

Stakeholder Sharing

MHSA Consolidated Planning Advisory Workgroup (CPAW) August 5, 2021 Meeting

Highlights of news to share and areas discussed at recent Contra Costa Behavioral Health Services (CCBHS) supported stakeholder meetings:

Adult Committee

- Meetings canceled until further notice

Aging and Older Adult Committee (AOA) (July 28th)

- The Older Adult COVID-19 Workgroup will meet on July 28th via Zoom. Due to the late in the month regularly scheduled meeting, a summary of this Committee meeting could not be provided before publication of this Stakeholder Sharing Information. An update as to this meeting will be provided at the CPAW meeting.
- The next meetings will be held July 28th and August 25th from 2:00 – 3:30 pm via Zoom

Alcohol and Other Drugs (AOD) Advisory Board (July 28th)

- The Alcohol and Other Drugs (AOD) Advisory Board will meet via Zoom on July 28th. Due to the late in the month regularly scheduled meeting, a summary of this Advisory Board meeting could not be provided before publication of this Stakeholder Sharing Information. A summary of the June AOD Advisory Board meeting is provided.
- Alcohol and Other Drugs Advisory Board Meeting of June 23rd
 - David Seidner (Mental Health program Chief) and Dr. Sonia Sutherland (Interim Medical Director) made a PowerPoint presentation on Detention Health's Response to the Contra Costa Prison Law Office's Negotiations and the Consent Decree which was approved in February 2021
 - Since 2017, a Value Stream Mapping Event was conducted, A Suicide Prevention program was implemented, and Medication Assisted Treatment (MAT) was added
 - Efforts for better care for those transitioning from jail to the hospital & vice versa
 - Contra Costa was one of the first counties to start vaccinations for all inmates
 - Fatima Matal Sol (Program Chief, Alcohol and Other Drugs Services)
 - Introduced new AOD staff: Sonya Blunt (Substance Abuse Supervisor) and Lashondra Goode (Perinatal Services – Perinatal Services and Substance Abuse Counselor)
 - Contra Costa was awarded a grant for treatment in the jail
 - Executive Committee updated the Board's Action Plan.
 - Community Awareness Committee – Preparing for meeting with Office of Education re kids using drugs and alcohol on campus, monitoring school bathrooms, alternatives to detention and suspension (i.e., referral for drug treatment)
 - H3 is helping homeless who could not pay rent during COVID
- The next meetings of the Alcohol and Other Drugs Advisory Board will be held via Zoom on July 28th and August 25th from 4:00 pm to 6:15 pm.

Behavioral Health Care Partnership (BHCP)

- Update will be provided at the CPAW meeting

Children, Teens and Young Adults Committee

- Meetings canceled until further notice

Health, Housing and Homeless Services (H3) (July 1st)

- Update will be provided at the CPAW meeting

Innovation Committee

- There was no meeting in July. The next meeting will be held on August 23rd from 2:30 pm to 4:00 pm via Zoom.
- This Committee meets every other month. The next meeting after this August meeting will be held in October.

Mental Health Commission (MHC) (July 7th)

- The Mental Health Commission (MHC) met on July 7th via Zoom
- MHC 2021 Retreat is set for October 6, 2021, from 3:00pm-6:30pm. Overlapping the usual MHC meeting. Discussion regarding the theme and who to invite from Behavioral Health Services (BHS) and the County.
- Site Visit Program (SVP) sign up will start in early August and will be addressed at the next meeting. Site visits will be conducted one per month starting in September through the end of the year. Six candidate sites have been selected and will be finalized which four will be chosen dependent on Commissioner priority/interest from the sign-up data
- Site Visit commissioner training will be conducted one hour prior to the MCH meeting in September
- Presentation received/discussion of State Hospital plans to reduce patient population. Commissioner Dunn brought the Commission up to date on what is happening with the Dept of State Hospitals (DSH) Plan, the issues, and problems the county faces with the lack of Mental Health housing and resources if this happens, as well as the efforts of NAMI and various other advocates fighting this budget initiative
- Behavioral Health Director's Report - (1) update on Crisis Stabilization Unit for youth as an alternative to Psychiatric Emergency Services (PES); (2) Nod to Commissioner Dunn for raising the issue regarding the state hospitals and comments to that from BHS viewpoint; (3) CalAIM and the reform of the Medicaid program in California changes to be implemented; and (4) consulting externally on contracts (how they are written and the language/working with county council) and getting contracts in good standing to coincide with the CalAIM implementation
- MHSA Plan updates and public comments
- The next Mental Health Commission meeting will be Wednesday, August 4th from 4:30 pm to 6:30 pm via Zoom

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

- The Mental Health's Commission - Quality of Care Committee met on July 15th via Zoom
- Site Visit selection of six adult sites to visit. There will be four site visits (Sept-Dec 2021) and the process of assigning sites to Commissioners (sign ups) has been set and emails will go out the week prior to the main MHC meeting. There will be time on the Agenda to address questions/comments. The site selections and commissioner assignments will be sent out via email the end of the week after the commission meeting
- Discussion of protocol for SVP training. Training will be held one hour prior to the September MHC meeting

- More discussion on reporting and who/how to distribute the final report findings
- Discussion continues on plan to move forward with "Housing that Heals" agenda - Emphasis on "housing" and not "beds"/"Housing First" creates housing without adequate care/programming for people with a Serious Mental Illness (SMI)
- "Alternative Destinations" recommended by the RIE3 design team (in addition to Psychiatric Emergency Services, County Hospital, or Detention). This has been put on hold as the team is revisiting/reworking this
- The next Quality of Care Committee meeting will be Thursday, August 19th from 3:30 pm to 5:30 pm via Zoom

Reducing Health Disparities (RHD) (June 7th)

- The Reducing Health Disparities workgroup met on June 7th via Zoom. No meeting in July.
- United Way Bay Area (UWBA) presented on Earned Income Tax Credit (EITC), tax preparation support, and shared information on importance of ensuring everyone receives full amount of stimulus payments and EITC
- Discussed and shared information on the various equity efforts taking place throughout the County
- Next meeting scheduled for Monday, August 2nd from 3:00 pm to 4:30 pm via Zoom

Social Inclusion (July 8th)

- The Social Inclusion Committee met on July 8th via Zoom
- Reflecting on the committee's tenth anniversary, we explored what we have accomplished in the last decade, and our vision and hope for the future
- We began to plan for our September event celebrating Recovery Month and promoting Suicide Prevention Awareness
- The Committee for Social Inclusion's next meeting is scheduled for Thursday, August 12th from 1:30 to 3:30 PM on Zoom. More information, including the Zoom link, will be available soon. To join the Social Inclusion mailing list, contact Roberto.Roman@cchealth.org or call (925) 957-5105

Suicide Prevention Committee (July 23rd)

- The Suicide Prevention Committee met on July 23rd
- There was a presentation from Each Mind Matters on their Suicide Prevention Week 2021 Outreach Kits
- We also discussed event planning for the Suicide Prevention Community Forum scheduled for September 9, 2021
- The Youth Subcommittee continued discussions on the September event
- The next meeting of the Suicide Prevention general coalition will be on August 27th from 9:00 am to 10:30 am via Zoom. The Youth sub-committee will meet that same date thereafter from 11:00 am to 12:00 pm via Zoom.
- At the Suicide Prevention general coalition meeting to be held in August, will review progress on the Community Forum as well as review the Report Card being created for distribution at the event. An initial draft of the update Suicide Prevention Strategic Plan will also be reviewed for feedback.

System of Care Committee (SOC)

- The System of Care Committee did not meet in July
- The next Committee meeting will be held via Zoom on Wednesday, August 11th from 10:00 am to 11:30 am
- For the August meeting the tentative items to be shared - Update on the No Place Like Home application outcome

Training Advisory Workgroup (TAW)

- No meeting held in July
- Next Training Advisory Workgroup meeting tentatively scheduled for September 14th from 3:00 to 4:30 pm via Zoom

GLOSSARY OF TERMS AND ACRONYMS USED IN BEHAVIORAL HEALTH

MHSA Consolidated Planning Advisory Workgroup (CPAW)

TERM	MEANING
4C	The hospital's inpatient psychiatric unit.
5150	Section 5150 is a section of the California Welfare and Institutions Code (in particular, the Lanterman–Petris–Short Act or "LPS") which authorizes a qualified officer or clinician to involuntarily confine a person suspected to have a mental disorder that makes him or her a danger to themselves, a danger to others, and/or gravely disabled. (from https://en.wikipedia.org/wiki/5150_%28involuntary_psychiatric_hold%29)
ACT	Assertive Community Treatment (see Laura's Law)
AOA	Aging/Older Adult -- an age category, adults 65 years or older
AOD	Alcohol and Other Drugs
AOT	Assisted Outpatient Treatment. (see Laura's Law)
BHD	Behavioral Health Division – it includes the Mental Health and the Alcohol and Other Drugs systems of care.
CANS	Children and Adolescent Needs and Strengths Assessment
CBO	Community-Based Organization, a private organization that provides services to County beneficiaries.
CBT	Cognitive Behavioral Therapy, a current method of therapy that takes a hands-on, practice approach to problem-solving.
CCMH(P)	Contra Costa Mental Health (Plan)
CCRMC	Contra Costa Regional Medical Center
CON REP	Conditional Release Program
Consumer	People using mental health services are called consumers instead of patients (a term with a negative connotation). Calling these people consumers "...conveys the idea that individuals who are receiving psychiatric services should have choices and should participate in the decision making,..." (from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3080679/)
CPAW	Consolidated Planning Advisory Workgroup, an advisory body to the Behavioral Health Director regarding planning and evaluation of MHSA-funded services and supports.
CPPP	Community Program Planning Process – The process used by the County to develop Three-Year Expenditure plans for their MHSA funds, which involves meeting with stakeholders in the community for their feedback and ideas.
CSS	Community Services and Supports
CSW	Community Support Worker – a peer support staff person.
DHCS	California State Department of Health Care Services

TERM	MEANING
Dual diagnosis or dual disorder	A person who has a mental health disorder along with some type of substance abuse disorder. Each problem must be treated separately, but one disorder can complicate the other one, so they have to be coordinated.
EBP	See Evidence-Based Practice
EHR/EMR	Electronic Health Record / Electronic Medical Record
EQRO	External Quality Review Organization, a company who contracts with the State to perform annual audits. Also used to review to the audit process itself.
ERMHS	Educationally Related Mental Health Services; school-based mental health services for children.
Evidence-Based Practice (EBP)	Evidence-based practice is the integration of the best available research with clinical expertise in the context of patient characteristics, culture and preferences. (from http://www.apa.org/practice/resources/evidence/)
FFP	Federal Financial Participation, a program that allows us to claim reimbursement for certain approved services provided to consumers.
Forensic mental health	Mental health services provided for use in court or otherwise in connection with a legal matter.
FSP	Full Service Partnership, a community-based program that provides intensive mental health services.
FY	Fiscal Year (July through June)
Gravely disabled	WIC Sec. 5008 defines “gravely disabled” as not being able to provide for one’s one personal needs for food, clothing, or shelter.
HIPAA	Health Insurance Portability and Accountability Act. See http://www.dhcs.ca.gov/formsandpubs/laws/hipaa/Pages/1.00WhatisHIPAA.aspx
ICC	<ul style="list-style-type: none"> • Intensive Care Coordination, associated with Katie A. • Intensive Care Coordinator
IMD	Institution for Mental Diseases, a category of hospital that primarily cares for persons with mental illness.
IMPACT	Improving Mood Providing Access to Collaborative Treatment, a resource for older adults experiencing depression while receiving care.
JACS	Juvenile Assessment and Consultation Services (Juvenile Hall)
Katie A.	A class action suit known as <i>Katie A. v. Bonta</i> was filed in July 2002. It challenges California's failure to provide home-based and community-based mental health services to children who are in the foster care system or at risk of removal from their families.
Laura’s Law	A California state law that allows for court-ordered assisted outpatient treatment for a person who has a serious mental illness plus a recent history of psychiatric hospitalizations, jailings or acts, threats or attempts of serious violent behavior towards [self] or others. It is a lower level of intervention than a 5150 hold for those who need some type of intervention but are not critical enough to meet criteria for a 5150 hold.

TERM	MEANING
LCSW	A credential: Licensed Clinical Social Worker
LGBTQQI	Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, and Intersex – see http://www.urbandictionary.com/define.php?term=LGBTQQI
LPS Conservatorship	The Lanterman-Petris-Short Act (WIC 5000 et seq.) allows a person with a serious mental disorder or otherwise gravely disabled to have a court-ordered conservator to manage their needs for food, clothing, and shelter in lieu of having them involuntarily committed to an institution.
LPT	A credential: Licesned Psychiatric Technician
LVN	A credential: Licensed Vocational Nurse
MDFT	Multidimensional Family Therapy
MFT	A credential: Marriage and Family Therapist (MFTi is an MFT intern)
MHC	Mental Health Commission; an advisory body to the Board of Supervisors
MHCS	Mental Health Clinical Specialist, a County job classification
MHP	Mental Health Plan, a contract with the State to provide mental health services
MHRC	Mental Health Rehabilitation Center, a type of IMD
MHSA	Mental Health Services Act, a voter-approved initiative that provides funding for community based mental health services and supports for California residents.
MHSIP	Mental Health Statistics Improvement Project, also referred to as a Consumer Perception Survey.
Miller Wellness Center	The George and Cynthia Miller Wellness Center is located next door to the psychiatric emergency room and has primary care clinics and a psychiatric urgent care center.
MCRT	Mobile Crisis Response Team
MHSOAC	Mental Health Services Oversight and Accountability Commission
MORS	Milestones of Recovery Scale, an evaluation tool for tracking the progress of recovery for individuals with mental illness.
MRT	Mobile Response Team
MST	Multisystemic Therapy, an intensive family- and community-based treatment program for juvenile offenders
MSW	A credential: Master of Social Work (not board-certified)
NAMI	National Alliance for the Mentally Ill; see http://www.nami.org
OCE	Office for Consumer Empowerment
Payee	A person who manages a mental health client’s finances.
PCP	Primary Care Provider
PEI	Prevention and Early Intervention
PES	Psychiatric Emergency Services; the psychiatric emergency room.
PHI	Protected Health Information, any information that might identify an individual. PHI must be kept confidential per HIPAA.
PIP	Performance Improvement Project, a concentrated effort on a particular problem in one area of the facility or facility-wide.

TERM	MEANING
PPP	Positive Parenting Program (also called Triple-P)
PsyD	A degree: Doctor of Psychology
QA	Quality Assurance
QI	Quality Improvement
QIC	Quality Improvement Coordinator
RFP	Request for Proposal – when the County announces that they are looking for a company to provide specific services on a contract basis
RHD	Reducing Health Disparities
ROI	Release of Information, when a consumer wants a copy of their health care records sent to someone else.
SAMHSA	Substance Abuse and Mental Health Services Administration
SED	Seriously Emotionally Disturbed (used only for children)
SMHS	Specialty Mental Health Services
SOC	System of Care
SPIID	Services and Programs Integration Implementation Design
SPIRIT	Service Provider Individualized Recovery Intensive Training, a program for peer and family support worker training that qualifies them for employment as a peer support worker. It generally starts in January of each year and consists of two 3-unit classes at Contra Costa College followed by a 6-week internship of 10-15 hours per week.
SPMI	Serious and Persistent Mental Illness (pronounced “speemee”)
Stakeholder	A person or organization who has a vested interest in our behavioral health system. Example of stakeholders are consumers, family members of consumers, and providers.
START	Short Term Assessment of Resources and Treatment
SUD	Substance Use Disorder
TAW	Training Advisory Workgroup.
TAY	Transitional age youth – an age category, those between ages 16 and 25
TBS	Therapeutic Behavioral Services
WET	Workforce Education and Training
WIC or W&I	California Welfare and Institutions Code
WRAP	Wellness Recovery Action Plan, a plan to help a mental health consumer manage their mental health disorder.
Wraparound	A continuum of social services provided to the most at-risk youth in the justice system, tailored towards building strengths, promoting success, safety, and permanency in home, school, and the community. (from http://www.cjcf.org/Direct-services/Wraparound-Program.html)
WREACH	Wellness Recovery Education for Acceptance, Choice and Hope

Innovation Projects in Contra Costa County

An Overview

CPAW 7/1/21

What is Innovation (in MHSA)?

One of the five MHSA components

Provides the opportunity to develop & test new, unproven mental health models

Primary purpose is to do one of the following:

- Increase access to mental health services for underserved
- Increase quality of mental health services
- Promote interagency & community collaboration

Can address any age group or population

Must be new/innovative to your county

Local projects vs. multi-county collaborations

5% of MHSA budget

5 Year Funding Limit

- Project ideas are vetted through the local stakeholder process (Community Planning Process)
- Proposals require 30-day public comment period
- Proposals must be approved by the Mental Health Services Oversight & Accountability Commission (MHSOAC)
- Approved projects are included in the 3 Year Plan & require BOS approval

How is a
Project
Chosen?

Local Existing Projects

Coaching to Wellness



Overcoming
Transportation Barriers



Partners in Aging



Center for Recovery &
Empowerment (CORE)



Cognitive Behavioral
Social Skills Training
(CBSST) in Board & Cares

What's Next?

Three of the five current projects will sunset by 2021

CORE & CBSST – funded through 2023

New innovative projects to reflect existing and emerging community needs

Prioritizing New Innovation Project Needs

- **Community Crisis Response efforts**
<https://cchealth.org/bhs/crisis-response/>
- **Crisis Intervention Program for Co-Occurring Conditions (PES alternative)**
- **Addressing Supported Housing**
- **Culture-Specific Community Practices**

How Can I Stay Involved?

- CPAW Meetings (monthly)
- Innovation (CPAW Sub-Committee) Meetings (bi-monthly)
- Contact Us @:
 - MHSA@cchealth.org
 - <https://cchealth.org/mentalhealth/mhsa/>
 - Main Office: 925-313-9525
 - Jennifer.Bruggeman@cchealth.org or jessica.hunt@cchealth.org

Contra Costa Behavioral Health Stakeholder Calendar August 2021

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

Contra Costa Behavioral Health

August 2021

Committee Email Contacts**

Adults	robert.thigpen@cchealth.org
Aging and Older Adults	ellen.shirgul@cchealth.org
Alcohol & Other Drugs (AOD) Advisory Board	fatima.matalso@cchealth.org
Behavioral Health Care Partnership (BHCP)	jennifer.tuipulotu@cchealth.org
Children, Teens & Young Adults	candace.collier@cchealth.org
Consolidated Planning Advisory Workgroup (CPAW)	audrey.montana@cchealth.org
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Innovation	jennifer.bruggeman@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	roberto.roman@cchealth.org
Steering (CPAW)	audrey.montana@cchealth.org
Suicide Prevention	jessica.hunt@cchealth.org
System of Care	genoveva.zesati@cchealth.org
Training Advisory Workgroup (TAW)	genoveva.zesati@cchealth.org

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

What is the NAMI Basics Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. No diagnosis necessary. Learn about the illnesses that are causing challenges, and the critical role families play in the treatment of those illnesses. Also red flags, communication approaches, school issues and other subjects will be discussed. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties during childhood or adolescence.

NAMI Basics Education six session class will be held at 2151 Salvio Street, Suite V in Concord, from 9:30 AM to 12 PM, beginning Wednesday, September 22, 2021. The class and all materials are provided free of charge. Preregistration is required.*



Counselors, teachers, school administrators and nurses and all other professionals working with youth are also invited to attend.

Participant Perspectives

“NAMI Basics bridges the gap. It provides help that can’t be found in a doctor’s office.”

“The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward.”

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Contra Costa is an affiliate of NAMI California. NAMICC is a non-profit organization, #68-0209474. Dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

***For information or required Preregistration for BASICS Education Program contact Susan at susanh@namicontracosta.org, or call 925-262-3404 or 925-942-0767**

Don’t allow transportation or other barriers prevent you from attending this important course. Contact Gigi Crowder at 510-990-2670 if you need support to attend or require an accommodation.

Classes will be held on six consecutive mornings, September 22, 29 and October 6, 13, 20 and 27.

ENDING THE SILENCE

NAMI Contra Costa is currently expanding its Transitional Age Youth program with new staff, including Tristan Siebold, Juan Soria and Bella Quinto Collins who facilitate a weekly support group on Tuesdays from 6-7:30 p.m. for individuals impacted by mental illness between the ages 16-24. Mariela Acosta and Jesse Robbins have returned and will be continuing Ending the Silence, a 50-minute program designed for middle and high school audiences. This transformational program is devoted to giving students an opportunity to learn about mental illness through an informative presentation with short videos and personal testimony. Through the presentation, students learn symptoms and indicators of mental illness, and are given ideas about how to help themselves, friends, or family members who may be in need of support. Time is left after the presentation for Q&A where the students can have interaction. NAMI CC presented to four high schools virtually during the winter months. To become a presenter for ETS contact mariela@namicontracosta.org or jesse.robbins@namicontracosta.org.

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"You Are Not Alone!" 
www.namicontracosta.org