



2022 Orientation Schedule
Mental Health Services Act (MHSA)
Consolidated Planning Advisory Workgroup (CPAW)



The following topics will be presented to CPAW members and interested community members (stakeholders) as an Orientation in efforts to inform on the Mental Health Services Act (MHSA) and how it relates to Contra Costa County Behavioral Health Services (CCBHS).

A topic will be presented on a quarterly basis prior to the start of the CPAW Meeting on the first Thursday. The setting is an informal conversation and exchange of information with time allotted for questions. Handouts are provided, as appropriate. MHSA staff is responsible to conduct the session or coordinate for a qualified individual to present the topic. Orientation topics have been developed through input from stakeholders.

Orientation Day and Time: Quarterly (Feb, May, August, November) on the First Thursday from 2pm to 2:45pm
Orientation Location: Virtual via Zoom – Link to be sent prior to meeting

1. What is CPAW, its sub-committees and other meeting groups? What is the role of a CPAW member?
 - Purpose of CPAW, sub-committees and other BHS workgroups and boards
 - What are all these meetings about and where can meeting information be found?
 - Roles and responsibilities; members, non-members, staff support and importance of being involved in CPAW
2. Understanding the MHSA, Advocacy and Stakeholder Participation
 - Gain an understanding of the Mental Health Services Act (MHSA)
 - Importance of the Community Program Planning Process
 - Rules governing meetings
 - Advocacy Resources
3. Mental Health Programs: County and Contracted Services ***
 - Gain an understanding of county operated services vs. contracted services
 - How are new contracts established?
 - How are services evaluated?
4. How Does Budgeting and the Money Work?
 - Where does the money come from (federal, state, county, city, private sources)?
 - The budget process
 - Contra Costa County **MHSA's budget** - where is it found and how it is tracked?
 - How the Board of Supervisors, Health Services and BHS make decisions and who makes them?

*** See Page Two for August 4, 2022 Orientation meeting Zoom link/Information



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CPAW ORIENTATION – August 4, 2021:

Time: 2:00 pm to 2:45 pm

Topic: Mental Health Programs: County and Contracted Services

Access to Orientation:

Zoom: <https://cchealth.zoom.us/j/7050090662>

Meeting ID: 705 009 0662

(This is a different Zoom link from the CPAW General Meeting)

By Phone -One tap mobile:

+16465189805,7050090662# US (New York)

Dial by your location: +1 646 518 9805 US (New York)

Meeting ID: 705 009 0662

Find your local number: <https://cchealth.zoom.us/u/aeCVRMMicL>

Stakeholder Sharing

MHSA Consolidated Planning Advisory Workgroup (CPAW) August 4, 2022 Meeting

Highlights of news to share and areas discussed at recent Contra Costa Behavioral Health Services (CCBHS) supported stakeholder meetings held in February and March 2022.

Adult Committee

- The Adult Services Committee will be resuming meetings.
- The Committee will meet the second Tuesday of the month from 3:00 – 4:30 pm via Zoom.
- The next meeting of the Adult Services Committee will be Tuesday, August 9, 2022 from 3:00 – 4:30 pm via Zoom.

Aging and Older Adult Committee (AOA) (June 1st)

June

- The Focus Group received a presentation on Mobility Matters and how to link its services to our senior clients. Mobility Matters also discussed their response to the COVID-19 pandemic (safety measures, continued support to seniors living in own homes). - Discussed the need for more volunteer drivers to meet the needs of seniors without transportation and the rewarding benefits of being a volunteer driver.
- Received a presentation from Contra Costa Deputy Health Officer, Dr. Sara Levin, on updates of COVID-19 within Contra Costa County. At this time there are no plans to shut down in response to the current uptick in COVID cases as hospitalizations continue to be low. County Health Deputy Officers recommend getting and staying up to date with the COVID-19 vaccination and booster shots as well as masking when indoors.
- Discussed the benefits of taking Paxlovid within 5 Days of developing COVID-19 symptoms or within 48 hours of testing positive. Contra Costa residents can access this medication by calling the Nurse Line at (877) 661-6230 and request a prescription.

July

- No meeting in July.
- The next meeting will be on Wednesday, August 10, 2022 from 2:00 pm to 3:30 pm on Zoom.

Alcohol and Other Drugs (AOD) Advisory Board (June 22nd, July 27th)

June - Update will be provided at the CPAW meeting.

July - Update will be provided at the CPAW meeting.

- The next AOD Board meeting will be August 24, 2022 from 4:00 pm to 6:15 pm.

Behavioral Health Care Partnership (BHCP) (June 21st, July 19th)

June - Update will be provided at the CPAW meeting

July - Update will be provided at the CPAW meeting.

- The next meeting will be August 16, 2022, from 1:30 pm – 3:00 pm via Zoom.

Children, Teens and Young Adults Committee

- Meetings canceled until further notice

Health, Housing and Homeless Services (H3) (June 2nd, July 7th)

June - Update will be provided at the CPAW meeting

July - Update will be provided at the CPAW meeting.

- The next Council on Homelessness meeting will be August 4, 2022, from 1:00–3:00 pm via Zoom.

Innovation Committee (INN) (July 25th)

June

- No meeting in June.

July

- Provided an update on the CORE Program (Center for Recovery and Empowerment – MHA Innovation Program) which is located in Richmond by the CORE Supervisor, Lara Zanzucchi.
- Update provided on the Psychiatric Advanced Directives (PADs)
- Innovation Microgrants to Community Based Organizations for community defined practices were discussed. Planning and discussion. Reviewed agreed upon parameters and next steps.
- The date for the next Innovation Committee meeting to be announced.

Mental Health Commission (MHC) (June 1st, July 6th)

June - Update will be provided at the CPAW meeting

July - Update will be provided at the CPAW meeting.

- The Mental Health Commission will meet August 3, 2022, from 4:30 pm to 6:30 pm via Zoom.

MHC Quality of Care Committee (MHC QC) (June 16th, July 21st)

• June - Update will be provided at the CPAW meeting

• July - Update will be provided at the CPAW meeting.

- The Quality of Care Committee will meet August 18, 2022 from 3:30 to 5:00 pm via Zoom.

Reducing Health Disparities (RHD) (June 6th)

June

- Presented an overview of the Contra Costa Behavioral Health Services Loan Repayment Program
- The Latina Center provided a presentation with an overview of services provided. Women's Health Leadership classes, parenting classes, Young Latina Future Leaders group, immigration legal advice, domestic violence prevention and support groups, small business training. Most classes are offered fully in Spanish.
- La Clinica de la Raza presented with an overview of services provided - Familias Fuertes (focus on children 0-17 and encourage strong families), Vias de Salud Program (focus on young adults 18+). Provided access to services during the pandemic through TeleHealth. Now hybrid in-person services.

July

- No meeting in July.
- Next Reducing Health Disparities Workgroup meeting is Monday, October 3, 2022, from 3:00 pm to 4:30 pm via Zoom.

Social Inclusion (SI) (June 9th, July 14th)

June

- To observe PTSD Awareness Month, we learned about Post-Traumatic Stress Disorder signs and symptoms and how people can get treatment if they are in need. Synetta Freeman also shared her lived experience during the presentation.
- For LGBTQIA2-Spirit+ Pride Month, Cristina Zaldana from Rainbow Community Center shared about the organization's mission, values, and services for the community.

July

- Roozbeh Bashi shared three helpful breathing exercises to help people to relax the brain and open the heart.
- Dr. Carrie Frazier from Village Keepers, Inc., lead us in a discussion about the community that her organization serves and the services that they provide.
- Cynthia Ayala reviewed the committee's past tabling events and discussed new tabling opportunities such as the Community Partners Picnic on August 11th.
- Social Inclusion will not meet in August due to a scheduling conflict with the Community Partners Picnic. The next Social Inclusion meeting will be on Thursday, September 8th from 1:30-3:00 PM. The meeting will be virtual only via Zoom using the login info below:
 - <https://cchealth.zoom.us/j/95344660402>
 - Meeting ID: 953 4466 0402
 - Dial by your location +1 646 518 9805
- For more information or to join the Social Inclusion mailing list, please call (925) 957-5105 or email Roberto.Roman@cchealth.org.

Suicide Prevention Committee (SP) (June 24th, July 22nd)

June

- Reviewed and discussed latest draft of the Countywide Suicide Prevention Strategic Plan. Co-chair, Jessica Hunt, provided an overview of the latest draft, and input was provided from meeting attendees.

July

- Launch of 988 announced. Presentation by Seneca Mobile Crisis Response Team on programs and services.
- The next Suicide Prevention Committee/Coalition meeting will be August 26, 2022, from 9:00 am to 10:30 am via Zoom.

Suicide Prevention (SP) – Youth Subcommittee

- No meeting in June or July.
- The next Suicide Prevention – Youth Subcommittee meeting date to be announced.

System of Care Committee (SOC) (June 8th)

June

- Provided an update on the Mental Health Services Act (MHSA) 22-23 Plan Update that was presented to the Board of Supervisors
- Update on the Psychiatric Advanced Directives (PADs) – Was approved by the California Mental Health Services Oversight and Accountability Commission (MHSOAC)
- Presentation by Adam Down on Behavioral Health Care Continuum Infrastructure Program (BHCIP) including a recent Needs Assessment and Report to Community

- Presentation by Jessica Hunt on the latest Suicide Prevention Strategic Plan – Draft.
Provided background and information sharing.

July

- No meeting in July.
- The next System of Care Committee meeting date to be announced.

Contra Costa Behavioral Health Stakeholder Calendar August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Mental Health Commission (MHC): 4:30 – 6:30 pm (Online/Telephone)	4 Council on Homelessness: 1:00–3:00 pm (Online/Telephone) CPAW Orientation: 2:00–2:45 pm (Online/Telephone) CPAW: 3:00–5:00 pm (Online/Telephone)	5	6
7	8 Reducing Health Disparities (RHD): (No meeting)	9 Adult: 3:00 – 4:30 pm (Online/Telephone)	10 System of Care: (No meeting) Aging /Older Adult COVID-19 Workgroup 2:00–3:30 pm (Online/Telephone)	11 Social Inclusion: (No meeting)	12	13
14	15	16 Behavioral Health Care Partnership: 1:30–3:00 pm (Online/Telephone)	17	18 CPAW Steering (11:00 am–Noon) (Online/Telephone) MHC Quality of Care: 3:30 – 5:00 pm (Online/Telephone)	19	20
21	22	23	24 AOD Advisory Board: 4:00 – 6:15 pm (Online/Telephone)	25	26 Suicide Prevention Committee (SP) 9:00 – 10:30 am (Online/Telephone) Youth Sub-committee (Time TBA) (Online/Telephone)	27
28	29 Innovation: (No meeting)	30	31			

Contra Costa Behavioral Health 2022

Committee Email Contacts**

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Aging and Older Adults	ellen.shirgul@cchealth.org
Alcohol & Other Drugs (AOD) Advisory Board	fatima.matalso@cchealth.org
Behavioral Health Care Partnership (BHCP)	jennifer.tuipulotu@cchealth.org
Children, Teens & Young Adults	To be Determined
Consolidated Planning Advisory Workgroup (CPAW)	audrey.montana@cchealth.org
Health, Housing & Homeless Services (H3)	jaimenjennett@cchealth.org
Innovation	jessica.hunt@cchealth.org
Membership (CPAW)	audrey.montana@cchealth.org
Mental Health Commission (MHC)	angela.beck@cchealth.org
Reducing Health Disparities (RHD)	genoveva.zesati@cchealth.org
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Steering (CPAW)	audrey.montana@cchealth.org
Suicide Prevention	jessica.hunt@cchealth.org
System of Care	jennifer.bruggeman@cchealth.org

** Can also call the Mental Health Services (MHSA) Office at (925) 313-9525 for committee meeting status updates.

(August 2022)