

# Consolidated Planning and Advisory Workgroup (CPAW)

Thursday, June 4, 2020

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:** Steve Blum, Stephen Boyd, Candace Collier, Doug Dunn, Anna Lubarov, Sara Marsh, Roberto Roman, Jennifer Tuipulotu, Amelia Wood

**Staff Attending:** Janet Costa, Jessica Dominguez, April Loveland, Michael Petersen, Jonathan San Juan, Dr. Suzanne Tavano, Windy Taylor, Robert Thigpen, Kristen Visbal, Genoveva Zesati

**Public Participants:** Yan Bennis, Paula Boyd, Peter Caldwell, Rosa Elaine Garcia, Nicole Green, Susan Horrocks, Kiku Johnson, Kimberly Marquez-Cortes, Sarah Marxer, Marina Ramos, Bre Williams

**Facilitator:** Amanda Wehrman

**Recorder:** Audrey Montana

**Staff Support:** Jennifer Bruggeman

**Excused from Meeting:** None

**Absent from Meeting:** Lisa Bruce, Jo Bruno, Y’Anad Burrell, Courtney Cummings, Tom Gilbert, Dave Kahler, Kimberly Krisch, James Lancaster, Jackie Lerman, Lesley May, Mariposa McCall, Kathi McLaughlin, Ryan Nestman, Melinda O’Day, Lauren Rettagliata, Chelise Stroud, Gina Swirsding, Johanna Wagner, Matthew Wilson, Graham Wiseman, Sam Yoshioka

TOPIC	ISSUE/CONCLUSION	ACTION/ RECOMMENDATION	PARTY RESPONSIBLE
1. Welcome – Roll Call, Call to Order • Review Working Agreement • Announcements • Finalize Meeting Notes	<ul style="list-style-type: none"> <li>• <b>Roll Call, Call to Order</b></li> <li>• <b>Review Working Agreement</b></li> <li>• <b>Announcements</b> <ul style="list-style-type: none"> <li>○ (Jennifer Bruggeman) With the pandemic now there is an added layer of community trauma. Recently was the death of George Floyd. There is unrest in our community. Our community also marked the death of Miles Hall one year ago and held a celebration of his life. This is a lot to</li> </ul> </li> </ul>	<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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	<p>process. These are not normal times. Thank you for participating in these meetings during this time. We know it is difficult and we appreciate you being here.</p> <ul style="list-style-type: none"> <li>○ (Anna Lubarov) June is Pride Month to be acknowledged. Also, the California Association of Social Rehabilitation Agencies (CASRA) Conference will be held via Zoom. Can sign up for all three days or just blocks. Units available. For information or informational flyer contact me or CPAW.</li> <li>○ (Kiku Johnson) June is Pride month. The Rainbow Community Center will have a virtual Pride in July. To support those who are currently isolated from youth to seniors – especially those in care facilities. Have rainbow masks available for a twenty dollar donation. For information, please contact the Rainbow Community Center, the LBGQT post or can email Kiku at Rainbow.</li> <li>○ (Amelia Wood) Would like to recognize Marina from Concord Recovery International. Thank you for your work.</li> <li>○ (Yan Bennis) Putnam Clubhouse will have a virtual Community Partners Picnic and virtual programming on June 26th. Will deliver barbeque meals from Kinders to our community partners. If interested, call (925) 691-4276 or email at Yan@Putnamclubhouse.org.</li> <li>○ (Genoveva Zesati) We have posted the Community Based Organization Internship Request for Applications on the Contra Costa County Behavioral Health Services homepage and have sent the information our partner Community Based Organizations.</li> <li>● <b>Meeting Notes</b> (May 7, 2020) – Approved with a minor revision</li> </ul>		

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<p>2. Stakeholder Sharing by Committee or Meeting Representatives on Key Topics</p> <ul style="list-style-type: none"> <li>• Adults Committee</li> <li>• Aging &amp; Older Adults Committee</li> <li>• Alcohol and Other Drug Services (AOD) Advisory Board</li> <li>• Behavioral Health Care Partnership (BHCP) Meeting</li> <li>• Children, Teens and Young Adults (CTYA) Committee</li> <li>• Health, Housing &amp; Homeless Services (H3) – Continuum of Care</li> <li>• Innovation (INN) Committee</li> <li>• Membership Committee</li> <li>• Mental Health Commission (MHC)</li> <li>• Mental Health Commission – Quality of Care</li> <li>• Reducing Health Disparities (RHD)</li> <li>• Social Inclusion Committee</li> <li>• Suicide Prevention Committee</li> <li>• System of Care Committee</li> <li>• Training Advisory Workgroup (TAW)</li> </ul>	<p><b>Adults:</b> Meetings have not been held for the past several months due to the Pandemic.</p> <p><b>Aging &amp; Older Adults Committee:</b> No additional comments.</p> <p><b>Alcohol and Other Drug Services (AOD) Advisory Board:</b> No additional comments.</p> <p><b>Behavioral Health Care Partnership (BHCP):</b> No additional comments.</p> <p><b>Children, Teens and Young Adults (CTYA) Committee:</b> No additional comments.</p> <p><b>Health, Housing and Homeless Services (H3):</b> No additional comments.</p> <p><b>Innovation (INN) Committee:</b> No additional comments.</p> <p><b>Mental Health Commission (MHC):</b> Update from yesterday’s committee meeting. Dr. Suzanne Tavano provided an update. Lauren Retagliatta and Teresa Pasquini presented on their report, “Housing that Heals”. This should also be a CPAW presentation in the next couple months.</p> <p><b>Mental Health Commission (MHC) – Quality of Care:</b> No additional comments.</p> <p><b>Reducing Health Disparities (RHD):</b> No additional comments.</p> <p><b>Social Inclusion Committee:</b> No additional comments.</p> <p><b>Suicide Prevention Committee:</b> No additional comments.</p> <p><b>System of Care Committee:</b> No additional comments.</p> <p><b>Training Advisory Workgroup (TAW):</b> No additional comments.</p>		<p>Committee Representatives</p>

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<p>3. Dialogue with Contra Costa Behavioral Health Services (BHS) Executive Staff</p> <ul style="list-style-type: none"> <li>• Mental Health Services Act (MHSA) Update on State Level Discussions and the MHSA</li> <li>• Continuing support through COVID-19</li> <li>• Update on Forensic Community Treatment (FACT), AB109 and Supporting Individuals with Mental Health Needs Coming Out of Locked Facilities</li> </ul>	<p><b>Dialogue with Contra Costa County Behavioral Health Services (BHS) Executive Staff</b></p> <p><b>Dr. Suzanne Tavano:</b></p> <ul style="list-style-type: none"> <li>• Announcements and Comments <ul style="list-style-type: none"> <li>○ Event Putnam Clubhouse hosted last week was amazing. Commend Stephen Boyd for his rap performance on participating in the census and emphasizing that we are all counted. Trying to distribute this performance.</li> <li>○ This upcoming Friday, Roberto Roman will be performing for the Health Services Emergency Operation Command (EOC). We look forward to his performance.</li> <li>○ Dr. Matthew White (Behavioral Health Medical Director) in July will be working fully at Detention Mental Health as the Medical Director. Will be a bridge between the two systems – help those out of custody transition back into the community. Dr. White is dedicated to diversion and building community supports for this population.</li> <li>○ Want to highlight positive strength-based efforts about system reform. Cannot lose sight of the bigger message. There are a lot of very peaceful protests and demonstrations. Hopefully that will win the day.</li> <li>○ This week, I had the privilege to being part of the memorial to Miles Hall – a young African American man from Walnut Creek who was part of our community and killed during a police action. You can go the Miles Hall webpage and see who this young man was to his family and his community. The Hall family and their community demonstrated the importance of being constructive and not destructive. In their great grief, the family worked toward positive change. The police chiefs from Walnut Creek, Pleasant Hill and Martinez have reached out to me and we met to do better in responding to crisis in the communities. Will continue with this work and keep all updated.</li> </ul> </li> </ul>		<p>Suzanne Tavano, Director, Contra Costa County Behavioral Health Services</p>

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	<ul style="list-style-type: none"> <li>○ Teresa Pasquini and Lauren Rettagliata Report, “Housing that Heals” <ul style="list-style-type: none"> <li>▪ They presented before the Mental Health Commission</li> <li>▪ They did a year long road journey looking at every type of housing and residential treatment facility throughout California</li> <li>▪ Was a great presentation and recommend they be invited to present at a CPAW meeting</li> </ul> </li> <li>● Mental Health Services Act (MHSA) Update on State Level Discussions and the MHSA <ul style="list-style-type: none"> <li>○ Contra Costa County Budget <ul style="list-style-type: none"> <li>▪ County website posted 2021 Budget before the pandemic and shelter in place</li> <li>▪ The actual budget will likely look very different</li> <li>▪ August 4<sup>th</sup> Budget hearings by the Board of Supervisors will be held</li> <li>▪ On hold and are working with the community on going forward</li> <li>▪ Awaiting information as to Federal and State budgetary changes</li> <li>▪ Anticipate drop in realignment and MHSA dollars over the next three years</li> <li>▪ Looking at all available data currently</li> <li>▪ We need to understand what the money is going to be in order to move forward</li> <li>▪ Believe we can sustain the current Three-Year-Plan</li> <li>▪ Unknown is if or how much we can expand &amp; where</li> <li>▪ If hard choices, will respect all components of MHSA</li> <li>▪ Acknowledge housing is part of treatment</li> </ul> </li> <li>● Continuing support through COVID-19 <ul style="list-style-type: none"> <li>○ Two articles re incidents of suicide in our County <ul style="list-style-type: none"> <li>▪ First a local news report re comments of staff at John Muir Medical Center in Walnut Creek <ul style="list-style-type: none"> <li>◇ The comments did not reflect the County as a whole</li> </ul> </li> </ul> </li> </ul> </li> </ul> </li> </ul>		

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	<ul style="list-style-type: none"> <li>◇ This story went viral around the Bay Area, State</li> <li>◇ Then national news media presented in a dramatic way as happening in California</li> <li>◇ Was not correct or reflective of the County</li> <li>▪ BuzzFeed did a story <ul style="list-style-type: none"> <li>◇ Made corrections to the first article</li> <li>◇ First story more sensational and hard to correct</li> </ul> </li> <li>▪ We looked at available County data <ul style="list-style-type: none"> <li>◇ There was not a significantly statistical increase in suicides in March or April</li> <li>◇ May data demonstrates a decrease in the incidents of completed suicides</li> <li>◇ Looked at Mobile Crisis Response Team data</li> <li>◇ Looking at screening for depression and suicidality</li> <li>◇ Actually have a decrease in reported depression</li> <li>◇ Most data is from Contra Costa Regional Medical Center and we are now reaching out to other hospitals to obtain additional data</li> <li>◇ Looked at self harm requiring admission which went up slightly but not of statistical significance</li> <li>◇ Has actually been a decrease to visits to PES</li> <li>◇ Number of 5150's declined in past few months</li> </ul> </li> <li>▪ Am gathering broader data to understand the situation more fully</li> <li>○ Three weeks ago started accessing County operated clinics and programs for readiness to open more fully <ul style="list-style-type: none"> <li>▪ We had Task Force Seven – look at congregate care settings and how to ensure safety</li> <li>▪ County Risk Management issued a long document</li> <li>▪ Ten pages specifically relate to how to ensure safety of your physical space and for clients</li> <li>▪ We used those ten pages and also conducted a readiness survey</li> <li>▪ First sent to County clinics and then to Community Partners for self-evaluations with this survey</li> </ul> </li> </ul>		

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	<ul style="list-style-type: none"> <li>▪ Will survey both providers and recipients of services</li> <li>▪ We never closed our regional clinics but had reduced staff and hours</li> <li>▪ For preparation for opening up more broadly in future</li> </ul> <ul style="list-style-type: none"> <li>• Update on Forensic Community Treatment (FACT), AB109 and Supporting Individuals with Mental Health Needs Coming Out of Locked Facilities (To be presented at a future CPAW meeting)</li> </ul> <p><b>Questions and Comments:</b></p> <p><b>Comment:</b> (Doug Dunn) Agree. The presentation “Housing that Heals” was great and recommend for a CPAW meeting. Question as to the budget. When will the Three-Year Plan be reviewed by the Board of Supervisors?  <b>Response:</b> August 4<sup>th</sup> is the Budget hearing for review and approval by the Board of Supervisors. Need to look at the current situation and have some conversations on the budget.</p> <p><b>Comment:</b> (Susan Horrocks) Thank you because families were inquiring because of that article.  <b>Response:</b> Good to provide both articles to show the second more correct article. Shows what can happen to stories.  <b>Response:</b> (Jennifer Bruggeman) Plan to provide both articles to the Suicide Prevention Committee. The articles have not yet been provided to CPAW and we will follow up.</p> <p><b>Comment:</b> (Pete Caldwell) Appreciate the competence you bring. Also appreciate all the compassion that you add. I am among a lot of people who are really appreciative.  <b>Response:</b> Thank you and all of you. This is my community and it means a lot to me.</p> <p><b>Question:</b> Did the suicide data you collected include data from John Muir Behavioral Health?  <b>Response:</b> Yes. We did reach out to John Muir. They are responding and I will be talking with them. Will also reach out to Kaiser, San Ramon medical and then to Delta. We want to</p>		





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	<ul style="list-style-type: none"> <li>○ Dr. Susanne Tavano Comments – She is on the Advisory Board of the Marin Clubhouse. Putnam provided the guidance and support to the Marin Clubhouse. Thank you for your support.</li> </ul>		
<p>5. Informative Presentation from Peers Envisioning &amp; Engaging in Recovery Services (PEERS)</p>	<p><b>Presentation from Peers Envisioning in Recovery Services (PEERS) (Summary)</b> (PowerPoint Presentation: “Lessons from Transitioning to Remote Peer Support”)</p> <p><b>Bre Williams:</b></p> <ul style="list-style-type: none"> <li>● Peers Envisioning in Recovery Services (PEERS) <ul style="list-style-type: none"> <li>○ Please refer to detailed PowerPoint Presentation</li> <li>○ Also presenting from Peer - Kimberly Marquez-Cortez (Programs Manager) and Sarah Marxer (Program Evaluation Specialist)</li> <li>○ PEERS is a diverse community of people with mental health experiences with a mission to promote innovative peer-based wellness strategies. They create culturally-rich, community-based mental health programs that honor diverse experiences to eliminate stigma and discrimination. Described support groups, education &amp; leadership development and anti-stigma campaigns. Described priorities and supports in transitioning to remote services. Worked with the County.</li> </ul> </li> </ul> <p><b>Sarah Marxer:</b></p> <ul style="list-style-type: none"> <li>○ Successes in maintaining connections, increased accessibility and increased staff wellness.</li> </ul> <p><b>Kimberly Marquez-Cortes:</b></p> <ul style="list-style-type: none"> <li>○ Described challenges (i.e. Zoom issues, group work, staff roles, new skills, providing food, supplies for activities, etc.) and solutions.</li> </ul> <p><b>Comment:</b> (Anna Lubarov) I was attending the groups. This staff is amazing. Their facilitators are hopeful and inspiring.</p>		<p>Bre Williams, PEERS Senior Programs Manager</p> <p>Sarah Marxer, PEERS Programs Evaluation Specialist</p> <p>Kimberly Marquez-Cortes, PEERS Programs Manager</p>

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	<p>Thank you so much.</p> <p><b>Comment:</b> (Jennifer Bruggeman) Thank you. So nice to hear from a new organization. Sounds like similar successes to Putnam in our County re transitioning to online to reach more people in different ways. Thank you to Anna Lubarov for connecting us with PEERS.</p>		
6. Public Comment & Suggestions for Future Agenda Items	<ul style="list-style-type: none"> <li>• (Douglas Dunn) Thank you to Putnam Clubhouse, Peers and Dr. Suzanne Tavano for their presentations. The topic of people coming out of different types of facilities - we did not address that issue today as Dr. White could not attend. What are Contra Costa County's plans?</li> </ul>		Amanda Wehrman
7. Plus / Delta – Review of Meeting	<ul style="list-style-type: none"> <li>• (Kiku Johnson) Amanda, I appreciate your facilitation voice. It is very soothing. It matters. Thank you.</li> <li>• (Susan Horrocks) Thank you. I found it very informative. I appreciate all the presentations that were done.</li> <li>• (Anna Lubarov) Thumbs up.</li> </ul>	CPAW members and attendees	Amanda Wehrman
8. Adjournment & Next CPAW Meeting	<ul style="list-style-type: none"> <li>• The next CPAW meeting will be <b>July 2nd from 3:00 pm to 5:00 pm.</b></li> </ul>		Amanda Wehrman