

Prevention and Early Intervention Quarterly Collaborative Meeting

Meeting Minutes

October 31, 2018

12:00pm – 2:00pm Rustin Conference Center

- **Introductions**
 - Went around the room and all attendees introduced themselves and shared where they were from. We had providers and community members from all regions of the county.
- **Program Highlight – Mamás y Bebés**
 - Mamás y Bebés is an 8-week program for underserved populations, of pregnant and up to 12-month post-partum mothers, who are at risk of developing post-partum depression or currently experiencing post-partum depression symptoms.
 - The program is open to all ages and all ethnic backgrounds but primarily serves 31-35 year-old Latinas.
 - Information from the last 4 years of the program was shared to show that 694 mothers participated in the program primarily from the desert region. with a 67% completion rate where 52% of the participants reported having a decrease in mood levels.
 - Diedra & Gloria who are program facilitators from Reach Out introduced themselves and shared that they are currently seeking participants and where they are currently holding classes and which classes are conducted in Spanish. (Rubidoux Family Resource Center, Parkview Community Hospital & Highgrove blossom apartments).
 - Diedra shared an activity they do starting during the second week of the classes called Violet & Mary (Violeta & Mary for the Spanish class) throughout the program.
 - Cathryn, a mother of three, who is a participant of the program shared her experience in the program. She learned of the program after seeking help from her therapist and was referred to the program. Her biggest take-away was learning that there were other mothers experiencing what she felt and learned ways to adjust her way of thinking.
 - Questions asked about the program:
 - Are there participants that continue the program beyond graduation? – Yes, some participants continue attending to use as a support group and become friends with other participants.
 - What are some of the challenges with getting some people to overcome the preconceived notions of reaching out for help? – We highlight what the program entails as well as self-disclose our own experiences with post-partum depression.
 - Are there plans for a second-step or support group outside of the program? – We do not have plans at this time but we are looking at the needs.

- How do you meet the eligibility requirements for the program? – Having symptoms of post-partum depression during pregnancy or up to 12-months post-partum. They take an assessment and if they score 16 or above they are eligible. If they are experiencing “moderate to high” symptoms they may participate in the program but they also need to receive secondary treatment.
Do they have to complete the program within 12-months post-partum? – No, as long as they start the program within the 12-month period.
- Are there any age requirements? – No.
- Is it for Latino only? – The outreach is designed for the Latina community but it is open to all ethnicities and cultures.
- Contact information and flyers will be sent to the collaborative email list

- MHSa Community Planning Process

- Diana B. spoke about the MHSa stakeholder process and asked everyone to complete the MHSa survey to give us feedback on the program.
- Went over the PEI part of the plan and the PEI grid of Programs for the 2018/2019 fiscal year:
 - Highlighted the Promotores de Salud Mental program that will hopefully be launching in January and community Mental Health Promotion Program that is brand new to Riverside County that will be up and running early next year.
 - Future expansion coming soon looking at increasing screening and outreach at the community health centers, helping to build the integrated care approach working with physical health county providers by screening all the folks and identifying individuals who may have areas of mental health/behavioral health where they can use support. Will be put up for a 3-day public hearing in the coming weeks and looking to make an amendment to the plan to incorporate into work plan 1. As more information becomes available, an email will be sent out to the PEI Collaborative email list.
 - Spoke on the Directing Change program under work group 4 for Transition Age Youth.
 - Highlighted Mamás y Bebés program under work group 7 Underserved Cultural Populations and the Native American programs. Currently holding focus groups with the Native American population to get a better understanding around current needs and make adjustments. The information on any changes will be shared in the coming months as it becomes available.
- Went over the Work Force Education and Training (WET) part of the MHSa plan. The MHSa plan requires that we are doing evidence based/evidence informed work reaching underserved groups, that we are increasing contact and engagement with the community into department services and we needed a work-force that reflected that as well.
 - Went over the 5 work plans of WET.
 1. Developing the WET staff
 2. Training and technical assistance and bringing in evidence-based practices and helping to support clinicians in the department, developed new strategies to help staff have a greater success by providing trainings for the new staff member, ensuring we have culturally competent trainings available throughout the year and also have trainings to develop administrative clinical supervisor staff as well. Crisis Intervention Training for law enforcement to train them on mental health (basic diagnosis

symptoms, how to engage to help the officers be better prepared to respond to calls to de-escalate situations to increase sensitivity and support.)

3. Career pathways and building the workforce. Looking at high school, college and Masters levels and providing support to encourage young people to enter the behavioral health field.
 4. Internship and residency for Masters level students to provide services through our Graduate Intern Field Training (GIFT) program where they can gain hours and experience providing services to our community. We have the Lehman Center that is primarily staffed by student practitioners who train and serve system of care consumers.
 5. Financial Incentives for Workforce Development for current staff to go on to get a higher education to provide mental health services.
- Questions:
 - I know that some health career academies are hoping to expand into mental health as well but work based learning has been the most difficult to provide to high school aged students with an introduction into the mental health field. So I am curious if there has been any thought about that? – WET does a lot of outreach to the high schools and work closely with the health academies, if there are schools that have not yet made that connection we would love to get that link and resource from you and I can make sure the WET team reaches out and connects with them.
 - o Discussed Innovations which focuses on creating new learning, greater efficiencies and new practices in the areas of behavioral health which has never been done before. The idea goes through a stakeholder process then goes to state for approval then gets 3-5 years to test. They will take pre/post measures and constant oversight to see if the innovated idea is working, is it improving the system, are we learning from it and if it is deemed that it is then that is great for our work and we then can incorporate into our service delivery system. If it doesn't work, we see what didn't work and learn from that as well.
 - One project we just got approval for is joining the tech suite. A multi-county collaborated project that has an interactive way with a suite of applications to connect signs and symptoms to help the public in real time to assist the consumer to get support.
 - Also, requesting an extension on our 3 TAY drop-in centers to get some on-going learning
 - We are also looking to expand our c-set response project for commercially sexually exploited children and individuals who have experienced sex trafficking by providing trauma focused CBT in a mobile way.
 - Toni Lucas also wanted to share some sneak peeks in Innovation plans that are coming soon (or hope to be coming soon).
 - predictive analytics that will share with other agencies outside of behavioral health to help crisis predictability.
 - We are looking at ways to assist our mature older adults ages 55-59 1/2 and find how to support them.
 - We are also looking at housing in a situation where a child has been diagnosed and where a child's diagnosis impacts housing and developing programs around that.

- Addressing individuals who are experiencing a dual diagnosis with mental health and dementia.
 - Mobile eating disorder team
- We will be sharing the other components of the Mental Health Services Act at the next Collaborative meeting in January.
- Questions/Comments:
 - You mentioned Crisis Intervention Training having success, what does the success look like for that program? – Rick Algarin: Looking at the peer perspective and seeing that our cards are being given out and going from an officer telling family members that they are not a shuttle service to take their family members to a hospital to having officers want to apologize to the families and seeing the different perspective. Getting phone calls from officers talking about giving out the Family Advocate’s cards to assist families. We are getting more phone calls and the effect being that the families are no longer scared to call the police for assistance and the families being thankful for the respect shown to their family member.
 - I am curious, does behavioral health offer support for potential providers that seek to apply for funding. I feel like the services we offer fall in line with the services these RFP’s that are out but we are missing some components like the evidence-based practices and after doing searching, I thought maybe we could turn to behavioral health knowing we can be a good candidate for funding? – Yes, the way it typically works through behavioral health and specifically with PEI, the programs have been identified because it has gone through the stakeholder process. So when we put an RFP out, it outlines the program so if you are interested in submitting a bid, we highly encourage it. You would just read through the requirements and respond how you would plan to implement that. Then the support we provide is the training as well as intense support from the SDO’s and SSP in terms of assistance, guidance and support to carry out the objectives of the contract. We encourage you to go to the procurements website and if you think that is a service you can provide, please submit a proposal.
 - Where are you at on faith-based treatment? – We are working with Cultural Competency to develop a spirituality initiative to gather more support for that task force. We had a program in place that has opted to not get renewed. We are still researching and looking at options for that program. Open table advisory committee with cultural competency team meets on the 4th Monday of the month from 10:00am – 11:30 at the Rustin Conference Center
- Request for Proposals (RFP)
 - Seeking Safety and Mamás y Bebés, please go to the procurement website if you are interested in responding
 - Coming Soon sneak peek: TAY Resiliency Project
- PEI Provider Updates
 - Cathy with Inland Caregiver Resource Center shared flyers and information on the PEARLS program. We are looking for seniors in the community that we can talk with. Services are offered in other languages as well.
 - Office on Aging is hosting a Family Caregiver conference in Moreno Valley and at Riverside City Hall

- Contact for Change does 1 hour presentations designed to educate, inspire and reduce stigma associated with mental illness. They have been at UCR, RCC and Moreno Valley School District and others to present and reduce the stigma one person at a time. They are available for 1 hour presentations.
 - PEI Directory of Services available on the table to take with you if you would like to make referrals.
 - Chevonne Gaylor shared that she did not know that all these services were available and she is so happy to have attended to learn so much. Chevonne also shared that she was newly awarded the Suicide Prevention RFP and will be using an innovative approach by going to African American community barbers, hair salons and churches to bring coffee and snacks, presenting information, ribbons and sharing the signs and knowing that suicide is preventable.
 - KERU FM in Blythe will be sharing announcements on the radio and visiting churches in Blythe and potentially schools as well.
 - Mila Banks with the Resource Center is seeking help to approach schools and contacting schools. Meeting a lot of challenges getting in contact to finalize details.
 - Val Verde School District will be sharing an evening event about “What I wish my parents knew” and creating a survey to send out to students and parents to find out what areas they need help.
 - Kimberly with Teen Suicide Awareness and Prevention Program through Public Health letting everyone know that they visit Middle Schools and High Schools throughout the county to teach and train students on suicide prevention and awareness. After their visit the schools are responsible for having two campaigns after. Currently working with 12 school districts which totals over 70 schools. They also offer community presentations and monthly newsletters
- Community Roundtable/Announcements
 - Victoria with the Stevens Center sharing information and flyers on the workshop for widows and widowers
 - Victoria with IE-CHI shared that the World Health talk force has completed a study and will revealing findings at their health education forum next Tuesday. Flyers will be emailed out as well.
 - Rachel with Parent Support and Training Program shared flyers and is seeking donations for their food donation Thanksgiving baskets and Holiday gifts for children that are currently receiving services with behavioral health. Donations are tax-exempt. Please call Rachel if you would like more information.
- Complete your MHSA Survey
Reminder to please complete you survey
- Next Meeting: January 30th, 2019 at 12pm – 2pm at Rustin Conference Center 2085 Rustin Ave. Riverside, CA 92507 Lunch will be served!