



August 10, 2022 Minutes

Mental Health Services Act Quarterly Workgroup Meeting

10-11:30 a.m.

Redding Teen Center

- I. **Welcome and introductions:** Kerri welcomed everyone and encouraged them to fill out the demographic form, which helps ensure that we are reaching people from different backgrounds.

- II. **Looking forward: Three-Year Program and Expenditure Plan:** Kerri went through the recently-completed Annual Update and explained the process for creating the new Three-Year Program and Expenditure Plan, which will include setting new program goals. Significant stakeholder input will be sought.

- III. **Update on Innovations projects:** Hope Park is cruising along, with 142 teens participating in the Anderson Teen Center and 65 at Redding Teen Center, with 2 older adults signed up as volunteers. The volunteer process has been slower than expected due to continued reticence of older adults to interact closely with others with COVID still circulating widely here. We will be asking the MHSOAC to increase the budget to account for additional lease costs for the Redding Teen Center; documentation is on ShastaMHSA.com for review. The Psychiatric Advance Directives project is also moving forward, and we have met with wellness centers and law enforcement to increase awareness and to ask for their participation. We are hopeful that a draft PAD template will be available by the end of the calendar year, and the process of creating an online platform where they would be stored is under way. This would give hospitals, law enforcement, mobile crisis responders, etc. a central location to look for a PAD when they are preparing to put someone on a 5150 hold.

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Laura Burch, Acting Director

IV. Open forum: The following were comments and suggestions made by attendees.

- a. The CRRC – we need a second one because sometimes they are full. It’s a great and helpful resource for people who need a step after hospitalization. Is there more room at the Adult Services building?
- b. We would rather stay in Shasta County for mental health services.
- c. LGBTQIA+ people don’t want to access services here due to bias and bigotry. They are not seeing inclusion in these services, so they end up on the street and homeless. Law enforcement could be trained to understand that this is another layer. Service providers need training. And training needs to be reinforced and updated about what the laws are. Then the clients feel safe and know they can be heard and accepted so they can access mental health and substance use services. It’s a slow change with law enforcement. Healthcare workers, intake, anybody who has contact with clients. People are afraid to go to the shelter. We are looking for a standard where everyone is treated equally and people are held accountable. Transgender safety is an issue when you are forced to go through a gender-specific route rather than trauma-informed route.
- d. Shelter for transgender people.
- e. NorCal Outreach has peer support.
- f. SCOE does a quarterly connection café for service providers. It helps build relationships and informs people about the many resources in our community.
- g. Find doctors and psychiatrists who are not biased.
- h. Circle of Friends – Burney Commons has broken ground. Challenge: People who change housing and can’t keep their pets anymore. More resources for animals are needed.
- i. Perhaps get animals certified and part of the PAD.
- j. Dignity Connected Living: Senior companion program, and senior independent housing, people have mental health issues and staff are not trained or equipped to know how to talk with/manage residents who have mental health issues.
- k. More education with clinicians and psychiatrists for referrals to various programs.
- l. More money for peer support workers so they can make a living wage.
- m. Psychotherapists are underpaid too. Hard to keep staff at all because they have to go somewhere they can make more money.
- n. Peers need to be able to complete all the coursework that allows them to bill Medi-Cal. Classes are through CalVoices, called WISE University.

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- o. Put up flyers about these meetings in public places, including HHSa offices.
- p. Ongoing education for people in public mental health fields. Mindspring does webinars on crisis and recovery, and they certify you.

Sponsored by Shasta County Health and Human Services Agency, in conjunction with our many community partners and advisory boards. Funding for this event is provided through the Mental Health Services Act.

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