

Contra Costa County Alcohol and Other Drugs Advisory Board
1220 Morello Avenue, Suite 101
Martinez, CA 94553
(925) 335-3307; fax (925) 335-3311

“The mission of the Contra Costa County Alcohol and Other Drugs Advisory Board is to assess family and community needs regarding prevention and treatment of alcohol and other drug-related problems. Resultant findings and recommendations are forwarded to the Health Services Department and the Board of Supervisors. The Board also serves as an advocate for these findings and recommendations to the communities that we serve.”

This meeting will be held in-person and via Zoom “hybrid” in accordance with AB 2449

A G E N D A

Wednesday, November 20, 2024, 5:15 PM – 6:00 PM

Zoom Meeting <https://cchealth.zoom.us/j/94725400865> Meeting ID: 947 2540 0865 Or Phone: 1-646-518-9805

1025 Escobar Street, 1st Floor, Rm 168 | Martinez, CA 94553

<u>District 1</u>	5:15	I.	<u>Call to Order, Welcome and Introductions</u> – Logan Campbell, Chair*
Olivia Liou		II.	<u>Review and Adopt the Agenda</u> – Logan Campbell, Chair*
<u>District 2</u>		III.	<u>Review and Approval of Draft Minutes of September 25, 2024, and Special Meeting of October 3, 2024</u> – All* there was no meeting in October 2024. A joint informational session was held to include the Mental Health Commission and AOD Board
Shelley Clark			informational session was held to include the Mental Health Commission and AOD Board
<u>District 3</u>		IV.	<u>Public Comment</u> – The Public and Board members may comment on any item of public interest not already on the agenda but within the jurisdiction of the Alcohol and Other Drugs Advisory Board (AODAB). (Maximum three minutes per speaker)
Vacant			
<u>District 4</u>	5:25	V.	<u>Staff Report and Updates</u> Fatima Matal Sol, AOD Program Chief
Kristin Smith		VI.	<u>Debrief on Joint Informational Session for Integration of the Behavioral Health Board held on October 23, 2024</u> – All
<u>District 5</u>	5:27		
Logan Campbell		VII.	<u>Review and Approve Annual Report 2024</u> – All*
<u>At- Large Member</u>	5:32	VIII.	<u>Committee Highlights</u>
Vacant	5:42		• Executive – Logan Campbell, Chair
Vacant			• Community Awareness – Olivia Liou
Roland Fernandez			• Programs and Services – Nicole Green
Vacant		IV.	<u>Old Business</u>
Nicole Green	5:45		• Review Progress of Goals for 2024. – Logan Campbell, Chair* All
Vacant			• Prop 1 and Behavioral Health Board. Changes take effect 1/1/2025. Logan
<u>At- Large Alternate</u>			• Measure X CAO Update – Staff
Vacant			• Debrief AODAB September 25, 2024, meeting at DVC – All
Vacant		X.	<u>Liaison Reports</u>
* Indicates Action Item	5:50		• Contra Costa Council on Homelessness – Nicole Green
			• Tobacco Prevention Coalition – Vacant
			• Mental Health Commission – Vacant
			• MEDS Coalition – Vacant
			• Community Advisory Board (CAB) – Nicole Green
			• Community Reports – All
	5:52	XI.	<u>New Business</u>
			• Alcohol License: No Licenses for review.
			• Cannabis License Initiatives: No Licenses for review.
			• Community Events, Update Only
	5:55	XII.	<u>Public Comment</u> – The Public and Board members may comment on any item of public interest not already on the agenda but within the jurisdiction of the Alcohol and Other Drugs Advisory Board (AODAB). (Maximum three minutes per speaker)
		XIII.	<u>Adjourn</u>
	6:00		

AODS will provide reasonable accommodations for persons with disabilities planning to attend the meetings who should contact staff at least 24 hours before the meeting at (925) 335-3307.

The Contra Costa County Alcohol and Other Drugs Advisory Board (AODAB) welcomes and encourages public participation at each meeting. Public comments on the agenda or any item of interest within the jurisdiction of the AODAB are restricted to a maximum of three minutes per speaker. Topics not posted on the agenda may be addressed by the general public, however, California Law prohibits a Board or Commission from taking action on matters which are not on the agenda, unless in specific instances as stated under the Brown Act. Any person wishing to address this Board on matters not posted on the agenda should bring their request to the attention of the Chair, Vice Chair or Staff of the Board. Any disclosable public records related to an open session item on a regular meeting agenda and distributed by the staff supporting the AOD Board distributed to a majority of AODAB members less than 96 hours prior to that meeting are available for public inspection at 1220 Morello Ave. Suite 101 Martinez, CA 94553 during normal business hours. For more information, contact Fatima Matal Sol (925) 335-3307

**CCC ALCOHOL AND OTHER DRUGS ADVISORY BOARD MEETING
MONTHLY DRAFT MINUTES**

Wednesday, September 25, 2024

Meeting at Diablo Valley College (DVC) Pleasant Hill Campus

This meeting was held in-person and via Zoom “hybrid” in accordance with AB 2449.

Members Present: Olivia Liou, Shelley Clark (Remote), Kristin Smith, Logan Campbell, Roland Fernandez, and Nicole Green.

Members Absent: None.

Staff Present: Fatima Matal Sol, AODS Program Chief; Jessica Recinos, County Prevention Coordinator; Sonya Blunt, AODS Program Supervisor; Maritza Monterrosa, Parent Navigator; and the Office for Peer & Family Empowerment.

Other Attendees: Jill Ray, Ashley M, Mariella Sanding, Nicole Gardner, Brian Murphy, Shanelle Scales-Preston, Andrew Mcallister, Shannan Mclaughlin, Annette Corriveau, Diablo Valley College (DVC) Students, DVC Staff: Brandon Ignatowski, and various Substance Use Treatment Providers.

<u>TOPIC</u>	<u>ISSUE/CONCLUSION</u>	<u>ACTION/ RECOMMENDATION</u>
I. <u>CALL TO ORDER</u>	The meeting was called to order by Logan Campbell.	LOGAN CAMPBELL CALLED THE MEETING TO ORDER AT 4:08 PM.
II. <u>REVIEW AND ADOPT THE AGENDA</u>	Logan Campbell opened the floor to review the September 25, 2024, agenda as presented.	LOGAN CAMPBELL MMS BY KRISTIN SMITH TO ADOPT THE AGENDA AS PRESENTED. MOTION APPROVED. AYES: Olivia Liou, Shelley Clark, Kristin Smith, Logan Campbell, Roland Fernandez, and Nicole Green NOES: None. ABSENT: None. ABSTAIN: None.
III. <u>REVIEW AND APPROVAL OF DRAFT MINUTES OF AUGUST 28, 2024. MEETING</u>	Logan Campbell opened the floor to approve the August 28, 2024, Board Draft Monthly Meeting Minutes with edits: <ul style="list-style-type: none">Kristin Smith requested to reflect the public comment provided by John Dante to the August 28, 2024, meeting minutes.	NICOLE GREEN MMS BY LOGAN CAMPBELL TO ADOPT THE MINUTES WITH EDITS. MOTION APPROVED. AYES: Olivia Liou, Shelley Clark, Kristin Smith, Logan Campbell, Roland Fernandez, and Nicole Green. NOES: None. ABSENT: None. ABSTAIN: None.
IV. <u>PUBLIC COMMENT</u> The public and Board members may comment on any agenda item of public interest within the jurisdiction of the Alcohol and Other Drugs Advisory Board. (Maximum three minutes per speaker).	Kristin Smith stated that the Programs and Services Committee was supposed to hold a special meeting in September to discuss the finalization of the committee’s survey which posed conflict with the Brown Act. Olivia agreed with Kristin’s statement. In addition, she thanked AOD for having youth SUD counselors at high schools. Logan announced that one of the Board member would need to leave early which will disrupt quorum.	

<p>V. <u>Measure X Request for AODAB to Participate in Review Panel</u></p> <p>To review, evaluate and rank proposals for MX-funded Innovation Funds. Vote to nominate one or two individuals for consideration. Criteria must be met.* - Logan</p>	<p>Logan explained in great detail the request and requirements of the Measure X participation in the Review Panel. Logan explained the criteria and time commitment of approximately 24-36 hours to review, evaluate and rank proposals submitted for the County’s Measure X-funded Innovation Fund grant program. Logan summarized the request stating that the Advisory Board is being asked by the County Administrator’s Office (CAO) to nominate one to two individuals for consideration. Logan opened the floor for nominations for consideration.</p>	<p>EACH BOARD MEMBER SUBMITTED THEIR NOMINATIONS AS FOLLOWS:</p> <ul style="list-style-type: none"> • Olivia nominated Roland and Olivia • Kristin nominated Olivia and Roland • Roland nominated Nicole and Logan. • Nicole nominated Nicole and Logan. • Logan nominated Nicole and Roland. <p>THE VOTE WAS INCONCLUSIVE. A DECISION WAS MADE TO HOLD A SPECIAL MEETING WILL BE HELD TO CONVENE VOTE.</p>
<p>VI. <u>Presentation of Recovery Champion Awards</u> – Logan Campbell – All.</p> <p>National Recovery Month and Appreciation to DVC’s Addiction Studies Program</p>	<p>Logan opened by stating that September is National Recovery Month and thanked everyone for attending. There were 8 nominations for Recovery Champion Award and they were all selected.</p> <p>Proclamations were presented for Nicole, Brian, Shanelle Scales-Preston, Andrew, Shannan, and Annette who were present, and acknowledgements were shared for each individual recognizing their hard work, efforts, and dedication to supporting recovery. Unfortunately, Adam and Ashely were unable to attend.</p> <p>Board members each took a moment to express their gratitude to recipients for their continued work throughout the community.</p>	<p>THE RECOVERY CHAMPION AWARD RECIPIENTS WERE AS FOLLOW:</p> <ul style="list-style-type: none"> • Nicole Gardner • Brian Murphy • Adam Wilson • Shanelle Scales-Preston • Andrew Mcallister • Shannan Mclaughlin • Annette Corriveau • Ashley Lacey-Ontiveros
<p>VII. <u>COMMITTEE HIGHLIGHTS</u></p> <p><u>Executive Committee</u> Logan Campbell, Chair</p> <ul style="list-style-type: none"> • Annual Report to the BOS Reminder Due for Board members 11/12/24* <p><u>Community Awareness</u> Olivia Liou, Chair</p> <p><u>Program and Services</u> Nicole Green, Chair</p>	<p><i>This section was not discussed during the meeting due to insufficient time. Quorum ended at this time</i></p>	
<p>VIII. <u>Old Business</u></p> <ul style="list-style-type: none"> • Prop 1 and Behavioral Health Board. Changes take effect 1/1/2025 – Logan • Support4Recovery Recommendations – All* 		

<p>IX. <u>Liaison Reports</u></p> <p><u>Contra Costa Council on Homelessness</u> – Nicole Green</p> <p><u>Tobacco Prevention Coalition (TPC)</u> – Vacant</p> <p><u>Mental Health Commission</u> – Vacant</p> <p><u>MEDS Coalition</u> – Vacant</p> <p><u>Community Advisory Board (CAB)</u> – Nicole Green</p> <p><u>Community Reports</u> – All</p>	<p><i>This section was not discussed during the meeting due to insufficient time. Quorum was no longer met</i></p>	
<p>X. <u>New Business</u></p> <p>Alcohol License/Cannabis License Initiatives: No Licenses for Review.</p> <p>Community events</p>	<p><i>This section was not discussed during the meeting due to insufficient time. Quorum was no longer met</i></p>	
<p>XI. <u>PUBLIC COMMENT</u></p> <p>The public and board members may comment on any agenda item of public interest within the jurisdiction of the alcohol and other drugs advisory board. (Maximum of three minutes per speaker).</p>	<p>Kristin thanked audience for attending the meeting and the importance of listening and hearing community needs and feelings to report back to Board of Supervisors.</p> <p>Fatima expressed feeling honored and proud at the interest from DVC staff and students enrolled in the Addictions Studies Program and pursuing careers as substance use counselors, community health workers, etc.</p>	
<p>XII. <u>ADJOURN to Job Fair</u></p>	<p>Logan adjourned the meeting promptly as quorum was disrupted. The meeting adjourned to the job fair.</p>	<p>MEETING ADJOURNED AT 4:29 PM WHEN QUORUM WAS NO LONGER MET.</p>

**CCC ALCOHOL AND OTHER DRUGS ADVISORY BOARD MEETING
SPECIAL MEETING DRAFT MINUTES
Thursday, October 3, 2024**

This meeting was held in-person and via Zoom “hybrid” in accordance with AB 2449.

Members Present: Olivia Liou, Shelley Clark, Kristin Smith (Remote), Logan Campbell (Remote), Roland Fernandez, and Nicole Green (Remote).

Members Absent: None.

Staff Present: Fatima Matal Sol, AODS Program Chief; Jessica Recinos, County Prevention Coordinator

Other Attendees: Jill Ray, District II Staff Representative, John Dante, Elaine Cortez Schroth, ED for Contra Costa Crisis Center.

****The special meeting was delayed due to lack of quorum. Prior to the meeting an informal discussion ensued regarding the background of Measure X request for AODAB to participate in a Review Panel and alternative options to provide informal recommendations to the County Administration should quorum not be met. The meeting was then called to order as indicated below in the draft minutes.

<u>TOPIC</u>	<u>ISSUE/CONCLUSION</u>	<u>ACTION/ RECOMMENDATION</u>
I. <u>CALL TO ORDER</u>	The meeting was called to order by Logan Campbell.	LOGAN CAMPBELL CALLED THE MEETING TO ORDER AT 9:33 AM.
II. <u>REVIEW AND ADOPT THE AGENDA</u>	Logan Campbell opened the floor to review the October 3, 2024, special meeting agenda as presented.	KRISTIN SMITH MMS BY SHELLEY CLARK TO ADOPT THE AGENDA AS PRESENTED. MOTION APPROVED. AYES: Olivia Liou, Shelley Clark, Kristin Smith, Logan Campbell, Roland Fernandez, and Nicole Green NOES: None. ABSENT: None. ABSTAIN: None.
III. <u>PUBLIC COMMENT</u> The public and Board members may comment on any agenda item of public interest within the jurisdiction of the Alcohol and Other Drugs Advisory Board. (Maximum three minutes per speaker).	There were no public comments.	
IV. <u>Measure X Request for AODAB to Participate in Review Panel</u> to review, evaluate and rank proposals for MX-funded Innovation Funds. Vote to nominate <u>one or two individuals</u> for consideration.	Logan provided background on the request by County Administrator’s Office (CAO) for AODAB to recommend one or two individuals for consideration by CAO for Review Panel for Measure X-funded Innovation Fund. Logan recused himself from consideration as he does not have the time commitment. Shelley expressed she does not have the time to commit to serve on the Review Panel.	EACH BOARD MEMBER SUBMITTED THEIR NOMINATIONS AS FOLLOWS: • LOGAN NOMINATED NICOLE AND ROLAND. • KRISTIN NOMINATED OLIVIA AND ROLAND. • OLIVIA NOMINATED OLIVIA AND ROLAND • NICOLE NOMINATED NICOLE AND ROLAND • SHELLEY NOMINATED NICOLE AND OLIVIA.

<p>Criteria must be met.* - Logan</p>	<p>John Dante a member of the public shared a resource on innovation. The website information What is innovation? McKinsey was entered as a chat message in zoom. Saff was asked to share with board members.</p> <p>Logan opened the floor for nominations. A few board members expressed who they voted for and why.</p> <p>Jill Ray suggested submitting all three nominations in the event that one of the nominees does not meet the criteria for the Measure X Review Panel.</p>	<ul style="list-style-type: none"> • ROLAND NOMINATED NICOLE AND ROLAND. <p>SUMMARY OF NOMINATIONS:</p> <ul style="list-style-type: none"> • ROLAND RECEIVED 5 NOMINATIONS, NICOLE RECEIVED 4 NOMINATIONS AND OLIVIA RECEIVED 3 NOMINATIONS. <p>SHELLEY CLARK MMS BY KRISTIN SMITH TO NOMINATE ALL THREE NOMINEES (ROLAND, NICOLE, AND OLIVIA) FOR CONSIDERATION TO CAO FOR MEASURE X REVIEW PANEL. MOTION APPROVED.</p> <p>AYES: Olivia Liou, Shelley Clark, Kristin Smith, Logan Campbell, Roland Fernandez, and Nicole Green NOES: None. ABSENT: None. ABSTAIN: None.</p>
<p>V. PUBLIC COMMENT The public and board members may comment on any agenda item of public interest within the jurisdiction of the alcohol and other drugs advisory board. (Maximum of three minutes per speaker).</p>	<ul style="list-style-type: none"> • Jill provided an updated that Behavioral Health Director, Dr. Tavano has taken the lead on the integration of the Behavioral Health Board. More details to follow. • John Dante expressed that it is rude for board members to join the meeting late and will follow up on Brown Act. • Kristin commented availability of board members and inability to schedule a special meeting for Programs and Services Committee due to other board members availability. • Olivia expressed frustration at board members attendance availability. 	<p>There will be a meeting or informational session (if quorum is not met) for an update on the integration of the boards on Wednesday, October 23, 2024, at 4 PM.</p>
<p>VI. ADJOURN</p>	<p>Logan adjourned the meeting.</p>	<p>MEETING ADJOURNED AT 9:57 AM.</p>

Contra Costa County Alcohol and Other Drugs Advisory Board
1220 Morello Avenue, Suite 101
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925-335-3307

			<u>Appt</u>	<u>Expires</u>
<u>DISTRICT I – MEMBERS John Gioia, Supervisor 11780 San Pablo Ave. #D, El Cerrito 94530 W: (510) 374-3231 F: (510)374-3429</u>				
Olivia Liou			2023	6-30-25
<u>DISTRICT II – MEMBERS Candace Andersen, Supervisor 309 Diablo Road, Danville, 94526 W: (925) 957-8860 F: (925) 820-3787</u>				
Shelley Clark			2023	6-30-26
<u>DISTRICT III – MEMBERS Diane Burgis, Supervisor 3361 Walnut Boulevard Suite 140, Brentwood, CA, 94513 W: (925) 252-4500 F: (925) 240-7261</u>				
Vacant				
<u>DISTRICT IV – MEMBERS Ken Carlson, Supervisor 2151 Salvio Street, Suite R, Concord, CA 94520 W: (925) 521-7100 F: (925) 646-5202</u>				
Kristin Smith			2023	6-30-26
<u>DISTRICT V – MEMBERS Federal Glover, Supervisor 315-E, Leland Ave., Pittsburg 94565 W: (925) 427-8138 F: (925) 427-8142</u>				
Logan Campbell			2019	6-30-25
<u>AT LARGE MEMBERS (Internal Operations Committee)</u>				
Vacant				
Vacant				
Roland Fernandez, District V			2024	6-30-25
Vacant				
Nicole Green, District V			2023	6-30-26
Vacant				
<u>AT LARGE ALTERNATE MEMBERS (Internal Operations Committee)</u>				
Vacant				
Vacant				
Vacant				
<u>ALCOHOL AND OTHER DRUGS SERVICES ADMINISTRATIVE STAFF</u>				
Fatima Matal Sol	W: 925-335-3307	Fatima.MatalSol@cchealth.org		
Jessica Recinos	W: 925-335-3306	Jessica.Recinos@cchealth.org		

R = Resigned

2024

ALCOHOL AND OTHER DRUGS ADVISORY BOARD

<u>Name</u>	Jan	Jan 27 Retreat	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct 3 Special Meeting	Nov	Dec
<u>Supervisory District I</u>													
Olivia Liou	P	P	P	P	P	N	P	N	P	P	P		
<u>Supervisory District II</u>													
Shelley Clark	P	P	E	P	E	O	P	O	P	P	P		
<u>Supervisory District III</u>													
Vacant	/	/	/	/	/		/		/	/	/		
<u>Supervisory District IV</u>													
Kristin Smith	P	P	P	U	P	Q	P	Q	P	P	P		
<u>Supervisory District V</u>													
Logan Campbell	P	P	P	P	P	U	P	U	P	P	P		
<u>At Large Members</u>													
Vacant	/	/	/	/	/	O	/	O	/	/	/		
Vacant	/	/	/	/	/	R	/	R	/	/	/		
Roland Fernandez	/	/	/	/	/	U	P	U	P	P	P		
Vacant	/	/	/	/	/	M	/	M	/	/	/		
Nicole Green	P	P	P	P	P		P		P	P	P		
Vacant	/	/	/	/	/		/		/	/	/		
<u>At Large Alternates</u>													
Vacant	/	/	/	/	/		/		/	/	/		
Vacant	/	/	/	/	/		/		/	/	/		
Vacant	/	/	/	/	/		/		/	/	/		

Staff: Fatima Matal Sol, Jessica Recinos

Lack of Quorum:

P=Present E=Excused U=Unexcused R=Resigned A=Appointed V=Vacated

MONTHLY MEETINGS

December 2024

<u>Executive Committee</u>	1st Monday This Month	12/02/2024	4:00 pm – 5:30 pm Hybrid 1220 Morello Avenue Suite 101 Martinez, CA 94553 https://cchealth.zoom.us/j/91950222736 Ph # (+1 646-518-9805)
<u>Community Awareness Committee</u>	1st Wednesday This Month	12/4/2024	1:00 pm – 2:00 pm Hybrid 1340 Arnold Dr. Suite 126 Martinez, CA 94553 https://cchealth.zoom.us/j/93038017823 Ph # (+1 646-518-9805)
<u>Program and Services Committee</u>	TBD Every Other Month	12/19/2024	5:00 pm – 6:00 pm Hybrid 1220 Morello Avenue Suite 101 Martinez, CA 94553 https://cchealth.zoom.us/j/99796931087 Ph # (+1 646-518-9805)
<u>Alcohol and Other Drugs Advisory Board</u>	2nd Wednesday This Month	12/11/2024	4:00 pm – 6:00 pm Hybrid 1025 Escobar St First Floor, Rm 168 Martinez, CA 94553 https://cchealth.zoom.us/j/94725400865 Ph # (+1 646-518-9805)

The Contra Costa County Alcohol and Other Drugs Advisory Board welcomes and encourages community participation for the expression of concerns and needs of Alcohol and Other Drugs Services in Contra Costa County. For additional information, questions, or concerns, please call Fatima Matal Sol at (925) 335-3307.

Contra Costa County Alcohol and Other Drugs Advisory Board Committees 2024

Executive

Meets 2nd Monday Every Month
12:00pm – 1:30pm

Logan Campbell, Chair
Nicole Green, Vice Chair
Olivia Liou

Community Awareness

Meets 1st Monday Every Month
12:00pm – 1:00pm

Olivia Liou, Chair
Shelley Clark
Roland Fernandez

Program and Services

Meets every Every Other Month (Date Varies)
4:00pm – 5:00pm

Nicole Green, Chair
Kristin Smith

Liaison Members

Mental Health Commission – Vacant
Contra Costa Council on Homelessness – Nicole Green
MEDS Coalition – Vacant
Tobacco Prevention Coalition – Vacant
Community Advisory Board (CAB) – Nicole Green

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ALCOHOL AND OTHER DRUG SERVICES (AODS) MONTHLY STAFF REPORT to ALCOHOL AND OTHER DRUGS ADVISORY BOARD

AOD Updates

As of the preparation of this report, there was no direct negative impact to AODS programs resulting from the May Budget Revise. The SAMHWORKS budget will remain at same level as FY23-24. BH however, continues to proactively monitor the impact of the implementation of Proposition 1 also known as the Modernization of the Mental Health Services Act (MHSA), including the integration of the Mental Health Commission and the AOD Board into the emerging Behavioral Health Advisory Board. In addition, in AODS we continue to be actively involved in other CalAIM initiatives such as CARE Court, SB43 (Eggman), Justice Involved and overall administrative integration of BH Administration. Lastly, we are closely collaborating with Diablo Valley College (DVC) to increase understanding of substance use amongst mental health staff.

Electronic Health Records (EHR) SmartCare

Following the first-year anniversary of SmartCare implementation, staff remains involved with CalMHSA to ensure that Contra Costa prioritizes upgrades to the system based on provider needs and State requirements. Communication with providers regarding changes are immediately conveyed via virtual Brown Bags and Tip Sheets. Our organizational goals for EHR remain: 1) System optimization, 2) Interoperability between SmartCare and EPIC and 3) Client access to their own records/charts in SmartCare , in the same way they see their medical information in EPIC.

Standing Report Items

Crossroads Program - Treatment in the Jail

Services in the Jails continue steady. We have added a special curriculum for Medication Assisted Treatment (MAT) for Opioid Disorders (OUD) at Martinez and West County in English and Spanish!

Adolescent Treatment Expansion

Bay Area counties met in July with CalMHSA to consider a Regional Contract with an unidentified provider, this will be taken for consideration to their Board of Directors. In the meantime; The Camp, is applying into Contra Costa's solicitation process to start a small contract. The Camp is not willing to become Drug Medi-Cal (DMC) certified. San Francisco County will also be contracting with The Camp to meet obligations with the State. The contract, when established will be able to serve at least 3 youth on annual basis. AODS will be using Opioid Settlement Funds as advised by the community and will likely cover 30 days per youth, which is the Medi-Cal standard. Sadly, to date, no other provider has submitted a proposal to provide SUD treatment services for youth.

Recovery Residences (RR)

For the month October 2024, Uilkema House had 9 fast-track and 3 regular-track residents. They are all currently engaged in outpatient treatment, employed or seeking employment, and attending self-help meetings. Shelter Inc. received 23 applications; 13 were approved, 2 clients declined services. There were 8 applications that came in at the end of the month that were being processed. Oxford House "McKissick" closed after the house owner chose to sell the home. Oxford House has a total of 57 members in their 6 homes.

Prevention & Opioid Response Efforts

On October 8, the Community Awareness Committee and youth from one of the youth-led AODS prevention programs, Future is Forward, presented a video on cannabis prevention and received a proclamation from the Board of Supervisors proclaiming October 23-31 as Red Ribbon Week. On October 10, AODS had a primary prevention providers training led by DHCS Advance Behavioral Health Prevention California (ABHPC) on the Strategic Prevention Framework (SPF) in preparation for the County Strategic Prevention Plan (SPP) planning. Other efforts to support the Opioid Response by AODS & the CCC MEDS Coalition include: continued collaboration with two local community colleges for current school year, middle and high schools, and expanding Naloxone training to Contra Costa Health programs. A special thank you to AODAB member Roland for his continued advocacy raising opioid education and awareness throughout the County school districts.

COMMUNITY NETWORK OPPORTUNITIES

December 2024

Group	Meeting Date	Meeting Time
Mental Health Commission 1025 Escobar Street Martinez, CA, 94553	1 st Wednesday 12/04/24	4:30 p.m. to 6:30 p.m. Hybrid Location: 1025 Escobar Street, Martinez, CA 94553 https://zoom.us/j/5437776481 Join by Phone (669) 900-6833 Meeting ID Code: 543 777 6481
Council on Homelessness 1025 Escobar Street, Martinez, CA 94553	1 st Thursday 12/05/24	1:00 p.m. -3:00 p.m. Hybrid Location: 1025 Escobar Street, Martinez, CA 94553 https://homebaseccc.zoom.us/meeting/register/tZclf-uspzovGdR7op72t5-X4nsGdgdpyL-X Join by Phone: +1669-900-6833 Passcode: 83882491530#
Mental Health Services Act (MHSA) MHSA Advisory Council (MHSA AC) 1340 Arnold Dr., Suite 126 Martinez, CA	1 st Thursday Every Two Months 12/05/24	3:00 p.m. to 5:00 p.m. https://cchealth.zoom.us/j/7050090662 Join by Phone: 1-646-518-9805 Meeting ID Code: 705 009 0662 Password: 390775
CCC MEDS Coalition Meeting	2 nd Thursday Every Month 12/12/24	9:00 am to 11:00 am For Zoom link and password contact Mariella Sanding at msanding@BACR.org or info@cccmedscoalition.org
Tobacco Prevention Coalition 2500 Bates Ave Suite B Concord, CA	3 rd Monday Every Two Months No meeting in December. *Subject to Change	10:00 a.m. to 12:00 p.m. 2500 Bates Ave Suite B, Concord, CA 945230 For more information and Zoom link email cctobaccopreventioncoalition@gmail.com



ADVISORY BODY ANNUAL REPORT

Advisory Body Name: _____
Advisory Body Meeting Time/Location: _____
Chair (during the reporting period): _____
Staff Person (during the reporting period): _____
Reporting Period: _____

I. Activities

(estimated response length: 1/2 page)

Describe the activities for the past year including areas of study, work, special events, collaborations, etc.

II. Accomplishments

(estimated response length: 1/2 page)

Describe the accomplishments for the past year, particularly in reference to your work plan and objectives.

III. Attendance/Representation

(estimated response length: 1/4 page)

Describe your membership in terms of seat vacancies, diversity, level of participation, and frequency of achieving a quorum at meetings.

IV. Training/Certification

(estimated response length: 1/4 page)

Describe any training that was provided or conducted, and any certifications received, either as a requirement or done on an elective basis by members. NOTE: Please forward copies of any training certifications to the Clerk of the Board.

V. Proposed Work Plan/Objectives for Next Year

(estimated response length: 1/2 page)

Describe the advisory body's workplan, including specific objectives to be achieved in the upcoming year.

CONTRA COSTA COUNTY ALCOHOL AND OTHER DRUGS ADVISORY BOARD ACTION PLAN	2024
GOALS	

Goal 1: Equity and Diversity: Identify and address gaps in equity, diversity, and inclusion within existing programs and services to ensure that the needs of the LGBTQ+ individuals, Asian Americans, Hispanics, Women and Men with families are met in substance use prevention and treatment efforts.

Activities	Responsible Committee	Status	Timeline
Review program and services – How do you meet the need?	Programs & Services	In Progress <ul style="list-style-type: none"> • Working on survey and interview of programs • Reviewing Opioid listing study • Reviewing current program-what service do we have. • Conduct visits to as many programs that will allow visits in line with AODAB bylaws. 	November-December 2024
Review current program in place to identify gaps in equity, diversity, and inclusion within existing programs and services.	Programs & Services	In Progress <ul style="list-style-type: none"> • Completing survey October-November for November distribution. <ul style="list-style-type: none"> ○ Ongoing. Survey to be completed in November and distributed in November. • Review of service results, results from Opioid Listing results, S4R survey and report. 	November-December 2024 Completed review of results from Opioid Community Listening sessions. S4R survey results are pending S4R and will carry on to new Behavioral Health Board.
Review technology access.	Programs & Services	Part of survey question created by Programs and Services to clients.	Ongoing
Create a timeline for implementation of service gap corrections.	Programs & Services	In Progress <ul style="list-style-type: none"> • Pending survey completion 	November/December 2024

Goal 2: Reentry (Justice-Involved): Determine and address vocational training and life skills workshops designed specifically for substance abuse recovery, ensuring that these programs are accessible to justice-involved individuals and people in recovery residences to facilitate successful community reintegration and long-term sobriety.			
Activities	Responsible Committee	Status	Timeline
Recreate/Create outreach material/development material	Programs & Services	Not currently working on	Unable to complete at this time due to integration of Behavioral Health Board.
Review current program in place to identify current vocational training and life skills training are offered within existing programs and services and identify any gaps in services. • Include with program survey from goal 1. Create a timeline of data collected and service gaps.	Programs & Services	Currently working on survey on-track	November 2024 December 2024
Goal 3: Prevention, Outreach, and Awareness: Target High Schools, Adolescent Youth, Adults			
Activities	Responsible Committee	Status	Timeline
Complete a second follow up visit with Contra Costa County Office of Education	Community Awareness	Completed <ul style="list-style-type: none">Contra Costa County Office of Education presented at the February 12, 2024, AODAB Community Awareness Committee meeting.	February 2024

Monitor Opioid Prevention and Overdose Data Gather information from youth who overdose is school and, in the communities, (informally)	Community Awareness	Ongoing	
Presence at school events (when possible)	Community Awareness	Ongoing <ul style="list-style-type: none"> • O.L. attended virtual fentanyl awareness event on 3/7/24 • O.L. attended El Cerrito High School Narcan staff training on 4/17/24. • O.L. attended Mental Health Awareness event with Naloxone training at Richmond High School in May 2024. • Roland attended Uplifted 2024 event at Los Medanos College on 9/21/24. • Roland attended City of Pittsburg Youth Advisory meeting on 10/23/24. 	
Provide input with regards to website regarding SUD resources	Community Awareness	Community Awareness reviewed	
Advocate for BH needs of LGBTQ individuals			

Goal 4. Recovery Residences

Activities	Responsible Committee	Status	Timeline

Alcohol and Other Drugs Annual Campaign

Activities	Responsible Committee	Status	Timeline

Alcohol Awareness Month*	Community Awareness Committee	Completed <ul style="list-style-type: none"> Shelley presented at the Board of Supervisors meeting on March 26, 2024 	April 2024
People Who Make A Difference Awards**	Full Board/Community Awareness Committee	Completed <ul style="list-style-type: none"> Reviewed nominations at committee meeting on 5/6 and selected nominees at meeting on 5/14 Announce recipients at the AODAB May 22, 2024, meeting. <ul style="list-style-type: none"> 15 nominations were received. 8 recipients were selected. PWMAD Awards were presented at the Board of Supervisors meeting on June 25, 2024, followed by a brief reception in the Board of Supervisors Chambers. 	June 2024
Recovery Champion Awards***	Full Board	Completed <ul style="list-style-type: none"> Recovery Champion nominations due on September 13, 2024. Presentation of 8 recipients at the joint AODAB and Diablo Valley College (DVC) Pleasant Hill Campus Job Fair meeting on September 25, 2024. 	September 2024
Red Ribbon Week*	Community Awareness Committee	Completed <ul style="list-style-type: none"> Proclamation and presentation by prevention provider, Future is Forwards, was presented at the Board of Supervisors meeting on October 8, 2024. 	October 2024

*These events are celebrated through accepting a proclamation at the Board of Supervisors. A minimum of one (1) Board member will be in attendance.

**The People Who Make a Difference Awards is an opportunity to recognize community members, volunteers, youth, and/or agencies who have made a difference in their community around substance use. Recipients of the award are celebrated at one (1) Board of Supervisors Meeting.

***The Recovery Champion Award is an opportunity for Board members to nominate someone who is making a difference in the recovery community. The person is acknowledged during the Board meeting in September in recognition of National Recovery Month.

Prepared During AODAB Annual Retreat, Saturday January 27, 2024

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AODAB Monthly Meetings 2024

January 2024			
Executive Committee	01/08/2024, 12:00pm-1:30pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/91950222736 Ph # (+1 646-518-9805)
Community Awareness Committee	01/08/2024, 4:00pm-5:00pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/93038017823 Ph # (+1 646-518-9805)
Program and Services Committee	01/26/2024, 4:00pm-5:00pm	1220 Morello Ave Second Floor, Conference Rm Martinez, CA 94553	https://cchealth.zoom.us/j/99796931087 Ph # (+1 646-518-9805)
Alcohol and Other Drugs Advisor Board	01/24/2024, 4:00pm-6:00pm	1220 Morello Ave Second Floor, Conference Rm Martinez, CA 94553	https://cchealth.zoom.us/j/94725400865 Ph # (+1 646-518-9805)
Events:			
<ul style="list-style-type: none"> January 27, 2024, 9:00 AM to 1:00 PM – <i>AODAB Annual Retreat</i> 			

February 2024			
Executive Committee	No meeting		
Community Awareness Committee	02/12/2024, 4:00pm-5:00pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/93038017823 Ph # (+1 646-518-9805)
Program and Services Committee	02/23/2024, 4:00pm-5:00pm	1220 Morello Ave Second Floor, Conference Rm Martinez, CA 94553	https://cchealth.zoom.us/j/99796931087 Ph # (+1 646-518-9805)
Alcohol and Other drugs Advisor Board	02/28/2024, 4:00pm-6:00pm	1220 Morello Ave Second Floor, Conference Rm Martinez, CA 94553	https://cchealth.zoom.us/j/94725400865 Ph # (+1 646-518-9805)
Events: None			

AODAB Monthly Meetings 2024

March 2024			
Executive Committee	03/11/2024, 12:00pm-1:30pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/91950222736 Ph # (+1 646-518-9805)
Community Awareness Committee	03/18/2024, 12:00pm-1:00pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/93038017823 Ph # (+1 646-518-9805)
Program and Services Committee	No meeting due to quorum.		
Alcohol and Other Drugs Advisory Board	03/27/2024, 4:00pm-6:00pm	1220 Morello Ave Second Floor, Conference Rm Martinez, CA 94553	https://cchealth.zoom.us/j/94725400865 Ph # (+1 646-518-9805)
Events:			
<ul style="list-style-type: none"> • Tuesday, March 26, 2024, 9:00 AM – Board of Supervisors Meeting <ul style="list-style-type: none"> ○ Recognition of Cynthia Chavez for years of service to AODAB ○ April is Alcohol Awareness Month Resolution 			

April 2024			
Executive Committee	04/08/2024, 12:00pm-1:30pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/91950222736 Ph # (+1 646-518-9805)
Community Awareness Committee	04/01/2024, 12:00pm-1:00pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/93038017823 Ph # (+1 646-518-9805)
Program and Services Committee	04/26/2024, 4:00pm-5:00pm	1220 Morello Ave Second Floor, Conference Rm Martinez, CA 94553	https://cchealth.zoom.us/j/99796931087 Ph # (+1 646-518-9805)
Alcohol and Other Drugs Advisory Board	04/24/2024, 4:00pm-6:00pm	1025 Escobar St, 1 st Floor, Martinez, CA 94553	https://cchealth.zoom.us/j/94725400865 Ph # (+1 646-518-9805)
Events:			
<ul style="list-style-type: none"> • April is Alcohol Awareness Month • Tuesday, April 23, 2024, 9:00 AM – Board of Supervisors Meeting <ul style="list-style-type: none"> ○ Prescription Drug Abuse Awareness Month Proclamation 			

AODAB Monthly Meetings 2024

May 2024			
Executive Committee	Meeting cancelled.		
Community Awareness Committee	05/13/2024, 4:00pm-5:00pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/93038017823 Ph # (+1 646-518-9805)
Program and Services Committee	No meeting this month.		
Alcohol and Other Drugs Advisory Board	Meeting cancelled due to lack of quorum.		
Events:			
<ul style="list-style-type: none"> • Sweep Away Stigma - May 1 9AM to 3PM – Todos Santos Plaza, Concord, CA • Clean Slate Event May 17, 2024, 9:00 AM to 3:00 PM – Richmond, CA • Opioid Settlement Planning Listening Sessions – See flyer. • Virtual Event: Addiction & Teens – Monday, May 20, 2024, from 6:00 PM to 7:30 PM 			

June 2024			
Executive Committee	06/10/2024, 12:00pm-1:30pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/91950222736 Ph # (+1 646-518-9805)
Community Awareness Committee	06/3/2024, 12:30pm-1:30pm	1220 Morello Ave Second Floor, Conference Rm Martinez, CA 94553	https://cchealth.zoom.us/j/93038017823 Ph # (+1 646-518-9805)
Program and Services Committee	06/24/2024, 4:00pm-5:00pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/99796931087 Ph # (+1 646-518-9805)
Alcohol and Other Drugs Advisory Board	06/26/2024, 4:00pm-6:00pm	1025 Escobar St, 1 st Floor, Martinez, CA 94553	https://cchealth.zoom.us/j/94725400865 Ph # (+1 646-518-9805)
Events:			
<ul style="list-style-type: none"> • People Who Make A Difference Awards – Board of Supervisors Meeting <ul style="list-style-type: none"> ○ Tuesday, June 25th, 2024, at 9:00 AM – 1025 Escobar St., Martinez, CA 94553 • Unity in the Community – Saturday, June 22, 2024, 10 AM to 2 PM (3105 Willow Pass Rd, Bay Point, CA) 			

AODAB Monthly Meetings 2024

July 2024			
Executive Committee	07/08/2024, 12:00pm-1:30pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/91950222736 Ph # (+1 646-518-9805)
Community Awareness Committee	Meeting cancelled.		
Program and Services Committee	No meeting this month.		
Alcohol and Other Drugs Advisory Board	Meeting cancelled due to lack of quorum.		
Events:			
<ul style="list-style-type: none"> • Reentry Community Block Party – Friday, July 26, 2024, 10:00 AM to 3:00 PM 			

August 2024			
Executive Committee	08/12/2024, 12:00pm-1:30pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/91950222736 Ph # (+1 646-518-9805)
Community Awareness Committee	8/7/2024, 12:00pm-1:00pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/93038017823 Ph # (+1 646-518-9805)
Program and Services committee	08/22/2024, 10:00am- 11:00am	1220 Morello Ave, Suite 101 Martinez, CA 94553	https://cchealth.zoom.us/j/99796931087 Ph # (+1 646-518-9805)
Alcohol and other Drugs Advisory Board	08/28/2024, 4:00pm-6:00pm	1025 Escobar St, 1 st Floor, Martinez, CA 94553	https://cchealth.zoom.us/j/94725400865 Ph # (+1 646-518-9805)
Events:			
<ul style="list-style-type: none"> • International Overdose Awareness Resolution Board of Supervisors Meeting – August 13, 2024 • International Overdose Awareness Day Event Thurs. August 29, 2024, 1PM-3PM Concord Library 			

September 2024

AODAB Monthly Meetings 2024

Executive Committee	09/09/2024, 12:00pm-1:30pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/91950222736 Ph # (+1 646-518-9805)
Community Awareness Committee	09/04/2024, 12:00pm-1:00pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/93038017823 Ph # (+1 646-518-9805)
Program and Services committee	No meeting this month.		
Alcohol and Other Drugs Services	09/25/2024, 4:00pm-6:00pm	Diablo Valley College Pleasant Hill Campus	https://cchealth.zoom.us/j/94725400865 Ph # (+1 646-518-9805)
Events:			
<ul style="list-style-type: none"> • September is National Recovery Month • Recovery Champion Awards due Friday, September 13, 2024 			

October 2024			
Executive Committee	10/14/2024, 12:00pm-1:30pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/91950222736 Ph # (+1 646-518-9805)
Community Awareness Committee	10/02/2024, 12:00pm-1:00pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/93038017823 Ph # (+1 646-518-9805)
Program and Services Committee	10/15/2024, 5:00pm-6:00pm	1220 Morello Ave, Suite 101, Conference Rm Martinez, CA 94553	https://cchealth.zoom.us/j/99796931087 Ph # (+1 646-518-9805)
Alcohol and Other Drugs Services – Special Meeting	10/03/2024, 9:00am-9:30am	1220 Morello Ave, Suite 101, Conference Rm Martinez, CA 94553	https://cchealth.zoom.us/j/94725400865 Ph # (+1 646-518-9805)
Events:			
<ul style="list-style-type: none"> • Red Ribbon Week Resolution and Proclamation at Board of Supervisors Meeting – Tuesday, October 8, 2024, at 9 a.m. 1025 Escobar St., Martinez, CA 94553 • Red Ribbon Week – October 23 -31, 2024 • Joint Informational Session with Mental Health Commission – Wed. Oct. 23 – 4:30pm-6pm 			

November 2024

AODAB Monthly Meetings 2024

Executive Committee	No meeting this month.		
Community Awareness Committee	11/4/2024 1:00pm – 2:00pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/93038017823 Ph # (+1 646-518-9805)
Program and Services Committee	11/7/2024 5:00pm-6:00pm	1220 Morello Ave Second Floor, Conference Rm Martinez, CA 94553	https://cchealth.zoom.us/j/99796931087 Ph # (+1 646-518-9805)
Alcohol and Other Drugs Advisory Board	11/20/2024, 5:15pm-6:00pm <i>*Subject to change</i>	1025 Escobar St, 1 st Floor, Martinez, CA 94553	https://cchealth.zoom.us/j/94725400865 Ph # (+1 646-518-9805)
Events: Unhouse Resource Fair – Tuesday, November 19, 2024, 12-4pm at Concord Library Family and Human Services Committee meeting – Monday, November 25, 2024, 10:30 AM. Click here for meeting details in person and Zoom.			

December 2024			
Executive Committee	12/2/2024, 4:00pm-5:30pm	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/91950222736 Ph # (+1 646-518-9805)
Community Awareness Committee	TBD	1340 Arnold Dr. Suite 126 Martinez, CA 94553	https://cchealth.zoom.us/j/93038017823 Ph # (+1 646-518-9805)
Program and Services Committee	12/19/2024, 5:00pm-6:00pm	1220 Morello Ave Second Floor, Conference Rm Martinez, CA 94553	https://cchealth.zoom.us/j/99796931087 Ph # (+1 646-518-9805)
Alcohol and Other Drugs Advisory Board	12/11/2024, 4:00pm-6:00pm <i>*Subject to change</i>	1025 Escobar St, 1 st Floor, Martinez, CA 94553	https://cchealth.zoom.us/j/94725400865 Ph # (+1 646-518-9805)
Events: Annual Report to Board of Supervisors due on Tuesday, December 10, 2024.			



California Association of Local Behavioral Health Boards and Commissions

Changes take effect: **January 1, 2025**

Email: info@calbhbc.com

www.calbhbc.org



WIC: Behavioral Health Boards

CALBHB/C SUPPORTS THE WORK OF CA's 59 LOCAL BEHAVIORAL HEALTH BOARDS AND COMMISSIONS.

CA WIC 5604 and 5963.03—Behavioral Health Boards: Bylaws, Duties, Expenses, Membership

California's Welfare & Institutions Code (WIC) for local behavioral health boards & commissions includes:

- Bylaws (5604.5)
- Duties (5604.2) & MHSA Duties (**5963.03**)
- Expenses (5604.3)
- Membership (5604)

Changes due to Proposition 1 (SB 326) appear in **bold print**.

WIC is also on-line at:
www.calbhbc.org/legislation-mhb-wic.html

Bylaws (WIC 5604.5)

The local **behavioral** health board shall develop bylaws to be approved by the governing body which shall do all of the following:

- (a) Establish the specific number of members on the **behavioral** health board, consistent with subdivision (a) of Section 5604.
- (b) Ensure that the composition of the **behavioral** health board represents and reflects the diversity and demographics of the county as a whole, to the extent feasible.
- (c) Establish that a quorum be one person more than one-half of the appointed members.
- (d) Establish that the chairperson of the **behavioral** health board be in consultation with the local **behavioral** health director.
- (e) Establish that there may be an executive committee of the **behavioral** health board.

Expenses (WIC 5604.3)

(a) **(1)** The Board of Supervisors may pay from any available funds the actual and necessary expenses of the members of the **Behavioral** Health Board of a community mental health service incurred incident to the performance of their official duties and functions.

(2) The expenses may include travel, lodging, **child-care** and meals for the members of an advisory board while on official business as approved by the director of behavioral health programs.

(b) Governing bodies are encouraged to provide a budget for the local **behavioral** health board, using planning and administrative revenues identified in subdivision (c) of Section 5892 [see below], that is sufficient to facilitate the purpose, duties, and responsibilities of the local **behavioral** health board.

WIC 5892 (c) The allocations pursuant to subdivisions (a) and (b) shall include funding for annual planning costs pursuant to Section 5847 and 5963.03. The total of these costs shall not exceed 5 percent of the total of annual revenues received for the Local **Behavioral Health Services Fund**. The planning costs shall include funds for county mental health programs to pay for the costs of consumers, family members, and other stakeholders to participate in the planning process ...

Issue Briefs: www.calbhbc.org

Resources: www.calbhbc.org/resources

Duties (5604.2) and MHSA Duties (5848)

Duties of Boards & Commissions (5604.2)

The local **behavioral** health board shall : (WIC 5604.2(a))

1. Review and evaluate the community's public **behavioral** health needs, services, facilities, and special problems in any facility within the county or jurisdiction where mental health **or substance use disorder** evaluations or services are being provided, including, but not limited to, schools, emergency departments, and psychiatric facilities.
 2. **(A)** Review any county agreements entered into pursuant to Section 5650. **(B)** The local **behavioral** health board may make recommendations to the governing body regarding concerns identified within these agreements.
 3. **(A)** Advise the governing body and the local **behavioral** health director as to any aspect of the local **behavioral** health program. **(B)** Local **behavioral** health boards may request assistance from the local patients' rights advocates when reviewing and advising on mental health or substance use disorder evaluations or services provided in public facilities with limited access.
 4. **(A)** Review and approve the procedures used to ensure citizen and professional involvement at all stages of the planning process. **(B)** Involvement shall include individuals with lived experience of mental illness and their families, community members, advocacy organizations, and mental health professionals. It shall also include other professionals that interact with individuals living with mental illnesses on a daily basis, such as education, emergency services, employment, health care, housing, law enforcement, local business owners, social services, seniors, transportation, and veterans.
 5. Submit an annual report to the governing body on the needs and performance of the county's **behavioral** health system.
 6. **(A)** Review and make recommendations on applicants for the appointment of a local director of **behavioral** health services. **(B)** The board shall be included in the selection process prior to the vote of the governing body.
 7. Review and comment on the county's performance outcome data and communicate its findings to the California Behavioral Health Planning Council.
 8. This part does not limit the ability of the governing body to transfer additional duties or authority to a **behavioral** health board.
- (b) It is the intent of the Legislature that, as part of its duties pursuant to subdivision (a), the board shall assess the impact of the realignment of services from the state to the county, on services delivered to clients and on the local community.

Duties of Boards & Commissions (MHSA)

BHSA Duties from Code Section 5963.03

- (b) **(1)** The **behavioral** health board established pursuant to Section 5604 shall conduct a public hearing on the **draft integrated plan and annual updates** at the close of the 30-day comment period required by subdivision **(2)** Each **plan and update** shall include any substantive written recommendations for revisions. **(3)** The **adopted integrated plan or update** shall summarize and analyze the recommended revisions. **(4)** The **behavioral** health board shall review the adopted **integrated** plan or update and make recommendations to the local mental health agency, **local substance use disorder agency**, or local behavioral health agency, as applicable, for revisions. **(5)** The local mental health agency, **local substance use disorder agency**, or local behavioral health agency, as applicable, shall provide an annual report of written explanations to the local governing body and the State Department of Health Care Services for any substantive [see (d) below] recommendations made by the local **behavioral** health board that are not included in the final **integrated** plan or update.
- (d) For purposes of this section "Substantive recommendations made by the local behavioral health board" means any recommendation that is brought before the board and approved by a majority vote of the membership present at a public hearing of the local **behavioral** health board that has established its quorum.

Membership (WIC 5604.)

(a) (1) **(A)** Each community mental health service shall have a **behavioral** health board consisting of 10 to 15 members, depending on the preference of the county, appointed by the governing body, except that **a board in a county** with a population of fewer than 80,000 may have a minimum of five members. **(B)** A county with more than five supervisors shall have at least the same number of members as the size of its board of supervisors. **(C)** This section does not limit the ability of the governing body to increase the number of members above 15.

(2) (A) (i) The board shall serve in an advisory role to the governing body, and one member of the board shall be a member of the local governing body.

(ii) Local **behavioral** health boards may recommend appointees to the county supervisors.

(iii) The board membership should reflect the diversity of the client population in the county to the extent possible.

(B)(i) Fifty percent of the board membership shall be consumers, or the parents, spouses, siblings, or adult children of consumers, who are receiving or have received **behavioral** health services. **At least one of these members shall be an individual who is 25 years of age or younger.**

(ii) At least 20 percent of the total membership shall be consumers, and at least 20 percent shall be families of consumers.

(C) (i) In counties with a population of 100,000 or more, at least one member of the board shall be a veteran or veteran advocate. In counties with a population of fewer than 100,000, the county shall give a strong preference to appointing at least one member of the board who is a veteran or a veteran advocate.

(ii) To comply with clause (i), a county shall notify its county veterans service officer about vacancies on the board, if a county has a veterans service officer.

(D) (i) At least one member of the board shall be an employee of a local education agency.

(ii) To comply with clause (i), a county shall notify its county office of education about vacancies on the board.

(E) (i) In addition to the requirements in subparagraphs **(B), (C), and (D)**, counties are encouraged to appoint individuals who have experience **with**, and knowledge **of**, the **behavioral** health system.

(ii) This would include members of the community that engage with individuals living with mental illness in the course of daily operations, such as representatives of county offices of education, large and small businesses, hospitals, hospital districts, physicians practicing in emergency departments, city police chiefs, county sheriffs, and community and nonprofit service providers.

(3)(A) In counties with a population that is **fewer** than 80,000, at least one member shall be a consumer and at least one member shall be a parent, spouse, sibling, or adult child of a consumer, who is receiving, or has received, mental health **or substance use disorder** services.

(B) Notwithstanding subparagraph (A), a board in a county with a population that is **fewer** than 80,000 that elects to have the board exceed the five-member mini-

imum permitted under paragraph (1) shall be required to comply with paragraph (2).

(b)(1) The **behavioral** health board shall review and evaluate the local public mental health system, pursuant to Section 5604.2, **and review and evaluate the local public substance use disorder treatment system.**

(2) The behavioral health board shall advise the governing body on community mental health services delivered by the local mental health agency or local behavioral health agency, as applicable.

(c)(1) The term of each member of the board shall be for three years.

(2) The governing body shall equitably stagger the appointments so that approximately one-third of the appointments expire in each year.

(d) If two or more local agencies jointly establish a community mental health service pursuant to Article 1 (commencing with Section 6500) of Chapter 5 of Division 7 of Title 1 of the Government Code, the **behavioral** health board for the community mental health service shall consist of an additional two members for each additional agency, one of whom shall be a consumer or a parent, spouse, sibling, or adult child of a consumer who has received mental health **or substance use disorder treatment** services.

(e)(1) Except as provided in paragraph (2), **a** member of the board or the member's spouse shall not be a full-time or part-time county employee of a county mental health **and substance use disorder** service, an employee of the State Department of Health Care Services, or an employee of, or a paid member of the governing body of, a mental health contract agency.

(2) A consumer of **behavioral** health services who has obtained employment with an employer described in paragraph (1) and who holds a position in which the consumer does not have any interest, influence, or authority over any financial or contractual matter concerning the employer may be appointed to the board. The member shall abstain from voting on any financial or contractual issue concerning the member's employer that may come before the board.

(f) Members of the board shall abstain from voting on any issue in which the member has a financial interest as defined in Section 87103 of the Government Code.

(g) If it is not possible to secure membership as specified in this section from among persons who reside in the county, the governing body may substitute representatives of the public interest in mental health who are not full-time or part-time employees of the county mental health service, the State Department of Health Care Services, or on the staff of, or a paid member of the governing body of, **a behavioral** health contract agency.

(h) The behavioral health board may be established as an advisory board or a commission, depending on the preference of the county.

(i) For purposes of this section, "veteran advocate" means either a parent, spouse, or adult child of a veteran, or an individual who is part of a veterans organization, including the Veterans of Foreign Wars or the American Legion.

BHSA: Stakeholder Involvement Requirements (Beginning January 1, 2025)

Each Integrated Plan (3 Year Plan) must be developed with local stakeholders. Counties must demonstrate a partnership with constituents and stakeholders throughout the process that includes **meaningful stakeholder involvement** on mental health and substance use disorder policy, program planning, and implementation, monitoring, workforce, quality improvement, health equity, evaluation, and budget allocations.

Integrated Plans should include a demonstration of how the county will utilize various funds for behavioral health services to deliver high-quality, culturally responsive, and timely care along the continuum of services in the least restrictive setting from prevention and wellness in schools and other settings to community-based outpatient care, residential care, crisis care, acute care, and housing services and supports.

STAKEHOLDERS:

I. Each Integrated Plan (3 Year Plan) must be developed with local stakeholders, including, but not limited to, all of the following:

1. Adults and older adults who either:
 - a. Meet the criteria to receive specialty mental health services *or*
 - b. Have a substance use disorder
2. Families of individuals (all ages) who meet the criteria to receive specialty mental health services
3. Youths or youth mental health or substance use disorder organizations
4. Providers of mental health services and substance use disorder treatment services
5. Public safety partners, including county juvenile justice agencies
6. Local education agencies
7. Higher education partners
8. Early childhood organizations
9. Local public health jurisdictions
10. County social services and child welfare agencies
11. Labor representative organizations
12. Veterans
13. Representatives from veterans organizations
14. Health care organizations, including hospitals
15. Health care service plans, including Medi-Cal managed care plans as defined in subdivision (j) of Section 14184.101
16. Disability insurers
17. Tribal and Indian Health Program designees established for Medi-Cal Tribal consultation purposes
18. The five most populous cities in counties with a population greater than 200,000
19. Area agencies on aging
20. Independent living centers
21. Continuums of care, including representatives from the homeless service provider community
22. Regional centers
23. Emergency medical services
24. Community-based organizations serving culturally and linguistically diverse constituents

II. Diverse Viewpoints Required: Counties must include sufficient participation of individuals representing diverse viewpoints, including, but not limited to:

1. Representatives from youth from historically marginalized communities
2. Representatives from organizations specializing in working with underserved racially and ethnically diverse communities
3. Representatives from LGBTQ+ communities
4. Victims of domestic violence and sexual abuse
5. People with lived experience of homelessness

SUPPORTS & REQUIREMENTS

1. **Training and Technical Assistance:** A county may provide supports, including, but not limited to, training and technical assistance, to ensure stakeholders, including peers and families, receive sufficient information and data to meaningfully participate in the development of integrated plans and annual updates.
2. **Description of the Stakeholder Process & Input:** Integrated plans (3 Year Plans or Annual Updates) must include:
 - a. A description of the development process in partnership with local stakeholders;
 - b. Consideration of input and feedback into the plan provided by stakeholders, including, but not limited to, those with lived behavioral health experience, including peers and families;
 - c. A description of how the integrated plan aligns with local goals and outcome measures for behavioral health, including goals and outcome measures to reduce identified disparities;
 - d. **A demonstration of how the county has considered other local program planning efforts in the development of the integrated plan to maximize opportunities to leverage funding and services from other programs, including federal funding, Medi-Cal managed care, and commercial health plans. (*Beginning July 1, 2026)*
 - e. Certification by the county behavioral health director, that ensures that the county has complied with all pertinent regulations, laws, and statutes, including stakeholder participation requirements.
3. **30-Day Review:** A **draft** Integrated 3-Year Plan or Update must be prepared and circulated for review and comment for at least 30 days to representatives of stakeholder interest and any interested party who has requested a copy of the draft plan.
4. **Local Behavioral Health Board/Commission (BHB) Requirements:** The BHB must:
 - a. Review & approve procedures used to ensure citizen & professional involvement in all stages of planning process;
 - b. Conduct Public Hearings on the **draft** Integrated 3-Year Plans or Updates at the close of 30-day public comment periods.
 - c. Review the **adopted** Integrated 3-Year Plans or Updates & make recommendations to the local mental health agency, substance use agency or behavioral health agency, as applicable, for revisions;
5. **ADOPTED Integrated Plan Requirements**
 - a. Each adopted integrated plan and update shall include substantive written recommendations for revisions.
 - b. The adopted integrated plan or update shall summarize and analyze the recommended revisions.
 - c. The local MH/BH agency must provide written explanations in an annual report to the governing body and DHCS for any “substantive recommendations made by the BHB” that are not included in the final plan or update. “Substantive recommendation made by the local behavioral health board” means a recommendation that is brought before the board and approved by a majority vote of the membership present at a public hearing of the local behavioral health board that has established a quorum.
 - d. **Each county’s board of supervisors shall approve the integrated plan and annual updates by June 30 prior to the fiscal year or years the integrated plan or update would cover. (*Beginning July 1, 2026)*

[CA Welfare & Institution Code \(WIC\) 5963.02, 5963.03\(a,b,f\) & 5604.2\(4\)](#)

CONTRA COSTA
HEALTH



cchealth.org

Informational Meeting with AODS Advisory Board and Mental Health Commission- Integrated Behavioral Health Board

SB 326: Board Guidelines

October 23, 2024

- Introduction
- Membership
- Functions
- Q&A

Proposition 1: Modernization of Mental Health Services Act

- Passed in March 2024
- Requires all counties to have a combined Behavioral Health Advisory Board beginning 1/1/25
- Restructures the Mental Health Services Act (MHSA) also known as “millionaire’s tax”
- Focus on Housing and related services, Intensive Wraparound Care (Full-Service Partnerships)
- Allows expanded use of MHSA funds to include Substance Use Disorder (SUD) services, in addition to Mental Health care.
- MHSA becomes Behavioral Health Services Act (BHSA)
- Full implementation to begin with the 2026-29 Three-Year Plan (7/1/26)

The Behavioral Health Board will Consist of:

- 10 to 15 members
- 50% consumers, or the parents, spouses, siblings, or adult children of consumers
 - One of these members will be 25 years of age or younger
- 20% will be consumers
- 20% will be families of consumers
- One member will be a veteran or veteran advocate
- One member will be an employee of a local education agency
- Term of three years
- Appointments will be staggered

Exceptions:

- Member of the board, or their spouse, shall not be a county employee of a county mental health or substance use disorder service, an employee of the State Department of Health Care Services (DHCS), or an employee, or paid member, of the governing board of a mental health or substance use disorder contract agency
- Exception: a consumer of behavioral health services who has obtained employment in any of the above and holds a positions in which the consumer does not have an interest, influence, or authority over a financial or contractual matter shall
 - abstain from voting on a financial or contractual issue concerning the member's employer

Functions will include:

- Review and evaluate the local public mental health system
- Review and evaluate the local public substance use disorder treatment system
- Advise the governing body on community mental health and substance use disorder services
- Review and evaluate the community's public behavioral health needs, services, facilities, and special problems where services are being provided
- Review county agreements
- Advise the governing body and the local behavioral health director
- Ensure citizen and professional involvement at all stages
- Submit and annual report
- Review and recommend appointment of the local director of behavioral health services
- Review and comment on county's performance outcome date
- Assess the impact of the realignment of services
- Conduct a public hearing on the draft three-year program and expenditure plan and annual updates at the close of the 30-day comment period required by subdivision.
- Review adopted BHSA plan and make recommendations to the local behavioral health agency.
 - Provide an annual report of written explanations to the local governing body and DHCS

Development of bylaws include:

- A specific number of members
- Quorum be one person more than one-half of members
- Establish the chairperson of the behavioral health board be in consultation with the local behavioral health director
- Establish that there may be an executive committee of the behavioral health board

Proposition 1: Local Stakeholder Involvement BHSA “Integrated Plan” Changes

MHSA	BHSA
<p>Stakeholder involvement on:</p> <ul style="list-style-type: none"> • Mental health policy • Program planning and implementation • Monitoring • Quality improvement • Evaluation • Budget allocations <p>Requires participation from unserved/underserved populations, individuals with SMI or SED and their families; providers of mental health, physical health, and/or social services; educators or their reps; law enforcement.</p>	<p>Stakeholder involvement on:</p> <ul style="list-style-type: none"> • Mental health and substance use disorder policy • Program planning and implementation • Monitoring • Workforce • Quality improvement • Health equity • Evaluation • Budget allocation <p>Also requires sufficient participation from diverse groups</p>
<p>30-day comment, public hearing, and annual report on recommendations not included in plan</p>	<p>30-day comment, public hearing, and annual report on recommendations not included in plan</p>



Questions and Answers

CONTRA COSTA
HEALTH



cchealth.org



Unhoused Resource Fair

Tuesday, November 19th 12-4pm
Concord Library 2900 Salvio Street

Anyone experiencing homelessness or at risk of, unhoused, shelter residents, all ages please join. **Lots of resource providers, free haircuts, snacks, treats for pets, free giveaways.** **CCPD Clean Slate on site to help with post-conviction relief**



Concord Library
2900 Salvio Street 94519 | 925.646.5455
Mon 10-8 • Tues 10-8 • Wed 10-6
Thurs 10-6 • Fri 9-5 • Sat 9-5 • Sun Closed



For special accommodations, please contact the Library with 72 hours notice.

**New Program
Ujima East in Pittsburgh!**

TRANSITIONAL AGE YOUTH PROGRAM

Weekly 60-minute group sessions Tuesdays, 4:00 – 5:00PM

Process Groups

- Connect and share life experiences with your peers.
- Gain insight and learn new coping strategies.
- Create a healthy support network.

Substance Use Education

- Learn about the effects of substance use and addiction.
- Learn effective recovery strategies.

Crisis Intervention

- Immediate counseling support.
- Referrals to substance use and mental health services.

Support & Referrals

- Job Search Support
- Housing Resources
- Financial Resources
- Food Resources
- Childcare Resources



**Contact us for more
information
(925) 427-9100**



Ujima utilizes a variety of Evidence-Based Practices (EBP) in the treatment of substance use disorders, such as Motivational Interviewing, Cognitive Behavioral Therapy (CBT) and Trauma-Informed Evidence-Based Practices

www.UjimaFamily.org



Contra Costa Reentry

VOICE

Issue 23 / 2024

REENTRY PROFILE



Donnie, a father of two, would tell anyone that he's had quite a life journey (so far). Here, he waxes poetical about highlights.

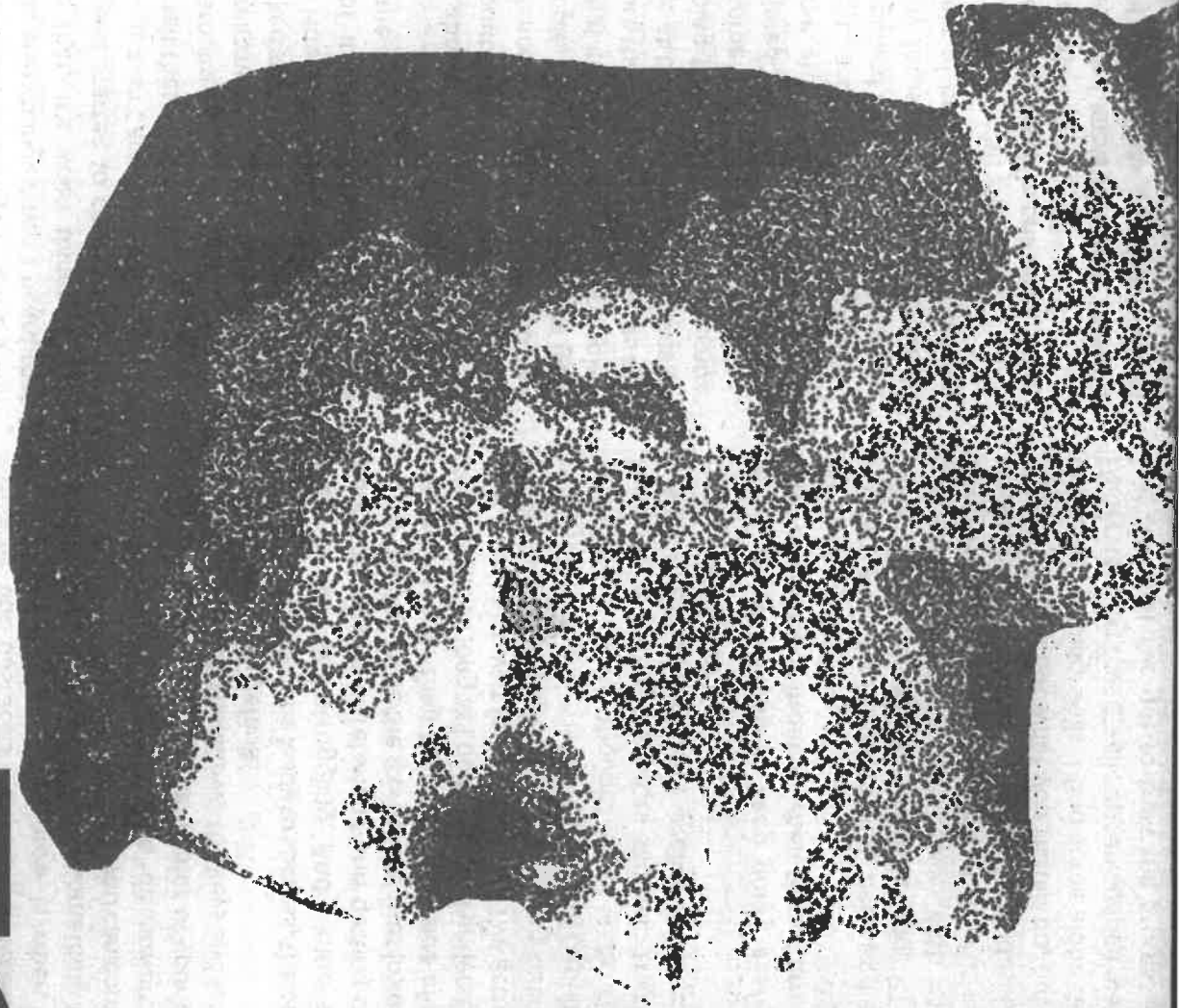
Please tell us about yourself.

Let's see here. What can I say right now...Okay. Before I got here, I was my lifestyle, which I thought was a good one. I sold drugs, I went to prison, and then I was managing a strip club in San Francisco. That whole culture, that whole lifestyle, was very toxic, but I didn't realize it.

I didn't think about it at the time, until when my daughter made art for Father's Day. I looked at it and I said [to myself], "I got to stop doing that. That represents everything I'm trying to keep away from my daughter."

When I moved out here to Contra Costa County is when I actually went into treatment. When I went to Discovery House, an alcohol and drug rehab center in Martinez, that actually changed my life. From there, I became more focused, I let that life go, and I learned a lot about myself.

During that time, I realized that all the pain and struggles and obstacles I went through—I had



to endure those in order for me to be prepared for the next stage in life. With that being said, it doesn't make all the pain go away, but what it does to me gives the pain a purpose. Does that make sense?

Yeah, it does. Going back to the picture, what did your daughter draw?

It was a collar shirt with a tie that she colored in—very cute. It had these sentences that I think were prewritten, and her teacher would ask her questions and she would answer it. It said, "I love my daddy because, and then he plays with me. My daddy is very nice." Then she said, "My daddy works selling tickets for people who want see movies."

That's what bothered me, because she thought I was working at the theater, which actually was The Mitchell Brothers Theater. It's not movies, it's a strip club. There were movies there, but they were adult videos. I felt I was deceiving her. I didn't want her to grow up embarrassed of what her dad does. I love my daughter too much to deceive her in that way. So I had to leave it. It was very hard.

Regarding Discovery House, what did you learn about yourself while you were there?

It was April 19, 2019. I remember that day, because that's when I started my journey back in recovery and letting go of the past. I remember before I walked into Discovery House, I stopped because I was scared of death. I never knew a life without the drugs or somewhere in the underworld. That was what I lived with and lived in for so long, that it was all normal for me.

I thought to myself, if I walk through those doors, I can never have another drug again in my life. That bothered **CONTINUES ON PAGE 2**

HOW TO



Start Conversations

We connect to others through conversation. How many times have you struck up a conversation with someone at the bus stop, while waiting in line at the grocery store or the post office, and during a break at a meeting? By asking questions, and then listening for answers, we're able to gather information: if someone is interesting, interested, or both; if they prefer basketball over baseball; and even if they're friend or foe.

Although this publication is not as one-on-one, it strives to accomplish something similar. It's alive because we strive to start conversations among justice-impacted individuals and also among the wider community. This community includes people who know the way forward through lived experience, people who have never been locked up and who want to be a support, and everyone else in between. So, imagine for a moment. We're standing in line somewhere. What would you ask us? What would you like to read about? Submit your stories and story ideas by inmate request through the Adult School Game Plan for Success. Or write us at one of the addresses on the back of this issue.

EDITORS' NOTES

Dear readers,

Sometimes it's easy to get up in the morning. Sometimes it's not. It becomes even more irritating when the drive from within just isn't there. We get it—we've been there, too.

We also know that change starts by taking one step forward and then another and then another, until at some point it doesn't really matter how the morning is—it just is. What becomes more important is what to do with what is. We come to realize that the steps don't have to be huge strides. They can be seemingly tiny ones.

In this issue, you'll find examples of what's possible with each positive step and when positive goals are set. They inform one's purpose. They also benefit others. It's like a smile to a stranger: you may never truly know how it benefitted them.

Charmaine Hoggatt
The Reentry Network

Pat Mims
Reentry Success Center

P.S. Not on our mailing list? Write and let us know where to send copies to you.

DONNIE, CONTINUED FROM FRONT PAGE
me. That scared the hell out of me. But I figured I had to do it because of my daughter. I didn't like the person I was at the time. I felt that it all had to stop and I couldn't do it by myself.

At Discovery House, I learned that recovery and getting off the drugs is simple, but it's not easy, because you only have to change one thing and that one thing is everything. When I heard that and I accepted that, it's when things started to make sense and started to change for me. I learned that things aren't always about me.

At one time, I felt that I was like the sun and the world revolved around me. I was very ego-driven. Going into its treatment program gave me tools and then it sparked something in me. I graduated from Discovery House and was elected member of the board of its alumni association. I was accepted into the SPIRIT Program* at Contra Costa College.

I learned a lot about motivational interviewing. I learned a lot about case management and active listening. I also learned a lot about myself and how to deal with people, because it's going into [job-related] fields that involve dealing with people. I have to make sure that I leave my judgments and my expectations at the door, because you never know what's going to happen. You never know who's going to come through the door.

When I completed that program, the fire was lit from under me. And I laughed because who would've thought, a couple years ago when I was dealing drugs and in the sex entertainment industry, that my focus and my passion would be in the business of healing? I never would've believed it.

If you could describe yourself in one word, what would that word be?

"Motivated," because I know now that I have a purpose. My life actually has a purpose. When

don't want to go back to. It motivates me to keep going forward and then also to try to chase the feeling of that empowerment. When I see that, it makes me feel almost electric.

What does the saying, "Get back on one's feet," mean to you?

To get back on my feet is knowing that all the struggles and obstacles and pain are necessary. That's growth. Where you grow is when you face those things. When you do something that you've never done before. Either you can commit to constant growth and face discomfort on your own accord and be the master of your own destiny, or you can hand over the keys and let life happen to you by default.

It's your choice. One leads to success, the other leads to pain and struggling. And I know that now. I'm capable of returning and getting back on my feet, because the storms and fires inside of me are stronger than the storms outside of me. I'm capable as long as I do the work. I understand that I can't just wait for it to happen, I've actually got to make it happen. Also, reaching out and asking for help, which is something that I wouldn't do before because I thought it was weak. Now, I'm open to all the resources and help that are available. Everything that's available to me, I'll take advantage of it.

What motivates you to keep going even on days or weeks or months when things are not going your way?

That's an interesting question, because I also suffer from depression, anxiety, and PTSD. Sometimes, it gets really heavy. With those days where I feel it's not productive or it's not working for me, I tend to isolate. I would isolate, which I know is not what you should do, but it's one of my coping skills. I find some alone time. Understanding that it's all happening for a reason

questioning their faith and their commitment.

My thing is, will I still stay true to my commitment, even though the mood that I set it in is gone? So, I just remember [my commitment to myself]. Yes, it's hard. Yes, it's tough. But it's necessary, and it's learning. That's where the growth is.

What advice would you give to individuals who are about to reenter society?

You're kidding yourself if you think it's going to be sunshine and rainbows the moment you get out. You got to understand that it's going to take a while. It's going to take time, but you have to focus on keeping your eyes on the prize, knowing what you're doing it for. You have to have a goal—a reasonable goal.

Don't get discouraged; you have to have faith in yourself. I don't care how tough you are in prison, I don't care how strong you are, or how hard you hit. There's nothing that's going to hit you harder than life. Life will beat you down and bring you to your knees if you let it.

If you know what you're worth, then go out and get what you're worth. Take accountability for what you've done, and just know that it's possible. It's possible. That's why I put a lot of emphasis on these programs. It's because they work.

Coming out of the prison system, when asking for help is almost like a sign of weakness—it's not weak, it's actually more of a strength. Say, "Hey, can you help me with this?" Or, "I need help with that." That pushes you forward towards your goal of where you want to be.

It might not be a huge step, but you have to celebrate small victories. Everybody has a purpose. Everybody, whoever they are, they matter. They're important. There's no substitute for work. That is the price you pay for success.

I got into recovery and started living a life of sobriety and healing and helping others, that's what motivated me. In my past, I would always follow the high from the drugs or the strip club, but now I get that feeling when I work with somebody, when I see it in their eyes, when everything just clicks.

At that moment they have hope; they're not so lost. They actually look forward to the day in front of them, the light at the end of the tunnel, the way out. Their spirit is no longer broken. When that happens, when I see that, I get the chills, and that's the feeling I get from recovery.

I learned you can't keep it unless you give it away. So helping people heal also helps me. It helps me in my journey because it reminds me of my struggles and what I

can't rush it.

I gotta actually trust it—I can't get to a five-year destination overnight. There are steps involved in the process. Many times I come across those days where I just say, "Man, why am I doing all this? What's it all for?" And then something brings me back to when I made my commitment.

Not every day is going to be motivated or motivational. Just like when people start a new hobby or whatever, they're on fire, they're excited, they're motivated, but somewhere along the way, something starts slowing down, starts

but whatever it is you want, whatever you goal is, you got to put in the work. It depends on how bad you want it. You can do it absolutely 100 percent. Reach out to those people who will help you get you to the next level. If you want to change, you only got to change one thing. And that's everything.

*SPIRIT is short for Service Provider Individualized Recovery Intensive Training, a 9-unit course taught in collaboration with Contra Costa Behavioral Health Services.

