

EVOLUTION OF THE PEER MOVEMENT COMMUNITY FORUM

Date of Forum: Wednesday, September 23rd, 2020

Time: 1PM to 3:30PM

Virtual Meeting via Zoom

Purpose of Forum:

This forum is intended to share information and resources about mental health, wellness supports, the evolution of the Peer Movement (people with lived experience), the Mental Health Services Act (MHSA) in Contra Costa County, and special sharing from the Native American Health Center. There will also be an opportunity for discussion and input of services in relation to Peer/Consumers/Clients.

AGENDA

TIME	ITEM	WHO	DESIRED OUTCOMES	MIN
1:00PM	1. Welcome, Opening Blessing, and Introduction	Amanda Wehrman & Erika Siao - Homebase, Contra Costa Behavioral Health Services (BHS) Leadership, Catherine Nieva-Duran - Native American Health Center (NAHC)	<ul style="list-style-type: none"> ○ Welcome ○ Introduction ○ Opening Blessing 	10
1:10PM	2. WREACH Rap by Stephen Boyd	Jennifer Tuipulotu - BHS Office for Consumer Empowerment	<ul style="list-style-type: none"> ○ Understand the meaning of Peer, Peer support and Provider ○ Share Stephen's Story of recovery and wellness 	5
1:15PM	3. What is the Mental Health Services Act (MHSA)?	Jennifer Bruggeman - BHS Mental Health Services Act (MHSA) Office	<ul style="list-style-type: none"> ○ Learn about the MHSA 	10
1:25PM	4. Native American Health Center (NAHC) and Wellness Supports	Veronica Shawnego - NAHC	<ul style="list-style-type: none"> ○ Learn about wellness supports offered by NAHC 	25
1:50PM	5. Stretch Break	Veronica Shawnego - NAHC	<ul style="list-style-type: none"> ○ Get up and move 	5
1:55PM	6. History of the Peer Movement in Contra Costa County & Looking Ahead	Jay Mahler - Consumer/ Survivor/ Activist & Anna Lubarov - Mental Health Advocate	<ul style="list-style-type: none"> ○ Learn about the Evolution of the Peer Movement as it relates to Contra Costa County 	35
2:30PM	7. Talking Circles	All	<ul style="list-style-type: none"> ○ Breakout into small groups and discuss mental health and wellness 	30
3:00PM	8. Stretch Break	Veronica Shawnego - NAHC	<ul style="list-style-type: none"> ○ Get up and move 	5
3:05PM	9. How to Stay Involved, Group Sharing, Evaluation of Forum, and Public Comments	Genoveva Zesati - BHS Mental Health Services Act (MHSA) Office	<ul style="list-style-type: none"> ○ Learn about staying involved ○ Brief sharing about discussion in Talking Circles ○ Public Comments ○ Complete Evaluation Survey 	20
3:25PM	10. Acknowledgements & Closing Blessing	Amanda Wehrman - Homebase & Veronica Shawnego - NAHC	<ul style="list-style-type: none"> ○ Acknowledgements ○ Closing Blessing 	5
3:30PM	11. Conclude	Amanda Wehrman - Homebase	<ul style="list-style-type: none"> ○ End of forum 	

Guidelines for Forum Participants

The input of all participants in the forum process is highly valued in planning and preparation of Mental Health Services Act funded programs and services. In order for all voices to be expressed in a productive, safe and respectful environment, the following set of self-governance guidelines are asked of all forum participants:

1. We are committed to honoring people's time. Please help us by being on time, asking questions, speaking to the topic at hand, and allowing for others to speak.
2. Please keep yourself on mute unless you are speaking.
3. Please ensure that any background or anything that will be viewed on the video feed is respectful and appropriate.
4. Wait to be recognized, before unmuting yourself, and keep your comments direct and brief.
5. It is okay to disagree, as different perspectives are welcomed and encouraged. Please be polite and respectful and allow for others to voice their views as well.
6. Please refrain from criticizing a specific person or viewpoint in a negative manner during the forum. Outside of the forum, you may connect with MHSA staff for assistance in having your concerns heard and addressed through the appropriate channels.
7. An individual may be asked to leave should they behave in a manner that threatens the safety of any participant or does not honor the terms of these guidelines.

Additional Resources

1. **Contra Costa County MHSA website:** <https://cchealth.org/mentalhealth/mhsa/>
2. **MHSA Mental Health & Wellness Resource Directory:** <https://cchealth.org/mentalhealth/mhsa/>
Go to the MHSA website and look in the grey box under *Links & Resources*.
3. **211 Contra Costa Database:** Call 211 or visit <https://cccc.myresourcedirectory.com/>
4. **Contra Costa County Access Line:** 1-888-678-7277
5. **The Native American Health Center (NAHC):** <https://www.nativehealth.org/content/richmond-native-wellness-center>
6. **RI International:** <https://riinternational.com/our-services/california/contra-costa/>
7. **Putnam Clubhouse:** <https://www.putnamclubhouse.org/>

MHSA Issue Resolution Process

Consumers/clients are encouraged to discuss issues.

1. Please refer to the MHSA website should an individual wish to request a review of any issue related to:
 - The MHSA Community Program Planning Process
 - Consistency between approved MHSA plans and program implementation
 - The provision of MHSA funded mental health services
2. Consumers/ clients may also discuss issues regarding their mental health services directly with their provider and may request a Change of Provider for any reason. Consumers dissatisfied with their mental health services in this county may file a grievance at any time without discussing the issue with their provider. Consumers may contact the following people who will assist in resolving complaints:
 - Consumer Assistant (a staff person identified at each program to help with the grievance process)
 - Quality Improvement Coordinator: 925-957-5160
 - Grievance Advocate (not a direct county employee): 925-521-1231. Collect calls are accepted.
 - Consumers may also go to the Problem Resolution Page:
<https://cchealth.org/mentalhealth/problem-resolution.php>