

MHSA, Substance Use, and Community Development Agency Community Meeting

Central Marin/Kentfield: College of Marin

Wednesday, August 14, 2019

Breakout Groups: Prevention and Early Intervention

- Whistle Stop's Meals on Wheels service enables face to face time with participants and lets providers identify needs while addressing issue of isolation
- Prevention needs to start earlier for mental health and substance use disorder
 - We need to identify risk factors early and have services in place to help intervene sooner
 - One participant recommended implementing the Being Adept program in all middle schools
- There is a need for more teacher education. Students who have the courage to go to teachers for help aren't getting the support they need. Teachers need tools to support youth with behavioral health needs
 - Participant recommended that all teachers receive QPR (Question, Persuade, Refer) training for mental health crisis intervention
 - Teachers can practice conscious engagement and promoting safety with youth
- One participant suggested expanding the Wellness Center model from high schools to include middle schools so youth are exposed to those principles and practices sooner
 - This can promote a more positive transition to high school if they learn these skills sooner
- Youth express the desire to know more about mental health to help themselves and other youth. BHRS should expand peer resources to empower youth to identify symptoms, recognize and intervene for other youth. Parents also need these skills.
- There need to be more shifts in how schools respond to negative behaviors. Schools should use a restorative justice approach and more treatment services. Youth suspended from school should receive an ACEs screening and services.
- We're slowly making progress toward stigma reduction. Peer resources help youth; though teachers still need training, peers may be more effective. Peer facilitators and counselors can be provided with and trained on talking points about mental health and substance use disorders to help other youth. Project-based prevention activities are more engaging and can contribute to shifts in school culture.
- There is a need for change in school culture to reduce stress, anxiety
- Consider what supplemental attachment schools can provide, other than sport activities.
 - Identify ways for schools to provide more safe spaces for youth to connect that are youth-led and youth-driven (e.g., Friday Night Live program)
- Marin Youth Coalition is investigating the role of informal services in students' lives.
 - Out of school time activities and programs that aren't labeled as mental health or substance use services can be engaging and constructive ways to spend time while doing prevention work for youth

- Need to determine how to continue leveraging informal services that already exist and have established relationships with youth
- Need to promote a sense of purpose for community members. Volunteering is one solution. It should be common and be an expectation. Consider project-based opportunities and inter-generational activities.
 - We should also recognize that keeping busy is not a solution to mental illness and addiction, but that these opportunities can be a valuable addition
- We need ways to identify services that already exist and work, particularly for minority groups. We need to lift and support those instead of plugging in something that may work for one group but not another
- There needs to be more education for primary care physicians and pediatricians for early identification of mental health or substance use issues. The county and schools should be working with them to conduct ACEs screenings
- Justice partners need more training for to work with adults and youth experiencing mental health crises
- Transition-age youth (TAY) are often overlooked. We need more specific programs to target the College of Marin and other TAY-specific spaces to provide alternatives to substance use.
- We need platforms for community connection and conversation to empower people, promote access to resources, and get folks to leave their homes to be part of the community.
 - Consider funding workplace mental health services or working to make these more accessible and universal. Also need to find ways to make this more equitable
- BHRS should work on strengthening inter-generational services and locations
- One successful program is senior lunches at community centers. Adults can come together for connection and to address food insecurity. This should be a staple service across the county.
- BHRS should find ways to incorporate mental health and substance use services into other programs and activities where people are already engaged
- Older adults should receive stipends for volunteer work, and opportunities for them to contribute and earn some form of compensation
- Mental illness and addiction limit connection with self and others. We need to create spaces that promote connection.
 - Consider focusing on alternative approaches that emphasize holistic wellness (meditation, outdoor programs)
- We need more education around how to talk about suicide and what resources are available for suicide prevention
- Parent education should be more engaging and useful
- Consider more wellness marketing campaigns and PSAs to better promote existing programs and services
- One participant expressed concern about ADHD medication and over-prescription, noting that physician and parent education is needed as they believe ADHD medication can be a precursor to other substance use
 - Physicians should do a more thorough assessment of trauma before prescribing
- Marin Youth Coalition forum cited as a great resource, with desire to get more engagement from the College of Marin in future forums
- College of Marin needs more support for students with mental health issues.

- A support group of students would be helpful
 - There is only one full-time psychologist so staff do more crisis care than outreach and prevention. There needs to be more outreach to faculty.
- The County needs better trauma-informed services for the Latinx community
- One participant recommended Wellness Recovery Action Plans as an evidence-based resource that could be implemented in schools as an early intervention tool for crisis planning and general intervention
- There needs to be more focus on socio-emotional learning throughout K-12
 - More age-appropriate wellness education needed to help promote emotional intelligence in youth
- Sex education is very valuable for youth
- Consider conducting brain chemistry assessments and using supplements in lieu of prescription drugs
- Schools and the County should identify alternative interventions for anxiety
- There is a lack of accessible services for many populations, many of whom are not aware of existing services
 - Dissemination of services needs to improve to get the word out
 - Schools are one useful way to promote services for youth and families by educating teachers
- Services should address whole family trauma. When treating parents, providers should consider services for youth
- There should be more activities and things to do for people with fewer resources, including after-hours programming for TAY
- Services should use age-appropriate interventions around socio-emotional learning, mental health, and substance use to build skills and reduce stigma
 - Clubs and special projects can be used to build awareness
- Programs can increase access to natural resources in the area
- Programs should leverage alumni groups and individuals with lived experience to increase access and reduce stigma. They can provide support and informal services.
 - They can help identify useful resources and serve as navigators
- The County needs more appropriate and accessible services for minority groups
 - Programs should promote safety and trust, particularly for undocumented populations
- There needs to be more education around rights related to housing and immigration to promote safety, reduce fear, and help individuals better access services
- BHRS should support informal and grassroots service providers, local groups, and local leaders (e.g., churches)
- Consider providing more web-based services and help people gain access to online resources
- Rent control can help reduce homelessness and support prevention work
 - Landlord education, tenant advocacy, and transitional housing programs with life skills programming can help individuals with mental illness and substance use disorders
- Project-based and age-appropriate learning about substance use in schools can help youth understand the dangers of drug use and misuse, especially when it links to understanding why youth use substances
 - Parents need this education, too

- The county needs higher standards for resource and foster families
- There should be more comprehensive transition support for the reentry population
- Consider WRAP service model to reduce unnecessary hospitalization and improve case planning and treatment planning, which can prevent future mental health crises
- Youth-led activities are successful and the County should do more of this
- Whistle Stop provides valuable services
- The Multi-Cultural Center of Marin provides great support programs for youth, including physical activity

Breakout Groups: Treatment and Recovery Services

- Invest in Peer Operated Services
- Build capacity for leader development among peers
- Invest in Evidence Based Practices
- Advertising at schools, bus stops and Safeways to reduce stigma and learn about available services
- Create a centralized phone number for parents of kids in need of services & advocacy (800 #), in-person phone line operators
- Field-based systems help navigator
- NAMI family to family liaison on College of Marin campus & local Marin
- Restart Medical treatment/substance use treatment
- Harm reduction
- More safe spaces for the LGBTQ+ community including non-binary restrooms
- Integrated houses in the community for foster youth
- Enhance post-recovery support
- Groups for parents with children who have psychosis
- Recovery services meeting at St. Vincent's
- Focus prevention efforts around children growing up in substance abuse households
- Research (find) incentives to get kids to go into wellness centers (make them a safe social space)
- Support the implementation of SB10: Mental Health Services peer Support Certification
- Hire a Media Specialist /bilingual to help get the word out using social media, website, etc.
- Insure that the youth who are in wealthier schools who face the most difficult hardships get more priority than they currently are (i.e. the Tam District should be looking out for the low income students more—felt pushed out and saw many other low income students get set to continuation schools at the first sign of difficulty rather than supported within their school)
- Intergenerational healing practices (mindfulness, meditation, drumming, complementary medicine)
- Support for family members, not just the clients
- Improved interpreter services
- Bring back /re-create 9 Grove Lane
- Peer Respite Program
- ACES /Implicit Bias training
- Trauma Informed Care in the schools and across the County

- Insure Narcan is in ALL places
- Foster youth full-service partnership
- Education around mixing medications-drugs.com
- Education around street drugs and what is in them (counterfeit drug info.)
- More employment/vocational services for people with Serious Mental Illness outside of DOR
- Investigate innovative solutions for serving the Latinx population/community
- Psychosocial intervention
- Improved transportation
- Community inclusion tools, getting people to feel more included
- Focus on racial disparities, cultural competency, and cultural humility
- Improve availability of medications in prison, expand the formulary in the jails
- Make prison/jail visitations easier, more accessible
- Focus on de-stigmatization—community messaging around substance use /mental health
- Holistic Case Management across mental/substance community
- More restorative services on campus instead of negative punishments
- Trainings should be paired w/ cultural competence trainings
- Removal of Stigmas around homelessness from law enforcement
- More Funding for HOPE, including serving in West Marin
- Home-based services
- Community Spaces for people suffering to reduce isolation
- More detox beds in rehab centers
- Early intervention for people w/ mental illness
- More psychiatrists available for people in need
- More psychologists
- More education for parents assessing services for their children early on
- Hours of the warm line should be extended to 10am-9pm
- Crisis stabilization Unit (CSU) for adolescents in conjunction with another county
- Geriatric psychiatrists/psychologist employed by the county to provide consultation to the Community on both mental health/alcohol abuse in the older adult population and to providers
- Increase prevalence of informal system of care for youth
- Education treatment/intervention on dangers of alcohol disorders for older adults (loneliness is a factor)
- Well-advertised services and programs so community members can more easily seek help (phone number and website)
- Increased training for primary care doctors for what to look for/provide resources to patients (as well as pediatricians/gynecologists/teachers)
- More access for community members whose first language is not English/increased cultural competency
- Traveling healthcare to reduce isolation
- Have visiting psychiatrists/psychologists/therapists and make it affordable
- Timely access to all services including primary care doctors
- Subsidized services for psychiatrists/psychologists for home visits
- Tele-health to fight isolation

- Pair up with The California LifeLine Program—it has programs, decent quality phones that are able to serve the needs of their threshold clients (especially for Seniors and those on a fixed incomes)
- Make Life-Medical Alerts be either covered by Medicare or affordable to seniors especially for those who live in isolation (aging adult services)
- Increase funding for restorative justice programs for youth
- More music, art, yoga, constructive coping skills programs that are about helping kids learn skills

Breakout Groups: Community Development Agency

Community Infrastructure:

- Bus and van accessibility
 - Better/more accessible bus/van stops and bus/van seating
 - ADA bus stops
- More accessible ramps
- Shuttle/bus service for Housing Authority up the hill
- Better education around disability
 - Especially for transit operators around ADA
- ADA road improvements
- Better management of buses (i.e: timeliness)
- Increase bus services
- Align plan and connect with HHS Age Friendly Report
- More shaded areas and seating at the San Rafael Transit Center
- Consider elevation of SMART train around Third Street in San Rafael to address traffic
- More gathering spaces for unsheltered
- A/C for older buildings
- More board and care facilities
- Better all age community centers/library
- Community septic system and other communitywide solutions to address septic in West Marin, especially in San Geronimo
- More gathering spaces for young adults in West Marin, and throughout Marin
- Local parks/community spaces in West Marin
- Availability of public parks and restrooms (and showers)
 - Especially for people experiencing homelessness
- Portable showers at food bank sites
 - Current options are invasive and are not clean/welcoming
- More funding for ADA improvements at schools, health care centers, community centers, etc
- Dog parks in West Marin
- Open/transparent community process for future of San Geronimo Valley golf course
- Safe parking for people who live in their cars

Public Services:

- More affordable dental services
- More services geared towards dementia
 - Adult daycare centers
 - Focus on West Marin and transportation to/from West Marin
 - Affordability of services
- Whistlestop- more responsive and better/more accurate services
- Whistlestop- more help with mobility to/from shuttle/van
- More support services for people experiencing homelessness
 - Especially in West Marin and in Southern Marin (particularly Marin City)
- Better sex education
- More affordable in-home long-term care solutions
- Disaster training/CPR
- Education and job training
- Supportive services
- Reasonable accommodations (general)
 - Especially around housing applications and forms
- Education and advocacy for housing
- More vocational training
 - Especially for youth and for those who are re-entering the workforce
- Pet care services
 - Especially for people experiencing homelessness
- Cooling off centers (summer) and warming centers (winter)
- Bilingual training for service providers
 - Specifically, around connecting with the Latinx community
 - Hiring more bilingual staff
- More assistance with translating materials and offering interpretation services for nonprofits
- More streamlining and coordination of existing services (one-stop shop, one phone number)
- Easier access to ADA information through separate entity
 - Especially around discrimination
- Food security and fewer barriers for access to food banks
- Equity-focused job training
- Bringing in people of color into spaces of power
- Better financial education (literacy) services in schools
 - And especially for people with disabilities
- Program for people to learn construction trade by building tiny houses
 - Incorporate design competition
 - Creative materials options

Housing:

- Long-term supportive housing
- Shorter waitlists for vouchers
- More vouchers
- More land for affordable homes
- Preservation of threatened affordable housing
 - Especially mobile home parks (particularly Larkspur)
- Innovative housing options to bring older adults and families together
- Local government to build housing with 0-2 bedrooms for people experiencing homelessness throughout Marin
- More affordable apartments in Southern Marin
- More landlords who will accept Section 8
- More options for shared housing
 - Matching system for roommates
 - Better use of existing, underutilized homes
 - Apartments with more bedrooms for sharing
- Make it easier to build ADUs and JADUs
 - Especially in West Marin
- More creative options including mobile homes and underground homes
- More supportive housing
- More housing opportunities for people with pets
- More housing opportunities for people that have been formerly incarcerated
- More housing services for youth and other non-elderly folks
 - Also for sexual assault survivors
- Housing for local workforce
 - Especially caregivers, teachers, emergency workers, bus drivers
- Rethink limits on housing preferences for local, low-income workers
- Building higher up (more dense)
 - With elevators for accessibility
- Rent control
- Subsidized housing for teachers
- Options for developing housing on school property
- Reducing stigma of subsidized housing and voucher system
- Anti-discrimination ordinances
- Eliminate single family zoning (e.g: Oregon)
- Eliminate barriers/more creativity for housing solutions for young adults who are returning
 - Coops, ADUs, shared housing, etc.
- Co-housing on current fire station site in Woodacre
- More options for duplexes/triplexes for people with disabilities
- Dis-incentivize short-term rentals
- Options for interim housing

- More options for co-housing/shared rentals/roommates
 - Especially around older adults that are aging in place and their respective supportive workers
- Assistance with clutter/hoarding (Behavioral Health Recovery Services and Adult Protective Services) so they can provide housing/shared rentals
- Government down payment assistance for homeownership (e.g: San Francisco Poppy Loan program)
 - Especially for young adults
- Tenant protections and anti-displacement across Marin
 - Especially in the Canal
- Explore community land trust model (with tenant protections)
 - Especially in the Canal
- End/break up A60 zoning in some areas of West Marin (ex: areas that are closer to villages/downtown areas, transportation corridors, etc.)
- Look at housing on property owned by Tam Unified School District in San Geronimo Valley
- Include young adults in housing decisions and policy making discussions
- Opportunities for building tiny houses
- Housing options for anyone employed at future golf course site