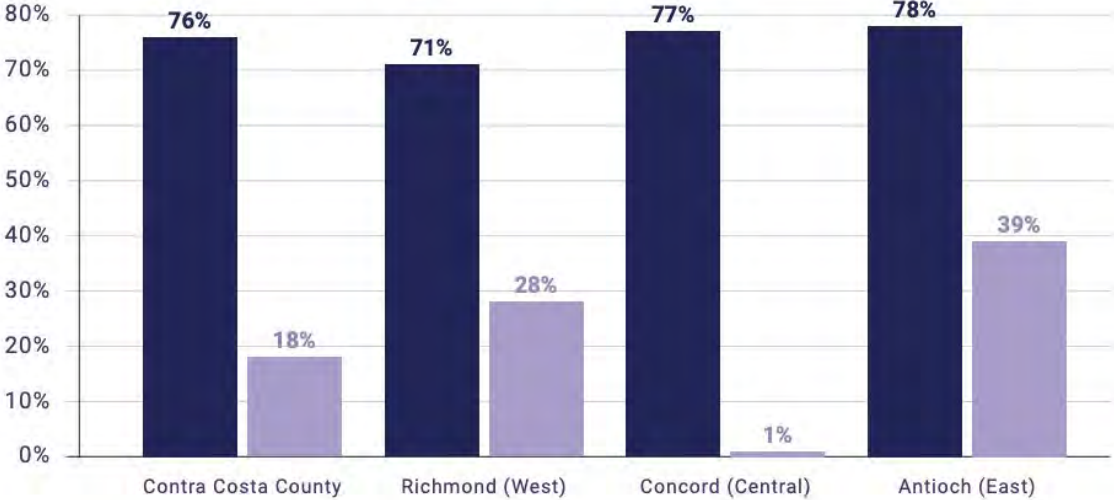
\$340,000,000

Students Experiencing Homelessness in Contra Costa County, 2021-22



Early Learning

Projected Unmet Demand for Child Care in Contra Costa County in 2027

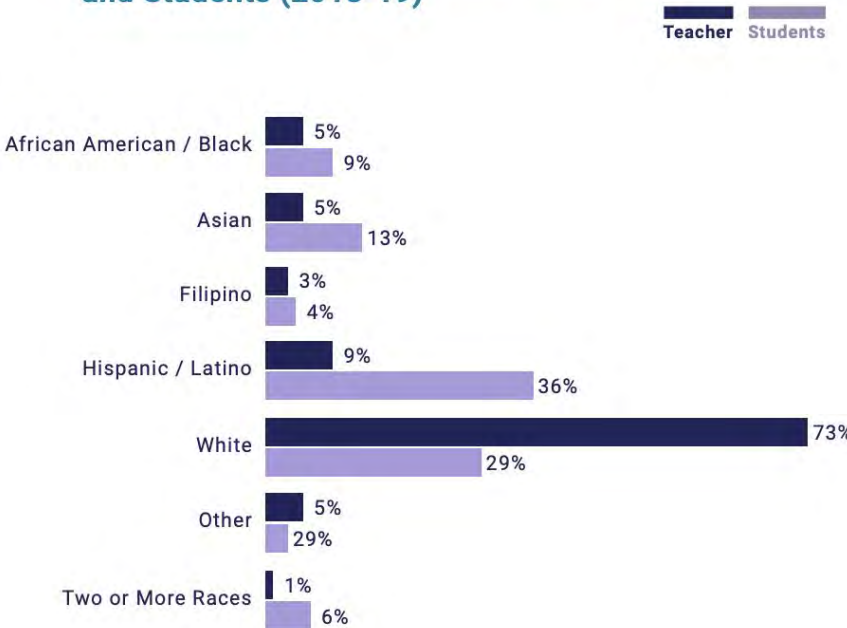


Percent of Infant/Toddler Child Care Demand NOT Met

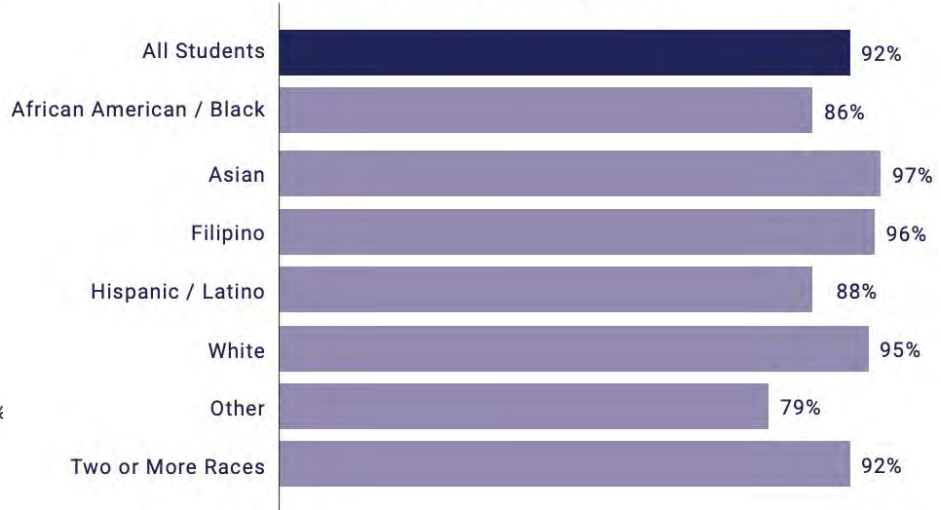
Percent of Preschool Child Care Demand NOT Met

Education

Race and Ethnicity of Contra Costa County Teachers and Students (2018-19)



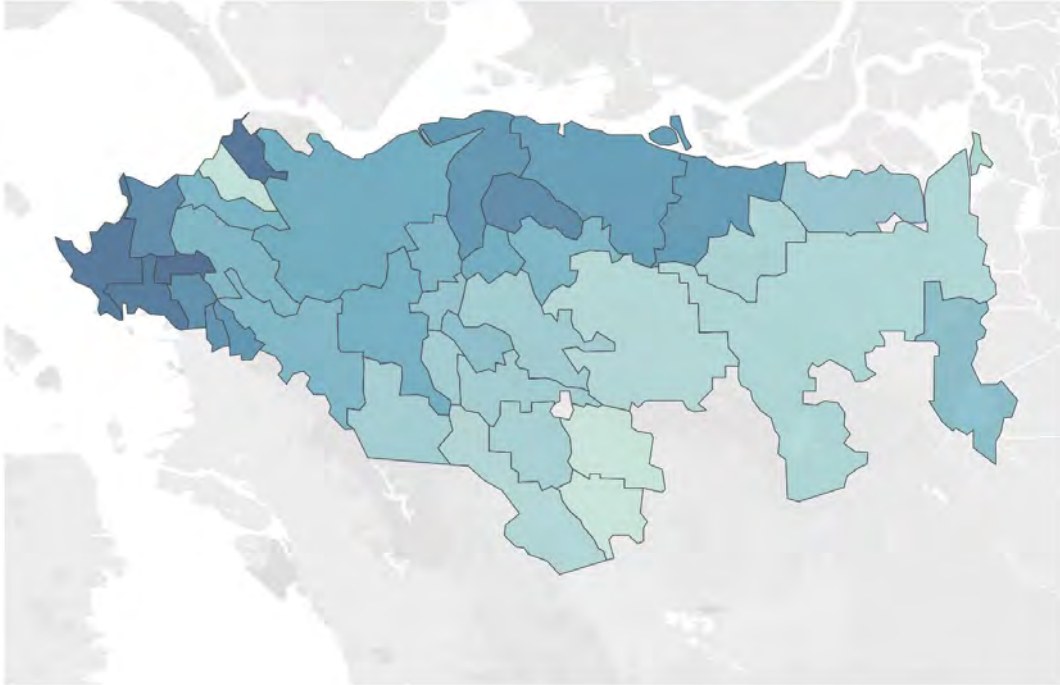
Contra Costa High School Graduation Rates, 2021-22



Health



Children's Average Lead Exposure Risk from Housing in Contra Costa County

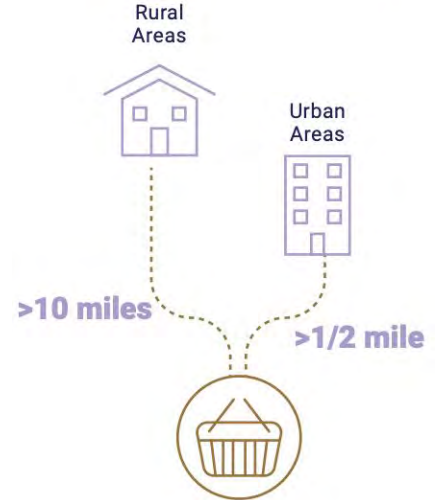


Only
6 in 10

infants in Contra Costa County enrolled in Medi-Cal had 2+ well-child visits before they turned 6 months old³¹

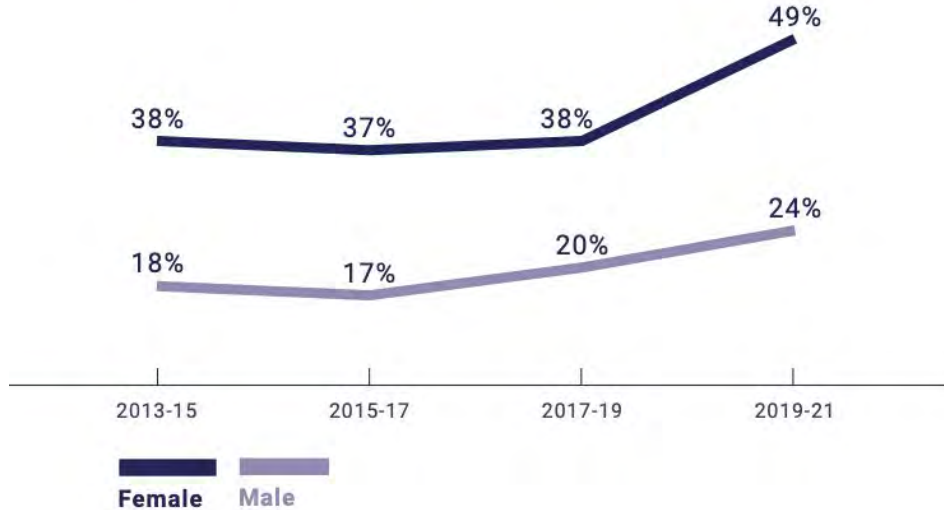


Some Areas of the County are Too Far From Fresh Groceries

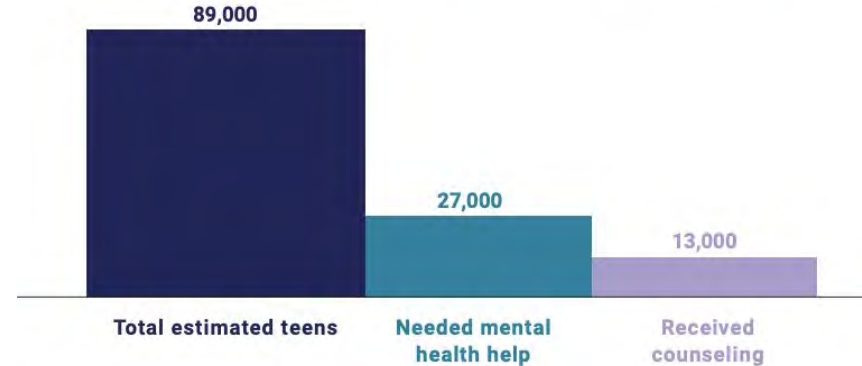


Mental Health

Self-Reported Chronic Sadness/Hopelessness Among Contra Costa's 9th Graders



Too Few Contra Costa Teens Who Needed Mental Health Help Received Counseling, 2018-2021



Recommendations

1. Meet all families where they are
2. Focus on root causes
3. Take a whole-child whole-family approach
4. Recruit and support a diverse and qualified workforce
5. Invest in infrastructure and facilities

Created through a
collaboration of:



Mental Health Commission Guidelines for Nominating Committee, 2024 Elections

Elections Held For:

- Chair
- Vice-Chair
- Executive Committee (minimum of three members, maximum of five, Chair and Vice Chair are automatic members so need to elect one to three additional members)

Timeline:

- September: Formation of Nominating Committee
- September – October: Develop slate
- November: Announce slate
- December: Hold election

Who Votes:

- Only Commissioners vote – not members of the public

Term:

- One year terms
- Chair and Vice Chair may hold their position for three consecutive years only; they may run again for the same position after not holding it for one year

Process:

- Create Elections Committee from Commissioner volunteers
- Select one person to represent/lead the Committee, e.g. give updates at Commission and Executive Committee meetings, lead the voting process at the Commission meeting
- Develop Slate
 - Objective is to develop a list of candidates for each elected role: Chair, Vice Chair and Executive Board Members
 - Identify potential candidates (excluding Supervisor)
 - Email all Commissioners to request that Commissioners interested in a position contact the Nominating Committee; include a description of roles in the email
 - Ask Commissioners for potential candidates too
 - Identify Commissioners who appear to be strong candidates for a leadership role (e.g. experience with the Commission, engaged with Commission issues and work, collegial, speak up at meetings, engaged in the Community)
 - Divide up list of potential candidates among Nominating Committee members
 - Reach out to each potential candidates and walk through: why they are interested in running, job responsibilities and time commitment (note that this is NOT an interview but more a vetting process and chance for Commissioners to

ask questions and to really reflect on whether the role they want to run for is really a good fit)

- Aim for at least two candidates for Chair and Vice Chair and four to five candidates for Executive Committee
- Document candidates
- Announce Slate
 - Ideally, if the slate is ready by one week before the November Commission meeting, provide the slate to the Executive Assistant for inclusion in the meeting packet
 - At the November Commission meeting announce the slate – there will be an item on the meeting agenda for this
- Hold Election
 - For the December meeting election, be prepared with voting materials, method/process for conducting the voting, instructions for Commissioners
 - Since the meeting will most likely be conducted in Zoom, voting materials will need to be a Zoom poll or private Zoom Chat (each Commissioner messages their choices to one member of the Nominating Committee) or other electronic technique that ensures privacy of the voter and ensures that only Commissioners vote (rather than pencil and paper)
 - Tally the votes by entering a break-out room and reviewing the results of the poll or tallying up the votes sent by Chat
 - Winners are selected by simple majority
 - In the case of a tie, ballots may be recast until the tie is broken; if this approach fails to result in a majority winner(s) the vote may be deferred until the next Commission meeting
 - In the event there is only one candidate for the Chair and Vice Chair positions, there is still a vote for these positions; if there is less than three candidates for the Executive Committee slots, there is still a vote for these slots
 - At the end of the vote tallying, announce the winners