

MHSA Three-Year Plan Facilitator Training



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Welcome & Agenda

1. Introductions (10 min)
2. Objectives & Expectations (2 min)
3. MHSA Background (8 min)
4. MHSA Community Program Planning (CPP) Overview (10min)
5. Facilitation (60min)



Workgroup Objectives

- **Goal:** Equip community members to confidently facilitate MHSA 3-Year Plan Input Sessions
- **Meeting Objectives:**
 1. Increase knowledge of the MHSA Community Program Planning (CPP) process
 2. Share tools for facilitation of input sessions
 3. Increase confidence in facilitation of input sessions, and data gathering



Participation Expectations

- Active participation during the training including break out groups
- Commit to facilitate at least one input session
- Submit note template after each input session
- Be present, provide your input, stepping up and back
- Be brief and meaningful when voicing your opinion



MHSA Background



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

What is MHSA?



State Mental Health Hospitals Closed

California closed down hospitals that served folks with severe mental health challenges without adequate funding for community mental health supports

Impacts on community

Impacts were felt heavily among the community especially those who are most vulnerable

Community Organizing

Urgent need for recovery-based, accessible, community-based mental health services. Series of community organizing, partnership began to gain support for Proposition 63

Proposition 63 passed


Mental Health Services act, Proposition 63 is passed as a 1% tax on personal income over 1 million dollars


[MHSA Components and Programs](#)




SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

About MHSA

76%  **Community Services & Supports (CSS)**
Direct treatment and recovery services for serious mental illness or serious emotional disturbance

19%  **Prevention & Early Intervention (PEI)**
Interventions prior to the onset of mental illness and early onset of psychotic disorders

5%  **Innovation (INN)**
New approaches and community-driven best practices

1% tax on personal income over \$1 million

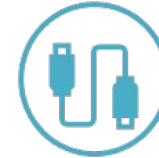
San Mateo County: \$39.2M annual 5-year average through FY 21-22; ~15% of the BHRS Budget

Workforce Education and Training (WET)



Education, training and workforce development to increase capacity and diversity of the mental health workforce

Capital Facilities and Technology Needs (CFTN)



Buildings and technology used for the delivery of MHSA services to individuals and their families.

MHSA Principles & Core Values

- Focus on wellness, recovery and resilience
- Cultural and linguistic responsiveness
- Consumer/client and family-driven services
- Integrated service experience
- Community collaboration



MHSA Planning Requirements

- Three-Year Plan & Annual Updates

What's in a 3-year Plan?

Existing Priorities

New Priorities

Expenditure Projections

What's in an Annual Update?

Program Specific Data and Outcomes

Implementation and Planning Updates

Changes to the 3-Year Plan

- Community Program Planning (CPP)
 - Diverse stakeholder Input
 - 30-Day Public Comment Period and Board of Supervisor approval

Community Program Planning (CPP) Requirements

The process to be used by the County to develop Three-Year Program and Expenditure Plans and any updates, in partnership with stakeholders to:

1. Identify community issues related to mental illness resulting from lack of community services and supports, including any issues identified during the implementation of the Mental Health Services Act
2. Analyze the mental health needs in the community
3. Identify and re-evaluate priorities and strategies to meet those mental health needs



Community Program Planning Framework



Needs Assessment Areas

1. Access to Services
2. Behavioral Health Workforce
3. Crisis Continuum
4. Housing Continuum
5. Substance Use Challenges
6. Quality of Client Care
7. Youth Needs
8. Adult/Older Adult Needs

[Needs Assessment Summary](#)



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Community Input Session Facilitation



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Facilitation training materials

- Tools that will be shared with you
 - CPP powerpoint (optional to use) + talking points
 - Facilitators manual
 - Note-taking template



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Cultural Humility Group Agreements

- LISTEN AS IF THE SPEAKER IS WISE; LISTEN TO UNDERSTAND
- PRACTICE “I” STATEMENTS WHEN SPEAKING
- OKAY TO RESPECTFULLY DISAGREE
- TAKE RISKS
- NO PRESSURE TO SPEAK
- BE DISCIPLINED ABOUT NOT MAKING ASSUMPTIONS
- NO BLAMING, NO SHAMING
- CONFIDENTIALITY IF STORIES ARE SHARED
- COURAGE TO INTERRUPT IF SOMETHING IS GOING AMISS OR BEING LEFT UNSAID: MAKE THE INVISIBLE VISIBLE
- VOICES, THOUGHTS, IDEAS, EXPERIENCES WELCOME
- PAY ATTENTION TO WHAT MOVES YOU: USE OOPS AND OUCH

Setting the space

- Remember to create an inclusive space where folks feel heard
- As a facilitator you will do much more listening than speaking

MHSA Three-Year Plan Community Input Session



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

What is MHSA?



State Mental Health Hospitals Closed

California closed down hospitals that served folks with severe mental health challenges without adequate funding for community mental health supports

Impacts on community

Impacts were felt heavily among the community especially those who are most vulnerable

Community Organizing

Urgent need for recovery-based, accessible, community-based mental health services. Series of community organizing, partnership began to gain support for Proposition 63

Proposition 63 passed


Mental Health Services act, Proposition 63 is passed as a 1% tax on personal income over 1 million dollars


[MHSA Components and Programs](#)




SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

About MHSA

76%  **Community Services & Supports (CSS)**
Direct treatment and recovery services for serious mental illness or serious emotional disturbance

19%  **Prevention & Early Intervention (PEI)**
Interventions prior to the onset of mental illness and early onset of psychotic disorders

5%  **Innovation (INN)**
New approaches and community-driven best practices

1% tax on personal income over \$1 million

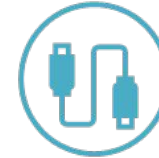
San Mateo County: \$39.2M annual 5-year average through FY 21-22; ~15% of the BHRS Budget

Workforce Education and Training (WET)



Education, training and workforce development to increase capacity and diversity of the mental health workforce

Capital Facilities and Technology Needs (CFTN)



Buildings and technology used for the delivery of MHSA services to individuals and their families.

MHSA Planning Requirements

- Three-Year Plan & Annual Updates

What's in a 3-year Plan?

Existing Priorities

New Priorities

Expenditure Projections

What's in an Annual Update?

Program Specific Data and Outcomes

Implementation and Planning Updates

Changes to the 3-Year Plan

- Community Program Planning (CPP)
 - Diverse stakeholder Input
 - 30-Day Public Comment Period and Board of Supervisor approval

Community Program Planning Framework



Community input questions

Regarding mental health and substance use services:

1. What are some of the challenges your community, family or you face?
2. What services/programs/resources could be effective in addressing those challenges? Provide Example
3. What considerations are needed for services/programs/resources, so that you and your family feel comfortable accessing them?



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Community input questions

4. What services/programs/resources are working well?

5. What type of services/programs/resources would you and your family like to see more of?

6. Of the strategies for addressing mental health and substance use, which one would you prioritize?



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Additional Resources & Data Collection



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Social Ecological Model

- Our health is impacted at various levels
- Social determinants of health
 - Access to healthcare
 - Education
 - Neighborhood
 - Built Environment
 - Economic Stability
 - Social and Community Context
- Framework can be used as we probe and expand on points as a facilitator



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Data collection

- Note taking template is available
 - Take notes of big picture ideas
 - Do not worry about capturing everything exactly how folks said it
 - Please return completed template to Tania Perez within 24 hours of the input session
 - Email back the template to the group that you visited



Questions?



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Practice in small groups

- In groups of 3 you will decide on each of the following roles
 - Facilitator
 - Note taker
 - Community member
- You will practice for 5 minutes and then rotate to the next role
 - Each of you will experience all 3 roles
 - We will announce when time is up



Debrief

- How was that experience for you?
- What are some things that folks in your group did well?
- What are some things to keep in mind?



Next steps

- Keep up to date on the 3- Year plan at <https://www.smchealth.org/bhrs/mhsa>
- Email Tania Perez, tsperzosu@g.ucla.edu with any questions and notes
- Schedule sessions with groups you are a part of





SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**
