RPC Meeting Summary – May 14, 2014

Welcome – May is Mental Health Month

*Myel Jenkins, Program Officer, Sierra Health Foundation: Center for Health Program Management,* welcomed everyone to the meeting on behalf of Sierra Health Foundation and Sacramento County Division of Behavioral Health Services. Myel acknowledged that there are several RPC members who were not able to be at the meeting. The Respite Partnership Collaborative is moving into the next phase of the project, and it is a pivotal and exciting time. This is reflected in the meeting goals: 1) Discuss the Round 3 funding strategy to sustain Round 1 grantees and decide how to move forward with the Grantmaking and Evaluation Committee recommendation, 2) Continue to develop the Round 3 funding strategy focused on un/underserved cultural populations including respite definition, eligible populations and actions needed to complete this strategy, 3) Strategize for RPC Member Recruitment and decide how to move forward with charter revision recommendation, 4) Understand current activities at DBHS, and 5) Collect RPC member input into future meeting agendas.

Myel encouraged all RPC members to participate in the Grantee Learning Community meeting on May 20th at Sierra Health Foundation. This meeting is an opportunity to hear from grantees on the progression of their respite services. The theme of the meeting is Communication Through Storytelling and the meeting is being supported by the Communications Committee. Myel reminded all RPC members that registration has been extended through May 16th.

*David Schroeder, Co-Chair, Respite Partnership Collaborative* welcomed everyone to May RPC meeting. David reminded everyone of the upcoming Mental Health Day event at the State Capitol on May 13th.

*Arden Tucker, Member, Respite Partnership Collaborative,* discussed the purpose and the work from the Creating Community Solutions network. On Saturday, July 20th, 2013, more than 350 community residents, leaders and guests met to work on a communication action plan to address mental health needs. The goals of the event included: 1) Get Americans talking about mental health to break down misperceptions and promote recovery and health communities, 2) Find innovative community-based solutions to mental health needs, with a focus on helping young people, and 3) Develop clear action steps for communities to move forward in a way that complements existing local activities. Arden encouraged RPC members to become involved in this much-needed project for Sacramento area youth.

*Deb Marois, Facilitator, Converge CRT* welcomed everyone to the meeting and asked everyone “What is ONE thing you’re doing in honor of mental health month?” Important discussion points included (*’s indicate more than one response):
- Better self-care to reduce stress****
- Wear green ribbon and explain to all who ask**
- DBHS has a May 8th discussion with the Governor’s office for local projects including message of hope, resiliency and recovery*
- Provide time with someone who has a mental health issue to lend support*
- Weekly sermons on Mental Health
- Recruiting for RPC
- Working with DBHS on providing input on May 20th meeting
- Disability Capital Action Meeting on May 21st
- Disability Awareness Council Department of Consumer Affairs Presentation on Mental Health 101
- CMHAYC: 3 days at Asilomar: suicide prevention ideas conference
- Increase meaning to MHSA meetings
- Provide training on peer mentoring at faith-based organizations
- Newsletter highlighting Mental Health month and artwork
- Share Each Mind Matters material with family
- Attended Capitol event on May 13th

**Grantmaking and Evaluation Committee Progress Update and Recommendations**

*Myel Jenkins, Program Officer, Sierra Health Foundation: Center for Health Program Management,* reviewed the Grantmaking and Evaluation Committee presentation documents and discussed the RPC’s previous discussion on the Round 1 grantees.

*Jane Ann LeBlanc and Lyn Corbett, Grantmaking and Evaluation Committee Members, Respite Partnership Collaborative* reviewed the Round 1 Refunding Recommendations. Please email Myel Jenkins at mjenkins@sierrahealth.org to see the Round 1 Refunding Recommendations PowerPoint.

- **Turning Point Community Programs (remain confidential)**
  The Grantmaking and Evaluation Committee recommended refunding Turning Point Community Programs for a third year of funding.

  Q: Why has it not been necessary to translate materials into other languages?
  A: Since there was limited time remaining on the respite services grant; the Grantmaking and Evaluation Committee did not determine that there was a need for translation.

  Q: How does Turning Point Community Programs determine the definition of a mental health crisis? It is important to understand how to make an appropriate referral.
  A: The Grantmaking and Evaluation Committee will follow up with Turning Point Community Programs on their definition and appropriate referrals.

  Q: What is the average length of stay at the respite services?
  A: It is not clear how long the average length of stay is at this point. A part of the long stay is related to clients who have had an issue with homelessness that is increasing the length of stay.

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Del Oro Caregiver Resource Center (remain confidential)
The Grantmaking and Evaluation Committee recommended refunding Del Oro Caregiver Resource Center for a third year of funding.

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Iu-Mien Community Services (remain confidential)
The Grantmaking and Evaluation Committee recommended refunding Iu Mien Community Services for a third year of funding.

Q: Is the difference in total amount due to the removal of the crisis line from the Year 3 respite program?
A: It is a minor difference in funding; but the Grantmaking and Evaluation Committee supported the organization's willingness to change with their learning. Some of the funding is to reallocate funds to provide refreshments.

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Capital Adoptive Families Alliance
The discussion on Capital Adoptive Families Alliance was postponed to the June RPC meeting.

Following the discussion on Refunding Round 1 Grantees, Deb asked the RPC to discuss: “What have we learned, especially from smaller grassroots organization, that can be applied to Round 3 funding?” Important discussion points included:
- Idea to fund research to learn more about cultural definitions of respite is appropriate
- Language/words/labels matter – Youth group name example
- Agency staff/leaders are learning even though they are culturally appropriate
- Ability to change is important services
- How can you as a mental health respite provider meet the culturally specific needs of your community? Potential RPC Question.
- Volunteers from community help relate to community-lived experience
- Passionate about their services
- Able to achieve a lot with few resources
- Keep marketing respite services; it is still not widely known after two years, need to focus on education.
RPC Membership Recruitment & Charter Revisions
The Membership and Governance Committee, Respite Partnership Collaborative discussed membership recruitment and charter revisions. The proposed charter revisions would allow RPC Cohort 1 members to remain on the RPC for additional membership terms. The Membership and Governance Committee reviewed the exiting RPC members and continuing RPC members to determine how many members would be missing. Iffat Hussain discussed the need for RPC membership recruitment and encouraged RPC members to participate in the RPC membership recruitment process. The RPC discussed the charter recommendation.

Q: What was the charter language prior to this revision?
A: Previously, RPC members could commit to membership for a maximum of two years.

Q: Does the RPC need to have the same structure as previous years? Will the RPC require the same level of time commitment which may be a barrier to participation?
A: The project is likely to make some changes with the shift in tasks and the collaborative will set the direction for any structure changes.

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<td>Approve charter revision to allow RPC Cohort 1 members to remain on the RPC for additional RPC membership terms</td>
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DBHS Update
Kathryn Skrabao, Program Planner, Sacramento County Division of Behavioral Health Services provided an update from Sacramento County Division of Behavioral Health Services. Dorian Kittrell has transitioned Butte County. Uma Žykofsky will be the Deputy Director of Behavioral Health Services effective May 4, 2014. Sacramento County Division of Behavioral Health Services is entering Community Services and Supports Planning; there will be three phases of the project. Kathryn also provided the RPC with the Sacramento County Division of Behavioral Health Services definitions for “underserved cultural populations” and “culture”.

Kathryn referenced the meeting schedule for CSS planning. There are three phases: PST, full service partnerships, other projects.

Developing Round 3 RFP: Respite for Un/Underserved Cultural Populations
Deb Marois, Facilitator, Converge CRT, reviewed the Round 3 April Meeting Summary, and welcomed a panel discussion with Iffat Hussain, Michelle Saeteurn, Leslie Napper and Marianela Appelgren who discussed the question: “In your experience, what culturally appropriate mental health respite services are needed? How do people access services? What barriers limit access?” Important discussion points included:
- Many communities and nuances
- Access services through law enforcement, jail, Emergency Room or psychiatric hospital
- Barriers: fear, location, stigma, shame, lack of knowledge
- Seeking support: need people who can speak our language
- Importance of faith vs. religious “pre-occupation” and appearance concerns vs hairstyle of culture
- Discrimination in the workplace “brown sugar”
- Need a place to go where staff understands the black experience/history
  - Discern between African and African American cultures; awareness of diaspora, diversity of faiths, importance of churches
- Understand family structure, food, neighborhoods (rivalry), art, body image, clothes and hair

*Deb Marois, Facilitator, Converge CRT* discussed that the RPC is on a timeframe to release Round 3 funding.

**RPC Agenda Items for June/July and Next Steps**

*Deb Marois, Facilitator, Converge CRT*, discussed RPC agenda items for June/July and Next Steps. The RPC discussed future agenda topics. Important discussion points included:

- **June:**
  - Finalize Round 3 funding strategy including definition, amounts, target population
  - Make a decision on Children’s Receiving Home
  - Make a decision on Capital Adoptive Families Alliance Year 3 funding proposal
  - Celebration of member service
- **July:**
  - Welcome new RPC members
  - Outreach to community for Round 3
  - Reflect on RPC process and governance structure and possibly change the charter.

*Myel Jenkins, Program Officer, Sierra Health Foundation: Center for Health Program Management*, thanked the RPC for their hard work and commitment. Myel encouraged all RPC members to continue their membership recruitment efforts and review the proposed definition of mental health respite. The proposed definition of mental health respite will be discussed at the June RPC meeting.

The next RPC meeting is June 3rd from 3 p.m. to 6:30 p.m. at Sierra Health Foundation.