

## **Prevention and Early Intervention Quarterly Collaborative Meeting**

### **Meeting Minutes March 30, 2022 12:00pm – 2:00pm Via Zoom**

- Diana Brown - Welcoming Message; there were 60 attendees
- MHSA Annual Update:
  - What is MHSA?
    - ❖ 2004 CA voter approved ballot proposition (Prop 63)
    - ❖ 1% income tax on income over \$1 million
    - ❖ Funds are divided across counties and used to “transform” public MH services
    - ❖ MHSA has rules about the limits and possibilities of how the money can be spent.
    - ❖ Cannot pay for involuntary programs, supplant existing funds (November 2004), or SAPT programs (unless COD, and some prevention and early assessment)
    - ❖ Essential element: Community Collaboration
  - MHSA Stakeholder Process:
    - ❖ Community Program Planning Process
    - ❖ Feedback is accepted all year round.
    - ❖ There are two types of MHSA Plans: 3-Year-Plan and Annual Update.
  - MHSA Frame has 5 components
    - ❖ Community Services and Supports (CSS)
      - Largest component of the MHSA plan, includes 80% of the funds.
      - 50% of the funds must be dedicated to Full Service Partnerships (FSP)

- CSS also supported County Outpatient Clinic expansions.
- Each county must do all 5 components and they are tailored to each county depending on data and feedback received from stakeholders.
- ❖ CSS Highlights:
  - The Bridge Program is returning and will be expanded to all outpatient centers and available to all ages countywide.
  - First Episode Psychosis Coordinated Specialty Care FSP will be added.
  - Mobil Crisis Management team has expanded. These are specialty crisis management teams that incorporate crisis, substance use and homeless outreach expertise. They now include teams in Perris, Desert Hot Springs and Jurupa Valley.
  - Community Behavioral Assessment Team (CBAT) is a police officer and clinical therapist that partner together and respond to law enforcement dispatched behavioral health related calls. They have expanded to include additional law enforcement agencies and now have teams in Menifee, Corona, Beaumont, Cathedral City, Palm Desert, Hemet, Jurupa Valley, Perris, Thermal and Lake Elsinore.
  - CSS opened a new adult residential treatment center in January 2021. This is a social rehabilitation program with an average length of stay of 4-12 months. The goal of the program is enhance independent decision making skills.
  - There are now 4 Peer Support and Resource Centers. They are located in Riverside, Temecula, Perris and Indio.
  - New Building Peer Leaders class that is state supported and is a part of the 80 for all peers to complete their certification.
- ❖ Prevention and Early Intervention (PEI)
  - Second largest component of the MHSA Plan designed to reduce the stigma related to seeking services for behavioral health, reduce discrimination against people with a mental health diagnosis and to prevent onset of a severe mental illness or SMI.
  - One of the requirements is that 51% of the funds be dedicated to the 0-25 population.
  - There are currently 28 different programs being offered through PEI.

- PEI is largely outreach based. Programs and providers are typically in the community in natural gathering spaces. Due to COVID restrictions, last fiscal year, access to community locations and students was severely impacted.
- Although there was a decline in community trainings, outcome data shows a positive impact in those who have participated in programs.
- Last year 5 RFPs were released and awarded 4 new contracts.
- 17 mini grants were awarded for Suicide Prevention.
- There were over 1,400 participants in PEI programs last year.
- PEI Workplans:
  - #1 Mental Health Outreach, Awareness and Stigma Reduction
    - Cultural Competency Program - They are expanding and adding Middle Eastern/North African, Spirituality/Faith Based, Individual with Disabilities and Veterans. Each of these groups have a cultural community liaison designed to increase partnership with underserved communities and lead workgroups.
    - Filipino American Mental Health Resource Center is changing its name to Asian Pacific Islander Resource Center and expanding their reach across multiple sub-groups.
    - Community Mental Health Promotor Programs (CMHPP) –there are 5 sub-groups which are Black/African American done by the African American Health Coalition, Asian/Pacific Islander done by Special Service for Groups, Native American done by Riverside San Bernardino County Indian Health Inc., LGBTQ done by Borrego Health and Promotores. They will be releasing RFPs for all 10 groups soon.
    - Dare to be Aware full day mental health - awareness conference for high school students

typically held in January. Has been cancelled the past 2 years due to COVID restrictions.

- Stand Against Stigma - community presentations by trained peer supports with lived experience. Was formerly known as Contact for Change and done by a provider, it is now done in house by dept. of behavioral health employees.
- Integrated Outreach and Screenings is integration of physical health and behavioral health. It is being done at all 13 Community Health Centers.
- Peer Navigation Center has closed and is now integrated with the CARES behavioral health care access line.
- HELPLine (Suicide Prevention helpline)- received over 4,000 calls last year. This is a number anyone can call at any time they are in need of support not only when in a suicide crisis.
- Network of Care - interactive website available to the community which provides easy access to a variety of behavioral health resources.
- May Is Mental Health Month Event - Diana shared the outcome of the MIMHM activities that were held throughout Riverside County in May 2021.
- Suicide Prevention Coalition – the Board of Supervisors voted to adopt the Riverside County Strategic Plan in September 2020. The Coalition meets quarterly and shares updates from each of the sub-committees below.
  - ✓ Effective Messaging and Communications
  - ✓ Measuring and Sharing Outcomes
  - ✓ Upstream
  - ✓ Prevention
  - ✓ Intervention
  - ✓ Postvention

- September is Suicide Prevention Month - Diana shared the activities and events that were held in the month of September 2021. There was also 17 mini grants that were awarded to different community organizations to carry out selected activities during this time.
- Suicide Prevention Trainings-PEI offers the following trainings for suicide prevention; ASIST, safeTALK, Mental Health First Aid Adult and Youth. If you are interested please contact PEI at [PEI@ruhealth.org](mailto:PEI@ruhealth.org).
- Virtual Training Series Suicide Prevention Trainings-PEI developed the following virtual trainings due to the COVID restrictions and not being able to host in-person trainings; Know the Signs, Self-Care & Wellness, Building Resiliency & Understanding Trauma and Mental Health 101. These trainings are also available in Spanish upon request.
- #2 Parent Education and Support
  - Triple P: Positive Parenting Program - 8-week program, served 263 parents with a 78% completion.
  - Strengthening Families Program - 14-week program, served 179 with an 83% completion.
  - Mobil PEI Units - These units are parked at the school location throughout the county to provide services.
- #3 Early Intervention for Families in School
  - Peace 4 Kids - designed for middle school students to be provided on campus during school. RFP for this program is scheduled to be released to school districts throughout Riverside County.
- #4 Transition Age Youth (TAY)
  - Teen Suicide Awareness and Prevention program (TSAPP) - done for PEI by the Public Health program. The goal is to work with high school and middle school students on campuses throughout the county and train

youth in suicide awareness information. The staff also train school staff, faculty and parents in the community.

- Transition Age Youth Project-this project includes Peer-to-Peer, Outreach (Cup of Happy), Speakers Bureau, Directing Change workshops, Mentoring and CAST (Coping and Support Training). This project also offers Stress and Your Mood program which helps young people who are experiencing symptoms of depression.
- Directing Change Program Student Film Contest-part of California's mental health movement and is one of the statewide efforts to prevent suicide, reduce stigma related to mental illness and to promote.
- Active Minds: Send Silence Packing - Non-profit organization that supports mental health awareness and education for young adults in a college and university settings. Send Silence Packing is an additional layer which is a traveling exhibit that includes a display of 1,100 backpacks that represent the 1,100 young lives lost to suicide each year.
- #5 First Onset for Older Adults
  - Programs included in this work plan include Care Pathways and CareLink and Healthy IDEAS which are done by Office on Aging; Cognitive Behavioral Therapy (CBT) for Late Life Depression done by The Center and the California Health Collaborative which is a new provider; Program to Encourage Active Rewarding Lives for Seniors (PEARLS) which is done by Inland Caregiver Resource Center. During the fiscal year 20-21 over 230 unduplicated adults received services.
- #6 Trauma Exposed Services
  - Programs in this work plan include Cognitive Behavioral Intervention for Trauma in Schools

(CBITS), Seeking Safety and Trauma Informed Systems (TIS).

- #7 Underserved Cultural Populations
  - Programs in this work plan include Mamas y Bebés provided by Community Health Foundation and Reach Out, Building Resilience in African American Families (BRAAF) which has a program for boys and one for girls and is available in schools. BRAAF also includes a parent component called Guiding Good Choices and is provided by Riverside County Black Chamber of Commerce, Family Health & Support Network and Sigma Beta XI. Keeping Intergenerational Ties in Ethnic Families (KITE); Celebrating Families Strengthening the Circle formerly The Native American Project.
- PEI Special Projects
  - PEI Summit - Specifically for PEI providers. Has been cancelled due to COVID.
  - CalMHSA/Joint Powers Authority California's Mental Health Movement Each Mind Matters has been renamed to Take Action for your Mental Health. Some statewide efforts supported by CalMSHA include Know the Signs/Reconozca las Señales, Walk in Our Shows/Ponte en Mis Zapatos, Directing Change and Striving for Zero Learning Collaborative.

❖ Innovation (INN)

- Funded out of both CSS & PEI
- Used to create research projects that advance knowledge in the field; not fill service gaps.
- Requires additional State approval to access funds.
- Current Riverside Workplans:
  - CSEC Mobile Team - Services targeted at youth were or are currently being commercially or sexually exploited. This program is set to end in June 2022 and therefore is being included in the Children's Service System and will be integrating training for

clinicians in all outpatient clinics. This training will create more access points for support and more opportunity for employees to be trained with working with this particular population.

- Tech Suite (Help @ Hand) - Take my Hand is a live peer chat and recipient of the CA. State Association of Counties Challenge Award. They have installed kiosks in waiting rooms throughout the county to engage the community, introduce the technology service and access point and collect surveys.
- App for Independence (Currently being piloted) - Smartphone application that serves as digital support for the emotional wellness for people who experience psychosis.

❖ Workforce Education and Training (WET)

- Original funds were 1-time funds and expired in 2018.
- Continued plans funded through a portion of CSS dollars.
- The purpose of WET is to recruit, retain and develop the public mental workforce.
- Highlights: New Funding from CA. Dept. of Healthcare Access and Information grant in collaboration with the Southern County Regional Partnership with the focus to secure and define use of grant funds for Southern Region and Riverside County specifically. Some additional funding has been identified for the following activities:
  - Graduate student stipends
  - Loan repayment awards for targeted public behavioral health employees.
  - Advance training opportunities w/ focus on trauma informed and cultural response activities.
  - Pipeline activities which include peer stipends and public behavioral health career promotions campaign.

❖ Capital Facilities and Technology (CF/TN)

- One time fund that were designed to build infrastructure. Any additional funds needed will issued by CSS.
- Current projects:
  - The Place SafeHaven - is currently being renovated and will now include 33-single rooms instead of 25-shared rooms. This center offers permanent support housing for chronically homeless consumers with 24



hour on site support. Renovation is scheduled to be complete by Spring 2022.

- Hemet Recovery Village - this is a community of care that will include supportive housing, residential services and outpatient services. Currently in the planning stages.
  - MH Rehabilitation Center Riverside County Telecare MHRC - has expanded to 59 beds. This center provides longer-term mental health services within a supportive structure and secure environment designed to help clients prepare to move into the community or lower levels of care.
  - Restorative Transformation Center-Residential facility for social rehabilitation serving justice involved consumers who require long-term psychiatric stabilization and are awaiting completion of a restoration diversion program as well as adult consumers who are challenged by their illnesses.
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- What's next?
    - 30 posting will be posted on April 11<sup>th</sup> and the Public Hearing will be in May. Due to COVID restrictions in place an in person Public Hearing was not available. We have been informed that we will continue the virtual format until further notice.
  
  - Questions?
    - How can they get on contact with Marketing Dept.? They would like to share information on Spanish radio station in Blythe.
  
  - May is Metal Health Month 2022
    - This year the theme for MIMHM is Take Action for Your Mental Health
    - They have put together a virtual campaign similar to last year. There is a calendar with different activities each week, which will be emailed to the group.
  
  - PEI Provider Updates / Community Roundtable/Announcements
    - Mike from SoCaL Sports - Offer sport opportunities for people with disabilities, located in Coahcella Valley, will be doing programs in Riverside beginning in June. They offer sports 5 day a week and hiking on Saturdays.

- Denise - new to Riverside County, will be opening new program in Menifee, Family Tree Recovery Resource Center, that will offer substance abuse support as well as mental health support services.
- Maria - Coachella Valley Volunteers of Medicine, clinic in Indio CA that provide free healthcare to uninsured or underinsured. Currently working on implementing preventative behavioral health services in the future. Will be having Health Fair April 9<sup>th</sup>.
- Mila Banks Asian American/Pacific Islanders MH Resource Center invites the community to a COVID vaccination clinic Saturday April 9<sup>th</sup> 10am-5pm in collaboration with Reach Out.
- Joe - Riverside Medical Clinic-will be offering free monthly CPR classes (not certified) and are looking for community partners or centers that would be willing to host these classes. The goal is to get the community prepared in case they are ever in a situation and to assist someone in need of CPR.
- Jennifer Lopez - Inland Caregiver Resource Center, will now be providing Cognitive Behavioral Therapy for Late Life Depression in addition to PEARLS.
- Next Meeting:
  - June 29, 2022 at 12pm - 2pm Via Zoom.
  - Next Quarterly Suicide Prevention Coalition Meeting is Wednesday, April 27<sup>th</sup> at 9am - 11am Via Zoom