

# MHSA/CULTURAL COMPETENCY STEERING COMMITTEE MEETING

The MHSA/Cultural Competency Steering Committee Meeting is a gathering of key stakeholders, community partners, consumers, family members, behavioral health staff and other members of our community. All interested in MHSA and how the 'Act' is carried out in Amador County are encouraged to attend.

This meeting is the platform where priorities for each component of MHSA are established and decisions about how to implement, improve or expand programs are made. Participation at the MHSA/Cultural Competency Steering Committee meetings is crucial to obtain stakeholder input and truly drive the community planning processes for MHSA in Amador County. This meeting also provides a venue where Amador County Behavioral Health is able to provide departmental and quality improvement updates.

For more information, please contact Stephanie Hess, MHSA Programs Coordinator at (209) 223-6308 or [shess@amadorgov.org](mailto:shess@amadorgov.org).

**Please join us for our upcoming meeting:**

**September 3, 2020**

**3:30 p.m. - 5:00 p.m.**

**via Google Meet**

Meeting ID

[meet.google.com/xmw-yusu-fja](https://meet.google.com/xmw-yusu-fja)

Phone Numbers

[\(US\)+1 650-535-0344](tel:(US)6505350344)

PIN: 656 225 209#

*Meetings are held bi-monthly. The 2020 meeting dates are scheduled for:  
November 5, 2020*



Stephanie Hess <shess@amadorgov.org>

### Community Announcements

Vanessa Compton <vcompton@amadorgov.org>  
To: Vanessa Compton <vcompton@amadorgov.org>  
Bcc: SHess@amadorgov.org

Tue, Aug 25, 2020 at 9:49 AM

Hello Community :)

Please see attached for announcements 

Message from Stephanie Hess, MHA:

Please join us for the MHA/Cultural Competency Steering Committee Meeting scheduled for September 3, 2020 at 3:30 p.m. via Google Meet. The draft agenda and meeting flyer/information is attached. During this meeting we will be doing our annual review of the Cultural Competency Objectives. The Cultural Competency Objectives from last fiscal year (FY19/20) are attached for reference. Every year, after we review the objectives, they are incorporated into our annual county Cultural Competency Plan and used as a guide in order to address gaps and identify solutions in providing behavioral health services to the different populations we serve. Let me know if you have any questions. I can be reached at (209) 223-6308 or [shess@amadorgov.org](mailto:shess@amadorgov.org)

Vanessa Compton  
**Peer Personal Services Coordinator**  
Amador County Behavioral Health  
(209) 223-6315  
[amadornetworkofcare.org](http://amadornetworkofcare.org)

*Attached to Nothing ~ Connected to Everything*

*~ I am responsible for the Energy I bring into this space ~*

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#### 9 attachments



**Project Baseline Free COVID19 Testing .jpg**  
399K

 **Updated - ACT Veterans Agenda Zoom.pdf**  
272K

 **DRAFT MHA Steering Comm Agenda 090320.pdf**

241K

 **September 2020 Meeting.pdf**  
306K

 **FY 19-20 Cultural Competency Objectives.pdf**  
773K

 **Amador Adult Education.pdf**  
56K

 **Toddler Playgroup Curbside pick-up Activity Kits.pdf**  
147K

 **Dad & Me Curbside pick-up September 2020.pdf**  
428K

 **Health and Wellness Workshop 8-25-20 TRC.pdf**  
365K



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

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## Community Announcements

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Vanessa Compton <vcompton@amadorgov.org>  
 To: Vanessa Compton <vcompton@amadorgov.org>  
 Bcc: SHess@amadorgov.org

Mon, Aug 31, 2020 at 4:20 PM

Hello Community,

Along with Announcements please see these messages:

This is a friendly reminder that the MHSA/Cultural Competency Steering Committee meeting is scheduled for this Thursday, September 3 at 3:30 p.m. We will meet via Google Meet. Here is the log-in information:

[meet.google.com/xmw-yusu-fja](https://meet.google.com/xmw-yusu-fja)

Join by phone

(US) +1 650-535-0344 PIN: 656 225 209#

Attached is the finalized agenda. We look forward to your participation! -Stephanie Hess, MHSA Programs Coordinator

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**Introducing Amador County's first annual awareness walk. Please join us by participating in Amador Strong 2020, to bring awareness on issues we face as a small rural community like problem gambling, mental health, substance use and smoking cessation issue's.**

We will be hosting a series of step and activity challenges through an app called MoveSpring. In the app, you can connect your wearable device or smartphone to automatically track your activity. Compete in fun challenges against others, set new goals for yourself and watch your progress over time.

**The Amador Strong Awareness walk will begin on September 7th and run through October 7th 2020. We have set an overall step goal of 100,000 steps. There will be leader boards for those of you who have a more competitive nature but do not feel obligated to compete, every step counts toward the overall goal.**

Lace up your tennis shoes and stretch your hammies for the **Amador Strong** challenge!

- Dates of challenge:**September 7th- October 7th 2020.**
- **Step** challenge format with a goal of **100,000 steps.**
- Awareness walk to bring attention to problem gambling and those suffering from the disorder. Problem gambling is a serious condition. It is not just weak will or a bad habit that can be stopped at any time. Part of any addiction is feeling disconnected from your community and other human beings. Let's come together as a community and show those suffering from this condition, that we are here, that we care and that we have resources to support recovery and wellness for those in need of services.
- All participants will receive a certification of completion and select promotional items from the Amador County Responsible gambling program. We will also be recognizing service providers who have gone above and beyond for the community and its citizens. We would like to hear from all of you on who you feel should be recognized and honored for their contributions to the community and its members. Please email me your nominations and details as to why they should be acknowledged for their contributions. There will be 10 nominees chosen and when the event concludes we will honor them with a small token of appreciation and gratitude for their dedication and service to their community.

Nominations and details describing why these members would be honored can be emailed to [mthompson@amadorgov.org](mailto:mthompson@amadorgov.org).

### How to sign up



## Mental Health Services Act / Cultural Competency Steering Committee

September 3, 2020

### AGENDA

- Welcome / Introductions / Announcements

### NEW BUSINESS:

- MHSOA Three Year Plan & Expenditure Report (FY20/21-22/23)  
**Public Hearing-September 16<sup>th</sup> @ 3:30 p.m. via Google Meets**
- Plan of Correction -- DHCS MHSOA PROGRAM REVIEW – April 21, 2020
- No Place Like Home (NPLH)
- MHSOAC RFA – Mental Health Student Services Act
- Network of Care
- Innovations Discussion
- **Review & Discussion: Cultural Competency Objectives for FY20/21**

### Regular Agenda Items:

- Quality Improvement Update
- Suicide Prevention Updates
  - Suicide Prevention Awareness Week / Month
  - Amador SPEAKS – 9/17/20 @ 3:30 p.m.
- Innovations Update
- Cultural Competency Activities Update:
  - Latino Engagement Meeting Update (Next meeting 9/8/20)
  - Native American Engagement Meeting Update (Next mtg. TBD)
  - LGBTQ+ Workgroup Meeting (Was scheduled-April 28<sup>th</sup> @ 1:00 p.m. WILL BE RESCHEDULED)
  - Local & Statewide Cultural Competency Efforts
  - Cultural Competency Plan: Review Cultural Competency Objectives @ Sept. 2020 Mtg.
  - Informing Materials Update: Brochures are being translated
- Trainings for 20/21:
  - CIT for Law Enforcement & First Responders: April 2020 will be rescheduled for January 2021
- Past Training 20/21:
  - ✓ LGBTQ+ Affirming Practices—August 11<sup>th</sup>
  - ✓ SO/GI Data Collection Implementation & Best Practices – August 18<sup>th</sup>
- Program Updates/Information Sharing
- **Next Meeting: November 5, 2020 @ 3:30 p.m.**

**Mental Health Services Act / Cultural Competency Steering Committee via Google Meet  
September 3, 2020**

Attendance List:

Amador College Connect—Nickie Crofts  
Danelle Bohall, The Resource Connection  
Steve Christensen, Faith-Based Task Force, ACBHAB Member, Community Advocate  
Janet Caton, NAMI Amador  
Katrina Ozier, CalVOICES  
Megan Hodson, ACBHS  
Nina Machado, First 5 Amador  
Trixxie Smith, CalVOICES  
Melissa Cranfill, ACBHS  
Vanessa Compton, ACBHS  
Stephanie Hess, ACBHS  
Lorale Moore  
Bailey Dewitt, ACBHS Intern  
Bobbie Harrison, CalVOICES  
Karyn Gregorious, ARC  
Ranchel Sanchez, Anthem Blue Cross

Phone Numbers:

(559) \*\*\*-\*\*-61  
(209) \*\*\*-\*\*-35  
(209) \*\*\*-\*\*-80

## **Mental Health Services Act / Cultural Competency Steering Committee**

**September 3, 2020**

### **MINUTES**

- Welcome / Introductions: Refer to attached sign-in sheet; please note that names were recorded from Google Meet meeting attendance list and may not reflect all those participated in the meeting. Please contact Stephanie or Vanessa if you attended the meeting and your name is not on the attendance list.
- The MHSA Programs Coordinator announced that the Health and Human Services building, which includes the Behavioral Health Department, remains closed at this time with no anticipated opening date. However, the department is still operating via telehealth and phone. Please call if anyone needs services and they will be directed to the appropriate place/person.

### **NEW BUSINESS:**

- MHSA Three Year Plan & Expenditure Report (FY20/21-22/23)  
**Public Hearing-September 16<sup>th</sup> @ 3:30 p.m. via Google Meets**  
The MHSA Programs Coordinator announced that the MHSA Three Year Plan & Expenditure Report is available for public comment and is posted to the Network of Care website. Hard copies can be obtained by contacting Stephanie or Vanessa. The public hearing is scheduled for September 16<sup>th</sup> via Google Meets.
- Plan of Correction -- DHCS MHSA PROGRAM REVIEW – April 21, 2020: The Plan of Correction (POC) was received and is due on September 15, 2020. ACBHS needs to address compliance with Prevention and Early Intervention (PEI) regulatory requirements, the MHSA Issue Resolution Process (IRP), FSP age group targets and Revenue and Expenditure Report (RER) reporting alignment with the MHSA Three Year Plans and Annual Updates. If anyone would like a copy of the POC, please contact Stephanie.
- No Place Like Home (NPLH): Currently, ACBHS is working with Amador County's procurement officer to issue a Request for Qualification (RFQ) for an affordable housing development sponsor. Additional discussions are underway to leverage county and local cities Permanent Local Housing Allocation (PLHA) funds for NPLH activities. Updates will be provided at the monthly Homeless Task Force meeting and this meeting. At any time, if anyone has any questions, please reach out to Stephanie or Melissa Cranfill.
- MHSOAC RFA – Mental Health Student Services Act: ACBHS, in conjunction with the Amador County Unified School District (ACUSD), applied for a grant to address student mental health. The grant was an opportunity to receive 2.5 million dollars over a period of four year. The funding would have been used to hire two mental health professionals to provide direct services to students at school sites and three additional school counselors. Additional support would



have continued the Student Assistance Program and transportation options for students and families to access mental health treatment and a robust mental health training program that targeted school site staff, students and offers education to families around mental health diagnosis including strategies and tips to assist in caring for students who have mental health needs. Unfortunately, the grant was not awarded. There were some 'rookie mistakes' in the grant which didn't cost too many points, however, the lack of a sustainability plan for funding the program when the grant cycle ended is what cost the award. The grant writing group (ACBHS and ACUSD) met to debrief on the lessons learned and if opportunities arise again, the group will work to obtain a grant writer to assist in these efforts.

- Network of Care: Vanessa provided an update on Network of Care. There is a new design to the webpage. Stephanie was able to share the screen so the group could see how easy it now is to navigate. There are pictures that are of Amador County and there are four tabs—MHSA, Suicide Prevention, Resilient Amador and Community Announcements. If you have any questions, contact Vanessa.
- Innovations Discussion: There is some opportunity to utilize Innovations reversion funds that must be dedicated by June 30, 2021 or they will be sent back to the state. There are a few ways to do this and the MHSA Programs Coordinator would like your input. First, there are multi-county collaborative options and the only one CalMHSA has advised is accepting new counties is a Psychiatric Advance Directive (PAD). This would be where we would assist the folks we serve to have a directive regarding their psychiatric care. Per se someone with a mental health diagnoses ends up in the ICU with a physical health condition, however, their medication still needs to be administered. The PAD would assist the prescribing doctors in prescribing medication that align with the patient desires and protocol. An attendee brought it to the groups attention that WRAP already has a PAD component. The MHSA Coordinator responded that WRAP's PAD is not a legally binding document and this Innovations project would create a process to obtain a legal PAD. Another option is to do something more local around student mental health, providers and a COVID-19 response. This could reach the full spectrum of students from pre-k through high school and work to expand the student assistance program to provide wrap around support for childcare providers, teachers, students and families. Other ideas suggested was contracting with a therapist that could provide mental health interventions while waiting for other resources/supports/long term, sustainable therapy to be obtained. Stephanie will reach out directly to the folks who participated in the discussion to see what this would look like and will provide an update at the November meeting.

➤ **Review & Discussion: Cultural Competency Objectives for FY20/21:** The group did the annual review of the Cultural Competency Objectives for FY20/21. The following changes were discussed:

- Spanish Speaking – leave on; continue as objective for FY20/21;
- Suicide Prevention—take off; being addressed other places;
- Native American Engagement—leave on; continue as objective for FY20/21;
- Isolated Rural Communities—discussed that due to unique challenges in different regions of the county, this should continue as an objective for FY20/21;
- Veterans—leave on; continue as objective for FY20/21;
- Homeless—leave on; continue as objective for FY20/21;
- Single & Working Parents—discussed that this group should stay on due to COVID-19 stressors and increased anxiety; continue as objective for FY20/21;
- LGBTQ+—leave on; continue as objective for FY20/21;
- Older Adults—leave on; continue as objective for FY20/21; and
- Foster Youth—leave on; continue as objective for FY20/21.

Other discussions around a COVID response to these groups and how we are doing in serving their mental health needs took place, with further steps being taken to discuss what the disaster response would be. Discussions around dual diagnoses – developmental delay and mental health – how does this population fit into our cultural competency objectives. Law Enforcement was also discussed but may be addressed using other forums currently in place. Further investigation will be done on this.

The feedback and discussion today will be incorporated into the FY20/21 Cultural Competency Objectives and will also be used to form the 2020 Cultural Competency Plan Update. The objectives will be revised and sent out over the next few weeks and the 2020 Cultural Competency Plan Update will be finalized and distributed in December.

**Regular Agenda Items:**

- Quality Improvement Update: Megan reviewed the Consumer Perception Surveys for May 2020. Due to COVID-19, these were done through the mail instead of being administered in the office. Results were relatively good. Megan also announced that the EQRO is scheduled for 9/16 and 9/17 and will be done virtually as an augmented review. The Triennial is also scheduled for 2020, just not sure when that will be. Usually it is October but we haven't been given a date yet, so more to come.
- Suicide Prevention Updates

- Suicide Prevention Awareness Week / Month: Vanessa announced the Heart of Hope live virtual event on 9/10 at 6:00 p.m. There are ads in the newspaper and emails that will be sent out with various messages. Virtual QPR will be scheduled soon—working out the kinks but will get it scheduled, once the necessary approvals have been obtained.
- Amador SPEAKS – 9/17/20 @ 3:30 p.m.: This is Amador’s Suicide Prevention Coalition meeting and anyone is welcome to attend. Meeting will be held via Google Meet.
- Innovations Update: MomCHAT is getting very close to implementation. The team is fully staffed and we are meeting next week to determine steps forward to prepare for referrals. TxCHAT is not meeting as a group at this time due to restrictions in place. However, the team is working to assess the group’s capability and willingness to meet via Zoom. Group participants are still obtaining treatment individually, via telehealth.
- Cultural Competency Activities Update:
  - Latino Engagement Meeting Update (Next meeting 9/8/20)
  - Native American Engagement Meeting Update (Next mtg. TBD): Vanessa is in contact with Joni @ Tribal TANF and Stephanie will reach out to get this scheduled.
  - LGBTQ+ Workgroup Meeting (Was scheduled-April 28<sup>th</sup> @ 1:00 p.m. WILL BE RESCHEDULED)
  - Local & Statewide Cultural Competency Efforts: Stephanie included that this item contains the tri-county group effort (Calaveras, Amador, Tuolumne), CBHDA LGBTQ+ Workgroup, Central Region & Statewide Ethnic Services Managers meetings and collaboration as well as a webinar series on Racial Inequity in Behavioral Health Care.
  - Cultural Competency Plan: Review Cultural Competency Objectives @ Sept. 2020 Mtg.
  - Informing Materials Update: Brochures are being translated
- Trainings for 20/21:
  - CIT for Law Enforcement & First Responders: April 2020 will be rescheduled for January 2021
- Past Training 20/21:
  - ✓ LGBTQ+ Affirming Practices—August 11<sup>th</sup>
  - ✓ SO/GI Data Collection Implementation & Best Practices – August 18<sup>th</sup>
- Program Updates/Information Sharing:
  - Nina @ First 5 shared her updates;
  - Bobbie @ Sierra Wind shared their updates;
  - Vanessa shared the Virtual Resource;

- Rachelle @ Amador College Connect stated that there are 4 new MHSA students for the Fall semester;
  - Karyn Gregorious @ ARC discussed that they are assisting 120 individuals in Amador alone; and
  - Nexus Youth and Family Services was on the call but couldn't unmute themselves. They provided an update that is attached.
- **Next Meeting: November 5, 2020 @ 3:30 p.m.**

## **Nexus Youth and Family Services—Update 9/4/20**

### **YEP**

- We are in contact with teachers and school administration to plan for program implementation using the Google Classroom distance learning platform. To date we have recorded XX YouTube videos that are being used by school staff for distance learning.
- We are recruiting for our Peer Advisory Council which will meet later this month.
- We are working with ACUSD administration to coordinate twice weekly school meal deliveries to 85 youth. During the deliveries, staff make one-on-one contact with youth to provide information and resources, and assess mental health needs.
- We are providing Project SUCCESS support services for youth via phone, Healthcare ZOOM, or Skype as appropriate.

### **Promotores**

- We are planning for the upcoming El Rotafolio Suicide Prevention community presentation which is slated to be offered in September.

### **Outreach & Engagement**

- Nexus staff continued to engage weekly with the members of the Hispanic Women's Group in order to provide emotional support and requested resources. This contact was via phone, Facetime, Healthcare ZOOM, or Skype as appropriate. 27 community members are currently receiving support and resources.
- We are working in conjunction with Amador Senior Services to provide lunches and wellness outreach for Upcountry seniors. Instead of hosting a weekly Senior Social event, staff delivered meals and wellness resources to participants' homes following the guidelines provided by Amador County Public Health. 36 seniors received lunches and wellness information.
- Nexus staff provided a monthly community presentation regarding mental health and resources. Instead of offering group workshops, staff recorded and posted the presentation on the Nexus website, Facebook page, and YouTube channel. In order to be responsive to community needs, the topic for the August presentation was *Pandemic Parenting*. This presentation was provided by a licensed clinician and contained pertinent resources and wellness information.

### **Building Blocks**

- Staff began an ART cohort with 6 youth who will meet weekly.