CAMHPRO’s Delivering the ABC’s of Advocacy
An Onsite Stakeholder Workshop
April 5, 2019 Marin County

Funded by the U.S. Substance Abuse & Mental Health Services Administration (SAMHSA) State Consumer Network Grant

This CAMHPRO training is based on material originally developed under partnership with Peers Envisioning & Engaging in Recovery Services (PEERS) and revised by CAMHPRO with funding from the Mental Health Services Act through the Mental Health Services Oversight Commission (MHSOAC). Many Peer leaders have brought their wisdom to this training. Special thanks to Victoria Meredith for edits. CAMHPRO: 2000 Embarcadero Cove, Suite 400 Box 80, Oakland, CA 94606 camhpro.org

www.facebook.com/camhpro

Agenda

1. Welcome
2. Review of ABCs of Advocacy
3. Know Marin County’s Process
4. Tips for Meaningful Participation
   Lunch
5. Giving Public Comment
6. Next Steps
Overview

1. Welcome

What Will You Learn
Comfort Agreement
Review the ABC's of Advocacy
Know Your Laws
Activities: Introduce Yourself

2. Review of the ABC's of Advocacy

Activity: Your Voice Meeting Topic & Agenda

3. Know Marin County's Process

What, when, where are regular County Meetings?
Who, when, why have I been contacted?
Where to find the Agenda for the County Planning Commission?
How can one become an member of the County Planning Commission?
What happens after the meetings are reviewed?
Commission meetings?
Information on the

4. Tips for Meaningful Participation

How to prepare and adapt to plan meetings
Activities to support advocacy
Meetings to lead and support advocacy
Tips for meeting for the County Planning Commission

5. Giving Public Comment

Tips of Public to ensure: Collaborating on Public Comment
Rein Compressions for Public Comment
Write City of Public Comment:
Aging in Communities Public Comment

6. Next Steps

Q: What is a Board line or public plan?
The 5th step: Group Citizen Planning
Discussion:
Next Step:
Writing in Authorized & It Follow up:
Support for a Year
What You Will Learn

1. Identify your roots to your right to participate
2. Local venues and avenues to participate
3. Skills and practice to be an effective stakeholder based on recovery values
4. To engage & collaborate for group action planning

CAMHPRO’s Mission

• CAMHPRO’s mission is to transform communities and the mental health system throughout California for all those affected by mental health issues by championing the work of Peer-run organizations
  • to empower, support, and ensure the rights of Peers,
  • eliminate stigma, and
  • advance self-determination and choice.
**CAMHPRO’s Disclosure**

- CAMHPRO supports the eventual elimination of involuntary treatments such as forced drugging and inpatient/outpatient commitment, as well as other actions which abridge rights or curtail liberties.

- CAMHPRO agrees with the statement from the National Council on Disabilities policy paper from 2000 regarding involuntary treatment:
  - “Laws that allow the use of involuntary treatments such as forced drugging and inpatient and outpatient commitment should be viewed as inherently suspect, because they are incompatible with the principle of self-determination. Public policy needs to move in the direction of a totally voluntary community-based mental health system that safeguards human dignity and respects individual autonomy.”

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**Presenters**

- **Galen Main, MSW**
  - Mental Health Services Act Coordinator
  - County of Marin

- **Cheryl August**
  - Marin resident with lived experience of behavioral health challenges

- **Sally Zinman**
  - Executive Director, CAMHPRO

- **Karin Lettau, MS**
  - Training Director, CAMHPRO
**Evaluations Methods**

- 10 minute Pre-test & Post-test
- Training Evaluation at End of Workshop
- 2 Minutes Four follow-up surveys on action you take over the next year via email with a SurveyMonkey link
  - After 1 month
  - After 3 months,
  - After 6 months
  - After 1 year

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**Pre-test 10 Minutes**

- Please write this at top of the pre-test sheet:
  - your name initials
  - your day & month of birth (not year)
  - **Example: Karin Lettau =KL, 9/9**
Comfort Agreement

• Cell phones on silent/vibrate
• Avoid side conversations; step outside if you must
• Speak up or step back
• Share time and space for inclusion
• Take care of yourself; get up when needed
• Respect one another
• Work as teams, support one another
• Practice tolerance and acceptance
• Avoid disagreements
• Write down questions/comments on flip chart or index cards
• Anything else?

2. Review of the ABCs of Advocacy

Mental Health Services Act
Activity 1: Sharing Your Voice
Meeting Types & Agendas
Advocacy Basics

- **Advocacy**: Asserting yourself to get your needs or others’ needs met.

- **Stakeholders**: All those affected by mental health issues, Peers, family members and others.

- Due to inhumane treatment, stigma/false beliefs, discrimination and the **Peer movement** rose, greatly contributing to the mental health recovery movement with key values that include hope, empowerment, respect, choice, social connections, self-determination.

- People CAN & do RECOVER

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Mental Health Services Act (MHSA) Basics

- **Peers and the mental health community pushed Prop. 63: Mental Health Services Act (MHSA)**: This is the law to change the system to be recovery-based and peer and family-driven, that engages underserved groups with funding from a tax on millionaires.

- The MHSA Core Values are based on peer & family values.

- **The MHSA demands a robust community stakeholder planning process**, but all counties do it differently.

- **All Counties are mandated to include meaningful stakeholder participation in MHSA planning, budgeting and implementation of mental health services with key regulations for public input on annual and 3-year plans before approval.**
Mental Health Services Act (MHSA) Root & Core Values

The MHSA Core Values are:
▪ Community Collaboration
▪ Client Driven
▪ Family Driven
▪ Cultural Competence
▪ Wellness, Recovery, and Resilience Focused
▪ Integrated & Coordinated Service Experiences for Clients and their Families

Activity 1: Attendee Introduction

• Please, in 20 seconds, tell us
  • Your Name
  • The Group you represent (if any)
  • Your favorite MHSA Value (see posters around room)
  • Why?
Know Your Laws: MHSA Requirements for All Counties

“Counties shall demonstrate a partnership with constituents and stakeholders throughout the process that includes meaningful stakeholder involvement in mental health policy, program planning, and implementation, monitoring, quality improvement, evaluation, and budget allocations.” WIC Section 5848. (a)

=Community Program Planning Process

Behavioral Health Boards must:

- Review County Draft Three-Year Program & Expenditures Plan & Annual Updates
- Make Draft Plan available for 30-day Public Review for a comment period prior to approval
- Conduct Public Hearing on the Draft Plan at end of 30-day comment period with Public Comment, Prior to vote on Draft Plan by Board to approve at BHB meeting.
- Board of Supervisors make the final approval
- BHB Best Practices Guide

The Mental Health Services Act (MHSA) Fund has 5 funding buckets called components:

- **Community Services & Supports (CSS)**
  - Wraparound Full Service Partnerships (FSPs) usually include housing, Wellness Centers, Peer Run Programs, Clubhouses

- **Prevention & Early Intervention (PEI)**
  - Suicide Prevention, Anti Stigma, Youth Centers, DV & Trauma Services, children’s school program

- **Workforce Education & Training (WET) Expires 2019**
  - State & Local: Student Loan Repayment, Peer/Family Support Employment Training, Recruitment & Retention of Ethnic, Racial Diverse

- **Innovations (INN)**
  - Novel short-term to try out, learning project, peer respite centers, Faith Based, Hoarding

- **Capital Facilities & Technological Needs (CF/TN)**
  - Acquiring buildings for recovery-based programs in communities, electronic records transition, tele-psychiatry

*Marin County has chosen to fund WET Programs through CSS for several years to continue programs*
3. Know Marin County’s Process

What, where, when are regular County meetings?
How and when does the County conduct MHSA Community Program Planning?
How do you become a member of the Behavioral Health Board?
How do you get on other County decision-making committees/boards?
Advocacy Avenues
MHSA Conflict Resolution Process
Marin County MHSA Program Examples

- **Community Services & Supports (CSS)**
  - Enterprise Resource Center
  - Full Service Partnerships (FSPs)
  - Empowerment Clubhouse
  - Crisis Programs

- **Prevention and Early Intervention (PEI)**
  - Suicide Prevention and Stigma Reduction
  - Older Adult Early Intervention
  - Latino and Vietnamese Access and Linkage
  - School-based prevention and early intervention in Marin City, San Rafael, and West Marin

- **Workforce Education & Training (WET)**
  - Scholarships for people with lived experience
  - Internship programs
  - Workforce Trainings

- **Innovations (INN)**
  - Growing Roots: The Young Adult Services Project
  - Older Adult Technology

- **Capital Facilities & Technological Needs (CF/TN)**
  - Crisis Stabilization Unit Expansion
  - Cross-Departmental Electronic Case Management system

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Our Local/County System Structure

- We, the people elect these & we have the right to contribute to decisions being made

- County BOARD OF SUPERVISORS (BOS) *elected*
- LEGISLATORS
  - State and Federal *elected*

- County BEHAVIORAL HEALTH BOARD/COMMISSION (BHB) *appointed*
- COUNTY MENTAL HEALTH ADMINISTRATION *hired*
# Marin County Meetings

<table>
<thead>
<tr>
<th>County Meeting</th>
<th>Frequency/Location</th>
<th>Input—Your Role</th>
<th>Type of Input</th>
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<tr>
<td>Mental Health Board (MHB),</td>
<td>Monthly, 2nd Tues., 6-8pm, 20 North San Pedro Rd., Point Reyes Rm</td>
<td>General public comment, &amp; sometimes specific, (public hearing after 30 day release of Draft plans)</td>
<td>Gather info, identify gaps in services</td>
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<td>DECISION MAKING (2 vacancies)</td>
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<td>Give input on plans</td>
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<td>Board of Supervisors (BOS)</td>
<td>2nd &amp; 4th Tuesday, 9am BOS Chambers, Room 330 Civic Center, Marin</td>
<td>3 min. general public comment &amp; specific comment on agenda action items before vote.</td>
<td>Gather info Input on plans</td>
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<td>FINAL DECISIONS on County plans &amp; budgets</td>
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<td>MHSA Advisory Committee</td>
<td>4th Wednesday, 1:30-3PM, 20 North San Pedro, Point Reyes Room or alternate location</td>
<td>Participate in or apply to join the committee: <a href="http://www.marinhrs.org/mhsa-advisory-committee">www.marinhrs.org/mhsa-advisory-committee</a></td>
<td>Monitoring, Decision-making &amp; planning</td>
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<tr>
<td>Marin Health Council -2 vacancies</td>
<td>4th Tuesday, 7PM, Marin General Hospital, Rm C</td>
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<tr>
<td>Alcohol &amp; Drug</td>
<td>1st Monday, 6-9pm,</td>
<td>Public Comment more</td>
<td>Input on plans if</td>
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How to Get on Decision-Making Councils

• New Law for membership on Behavioral Health Boards/Councils:
  • Consumers may be employed by a contractor of the County and still be eligible for membership if not agency leaders
• Attendance, punctuality, follow meeting mechanics, follow-through with what you say you will do, offer pertinent public comment, express interest to County administrators
• Check out Marin County VACANT positions at https://apps.marincounty.org/bosboardsandcomm/bcopenings.aspx
• Marin Application for membership on Boards and Committees: https://forms2.marincounty.org/lc/content/MarinProfiles/BoardApplicationForm.html
• Mental Health Services Act Advisory Committee application and instructions found at: https://www.marinhhs.org/mhsa-advisory-committee Note from MHSA Coordinator: I highly encourage people with lived experience to apply! All are welcome.

Marin County Complaints or Grievances

• The County is committed to finding solutions to problems or concerns with services.
  • (415) 473-3068 | Toll Free (888) 818-1115
  • https://www.marinhhs.org/consumer-grievance-resolution
• Grievance Form:
Marin County MHSA Issue Resolution Process

- MHSA requires counties to have a process for addressing concerns with the community program planning process. Start at the local level.

- Types of MHSA Issues to be Resolved
  - Inconsistency between approved MHSA Plan and implementation
  - Concerns about the Local Community Program Planning Process
  - Inappropriate use of MHSA funds; such as using MHSA funds to replace other funds in programs that existed prior to passage of MHSA on 11/2/04.


- State agencies: mhsa@dhcs.ca.gov
### County of Marin MHSA Community Planning Road Map

#### Transition Age Youth (TAY)-focused:

- **TAY led conference on MH services and needs** (co-sponsored with the Youth Commission)
  - **Saturday, May 11th from 10am-2pm at the College of Marin**
    - Growing Roots Advisory Committee (an entirely TAY group) presenting their Innovation Project findings on how to improve MH services for TAY
  - **Tuesday, June 26th from 4:30-6:30 at the Health and Wellness Campus**

**Suicide Prevention:**

- Suicide Prevention Community Convening discussing findings from the 1,300+ responses to the online survey, the 9 focus groups, and numerous key informant interviews
  - **May 2nd, 2019 from 5:30 - 7:00pm at the Marin Health and Wellness Campus, 3240 Kerner Blvd**

#### Regional Meetings

- Present data on gaps in services, underserved populations, current programs and POQI results, MHSA regulations, etc., then get input from each community—use Turning Tech when appropriate
  - Novato
  - West Marin
  - San Rafael
  - Marin City
  - Greenbrae

#### Other large meetings—co-lead with Substance Use Services:

- Prevention
- Co-Occurring SUD and SMI
Potential focus groups/focused meetings: All targeting consumers, potential consumers, family members, providers, and other stakeholders

- Latinx-focused
- School-based services
- Homeless-focused
- LGBTQ+ focused
- Vietnamese/other Asian populations-focused
- Family-members (co-sponsored with NAMI)
- Peer/consumer-focused (at ERC or Empowerment Clubhouse?)
- Older adult-focused meeting
- Suicide Prevention strategies
- TBD other focus groups based on outcomes from, and underrepresented populations at, the large meetings

Web-based survey

Provides an opportunity to get feedback from people who are not attending in person or who are more comfortable giving their feedback electronically.
**Community Convening**

- Reporting on outcomes from community meetings and focus groups
- Allocation discussions
- Stakeholder input

**Public Comment/Public Hearing**

- GOAL public comment period dates
  - *(subject to change)*: December 13, 2019 to January 14, 2020

- GOAL public hearing dates
  - *(subject to change)*: January 14, 2020 at 6:30 pm

Formal 30 day notice of plan & public hearing (comment) at Mental Health Board meeting for stakeholder input before County Admin makes final changes
County of Marin MHSA Community Planning Road Map

Timeline Goal:
- To make it possible for new programs to start as early in the year as possible
- Inform any agency not receiving continued funding as early as possible

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<tr>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
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<tr>
<td>Board of Supervisors, DHCS, and MHSOAC approval</td>
<td>RFPs released and awarded</td>
<td>Implementation begins!</td>
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Sample MHSA Community Program Planning Process

ID funding → Gathering Info INPUT: ID service Gap in Community

Gathering INPUT:
- County begins community planning & conducts further needs assessment.
- Focus Groups, Surveys, Interviews, Community Input Sessions

Decisions/Planning
- County forms advisory/stakeholder steering committee or workgroup to create plan. Strategy Roundtables to get needs assessment and develop plan.

Admin. finalizes plan.

INPUT on Proposed Plan
- Formal 30 day notice of plan & public hearing (comment) at MHB for stakeholder input before County Admin makes final changes.

INPUT on Plan
- Plan provided to County & for presentation to stakeholder community meetings.

Decisions/Planning
- Series of activities for reporting back to stakeholders. More strategy roundtables to refine plan.

INPUT/Feedback
- County Administration submits final plan to Board of Supervisors for vote. Public Comment.

Plan ready to go out to community for request for proposal.
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 minutes)
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 minutes)
4. Partner B. Recognize and validate improvement (1 minute)
5. Reverse roles and repeat above (6 minutes)
6. Discuss what you learned on how to improve & write it down (3 minutes)

4. Tips for Meaningful Participation

“Let all our voices be heard!
Nothing About Us Without Us!”
Winston Zulu

Best Community and Advocacy Principles and Practices
Meeting Culture & Peer Support
What to Look for in County Draft Plans
How to Advocate for a Service that is Needed
• County facilitators and stakeholders have a great guide, the MHSA Best Stakeholder Community Planning practices to ensure meaningful stakeholder involvement, when it is used.

• Stakeholders have a purpose and input in all public County meetings:
  • Regular meetings, ongoing where proposals or decisions are made,
  • Special meetings, like for community program planning for gathering stakeholder input/feedback to improve services
  • Mechanics of meetings: Agendas, minutes and draft plans are guides for how meetings run and details of County plans: the what, why, how, for whom, and where services are planned.
Organizing Lessons Learned in the Consumer Movement

- Look for Issues that Ignite and Motivate
- Find Unifying Themes
- Compromise
- Be Inclusive
- Honor Outside and Inside Advocacy
- Do Interesting and Exciting Activities
- Maintain Your Grassroots Network
- Form Coalitions
- Maintain Hope and a Positive Attitude
- Persistence

Agenda at Planning/Decision Making Meetings

Regular, formal or ongoing committees or boards, usually

- Several issues or topics
- For each topic a presentation or update
- Questions and discussion by regular committee members
- If the committee will vote/take other action, public comment will be taken
- Rules for conducting meetings (Robert’s Rules of Order)
Agenda for Gathering Input/Feedback

Community Input Session, community forum or focus group usually

- Single topic or issue
- Presentation on topic(s)
- Type of input feedback desired
- Participants comment, question, discuss
- Time limit on comments

https://www.marinhhs.org/boards/marin-county-mental-health-board
**Meeting Culture and Etiquette: What to Expect & How to Prepare: Before a Meeting, Collaborate to Plan**

- Collaborate with others
  - Find out who your allies and supporters are
  - Prepare in advance, especially if a key issue is at stake
  - Study Agenda—most, like Behavioral Health Board, must be available at least 3 days in advance online, sign up to receive email notices
  - Study Background Materials if available in advance

- Learn with/from peers how meetings work
  - Agenda, Minutes
  - Annual plan
  - Brown Act

**Meeting Culture and Etiquette: What to Expect & How to Prepare: During a Meeting**

- Come 15 minutes early
- Ask for and review agenda, past meeting minutes—official notes of what was covered and decided in previous meetings.

- Observe Etiquette
  - Notice interactions, how people dress, act in the audience and on the council
  - Mechanics of meeting: Robert’s Rules of Order?

- Listen, take notes & network to find more allies and supporters

- Collaborate with others
  - If addressing an issue during public comment, divide different points among peers
Peer Support Before & After A Meeting

Collaborate to Plan & Debrief

• Debrief and Learn with Peers
  • Discuss what worked
  • What could improve and lessons learned
  • Next steps for re-grouping

• You are part of something larger than yourself—the people who agree with you, the communities you represent, a community of advocates

What to Look for in Draft Plans and Expenditures—examples

• Peer program preferences
  • Is there a dedicated and robust peer support training for employment?
  • Are Peer Support specialists in all county programs?
  • Are services in the community & accessible to target population?
  • Is there a County recovery orientation?
  • Does each Program require meaningful Client/Family Advisory Groups?
  • Are there enough Peer-run and Peer-operated services?

• Outcomes
  • Are outreach efforts engaging unserved, underserved, inappropriately served?
  • Are all age groups & are racial/ethnic/cultural, and LGBTQ groups being served appropriately
  • Are people living in Board & Cares and other institutions being assisted to progress & to integrate into living in the community independently?
What to Look for in Draft Plans and Expenditures—examples

• **Budget**
  - Are Consumer/Family Member employment positions in the MH system being sustained/grown?
  - Is there ongoing County funding for Peer Workforce Education & Training (WET) programs as those previous WET-specific funds are expiring?
  - Are there Peer-Run Respite/Crisis facilities being funded under any of the MHSA monies?

• **Marin County Annual Update 2018-19 & 2017-2020 Mental Health Services Act (MHSA) Three Year Plan**
  - [https://www.marinhhs.org/sites/default/files/libraries/2018_06/00_mhsa_au_06.26.18 - final.pdf](https://www.marinhhs.org/sites/default/files/libraries/2018_06/00_mhsa_au_06.26.18 - final.pdf)

How to Advocate for a Service that is Needed

• Do your “homework”
  - Is this service being provided in SOME way by the County or provider?
  - Is this service gap already documented in stakeholder input?
  - Is funding available?

• Check in with diverse communities how this would meet their needs
• Strategize where in the planning process &/or when you could propose this service
• Flesh out the program details with your peers
• Consider barriers with your peers ahead of time
• Promote service to all county meetings with your peers, allies, champions and gain County support.
• If County-supported, what are next steps & your involvement
Lunch—45 Minutes

5. Giving Public Comment

Types of Public Comment
Collaborating on Public Comment
Basic Composition for Public Comment
Video Clip of Public Comment
Activity 3: Collaborative Public Comment
Types of Public Comment

Who is eligible to provide public comment? Everyone

Allows you to provide brief input which goes into public record

• Two types of Public Comment
  • On an agenda item
    • After presented & discussed
    • prior to vote or action
  • General Public Comment
    • Long meetings, in middle before break, and at end
    • Short meetings at beginning or end

How to Give Public Comment at BHB or BOS

• Strategize with your peers to bring up different points on the same position
• Prepare a 2-3 minute comment
• Fill out the public comment card before public comment begins-name
Public Comment: Basic Composition

Think of your comments as having three parts:

• A beginning (or introduction)
• A middle (supporting evidence), and
• An end, or conclusion

Public Comment Preparation Sheet
Name:
Address:
Agenda Item:

1. Beginning Intro
2. Middle
   Point A
   Point B
   Point C
   Human Factor
3. Close/Ask

Public Comment: Beginning--Introduction

• A brief self-introduction: “Hello, my name is Shirley Lopez and I am from Blizzard County.”

• Any relevant affiliations: “I am also a member of Peers and Families for Change,” or “I work as a counselor at Serene County Consumer Services.”
Public Comment: Introducing Your Topic

• If you are speaking during a **General Public Comment** section of a meeting, you will have to introduce the topic (“I want to remind the Committee about the importance of holding your meetings at accessible locations...”)

Public Comment: Introducing Your Topic on an Agenda item

• If you are speaking about an Agenda Item at a meeting, people will know the general topic (“I feel the Committee should vote to review MHSA-funded programs in Harmony County.”)
Public Comment : The Middle—Supporting Evidence

This is the “meat” of your statement:

• What do you want the Committee members to know?
• Are you for or against something?
• Why?
• Give your best two or three reasons.

Public Comment—Remember what others have said before you.

• If you agree with what someone else has said, you can say so (making clear which point you agree with) and then explain why or bring up another point related to that item.

• If you disagree, do so respectfully, noting your points of agreement and disagreement without attacking anyone.
Public Comment: To repeat or not to repeat

• Sometimes, when many people speak on an item, the points you were planning to make may be made by others.

• As an advocate, you have to judge whether repeating the same points will be effective.

• One strategy is to make the same point, but in your own, unique way, perhaps drawing on your personal experience with the subject being discussed. This is called “repeat with variation.”

Public Comment—Give it a Personal Touch!

• Being able to speak from **personal experience** can make your comments more powerful.

• You don’t want to make it “all about yourself,” but letting the audience know that an issue affects or has affected your life gives that issue a “human face.”
Public Comment—Your Lived Experience = Expertise

• Remember that no one expects you to know or be an expert about **everything** about your topic!

• Focus on what you know, your own experience and your own point of view.

  • It’s **your** perspective that the audience may need to hear!

Public Comment—Your Conclusion, Your ‘Ask’, Strong and Polite

• When you have finished going over your main points, it’s effective to sum up with a simple, one sentence statement
  • For all of these reasons, I urge the Committee to vote “no” on the proposed policy changes. Thank you for your time.
Activity 3: Collaborative Public Comment

Presented at the Behavioral Health Board New Proposed Program in MHSA Plan FY 18/19 under Prevention & Early Intervention (PEI) program for Homeless Youth:

• “YouR” (Youth-Run) Center
  • Activities and support will be designed by and for youth, ages 16-24
    • Member-Run Council
    • Recovery Groups & Life Skills Training
    • Educational Assistance, Job Skills & Development
    • Peer support, mentoring and counseling
    • Expressive arts, healthy and fun activities
    • Community Integration Services
  • Staff: 8 Youth Peer Support Specialists & a clinical counselor
  • Site to be located next to Full Service Partnership for youth
  • Funding: $250,000 annually after start-up
Activity 3: Collaborative Public Comment

- **Prevention & Early Intervention (PEI) Program Requirements**
  - Outreach to families, employers, primary care providers, to recognize the early signs of potentially severe MH challenges
  - Access and linkage to medically necessary care provided by county mental health programs for people with severe MH issues.
  - Reduction in stigma associated with being diagnosed or seeking services & Reduction in discrimination against people with MH issues.

- **Reduce negative outcomes that may result from untreated MH issues**
  - Suicide
  - Incarceration.
  - School failure or dropout
  - Unemployment
  - Prolonged suffering
  - Homelessness
  - Removal of children from their homes

Activity 3: Collaborative Public Comment (30 min.)

1. Get into groups of 3
2. Describe to group what point you want to make for a one-minute input to this scene. You should all have different points to make, so if your point is the same as someone else’s, choose another point. (5 min)
3. Discuss, plan & write bullet points on public comment card on what you will say (5 min)
   - Intro self and topic
   - Middle (your point, example or experience)
   - End (your ask)
4. Rotate turns speaking, reporting strength, polish, praise, and timing the speaker. (5 minutes)
5. Join entire workshop to speak to large group (10 volunteers)
Volunteers Pitch to Workshop

- Up to 10 volunteers line up at microphone
- Each has 1 minute
- Audience
  - Strength
  - Polish
  - Praise

6. Next Steps

Qualities of a Great Group Action Plan
Activity 4: Group Action Planning
Wrapping Up
Resources
Post Test
Workshop Evaluations & 4 Follow-up Surveys for a Year
Qualities of a Great Group Action Plan

• **Shared Vision**
  - Group Objective
  - Key Outcomes Desired

• **Shared Workload**
  - Next Steps
    - Next Meeting
    - Tasks Defined

• **Commitment**

Taking Next Steps Together

What will it take for us to get there?

• Vision
• Collaboration
• Commitment
• Schedule First Meeting
• Tasks
Activity 4: Group Action Planning SAMPLE

- Decide on Common Community Issue
- Objectives/Actions for Your Group:
  - Be active stakeholders in County planning for better services
    - Meet regularly with our peers and supporters to learn, discuss and plan how to be effective stakeholders.
    - Build relationships with cultural brokers, leaders, and providers in racial and ethnic communities.
    - Develop partnerships and collaborate with diverse allies to educate each other and advocate together.
    - Get members of our group on decision-making boards/councils/groups.
    - Promote recovery and resiliency-focused services that are Peer and family driven.

Activity 4: Group Action Planning SAMPLE

Next Steps in Your County

- Schedule Next Meeting within 4 weeks
- Tasks required prior to next meeting and who is responsible:
  1. Type up these notes, distribute via email to all here by 5/21. Who: Anna
  2. Find venues for monthly group meetings with 20 seats minimum by 5/28. Who: Bob
  3. Talk to MHSA Coordinator and others to compile a list of available County meetings to provide input, and councils accepting members by 6/2. Who: Cathy
  4. Compile a target list of diverse stakeholders with contacts reflecting the demographics of the county to invite to this workgroup by 5/25, send to all. Who: All
  5. Invite these diverse stakeholders to our next meeting by 5/28. Who: Frank & Elisa Who: Frank and Elisa
Activity 4: Group Action Planning (45 min)

1. Break into groups by program (or maximum groups of 8).
2. Choose timekeeper & recorder to write on flip chart, ACTION plan template (page 3) and to report out. (5 min)
3. Go around the circle 2x (30 seconds each person). Represent your community: “My community’s greatest concern, need, wish is...” (10 min) Record bullet points on flip chart.
4. Circle common community issues from flipchart and decide by consensus on 1 to write on ACTION plan template. (5 min)
5. Develop simple objective for your group. Recorder write into the ACTION plan template. (5 min)
6. Next Steps: Schedule next meeting place and time; decide on tasks, and assign. (5 min)
7. Report out to workshop in 2 minutes. (All groups, 15 min)

Wrapping Up

Plan for the long haul

- For ongoing and long-term committed participation.
- Social transformation takes time and may not be linear.
- Develop strategies to maintain momentum, to engage/reengage over years throughout the planning & implementation process.
Questions & Contributions?

Access to recordings of all webinars, slides, materials, workshops and other resources at https://camhpro.org

Definitions, Glossaries & Resources

- On CAMHPRO website in tab for Public Policy/Advocacy and then Resources

- Glossary of Acronyms

- Glossary Definitions of Mental Health Terms
Please Complete the Workshop Evaluation Before You Leave

• It only takes a minute
• Thank you in advance!
• ...Also Please complete Quarterly Surveys you receive per email Next Year

Post Test –10 min

• Again, please write this at top of post-test sheet:
  • your name initials
  • your day & month of birth
• Example: Karin Lettau =KL, 9/9
Thank you for your commitment and action

Nothing about us, without us!

Karin Lettau, MS  klettau7@gmail.com
https://camhpro.org/

Please Turn in Evaluations & Post-Test

• Turn in forms
• Some attendees not paid by employer are eligible for $20 food card stipends.
  • Initial next to your name to confirm receipt