



AGENDA

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

(Meeting Time: 3:00 pm to 4:30 pm) (Hybrid Meeting In-Person and Via Zoom)

The Mental Health Services Act Advisory Council will provide reasonable accommodations for persons with disabilities planning to attend the Advisory Council meetings. Contact the staff person listed below at least 72 hours before the meeting. Any disclosable public records related to an open session item on a regular meeting agenda and distributed by the County to a majority of members of the Advisory Council less than 96 hours prior to that meeting are available for public inspection at 1340 Arnold Drive, Suite 200, Martinez, during normal business hours. Staff reports related to items on the agenda are also accessible on line at www.contracosta.ca.gov. Public comment may be submitted via electronic mail on agenda items at least one full work day prior to the published meeting time.

- 1 Welcome – Review Working Agreement, Intros
 - Announcements
 - Review and approve minutes(MHSA Staff) (Call to Order) (10 Minutes)

Information: MHSA Advisory Council Meeting Materials 10.03.2024

[24-3232](#)

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

- 2 Updates:
 - SB 326 State-level Advocacy
 - MX Funding Opportunity for CCBHS(MHSA Staff) (Information and Discussion) (10 Minutes)
- 3 Behavioral Health Director Report Out
(Dr. Suzanne Tavano) (Information and Discussion) (25 Minutes)
- 4 Take Action for Whole Health (formerly WRAP)
(Office for Peer and Family Empowerment Staff) (Information and Discussion)
(20 Minutes)

- 5 Support 4 Recovery
(Ashley Ontiveros) (Information and Discussion) (20 Minutes)
- 6 Public Comment / Plus Delta
(MHSA Staff) (Information and Discussion) (5 Minutes)
- 7 Adjournment
(MHSA Staff) (Information and Discussion)
Next Meeting: Thursday, December 5, 2024

Facilitator: Jessica Hunt
Staff Support: Jennifer Bruggeman, Geni Zesati
Recorder: Audrey Montana

Helpful MHSA Advisory Council Meeting Information

- o MHSA Orientation: Please contact MHSA staff directly for questions and materials.
- o Instructions for public comment and stakeholder input: MHSA Advisory Council welcomes and encourages public participation in its meetings. This time is reserved for members of the public to address topics that are on the agenda. Guests are asked to make their comments brief and may be asked not to exceed two minutes. For agenda items, public comment will be invited at the time those items are addressed. Each interested party is to indicate their interest at the request of the facilitator upon conclusion of Committee discussion of each item. Time is allotted on the agenda for public comment on matters that do not pertain to a specific agenda item.
- o If a reasonable accommodation is needed due to a special need in order to participate in this meeting, please contact Audrey Montana at (925) 313-9525 or audrey.montana@cchealth.org.
- o Any disclosable public records related to an open session item on a regular meeting agenda and distributed by the staff to a majority of the members of MHSA Advisory Council less than 96 hours prior to that meeting are available for public inspection at 1340 Arnold Drive, Suite 200, Martinez during normal business hours.

Working Agreement

The counsel and advice of all participants is highly valued in planning and evaluating Mental Health Services Act (MHSA) funded programs and services. To provide a space for all voices to be expressed in a productive, safe and respectful environment, the following governance agreements have been adopted:

1. Come prepared to discuss the published agenda items and handouts.
2. We are committed to starting and finishing on time. Please help by being on time, speaking to the topic at hand and returning from breaks on time.
3. Turn your cell phone ringers off; take any calls outside and away from the entrance.
4. Avoid providing any distractions, such as side bar conversations.
5. Wait to be recognized before speaking and keep your comments brief.
6. Please identify to the group your perspective, affiliation or potential conflict of interest if you are participating in discussions that lead to group positions or recommendations.
7. When internal group decisions need to be made, such as MHSA Advisory Council or sub-committee governance issues, members will attempt to reach consensus, or, if necessary, decide by a simple majority. For a group position or recommendation made through the MHSA Advisory Council to Contra Costa Behavioral Health Services, participants may be asked if they support, do not support, or do not wish to take a position. The number of MHSA Advisory Council members and non-members in each response category should be reported.
8. It is okay to disagree politely and respectfully, as different perspectives are welcomed and encouraged.
9. Please refrain from criticizing in a negative manner a specific person or agency during the meeting and in group communications. Outside of the meeting please speak to the staff supporting the meeting for assistance in having your concerns heard and addressed through the appropriate channels.
10. An individual may be asked to leave should they behave in a manner that threatens the safety of our group members or does not honor the terms of this working agreement.



CONTRA COSTA COUNTY

1025 ESCOBAR STREET
MARTINEZ, CA 94553

Staff Report

File #: 24-3232

Agenda Date: 10/3/2024

Agenda #:

Advisory Board: Mental Health Services Act (MHSA) - Advisory Council

Information: MHSA Advisory Council - Meeting Materials 10.03.2024



**Psychiatric
Advance Directive™**
My Plan • My Voice

Multi-County Digital Psychiatric Advance Directive (PAD) Project

Presented by

Kiran Sahota, Concepts Forward Consulting
Project Director



PADs Phase One

What were we trying to accomplish?

- Standardized digital template
- PADs facilitator training
- Create a digital web-based platform
- Outcomes-driven and evaluation
- Legislative and policy advocacy


What was created

An iterative process to create:

- Standardized PAD components
- Expanded components to create digital fillable and drop-down questions.
- Peer-driven creation of Logo and Motto
- Not just one evaluation on the participatory nature of the build but also the digital story and user experience with the evaluation from both RAND and BBI.
- AB 2352
- First digital PAD Platform is for use and accessibility anywhere globally.

Hello! 🖐️
I'm Richard.

He/Him



"I love dogs, the Dodgers, and 70s rock n roll. I have a wife and 4 daughters."

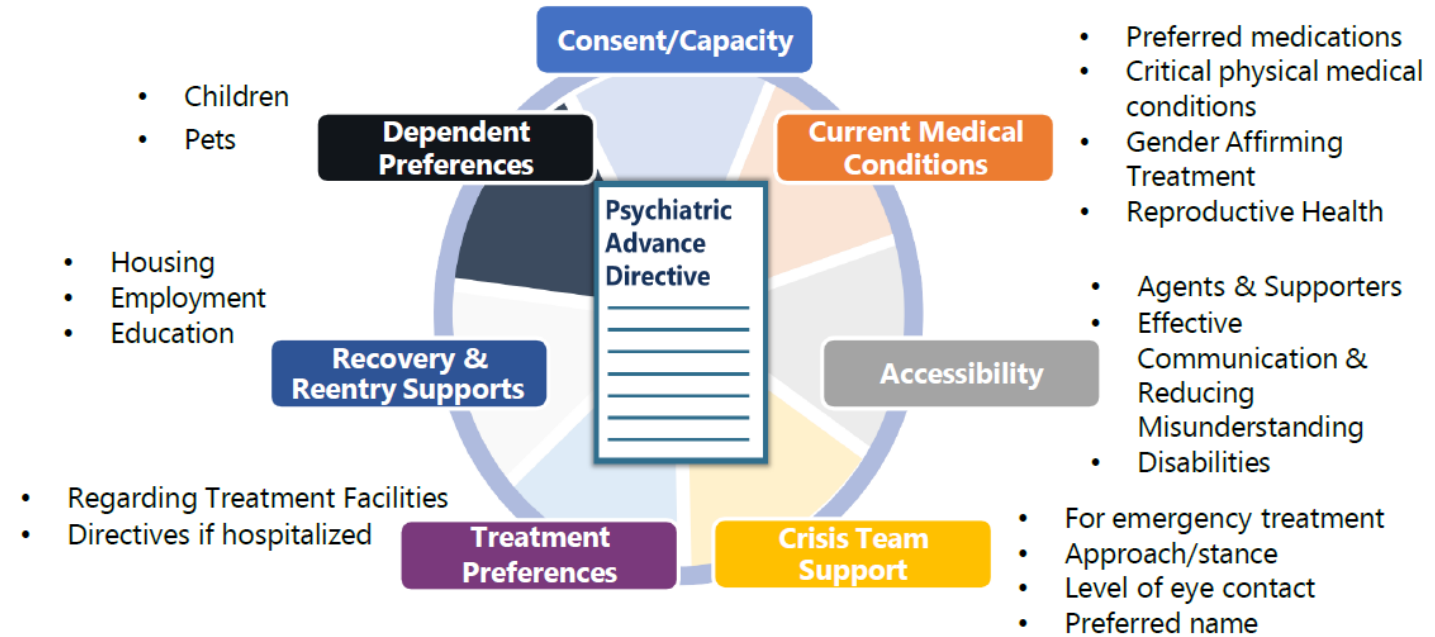
🕒 PAD last updated 3 days ago



Psychiatric Advance Directive

My Plan • My Voice

Identified PAD Digital Categories



Phase Two

What's next?

- Technology that is guided, humanizing, recovery-based, and transformative.
- Training that goes beyond a one-and-done but “boots” on-the-ground engagement, information, public-service announcements, social media, and hands-on approach in a longitudinal effort for consistency.
- Legislative efforts that uplift the use, access, and importance of Directives.
- Testing the digital PAD in use and access.

Alignment with MHSOAC and Prop 1

PADs are a perfect fit.

- **PADS aligns with the current MHSOAC strategic planning;**
 - Advocacy for system improvement,
 - Supporting universal access to mental health services,
 - Participation in the change in statutes, and
 - Promoting access to care – across the continuum.
- **Proposition 1 framework:**
 - Unhoused individual, housing and supportive services,
 - Full-Service Partnership,
 - SB 43,
 - Early Psychosis, and
 - Mobile Crisis.

PADs a Perfect Fit

Most importantly, digital PADs are a perfect fit across the continuum of care:

- Justice-involved, including 90-day reach-in with scheduled to release incarcerated,
- Assisted Outpatient Treatment (AOT),
- Fully Service Partnership (FSP),
- Housing insecure,
- Individuals who visit Wellness Centers,
- Crisis Residential Programs,
- Follow-up after hospitalization (either in-patient or emergency department),
- Non-minor dependents, college students or transitional-aged youth (TAY), including college students and early psychosis intervention, and
- CARE Courts.

Sustainability

Reduced recidivism in jails and hospitals = increased funding

Peer facilitators can bill Medi-Cal = increased funding

Partnerships and collaborations to identify appropriate resources = road to recovery

Additional legislation = sustainability

Future of Behavioral Health, health care, and policing by utilizing Directives = sustainability

Collaboration

Painted Brain

CAMHPRO

Disability Rights of CA

Cal Voices

Mental Health America of CA

NAMI of CA

CA Hospital Association

CBHDA

BHSOAC

Patient Rights Attorneys

CA Firefighters Assoc.

County LE

Psychiatrist Assoc. of CA

SAMHSA

SCAHRM

Thank You

www.padsCA.org



SPiRiT

Behavioral Health Service Provider Individualized Recovery Intensive Training



CONTRA
COSTA
COLLEGE

CONTRA COSTA
HEALTH



What is SPIRIT?



Behavioral Health Service Provider Individualized Recovery Intensive Training

- SPIRIT stands for Service Provider Individualized Recovery Intensive Training
- SPIRIT 2025 is a 9-unit college course taught in collaboration with Contra Costa Behavioral Health's Office for Peer and Family 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?

- ▶ 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.

What is the goal of SPIRIT?

- ❖ **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.**
- ❖ **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.**
- ❖ **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.**
- ❖ **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.**
- ❖ **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 2025 is a 6-month course starting in January and ending in July. Totaling 9 units, 111 hours of class time plus 60 hours of internship.**
- **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 at Contra Costa College in San Pablo.**

SPIRIT III - Internships

- **SPIRIT- III takes place during the Summer Semester.**
- **Classes are on Mondays from 11:00am to 2:00pm.**
- **Tuesday through Friday, students participate in a 6-week Internship through a local behavioral health agency acquiring 60 hours minimum.**
- **Internships are assigned through our annual Work Study Fair, where students submit their resumes and cover letters. Based on these, students are chosen for interviews with collaborating behavioral health programs to find appropriate internship placements.**

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.**

Upon completion of SPIRIT I, SPIRIT II and SPIRIT 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



2025 SPIRIT Applications

Due: October 4, 2024

Please contact SPIRIT Peer Instructors



Bianca Connor- Peer Support Specialist

(925) 839-0669 Bianca.Connor@cchealth.org

Victoria Fairchild- Certified Medi-Cal Peer Support Specialist # XECLTHJDUBIWZSGF

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

Office for Peer and Family Empowerment

1340 Arnold Dr. Ste 200

Martinez CA. 94553

Contra Costa Behavioral Health Stakeholder Calendar October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Mental Health Commission (MHC): 4:30 – 6:30 pm (In-Person/ Online/ Telephone)	3 Council on Homelessness: 1:00–3:00 pm (Online/Telephone) MHSA Advisory Council (MHSA AC) 3:00–4:30 pm (In-Person/Online/ Telephone)	4	5
6	7	8	9 Elder Wellness and Advocacy Coalition (EWAC): 2:00–3:30 pm (Online/Telephone)	10 Social Inclusion: 1:30–3:30 pm (In-person)	11	12
13	14	15 Behavioral Health Care Partnership: 1:30–3:00 pm (In-person/ Online/ Telephone) MHC Justice Systems Committee: 3:30 – 5:00 pm (In-Person/Online/ Telephone)	16	17 MHC Quality of Care: 3:30 – 5:00 pm (In-Person/Online/ Telephone)	18	19
20	21 Mental Health Commission (MHC) Finance Committee: 3:30 – 5:00 pm (In-Person/ Online/ Telephone)	22	23 AOD Advisory Board: 4:00 – 6:15 pm (In-Person/ Online/Telephone)	24	25 Suicide Prevention (SP) 9:00 – 10:30 am (Online/Telephone) SP Youth 3:30 – 4:30 pm (Online/Telephone)	26
27	28 Innovation/System of Care: 2:30 – 4:00 pm (Online/Telephone)	29 Social Inclusion (Planning meeting): 1:30–2:00 pm (Online/Telephone)	30	31		

Contra Costa Behavioral Health Stakeholder Calendar November 2024

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

Contra Costa Behavioral Health 2024

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	jennifer.bruggeman@cchealth.org jessica.hunt@cchealth.org
MHSA Advisory Council Membership Committee	audrey.montana@cchealth.org
Mental Health Commission (MHC)	angela.beck@cchealth.org
Mental Health Services Act (MHSA) MHSA Advisory Council	audrey.montana@cchealth.org
Reducing Health Disparities (RHD)	genoveva.zesati@cchealth.org
Social Inclusion	april.loveland@cchealth.org
Steering (MHSA Advisory Council)	audrey.montana@cchealth.org
Suicide Prevention	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.

(April 2024)