

Consolidated Planning and Advisory Workgroup (CPAW)

Thursday, August 5, 2021

3:00 pm – 5:00 pm

Meeting Access via Online Zoom Video Conference and Telephone Conference:

<https://homebaseccc.zoom.us/j/724180505?pwd=ayswSINGeU02MTMrRkIzSkY1OFYyQT09>

Call In Number: 1-669-900-6833 Meeting ID Code: 724 180 505 Password: 6472



- Members Attending:** Y’Anad Burrell, Chaplain Creekmore, Douglas Dunn, James Lancaster, Sara Marsh, Lucy Espinosa Nelson, Roberto Roman, Graham Wiseman, Amelia Wood
- Staff Attending:** Dr. Suzanne Tavano, Breanne Green, Jessica Hunt, Jaime Jenett, Michael Peterson, Jonathon San Juan, Robert Thigpen
- Public Participants:** Monica Boyd, Deborah Callister, John Gallagher, Carla Liggins, Mark Moro, Susan Norwick Horrocks, Jenna Williams, Sandy Young
- Facilitator:** Amanda Wehrman
- Recorder:** Audrey Montana
- Staff Support:** Jennifer Bruggeman
Genoveva Zesati
- Excused from Meeting:** None
- Absent from Meeting:** Stephen Boyd, Candace Collier, Tom Gilbert, Carolyn Goldstein-Hidalgo, Kimberly Krisch, Anna Lubarov, Leslie May, Kathi McLaughlin, Melinda O’Day, Jennifer Tuipulotu, Johanna Wagner

TOPIC	ISSUE/CONCLUSION	ACTION/ RECOMMENDATION	PARTY RESPONSIBLE
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 • Announcements – <ul style="list-style-type: none"> ○ (Michael Peterson) Preparing for another year of the SPIRIT program. Flyer announcing SPIRIT applications will be available soon was shared. SPIRIT is a nine-unit college course given in collaboration with Contra Costa College. Teach core skills, how to empower oneself and obtaining and maintaining recovery. 	<p>Information</p> <p>Notes approved. Will be posted to MESA CPAW website.</p>	<p>Amanda Wehrman, Facilitator</p> <p>Audrey Montana to post notes.</p>

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	<ul style="list-style-type: none"> ○ (Jennifer Bruggeman) Last Tuesday on August 3rd, the Board of Supervisors approved the MHSA Fiscal Year 2021-2022 Annual Update to the MHSA Three Year Plan. Want to thank everyone here at CPAW and those with the Mental Health Commission for their support and input. ○ (Chaplain Creekmore) Will Senate Bill 803 impact the SPIRIT program in any way? ○ (Michael Peterson) We do not have information on that as yet. ○ (Roberto Roman) The Department of Health Care Services distributed their Behavioral Health Information Notice on SB 803 implementation and program standards. Still in process of reviewing all the information. Will provide an update later. ● (Meeting Notes (July 1, 2021) – Approved with minor revisions. 		
<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:</p> <p>Had a special presentation from Michelle Richardson (Program Manager for Alcohol and Other Drugs - AOD) who provided an overview of programs and how the programs may have been impacted by the pandemic.</p> <p>Addressed Asian Pacific Islander violence in the community. There is a collaboration of COVID-19 workgroups. Created a campaign. Posters and postcards available for distribution. Volunteers to help distribute the posters in the community are welcome. If you would like to request United Against Hate Campaign posters/postcards or volunteer, please contact Shannon Ladner-Beasley at Shannon.ladner-beasley@cchealth.org. The Family Justice Center has developed a public service announcement regarding violence against the Asian American Pacific Islander elder community. To receive links to the Family/Elder Justice announcement, please contact Brianne Green at bgreen@cchealth.org.</p>		<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) 	<p>The next meeting will be Wednesday, August 25th from 2:00 – 3:30 pm.</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): The Concord site (medical respite site), Concord Shelter and Concord Service site closed during COVID. The shelter has now reopened. Service Center that has six warming center beds is now open (8 pm to 8 am). Can stay one night at a time. There is also now a little pocket park. November is Homeless Awareness Month. For information on the planning for Homeless Awareness Month, please email Jaime Jenett at jaimie.jenett@cchealth.org. There will be community events, a Toolkit. Welcome people with lived experience to be part of the planning for this month’s events. Also, Lavonna Martin (Director of H3), is now a Deputy Health Director under Anna Roth. Lavonna Martin will oversee H3 and now also Detention Health. H3 is looking for an Interim Director.</p> <p>Innovation (INN) Committee: No additional comments. No additional comments.</p> <p>Mental Health Commission (MHC) – The big item of discussion was the update on the Crisis Intervention pilot program. There is a community demand for such a program in light of the tragedy involving Miles Hall. Dr. Suzanne Tavano spoke. Dr. Chad Pierce is the Program Manager of the West County Children’s and Adult’s Clinics and is the point person for the crisis response effort. There are</p>		

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	<p>multiple funding sources. Discussed how to reimagine mental health services post-COVID. This topic will be a focus for the Mental Health Commission retreat scheduled for October 6, 2021 from 3:00 pm to 6:30 pm. Notice will be sent to the public.</p> <p>Mental Health Commission (MHC) – Quality of Care Committee: No additional comments.</p> <p>Reducing Health Disparities (RHD): No additional comments.</p> <p>Social Inclusion Committee: No additional comments.</p> <p>Suicide Prevention Committee: No additional comments.</p> <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"> • Update on Youth Crisis Stabilization Unit • State Budget following May Revise – impact on Behavioral Health Systems, including Housing & State Hospitals • Update on new position classification for Peers • Update on Delta Variant – will boosters be needed? 	<p>Dialogue with Contra Costa County Behavioral Health Services (BHS) Executive Leadership</p> <p>Dr. Suzanne Tavano:</p> <ul style="list-style-type: none"> • Youth Crisis Stabilization Unit <ul style="list-style-type: none"> ○ Have regularly scheduled meetings every two weeks ○ In locations where will build out, current staff at those spots will be displaced ○ Working on details (i.e. need for generators in event power outage) with Public Works and architects ○ Anticipate finalized and built out in about twelve months • State Budget <ul style="list-style-type: none"> ○ Funding “could” be coming our way but most is not guaranteed funding. For some of these funds, each county will get an allocation. ○ Most funds are through competitive grants. We are moving very quickly with those. 		<p>Dr. Suzanne Tavano, (Director, Behavioral Health Services)</p>

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	<ul style="list-style-type: none"> ○ Grant opportunities (competitive process) <ul style="list-style-type: none"> ▪ One and an half weeks ago the first Request for Proposal (RFP) was released. For Mobile Crisis Units. Applications due on August 23rd. ▪ Infrastructure Grant opportunity. Through competitive process. Hope includes bricks and mortar (building/renovation) as we need new treatment facilities. ▪ We are keeping eyes and ears open and applying for any grants we can apply for. ○ Expansion of two block grants <ul style="list-style-type: none"> ▪ Mental Health block grant ▪ Substance Abuse Treatment Services block grant usually for the care of uninsured non-MediCal beneficiaries ▪ Applying for these expansions due Monday ○ Grants the County has applied for <ul style="list-style-type: none"> ▪ Appears the Federal government investing more funds for services to states (in turn to the counties). ▪ Congressman DeSauliner sponsored two applications that we submitted. Appears we will be getting the funding for both. ▪ 1.1 million dollars – To build out the Mobile Crisis Teams that we have. ▪ 1 million dollars – To renovate the Oak Grove building to serve as a Crisis Hub. To bring Oak Grove fully up to code and upgrade, will need another 1.4 to 1.5 million dollars. ▪ Crisis services for youth will be on the grounds of Contra Costa Regional Medical Center (but not in the Psychiatric Emergency Services – PES). ▪ Oak Grove will be part of a larger plan for a Crisis Service Hub which would include a Call Center, headquarters for the Mobile Crisis Response Team and would also have service capacity. 		

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	<ul style="list-style-type: none"> ○ New Classification of Certified Peer Specialists <ul style="list-style-type: none"> ▪ The State published an Information Notice as to this new classification (i.e. functions, areas of specialization, etc.) ▪ The County will move forward as soon as possible with this classification and incorporating the new MediCal provider type into our system ▪ Peer Specialists can provide additional services ● COVID-19 Delta Variant <ul style="list-style-type: none"> ○ The Delta variant is the most predominant of the variants ○ The only way out is for everyone who is able to get vaccinated, gets vaccinated ○ Seeing a new fourth wave now and a surge in some areas in hospitalizations. ○ Majority of those testing positive and being hospitalized are unvaccinated ○ If those who are vaccinated get breakthrough infections, symptoms are more mild/ in the moderate range, is not a severe illness and usually there is no need to hospitalize ○ Vaccines absolutely work ○ County back to mandating wearing masks indoors (unless a person is working in a private individual office with door closed). ○ Booster Vaccinations <ul style="list-style-type: none"> ▪ Is now a topic of discussion in the news ▪ Will see where discussions lead ▪ Some countries cannot even obtain supplies for first vaccinations ▪ Perhaps more information by the Fall ▪ Pfizer has applied to be removed as for emergency use authorization ▪ Those vaccinated with Pfizer and Moderna have very high immunization for about six months according to current data 		

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	<ul style="list-style-type: none"> ○ County Services <ul style="list-style-type: none"> ▪ Not shut down. All programs are open. All County staff required to be in-person three days a week and work remotely two days a week. Some working in person daily. ○ Behavioral Health staff are deemed to be health care workers and as of last week (per County Information Notice) are required to provide verification of full vaccination or be subject to weekly mandatory COVID testing <ul style="list-style-type: none"> ▪ The link to the County Information Notice is: https://www.dhcs.ca.gov/formsandpubs/Documents/BHIN-21-043.pdf <ul style="list-style-type: none"> ▪ Also required of County health care providers <ul style="list-style-type: none"> ◇ Legally required and responsible to ensure staff vaccinated or tested (the same as County Behavioral Health services staff) ◇ Have list of independent test sites ◇ A service provider may also apply to become a certified testing center site by applying to the California Department of Public Health. ◇ If approved, will be provided certification and can request the testing equipment, supplies. Will be administering the antigen test. Will be given equipment that provides test results in fifteen minutes. If test positive, that staff person will be sent to a test site for a higher level of testing. ○ Significant number of clients not vaccinated <ul style="list-style-type: none"> ▪ Tried to encourage vaccinations. Ran into a lot of vaccine hesitancy. ▪ Any suggestion how to better conduct outreach welcome ▪ Will look into using an incentive program to encourage vaccinations 		

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<p>4. CPAW Meeting Structure</p> <ul style="list-style-type: none"> • Virtual, Hybrid, In-Person • Getting More Input from Community • Using Acronyms • CPAW Membership 	<p>(Jennifer Bruggeman):</p> <ul style="list-style-type: none"> • The MHSA - Consolidated Planning Advisory Workgroup (CPAW) meets monthly. Today will discuss the CPAW meeting structure. • The CPAW Steering Committee also meets monthly in preparation for the CPAW meeting. Provides input to set the Agenda for the CPAW monthly meetings. The Steering Committee suggested at the last meeting we discuss the content and format of CPAW meetings. • Our goal is to make these meetings a welcoming and inclusive space. • Suggested use of Acronyms at CPAW meetings <ul style="list-style-type: none"> ○ Avoid using so all can understand ○ Distributed and shared a four page glossary of acronyms commonly used in the Behavioral Health care system • CPAW Membership <ul style="list-style-type: none"> ○ Have openings for designated CPAW members ○ Members applied and were approved by the Behavioral Health Director ○ Membership provides for diversity and respecting a wide range of perspectives. Categories of members include Consumer, Family Member, School Based, Faith Based, Criminal Justice, Service Provider, Alcohol and Other Drugs (AOD), Peers, Family Partners, Health Housing and Homelessness Services (H3), The Mental Health Commission, Underserved Populations, Veterans ○ CPAW is the primarily advisory to the Behavioral Health Director re all MHSA funded services and supports ○ If interested in becoming a CPAW member, please contact me directly at Jennifer.bruggeman@cchealth.org. ○ Have confirmed vacancies for members representing consumers, family members, underserved population, H3 and veterans. Welcome all who are interested. 		<p>Jennifer Bruggeman. (Mental Health Services Act (MHSA) Program Manager)</p>

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	<ul style="list-style-type: none"> • Also suggested was to make more use of breakout/discussion groups during CPAW meetings. Some people may feel more comfortable speaking and providing input in a smaller group. We will have breakout group discussions today. • Format of future CPAW meetings <ul style="list-style-type: none"> ○ Since March of last year, have held meetings via Zoom ○ For some people it is more convenient as they do not have to deal with transportation and physically coming to the meetings ○ But, some people have stopped attending and for some may be due to lack of access to technology ○ There are many meetings each month. The main CPAW meeting, the CPAW Steering Committee, several subcommittee meetings • A Poll was taken by attendees of this meeting regarding the future format of meetings <ul style="list-style-type: none"> ○ One question asked the preference for the format of the meeting. The second question was how long the attendee had been attending CPAW meetings. ○ Results: <ul style="list-style-type: none"> ▪ 18% – Return to in-person meetings ▪ 53% - Use Hybrid format (in-person and virtual) ▪ 29% – Continue meeting virtually ▪ More than half of the respondents have been attending CPAW for more than two years • Discussions <ul style="list-style-type: none"> ○ (Roberto Roman) I have been attending CPAW meetings for nearly a decade. I have been a member since 2016. I prefer the hybrid model. ○ (Amelia Wood) I like hybrid. I miss being in a room with all of you. Those with busy schedules may also have the option to attend virtually. ○ (Jennifer Bruggeman) I agree. Another option would be alternating formats - one month the meeting would be held in-person and the next month the meeting could be 		

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	<p>held virtually. Or we can have in-person and virtual at the same time, but need to work on the logistics to do so.</p> <ul style="list-style-type: none"> ○ (Douglas Dunn) An example would be consumers at Crestwood and others are not able to attend virtually. Many of our consumers and loved ones cannot attend virtually. Due to the Delta variant, I am willing to stay virtual myself. If a limited number of people permitted in room for in-person meeting, I am willing to give up my in-person space for someone who can only attend meetings in person. ○ (Jenna Williams) Agree. Hybrid would be both convenient and safe when we get to that point. ○ (Jaime Jenett) I think it will be a while until it will be truly safe to meet in person. ○ (Jennifer Bruggeman) Is there a way if a smaller group of people wanted to meet in person and others could attend the same meeting virtually? ○ (Amanda Wehrman) The biggest consideration is technology in the room. Will need very good audio equipment. Best option are individual mikes that can mute and unmute. Or speakerphones. The biggest question would be the technology, capacity, number of in-person attendees, screens, ability to see and hear everyone, etc. We have heard of other communities exploring the alternating format for meetings as well. Can even meet in different regions to permit greater access. ○ (Chaplain Creekmore) I like seeing people in person. I would not be able to attend an all in-person meeting. I noticed that others who tried a hybrid form, the people physically in the room communicate with each other more. The people on Zoom tend to be lost or forgotten about. I am glad you are addressing all those issues. Perhaps everyone in the room communicate through a laptop. A hybrid has the best of both worlds but it has its challenges. 		

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	<p>Comments and Response to Questions:</p> <ul style="list-style-type: none"> • (Amelia Wood) Can consumers and family members receive gift cards? Response: Yes. We can offer a stipend in the form of a Safeway gift card to those who attend these meetings. And consumers and family members can receive gift cards. Provide to encourage as much community participation and input as possible. County employees cannot receive the gift cards. Happy to talk on-line re technology to provide access to participate in meetings. • (Lucy Espinosa Nelson) I became a CPAW member about three years ago. I have been absent a long time. Today is my first day back. I believe I represent Families on CPAW. Happy to continue with membership. Response: Welcome back. Happy to see you. Please contact Audrey Montana regarding your membership. • (Chaplain Creekmore) How long is the CPAW membership term? Response: Membership terms are usually three years. At the end of your term, you need not reapply. You can just let us know that you would like to continue with your CPAW membership. 		
<p>5. Youth Suicide Prevention Community Forum Planning</p> <ul style="list-style-type: none"> • Updates • Small Group Discussion 	<p>(Jessica Hunt):</p> <ul style="list-style-type: none"> • The Mental Health Services Act – Suicide Prevention Community Forum will be held Thursday, September 9, 2021 from 4:00 pm to 7:00 pm • Focus will be Youth and Suicide. Target audience is youth and young adults and those who want to support them, Adults both personal and professional are also welcome. • The Suicide Prevention Committee’s Youth Subcommittee called for such a forum. Want suicide prevention education - why suicide happens, what to do if you or someone else is in crisis, what to say, how to get support, resources available • CPAW Member Graham Wiseman will present a personal testimonial 		<p>Jessica Hunt (Mental Health Services Act (MHSA) Program Supervisor)</p>

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	<ul style="list-style-type: none"> • One of our youth members (a teenager) who started a nonprofit called “Not the End” will present on her experience regarding a friend who had gone through crisis. Will discuss how other teens can get involved. • The last hour of the forum will be breakout/discussion groups. Goal is to create a safe space to start conversations free of stigma, for discussions, learn how to get support for suicide prevention efforts • Today, we will be breaking out into discussion groups to fine tune discussion topics for the Forum. We welcome input. • Working on a Suicide Prevention Report Card of what Suicide Prevention looks like in Contra Costa County. Contains a lot of information. Will be distributed to all who register for the event. Will post on the MHSA website. • Have a targeted social media campaign to engage young adults and their families to register and become involved in this event • Will send information. Please share the information about this Forum with your community. Will ensure all receive the Community Forum flyer to distribute and share. • Discussion Groups – Fifteen minutes allotted for attendees to meet in specific groups for open discussion. Summary of discussions to be provided to Jessica Hunt. • Moderators from each group will send group discussion notes to Jennifer Bruggeman. We will try incorporate all comments. 		
6. Putnam Peer Connection Centers - Update	<p>Putnam Peer Connection Centers (Sandy Young)</p> <ul style="list-style-type: none"> • One month since started the Putnam Peer Connection Centers (PPCC) (formerly known as RI). Leases signed for the three facilities. Tamara Hunter has been working hard to get through all the details. Currently working on obtaining insurance. • Working on obtaining Wi-Fi services, copy machines and other necessities 		Sandy Young (Manager) and Jenna Williams (Recovery Coach) Putnam Peer Connection Center

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	<ul style="list-style-type: none"> • Some staff from RI are working with Putnam (Carla Liggins and Jenna Williams) who are currently working on virtual programming. Carla and Jenna just were approved for the Putnam auto insurance and can now start visiting people. • Antioch is fully staffed. Have openings in the Concord and San Pablo Centers. • Will stagger opening of the facilities. Goal for anticipated opening dates. These dates are very tentative: <ul style="list-style-type: none"> ○ Antioch – September 7th ○ Concord – September 21st ○ San Pablo – October 1st <p>(Jenna Williams)</p> <ul style="list-style-type: none"> • Working on developing the program curriculum. Obtaining input as to what clients want. Crestwood shared their curriculum. Appears want new materials. Training on life skills (i.e. budgeting, cooking, hygiene, communication skills, etc.). Have a COVID discussion group currently. • If you would like a calendar for Putnam’s virtual programming, please call Jenna Williams at (925) 804-1904. <p>Comments and Response to Questions: (Amelia Wood) You all at Putnam are amazing. I think you can accomplish this. I have people ready and waiting for PPCC to open. Thank you.</p>		
7. Public Comment & Suggestions for Future Agenda Items	<ul style="list-style-type: none"> • (Deborah Callister) I am here to sing the praises of the Full Service Partnership (FSP) Program. This program has been miraculous. FSP is worth full funding for expansion. It is like bringing the hospital to the person. I am happy to share information on the FSP Program. How wonderful these teams are who work with our community’s loved ones. • (Jennifer Bruggeman) There will be no CPAW meeting next month as there will instead be the Suicide Prevention Community Forum on September 9th. The next CPAW meeting will be in October. 		Amanda Wehrman

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8. Plus / Delta – Review of Meeting	<ul style="list-style-type: none"> (Deborah Callister) Thank you for the breakout discussion groups. I thought Amelia Wood’s input in our breakout group was tremendous. Her ideas of creating dialogue with Peers among Peers is a great way to open up conversations. 	CPAW members and attendees	Amanda Wehrman
9. Adjournment & Next CPAW Meeting	<ul style="list-style-type: none"> The next CPAW meeting will be October 7, 2021 from 3:00 pm to 5:00 pm. 		Amanda Wehrman