Welcome and Opening Remarks

Myel Jenkins, Program Officer, Sierra Health Foundation: Center for Health Program Management opened the meeting with a welcome.

Ebony, RPC Co-Chair, welcomed the group, reviewed ground rules, lead a round of introductions and welcomed guests. They then set the context for the meeting by reviewing the agenda and goals for the day:
- Introduce new Co-Chairs and Member at Large
- Review Communication Plan Implementation
- Support planning for the November Grantee Learning Community Meeting

Ebony reviewed the evaluation summary, acknowledging that Alexis got a lot of positive feedback for her facilitation skills and the request to change to a square or U shape in future meetings. Due to meetings occurring before and after this meeting this was not an option tonight.

Ebony welcomed the newest co-chairs: Alexis and Michelle. Iffat is now the member-at-large. Ebony expressed her excitement for this transition and the new energy it will bring to the collaborative.

Myel presented Ebony with a memory book in honor of her service as co-chair for the last 2 years. Kay, Jane Ann and Kao offered words of thanks to Ebony.

Updates

MHSA Steering Committee

Jane Ann, RPC member, representing the Division of Behavioral Health updated that 6 of the 11 grantees from rounds 1 and 2 are transitioning over to MHSA funding beginning Oct. 1. They are all in process of getting their county contracts in place. This means that they will be part of the annual Mental Health Services Act plan as long as the funding is available and the grantees continue to show positive impact. The group expressed thanks to the MHSA steering committee for their support. The entire September MHSA SC meeting was focused on the project with a report from AIR on the highlights of the evaluation to date, and the meeting ended with the round 3 grantees introducing their agencies and their respite to the steering committee.

RPC feedback:
- The idea that we are able to continue these programs beyond the RPC project leaves a legacy for the project.
One Time Award Funds
Myel reported that the unspent funds from project savings and investments are in the process of being awarded to the existing grantees according to RPC decisions. The funds will be distributed within the next few weeks. Each grantee is receiving approximately $15,600. CAFA said they were so thankful for the funds to build infrastructure so they can move to MHSA funds. Another sent an email to Myel saying that the news made her cry. The funds are being used to build infrastructure: hiring consultants to learn how they can grow and become sustainable, purchasing apps that will help grantees track duplicated and unduplicated clients. They are also being used to fill gaps in programs for example: bus passes for clients, additional food for clients, and stipends for peer providers. These funds are being used to address challenge areas that are showing up in progress reports.

RPC Feedback:
• Like that each grantee is gearing the funds where they need it to go for growth.
• One agency has wanted to purchase data collection software and this funding has helped make this happen.

Communications Plan Implementation
Myel reminded the group that the plan was approved in September as a working document, that Center has been approved to move the plan ahead and that the RPC would continue to be engaged in moving the plan forward. The plan will remain a standing item on future meeting agendas.

Myel provided an update on implementation to date:
• The first RPC e-newsletter has gone out with highlights of grantees and RPC members, 3 more will be sent out over the next year
• Part of the plan is to tell the story of respite through videos of each respite program. SHF will pilot with TLCS- a 2-minute video on site with the viewpoint from consumer, staff and management about how respite aligns with the mission of the organization and serves the consumer. These will be tools that the RPC and grantees can use to promote their work.

November Grantee Learning Community Meeting
One element of the communications plan is grantee learning community meetings. The RPC hosts these meetings up to 3 times a year to have RPC members and grantees share. It allows for structured support of planning and implementation of respite and development of a network of grantees to facilitate mutual support and referrals. Grantees are required to attend. The next event is November 17th.

Goals of the next meeting:
• Support peer learning through table talks
• Capacity building through a training presentation

Members shared their thoughts and Myel shared feedback from the attendees in August:
The last meeting was fruitful and useful with the movement around the tables; a lot of useful information was shared. It was nice to get feedback on how to meet emerging needs while providing the services intended.

Many table talks went back to basic problems in the systems such as lack of housing, that are outside of the scope of this work.

Attendees wanted RPC to know that they were interested in RPC advocating on these larger systems issues.

Heard compassion fatigue is an issue because the system is not changing and the clients are coming back again and again with the same triggers and issues.

Ebony led a discussion and took feedback on specific agenda items.

**Zero Divide Presentation (Capacity Building Activity)**

Zero Divide is a content expertise on social media, specializing in working with non-profits. Zero Divide provides training for agencies on communications, hands on support for developing thoughtful messages, and create intentional messaging that will communicate services and information. The goal is to use social media a tool to promote respite services. They will be sending out a survey to RPC members and grantees to help shape the focus of the training.

**RPC Feedback:**

- When you talk about using social media as a messaging tool we are also talking about social media in the context of individuals in mental health crisis. Can Zero Divide bring those considerations to the table or do we need to bring people in with that expertise of messaging to respond to people who are posting their crisis issues on social media and getting referrals and services.
- Q: Is the goal for Social Media to promote respite or to provide access to respite.
  - A: to use it as a way to promote RPC and the availability of respite, it is not intended to be a training on how to respond in social media to those in crisis.
- Please be aware that even with this intent, people do use SM as a way to reach out for services and support and we need to at least address this.
- Can they show where additional revenue is available for implementation of social media communications plans including tech grants, etc.?
- This feedback will shared with Zero Divide to inform the design of their presentation.

**Table Talks**

Table talks are a way for the grantees to talk, in a guided conversation, about issues that are impacting the work that they do, and how they are working through those challenges. We traditionally have 3-4 table talks.

**Brainstormed ideas for table talks:**

- Follow up to Zero Divide, how grantees can implement, present back to their agencies
  - Including a platform for self expression
  - Considerations to populations served
- Compassion fatigue
  - Sharing ideas of how agencies are dealing with compassion fatigue
- Comprehensive services/integration of services
- Coordination of care
- Understanding of the populations we are serving
- Utilization of peer support
- Understanding of all services
- Platform for self expression (Related to social media)
- Sharing respite strategies based on client population i.e. young people experiencing homelessness, queer, trans, etc.
  - How rooms are set up, role of peer support volunteers/staff
  - Recognizing the societal context the clients are in and how do we shape services to meet the needs
- Big Picture: Furthering the legacy of the RPC in a more progressive way: building a collective voice policy voice locally
- Bringing agency board members to the grantee learning community meeting to learn more about how we can leverage their social capitol
- Hear from 1st and 2nd round grantees on the transition to MHSA funding (perhaps better for the February meeting)

RPC Discussion on the brainstormed topics:
- We have heard from grantees that burn out and compassion fatigue is a real issue agencies are dealing with.
- More tables might facilitate quieter conversations
- Respite strategies by population is very different from integration of services and should not be combined, combining it may derail the intended conversation
- Compassion fatigue is an important conversation
- If we are unclear about how 2 items combine to us, it will be unclear to the participants at the GLC meeting
- Table social media, many organizations are already competent in this
- Table Big picture conversation
- Like the idea of keeping all 5, all topics are useful to the different organizations

**Final decision to keep all 5 topics:**
- Follow up to Zero Divide, how grantees can implement, present back to their agencies
  - Including a platform for self expression
  - Considerations to populations served
- Compassion fatigue
  - Sharing ideas of how agencies are dealing with compassion fatigue
- Sharing respite strategies based on client population i.e. young people experiencing homelessness, queer, trans, etc.
  - How rooms are set up
  - Recognizing the societal context the clients are in and how do we shape services to meet the needs
  - Cultural competency
  - Peer support strategies
- Comprehensive services/integration of services
• Big Picture: Furthering the legacy of the RPC in a more progressive way: building a collective voice policy voice and taking it to Board of Supervisors and other elected officials

RPC Roles
Opening/Welcome-Leslie nominated
Introductions-Kay will lead the activity in which people speak their preferred pronouns with an added explanation of the intent of the exercise
Table Talk Facilitators- Michelle N. (Compassion Fatigue), Erica (Respite Strategies for Populations Served), Kay will ask the Social Media intern about facilitating that table. Susie at Wind (Big picture), open (Comprehensive Services)
Closing Reflections- Beth nominated

Reflections and Wrap Up
Reflection/Feedback
• Everyone was heard

Agenda items for Next meeting
• MHSA updates on transitions
• Reviewing Teens and TAY progress reports (Will get reports in advance)
• Communications plan-please review the plan before you come, what is the transition for the RPC from grant making/accountability to pushing out evaluation findings and learning of the project and the progression of the project.