

Early Childhood 0-5 Community Forum
11/2/19
Feedback Summary

Total Number of Attendees: 151

Participating Adults: 116

Child Care Providers: 7

Children: 28

****35 unregistered attendees were accommodated due to high number of no-shows (40+)***

Results - Input Forms

N=60

****Below responses are listed in order of how frequently they were mentioned.***

What do you see as our most pressing mental health care needs?

1. Training, Support, Education for Families and Teachers
2. Trauma Informed Care – including implicit bias, cultural humility, intergenerational trauma, preventing ACES, compassion fatigue
3. Access and Quality of Care – including marginal preschools, daycares, long wait lists, inconvenient times, lack of resources
4. Prevention and Early Intervention
5. Stigma
6. Advertising / Resource Information
7. Black Mental Health Issues – including disproportionate preschool expulsion, discipline
8. Peer Support

How do you think we could best address these needs?

1. Education, Support, Trainings – including for special populations (i.e. teachers, law enforcement, medical providers, teens) and on special topics (i.e. brain health, mental health, development)
2. Outreach/Advertising – including broader use of social media, targeted campaigns geared toward schools, parents, etc.
3. Access – including information in multiple languages
4. Prevention and Early Intervention Activities and Initiatives
5. Trauma Informed, Cultural Humility Trainings – to address implicit bias, intergenerational trauma, empathy
6. More events/forums
7. More funding

Any suggestions as we plan for the next three years?

1. Trainings and Events – suggestions for future topics include African American, Islamic, LGBTQ mental health, Peers
2. Cultural Humility – create trauma transformed systems, address racism, cultural appropriation, impact of politics on mental health
3. Partnerships/Collaboration – with health care systems (i.e. Kaiser), K-12 systems, stakeholders

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4. Focus on specific populations – African American, Islamic, LGBTQ, others
5. Funding – allocate to 0-5, specific cultural groups
6. Advertising – social media, billboards, etc.
7. Access
8. Transition between early childhood (0-5) and school age (6-18) – bridge the gaps
9. System Navigation

What was the most helpful take away from today?

1. Learning about new resources / New information
2. Small group discussions / Opportunity to give input
3. Passionate community / Meeting new people
4. Learning about the importance of the 0-5 experience
5. Hearing from speakers

Suggestions or Comments (in no particular order):

- Great job everyone!
- Put services on billboards; provide services outside working hours; more transportation
- Make it longer; more resources
- Very interesting
- More time for the training to learn about programs and services
- More training on this topic
- More facilities for Muslim centers
- Education for pregnant moms and parents of small children
- Social media ads reducing stigma and identifying where to go for services
- Thank you for all the hard work you put into this
- It was good
- Go Bay Area strong with community network!
- This was a great event, I learned so much!
- More forums, this subject needs years of conversation with the community
- Wished at end there was acknowledgement of community members who came
- More info before hand about what today was about. This was great but flyer didn't explain
- More black mental health programs
- Less provider heavy; more space for parents to give input and be heard. Didn't feel like giving input about services to providers.
- Make billboards
- Very good themes
- Excellent event, make more frequent
- Very good info except wanted more time
- Resources
- Continue more group work so we can express personal information and stories.

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Demographic Forms (Adult Attendees)

N=93

Gender		Age	
93%	Women	5%	Age 16-25
6%	Men	85%	Age 26-59
1%	Other	10%	Age 60+

**In the below categories, some people checked multiple boxes so percentages may not equal 100%*

Affiliation		Region		Race/Ethnicity	
5%	Consumer	59%	East County	39%	White
10%	Family	37%	Central County	30%	Latino/Hispanic
54%	Providers	25%	West County	18%	Black
10%	CCBHS Staff	1	Sonoma County	11%	Asian/Pacific Islander
23%	Other			4%	Native American/Alaskan Native
				8%	Other

Evaluation

Overview of MHSA and forum objectives – clearly stated, forum met stated objectives:	Breakout Sessions – method of obtaining info was effective:	Community Input – right topics were chosen, felt comfortable giving input:	Overall were you satisfied with - your experience, method of obtaining input, location, time frame, length, accommodations:
Strongly Agree: 67% Agree: 25% Neutral: 8%	Strongly Agree: 72% Agree: 21% Neutral: 7%	Strongly Agree: 79% Agree: 14% Neutral: 7%	Strongly Agree: 64% Agree: 30% Neutral: 6% Disagree: < 1%

Stakeholder Sharing

(CPAW Meeting – December 5, 2019)

Highlights of news to share and areas discussed at recent CCBHS supported stakeholder meetings:

Adult Committee

- Update will be provided at the CPAW meeting.

Aging and Older Adult Committee

October 23rd

- The Meeting of the Aging and Older Adult Committee focused on -
 - Continued planning and preparation for the upcoming training scheduled for 11/21/19 on Depression, Dementia, Delirium and Traumatic Brain Injury with Dr. Patrick Arbore.
 - Discussions on strategies for ways to increase housing resources for Older Adults.
 - Jane Yoo, Mental Health Housing Services Coordinator, attended the meeting to provide more information related to the need for increased housing resources.
 - Discussed possible ways to advocate for increased funding for housing for Older Adults.

November 13th

The Meeting of the Aging and Older Adult Committee focused on -

- Finalized planning and preparation for the upcoming training scheduled for 11/21/19 on Depression, Dementia, Delirium and Traumatic Brain Injury with Dr. Patrick Arbore.
- Continued discussion on strategies for ways to advocated for increased housing resources for Older Adults.
- Discussed the success of the MHSA Shared Houses and ways to expand this type of housing resource. Also discussed Rapid Resolution.
- Discussed ways to provide additional training on severe mental illness to board and care operators and staff through the Mental Health First Aid model.
- Plans to invite representatives from Shelter Inc. to the next meeting to discuss possible housing models.

Alcohol and Other Drugs (AOD) Advisory Board

- Update will be provided at the CPAW meeting.

Children, Teens and Young Adults Committee

- Update will be provided at the CPAW meeting.

H3 Housing Committee

- Update will be provided at the CPAW meeting.

Innovation Committee

October 28th

- Discussion on the implementation of the Center for Recovery and Empowerment (CORE) has continued and recently reported that the site's expansion has been completed. The project is currently preparing for site certification scheduled for December 4th.
- The Cognitive Behavioral Social Skills Training (CBSST) in Augmented Board & Cares staff plans to attend the December meeting to discuss the learning goals assigned to the project. Goals will be evaluated to decide whether changes to these goals should be updated.

- The next meeting is scheduled for Wednesday, November 20th from 11:00am to 12:30pm at 1160 Brickyard Cove Rd, Suite #111, Point Richmond at the CORE site. This will include a site tour, staff introductions and any current updates.

November 20th

- Committee meeting was held at the Center for Recovery and Empowerment (CORE) site. Tour and staff introductions took place and Committee learned more about the program.
- Warren Hayes, Mental Health Program Chief, has been invited to attend the December meeting to discuss and answer questions around the program certification and Medi-Cal billing.
- The next meeting is scheduled for Monday, December 23rd from 2:30pm to 4:00pm at Morello Avenue, Suite #100, Martinez

Mental Health Commission (MHC) (November 6th)

- No meeting in October due to Mental Health Commission Retreat.
- Warren Hayes (Mental Health Program Chief) provided information as to the new Mental Health Commission Executive Assistant – Alexander Ayzenberg (Administrative Analyst).
- Dr. Suzanne Tavano (Behavioral Health Director, Behavioral Health Services) provided information and update as to the Health Care Services Report and CalAIM. Recommended can google “DHC CalAIM” for more information. Discussed three goals in the report and the proposed reforms.
- Reviewed By Laws pertaining to the development of slates for the 2020 Commission Chair, Vice Chair and sub-committee Chairpersons. Discussed appointing a Nominating Committee and development of slates.
- Reviewed October 2nd Mental Health Commission Retreat, received input and possible topics for future discussion. Received suggestions to enhance future retreats.
- Reviewed the Psychiatric Emergency Services (PES) report draft and the discussed time-table to address shortfalls.
- Discussed locations for future Mental Health Commission meetings. Discussed suggested topics and possible speakers.
- The next Commission meeting will be held on December 4th at 550 Ellenwood Way, Pleasant Hill from 4:30 pm to 6:30 pm.

Quality of Care Committee (QC) (October 17th)

- Announced Mental Health Services Act (MHSA) Community Forum (Topic: Early Childhood Mental Health) will be held on November 2nd at the Pittsburg Senior Center from 9:30 am to 1:00 pm.
- Discussed increasing costs of inpatient hospitalization and the resulting impact on Behavioral Health Services’ ability to provide community mental health services. Reviewed the costs of providing services for those in locked facilities. Reviewed data, new laws, discussed costs and the rate of reimbursement.
- Discussed the specific needs of foster youth.
- Regarding PES, discussed plans and timeline, research needs and the report on architectural and other changes at PES. Recommended Dr. Suzanne Tavano or Dr. Matthew White (Medical Director) speak in November for an update.
- Discussed lack of behavioral health Medicare providers for older adults and issue of denial of benefits. Older adults may be home bound and not seek or receive treatment.
- Motion to form an Ad Hoc Committee to study the care provided to those on Medicare and/or Medi-Cal, especially older adults. Motion passed.
- Discussed Site Review Guidelines for the Commission. Recommend this next Committee meeting focus on site visits.
- The next meeting will discuss quality review and streaming the review process.

- There was no Quality of Care Committee meeting in November.
- The next meeting is scheduled for December 19th, from 3:30 to 5:00 pm at 1220 Morello Avenue, Suite 101, Martinez.

Reducing Health Disparities (RHD)

September 23rd

- The RHD Committee discussed transition of meeting co-chair, discussion charge of committee, plans on how to gather more community involvement, and setting working agreement.
- Discussed planning for 2019-2020 Cultural Competence Plan Update & idea to survey committee on focus areas and goals for 2019-2020 plan.

October 28th

- The RHD Committee was provided an update on the California Behavioral Health Director's Association (CBHDA) Cultural Competency, Equity, and Social Justice Committee (CCESJC) meeting that took place in Sacramento on October 24th. The CCESJC Committee is a meeting where County staff working to support the Cultural Competence Plan gather and share information. The CCESJC shared a document that provides the framework of how to implement and support the work of the Ethnic Services Managers or those that work on Cultural Competence Plans in Counties. The RHD Committee also received an update on the Bay Area Equity Atlas, an informational meeting that Health Services and other County departments are participating in that gathers data from various metrics and provides statistical data on equity factors in the Bay Area.
- The discussion on the 2019-2020 Cultural Competence Plan (CCP) Update continued with the group deciding to be surveyed on previously identified areas to hone in on focus areas for 2019-2020 CCP Update. Survey responses to be discussed at the November meeting.
- The December RHD Committee Meeting is cancelled, due to the holiday. The next RHD Committee Meeting is Monday, January 27th from 1pm to 2:30pm at 1340 Arnold Drive, Suite 126, QI/QA Conference Room in Martinez.

Social Inclusion

October 24th

- Staff shared a listening tool to gather community input about what people feel they need to live a full, happy life. This was part of Envision Health, Contra Costa Health Services' planning process to promote health and well-being for everyone in Contra Costa County now and into the future. Staff also presented personal experience with Hispanic/Latino heritage in observance of Hispanic/Latino Heritage Month and facilitated a wellness and recovery-oriented activity drawing from related cultural themes.

November 14th

- The staff facilitated a group activity drawing from Native American cultural themes in observance of Native American Heritage Month. Also, Catherine Nieva-Duran, Program Coordinator with Native American Health Center in Richmond, presented on lived experience from the Native American perspective.
- The next Social Inclusion meeting on December 12th will include a potluck. For more information, email Roberto.Roman@cchealth.org or call (925) 957-5105.

Suicide Prevention (October 25th)

- Overview & Discussion on Mental Health Student Services Act, a state level grant with potential resources for suicide prevention in schools to be released in 2020.
- Members completed a survey to prioritize their top three agenda items for 2020 and identify how the committee can be utilized to positively impact the community.
- Top 3 issues included: Suicide Prevention for Schools (mental health, suicide prevention and crisis), SP forums and community events, Continuum of Care and Collaboration of partners and leadership.
- No meeting in November due to Thanksgiving.
- The next meeting is scheduled for Friday, January 24th, from 9:00 to 10:30 am at Morello Avenue, Suite 100, Martinez.

System of Care Committee

October 9th

- The SOC Committee continues to provide input and receive updates on the Oak Grove project progression, No Place Like Home (NPLH) applications submitted by Contra Costa County, and plans for the Short-Term Residential Treatment Program (STRTP) for youth.
- Quora Epps and Antonio Pizano from Voices Youth Center under the Spark Initiative presented on the program. The Spark Initiative recently branched into Contra Costa County, is working to strengthen partnerships in the County with other agencies to be an additional support and resource for youth and young adults that may have lived experience with system involvement or homelessness. Spark Initiative employees are individuals with lived experience such as having involvement in foster care, the juvenile system, or homelessness and their goal is to offer support as peer advocates to young people with similar experiences needing assistance in system navigation and resources. They support young people in areas of housing, education, wellness, employment, and legal.

November 13th

- The SOC Committee continues to provide input and receive updates on the Oak Grove project progression, No Place Like Home (NPLH) funding application to be submitted and should have more information by January. Updates continue on plan for Short-Term Residential Treatment Program (STRTP) for youth.
- Natalie Oleas from the Family Justice Center presented on work of agency and continued partnership building. The organization works to bring together community supports in healing of family violence survivors and try to create one location to wrap individual in supports. Also offer many training opportunities for individuals and agencies to become a more uniformed system of support. Anyone interested in training can enlist on the agency website.
- The next SOC Committee Meeting is Wednesday, December 11th from 10:00 am to 11:30 am at 1220 Morello Avenue, Suite 100 in Martinez.



Contra Costa Behavioral Health Stakeholder Calendar December 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		3	4 Mental Health Commission: 4:30 — 6:30 pm 550 Ellinwood Way, Pleasant Hill	5 CPAW: 2:00—5:00 pm 2425 Bisso Lane, Concord	6	7
8	9	10	11 System of Care: 10:00—12:00 pm 1220 Morello Av, Suite 100, Martinez	12 Children's: 11:00 am—1:00 pm 1340 Arnold Dr, Suite 200, Martinez Social Inclusion: 1:30—3:30 pm 2425 Bisso Lane Concord	13	
	16 CPAW Membership 3:00—4:30 pm 1220 Morrello Ave, Ste 100, Martinez	17	18	19 CPAW Steering: 1:00 — 2:00 pm 1220 Morello Av, Suite 100, Martinez Quality of Care Committee: 3:30 — 5:00 pm 1220 Morello Av, Suite 100, Martinez	20	21
22	23 CPAW Innovation: 2:30 — 4:00 pm 1220 Morello Av, Suite 100, Mar- tinez	24 Adults: 3:00 — 4:30 pm 1340 Arnold Dr, Suite 200, Martinez		26	27	28
29	30					