



MENDOCINO COUNTY BEHAVIORAL HEALTH & RECOVERY SERVICES MENTAL HEALTH SERVICES ACT (MHSA)



INNOVATION MEETING MINUTES

Date: March 23, 2016

Time: 10:30 – Noon

Location: Yuki Trails Conference Center Covelo

Attendees: Robin Meloche, Helen Falandes, Frank Tuttle, James Russ, Grace Fauntlin, Cindy Swan, Dennie Maslak, Julia Russ, Ken Hanover Sr., Gayle Zepeda, Otis Brotherton, Shannon WhiteWolf, Mary Alice Willeford

TOPIC	DISCUSSION	ACTION / NEXT STEPS	WHO'S RESPONSIBLE	TARGET DATE
HOUSEKEEPING				
Sign-in, cell phones, recorded for Minutes	Announcements were made	N/A	N/A	N/A
Introductions	Oversight Accountability Commission conference call: Wendy Desormeaux and Brian Sala and all attendees introduced themselves	Sent email to Wendy – list of attendees	Dennie	3-24-16
MHSA INNOVATION PLANNING				
Conference Call with Wendy/MHSA OAC representative	<p>OAC – Our understanding is that your Project is focusing on a Crisis Resource Center and the parameters around it need to be defined and how it is innovative. Certain criteria that needs to be met:</p> <p>A very small portion of MHSA funding is dedicated to try something out to see if it will work. There are things that we don't know how to do, what needs to be learned, and provide services to support people that are affected. Learning what works and what doesn't.</p> <ul style="list-style-type: none"> Question from committee: Is the use of Natural Helpers innovative? OAC: Y & N – problem is, when it is no longer innovative. Money has been available for 10 years. A lot has been done in that area. What specific question are you trying to answer with using Natural Helpers? Question from committee: What would trauma based innovative programs fall? OAC: There has been a lot of work done in trauma. What are you trying to do in your community? Committee: What Native based trauma treatment has been done in the last 10 years? OAC: There has been some trauma informed care with communities done. But no research on specifics. Question from committee: From the states point of view does the project need to have never been done before? OAC: No. There are different variables involved. It must be a question that you want to learn the answer to what has not been asked before. Designing the program or study 	Continue discussion after the conference call	MHSA INN Committee	N/A

	<p>around the question is innovative.</p> <ul style="list-style-type: none"> • Question from committee: Do you have a list of the questions that have been answered? • OAC: The opportunity here is for any County to put together a strategy on what questions you need to answer. There are some examples that we can provide for you. I know that ASIST has been applied to work with Native American communities. You do not need to have a complete new original idea. <u>The emphasis is on what you are trying to learn, evaluating the outcomes of what you tried to answer. What you want to have is something you learned that is valuable to the County and your community that you can apply going forward.</u> • OAC: One of the other goals is to share you learning with other people. <u>By refining the evaluation it needs to be transformable to other people, not just your community.</u> • Question from committee: The project needs to be very specific then with an evaluation component? • OAC: Yes. That was missing from your draft. However, you do not need to have every detail of the evaluation plan worked out. You need to be clear what you are trying to learn and stated clearly in your plan. The evaluation is the outcome you are measuring as you learn and what you think the strategy is to answering your learning question. For Ex: <u>How do you implement a well know program to fit or adapt to a unique or different set of circumstances?</u>; is how you have identified the problem. Identify a real problem that you don't know yet how to solve and that once solved it will be applicable to continued success with the resolution in the future. • OAC: You have done a lot of work and we appreciate the work you have done. You have a lot of good things in the plan, it is just a matter of refining and <u>making clear:</u> <ol style="list-style-type: none"> 1. What it is that you are trying to learn? 2. How you are going to learn it? • Question from committee: It sounds like what we proposed is not what you think we captured well as being innovative. • OAC: By picking 4 objectives you diluted the learning goal. You need to pick one to learn what it is you are trying to do will refine the plan, and then make your learning clear (<i>see above</i>) • Committee clarification: That the focus is in on local community, not Mendocino County • OAC: One project would be based on Mendocino County's first effort in reaching out to your community and how that relationship is going to go. A second project would be based on the Crisis Respite. You are intermingling two separate projects which might be leading to your confusion. • Question from Committee: Is there a link between learning and doing? • OAC: Yes. • Committee clarification: Concerned in spending another year in what the issues are. If that is the case then that would be problematic. • OAC: You framed your plan in several community learning goals. They are County learning goals, between County BHRS and your community. You have identified the 			
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	<p>challenges between the community and county in figuring out culturally appropriate ways to provide services that consumers in your community need. It is not that the community claims the County has not provided services, but how does the County successfully work with your community to provide culturally appropriate services.</p> <p>Clarify learning goal:</p> <ol style="list-style-type: none"> 1. How are you going to do that? 2. What is the evaluation strategy? Is it process? <ol style="list-style-type: none"> a) What steps you are taking along the way in implementing this program. b) What are you going to learn through the implementation of trying it X way: we learned, or Y way: we learned. c) What will we do differently because of those implementation choices? <p>This is a good strategy because both the community and the County come away with lessons learned in what works or how to do it better and how it might apply to expanding other services to the community.</p> <p>Avoid outcome measures for individual clients because you state in your plan that it is a systemic concern about the relationship between the community and the County and getting culturally appropriate services. Important long-term goals that this short term project will have to work out:</p> <ol style="list-style-type: none"> 1. How to reach the clients in need 2. How to get the right combination of services delivered to clients in need 3. How to build confidence in the community so that people will seek the services they need <p>Your plan identifies several learning goals. How much can you realistically accomplish and effectively pursue that is really important to you in the frame of this project? And, have a strategy in place for how you figure out what you want to learn.</p> <ul style="list-style-type: none"> • Committee member: One of the cohesive elements in our previous discussions around the respite care incorporates the Natural Helpers within our community, and what we would like to provide models for. We realize that due to our demographics the majority of our community members are not going to leave Round Valley. Our clients and patients are here for most of, if not all of their lives. We would like to be able to develop skill sets that address this, and raise the level of skill sets so our clients become our Natural Helpers. Then, when the respite center is open it can be managed and cared for from a local heart as opposed to depending upon hiring from outside the Valley. Natural Helpers are friends and neighbors and families healing friends and neighbors and families. • OAC: It appears there are two separate projects. Is it the Respite Care that is going to be your focus or is it how you relate with the County? • Committee member: Involved in Grants for over 25 years and one of the challenges to receive funding is that agencies do not understand the isolation of Round Valley and what affect it has on the community resources. Those who have driven on the mountain road to Covelo have been enlightened by the experience and had a different perspective. We invite you to come and visit our community and learn more about us. • OAC: Thank you for the invitation. It has been discused. However, we have resource constraints in terms of staffing but very eager to travel to Mendocino County to learn more about these challenges and would like to find an opportunity to come in the next 6 			
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	<p>months.</p> <ul style="list-style-type: none"> • OAC: Clarification point: that part of the goal is to train some clients to become Natural Helpers which is one potential interesting strategy. Local adaptation to Peer Support. You need to distinguish between a training program and the objective of the program to train many Natural Helpers vs. an innovative program where you are piloting a training of Natural Helpers to see how do we do that training. Can we take clients from the community and train them to be Natural Helpers? The Long term goal would be to learn through this process how to do the training component that says that we want to have a training program as our continuation. • OAC: Crisis Respite/Crisis Services: Utilizing Natural Helpers is the modality for achieving success in the Crisis Respite component is a different focus then training clients to be Natural Helpers. • OAC: We want you to be ambitious, but not set yourselves up for failure in your own project. Be clear as possible in identifying what the things are that you need to learn from this project that we have enough focus on to figure out what we learned or not and whether there are lessons we can carry away from this project that will have term value for you. • OAC: You have done a lot of good work with a lot of thought. You are legitimately trying to solve many problems that need to be solved, but focus on one as an innovative project would be more advantageous. • Committee: By picking one and work towards it is there a possibility of having a second innovative project involving the same community? • OAC: Yes. As long as that comes up from your community planning process. • Committee: Can the two projects happen simultaneously? • OAC: It depends on the funding that comes from the County, and a County specific question. 			
Committee Discussion				
	<ul style="list-style-type: none"> • Committee unanimously chose Crisis Respite as the focus of their Innovation Project. • Discussion of learning objective: <ol style="list-style-type: none"> 1. How to increase access of underserved groups 2. How to improve the quality of services including improved outcomes It was agreed to 2. How to improve the quality of services including improved outcomes is our learning objective. <ul style="list-style-type: none"> • What are we learning from that? • What are we willing to risk that is going to make a difference in the quality of care? • We don't know what we are dealing with regarding developmental trauma • We have case management, stigma reduction grants, etc. • County programs that come in are from perinatal to elder that deal with behavioral issues, medical issues, academic issues, crisis issues, all similar to every other community. • How is RV process different in approaching the County? 	<ul style="list-style-type: none"> • Goal: to identify the learning goal as improving the quality of services including improving health outcomes. • Determine the Evaluation and outcome tools. • Define question: Wat is a culturally appropriate trauma informed care for this community? • Innovation group to continue to refine the draft 	<p>Innovation Group</p> <p>Innovation Group</p> <p>Innovation Group</p> <p>Innovation Group</p>	<p>4-20—16</p> <p>4-20-16</p> <p>4-20-16</p> <p>4-20-16</p>

	<ul style="list-style-type: none"> • What we are willing to learn is what we are dealing with. • We may face that a large part of our population is not going to be willing or capable for becoming Natural Helpers. • Having respite care for a few days is not going to solve drug/alcohol addictions, physical abuse or emotional issues. • When you look at <u>trauma informed services</u>, referencing Dr. Martinez webinar: <i>he talked about that with trauma informed services you can provide services in specific intervention</i>. AODP services exist, but community members are refusing to come for services at Yuki Trails. Not seeking help speaks to the trauma of not being able to trust and not feeling safe. Culturally, there is an aspect of a sensitive connection from a native person to native person. But, if that does not exist then that deters someone from getting that trauma specific care needed. Those are lessons that would be beneficial to learn about. • Respite care needs to be culturally appropriate, trauma specific for people to feel comfortable in coming. • Students traumatized by the school environment. Thought of a scenario where 15 students might go to the Student Administration to ask that have something else happen at their school. Those students do not feel safe at their school. <ul style="list-style-type: none"> ○ How do kids learn while their home life is in crisis? • How do you get people to come forward who are warned not to dishonor their family by sharing what is going on in their home? • Yuki Trails has expanded services since it began. Serving natives and non-natives and learn how to capitalize on that. Cultural and spiritual components are being used. • Voiced awareness of the interconnected web of connectivity, avoid the singular focus • Fitting a mold to receive funds in a tribal community is a concern that it is unclear how the innovation project is going to work for Round Valley • Use positive words that shift the way it is received. • Is there a distinction between respite services and crisis intervention? It is semantics. • It sounds like a decision has not been made in this committee. • Brian from the OAC made it clear that we need to decide our objective and what we want to learn about respite crisis and it is focused on the Process. He wants to be convinced that we know what we are talking about. • Is it possible to use the Crisis Respite as the vehicle as the process that answers the question? • Cultural poverty is part of the process of delivering services and what is our understanding of how does the County through its service providers address poverty • The OAC wants to be able to take this process and adapt it to another community • The evaluation tool demonstrate that the community has some substantial knowledge of what is going on within the community • Adding respite as a vehicle for service provider training • Outcome measures – how many people were served in this crisis respite setting that went on to Natural Helpers • Learning Question: What is culturally appropriate trauma informed care for this community? 	<ul style="list-style-type: none"> • Submit Plan to OAC 	Robin	5-1-16
	Evaluations were disseminated – a tool used to measure how the County’s relationship with the Round Valley community members. It is a County learning tool for how to learn, and strategize how to continue to improve.	Evaluation feedback entered into Survey Monkey - tracking data generated	Dennie	3-30-16

	Email Robin with the possible learning object questions and suggestions.	Innovation committee members to brainstorm learning objective questions and make other suggestions	Innovation Group	4-19-16
MINUTES FOR APPROVAL				
2-24-16	Minutes were emailed to all members of the work group - approved	Minutes placed in evidence binder and posted to MHSA Website	Dennie	3-1-16
NEW BUSINESS / NEXT STEPS				
Next meeting date:	Wednesday, April 20, 2016 from 10:30 - Noon	A reminder email will be sent to committee	Dennie	4-13-16

For more information, contact Robin Meloche, MHSA Coordinator at 707-472-2332 or email meloche@co.mendocino.ca.us

MHSA Website: <http://www.co.mendocino.ca.us/hhsa/mhsa.htm>

By: Dennie Maslak 4-6-16