

Consolidated Planning and Advisory Workgroup (CPAW)

Thursday, January 6, 2022

3:00 pm – 5:00 pm

Meeting Access via Online Zoom Video Conference and Telephone Conference:

<https://homebaseccc.zoom.us/j/84801163858?pwd=d01ZbHN0bHZ5V1NCeDdZUkh2SW1pQT09>

Call In Number: 1-669-900-6833 Meeting ID Code: 848 0116 3858 Password: 390775



- Members Attending:** Douglas Dunn, Anna Lubarov, Sara Marsh, Lucy Espinosa Nelson, Roberto Roman, Jennifer Tuipulotu, Graham Wiseman, Amelia Wood
- Staff Attending:** Matthew Luu, Stephen Boyd, Janet Costs, Jessica Hunt, Jaime Jenett, Anna O’Connor, Jill Ray, Ernesto Robles, Jonathon San Juan,
- Public Participants:** Wanda Davis, Jeannine, Leona Foster, Jenna Williams
- Facilitator:** Mark Mora
- Recorder:** Audrey Montana
- Staff Support:** Jennifer Bruggeman
- Excused from Meeting:** None
- Absent from Meeting:** Y’Anad Burrell, Chaplain Creekmore, Tom Gilbert, Carolyn Goldstein-Hidalgo, James Lancaster, Leslie May, Melinda O’Day, Johanna Wagner

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| 1. Welcome – Call to order, Roll Call, Review Working Agreement, Finalize Meeting Minutes • Announcements | <ul style="list-style-type: none"> • Roll Call, Call to Order, Meeting Notes (December 2, 2021) – No revisions • Announcements <ul style="list-style-type: none"> ▪ (Genoveva Zesati) Will be sending out the updated Cultural Humility Plan. Has been finalized and is posted online. To provide services in a culturally and linguistic responsive manner. If interested, can attend the Reducing Health Disparities meetings. ▪ (Wanda Davis) This month is Positive Parenting Awareness Month. The Board of Supervisors will be discussing this at their meeting. COPE posted shared activities. Positive Parenting is a way to mitigate stress and mental health issues | | <p>Mark Mora, Facilitator</p> <p>Audrey Montana to post notes.</p> |

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| | <p>in young children. Promotes positive interactions between children and parents/caregivers.</p> <ul style="list-style-type: none"> ▪ (Jennifer Tuipulotu) Tina Wooten who was the Chairperson for the Mental Health Oversight and Accountability Commission and who was a peer with lived experience has passed. She started there in 2004. There will be a virtual memorial. We will provide information to CPAW when we learn the details. ▪ (Sara Marsh) It's hard to get the vaccine, boosters, and tests. Recognize that Supervisors are trying to distribute tests from their offices. Supervisor John Gioia in West County had tests to distribute today. All the tests were gone by 9:45 this morning. Please share any resources you may have. There is a walk-in clinic at the Solano Pharmacy in Concord open Monday through Friday from 2:00 pm to 5:00 pm for vaccines and boosters. | | |
| <p>2. Stakeholder Sharing by Meeting Groups</p> <ul style="list-style-type: none"> • Adults Committee • Aging & Older Adults Committee • Alcohol and Other Drug Services (AOD) Advisory Board • Behavioral Health Care Partnership (BHCP) Meeting • Children, Teens and Young Adults (CTYA) Committee • Health, Housing & Homeless Services (H3) – Continuum of Care • Innovation (INN) Committee | <p>Adults Committee: No additional comments.</p> <p>Aging & Older Adults Committee: No additional comments.</p> <p>Alcohol and Other Drug Services (AOD) Advisory Board: No additional comments.</p> <p>Behavioral Health Care Partnership (BHCP): No additional comments</p> <p>Children, Teens and Young Adults (CTYA) Committee: No additional comments</p> <p>Health, Housing and Homeless Services (H3):</p> <ul style="list-style-type: none"> • The Point in Time count was initially scheduled for January 27th but will be delayed due to the Omicron virus. Is a one-night survey of individuals identified as homeless in the County. The new date will be announced. • Do not currently have updates as to Project Room Key. Will be sending out general updates in our newsletter soon. | | <p>Committee Representatives</p> |

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| <ul style="list-style-type: none"> • Membership Committee • Mental Health Commission (MHC) • Mental Health Commission – Quality of Care • Reducing Health Disparities (RHD) • Social Inclusion Committee • Suicide Prevention Committee • System of Care Committee • Training Advisory Workgroup (TAW) | <ul style="list-style-type: none"> • Richmond and Concord Shelters, and Brookside are open. • Council on Homelessness did not meet today but will meet this month on January 20 from 1:00 to 3:00 pm. <p>Innovation (INN) Committee: No additional comments.</p> <p>Mental Health Commission (MHC):</p> <ul style="list-style-type: none"> • The Mental Health Commission met yesterday. Discussed an MHC MHSA Finance Committee topic – How to provide services for people determined in misdemeanor cases to be incompetent to stand trial. Will receive an update as to this issue from Behavioral Health Services, Dr. Suzanne Tavano during the February MHC meeting. • Five Priority Topics for MHC for 2022 (result of survey) <ol style="list-style-type: none"> 1) Advocate for full implementation of Parity Health Care Coverage for mental health at the same level as for physical health 2) Evaluate mental health services for kindergarten to twelfth grade for students throughout the County 3) Evaluate the per capital funding for mental health services (determine if fair and equitable) 4) Advocate for the end of permanent legal financial discrimination regarding federal Medicaid 5) Advocate for transparent data assessment for community mental health needs – consolidation and sharing of data. <p>Mental Health Commission (MHC) – Quality of Care Committee: No additional comments. Chair Barbara Serwin will provide information for an update next month.</p> <p>Reducing Health Disparities (RHD): No additional comments.</p> <p>Social Inclusion Committee:</p> <ul style="list-style-type: none"> • If have questions or need information, can also contact Roberto Roman at Roberto.Roman@cchealth.org. | | |

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| | <p>Suicide Prevention Committee:</p> <ul style="list-style-type: none"> Revised dates for the Meeting of the Suicide Prevention Committee’s Youth Subcommittee. Will meet as scheduled on January 28th and October 28th. Revised meeting dates - April 22nd and July 22nd, 2022. <p>System of Care Committee: No additional comments.</p> <p>Training Advisory Workgroup (TAW): No additional comments.</p> | | |
| <p>3. Dialogue with Contra Costa Behavioral Health Services (BHS) Executive Leadership</p> <ul style="list-style-type: none"> MHSA Budget Updates Q & A | <p>Dialogue with Contra Costa County Behavioral Health Services (BHS) Executive Leadership</p> <p>Matthew Luu:</p> <ul style="list-style-type: none"> Dr. Tavano could not make the meeting today. She is not feeling well. <p>Since I am presenting with little notice, do not have specific topics to address. But am available at this time to respond to questions.</p> <p>Comments and Response to Questions:</p> <ul style="list-style-type: none"> (Anna Lubarov) Is the Measure X Committee working on Peer Respite? Response: (Jennifer Bruggeman) May be a goal under the A3 Initiative which is funded by Measure X. (Matthew Luu) There are different phases to the project. Could be on a different timeline. We will check and provide you with information. (Douglas Dunn) There will be an A3 Update webinar. (Jill Ray) Will be Tuesday, January 12th from 4:00 to 5:30 pm. (Wanda Davis) Any idea when the committees that are currently on hold will start back up? Specifically, the Children’s Committee? Response: (Jennifer Tuipulotu) We now have our Family Services Coordinator for Children, Lucy Nelson. She and the Children’s Chief are in discussion re future plans for the Children’s Committee. Hope to have an update next CPAW meeting. (Lucy Espinosa Nelson) Gerold Loenicker and I agreed to keep on hold for now. Will wait until have a new Supervisor for wrap around services. We will provide notification when the | | <p>Matthew Luu (Deputy Director Behavioral Health Services)</p> |

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| | <p>Children’s Committee meetings start again.</p> <ul style="list-style-type: none"> (Amelia Wood) Any update on Nierika or Nevin House? We really need these facilities. Did they actually close on the 15th? Response: (Matthew Luu) They both have closed. The Adult Chief (Jan Cobaleda-Kegler) had been meeting every week prior to the closures. They transitioned those clients to other programs prior to the closures. Jan Cobaleda-Kegler is working on a Request for Proposal (RFP) and will be reviewing the RFP with Dr. Suzanne Tavano. First priority is crisis residential. Next priority is Nevin House. Jan Cobaleda-Kegler is meeting with Fatima Mal Sol (Alcohol and Drugs Chief) to identify a vendor that is best suited to replace the Nevin House facility. I will be here for the rest of the meeting to respond to any questions that might arise later during this meeting. | | |
| <p>4. Innovation Updates</p> <ul style="list-style-type: none"> CORE CBSST New Project Ideas | <p>Presenters: Jennifer Bruggeman Genoveva Zesati</p> <p>Presentation Video: “Crisis in Control – A film about psychiatric advance directives” by Delaney Ruston, MD</p> <p>(Jennifer Bruggeman)</p> <ul style="list-style-type: none"> CORE Project <ul style="list-style-type: none"> Center for Recovery and Empowerment (CORE) is an MHSA Innovation project. Launched in 2018. Is an intensive outpatient program for youth dealing with substance use issues as well as mental health issues Last Spring during COVID, all four staff eventually left the program. A collaborative workgroup was developed between Mental Health and Alcohol and Other Drugs (AOD). Considered best way to relaunch the program. More assessable to the community and less barriers to participation. Continues to meet frequently. | | <p>Jennifer Bruggeman (Mental Health Services Act Program Manager)</p> <p>Genoveva Zesati (Workforce, Education and Training (WET)/Ethnic Services Coordinator - Mental Health Services Act)</p> |

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| | <ul style="list-style-type: none"> ○ Marilyn Franklin is the new Manager of the West County Children’s Clinic. She now oversees the project. Before Christmas, conducted interviews for the CORE Supervisor position. Second interviews scheduled for next week. Plan to have the Supervisor hired first in order to hire the rest of the program team - Mental Health Clinical Specialist and Community Social Worker (CSW). ○ A Community Based provider that specializes with working with youth will provide services for the Outdoor Education Adventure Therapy for the program. ● CBSST <ul style="list-style-type: none"> ○ Cognitive Behavioral Social Skills Training. Is an Innovation project. Anna O’Connor is the Mental Health Clinical Specialist for Board and Care homes. ○ Innovation project in its fourth year. The Team consists of Anna O’Connor and a CSW. ○ Services have continued throughout the pandemic. ○ Hybrid model of Telehealth and in person services. Now more emphasis on individual rehabilitation rather than groups. Clients have benefited from the increased one on one time. Group work is conducted outdoors. ○ Project will receive approximately twelve laptops for use with the Board and Care homes to facilitate Telehealth meetings as well as clients’ other appointments (i.e., medical, psychiatry appointments). ○ Work in four Board and Care homes. Served 45 clients. Those who stepped down from the program to more independent living settings are considered alumni and the team is still working with some of them. This is working very well. ● New Project Ideas <ul style="list-style-type: none"> ○ The CPAW Innovation subcommittee discusses new ideas for new projects ○ Housing <ul style="list-style-type: none"> ▪ always listed as the top need as seen from stakeholder | | |

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| | <p>and public input at community planning events and meetings</p> <ul style="list-style-type: none"> ▪ Perhaps an Innovation project that relates to housing supports (service) ▪ Also, people who had been receiving treatment from the State will now be returning to the County and will need treatment and services ▪ Now funding sources available through Measure X, No Place Like Home, MHSA housing funds ▪ So perhaps, Innovation would not be the best place to start a housing project. ▪ Innovation projects have temporary time-limited funding. For housing, looking at something more permanent. looking at other ways to get the needs met. <p>(Genoveva Zesati)</p> <ul style="list-style-type: none"> ○ Innovation Project Idea – Micro-grants for Community Defined Practices (given to Community Based Organizations – CBO’s) <ul style="list-style-type: none"> ▪ Target culturally responsive needs and disparity as detailed in the Cultural Humility Plan. ▪ Some groups not receiving or do not have access to services due to challenges (i.e., community language issues, fear of the undocumented) ▪ Such as Asian communities. Need language support. Asian and Spanish speaking communities not receiving as many services ▪ Community Defined Practices – i.e., Native American Health Center (drum circles, storytelling). Different for each group. ▪ If an Innovation program, after the limited funding period has ended, the program may be able to be absorbed by other funding ▪ Community Defined Practices for the African American, Black community | | |

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| | <ul style="list-style-type: none"> ▪ Had discussions in the December Innovation Committee meeting. Services defined by people in the community and providers. ○ Innovation Project Idea - Psychiatric Advance Directive (PADS) <ul style="list-style-type: none"> ▪ Similar to a Medical Advance Directive ▪ Legal document that outlines a person’s preferences for future mental health treatment implemented during a crisis ▪ PAD created while the person is doing well and their wishes are outlined. Can permit a Health Proxy who can help interpret preferences during a crisis. ▪ There is currently an Innovation multi-county collaborative opportunity just launching. Focused on developing a statewide standardized PAD template. Will provide training, outreach. Plan to develop a cloud-based data storage system for easy access (i.e., providers, individuals). ▪ Presented a twelve-minute film. On the website of the California Association of Local Behavioral Health Boards and Commissions. Provides oversight to groups like the Mental Health Commission. A film created by a woman (Delany Ruston, MD) who grew up in the Bay Area. She is a medical doctor and documentary filmmaker. She is also a family member of a loved one who lives with mental illness. Is a story of her family and how creating a PAD was useful for the family. Video documentary presented and viewed. ○ Poll <ul style="list-style-type: none"> ▪ To determine those interested in the micro-grant project, the PADs project, or both or something different ▪ If have “Other Comment” please feel free to write the comment in the Chat | | |

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| | <ul style="list-style-type: none"> ▪ Result of Poll – Fifteen responses. Sixty percent are in favor of both Innovation Project ideas. ▪ Thank you for your feedback. Appreciated. <p>Comments and Response to Questions:</p> <ul style="list-style-type: none"> • (Amelia Wood) What Board and Cares are they going to? Response: (Jennifer Bruggeman) Anna O’Connor who could possibly answer your question is no longer at this meeting. I will find the answer to that and let you know. I know the idea is to expand this across the County and hire additional teams in order to expand to additional homes. Now in the process of hiring an additional team. May suggest a presentation by the team to CPAW. Each program does complete an annual report. • (Jonathan San Juan) I believe there is already a PowerPoint used for such a presentation that may be available. What type of expansion is expected (a region, group of individuals)? Response: (Jennifer Bruggeman) Must meet and determine if home is suitable for the program. Working with small and some larger Board and Care homes. I will find out the answer to that question. (Jessica Hunt) Looking at a CBSST annual report. Serve six small six-bed adult residential facilities. One large residential facility. Provides support and education to operators. • (Lucy Espinosa Nelson) I would like to be more involved in the Innovation Committee. Please provide me with an email. Response: (Genoveva Zesati) Ernesto Robles who works with the Innovation Committee will add your email to the Innovation Committee email distribution list. • (Sara Marsh) How much money would be in a micro-grant? What about the RFP process? Response: (Genoveva Zesati) The microgrant would be under a million dollars and divided over a course of several years. Review will go to the Executive Director of the State Mental Health Services Oversight and Accountability Commission (MHSOAC) who can approve plans under a million dollars. A much faster process. | | |

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| | <ul style="list-style-type: none"> • (Douglas Dunn) Looking at the issue of housing for the returning misdemeanor deemed incompetent to stand trial returnees. May be funding available in the Governor’s budget. Fifteen billion dollars in one time funding. • (Amelia Wood) Like to see housing WRAP group. Need to support those put in housing. Take someone from the street who had been homeless twenty-five years would need housing support and services. Need someone who can advocate for the residents. Would like to see Peer Connections be able to pick up and bring people home. • (Jenna Williams) The word is definitely out there as we have been having a lot of drop ins and inquiries. • (Anna Lubarov) Funding might be taken from volunteer services and given to involuntary services. Need to provide support at each transition level. • (Jonathan San Juan) Any discussion re Peer Respite Model? One that operates twenty-four hours a day in a homelike environment. Response: (Jennifer Bruggeman) Has been discussion on Peer Respite and believe funding is available to fund that. Also looking into alternative destinations to going to the hospital. We are overdue for Peer Respites in this County. • (Jonathan San Juan) Thank you for showing the video. Since the PAD is a legal document, the system is more likely to follow the PAD than it would a crisis plan from WRAP. But documents could reinforce each other and be used. WRAP skills give clients agency but no path to use. • (Anna Lubarov) I agree with Jonathan. Glad Contra Costa is looking at this and hopefully implement. Video is from the family member perspective and not the consumer’s perspective. The County should also look at version of PADs designed by consumers. I would love to participate in this multi-county collaborative meetings. Response: (Jennifer Bruggeman) This multi-county collaborative goal is to work with consumers throughout the state to create the PADs template that would be most meaningful from the consumer perspective and to get | | |

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| | <p>consistency across the state. Goal is to get every county in the state to adopt the same PAD template version. May consider a presentation for the future.</p> <ul style="list-style-type: none"> • (Graham Wiseman) If have a notarized version, would that be followed by both private and County personnel? • (Jennifer Tuipulotu) Is this collaborative group open to other counties participating and providing input? Response: (Jennifer Bruggeman) Yes. Currently five or six counties across the State that have joined. Open to having more counties join. • (Amelia Wood) Think PADs is a good idea. I work with many people who have paranoid schizophrenia. Having a PAD for them would be amazing. I am for it. I'd like to ask again to be part of the Collaborative that is working on PADs. • (Sara Marsh) Brilliant to have the PAD in a cloud version. During a crisis don't always know where the documents are. • (Anna Lubarov) Sounds like some great work with the Board and Cares, especially providing a psycho4education to the operators as needed. | | |
| <p>5. CPPP Updates</p> <ul style="list-style-type: none"> • Overview of Current Year • Future Efforts | <p>Presenter: Jessica Hunt</p> <p>Presentation Document:</p> <p>“Contra Costa Continuum of Care, Homelessness Awareness Month Toolkit 2021”</p> <p>2021 Community Planning Process</p> <ul style="list-style-type: none"> ○ 2021 was the second year of the COVID pandemic ○ All meetings and events held in 2021 were held via Zoom. ○ Noticed overall greater genera, across the board participation. There was less participation from some groups such as Crestwood. ○ Poll of stakeholders – they would like to continue with a hybrid type of meeting | | <p>Jessica Hunt (Mental Health Services Act (MHSA) Program Supervisor)</p> |

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| | <ul style="list-style-type: none"> ○ Had monthly CPAW stakeholder meetings ○ Held a Wellness Community Forum (January 2021) and Suicide Prevention Community Forum (September 2021) focusing on Suicide and Youth ○ Had smaller events throughout the year with Historically Marginalized Community Engagement groups. One such event was in Spanish. ○ Released Request for Proposals (RFP's) under the Prevention, Early Intervention component of MHSA. <ul style="list-style-type: none"> ▪ Suicide Prevention RFP – was awarded to the Contra Costa Crisis Center for their Psychiatric Emergency Services (PES) Follow-up Program ▪ Early Childhood Mental Health RFP – Awarded to EPTECH for their proposed program “Everyday Moments”. Program for families with children ages 0-5. In partnership with the First 5 program to provide family engagement and outreach services. Early Childhood Mental Health Homebase support to be provided by We Care Services Children Center and Early Child Mental Health Program of West County. The COPE program will provide education and empowerment services. ○ Consolidated training <ul style="list-style-type: none"> ▪ Reducing Cultural Disparities and the Annual Cultural Competence Report. Have the Training Advisory Workgroup. ▪ All County wide trainings are now coordinated under MHSA ○ Expanded Suicide Prevention efforts <ul style="list-style-type: none"> ▪ Relaunched the Suicide Prevention Youth Subcommittee. Youth from the Youth Subcommittee were very active in the Suicide Prevention Community Forum. In 2022, the Youth Subcommittee will be a quarterly meeting. ▪ Updating the Suicide Prevention Strategic Plan | | |

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| | <ul style="list-style-type: none"> ▪ Developed a Suicide Prevention Report Card and distributed during an MHSA Community Forum that focused on Youth and Suicide in September (Suicide Prevention Awareness Month). Have new leadership (Jessica Hunt MHSA) and Co-chair for the Suicide Prevention Committee and Youth Subcommittee is Leslie Garcia from the Contra Costa Crisis Center. ○ Currently developing a Survey Monkey <ul style="list-style-type: none"> ▪ Ask for input as for future funding. Will use social media platforms as well. ○ Will hold one-hour meetings throughout the year which will be more brief versions of the usual Community Planning events. Will be informational and educational. Elicit input from participants re services and prioritize services. ○ Will resume MHSA Program Fiscal Reviews <ul style="list-style-type: none"> ▪ Due to COVID have been delayed ▪ May be virtual or hybrid format ○ Will resume the MHSA Orientation <ul style="list-style-type: none"> ▪ Is the 45-minute training completed immediately prior to the monthly CPAW meeting ○ MHSA Three Year Plan <ul style="list-style-type: none"> ▪ Going into the third year of the current Three-Year Plan and will be working on the Third Year Plan Update ▪ Will start drafting the next MHSA Three Plan for Fiscal Years 2024-202 <p>Comments and Response to Questions:</p> <ul style="list-style-type: none"> • (Jonathan San Juan) What is the difference between Cultural Humility and Cultural Competence? In regards to implicit bias, part of cultural humility is to be aware when there is implicit bias. It is humbling to know that. Response: (Genoveva Zesati) Competence is different for each person depending on lived experience. I use Cultural Humility which recognizes that we all have different lived experiences, and we try to respect that. | | |

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| <ul style="list-style-type: none"> SB 803 (Peer Certification Update) | <p>Presenter: Roberto Roman</p> <ul style="list-style-type: none"> Had two Peer Certification Stakeholder Advisory Council Meetings in December <ul style="list-style-type: none"> December 3rd Meeting <ul style="list-style-type: none"> Discussion of Peer run organizations becoming site certified to bill MediCal. Informed any organization must contract with the County in order to bill MediCal Overview of grandparenting requirements. Referred to the Behavioral Health Information Notice 21-041 – Requirements of the Department of Health Care Services (DHCS) re Peer Certification and grandparenting. Identified areas of flexibility. Link to the California Mental Health Services Association. Peer Certification information: https://www.calmhsa.org/peer-certification/ December 10th meeting <ul style="list-style-type: none"> Presented an overview of community input sessions that took place in October Meetings in January 2022 <ul style="list-style-type: none"> January 14th and 28th (second and fourth Fridays of the month) 1:00 pm to 4:00 pm. We need more participation of stakeholders in these meetings. Stakeholders need to participate and make their voices be heard. <p>Comments and Response to Questions:</p> <ul style="list-style-type: none"> (Anna Lubarov) Yes have to be there to have our voices heard. Need a local group to organize to encourage participation. (Jennifer Tuipulotu) Perhaps the Office for Consumer Empowerment could partner with the Peer Connection Centers to encourage such participation and for input | | Roberto Roman (Community Support Worker II, Office for Consumer Empowerment |

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| 6. Public Comment & Suggestions for Future Agenda Items | <ul style="list-style-type: none"> • (Jennifer Tuipulotu) Would like an update as to progress of A3 in February. Where are they headed, plans. Have someone present on A3. A3 will be an ongoing topic just as SB 803. • (Sara Marsh) Presentation on the Peer Connection Centers. • (Anna Lubarov) There is a group called “Lift Every Voice and Speak”. They are with Peers in Alameda County. Some Contra Costa Peers attend there as well. They have really good presentations (i.e., personal wellness, wellness for Peer Providers. We can learn from each other. Suggest have them “present with us” at CPAW. • (Douglas Dunn) Volunteered to present at a future CPAW meeting on the topic of how we handle people who are “heavily justice involved” coming back to the County from State hospitals. Getting them back into the community is an important topic. • (Amelia Wood) Would like presentations about resources that are still in the community. | | Mark Mora |
| 7. Plus / Delta – Review of Meeting | <ul style="list-style-type: none"> • (Jonathan San Juan) Like the polls. Great idea. | CPAW members and attendees | Amanda Wehrman |
| 8. Adjournment & Next CPAW Meeting | <ul style="list-style-type: none"> • The next CPAW meeting will be February 3, 2022, from 3:00 pm to 5:00 pm. | | Amanda Wehrman |