

Multnomah County
Behavioral Health Division
Behavioral Health Advisory Council Meeting
January 6, 2021



Community Representatives	Public Service Representatives	Staff	Guests
<input checked="" type="checkbox"/> Art Rios, Sr. <input checked="" type="checkbox"/> Laura Bueford <input checked="" type="checkbox"/> June Howard Johnson <input checked="" type="checkbox"/> Kevin Fitts <input checked="" type="checkbox"/> Mamie Gathard <input checked="" type="checkbox"/> Mark Hidalgo <input checked="" type="checkbox"/> Michael Thurman <input checked="" type="checkbox"/> Patty Hamit Arvizu <input checked="" type="checkbox"/> Robert Fentress <input checked="" type="checkbox"/> Ann Kasper <input checked="" type="checkbox"/> Robbie Noche <input checked="" type="checkbox"/> Barb Rainish <input checked="" type="checkbox"/> Ruthie Benjamin <input checked="" type="checkbox"/> Ryan Hamit <input checked="" type="checkbox"/> Sandi Delarosa <input type="checkbox"/> Angel Prater <input type="checkbox"/> Vacant	<input checked="" type="checkbox"/> Cascadia Behavioral Healthcare Dave Kohler <input checked="" type="checkbox"/> Central City Concern Marissa Donovan/ <input checked="" type="checkbox"/> Conf. Tribes of Siletz Andulia Sanchez WhiteElk <input checked="" type="checkbox"/> Lutheran Community Services NW Mahad Hassan <input checked="" type="checkbox"/> Lifeworks NW Melissa Finch <input checked="" type="checkbox"/> New Narrative (Luke-Dorf) Kayla Perry/Jennifer Gantner <input checked="" type="checkbox"/> LPSCC Abbey Stamp <input checked="" type="checkbox"/> Multnomah County Sheriff's Office Nora Mains <input checked="" type="checkbox"/> NAMI Multnomah Kerri Melda <input checked="" type="checkbox"/> NorthStar Org Liz Wright <input checked="" type="checkbox"/> Portland Police Bureau Lt. Casey Hettman <input checked="" type="checkbox"/> Quest Center Scott Moore	<input checked="" type="checkbox"/> Deandre Kenyanjui <input checked="" type="checkbox"/> Ebony Clarke <input checked="" type="checkbox"/> Leticia Sainz <input type="checkbox"/> LaKeesha Dumas <input checked="" type="checkbox"/> Lynn Smith-Stott <input checked="" type="checkbox"/> Jennifer Gulzow <input checked="" type="checkbox"/> Jill Jessee for Julia Adebawo <input checked="" type="checkbox"/> Frederick Staten <input checked="" type="checkbox"/> Julie Dodge <input checked="" type="checkbox"/> Nimisha Gokaldas	Audrey Zunkel-deCoursey Robert C. Kenneth Etta Assuman

Agenda Item	Discussion
Welcome and Call to Order Michael Thurman-Noche	The meeting was called to order by Michael Thurman-Noche, followed by the presentation of the guidelines for the meeting. 10:05
Introductions/Announcements Art Sr./Michael	Introductions were made by all participants, followed by announcements. Announcements: <ul style="list-style-type: none"> • AHFE meeting from 3-5 today. Asked for a waiver for the point in time count for January due to COVID-19 to minimize risk to staff and the homeless population. • Mark Hidalgo: OR Health Forum, Mark and 2 others will be co-hosting the forum soon and addressing how vulnerable individuals with MH issues are victimized by sex-trafficking. Mid to late February or early March. • Kerri/NAMI: Programs specific for African-American community, Peer-to-Peer and Basics class for parents of youth. In March and April, two veterans Peer Support Specialist trainings. Continuing education unit for Peer Support Specialists (gender based violence), although full, if demand is there, it may be offered again. • Ann Kasper: Paul Delvechio National Coalition of MH ZOOM meeting today at 1:00. President Biden is being petitioned to appoint Paul as Director of SAMSHA. • New Narrative is the new name for Luke Dorf.
Review & Approve Minutes Art Sr./Michael	The group was asked to review the December minutes and to forward an email to Lynn to correct any errors identified by the Council.
Update on Local and National Efforts to Address Homelessness - Art's story Art Sr.	Art Sr. provided the group with his experience and background resume. Art's Story:

	<ul style="list-style-type: none"> • His father was in the military. He grew up in a happy mexican native grown family in a multicultural community. As a young person he had mental health challenges and got in trouble with the law for drug use. He became homeless as part of his addiction. He went to treatment, and at that time there were no housing services available. He did a 367 day program while homeless and dealing with MH challenges. He connected with CCC in Old Town. He met Lynn at that time and there was a peer support program that he became involved with and was trained/graduated. He has not relapsed in his mental illness for 20 years. He is happy with where is and likes himself as a person. He became involved with the City Hall Seven: a group that slept in front of City Hall to fight for homelessness rights. They were arrested for their civil disobedience. Simple rules: no drugs, no alcohol, no weapons, clean up after yourself, be respectful. The group started with 15 and increased to over 300. The City Hall was the only location with a round the clock bathroom. Hygiene rights were initially thought of at this time. Mike Reese was one of his arresting officers and an encouragement to his recovery. Most difficult part of getting off the streets were the layers of homelessness, addiction and mental illness: three different types of survival mode. • Today, BHAC is the best opportunity to convene a group of folks with lived-experience, community providers, etc. A group of like-minded people that work to better the lives of those with mental health issues. • COVID-19 brought a new group of issues over the last year. Individual choices have responsibilities and consequences. Wearing a mask, social distancing, getting vaccinated. Our choices impact not only ourselves, but those in our community. We should consider these consequences when making choices. • Advocating and advocacy are two different things. We can advocate for those who want the vaccine. Voter registration was another focus this year, with a number of folks voting for the first time in their lives. Be at as many tables as possible to share your voice. • Wishing the Point in Time count was happening as it would be good data to use to advocate for the needs of the homeless population during the pandemic. • Cautioned the group on compassion fatigue.
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	<ul style="list-style-type: none"> • Take care of yourself so you can properly care for others. <p>Questions for Art Sr.:</p> <ul style="list-style-type: none"> • Ann: Does the National Coalition of Homelessness work with other groups for changes we all want to see? Yes - they work with other organizations on multiple levels. Network mapping example. Everyone works together. • Kevin: When first invited to share experience on boards and councils, how do you deal with tokenism and get past bureaucracy not used to folks like us at the table? Persistence. A thorn in the side of bureaucrats. Talk about the issues. Examples: Discrimination for people of color/BIPOC, homeless issues, refugee issues, other culture issues. Even if he is checking the box, he brings the voice of those who can't speak for themselves. • Sandra: She is working on resilience due to COVID. How do you do self-care to avoid compassion fatigue, PTSD, etc? What tips do you have? When he feels overwhelmed, he meditates or "goes to the moon" as he calls it, he rests, he plans what his goals are for the immediate future and how he wants to advocate for those he can. He realistically looks at how much he can do and who he can help. He looks at how and where his efforts will have the greatest impact.
Brainstorm topics for 2021 All	<ul style="list-style-type: none"> • Robert Kenneth: Has heard the Greyhound is open to the homeless. Also speaks to inadequate internet access during COVID for A&D treatment, parole office check ins, etc. So many resources lying dormant that could be opened up for those that have mental health and housing needs. Greyhound will be open for shelter only during severe weather due to funding issues. Art may have info from Safety off the streets at next month's meeting. • Robert: Any opportunity to include speakers from the Fourth Dimension recovery community? Lynn says they are looking to add more SUD into the meetings. • Barb: Fourth Dimension and MHAAO participation. • Kevin: Would like to see a presentation on intersection of Medicare/OHA/CCO coverage for services, and clarification of the County's role.

	<ul style="list-style-type: none"> • Art: Metro bond: Have Joint Office bring a final version to the group. (Consolidated version, not the full document.) • Ann Kasper: Measure 110. Impact on mental health funding.
Director's Update Ebony/Leticia	<p>Director's Office Updates:</p> <p>Ebony:</p> <ul style="list-style-type: none"> • Officially stepped into the role of Interim Health Dept Director. • Working on a vaccination strategy for COVID-19. Thinking about partners, those in residential levels of care and staff. • Kicked off FY22 budgeting process. Focus on highlighting system shift meeting the needs as a result of COVID and how to sustain services through the next year. Also emphasizing the equity strategy: looking at changes and who and how the services impact our community and its most vulnerable populations. Have been asked to take a 2% constraint. Determining how to keep the safety net system whole. Also considering the impact of Measure 110. • Questions: <ul style="list-style-type: none"> ○ Michael: what have you heard about the roll out of vaccines? Looking at internal capacity to vaccinate and partnership with other providers such as Kaiser, etc. More to come next month. ○ Kevin: Senate committee on the judiciary has been asked to take on Measure 110 and put the pause on funding. What is the transition plan regarding filling the HD Director role? Julie Dodge is filling in as Interim BHD Director. Average interim role is typically a year or so and that is what Ebony expects this to be. The recruitment for a County COO is priority before the HD Director role. <p>Julie Dodge: Self introduced and provided her background. She is a Portland native. She started her career in a rape crisis center then moved onto prevention, addiction and recovery and mental health wellness. She came back to Oregon from being in CA for 10 years, to what is now Lifeworks NW. She began to look at white cultural values and the</p>

<p>OCE Update Lynn/Deandre</p>	<p>impact on services to the community. In 2006 she left Lifeworks and became a consultant and joined academia at Concordia University. She has a general model of behavioral health services and looks to focus on how Multco can best support community partners.</p> <p>Leticia: Appreciated Art's story and is available to answer any questions regarding the leadership transition if folks have any.</p> <p>OCE Updates:</p> <ul style="list-style-type: none"> • Portland Street Response: Feedback was highly effective. Are adding a peer position in the program. Looking at more coordination with the County. Building in better evaluation strategies. They will be invited back once they have launched. • Annual Satisfaction Survey: Increase in satisfaction of the services of the County. Audit findings have been addressed and CQI has been built in more strongly to the organization. Building more culturally responsive services. ⅔ of members participated in the survey. • Peerpocalypse scholarship applications will be coming out at the end of the month. Preference will be given to BHAC members and minority group applicants. • BHRC: Working with JOHS shelter providers to get consumer feedback on services • Deandre: Recovery relapse rates have risen exponentially during COVID. He has been focusing on helping get people into Hooper, 8x8, etc. Doing all they can to increase support for those in the recovery community.
<p style="text-align: center;">Adjournment Next meeting: February 3, 2021</p>	