

**Multnomah County
Behavioral Health Division
Behavioral Health Advisory Council Meeting
August 2nd, 2023**



Community Representatives	Public Service Representatives	Staff	Guests
<input checked="" type="checkbox"/> Barb. Rainish <input checked="" type="checkbox"/> Eric Bray <input checked="" type="checkbox"/> Etta Assuman <input checked="" type="checkbox"/> John Williams <input checked="" type="checkbox"/> Joni Scheib <input checked="" type="checkbox"/> June Howard Johnson <input type="checkbox"/> Katrina Malachowski <input checked="" type="checkbox"/> Kevin Fitts <input checked="" type="checkbox"/> Laura Bueford <input checked="" type="checkbox"/> Mamie Gathard <input type="checkbox"/> Mary Avalon <input checked="" type="checkbox"/> Patty Hamit Arvizu <input checked="" type="checkbox"/> Robert Fentress <input checked="" type="checkbox"/> Ruthie Benjamin <input checked="" type="checkbox"/> Ryan Hamit <input type="checkbox"/> Sandi Delarosa	<input type="checkbox"/> CareOregon Cassi Sturtz <input type="checkbox"/> Cascadia Behavioral Healthcare Dave Kohler <input type="checkbox"/> Holistic Healing Behavioral Health Jamaica Imani Nelson <input type="checkbox"/> Lifeworks NW N Torello <input type="checkbox"/> Lutheran Community Services Larry Johnson <input type="checkbox"/> Multnomah County Sheriff's Office Nora Mains (NWIAS) <input checked="" type="checkbox"/> NAMI Multnomah Kerri Melda <input checked="" type="checkbox"/> NARA NW Albie Lemos <input checked="" type="checkbox"/> New Narrative Haven Taylor <input type="checkbox"/> Portland Police Bureau Chris Burley (Training) <input checked="" type="checkbox"/> Quest Center Scott Moore/Danielle Deer	<input type="checkbox"/> Heather Mirasol <input checked="" type="checkbox"/> Alexandra Appleton <input checked="" type="checkbox"/> Canada Taylor-Parker <input checked="" type="checkbox"/> Deandre Kenyanjui <input checked="" type="checkbox"/> Jennifer Gulzow <input checked="" type="checkbox"/> Jill Jessee <input checked="" type="checkbox"/> Mario Cardenas <input checked="" type="checkbox"/> Sadie Campbell	<input checked="" type="checkbox"/> Jason Anderson, Do Good Multnomah

Agenda Item	Discussion
<p>Welcome and Introductions Group Agreements Announcements</p>	<p>Announcements –</p> <ul style="list-style-type: none"> • National Grief Awareness Day Aug. 30 <ul style="list-style-type: none"> ○ HOW TO OBSERVE NATIONAL GRIEF AWARENESS DAY Look for signs of grief in yourself and your loved ones. Self-care is vital after and during a loss. There's no shame in seeking assistance with grief if the pain becomes overwhelming. Offer to listen to a friend or ask them to join you for a coffee or tea. Send a message letting them know they are never far from your mind. Then, set a date for another visit. If you find you are suffering from grief, know that it's natural. You're not alone, and it's okay to ask for help if you feel your grief is overwhelming. • International Overdose Awareness Day Aug. 31 https://www.dea.gov/international-overdose-awareness-day <ul style="list-style-type: none"> ○ International Overdose Awareness Day is the world's largest annual campaign to end overdose and remember those who have died without stigma and acknowledge the grief of the family and friends left behind. The campaign raises awareness of overdose, which is one of the world's worst public health crises, and stimulates action and discussion about evidence-based overdose prevention and drug policy. ○ First Aid for Drug Overdose A range of signs and symptoms can occur when a person overdoses, everyone responds differently. <ul style="list-style-type: none"> ▪ Seek Emergency Help for any of the following symptoms <ul style="list-style-type: none"> • Unconscious • Seizure • Headache • Chest Pain • Breathing Difficulties • Confusion/Paranoia/Agitation

	<ul style="list-style-type: none"> • Snoring or Gurgling - Don't ignore snoring or gurgling, it could indicate the person is having a hard time breathing. <p>Upcoming in September:</p> <ul style="list-style-type: none"> • National Recovery Month (Recovery Month), which started in 1989, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible. <ul style="list-style-type: none"> ▪ Board of County Commissioners Proclamation: September 14th, 2023 (tentative) ▪ SAMHSA Webpage for Recovery Month • Suicide Prevention Month: September is Suicide Prevention Awareness Month—a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. <ul style="list-style-type: none"> ▪ Board of County Commissioners Proclamation: September 21, 2023 (tentative) ▪ NAMI Webpage for Suicide Prevention Awareness Month • Hispanic-Latino Heritage Month (Sept. 15-Oct. 15) <ul style="list-style-type: none"> ▪ About Hispanic Heritage Month Webpage
BHAC Co-Facilitator Elections	Election results via meeting poll: (2 provider reps sent in absentee ballots prior to the meeting) Robert Fentress and Laura Bueford are new BHAC Co-facilitators.
BHRC Presentation	Slides attached.
OCE & Director's Office Updates	<p>OCE:</p> <p>Staffing and Hiring:</p> <ul style="list-style-type: none"> • African American KSA Program Specialist Interview • Latinx KSA Program Specialist (Introduce Mario Cardenas)

- Peer Expansion Pilot Project

Director's Office:

Staffing and Hiring:

- Health Department Director
 - A national recruitment, conducted in collaboration with Karras Consulting, was initiated in May. We have since been carefully reviewing the applications and are now moving into the interview and selection stages. This process will involve multiple steps and voices, including:
 - Meetings with Chair Vega Pederson and Serena Cruz (County COO),
 - A panel interview,
 - An opportunity for stakeholder engagement and feedback.
 We anticipate that the entire selection process will be concluded by early fall.
- BHD Director
 - Heather Mirasol continues to fulfill the Interim Director Role as well as the Deputy Role while a WOC Deputy is recruited.
 - First round of applications were pulled and there were 11 candidates of which 7 met the minimum qualifications
 - Of the 7 qualified applicants, 5 interviewed the week of July 3rd with 3 advancing to second round interviews
 - There was a desire from County Leadership to broaden the search & deepen and diversify the applicant pool
 - QHMP-C was changed from a minimum qualification to a preferred qualification and the recruitment was extended through August 4th
 - Candidates that did not meet minimum qualifications in the initial round will be re-evaluated based on this change
 - Additional first round interviews are scheduled for August 17 & 18
- BHD Deputy Director (WOC)
 - Posted this as WOC with QMHP preferred.
 - Received applications and closed requisition.
 - Interviews will begin the second week of August.

Portland PRIDE Highlights:

- Behavioral Health, Community and Adolescent Health, Community Immunization Program, Corrections Health, STD Clinic, and Tobacco Control and Prevention Program staff participated along with members of the QTPOC and PRISM employee resource groups.
- Nearly two dozen BHD staff worked on some aspect of this community event!

- We gave out nearly 1,000 pieces of swag and heard from many Pride-goers how pleased they were to see our pronoun buttons and the crisis line magnets.

Cascadia Employee Death

- Tragic death of a staff member from the overnight shift at Cascadia Behavioral Health's McCarthy Place over the weekend of July 15/16
- McCarthy Place is a 10 bed non-secure residential mental health treatment facility and provides contracted services for the Behavioral Health Division.
- The staff to client ratio is 1:10 for overnight shifts, per the State standards of care.
- We have an outstanding team at BHD that worked closely with Cascadia to support relocation of operations so that the disruption to other clients in care was limited.
- Christa Jones, CMHP Director and Brett Szymoniak, Residential Services Manager are working closely with Cascadia on reviewing the incident and evaluating any opportunities for residential treatment system improvements.

PH Harm Reduction Policy

- The temporary distribution of tin foil and straws out of County Harm Reduction Clinics has been paused indefinitely.
- This plan was overseen by the Public Health experts in the HD who took a data driven approach that was informed from a Public Health Harm Reduction perspective.
- As members of the community, anyone can direct questions or concerns to the Public Health Division.
- BHD remains invested in ensuring that the BHAC is engaged fully in actions taken by the Division.
- Will can discuss how we can engage with these types of decisions in the future at the September meeting when Director level leadership will be present.

Strategic Planning:

- The Division Leadership Team had one of two retreats on 7/28/23 to begin strategic planning.
- A second session is scheduled for 8/18/23.
- As part of this process, we are also working on our Local Mental Health Authority Plan.

Zero Suicide Grant- Intent to Apply:

- Our Suicide Prevention team intends to apply for a small grant (35K) to implement this model in our prevention work.

	<ul style="list-style-type: none"> This is a small grant for the effort but it leverages our ability to apply for a SAMHSA grant in the future for further implementation of this approach.
Adjournment Next meeting: September 6, 2023	



BEHAVIORAL HEALTH ADVISORY COUNCIL

**August 2nd, 2023
General Council**

BHAC MEETING REMINDERS

Self-care:

- We support one another by taking care of ourselves
- Pause before speaking when feeling stressed - respond rather than react
- Take the conversation off-line with staff

Meeting Reminders:

- Try not to talk over each other - raise hand; use chat;
- Accommodate people on the phone and with tech issues
- Limit comments to two minutes
- Limit acronyms and jargon
- Interrupt conversations that cause harm

Virtual meeting reminders:

- Silence microphones when not speaking
- Go off camera when necessary

Consequences for disruptive behavior during the meeting:

- Facilitator calls attention to harmful behavior;
- If behavior continues, participant will be muted and warned of potential meeting separation via private chat or via verbal warning if on phone;
- Separation from meeting with continued disruption



BHAC GROUP AGREEMENTS

- Hold space, make space; Remember WAIT (Why Am I Talking?) and “Principles before Personalities”
- Stay engaged to the best of your ability
- Share your experience & hear the experience of others - Use “I statements”
- Acknowledge intent and center impact
- Expect and accept non-closure
- Experience discomfort - (creating a safer space for challenging conversations can be uncomfortable at times)
- Name and account for power dynamics in the the work
- We are here to work collaboratively, and share responsibility for the success of our work together

National Grief Awareness Day

August 30th

Coming out of the darkness and into the light

www.nationalgriefawarenessday.com



Announcements:



- 8/30/23 is National Grief Awareness Day
- 8/31/23 is International Overdose Awareness Day

ADDICTION & RECOVERY

INTERNATIONAL
OVERDOSE
AWARENESS DAY

31 AUGUST
—
INTERNATIONAL OVERDOSE
AWARENESS DAY

#END
OVERDOSE

A Pennington Institute Initiative



#Together4MH

TOGETHER
for Mental Health

**Suicide Prevention
Awareness Month**

Raise awareness for
suicide prevention
and treatment,
know the risks and
warning signs for
suicide and what to
do in a crisis.

[Learn More](#)

nami.org/suicidepreventionmonth



RECOVERY
MONTH



FACES & VOICES
OF RECOVERY

#RecoveryMonth #Recovery
WWW.RECOVERYMONTH.NET



And more Announcements:



September Awareness Events

- National Recovery Month
- Suicide Awareness Prevention Month
- Hispanic Heritage Month (9/15/23-10/15/23)

*Save the dates will be coming for Board Proclamations.

BHAC Steering Committee Co-Facilitator Vote

Per the updated BHAC Bylaws, the Steering Committee Co-Facilitators are selected by the general council members. At the July Steering Committee Meeting, members were asked if they did not want to be considered for the role of Co-Facilitator. Of your 7 Steering Committee Members, 3 individuals are up for consideration:

1. Etta Assuman
2. Laura Bueford
3. Robert Fentress

Via the launched Zoom Poll, please select your first and second choices for Co-Facilitator. If you wish to abstain, don't fill out the poll.



Staffing and Hiring:

-
- An illustration from a top-down perspective showing five people of diverse backgrounds and ages sitting in a circle, holding hands. They are positioned around a light-colored, irregularly shaped area on a white background. The individuals are wearing various colored clothing: a green long-sleeved shirt, a pink patterned long-sleeved shirt, a blue long-sleeved shirt, a tan long-sleeved shirt, and a blue and white checkered long-sleeved shirt. Their hair colors include dark brown, light brown, and red. The overall mood is one of unity and community.



Director's Office Updates

Staffing and Hiring:

- Health Department Director
- BHD Director
- BHD Deputy Director

Portland PRIDE Highlights:

- 6 Health Department programs tabled the event.
- Nearly 2 dozen BHD staff helped plan the Division's participation at the event.
- Over 1,000 pieces of swag given away - pronoun heart buttons and crisis line magnets were popular!
- Pronoun cards were widely appreciated.



Director's Office Updates



Public Health Harm Reduction - Smoking Supplies:

- The temporary distribution of tin foil and straws out of County Harm Reduction Clinics has been paused indefinitely.



Strategic Planning:

- The Division Leadership Team had one of two retreats on 7/28/23 to begin strategic planning.
- A second session is scheduled for 8/18/23.
- As part of this process, we are also working on our Local Mental Health Authority Plan.

Zero Suicide Grant - Intent to Apply:

- Our Suicide Prevention team intends to apply for a 35K grant to implement the "Zero Suicide" model in our prevention work.



Director's Office Updates



Moment of Silence and recognition for the recent tragic loss of lives:

Haley Rogers, Cascadia Behavioral Health staff member

Jeanie Diaz, County Library Employee

Jennifer Parise, County Administrative Analyst

Chanel Thomas, County Victim Advocate

All are
welcome
here.





Behavioral Health Resource Center (BHRC)

Alexandra Appleton

Policy, Planning, & Development
Manager
Behavioral Health Division

Jason Anderson

BHRC Shelter and Bridge Housing
Program Manager
Do Good Multnomah

August 2, 2023



- Overview of the BHRC
- Impact and Utilization
- Onsite Services and Connection to Resources
- Day Center Operations: Capacity and Queuing, Safer Practices and Outcomes & Participant Feedback
- Shelter & Bridge To Housing: Referral, Services, and Successful Outcomes
- The Heart of the Work
- Advisory Council and Community Engagement

Peer led, trauma informed, culturally responsive services through three interconnected programs designed to support individuals experiencing houselessness and behavioral health challenges.

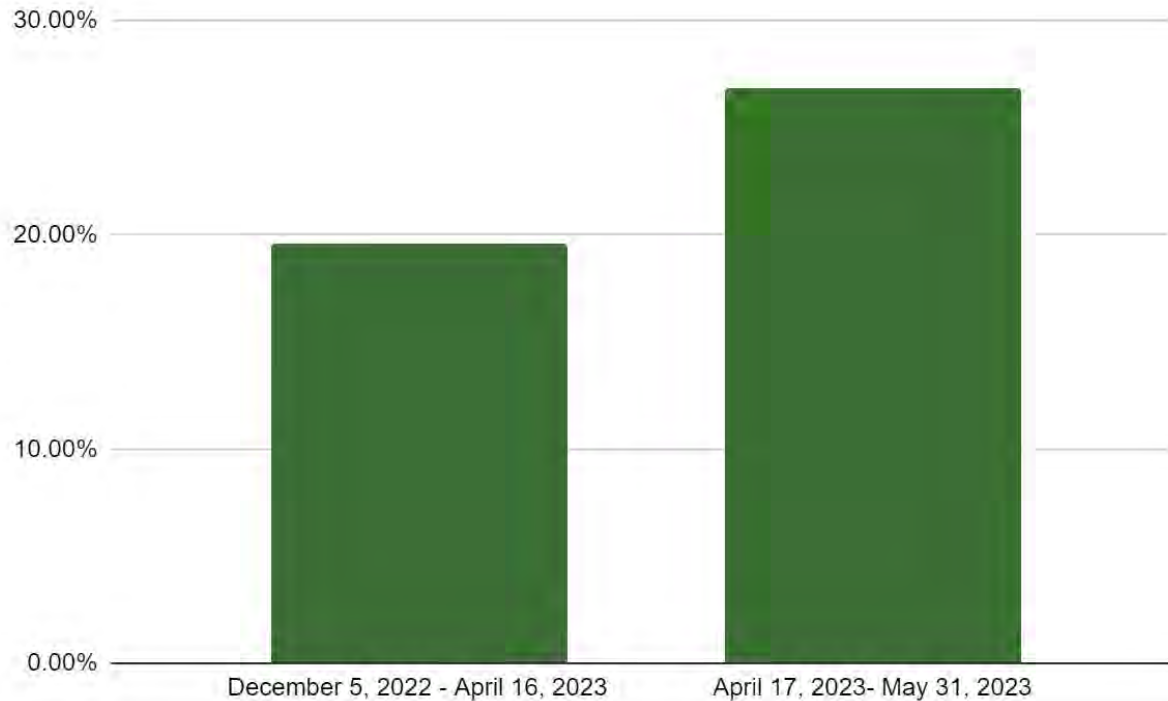
- Open seven (7) days a week
- Day Center - Opened December 5, 2022
- 33 Bed Shelter - Opened May 15, 2023
- 19 Bed Bridge to Housing - Opened on July 1, 2023

24,518

Non-Unique Participant **Visits**
December 5, 2022 - May 31, 2023

23,366

Participants **Received BHRC Services**
December 5, 2022 - May 31, 2023



Capacity changes have resulted in an increase in the percentage of BHRC visitors who receive peer engagement, BH referrals, housing referrals and drop in services.

BHRC brings resources directly to participants on site, including the following resources from community providers:

OHP/Housing Enrollment: Urban League

Employment Support: Immigrant & Refugee Community Organization

Peer Support: MHAAO Outreach Peers

Support Groups: Dual Diagnosis Anonymous, Hearing Voices

Mindfulness: Harlan Silverman

Nursing Services: First Aid, Consultations, & Referral(s)

Mobile Clinic: Dental and Medical Care [Fall 2023]



After several months of operations, staff and leadership reviewed the model and made revisions, including:

- Increased on site leadership support through organizational restructuring
- Reduced capacity to 25 participants at a time, maintaining daily capacity of 100 unique participants served daily
- Organized entry and queuing have created new opportunities for participant engagement
- Capacity 25> to accommodate participants that are accessing onsite community providers/services

**December 5, 2022 through
April 16, 2023**

1:15

Staff to
Participant
Ratio

2.14

Average
incidents per
day

**April 17, 2023 through May
31, 2023**

1:5

Staff to
Participant
Ratio

1.3

Average
incidents per
day

Survey Question: Do you feel safe in this space?



Participant Survey

BHRC // Shelter & Bridge To Housing Timeline

**May 15,
2023**

Shelter Opened!

Do Good began providing peer support, case management and BH support.

**June 23,
2023**

Shelter Program Reaches Capacity

Thirty-three shelter beds will be filled with continued support for longer term housing.

**July 1,
2023**

Bridge To Housing Opens

Phased opening approach as a trauma informed practice.

**Sep 1,
2023**

Bridge to Housing Reaches Capacity

Program will serve 19 individuals with continued support for longer term housing and treatment.

Nine of our 26 participants successfully connected to independent housing and long term shelter since May 15th!



Peer Delivered Services

- Relationship building
- System navigation
- Meal assistance
- Advocacy
- Sharing experiences
- Modeling resiliency and healthy recovery
- Resource connection



Case Management

- Assignment within 48 hours of enrollment
- Referral to long term counseling and addiction treatment
- Support groups (Goal Setting and Seeking Safety)
- Systems Navigation



Clinical Services

- Supportive counselling
- Letters of Advocacy
- Goal setting
- Community referrals
- Risk assessment
- Brief crisis intervention



**Housing
and/or
Treatment**





The BHRC relies on the expertise and engagement of community stakeholders to inform effective and values-driven programming, experiences, and outcomes.

The BHRC Advisory Council is the cornerstone of community engagement. 60% of the Council's seven members have lived experience.

Weekly

- BHRC operators
- County leadership
- Community providers/partners
- Safety-net service providers

Monthly

- BHRC Advisory Council
- Portland Police
- Crisis/First Responders
- Joint Office of Homeless Services
- Neighbors and Businesses
- Disaster Behavioral Health
- District Attorney's Office

Quarterly

- Hospitals
- Crisis System providers
- CCOs
- Department of Community Justice



Are you a **FIRST RESPONDER**, a **BUSINESS OWNER**, or a
CULTURALLY SPECIFIC PROVIDER?

Apply to join the BHRC Advisory Council NOW!!

The Behavioral Health Resource Center (BHRC) is a peer-led organization dedicated to supporting individuals facing serious behavioral health challenges, trauma, and houselessness. Within our facility, we have three programs designed to provide inclusive, low-barrier, safer, trauma-informed, and culturally responsive services.

The BHRC Advisory Council plays a vital role in reviewing and advising all programs operated within the BHRC. As a council member, you will ensure the consistency of services for program participants and provide recommendations on strategic initiatives, policies, processes, procedures, recruitment and retention of council members. Moreover, the Advisory Council champions equity work within the BHRC programs and teams.

We are currently recruiting individuals with expertise in the following areas:

- **Business Members**
- **Culturally Specific Providers**
- **First Responders**

To apply for the BHRC Advisory Council, please scan the QRCode or visit our website at [Website URL] and complete the online application form. The application will close on Friday, August 11, 2023.



If you prefer to complete the application process via interview, please send a request to bhrc-info@multco.us. A BHRC team member will contact you to schedule an in-person or virtual interview.

Thank you.

