

MHSA, Substance Use, and Community Development Agency Community Meeting

Marin City: Bayside Martin Luther King, Jr. Academy

Monday, August 5, 2019

Breakout Discussion Groups: Prevention/Early Intervention

- Need for a facility to provide a safe space for youth (proposed by WISE representatives)
 - Currently sharing space and do not have dedicated space that can be shaped to best fit population served
- Peer connections and mentorship have been working to help high school-age youth and TAY. Cited as an asset.
- Acknowledgement that the County does conduct mental health outreach to schools but perception is that red tape/paperwork for entry into services is too high.
 - Report that a provider could not fill her caseload because too many families discontinued attempts to enroll in services.
 - Peer support personnel have been effective at filling gaps here while consumers are in the process of enrolling in services.
 - Note role of stigma as a barrier to service entry.
- Expressed interest in mental health “fitness” as prevention, including empowerment and engagement activities (e.g. arts activities)
- Note the importance of establishing and delivering upon trust with the African American community in the County; need to acknowledge stressors due to racism and the impacts on culture, mental health that this can have.
 - Critical to deliver upon promised services and goals in order to maintain trust.
 - Example: Lakeside students utilized counselors voluntarily once trust was established
- Need to decrease stigma and discrimination around seeking help, especially for parents (as a holistic part of care for children)
 - Example: Success of STOP is evidence of the impact a safe environment can have on willingness to engage in care
- Note the utility of having a behavioral health workforce with lived experience in augmenting trauma-informed training and awareness
 - This sort of workforce expertise would be supported with low-barrier access and culturally appropriate space or services
 - There is a need to increase PAID internship or peer support opportunities.
 - For youth, safe space with individuals with lived experience is an opportunity for belonging outside of gang activity
 - Regarding gang activity, caution to be vigilant, aware, and savvy to references to it that might be made here.
- Many TAY here are aspiring rap artists but they have no studio space to use or places to perform. Need to increase creative spaces for this use to encourage art as a healthy outlet.
- Trade apprenticeships or mentorships for young folks (younger than TAY, even) to inspire career interest early on and encourage ambition and hope
 - In particular, include educational and career mentors from the community who look like the community; feature role models youth can relate to.
- There is a need for peer support to follow age groups throughout the lifespan, and for peer support specific to cultural groups.

- Need to implement more programming in school during the school day, because not all youth go to after school programs
 - Programming that would be the most helpful would include stigma reduction, social and emotional learning, and life skills.
- Need for more Tier II intervention for violence with youth, such as social skills groups
 - Need more providers who can do this.
- Suggestion to use alternate wording when referring to mental health, as a way of reducing stigma.
- Need more supportive opportunities for parents to build emotional self-regulation skills for parents
- Need to increase the quantity and variety of services for youth who are younger than high school aged
- Need for inter-generational programming to support across ages but also to allow older adults to support and mentor youth
- Desire for an entrepreneurial program for middle and high school-aged youth as a form of behavioral health prevention, through reducing isolation and increasing a sense of community
- Need for opportunities to provide surrogate parenting support for children of individuals who may not have the capacity to give a child everything s/he needs
- General need for more preschool/pre-K opportunities
- Noted that the Bridge the Gap program provided some cultural familiarity with incarceration to participants
- General note on the importance of father-like role models; perhaps growth of this sort of role is needed in this community
 - Example: Big Brothers, Big Sisters
- Need to increase engagement and wellness activities, like athletic programs
- Note the role of nutrition as a mental health prevention and early intervention tool
 - Also cited the role of poor nutrition and food deserts in poor mental health
- General concern expressed about the roles early alcohol and marijuana use may have on youth development
- Need for more restorative practices (as are done in restorative justice) to allow trauma and conflict to have space to be resolved
 - The DECODE IT program is noted as an example.

Breakout Discussion Groups: Treatment and Recovery Services

- CDFI (Community Development Financial Institution) in Community/financial literacy, commission, land trusts, building equity program
- One on one therapy for kids-e.g. sand play therapy (Age 4 –12/13)
- Healthy Organic meals in schools
- Helping to turn community around
- More places where folks can feel and be accepted (e.g. Empowerment Clubhouse & libraries) – More!
- Empowerment Clubhouse
 - has lifetime membership
 - community & collaboration
- If additional \$ for Empowerment Clubhouse
 - More advertisement and outreach
 - Transportation & driver

- Bigger space
- Youth Focused Clubhouse (mentioned 3 X) e.g. Mentors, budgeting) link b/w services (e.g. EC & side by side)
- Larger table
- Another staff person
- Arts-Physical, Creative Writing, Fine Arts
 - Health benefits
 - Art Therapies sense of self-expression “Beautify the Soul through the Arts”
- Retention of providers who have gained trust (providers should be impeccable with their word)
- Folks with Lived Experience
 - Issue – getting in touch with people w/ need (e.g. San Mateo, write /give presentations; talks to providers) *see as Humans! (e.g. NAMI in Your Own Voice)
- Support Empowerment Clubhouse (it helps those of us recovering from the effects of internalized Ableism—able to support us in achieving personal goals. “Only Ableism -free environment I’ve ever known”)
- Need to address unique experience of African Americans
- Create a space for child & family can take mask off so it can be more effective and address complex trauma
- Equipping youth/families to navigate their lives through economic stressors
- Mental health stigma
- Running into a Brick wall: families receiving services, MH struggles, concerns of generational repetition
- Fear of families about expressing struggles due to the consequences
- Things that bring people together
 - Cultural healing circles
 - Drum circles
 - Sand Mandala
- No one size fits all
- De-stigmatize culture
- Building on the strength of Faith based affiliations
- opportunities for training & involvement of Faith Leaders in mental health
- ISOJI.net Community Resource Directory (funding for a newsletter/calendar)
- Street Chaplain—street outreach & re-engagement
- Families wanting to feel safe
- more clinicians of diverse backgrounds—consistent presence, confidentiality, trust
- continued long term relationships with Trust (the turnover rate of clinicians that come in & out of schools)
- Folks like their existence validated
- Stop Making Promises and Not Keeping them!
- Early Identification: parent of kids 0-5 need opportunities for parent development so they can get support: Non-threatening
- Parent development, play groups, new mothers (prizes & workshops) Help ID for follow-up
- Job Training & Employment Opportunities-Support Recovery
- Peer Support Engagement
- Successful Model—Marin City Health & Wellness to do home visits
- Aggression Issues & coming out of justice system

- Example of potential program expansion: Midnight Basketball & more opportunities
- Important to actually provide a space and the skills to talk about the issues directly
- Public Health Officer (who has access to services) to Attend MTD meetings can even report to the Board of Directors about updates.
- Pain & Anger is internal, developing a skill set to deal—want to see more inner work (kids who struggle w/parent deceased, childhood sexual assault)
- Group for young men & women to process on a topical level about struggles
- Trauma Informed Theory
- Public Education & Normalizing Recovery and Reduce Stigma
- Museum-reduce stigma
- More Grassroots based Informed Therapy
- Funding for a Youth Program (like Empowerment Clubhouse)
- MHSA support for individuals who are chronically homeless (including case management)
- TBI, Dementia in addition to SMI
- Increased collaboration for co-occurring Mental Health and Substance Use
- Already exists lots of funding for people who have broken the law, there should be more focus and support for those that have not (in order to prevent law breaking).
 - Can only find housing/rent support for people who have broken the law with exception of St. Vinny's but they can only provide up to one month rent
 - Navigation between resources isn't the issue—it is that there is nowhere else to go
- Ensure we are getting most return of Investment
- Increased collaboration of care MH/SUD (especially in transition to higher level of care)
- WhistleStop difficulties – expand Uber & Lyft services
- Increased Transparency & Information
- Field based sources (multidisciplinary teams)—to reduce attrition for follow-up care.
- Create an App for services e.g. putting in specific demo in /out services you need.
- Training the Community (Look Good, Feel Good Campaign)
- Taking the Training & Providers to the Community
- Santa Cruz 6 month contingency Program to keep the people with substance use disorders engaged w/rewards system
- Training for Peer Mentorship
- More Adolescent beds in CSU (Crisis Stabilization Unit)
- Currently no inpatient bed in county for Youth Psychiatric
- Marin City should have a Media Centre to Reduce Stigma (eg. radio /podcast weekly like San Rafael)
- More treatment for youth under 16yrs (5-16)
- STIGMA-SPMI (Serious Persistent Mental Illness) cannot recover
- Community based informal forms of treatment
- Move away from medical model
- Non-medical respite/Adult & Youth
- Lived experience in aid housing (job opportunity)—someone trained to support and enhance other's lives to rent a room to them
- More strength-based services (as current low empowerment)
- Providing funding for transitional housing (non-profit) in Southern Marin
- Matching up navigators who can help clients get connected.
- Integration and physical accessibility (imbed provides at Marin City Health and Wellness, etc.)
- Smaller facilities with more detox beds

- More residential beds
- Organizations on difficult systems -one who system as providers
- Universal HIPAA
- Homeless coaches (like recovery coaches) -like care team
- Too many resources in other places
- Teach community members to notice MH illness/SUD and how to help (i.e. train Restaurants that serve Anchors out Community.)
- Addressing loneliness -elderly/teens intergenerational programming
- Address the high suicide rates and opioid use for those over 65
- More diverse providers—Bilingual, Bicultural, providers of color
- Workforce Development
 - Commute for providers is terrible
 - carpool incentives
 - telecommuting (?)for documentation
 - workforce housing
 - flexible schedules
 - targeting individuals coming out of school
 - WET for scholarships & training
 - centralized programs for people w/lived experience to get into workforce

Breakout Discussion Groups: Community Development Agency

Community Infrastructure

- Activate the baseball field (safety improvements to the field)
- Activate the shopping center with more local businesses
- Expanded community center – construct a new community center
- Grocery store
- Improve accessibility of sidewalks (ex. truncated domes are difficult for some)
- Develop large indoor meeting space
- Mental health services development center that includes art classes such as jewelry, clay work
- Public swimming pool with water safety courses
- Wetlands restoration at the shopping center to serve as a gateway to the community (ex. Introducing wildlife, paths, educational signage)

Public Services

- Children's basic health services (ex. examinations for ears, eyes, etc.)
- Emergency preparedness, such as a first responders' program
- Employment training
- More job opportunities
- Family services and parent education (from infant to high school)
- Food security
- Lifeskills for people with disabilities and people leaving incarceration
- Regional occupation and vocational training (ex. technology, building trades, automotive)
- School readiness program

Housing

- Prevent community displacement
- Support network for hoarding
- Rehabilitating existing affordable housing