

Mental Health Services Act (MHSA) Advisory Council

Thursday, August 10, 2023

3:00 pm – 4:30 pm

In Person:

1340 Arnold Dr. Ste. 126, Martinez, CA 94553

Virtually by Zoom:

<https://cchealth.zoom.us/j/7050090662>

Call In Number: 1-646-518-9805 **Meeting ID:** 705 009 0662

Members Attending:

Douglas Dunn, Jaime Yan Furot, Lucy Espinosa Nelson, Melinda O'Day, Roberto Roman, Jennifer Tuipulotu, Amelia Wood

Behavior Health Director:

Staff Attending:

Janet Costa, Victoria Fairchild, Jessica Hunt, Connie Lee, Ernesto Robles, Ellie Shirgul, Genoveva Zesati

Public Participants:

Cameron, Gigi Crowder, Susan Norwick Horrocks, Shelly Ji, Meaghan Faulkenberry, Shuchen Guo, Leo Li, Ashley Lowe, Taylere Looney, Pamela Perls, Josephine Smedley, Chris Stahl, Kant Wang, Tiffany Wang

Facilitator:

Mark Mora

Recorder:

Audrey Montana

Staff Support:

Jennifer Bruggeman

Excused from Meeting:

Beth Limberg

Absent from Meeting:

Y'Anad Burrell, Chaplain Creekmore, Tom Gilbert, Mashal Kleven, Leslie May, Graham Wiseman

TOPIC	ISSUE/CONCLUSION	ACTION/RECOMMENDATION	PARTY RESPONSIBLE
1. Welcome <ul style="list-style-type: none">Call to OrderRoll CallReview Working AgreementFinalize Meeting NotesAnnouncements<ul style="list-style-type: none">-New Member, Facilitation change	<ul style="list-style-type: none">Welcome, Call to OrderRoll CallReviewed Working AgreementMeeting Notes: Reviewed meeting notes (June 1, 2023). No revisions recommended.Announcements<ul style="list-style-type: none">(Jennifer Bruggeman)<ul style="list-style-type: none">--We have a new member - (Jaime Yan Furot - MHSA Advisory Council)	Information Notes will be posted to MHSA Advisory Council website.	Mark Mora (Facilitator) Audrey Montana to post notes.

TOPIC	ISSUE/CONCLUSION	ACTION/ RECOMMENDATION	PARTY RESPONSIBLE
	<p>--Facilitation Change - Mark Mora from Homebase will no longer be the facilitator for our meetings. We appreciate his great work and his assistance the past years. There will be a new Zoom link for meetings.</p> <p>--The MHSA Three Year Plan has been finalized and will be posted on the MHSA Website soon.</p> <ul style="list-style-type: none"> ○ (Jessica Hunt) This is the last meeting to be facilitated by Mark Mora from Homebase. Thank you very much for the work you have done. For the future, the MHSA Team will host the meetings. A new Zoom link will be provided. ○ (Jennifer Tuipulotu) Thank you, Mark, for your facilitation. ○ (Mark Mora) This is my last meeting. I am still with Homebase and work with the homeless system of care in Contra Costa. So may still see many in the future. ○ (Ellie Shirgul) There is a program from the Dept of Aging and Adult Services that is providing free iPads and training to older adults (65 years old and above). We obtained several for our clients. ○ (Jaime Yan Faurot) SPIRIT applications are available now. Should share and promote the SPIRIT program. ○ (Genoveva Zesati) I share upcoming events with the Advisory Council and Board of Supervisors. 		
<p>2. MHSA Updates</p> <ul style="list-style-type: none"> • MHSA 3 Year Plan Finalization • MHSA Triennial Review 	<p>Jessica Hunt</p> <ul style="list-style-type: none"> • MHSA 3 Year Plan Finalization <ul style="list-style-type: none"> ○ Approved by Board of Supervisors on August 1st ○ The Final version of the plan will be posted on the MHSA website after final version approved ○ Will be notified when the final Plan is posted on the website ○ Will have printed copies available as well • MHSA Triennial Review <ul style="list-style-type: none"> ○ Had the MHSA Department of Health Services review a couple of weeks ago. It went well. 		<p>Jessica Hunt (MHSA Program Supervisor)</p> <p>Genoveva Zesati (Mental Health Services Act (MHSA), Ethnic Services and Training Coordinator, ASA III)</p>

TOPIC	ISSUE/CONCLUSION	ACTION/ RECOMMENDATION	PARTY RESPONSIBLE
3. Update on INN Equity Grants	<p>Presenter: Genoveva Zesati</p> <ul style="list-style-type: none"> Update on the Innovation Community Defined Practices Grants <ul style="list-style-type: none"> Request For Proposal (RFP) Workgroup – completed fourth meeting. One more meeting. RFP will be finalized and released approximately end of August or early September Goal is for bidders’ conference in September Indigo Project will provide technical assistance Provides \$125,000.00 in funding to support Community Defined Practices in underserved or inappropriately serviced communities. Goal for program to run to June 30th, 2026. 		Genoveva Zesati
4. SPIRIT Presentation	<p>Presenters: Janet Costa and Victoria Fairchild</p> <p>PowerPoint Presentation:</p> <p>“SPIRIT – Behavioral Health Service Provider Individualized Intensive Training”</p> <ul style="list-style-type: none"> What is SPIRIT <ul style="list-style-type: none"> SPIRIT 2023 is a nine-unit certificate course taught to peers and family members by peers and family members Collaboration between Contra Costa Behavioral Health’s Office for Consumer Empowerment and Contra Costa Community College Welcomes peers, family members, parents, caregivers, and young adults within the behavioral health system Who is SPIRIT intended for? <ul style="list-style-type: none"> People with lived experience relating to substance use disorders, homelessness, and mental health What is the Goal of SPIRIT? <ul style="list-style-type: none"> Train people to become peer and family providers in the behavioral health field 		<p>Janet Costa (Mental Health Specialist II, SPIRIT Peer Co-Instructor, Certified Peer Specialist, Office for Consumer Empowerment – OCE)</p> <p>Victoria Fairchild (Certified Medi-Cal Peer Specialist, SPIRIT Peer Co-Instructor, CSW II, Office for Consumer Empowerment – OCE)</p>

TOPIC	ISSUE/CONCLUSION	ACTION/ RECOMMENDATION	PARTY RESPONSIBLE
	<ul style="list-style-type: none"> ○ Help individuals identify, develop, and sustain personal support systems, develop, and use personal wellness plan, help others • SPIRIT Video Presentation • Scheduling of SPIRIT <ul style="list-style-type: none"> ○ Six-month course. Mondays & Wednesdays 11:00 am to 2:00 pm. Provides Internships. • SPIRIT Presenters <ul style="list-style-type: none"> ○ Subject matter experts from Contra Costa Behavioral Health, community-based organizations, and College professors. • SPIRIT III - Internships <ul style="list-style-type: none"> ○ During the summer. ○ Completion of SPIRIT I, II & III - graduation ceremony and receive certificates • Career Goals/Continuing Education • 2024 SPIRIT Applications due October 6, 2023 <ul style="list-style-type: none"> ○ The SPIRIT Application is available online on the Behavioral Health Services webpage: https://cchealth.org/bhs/pdf/SPIRIT-application.pdf ○ If any questions or would like this presentation, please email: Janet.costa@cchealth.org Victoria.Fairchild@cchealth.org 		
5. SB 803 (Peer Certification) – Update Q&A	<p>Presenter: Roberto Roman</p> <ul style="list-style-type: none"> • Currently have 62 certified peers. Along with Alameda County, have the highest count of certified Peers. • Of these, 54 received scholarships. • CalMHSA Scholarships have been depleted • If questions, please contact Roberto Roman at: Roberto.Roman@cchealth.org • Some training still available • Specific training not required for certification • If have specialized training (i.e., parent-caregiver), scholarships may be available. Reach out to 		Roberto Roman (Certified Medi-Cal Peer Support Specialist, Team Lead, Office for Consumer Empowerment – OCE)

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	Jennifer Tuipulotu at jennifer.tuipulotu@cchealth.org . Information is on the CalMHSA website.		
6. Dialogue and Update with Contra Costa Behavioral Health Services (BHS) Executive Leadership <ul style="list-style-type: none"> Modernization of MHSA status and Updates Update on housing projects 	<p>Dr. Suzanne Tavano was unable to attend this meeting and will provide an update at the next MHSA Advisory Council Meeting.</p> <p>Jennifer Bruggeman:</p> <p>Dr. Tavano attends the monthly Mental Health Commission meeting and provides updates at that time. The meeting is the first Wednesday of each month. The next Mental Health Commission meeting is September 6th.</p>		Dr. Suzanne Tavano, PhD (Director, Contra Costa Behavioral Health)
7. Public Comment	<ul style="list-style-type: none"> (Jennifer Tuipulotu) Have concerns re the function of this body and the MHSA Modernization bill. Perhaps good to have a meeting to clarify. Response: (Jennifer Bruggeman) In view of the proposed changes and modernization of MHSA, now may be a good time to receive input. Can discuss in detail next meeting. Then will forward information to Dr. Tavano who, in turn, can provide the information to the State. (Douglas Dunn) I also have a major reservation about the proposed changes to MHSA. Yes, need a deeper dive. Discussions then to bring to Board of Supervisors and State Legislators. (Jaime Yan Fautot) Maybe summarize provisions that are most relevant to our County. Should come together, show strength, and go to the capital to show support. (Roberto Roman) This Modernization is fast tracked. We meet again in October but will be done by then. Need detailed discussions next meeting. (Douglas Dunn) Agree. Need to move quickly. (Jennifer Bruggeman) Open to holding a special meeting in September for detailed discussions solely on this issue of proposed changes. 	MHSA AC Members and Attendees	Mark Mora

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8. Plus / Delta – Review of Meeting	<ul style="list-style-type: none"> • (Roberto Roman) SPIRIT Presentation went very well. Appreciate Janet and Victoria. SPIRIT has transformed my life. I can now help others transform their lives. Grateful for that. • (Audrey Montana) Thank you to Mark Mora for facilitating our meetings and ensuring all runs smoothly. Truly appreciated. • (Jaime Yan Fautot) SPIRIT has also helped me. We all support each other. Thank you also to Mark Mora. Thank you for the great, amazing facilitation. 	MHSA AC Members and Attendees	Mark Mora
9. Adjournment & Next MHSA AC Meeting	<ul style="list-style-type: none"> • There may be a Special Meeting scheduled to discuss Modernization of the MHSA. • The next MHSA AC meeting will be October 5, 2023 from 3:00 pm to 4:30 pm. 		Mark Mora

Mental Health Services Act (MHSA) Advisory Council

Thursday, September 7, 2023

3:00 pm – 4:30 pm

In Person:

1340 Arnold Dr. Ste. 126, Martinez, CA 94553

Virtually by Zoom:

<https://cchealth.zoom.us/j/7050090662>

Call In Number: 1-646-518-9805 **Meeting ID:** 705 009 0662

Members Attending:

Douglas Dunn, Jaime Yan Furot, Beth Limberg, Lucy Espinosa Nelson, Marina Ramos, Roberto Roman, Jennifer Tuipulotu

Behavior Health Director: Dr. Suzanne Tavano

Staff Attending: Mariela Acosta, Wilhamenia Allen, Angela Brandon, Janet Costa, Shaunna Devlin, Autmn Fury, Kennisha Johnson, Tamara Joiner, April Loveland, Kelly Perryman, Ernesto Robles, Marie Scannell, Susan Waters, Genoveva Zesati

Public Participants: Phil Arnold, Jeralynn Brown-Blueford, Cassandra, Adrienne Conrad, Wanda Davis, Bryan Forrester, Meaghan Faulkenberry, Peter Myers, Pamela Perls, Jennifer Quallick, Jill Ray, Steven Smith

Facilitator: Jennifer Bruggeman

Recorder: Audrey Montana

Staff Support:

Excused from Meeting:

Absent from Meeting: Y'Anad Burrell, Chaplain Creekmore, Tom Gilbert, Mashal Kleven, Leslie May, Melinda O'Day, Graham Wiseman, Amelia Wood

TOPIC	ISSUE/CONCLUSION	ACTION/RECOMMENDATION	PARTY RESPONSIBLE
1. Welcome <ul style="list-style-type: none">Call to OrderReview Working AgreementAnnouncementsIntroduce New	<ul style="list-style-type: none">Welcome, Call to Order<ul style="list-style-type: none">Introductions completedReview Working AgreementAnnouncements (Dr. Suzanne Tavano) This is a very important subject. This is information we have at this time. Thank you all	Information Notes will be posted to MHSA Advisory Council website.	Jennifer Bruggeman (MHSA Program Manager)

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Member	<p>for being here today.</p> <ul style="list-style-type: none"> • Introduce New Member <ul style="list-style-type: none"> ◦ Marina Ramos (MHSA Advisory Council Member) 		Audrey Montana to post notes.
<p>2. MHSA Modernization</p> <ul style="list-style-type: none"> • Overview of Proposed Changes to MHSA • Understanding SB 326 and latest amendments 	<p>Jennifer Bruggeman</p> <p>PowerPoint Presentation:</p> <p>"Modernization of Mental Health Services Act (MHSA) Overview)"</p> <p>(Copy of Presentation provided post meeting)</p> <ul style="list-style-type: none"> • Background <ul style="list-style-type: none"> ▪ MHSA established by voters in November 2004. Funded through 1% sales tax on Californians. Enhance and transform public behavioral health care system by adding additional services and supports. ◊ Includes Full-Service Partnerships and Prevention and Early Intervention programs and core values. • Proposed Changes <ul style="list-style-type: none"> ▪ Governor Newsom's Proposal to Modernize MHSA. Senate Bill 326 Behavioral Services Act, ▪ SB 531 Behavioral Health Infrastructure Bond Act • Components (current and proposed components) • Comparison (Current and New Components) • Allocations for State and Counties • Summary (Proposed Changes) • Concerns and Advocacy 		Jennifer Bruggeman
3. Q & A	<p>Question and Answer:</p> <p>Jennifer Bruggeman and Dr. Suzanne Tavano</p> <ul style="list-style-type: none"> • Explain Prevention funds going to the State? Will we lose MHSA funding? <ul style="list-style-type: none"> ◦ Prevention is moving to the state (4% taken off the top for County outpatients). But, Early Intervention component will stay with MHSA. • Comment: Concerned with effects on racial disparity. One component is taken away. 		<p>Jennifer Bruggeman</p> <p>Dr. Suzanne Tavano PhD (Director, Behavioral Health Services)</p>

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	<ul style="list-style-type: none"> ○ These proposals changing day by day. Can evaluate once final determinations made. This is information we have today. Is an ongoing process currently and changes still being made. • Heard would wipe out WET and other things to put in the Behavioral Health and Housing component. Any studies on the effect on County? <ul style="list-style-type: none"> ○ Have looked at a couple of projections. Need to wait for the final bill provisions. We have already 30% allocated for housing. The housing changes are not so drastic for our county. Components are flexible. • Comment: Young people seeing many things that have an adverse effect on their minds. They have to apologize in our system. We should not perpetuate that. • Heard definitions of categories are changing. Is there a place we go to find current definitions? <ul style="list-style-type: none"> ○ We do not currently have specifics as to the Early Intervention category. Appears focus will be on young people – zero to 25 years of age. 50% or more of these funds directed toward that age group. • How will affect Peer Community Support Workers (CSW)? Any anticipated impact? <ul style="list-style-type: none"> ○ Do not anticipate any cuts in funding for CSW's • How might changes affect Full-Service Partnership (FSP) programs? <ul style="list-style-type: none"> ○ Modernization changes emphasize FSP's. Do not anticipate any reductions in FSP funding. • Comment: For delinquent Behavioral Health Services, there must be a primary mental health diagnosis. Should increase housing bond to 6.2 billion dollars. Should delay voting date on changes to permit more time to finalize. • Comment: In this process, voices are not heard and not all perspectives are considered. Those receiving support and services are not at this meeting. We must inform them of what is happening and how these proposed 		

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	<p>changes will affect them. Also, must not overlook those with linguistic challenges. Need equity and outreach.</p> <ul style="list-style-type: none"> Prevention will be moved to the State services by population. Outreach handled by the State? <ul style="list-style-type: none"> State looking at prevention services on the group level, population based only. Appears outreach and engagement will be permissible by the County. Comment: Still need funding for Substance Use services. Many people not diagnosed when young. <ul style="list-style-type: none"> Appears funding for Substance Use treatment services will not decrease. Will keep watching this. How is housing effected with the proposed changes? <ul style="list-style-type: none"> Funding has increased for housing. County has already allocated 30% of funding to housing. We did not add to this percentage what we have allocated for other housing supports and services. Need to look at what is remaining after the Housing and FSP components are funded (30% and 35% respectively) which would be the remaining 35% of funds. For housing services and supports, need to evaluate once the bill is finalized. Comment: A week from today is the deadline for any proposed changes. The finalized bill will be on the March 2024 ballot. There are a lot of State initiatives now. How do they relate to this MHSA proposed modernization? <ul style="list-style-type: none"> Emphasis is on Medi-Cal services. More County dollars that are matched to federal funding means more money for the State and the County. 		
4. Public Comment	Public Comment: None		Jennifer Bruggeman
5. Adjournment & Next MASA AC Meeting	<ul style="list-style-type: none"> The next MSHA AC Steering Committee meeting will be September 21, 2023 from 11:00 am to 12:00 pm. The next MHSA AC meeting will be October 5, 2023 from 3:00 pm to 4:30 pm. 		

Contra Costa Behavioral Health

Stakeholder Calendar

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Mental Health Commission (MHC): 4:30 — 6:30 pm (In-Person/Online/Telephone)	5 Council on Homelessness: 1:00—3:00 pm (Online/Telephone) MHSA Advisory Council (MHSA AC): 3:00—4:30 pm (In-Person/Online/Telephone)	6	7
8	9 Reducing Health Disparities (RHD): (No Meeting)	10	11 Elder Wellness and Advocacy Coalition (EWAC): 2:00—3:30 pm (Online/Telephone)	12 Social Inclusion: 1:30—3:30 pm (In-person/Online/Telephone)	13	14
15	16	17	18	19 MHSA AC Steering (No meeting) MHC Quality of Care: 3:30 — 5:00 pm (In-Person/Online/Telephone)	20	21
22	23 Innovation/System of Care: 2:30 — 4:00 pm (Online/Telephone)	24 Behavioral Health Care Partnership: 1:30—3:00 pm (in-person/Online/Telephone)	25 AOD Advisory Board: 4:00 — 6:15 pm (In-Person/Online/Telephone)	26	27 Suicide Prevention Committee (SP) 9:00 — 10:30 am (Online/Telephone) SP Youth 3:30 — 4:30 pm (Online/Telephone)	28
29	30	31				

Contra Costa Behavioral Health Stakeholder Calendar November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Mental Health Commission (MHC): 4:30 — 6:30 pm (In-Person/Online/Telephone)	2 Council on Homelessness: 1:00—3:00 pm (Online/Telephone) MHSA Advisory Council (MHSA AC): 3:00—4:30 pm (In-Person/Online/Telephone)	3	4
5	6 Reducing Health Disparities (RHD): 3:00 — 4:30 pm (Online/Telephone)	7	8 Elder Wellness and Advocacy Coalition (EWAC): 2:00—3:30 pm (Online/Telephone)	9 Social Inclusion: 1:30—3:30 pm (In-person/Online/Telephone)	10 <i>Veterans' Day</i> <i>Holiday</i>	11
12	13	14	15	16 MHSA AC Steering 11:00 am —12:00 pm (Online/Telephone) MHC Quality of Care: 3:30 — 5:00 pm (In-Person/Online/Telephone)	17	18
19	20 Innovation/System of Care: (No Meeting)	21 Behavioral Health Care Partnership: 1:30—3:00 pm (in-person/Online/Telephone)	22 AOD Advisory Board: 4:00 — 6:15 pm (In-Person/Online/Telephone)	23 <i>Thanksgiving</i> <i>Holiday</i>	24 <i>Thanksgiving</i> <i>Holiday</i>	25
26	27	28	29	30		

Contra Costa Behavioral Health 2023

Committee Email Contacts**

Alcohol & Other Drugs (AOD)

Advisory Board

fatima.matalso@cchealth.org

Behavioral Health Care

Partnership (BHCP)

jennifer.tuipulotu@cchealth.org

Elder Wellness and Advocacy

Coalition (EWAC)

ellen.shirgul@cchealth.org

Health, Housing &

Homeless Services (H3)

jaime.jenett@cchealth.org

Innovation / System of Care

(INN/SOC)

jennifer.bruggeman@cchealth.org

jessica.hunt@cchealth.org

Membership (MHSA - MAC)

audrey.montana@cchealth.org

Mental Health Commission (MHC)

angela.beck@cchealth.org

Mental Health Services Act (MHSA)

MHSA Advisory Council (MAC)

audrey.montana@cchealth.org

Reducing Health

Disparities (RHD)

genoveva.zesati@cchealth.org

Social Inclusion (SI)

cynthia.ayala@cchealth.org

Steering (CPAW)

audrey.montana@cchealth.org

Suicide Prevention (SP)

jessica.hunt@cchealth.org

****** If you have any questions, please contact the Mental Health Services Act (MHSA) office by phone at **(925) 313-9525** or email at MHSA@cchealth.org.

(August 2023)



Behavioral Health Service Provider Individualized Recovery Intensive Training



CONTRA
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COLLEGE

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.



Behavioral Health 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 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.**

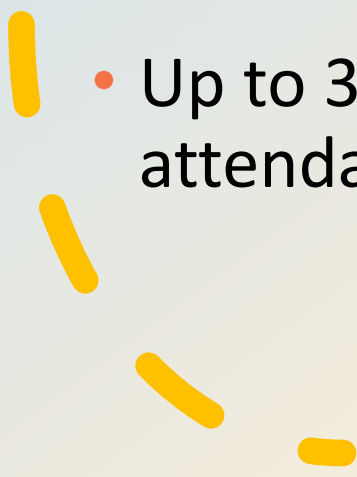


SPIRIT III - Internships

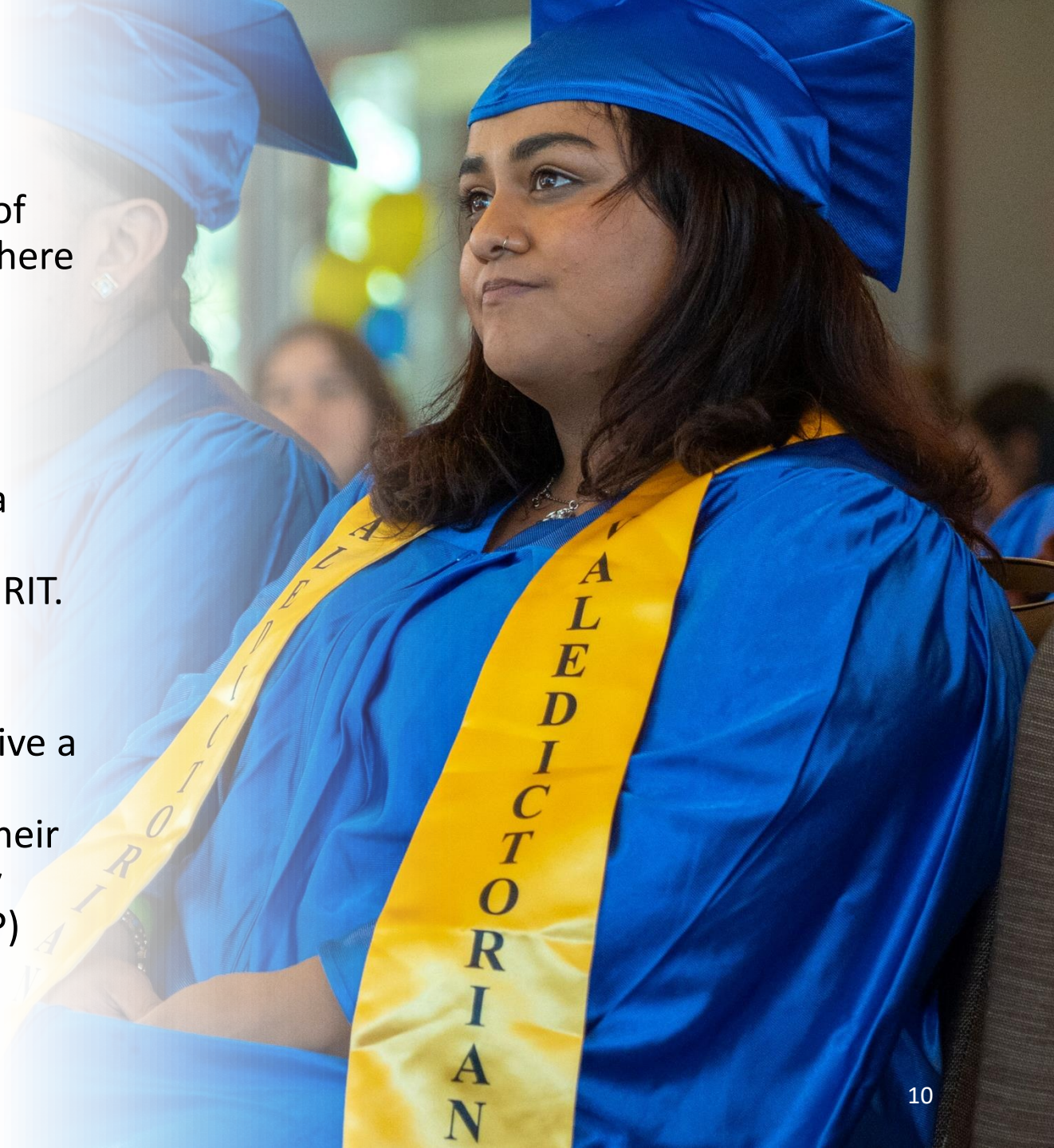
- SPIRIT- III takes place during the Summer semester.
- Classes are on Mondays from 11:00am to 2:00pm.
- Tuesdays through Fridays, students participate in a 6-week Internship through a local behavioral health agency acquiring 60 hours minimum.



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.
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- 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