Activity 2: Sharing Your Voice: Partner Steps for Strength, Polish, Praise (15 Minutes)

In pairs: Decide who starts as Partner A and Partner B.

1. Partner A. Express an issue you are passionate about for change. (2 min)

2. Partner B. **Strength, Polish, Praise.** (1 minute)
   - Reflect strengths & hopes. (Strength)
   - Offer an idea for improvement. (Polish)
   - Sum up the positive. (Praise)

   Partner A. Just Listen, avoid responding to feedback from partner.

3. Partner A. Again, express issue statement with feedback in mind (2 min)

4. Partner B. Recognize and validate improvement (1 min)

5. Reverse roles and repeat above (6 min)

6. Discuss what you learned on how to improve and write it down (3 min)
Activity 3 Instructions: Collaborative Public Comment (30 min)

Purpose: Give One Minute Public Comment on a Proposed Program to Decision Makers

1. Get into groups of three.

2. Together review and discuss (10 minutes)
   a) PROPOSED PROGRAM (page 2)
   b) PREVENTION & INTERVENTION (PEI) Requirements (page 3)

3. Individually develop a position for or against the Proposed Program. One at a time, briefly describe to your group, what point it is you want to make for a 1 minute as input to this scenario. You should all have different points to make, so if your point is the same as someone else’s, choose another point. (10 min)

4. Use public comment cards (page 4) to discuss, plan and each person write bullet points on what you want to say.
   ♦ Intro self and topic
   ♦ Middle (your point, your example or experience)
   ♦ Ask/Close

   If you are not sure how to do this by yourself ask your group to discuss together (10 min)

5. Choose who will be A = Speaker for one minute, B = Recorder (of Strength, Polish, Praise), C = Timer of Speaker.

6. Rotate turns being A, B & C. Rotate speaker. Rotate a recorder to point out strength, polish, praise. Rotate a person to time the speaker. Do not interrupt, just report. (10 min)

7. Join entire workshop to speak to large group (15 can volunteer)
**SCENE:** Give Public Input on Proposed Prevention & Early Intervention (PEI) Program at a Mental Health Board Meeting for MHSA Plan FY 17/18 – MHSA Coordinator

**PROPOSED PROGRAM**

**Program NAME:** YouR (Youth-Run) Center

The Youth-Run Center, a youth friendly environment will offer peer support, expressive arts, mentoring and counseling as well as other healthy and fun activities. Activities and support are designed by and for youth, ages 16-24.

**Program Components:**

<table>
<thead>
<tr>
<th>Life Skills Training</th>
<th>Social &amp; Recreational Activities</th>
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<tbody>
<tr>
<td>Member-Run Council</td>
<td>Mental health Support &amp; Linkage</td>
</tr>
<tr>
<td>Educational Assistance</td>
<td>Recovery Groups</td>
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<tr>
<td>Job Skills &amp; Development</td>
<td>Community Service</td>
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<tr>
<td>Peer Mentoring &amp; Support</td>
<td>Opportunities</td>
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<tr>
<td>Volunteer Opportunities</td>
<td>Transportation Assistance</td>
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<td>Community Integration</td>
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<td>Services</td>
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Staffing will include 8 Certified Youth Peer Specialists, and a clinical counselor who will supervise the peer specialists. The site will be in onsite with a FSP counseling center for youth.

**Cost:** $ 250,000 annually (after start up)
Description of PREVENTION & INTERVENTION (PEI) Program Requirements

Prevention programs bring mental health awareness into the lives of all members of the community through public education initiatives and dialogue. To facilitate accessing supports at the earliest possible signs of mental health problems and concerns, PEI builds capacity for providing mental health early intervention services at sites where people go for other routine activities (e.g., health providers, education facilities, community organizations). Mental health becomes part of wellness for individuals and the community, reducing the potential for stigma and discrimination against individuals with mental illness.

A PEI program must include the following components:

- Outreach to families, employers, primary care health care providers, and others to recognize the early signs of potentially severe mental health challenges.
- Access and linkage to medically necessary care provided by county mental health programs for children with severe mental health issues, and for adults and seniors with severe mental health issues.
- Reduction in stigma associated with either being diagnosed or seeking mental health services.
- Reduction in discrimination against people with mental health issues.

A PEI program must emphasize strategies to reduce the following negative outcomes that may result from untreated mental health issues:

- Suicide
- Incarceration.
- School failure or dropout
- Unemployment
- Prolonged suffering
- Homelessness
- Removal of children from their homes

Comment Cards Follow
3 Minute Comment Card

<table>
<thead>
<tr>
<th>Name:</th>
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<tbody>
<tr>
<td>Address:</td>
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<tr>
<td>Telephone No.</td>
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<tr>
<td>Agenda Item:</td>
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<tr>
<td>1. Beginning Intro</td>
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<td>2. Middle</td>
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<td>Point A</td>
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SAMPLE ACTION PLAN

County: Wellness County  Participants: Anna, Bob, Cathy, Dave, Eliza, Maria, Markov
(Write emails on back of one form and one designated person can distribute contacts by email to all)

SAMPLE Objectives/Actions for Your County/Group

1. Form a diverse group of stakeholders that meets monthly to examine gaps in service needs that could be filled by Peer/Family Support Specialist services for recommendations.

2. Contact MHSA Manager to determine how/when/where the MHSA Annual Update will involve community input and strategize to participate.

3. Study the most recent 3 Year MHSA plan, expenditures and recent outcomes to participate effectively and make recommendations.

Next Steps in Your County:

Schedule Next Meeting within 4 weeks

Date: Tuesday, April 30, 2019  Time: 5:30pm

Location: Cafe Bliss, 100 Serenity Drive, Unity County, CA

Example Tasks required prior to next meeting and who is responsible:

1. Type up these notes, distribute via email to all here by 4/10. Who: Anna

2. Find venue for weekly/monthly meetings with 20 seats + by 4/15. Who: Eliza & Tom

3. Compile a target list of diverse stakeholders reflecting the demographics of the county who should be invited to this workgroup by 4/15. Who: Dave & Maria

4. Write down three barriers to achieving the objective and email to each other by 4/20. All

5. Schedule a free teleconference call for 4/23 for this group by 4/15. Who: Markov

6. Participate on a 30- minute teleconference to discuss all the barriers and come up with solutions to overcome them on 4/23. Who: All
ACTION PLAN TEMPLATE

County:______________ Participants:__________________________________________

(Write emails on back of one form and designate one person to distribute notes by email to all)

Priority Objective for Your County

________________________________________________________________________

Key Goals/Outcomes for Your County
What outcomes would indicate success?
1.______________________________________________________________
2.______________________________________________________________
3.______________________________________________________________

Next Steps in Your County:
Schedule Next Meeting within 4 weeks
Date:____________________ Time:__________________
Location:________________________________________________________
Tasks required prior to next meeting and who is responsible:
1. Type these notes, distribute to emails on back by (date) Who__________
2.______________________________________________________________ Who________
3.______________________________________________________________ Who________
4.______________________________________________________________ Who________