

WELLNESS • RECOVERY • RESILIENCE

presents

CAMHPRO's Delivering the ABC's of Advocacy An Onsite Stakeholder Workshop May 20, 2019 Lassen 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 Lassen County's Process
4. Tips for Meaningful Participation

Lunch

5. Giving Public Comment
6. Next Steps





Overview

<h2>1. Welcome</h2> <ul style="list-style-type: none"> What Will You Learn Comfort Agreement Review the ABC's of Advocacy Know Your Laws Activities: Introduce Yourself 		<h2>2. Review of the ABCs of Advocacy</h2> <p>Mental Health Services Act Activity 1: Sharing Your Voice Meeting Types & Agendas</p>	<h2>3. Know Lassen County's Process</h2> <ul style="list-style-type: none"> 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 	
	<h2>4. Tips for Meaningful Participation</h2> <ul style="list-style-type: none"> 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 		<h2>5. Giving Public Comment</h2> <ul style="list-style-type: none"> Types of Public Comment Collaborating on Public Comment Basic Composition for Public Comment Video Clip of Public Comment Activity 3: Collaborative Public Comment 	<h2>6. Next Steps</h2> <ul style="list-style-type: none"> 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



1. Welcome

What Will You Learn

Comfort Agreement

Review the ABC's of Advocacy

Know Your Laws

Activities: Introduce Yourself





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

**A VOICE FOR
OUR
COMMUNITY
REPRESENTING
CONSUMER
INTEREST
ON THE STATE
LEVEL**

- **CAMHPRO's Public Policy Principles** include:
 - Support for the availability of voluntary, community-based, prejudice-free mental health services, offering holistic social and rehabilitative services delivered with cultural humility and sensitivity to the diverse communities served...
 - Support for the voluntary choices, civil and legal rights, self-determination and dignity of people living with mental health conditions and psychiatric survivors, including such persons' decisions as to all services, medications and supports
 - Support for the elimination of coercive practices, such as forced drugging, inpatient/outpatient commitment, and use of seclusion and restraints, as well as other actions which abridge rights or curtail liberties.





Presenters

- **Tiffany Armstrong, LCSW**

- Behavioral Health Director
- Lassen County

- **Emily Carion**

- Peer Specialist, Lassen Aurora Network,

- **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





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



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) Roots & 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
 - http://www.calbhbc.com/uploads/5/8/5/3/58536227/best_practices_february_2018.pdf





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)

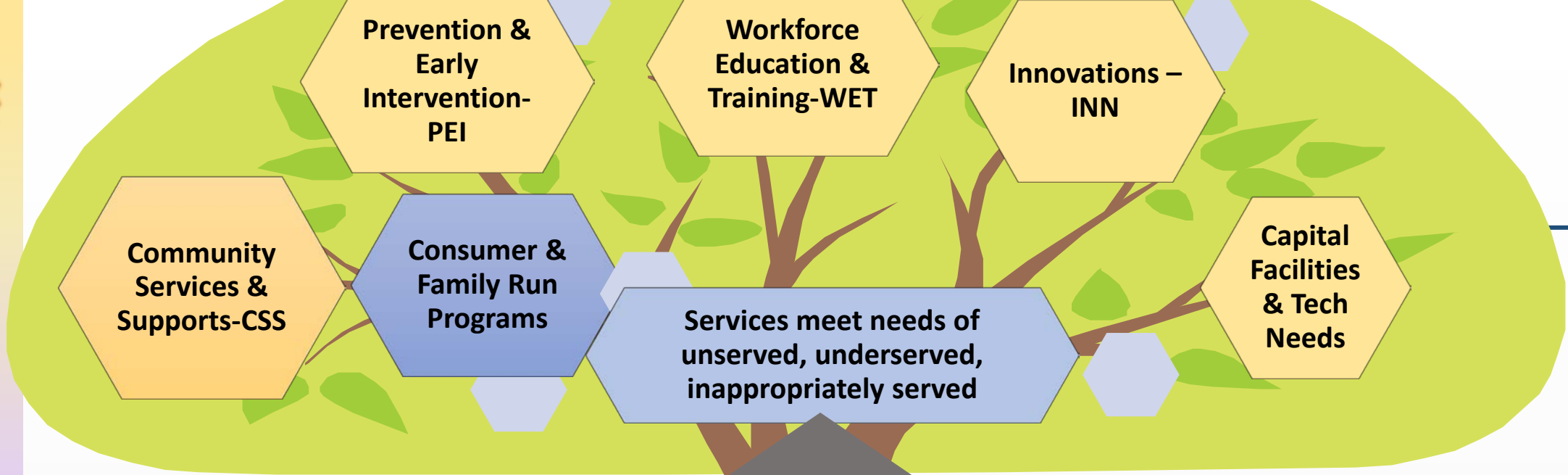
- Novel short-term to try out, learning project, peer respite centers, Faith Based, Hoarding

Capital Facilities & Technological Needs (CF/TN)

- Acquiring buildings for recovery-based programs in communities, electronic records transition, tele-psychiatry

*County WET funds expire 2019 but your county can choose to fund WET Programs through CSS funds to continue programs

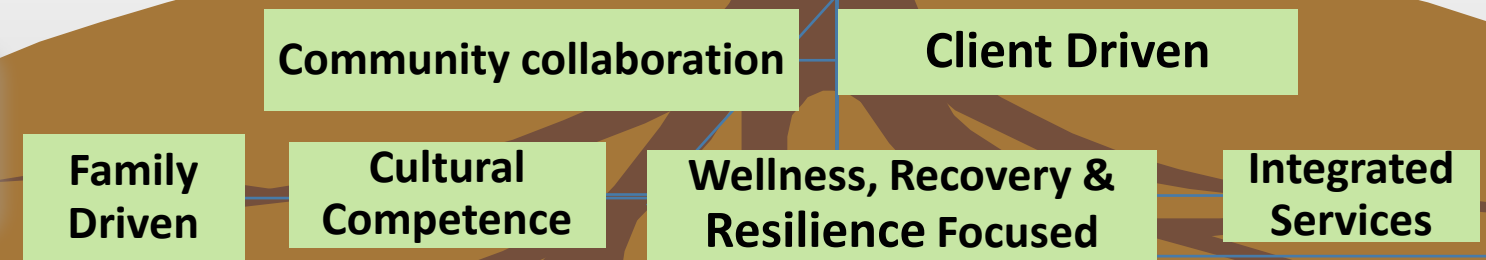




Roots, Veins & Fruits of the Mental Health Services Act-MHSA



MHSA Values:



Peer Values:



3. Know Lassen County's Process

We Need You...Your Input Counts!!!!

Cultural Competency Meetings: First Tuesday of every month at 10:00 am. Contact Cynthia Raschein for more information 530-251-8260

Performance Improvement Projects: Every other Thursday at 9:00 am. Contact Derrick Noah for more information 530-251-8502

Quality Improvement Meetings: Every Monday at 10:00 am. Contact Sarah Bustamante for more information 530-251-8108

Behavioral Health Advisory Board Meetings: Second Monday of every month 5:30-7:00 pm Contact Sarah Bustamante for more information 530-251-8108. To become a member of the Board please contact Mae Sherman, Board President or Sarah Bustamante at 530-251-8108

MHSA Planning Committee: We are starting now for planning of the Stakeholder Meetings. Contact Corrine Reed for more information 530-251-8355



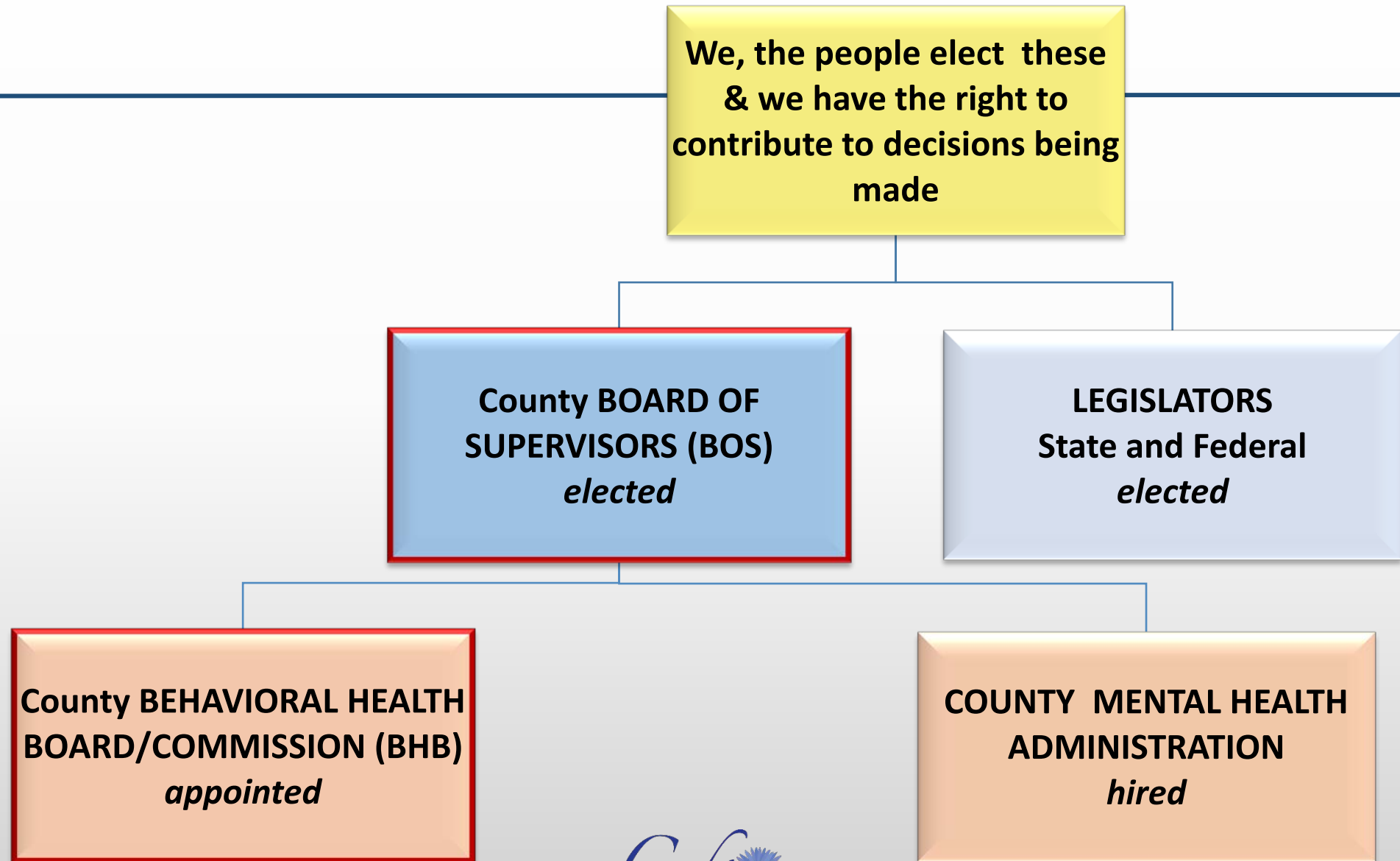
Lassen County MHSA Programs

- **Community Services & Supports (CSS)**
 - One Stop Centers
 - Full Service Partnership
 - Lassen Aurora Network
 - Family Resource Center
 - After Hour Wellness Ctr
- **Prevention and Early Intervention (PEI)**
 - Suicide Prevention
 - NAMI Stigma Reduction
 - Mental Health First Aid
- **Workforce Education & Training (WET)**
 - Exhausted all funds four years ago
- **Innovations (INN)**
 - Virtual Coordination of Care
- **Capital Facilities & Technological Needs (CF/TN)**
 - Remodel of One Stop Centers



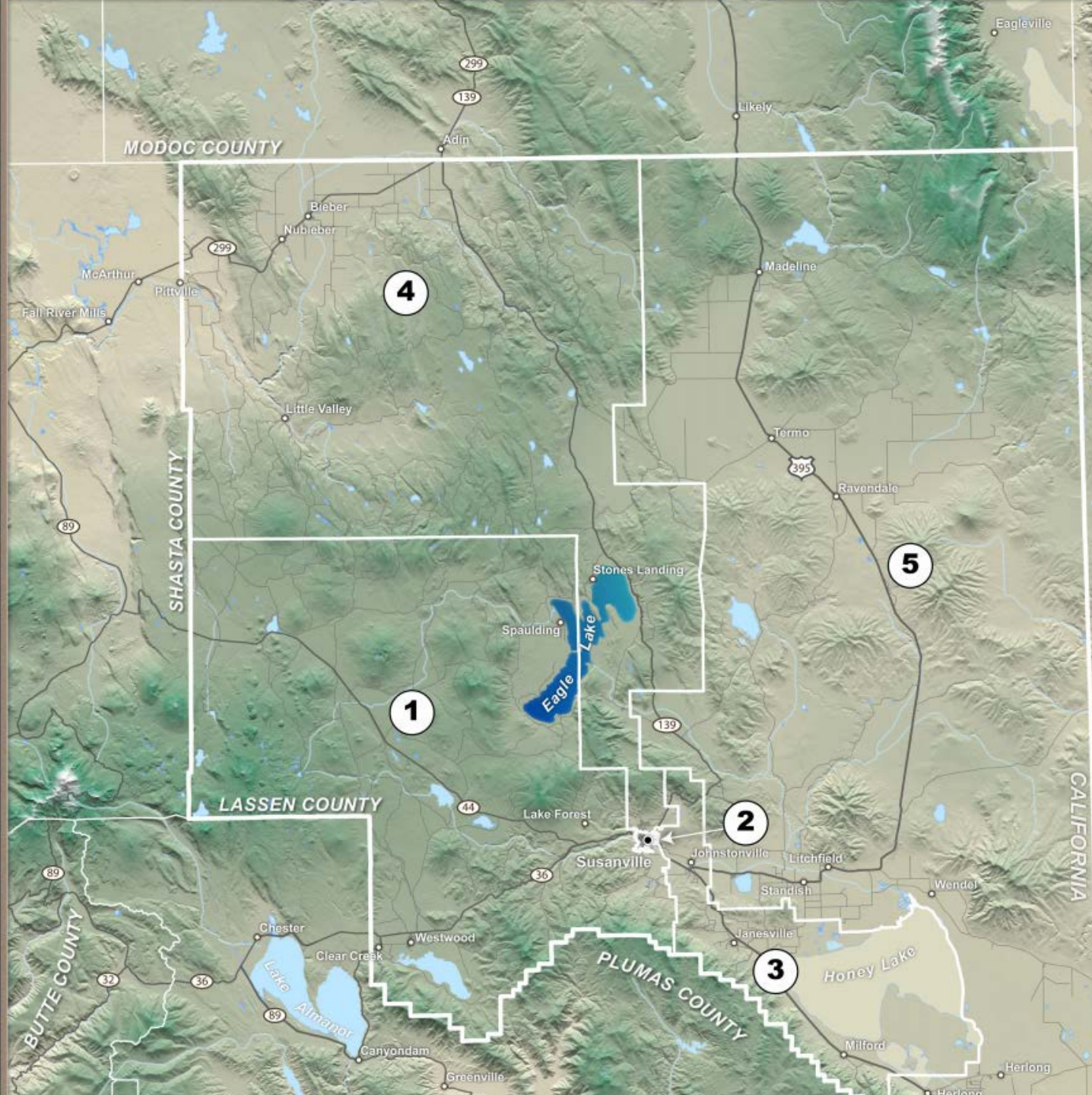


Our Local/County System Structure



Lassen County Board of Supervisor Districts

From left to right: Tom Hammond; Jeff Hemphill; Aaron Albaugh; David Teeter; Chris Gallagher.



Chris Gallagher*- County Supervisor, District
David Teeter- County Supervisor, District
Jeff Hemphill**- County Supervisor, District
Aaron Albaugh- County Supervisor, District
Tom Hammond- County Supervisor, District



Lassen County Meetings

County Meeting	Frequency/Location	Input—Your Role	Type of Input
Mental Health Board (MHB), DECISION MAKING (vacancies?)	2nd Monday, 5:30-7:00 pm 1400 Chestnut St, Suite A, Susanville (530) 251-8108	General public comment, & sometimes specific, (public hearing after 30 day release of Draft plans)	Gather info, identify gaps in services Give input on plans
Board of Supervisors (BOS) FINAL DECISIONS on County plans & budgets	Every Tuesday, 9:00 am 707 Nevada St. Susanville Dates and location could change	3 min. general public comment & specific comment on agenda action items before vote.	Gather info Input on plans
Client/Family/ Community Member Committee			
Lassen Health Care Collaborative	Quarterly	General input about how physical, emotional health, dentist,	General input from all agencies about working on the



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 Lassen County VACANT positions at
- Lassen Application for membership on Boards and Committees:
 - http://www.lassencounty.org/sites/default/files/departments/clerk_of_the_board_of_supervisors/BOARDS%20APPLICATIONS.pdf
 - Download Member Application at bottom of page at: <http://www.lassencounty.org/dept/county-clerk-recorder/county-clerk-recorder>
- Mental Health Board Members List:
- Mental Health Services Act Advisory Committee application and instructions found at:





Lassen County MHSA Resources

- Network of Care Website
 - <http://lassen.networkofcare.org/mh/>
- Mental Health Services Act (MHSA) 3 Year Program & Expenditure Plan for Year 2017-2020
 - <http://lassen.networkofcare.org/content/client/153/LassenCountyThreeYearPlan17-20FinalSignedCopy.pdf>
- MHSA Annual 2018-19 Update:
 - <http://lassen.networkofcare.org/content/client/153/DRAFTMHSA18-19AnnualUpdate30DayPublicComments.pdf>

Cultural Competency Plan 2018

- <http://lassen.networkofcare.org/content/client/153/2017CulturalCompetencePlan.pdf>

Lassen County Strategic Prevention Plan 2017-2022

- <http://lassen.networkofcare.org/content/client/153/LassenCountyStrategicPreventionPlan.pdf>





Lassen County Complaints or Grievances

- The County is committed to finding solutions to problems or concerns with services.
 - Please see flyer
- Grievance Form: Please see flyer



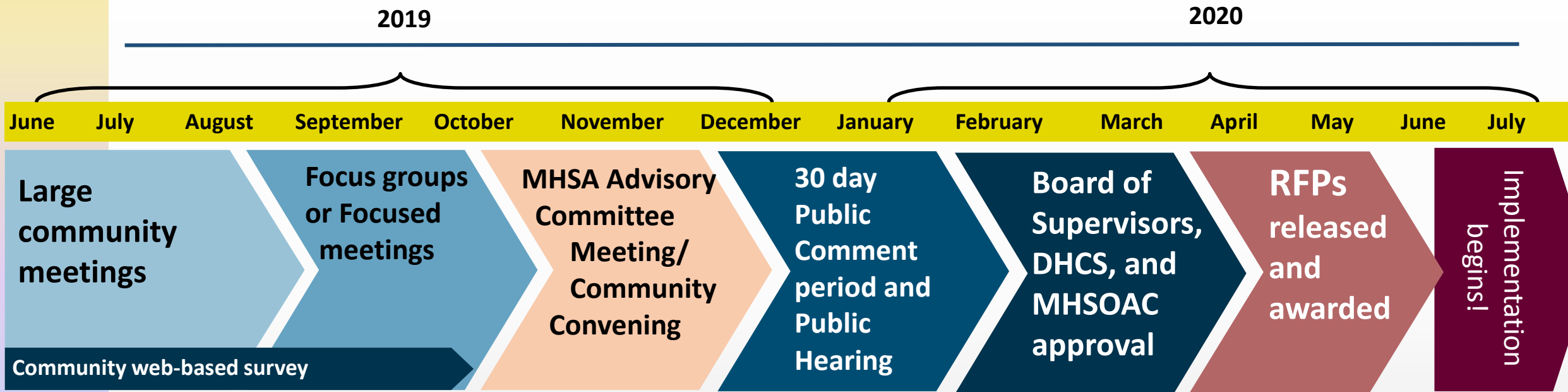
Lassen County MHSA Issue Resolution Process

- 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.
- MHSA Issue Resolution Process:
<http://lassen.networkofcare.org/content/client/153/MHSA-Problem-Resolution.pdf>
- State agencies: mhsa@dhcs.ca.gov



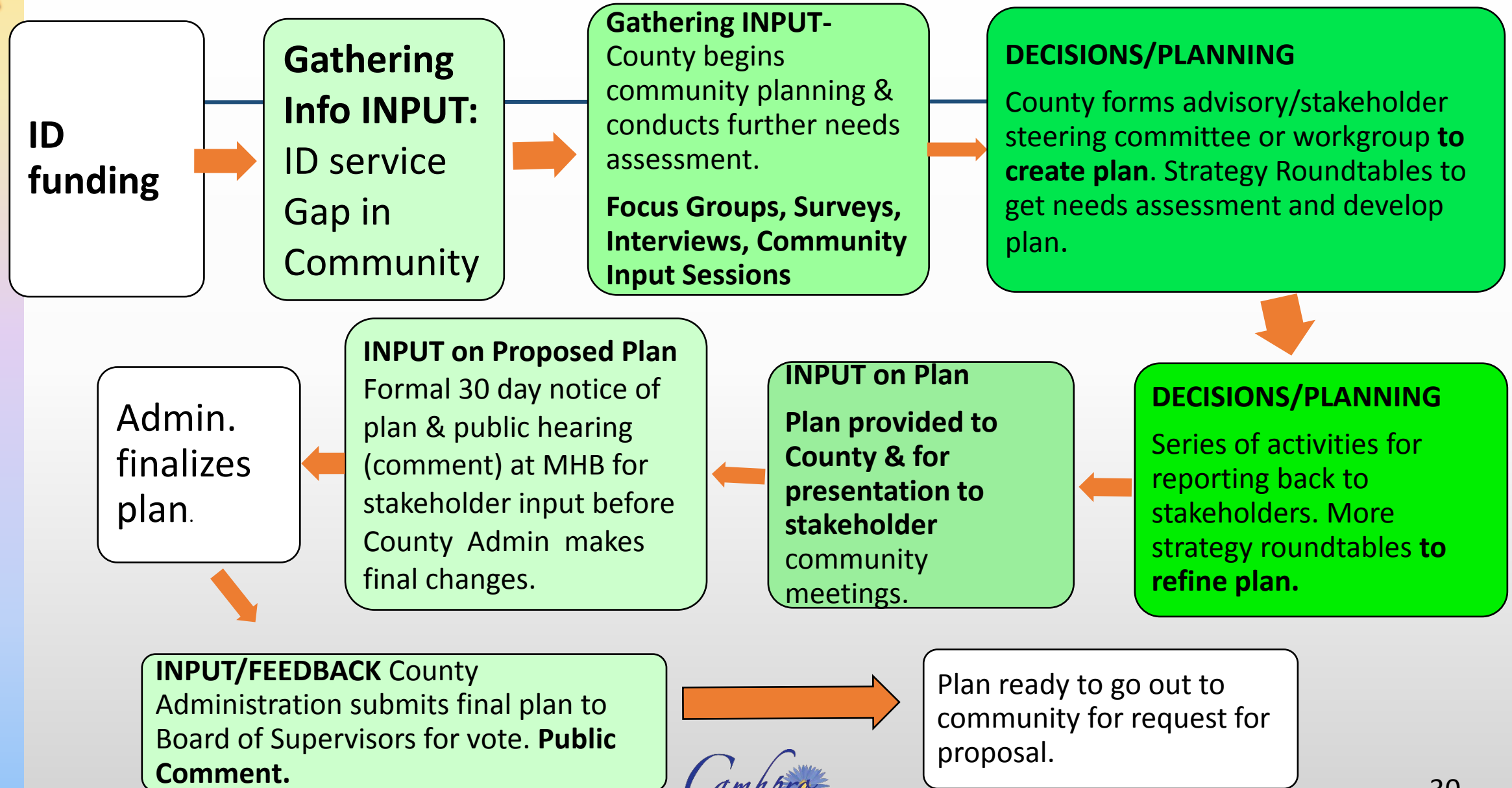


Lassen County MHSA Community Planning Road Map





Sample MHSA Community Program Planning Process





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

**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**



Best Community & Advocacy Principles & Practices

- **County facilitators and stakeholders have a great guide,** the MHSA Best Stakeholder Community Planning practices to ensure meaningful stakeholder involvement, when it is used.



Best Community & Advocacy Principles & Practices

- 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



Lassen BHB Agenda &

Minutes



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
 - Review parliamentary rules of order (Robert's Rules of Order)
<http://www.robertsrules.org/rulesintro.htm>



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**
 - How much is budgeted for voluntary versus involuntary services?
 - 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?
- **Lassen County Annual Update 2018-19 & 2017-2020 Mental Health Services Act (MHSA) Three Year Plan:**



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	



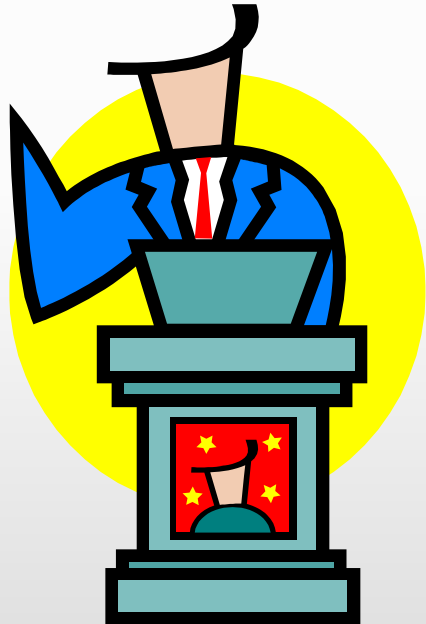
Public Comment: Beginning--Introduction

- 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

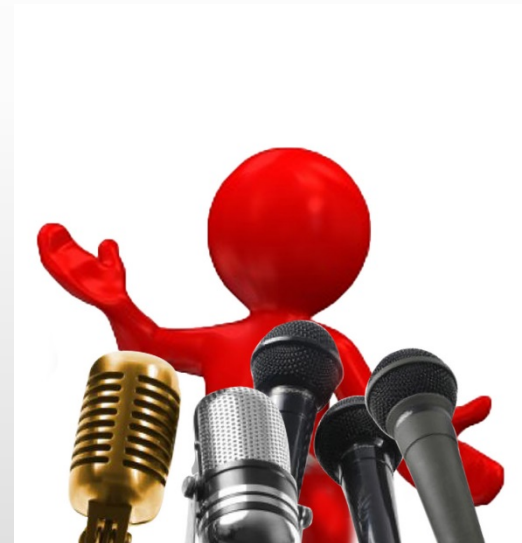


- If you are speaking during a **General Public Comment** section of a meeting, you will have to introduce the topic (“I want to remind the Committee about the importance of holding your meetings at accessible locations...”)



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.*





Public Comment

Khatera Aslami-Tamplen



- <https://www.youtube.com/watch?v=lqQyW4diAmg>
- 3 minutes

Poll #9





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
 - <https://camphro.files.wordpress.com/2016/08/glossary-acronyms-of-mental-health-system-8-16-16.pdf>
- Glossary Definitions of Mental Health Terms
<https://camphro.files.wordpress.com/2016/08/glossary-terms-of-mental-health-system-8-22-16.pdf>

CAL-OSHA	California Occupational Safety and Health Act
CALQIC	California Quality Improvement Coordinators
CALWORKS	California Work Opportunity and Responsibility to Kids
CAMFT	California Association of Marriage and Family Therapists
CAMHAOA	California Association of Mental Health Advocates for Older Adults
CAMHPRA	California Association of Mental Health Patient Rights Advocates
CAMHPRO	California Association of Residential Care Homes
CAO	County Administrative Officer
CARCH	Client Assessment of Strengths, Interests and Goals
CASIG	California Association of Social Rehabilitation Agencies
CASRA	California Assisted Service System Program
CASSP	Child and Adolescent Treatment Plan - Atascadero
CATPA	Computer Behavioral Therapy
CBHDA	Cultural Competence Advisory Council
CBT	Cultural Behavioral Health Directors Association
CC	Cultural Competency
CCAC	California Coalition for Mental Health
CCMH	Community Care Facility
CCMHA	California Association of Children's Homes
CCF	Community Council of Community Health
CCH	California Code of Regulations
CCR	California Department of Mental Health Agencies
CCTF	Cultural Competency Task Force
CDADP	California Department of Children's Homes
CDC	California Department of Health Services
CDS	California Department of Social Services
CF	California Department of Education
CFMTF	California Department of Financial Institutions
CFR	California Department of Industrial Relations
CH	California Department of Justice



Please Complete the Workshop Evaluation Before You Leave

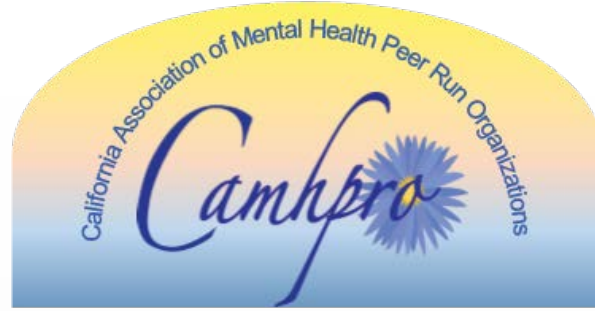
- It only takes a minute
- Thank you in advance!
- ...Also Please complete Quarterly Surveys you receive per email Next Year





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