



Meeting Minutes

CONTRA COSTA COUNTY Mental Health Services Act Advisory Council

Thursday, October 3, 2024

3:00 PM 1340 Arnold Drive, Suite 126, Martinez |
<https://cchealth.zoom.us/j/7050090662> | Call-In:
1-646-518-9805 Access Code 7050090662

1 Welcome – Review Working Agreement, Introductions, Announcements, Review Minutes

Members Attending: Douglas Dunn, Jaime Yan Furot, Beth Limberg, Melinda Oday,
Jennifer Tuipulotu

Behavior Health Director:

Staff Attending: Cynthia Ayala, Elaine Cortez Schroth, Victoria Fairchild,
Tamara Joiner, Connie Lee, Kelly Perryman, Jonathan San Juan,
Genoveva Zesati

Public Participants: Ashley Lacey-Ontiveros, Pablo Martinez

Facilitator: Jessica Hunt, Jennifer Bruggeman

Recorder: Audrey Montana

Staff Support:

Excused from Meeting: Roberto Roman, Graham Wiseman

Absent from Meeting: Tom Gilbert, Mashal Kleven, Brittany Lawrence,
Lucy Espinosa Nelson, Marina Ramos, Amelia Wood

Information: MHSA Advisory Council Meeting Materials 10.03.2024

[24-3232](#)

Attachments: [MHSA Advisory Council - Meeting Materials 10.03.2024](#)

(Jennifer Bruggeman - MHSA Program Manager)

- Welcome, Review Written Agreement, Intros
- Announcements
(Jaime Yan Furot) Shared a flyer for the Strength & Sustainability Peer Statewide Conference 2024. will be October 7th at Courtyard Marriott in Richmond. Email: StateConference2024@lavoywagner.com
- Meeting Notes: Reviewed meeting notes (August 1, 2024). No revisions recommended.

- 2 Updates:
- SB 326 State-level Advocacy
 - MX Funding Opportunity for CCBHS

(Jennifer Bruggeman - MHSA Program Manager)

- SB 326 State-Level Advocacy
- MX Funding Opportunity for CCBHS
 - o Measure X funding will likely be released in the upcoming months. Details will follow. Emails will be sent out as usual on funding notices.

- 3 Behavioral Health Director Report Out

(Dr. Suzanne Tavano, PhD - Director, Behavioral Health Services)

Dr. Tavano did not present at this meeting. Scheduled to present at next MHSA Advisory Council meeting.

- 4 Take Action for Whole Health (formerly WRAP)

Presenters: Cynthia Ayala
(Certified Medi-Cal Peer Support Specialist,
Office for Peer and Family Empowerment - OPFE)

Jonathan San Juan
(Certified Medi-Cal Peer Support Specialist,
Taking Action Wellbeing Mentor, OPFE)

PowerPoint Presentation – “Taking Action for Whole Health and Wellbeing“

- Taking Action for Whole Health and Wellbeing is a Copeland Center Course
 - o Co-facilitated group process that supports individuals in creating a personalized system for recovering, and/or improving their whole health outcomes and enhancing their lifestyles
 - o Curriculum based on US Substance Abuse and Mental Health Administration (SAMHSA) Taking Action curriculum
 - o Over two decades of input from over 30,000 international peers of the Copeland Center and is Peer led by trained co-facilitators
 - o Based on Self-Directed Care, Wellness Self-management, Motivation Theory and Peer Support.
- Move Toward Wellness/Strength Based Approach
 - o Acknowledge every individual has a unique set of strengths and abilities that he/she can rely on to overcome problems
 - o Fosters hope
 - o Staff experiences their own recovery, embrace shared humanity, build spirit of mutuality to be as well as possible
- Social Isolation and Loneliness can cause
 - o Heart disease and stroke, Type 2 diabetes, depression, anxiety, suicidality, self-harm, dementia and an earlier death
- Connection
 - o Connection to people, places, things and internal connection as well
 - o Ability to disconnect as needed but also to reconnect
 - o Is essential to how we self-direct our well being
 - o Connection through in person peer support, reflections and positive activities
- Reviewed Taking Action Values and Ethics Fidelity Checklist
- Recovery Tools, Skills and Strategies
 - o Peer support and counseling
 - o Healthcare and medications
 - o Finalizing wellness tools
 - o Personal and community resources
 - o Diet, exercise, light, sleep, relaxation, diversion, fun
 - o Dealing with troubling thoughts, feelings, experiences
- Action Planning for Prevention and Recovery
 - o Is individualized – Plan for ourselves
 - o Improves ability to communicate with family/health care providers
 - o Addresses feelings, behaviors, circumstances most troubling to us with action plans

Comments and Response to Questions:

- (Beth Limberg) How do we get people into this program? Response: (Cynthia Ayala)

Right now we are training the trainers. We will be doing another training of trainers in April. Then work on getting the program to the community.

- (Jaime Yan Fautot) Just want to ensure inclusive. Is there a booklet? Response: (Cynthia Ayala) There is a pamphlet. We are just expanding the self in this approach. A different approach. (Jonathan San Juan) Recovery topics can expand also. Encourage creativity.
- (Douglas Dunn) Can we get pamphlets information? Response: (Cynthia Ayala) Can obtain from the Copeland Center website. We will be bringing materials to clinics.

5 Support 4 Recovery

Presenters: Ashley Lacey-Ontiveros
(Hispanic Outreach Navigator, Support for Recovery)

Pablo Martinez
(Hispanic Outreach Program Manager, Hispanic Outreach Navigator,
Program Manager, Support for Recovery)

- Will present on Support 4 Recovery Program: Website: support4recovery.org
- Provide Housing and Recovery resources
- Pueblos del Sol was initially the only Hispanic Spanish speaking treatment in Contra Costa County addressing substance abuse issues
- A two-year study was conducted. Studied obstacles to accessing services where language and cultural barriers were significant. Identified needs and hurdles that left Hispanic individuals underserved.
- Culminated in documentary, “Finding Hope in America”
- The Hispanic Average Project emerged aimed at facilitating and guiding Hispanics towards obtaining crucial services with dignity and ease.
- Few beds for Hispanic men and none for women
- Tide began to turn this year with Measure X
 - o Substantial funding received from Measure X in 2024
 - o Dedicated outreach in culture informed support
 - o Aspire to bridge gaps with empathy, tailored assistance to navigate path to recovery
 - o To foster an inclusive environment where members of the Hispanic community can find solace, support and hope in the journey towards healing, development and recovery
 - o Now funding for those coming out of detox or jail who could not be placed into treatment
 - o Funding for women’s workshops and focus groups
 - o Workshops help Hispanic women find services for those in need of assistance with substance abuse
 - o See that Hispanic women in families are the ones who reach out to assist family members. Supporting them is very important in order to support others.
 - o Please see the documentary on our website. Women detail the challenges to trying to help and support loved ones
 - o Helped those qualified for MediCal but some did not have valid ID obtain services
 - ☐ Took a year and a half to provide help
 - ☐ Formed a partnership with the Mexican Consulate in San Francisco
 - ☐ Bring those coming out of treatment to the consulate, provide information and obtain a legal Mexican passport
 - ☐ They can then go to the DMV and obtain California ID card
- Family reunification
 - o Assist when children taken away, or dealing with custody or visitation issues
 - o We help them through the process, so they do not get discouraged and go back on the streets
- Bilingual Counselors
 - o Received funding to start workshops.
 - o Certified 5 counselors (two state certified)
- Women’s Treatment Program
 - o Ashley Lacey-Ontiveros is a Hispanic Outreach Navigator
 - o Goes to programs and supports Spanish speaking women. Most programs in

Contra Costa do not have anyone on staff who speaks Spanish.

- o Go to court to support women who lost their kids
 - o Most groups mixed in the county, but women also need their own space to talk and receive support
 - o Support and inspire Spanish speaking women and provide hope
 - Also provide workshops in the jails. Scheduled to hold a women's workshop in Contra Costa West
 - Provide education and try to help stop recidivism.
 - We tell people there is help and they do not need to suffer. Spanish speakers do not have all the resources available to them.
 - We advocate for them. As a community and collaborating with other organizations, we can overcome that
- Comments and Response to Questions:
- (Jaime Yan Furot) I have resources I can share.
 - (Genoveva Zesati) Are you still providing training to Providers? Yes. Still training staff to be Spanish speaking counselors in Contra Costa County.

6 Public Comment / Plus Delta

(Jennifer Bruggeman - MHSA Program Manager)

- (Cynthia Ayala) Want to thank Pablo and Ashley for all their hard work and dedication to the community. It does not go unnoticed. Getting the word out about support and recovery.
- (Kelly Perryman) Thank you, also. You continue to astonish. Keep going. You are going to continue doing great things.
- (Elaine Cortez Schroth) I am with the Contra Costa Crisis Center. Thank you on behalf of 211. Important to provide this information to our Call Center.
- (Victoria Fairchild) Very proud of you both.

7 Adjournment

(Jennifer Bruggeman - MHSA Program Manager)

- The next MSHA AC Steering Committee meeting will be November 21, 2024 from 11:00 am to 12:00 pm.
- The next MHSA AC meeting will be December 5, 2024 from 3:00 pm to 4:30 pm.