

# **ATTACHMENT 'B'**

**MHSA COMMUNITY PROGRAM PLANNING PROCESS  
EVIDENCE**



Stephanie Hess &lt;shess@amadorgov.org&gt;

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**→Special Announcement!←**

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Chester Schaufel &lt;cschaufel@hotmail.com&gt;

Wed, Mar 22, 2023 at 5:09 PM

Hello,

The Community Program Planning Process is an important way to provide input about the mental health needs in our community. The feedback provided acts as a guide and informs the work we do over the next several years. We are currently seeking input now through May 31st from anyone who has an interest in mental health either working or living in Amador County. There are two ways you can participate -- through discussions held in a focus group format OR by completing the Community Survey either online or in paper format. You may also choose to participate in both the focus group discussions and the survey as well. More details on both are detailed here:

**Focus Groups:**

In order to have meaningful discussions around mental health services in Amador County, focus groups will be taking place from now through the end of May. If you would like to schedule a focus group for your specific organization, agency or group please reach out to Stephanie Hess.

The first of several community based focus groups is scheduled for April 4th at 3:30 p.m. and will be done virtually. The flyer is attached. If you are unable to attend, more will be scheduled so stay tuned to the Community Announcements email so you know when the next one is coming up!

**Survey:**

We encourage you, the people you serve, your friends, family and neighbors to complete the survey. You can access the survey by going to this link:

<https://www.surveymonkey.com/r/YDL633F>

A PDF of the survey is also attached. If you need hard copies, have any questions or want to learn more, feel free to contact Stephanie Hess at (209) 223-6308 or shess@amadorgov.org.

Thank you!

--  
James Burke  
Personal Service Coordinator  
Amador County Behavioral Health  
209-223-655

The shortest distance between a problem and a solution is the distance between your knees and the floor. The one who kneels to the Lord can stand up to anything.

*Chester "Skip" Schaufel*

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**2 attachments**

 **CPPP Community Survey.pdf**  
88K

 **Focus Group Flyer 4-4-23.pdf**  
1316K



106 Water Street • Jackson, CA 95642 • (209) 223-8761

# Prebill

**Ad # 54698**  
**Date: 3/22/2023**  
Terms: Net 30  
Rep: MR

Bill to: Account ID: 3617

Stephanie Hess  
Amador County Behavioral Health  
10877 Conductor Blvd. Ste 300  
Sutter Creek, CA 95685

Sold to: Account ID: 3617

Stephanie Hess  
Amador County Behavioral Health  
10877 Conductor Blvd. Ste 300  
Sutter Creek, CA 95685

### Charges from 5/2/17 to 8/11/23

Date	Pub	Type	Description	Pg	Lvl	Price	Discount	Applied	Due
3/31/23	LD	Ad	Community Planning			\$153.00			\$153.00
4/7/23	LD	Ad	Community Planning			\$153.00			\$153.00
4/14/23	LD	Ad	Community Planning			\$153.00			\$153.00
4/21/23	LD	Ad	Community Planning			\$153.00			\$153.00
4/28/23	LD	Ad	Community Planning			\$153.00			\$153.00
5/5/23	LD	Ad	Community Planning			\$153.00			\$153.00
5/12/23	LD	Ad	Community Planning			\$153.00			\$153.00
5/19/23	LD	Ad	Community Planning			\$153.00			\$153.00
5/26/23	LD	Ad	Community Planning			\$153.00			\$153.00

\$1,377.00			\$1,377.00
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Please return this portion with your payment

**Remit Payment to:**  
Ledger Dispatch  
P.O. Box 1240  
Jackson, CA 95642  
Phone: (209) 223-8761  
Fax: (209) 257-1299

Stephanie Hess  
Amador County Behavioral Health  
10877 Conductor Blvd. Ste 300  
Sutter Creek, CA 95685

### Display Advertising Prebill

**Amount Due \$1,377.00**

**Amount Enclosed** \_\_\_\_\_

**Issue Date: 3/31/2023**

**Advertising Prebill Date: 3/22/2023**

**Ad # 54698**

**Account # 3617**



Stephanie Hess &lt;shess@amadorgov.org&gt;

---

**→Special Announcement!←**

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James Burke <jburke@amadorgov.org>  
Bcc: SHess@amadorgov.org

Wed, Mar 22, 2023 at 1:10 PM

Hello,

The Community Program Planning Process is an important way to provide input about the mental health needs in our community. The feedback provided acts as a guide and informs the work we do over the next several years. We are currently seeking input now through May 31st from anyone who has an interest in mental health either working or living in Amador County. There are two ways you can participate -- through discussions held in a focus group format OR by completing the Community Survey either online or in paper format. You may also choose to participate in both the focus group discussions and the survey as well. More details on both are detailed here:

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A PDF of the survey is also attached. If you need hard copies, have any questions or want to learn more, feel free to contact Stephanie Hess at (209) 223-6308 or shess@amadorgov.org.

Thank you!

--  
James Burke  
Personal Service Coordinator  
Amador County Behavioral Health  
209-223-6553

---

**2 attachments**

 **CPPP Community Survey.pdf**  
88K

 **Focus Group Flyer 4-4-23.pdf**  
1316K



Stephanie Hess &lt;shess@amadorgov.org&gt;

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**Radio spot needed**

3 messages

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**Stephanie Hess** <shess@amadorgov.org>  
To: "mike kvgradio.com" <mike@kvgradio.com>

Wed, Mar 22, 2023 at 2:06 PM

Hello,

We need a radio spot recorded and run starting as soon as possible 🕒 Attached is the script. Let me know if you have any questions! Thanks!

Thank you!

Stephanie Hess  
*Pronouns: she, her, hers*  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
shess@amadorgov.org

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 **KVGC Script.docx**  
13K

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**mike kvgradio.com** <mike@kvgradio.com>  
To: Stephanie Hess <shess@amadorgov.org>

Thu, Mar 23, 2023 at 9:11 AM

Did you want the 30 spots for \$250.00 or 45 spots for \$350.00?

---

**From:** Stephanie Hess <shess@amadorgov.org>  
**Sent:** Wednesday, March 22, 2023 2:06 PM  
**To:** mike kvgradio.com <mike@kvgradio.com>  
**Subject:** Radio spot needed

[Quoted text hidden]

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**Stephanie Hess** <shess@amadorgov.org>  
To: "mike kvgradio.com" <mike@kvgradio.com>

Thu, Mar 23, 2023 at 9:14 AM

We can do 45 for \$350

Stephanie Hess  
*Pronouns: she, her, hers*  
MHSA Programs Coordinator  
Amador County Behavioral Health Services

(209) 223-6308  
shess@amadorgov.org

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[Quoted text hidden]



Stephanie Hess &lt;shess@amadorgov.org&gt;

## Community Program Planning Process -- Now Open!

2 messages

Stephanie Hess &lt;shess@amadorgov.org&gt;

Mon, Mar 27, 2023 at 8:00 AM

To: Sean Snider &lt;ssnider@acUSD.org&gt;

Hi Sean,

Would you mind helping us get the word out that we need the community's input (see below)? Students and families are a primary focal point for the MHSA and feedback from the folks who are involved with them is critical in order to effectively implement programs that meet their needs. If ACUSD would like to schedule a focus group session, I'd be more than happy to make that happen as well. We appreciate your help!

*The Community Program Planning Process is an important way to provide input about the mental health needs in our community. The feedback provided acts as a guide and informs the work we do over the next several years. We are currently seeking input now through May 31st from anyone who has an interest in mental health either working or living in Amador County. There are two ways you can participate -- through discussions held in a focus group format OR by completing the Community Survey either online or in paper format. You may also choose to participate in both the focus group discussions and the survey as well. More details on both are detailed here:*

### Focus Groups:

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### Survey:

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**<https://www.surveymonkey.com/r/YDL633F>**

*A PDF of the survey is also attached. If you need hard copies, have any questions or want to learn more, feel free to contact Stephanie Hess at (209) 223-6308 or shess@amadorgov.org.*

Thank you!

Stephanie Hess

Pronouns: she, her, hers

MHSA Programs Coordinator

Amador County Behavioral Health Services

(209) 223-6308

shess@amadorgov.org

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### 2 attachments

CPPP Community Survey.pdf  
88K

Focus Group Flyer 4-4-23.pdf

1316K

Sean Snider <ssnider@acusd.org>  
To: Stephanie Hess <shess@amadorgov.org>

Mon, Mar 27, 2023 at 12:14 PM

No problem- we'll push it out to our families!

Sean Snider

Assistant Superintendent, Educational Services  
Amador County Unified School District  
Amador County Office of Education  
217 Rex Avenue  
Jackson, CA 95642  
phone: 209-257-5334

**CONFIDENTIALITY NOTICE**

*This e-mail message and any attachments contain confidential and/or privileged information for the sole use of the intended recipient. If you are not the intended recipient, you may not read, disseminate, distribute or copy this e-mail message or any attachments. Please notify the sender immediately by reply e-mail if you received this e-mail message by mistake and delete this e-mail message and any attachments from your system. E-mail transmission cannot be guaranteed to be secure or error-free as information could be intercepted, corrupted, lost, destroyed, delayed, incomplete, or contain viruses. The sender, therefore, does not accept liability for any errors or omissions in the contents of this e-mail message or any attachments, which arise as a result of e-mail transmission. If verification is required, please request a hard-copy version.*

[Quoted text hidden]





Stephanie Hess &lt;shess@amadorgov.org&gt;

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## Community Program Planning Process

3 messages

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Stephanie Hess <shess@amadorgov.org>  
To: Gary Redman <gredman@amadorgov.org>

Tue, Mar 28, 2023 at 11:24 AM

Hello Sheriff Redman,

Would you mind helping us get the word out to our local law enforcement workforce that we need their input (see below)? Law enforcement are key partners in the work we do as a community, especially when it comes to behavioral health care and the challenges that come along with it. It is critical that we get the feedback we need from those who are doing this work day in and day out, in order to effectively implement programs that are solution-focused and truly meet the needs of the community at large. We really appreciate your help!

### Community Program Planning Process:

*The Community Program Planning Process is an important way to provide input about the mental health needs in our community. The feedback provided acts as a guide and informs the work we do over the next several years. We are currently seeking input now through May 31st from anyone who has an interest in mental health either working or living in Amador County. There are two ways you can participate -- through discussions held in a focus group format OR by completing the Community Survey either online or in paper format. You may also choose to participate in both the focus group discussions and the survey as well. More details on both are detailed here:*

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*A PDF of the survey is also attached. If you need hard copies, have any questions or want to learn more, feel free to contact Stephanie Hess at (209) 223-6308 or shess@amadorgov.org.*

Thank you!

Stephanie Hess  
Pronouns: she, her, hers  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
shess@amadorgov.org

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88K

 **Focus Group Flyer 4-4-23.pdf**  
1316K

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**Gary Redman** <gredman@amadorgov.org>  
To: Stephanie Hess <shess@amadorgov.org>

Tue, Mar 28, 2023 at 11:53 AM

Hi Stephanie,

Absolutely! I will forward to all of the chiefs. I have the 4th on my calendar and will try to attend.

Gary

Sent from my iPhone

On Mar 28, 2023, at 11:24 AM, Stephanie Hess <shess@amadorgov.org> wrote:

[Quoted text hidden]  
<CPPP Community Survey.pdf>  
<Focus Group Flyer 4-4-23.pdf>

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**Stephanie Hess** <shess@amadorgov.org>  
To: Gary Redman <gredman@amadorgov.org>

Tue, Mar 28, 2023 at 11:56 AM

Thank you, so much! You have no idea how much this is appreciated.

Take care,

Stephanie Hess  
*Pronouns: she, her, hers*  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
shess@amadorgov.org

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[Quoted text hidden]



Stephanie Hess &lt;shess@amadorgov.org&gt;

## Community Program Planning Process Ad

12 messages

Stephanie Hess <shess@amadorgov.org>  
To: Mica Rabaino <mrabaino@ledger.news>

Wed, Mar 22, 2023 at 11:14 AM

Hi Mica,

It is that time of year again -- we are in the Community Program Planning Process for Amador County Behavioral Health. You have done the ad for us related to this process for the past two years. We would like this ad to be online and in-print every single Friday starting this Friday (if possible) and through May 26th.

Please see the email below containing all of our information.

*The Community Program Planning Process is an important way to provide input about the mental health needs in our community. The feedback provided acts as a guide and informs the work we do over the next several years. We are currently seeking input now through May 31st from anyone who has an interest in mental health either working or living in Amador County. There are two ways you can participate -- through discussions held in a focus group format OR by completing the Community Survey either online or in paper format. You may also choose to participate in both the focus group discussions and the survey as well. More details on both are detailed here:*

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*A PDF of the survey is also attached. If you need hard copies, have any questions or want to learn more, feel free to contact Stephanie Hess at (209) 223-6308 or shess@amadorgov.org.*

Thank you!

Stephanie Hess  
Pronouns: she, her, hers  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
shess@amadorgov.org

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88K

Focus Group Flyer 4-4-23.pdf  
1316K

Mica Rabaino <MRabaino@ledger.news>  
To: Stephanie Hess <shess@amadorgov.org>

Wed, Mar 22, 2023 at 3:05 PM

Hi Stephanie,  
Unfortunately, this Friday's paper is being finalized today and sent first thing tomorrow morning. I can schedule the ad to print starting next Friday, March 24th.

Would you like the same ad design as last year or something different?

-Thank you,  
Mica Rabaino  
Advertising / Legals Representative  
Direct Line: (209) 223-8765  
Fax: (209) 257-1299  
Email: mrabaino@ledger.news  
P.O. Box 1240 Jackson, CA 95642

[Quoted text hidden]  
[Quoted text hidden]

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.

<CPPP Community Survey.pdf><Focus Group Flyer 4-4-23.pdf>

Mica Rabaino <MRabaino@ledger.news>  
To: Stephanie Hess <shess@amadorgov.org>

Wed, Mar 22, 2023 at 3:07 PM

Sorry, I mean next Friday, March 31st.

-Thank you,  
Mica Rabaino  
Advertising / Legals Representative  
Direct Line: (209) 223-8765  
Fax: (209) 257-1299  
Email: [mrabaino@ledger.news](mailto:mrabaino@ledger.news)  
P.O. Box 1240 Jackson, CA 95642

On Mar 22, 2023, at 11:14 AM, Stephanie Hess <[shess@amadorgov.org](mailto:shess@amadorgov.org)> wrote:

[Quoted text hidden]

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.

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Stephanie Hess <[shess@amadorgov.org](mailto:shess@amadorgov.org)>  
To: Mica Rabaino <[MRabaino@ledger.news](mailto:MRabaino@ledger.news)>

Wed, Mar 22, 2023 at 3:07 PM

Hi Mica,

No worries -- it is a little late for this week -- I keep forgetting it is already Wednesday!!!! Next Friday is perfectly fine--thank you!

The same ad as last year works!!! Thanks again!

Stephanie Hess  
*Pronouns: she, her, hers*  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
[shess@amadorgov.org](mailto:shess@amadorgov.org)

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Mica Rabaino <[MRabaino@ledger.news](mailto:MRabaino@ledger.news)>  
To: Stephanie Hess <[shess@amadorgov.org](mailto:shess@amadorgov.org)>

Wed, Mar 22, 2023 at 3:14 PM

Ok great. I've scheduled the ads, attached is a pre-bill showing the ad dates and charges. We will mail an invoice and tear sheet for each edition. I'll post it on our website when the ad has been finalized. I will email you an ad proof shortly.

-Thank you,  
Mica Rabaino  
Advertising / Legals Representative  
Direct Line: (209) 223-8765  
Fax: (209) 257-1299  
Email: [mrabaino@ledger.news](mailto:mrabaino@ledger.news)  
P.O. Box 1240 Jackson, CA 95642  
[Quoted text hidden]

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 Amador C - 54698.pdf  
497K

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Mica Rabaino <[MRabaino@ledger.news](mailto:MRabaino@ledger.news)>  
To: Stephanie Hess <[SHess@amadorgov.org](mailto:SHess@amadorgov.org)>

Mon, Mar 27, 2023 at 9:51 AM

Hi Stephanie,  
I am working on the ad for this week and there is a lot of information for the 3 col x 7" ad space. Is there a way we can condense the verbiage? If not, then I think I will have to go with a simple background so I can utilize more of the space.

-Thank you,  
Mica Rabaino  
Advertising / Legals Representative  
Direct Line: (209) 223-8765  
Fax: (209) 257-1299  
Email: [mrabaino@ledger.news](mailto:mrabaino@ledger.news)  
P.O. Box 1240 Jackson, CA 95642  
[Quoted text hidden]

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Stephanie Hess <[shess@amadorgov.org](mailto:shess@amadorgov.org)>  
To: Mica Rabaino <[MRabaino@ledger.news](mailto:MRabaino@ledger.news)>

Tue, Mar 28, 2023 at 8:46 AM

Hi Mica,

We can definitely condense the verbiage or make the ad bigger -- whatever you think is best.

Thanks!

Stephanie Hess  
Pronouns: she, her, hers  
MHSAs Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
shess@amadorgov.org

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[Quoted text hidden]

Mica Rabaino <MRabaino@ledger.news>  
To: Stephanie Hess <shess@amadorgov.org>

Ok, i was able to omit some information to make it fit but let me know if I left out anything that needs to be included. Attached is an ad proof.

**Amador County Behavioral Health wants to hear from you!**

The Community Program Planning Process is a provide input about the mental health needs in o currently seeking input now through May 31st fro interest in mental health either working or livin

**Focus Groups:**

In order to have meaningful discussions around me Amador County, focus groups will be taking place end of May. If you would like to schedule a focus g

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-Thank you,  
 Mica Rabaino  
 Advertising / Legals Representative  
 Direct Line: (209) 223-8765  
 Fax: (209) 257-1299  
 Email: [mrabaino@ledger.news](mailto:mrabaino@ledger.news)  
 P.O. Box 1240 Jackson, CA 95642  
 [Quoted text hidden]

Mica Rabaino <[MRabaino@ledger.news](mailto:MRabaino@ledger.news)>  
 To: Stephanie Hess <[shess@amadorgov.org](mailto:shess@amadorgov.org)>

Tue, Mar 28, 2023 at 11:11 AM

Ok, I was able to omit some information to make it fit but let me know if I left out anything that needs to be included. Attached is an ad proof.

-Thank you,  
 Mica Rabaino  
 Advertising / Legals Representative  
 Direct Line: (209) 223-8765  
 Fax: (209) 257-1299  
 Email: [mrabaino@ledger.news](mailto:mrabaino@ledger.news)  
 P.O. Box 1240 Jackson, CA 95642  
 [Quoted text hidden]

AC Behavioral Health 3-31-23.pdf  
 18014K

Stephanie Hess <[shess@amadorgov.org](mailto:shess@amadorgov.org)>  
 To: Mica Rabaino <[MRabaino@ledger.news](mailto:MRabaino@ledger.news)>

Tue, Mar 28, 2023 at 11:17 AM

Hi Mica,

You can go ahead and omit the Focus Group part. Otherwise, it looks great!

Stephanie Hess  
*Pronouns: she, her, hers*  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
shess@amadorgov.org

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[Quoted text hidden]

---

Mica Rabaino <MRabaino@ledger.news>  
To: Stephanie Hess <shess@amadorgov.org>

Tue, Mar 28, 2023 at 11:29 AM

Sure thing, attached is a revised ad proof.

-Thank you,  
Mica Rabaino  
Advertising / Legals Representative  
Direct Line: (209) 223-8765  
Fax: (209) 257-1299  
Email: mrabaino@ledger.news  
P.O. Box 1240 Jackson, CA 95642

[Quoted text hidden]

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 AC Behavioral Health 3-31-23.pdf  
18010K

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Stephanie Hess <shess@amadorgov.org>  
To: Mica Rabaino <MRabaino@ledger.news>

Tue, Mar 28, 2023 at 12:09 PM

This looks perfect! Thank you so much!

Stephanie Hess  
*Pronouns: she, her, hers*  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
shess@amadorgov.org

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Stephanie Hess &lt;shess@amadorgov.org&gt;

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## Community Program Planning Process

3 messages

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**Stephanie Hess** <shess@amadorgov.org>

Tue, Mar 28, 2023 at 1:09 PM

To: Katrina Ozier &lt;tozier@calvoices.org&gt;

Hi Trina,

I am reaching out because it is that time of year again...the Community Program Planning Process is underway and we really need to ask Cal VOICES to help us get the word out and solicit feedback. This means having Cal VOICES staff complete the survey, ask your members in all of your programs to complete the survey and if anyone else you know as a friend, family member, etc. has an interest in mental health services, that they participate as well.

Of course, we are doing focus groups again this year and if you'd like to host one, we can facilitate that as well. We have a community-based focus group coming up next Tuesday at 3:30 p.m. as well.

Here is the general information (with attachments) on how to participate in this process:

*The Community Program Planning Process is an important way to provide input about the mental health needs in our community. The feedback provided acts as a guide and informs the work we do over the next several years. We are currently seeking input now through May 31st from anyone who has an interest in mental health either working or living in Amador County. There are two ways you can participate -- through discussions held in a focus group format OR by completing the Community Survey either online or in paper format. You may also choose to participate in both the focus group discussions and the survey as well. More details on both are detailed here:*

**Focus Groups:**

*In order to have meaningful discussions around mental health services in Amador County, focus groups will be taking place from now through the end of May. If you would like to schedule a focus group for your specific organization, agency or group please reach out to Stephanie Hess.*

*The first of several community based focus groups is scheduled for April 4th at 3:30 p.m. and will be done virtually. The flyer is attached. If you are unable to attend, more will be scheduled so stay tuned to the Community Announcements email so you know when the next one is coming up!*

**Survey:**

*We encourage you, the people you serve, your friends, family and neighbors to complete the survey. You can access the survey by going to this link:*

***<https://www.surveymonkey.com/r/YDL633F>***

*A PDF of the survey is also attached. If you need hard copies, have any questions or want to learn more, feel free to contact Stephanie Hess at (209) 223-6308 or [shess@amadorgov.org](mailto:shess@amadorgov.org).*

We really appreciate your partnership in this and with a lot of change coming down the pike for the MHSA, this process is now more important than ever. Let me know if you have any questions, need hard copies of the survey or any support whatsoever in carrying this process out for your staff and the people you serve.

Thank you,

Stephanie Hess

Pronouns: she, her, hers

MHSA Programs Coordinator

Amador County Behavioral Health Services

(209) 223-6308

[shess@amadorgov.org](mailto:shess@amadorgov.org)

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**2 attachments**

 **Focus Group Flyer 4-4-23.pdf**  
1316K

 **CPPP Community Survey.pdf**  
88K

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**Katrina Ozier** <tozier@calvoices.org>  
To: Stephanie Hess <shess@amadorgov.org>

Tue, Mar 28, 2023 at 2:24 PM

Hi Stephanie,

We have the surveys printed at the front desk and are asking each of our members to fill one out. I will check with staff tomorrow morning at our team huddle to ensure they have each completed the survey as well. I will also get some input from staff and members as to when they would like to have a focus group here possibly.

Take good care,

**KATRINA OZIER, CAMS-I**  
PROGRAM MANAGER  
SIERRA WIND WELLNESS & RECOVERY CENTER  
THE LABYRINTH STRESS REDUCTION PROJECT  
MomCHAT



10354 ARGONAUT LN. JACKSON CA  
EMAIL : tozier@calvoices.org  
OFFICE : (209)223-1956  
WEB : www.calvoices.org

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**Stephanie Hess** <shess@amadorgov.org>  
To: Katrina Ozier <tozier@calvoices.org>

Tue, Mar 28, 2023 at 2:31 PM

Thank you so much, Trina!

Stephanie Hess  
*Pronouns: she, her, hers*  
MHA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
shess@amadorgov.org

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Stephanie Hess &lt;shess@amadorgov.org&gt;

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## Community Program Planning Process

3 messages

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**Stephanie Hess** <shess@amadorgov.org>

Tue, Mar 28, 2023 at 1:25 PM

To: Stacey Larson &lt;slarson@atcaa.org&gt;, Shilpa Rasmusson &lt;shilparasmusson@gmail.com&gt;

Hello,

Hopefully you are all doing well and staying dry! It is that time of year again -- Community Program Planning Process time! There is more information listed below about this process and why it is important, along with ways to participate. But first -- my speal...I can't reiterate enough how important it is for NAMI to participate in this process. We need to hear from everyone that has an interest in mental health services -- including family members, caregivers, providers, consumers-- the whole continuum of who the system touches needs to be represented. Your participation by encouraging folks to complete the survey and/or participate in a focus group is appreciated on so many levels and actually helps drive change within our programs.

If you could share this information with your membership, the folks who will take your courses and on your social media pages, that would be incredible.

*The Community Program Planning Process is an important way to provide input about the mental health needs in our community. The feedback provided acts as a guide and informs the work we do over the next several years. We are currently seeking input now through May 31st from anyone who has an interest in mental health either working or living in Amador County. There are two ways you can participate -- through discussions held in a focus group format OR by completing the Community Survey either online or in paper format. You may also choose to participate in both the focus group discussions and the survey as well. More details on both are detailed here:*

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*A PDF of the survey is also attached. If you need hard copies, have any questions or want to learn more, feel free to contact Stephanie Hess at (209) 223-6308 or [shess@amadorgov.org](mailto:shess@amadorgov.org).*

Please let me know if there is anything we can do to help support this effort on your end -- hard copies of surveys, facilitating a focus group specific to NAMI, etc. Let me know if you have any questions and thank you again, for all that you do!

Thank you,


Stephanie Hess  
Pronouns: she, her, hers  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
[shess@amadorgov.org](mailto:shess@amadorgov.org)

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**2 attachments**

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1316K

 **CPPP Community Survey.pdf**  
88K

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**Stacey Larson** <slarson@atcaa.org>

Tue, Mar 28, 2023 at 1:40 PM

To: Stephanie Hess &lt;shess@amadorgov.org&gt;, Shilpa Rasmusson &lt;shilparasmusson@gmail.com&gt;

I have printed out some survey's for tonight's meeting, will plug the Virtual meeting coming up, and ask if we are able to pull a focus group together for you.

**Stacey Larson**

Payroll Department

slarson@atcaa.org

Office: 209-223-1485, x237

---

**From:** Stephanie Hess <shess@amadorgov.org>**Sent:** Tuesday, March 28, 2023 1:25 PM**To:** Stacey Larson <slarson@atcaa.org>; Shilpa Rasmusson <shilparasmusson@gmail.com>**Subject:** Community Program Planning Process

[Quoted text hidden]

External Email

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**Stephanie Hess** <shess@amadorgov.org>

Tue, Mar 28, 2023 at 1:49 PM

To: Stacey Larson &lt;slarson@atcaa.org&gt;

Cc: Shilpa Rasmusson &lt;shilparasmusson@gmail.com&gt;

Thanks so much, Stacey!!

Stephanie Hess

*Pronouns: she, her, hers*

MHSA Programs Coordinator

Amador County Behavioral Health Services

(209) 223-6308

shess@amadorgov.org

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Stephanie Hess <shess@amadorgov.org>

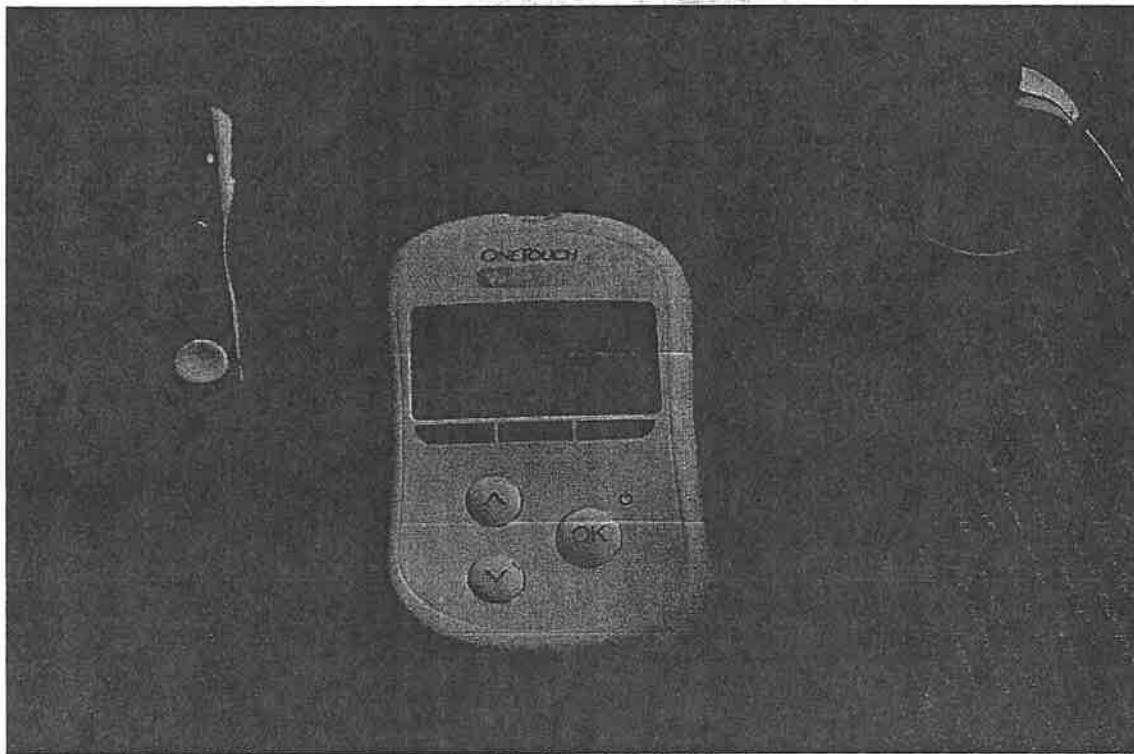
**Community Announcements!!! Tuesday March 28, 2023**

James Burke <jburke@amadorgov.org>  
Bcc: SHess@amadorgov.org

Tue, Mar 28, 2023 at 1:12 PM

March 28, 2023

Good afternoon on this rainy Tuesday! Attached are the community announcements and also do not forget to check out Amador Network of Care at the following link:  
<https://amador.networkofcare.org/mh/index.aspx>



Source: <https://unsplash.com/photos/GBVRyE4PRLk>

"American Diabetes Alert Day is observed annually on the fourth Tuesday of March and this year, it falls on March 28. It is aimed at raising awareness about the risks and symptoms associated with diabetes among the American public. The holiday is sponsored by the American Diabetes Association. Diabetes occurs when the body's blood glucose level is too high. This is caused by a deficiency in the insulin produced by the body, which is the hormone that lets glucose enter cells and be used as energy. Excess glucose in the blood can lead to several health problems. The most common types of diabetes are Type 1, Type 2, and gestational diabetes."

Source: <https://nationaltoday.com/american-diabetes-alert-day/>

James Burke  
Personal Service Coordinator  
Amador County Behavioral Health  
209-223-6553

14 attachments



**Enrollment All Programs 2023-2024 Ad.png**  
1055K


 **CPPP Community Survey.pdf**  
88K

 **Employment Workshop Flyer 4.2023.pdf**  
362K

 **Focus Group Flyer 4-4-23.pdf**  
1316K

 **Cultural Humility Training Flyer.pdf**  
675K

 **Helping Hands NAMI Amador 4-13-23.pdf**  
124K

 **HRF2023\_flyer (003).pdf**  
263K

 **HRF2023\_sponsorship (1).pdf**  
64K

 **NAMI Amador F2F Spring 2023.pdf**  
121K

 **In Person QPR 3 28 23.pdf**  
429K

 **NAMI Amador Peer to Peer 2023.pdf**  
118K

 **Nexus Youth & Family Services Seniors in Isolation Workshop Flyer.pdf**  
196K

 **Sutter Amador Hospital blood drive (1).pdf**  
216K

 **Nexus Youth & Family Services Spring Parenting Flyer 23.pdf**  
324K



Stephanie Hess &lt;shess@amadorgov.org&gt;

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## Community Program Planning Process

2 messages

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Stephanie Hess <shess@amadorgov.org>  
To: Anne Watts <awatts@amadorgov.org>

Tue, Mar 28, 2023 at 11:44 AM

Hi Anne,

Would you mind helping us get the word out to your staff that we need their input (see below)? Social services providers are key partners in the work we do as a community, especially when it comes to behavioral health care and the challenges that come along with it. It is critical that we get the feedback we need from those who are doing this work day in and day out, in order to effectively implement programs that are solution-focused and truly meet the needs of the community at large. If you have any questions -- feel free to reach out! We really appreciate your help!

### **Community Program Planning Process:**

*The Community Program Planning Process is an important way to provide input about the mental health needs in our community. The feedback provided acts as a guide and informs the work we do over the next several years. We are currently seeking input now through May 31st from anyone who has an interest in mental health either working or living in Amador County. There are two ways you can participate -- through discussions held in a focus group format OR by completing the Community Survey either online or in paper format. You may also choose to participate in both the focus group discussions and the survey as well. More details on both are detailed here:*

### **Focus Groups:**

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*The first of several community based focus groups is scheduled for April 4th at 3:30 p.m. and will be done virtually. The flyer is attached. If you are unable to attend, more will be scheduled so stay tuned to the Community Announcements email so you know when the next one is coming up!*

### **Survey:**

*We encourage you, the people you serve, your friends, family and neighbors to complete the survey. You can access the survey by going to this link:*

**<https://www.surveymonkey.com/r/YDL633F>**

*A PDF of the survey is also attached. If you need hard copies, have any questions or want to learn more, feel free to contact Stephanie Hess at (209) 223-6308 or shess@amadorgov.org.*

Thank you,

Stephanie Hess  
Pronouns: she, her, hers  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
shess@amadorgov.org

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### 2 attachments

Focus Group Flyer 4-4-23.pdf  
1316K

 **CPPP Community Survey.pdf**  
88K

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**Anne Watts** <awatts@amadorgov.org>  
To: Stephanie Hess <shess@amadorgov.org>

Wed, Mar 29, 2023 at 8:28 AM

Good morning, Stephanie. Yes, I will get the word out!

Anne  
[Quoted text hidden]

--  
Anne Watts, Director  
Amador County Department of Social Services

PRIVACY NOTICE: This e-mail transmission, and any documents or messages attached to it, may contain confidential information that is legally privileged. If you are not the intended recipient, or a person responsible for delivering this e-mail to the intended recipient, or have received this email in error, then you are: (1) notified that any disclosure, copying, printing, distribution, saving, reading or use of this information is strictly prohibited and possible a violation of federal or state law and regulations; (2) requested to discard and delete this e-mail and any attachments; and (3) requested to immediately notify the sender by replying to this communication or by contacting the sender at (209) 223-6550. Thank you.



88K

 **CPPP Survey Flyer.pdf**  
18010K

**Steve Christensen** <christensen668@sbcglobal.net>  
Reply-To: Steve Christensen <christensen668@sbcglobal.net>  
To: Steve Christensen <christensen668@sbcglobal.net>

Wed, Mar 29, 2023 at 8:45 AM

## Faith Based Task Force,

Please help the Behavioral Health Department by completing the survey on this email. I would also ask you to distribute the survey to other members of your faith. The survey helps the Behavioral Health Department better serve our county.

Steve Christensen

209-267-0615 (home)

209 256-5914 (cell)

***My motto: To serve and to be kind.***

***If today you plant a tree, the future will enjoy the shade.***

Speak out for those who cannot speak, for the rights of all the destitute. Speak out, defend the rights of the poor and needy.

*Proverbs 31: 8-9*

[Quoted text hidden]

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### 3 attachments

 **Focus Group Flyer 4-4-23.pdf**  
1316K **CPPP Community Survey.pdf**  
88K **CPPP Survey Flyer.pdf**  
18010K



Stephanie Hess &lt;shess@amadorgov.org&gt;

## Community Program Planning Process

2 messages

Stephanie Hess <shess@amadorgov.org>  
 To: Steve Christensen <christensen668@sbcglobal.net>

Wed, Mar 29, 2023 at 8:35 AM

Hi Steve,

Would you mind helping us get the word out to the Faith Based Task Force that we need their input (see below)? The Faith Based Task Force are key partners in the work we do as a community, especially when it comes to behavioral health care and the challenges that come along with it. It is critical that we get the feedback we need from those who are serving in this capacity, in order to effectively implement programs that are solution-focused and truly meet the needs of the community at large. If you have any questions -- feel free to reach out! We really appreciate your help!

*The Community Program Planning Process is an important way to provide input about the mental health needs in our community. The feedback provided acts as a guide and informs the work we do over the next several years. We are currently seeking input now through May 31st from anyone who has an interest in mental health either working or living in Amador County. There are two ways you can participate -- through discussions held in a focus group format OR by completing the Community Survey either online or in paper format. You may also choose to participate in both the focus group discussions and the survey as well. More details on both are detailed here:*

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*A PDF of the survey is also attached. If you need hard copies, have any questions or want to learn more, feel free to contact Stephanie Hess at (209) 223-6308 or shess@amadorgov.org.*

Thank you,

Stephanie Hess  
 Pronouns: she, her, hers  
 MHSA Programs Coordinator  
 Amador County Behavioral Health Services  
 (209) 223-6308  
 shess@amadorgov.org

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### 3 attachments

Focus Group Flyer 4-4-23.pdf  
 1316K

CPPP Community Survey.pdf



Stephanie Hess &lt;shess@amadorgov.org&gt;

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## Community Program Planning Process -- Request for Assistance

3 messages

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Stephanie Hess <shess@amadorgov.org>  
To: Terry Sanders <TSanders@amadorgov.org>

Wed, Mar 29, 2023 at 9:22 AM

Hi Terry,

How are you? I love seeing you in the hallways once in a while and getting to catch up.

The reason I am writing is to see if you would be willing to help out with our annual Community Program Planning Process. More details are listed below -- such as why this is important and how to participate. But first, I wanted to reach out directly to make sure you know that we really need and appreciate input from Veterans. Without hearing from you, and other Vets in the community, we aren't able to capture their feedback and move forward with initiatives, programs and outreach that support them and their wellbeing. If you could complete the survey yourself and encourage others to do so, it would be greatly appreciated.

*The Community Program Planning Process is an important way to provide input about the mental health needs in our community. The feedback provided acts as a guide and informs the work we do over the next several years. We are currently seeking input now through May 31st from anyone who has an interest in mental health either working or living in Amador County. There are two ways you can participate -- through discussions held in a focus group format OR by completing the Community Survey either online or in paper format. You may also choose to participate in both the focus group discussions and the survey as well. More details on both are detailed here:*

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Let me know if you have any questions! Thanks for all that you do!

Stephanie Hess  
Pronouns: she, her, hers  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
[shess@amadorgov.org](mailto:shess@amadorgov.org)

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1316K
-  **CPPP Community Survey.pdf**  
88K
-  **CPPP Survey Flyer.pdf**  
18010K

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**Terry Sanders** <TSanders@amadorgov.org>  
To: Stephanie Hess <shess@amadorgov.org>

Wed, Mar 29, 2023 at 9:48 AM

I would be happy to participate. I'll forward this email to my list serve and ask them to forward it onto their contacts. Yes, I like catching up to. I see you out my window occasionally doing your power walk around the building and other nearby streets.

*Terry Sanders*

Amador County Veteran Service Officer  
Health & Human Services Bldg  
10877 Conductor Blvd., Suite 700  
Sutter Creek, CA. 95685  
P: (209) 223-6476  
tsanders@amadorgov.org

*"I never considered a difference of opinion in politics, in religion,  
in philosophy, as a cause for withdrawing from a friend."  
~ Thomas Jefferson*



[Quoted text hidden]

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**Stephanie Hess** <shess@amadorgov.org>  
To: Terry Sanders <TSanders@amadorgov.org>

Wed, Mar 29, 2023 at 12:41 PM

Thank you, Terry!!

Did you see me out in the rain earlier! I was trying hard to get a walk in, but it was soooo cold! LOL

Stephanie Hess  
Pronouns: she, her, hers  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
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[Quoted text hidden]



Stephanie Hess &lt;shess@amadorgov.org&gt;

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## Community Program Planning Process -- Request for Assistance

2 messages

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**Stephanie Hess** <shess@amadorgov.org>

Wed, Mar 29, 2023 at 9:12 AM

To: Jennifer Beach Chambers &lt;jbeachchambers@calvoices.org&gt;, "Chelsea Yule, LCSW" &lt;chelseayule@gmail.com&gt;

Hello,

Every year, under the MHSa, Amador County Behavioral Health must undergo a community-based participatory process which solicits feedback from key stakeholders, contract providers, staff and community members. This is called the Community Program Planning Process. More details about why this is important and how to participate are below, however, I wanted to reach out directly and make sure you two were aware that this process is currently underway in Amador County and ask that if you are able -- to have Mom's and their families/support people complete the survey. We would also like to hear from you two as well!

*The Community Program Planning Process is an important way to provide input about the mental health needs in our community. The feedback provided acts as a guide and informs the work we do over the next several years. We are currently seeking input now through May 31st from anyone who has an interest in mental health either working or living in Amador County. There are two ways you can participate -- through discussions held in a focus group format OR by completing the Community Survey either online or in paper format. You may also choose to participate in both the focus group discussions and the survey as well. More details on both are detailed here:*

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*A PDF of the survey is also attached. If you need hard copies, have any questions or want to learn more, feel free to contact Stephanie Hess at (209) 223-6308 or [shess@amadorgov.org](mailto:shess@amadorgov.org).*

Let me know if you have any questions or need any additional information from me. This process is ongoing until May 31st. If you do collect hard copies of the surveys, we can arrange to get them to me so we can enter them in our system and collate the responses.

Thank you,

Stephanie Hess  
Pronouns: she, her, hers  
MHSa Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
[shess@amadorgov.org](mailto:shess@amadorgov.org)

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**3 attachments**

 **Focus Group Flyer 4-4-23.pdf**  
1316K

 **CPPP Community Survey.pdf**  
88K

 **CPPP Survey Flyer.pdf**  
18010K

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**Jennifer Beach Chambers** <jbeachchambers@calvoices.org>  
To: Stephanie Hess <shess@amadorgov.org>

Wed, Mar 29, 2023 at 10:03 AM

Hi Stephanie,

I will get the survey out to the moms right away. We will also share with them at our Mommy Meetup on Tuesday. That's a perfect time to discuss and give them the handouts as well.

Thank you!

Jenny

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Stephanie Hess <shess@amadorgov.org>

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## One more thing...

3 messages

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**Stephanie Hess** <shess@amadorgov.org>  
To: Nina Machado <nina@first5amador.com>

Wed, Mar 29, 2023 at 8:32 AM

Hi Nina,

Would you mind sending the Community Program Planning information out to the Perinatal Wellness Coalition? Let me know if you'd like me to draft a more succinct email for that purpose?

Thanks again!

Stephanie Hess  
*Pronouns: she, her, hers*  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
shess@amadorgov.org

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**Nina Machado** <nina@first5amador.com>  
To: Stephanie Hess <shess@amadorgov.org>

Wed, Mar 29, 2023 at 10:07 AM

Hi Stephanie.

Absolutely -- I have a couple of others I was going to forward to as well (Juvenile Justice Commission, etc.). Will you be at the next Children and Families Program Committee meeting?

See you at 11.  
Best,  
Nina

Nina Machado  
First 5 Amador  
Executive Director  
209.257.1092  
P.O. Box 815  
Jackson, CA 95642

[Quoted text hidden]

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**Stephanie Hess** <shess@amadorgov.org>  
To: Nina Machado <nina@first5amador.com>

Wed, Mar 29, 2023 at 12:46 PM

Hi Nina,

Thank you!

Yes, I will be there!!!



Stephanie Hess  
*Pronouns: she, her, hers*  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
shess@amadorgov.org

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Stephanie Hess &lt;shess@amadorgov.org&gt;

## Community Program Planning Process

3 messages

Stephanie Hess <shess@amadorgov.org>  
 To: Chris Kalton <chris@amadorseniorcenter.org>

Tue, Mar 28, 2023 at 11:50 AM

Hi Chris,

Hopefully this email finds you well! Would you mind helping us get the word out to your staff, volunteers and the folks the Amador Senior Center serves (if possible) that we need their input (see below)? The Amador Senior Center is a key partner in the work we do as a community, especially when it comes to behavioral health care and the challenges that come along with it. It is critical that we get the feedback we need from those who are doing this work day in and day out, in order to effectively implement programs that are solution-focused and truly meet the needs of the community at large. If you have any questions -- feel free to reach out! We really appreciate your help!

### Community Program Planning Process:

*The Community Program Planning Process is an important way to provide input about the mental health needs in our community. The feedback provided acts as a guide and informs the work we do over the next several years. We are currently seeking input now through May 31st from anyone who has an interest in mental health either working or living in Amador County. There are two ways you can participate -- through discussions held in a focus group format OR by completing the Community Survey either online or in paper format. You may also choose to participate in both the focus group discussions and the survey as well. More details on both are detailed here:*

#### Focus Groups:

*In order to have meaningful discussions around mental health services in Amador County, focus groups will be taking place from now through the end of May. If you would like to schedule a focus group for your specific organization, agency or group please reach out to Stephanie Hess.*

*The first of several community based focus groups is scheduled for April 4th at 3:30 p.m. and will be done virtually. The flyer is attached. If you are unable to attend, more will be scheduled so stay tuned to the Community Announcements email so you know when the next one is coming up!*

#### Survey:

*We encourage you, the people you serve, your friends, family and neighbors to complete the survey. You can access the survey by going to this link:*

**<https://www.surveymonkey.com/r/YDL633F>**

*A PDF of the survey is also attached. If you need hard copies, have any questions or want to learn more, feel free to contact Stephanie Hess at (209) 223-6308 or [shess@amadorgov.org](mailto:shess@amadorgov.org).*

Thank you,

Stephanie Hess  
 Pronouns: she, her, hers  
 MHSAs Programs Coordinator  
 Amador County Behavioral Health Services  
 (209) 223-6308  
[shess@amadorgov.org](mailto:shess@amadorgov.org)

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 2 attachments

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 1316K

 **CPPP Community Survey.pdf**  
88K

**Chris Kalton** <chris@amadorseniorcenter.org>  
To: Stephanie Hess <shess@amadorgov.org>

Wed, Mar 29, 2023 at 12:24 PM

Hi Stephanie,

We will certainly get this information out.

Thanks!  
Chris Kalton  
Executive Director

Amador Senior Center  
Amador County Senior Citizens, Inc.  
229 New York Ranch Rd.  
Jackson, CA 95642  
(209) 223-0442 voice  
(209) 223-0471 fax  
www.amadorseniorcenter.org



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<Focus Group Flyer 4-4-23.pdf><CPPP Community Survey.pdf>



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12K

**Stephanie Hess** <shess@amadorgov.org>  
To: Chris Kalton <chris@amadorseniorcenter.org>

Wed, Mar 29, 2023 at 12:48 PM

Thank you, Chris!

Stephanie Hess  
*Pronouns: she, her, hers*  
MHSA Programs Coordinator  
Amador County Behavioral Health Services  
(209) 223-6308  
shess@amadorgov.org

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*[The body of the email contains extremely faint, illegible text that appears to be a list or series of items, possibly related to the community program planning process mentioned in the header.]*