

**Multnomah County  
Behavioral Health Division  
Behavioral Health Advisory Council Meeting  
March 1st, 2023**



<b>Community Representatives</b>	<b>Public Service Representatives</b>	<b>Staff</b>	<b>Guests</b>
<input checked="" type="checkbox"/> Barb. Rainish <input checked="" type="checkbox"/> Etta Assuman <input checked="" type="checkbox"/> John Williams <input checked="" type="checkbox"/> Joni Scheib <input type="checkbox"/> June Howard Johnson <input checked="" type="checkbox"/> Katrina Malachowski <input checked="" type="checkbox"/> Kevin Fitts <input checked="" type="checkbox"/> Laura Bueford <input checked="" type="checkbox"/> Mamie Gathard <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 checked="" type="checkbox"/> Sandi Delarosa	<input checked="" type="checkbox"/> <b>Cascadia Behavioral Healthcare</b> Dave Kohler <input checked="" type="checkbox"/> <b>Holistic Healing Behavioral Health</b> Jamaica Imani Nelson <input checked="" type="checkbox"/> <del>Lifeworks NW</del> N Dunkle <input checked="" type="checkbox"/> <b>Local Public Safety Coordinating Council</b> Abbey Stamp <input checked="" type="checkbox"/> <b>Lutheran Community Services</b> Larry Johnson <input checked="" type="checkbox"/> <b>Multnomah County Sheriff's Office</b> Nora Mains <input checked="" type="checkbox"/> <b>NAMI Multnomah</b> Kerri Melda <input checked="" type="checkbox"/> <del>NARA NW</del> Albie Lemos <input checked="" type="checkbox"/> <b>New Narrative</b> Haven Taylor <input checked="" type="checkbox"/> <b>Portland Police Bureau</b> Chris Burley <input checked="" type="checkbox"/> <b>Quest Center</b> Scott Moore	<input checked="" type="checkbox"/> Lynn Smith-Stott <input checked="" type="checkbox"/> Jill Jessee <input checked="" type="checkbox"/> Thomas Bialozor <input checked="" type="checkbox"/> Heather Mirasol <input checked="" type="checkbox"/> Dr. Jenny Tsai	<input checked="" type="checkbox"/> Diana Sopera <input checked="" type="checkbox"/> Eric Bray <input checked="" type="checkbox"/> Jeremy Koehler <input checked="" type="checkbox"/> Mark Hidalgo <input checked="" type="checkbox"/> Mary Avalon <input checked="" type="checkbox"/> Cassi Sturtz, Care Oregon

Agenda Item	Discussion
<b>Welcome and Introductions</b> <b>Group Agreements</b> <b>Announcements</b>	<p><b>Reviewed Group Agreements – Compared January and February meeting participation</b></p> <p>Focused on how we might build people’s <b>confidence by reassuring</b> that all comments/questions are welcomed - value everyone’s experience and participation. Discussed the <b>need to stay focused</b> - it’s harder to follow the conversation and know how to respond if the conversation seems to go off-topic. We will encourage people who speak more frequently to <b>embrace the awkwardness of silence</b> to give others a little more time. We will try to <b>introduce discussion topics in the email with the agenda</b> that goes out prior to the meeting so people feel more prepared. Make time on the agenda to encourage those who attend to give <b>organization updates and initiate discussions where peer input would be valuable</b>. If a provider cannot attend, they are encouraged to send a <b>designee</b>.</p> <p>At times, we may want to do more of a <b>roll call</b> to make sure that everyone has an opportunity to comment. <b>Recognize different ways to engage</b> including: checking out ideas off-line; using the chat; asking questions; adding support in agreement with another person’s ideas; offer new perspectives; respectfully disagree.</p>
<b>Steering Committee and Leadership Training</b>	<p><b>Function of the Steering Committee:</b></p> <ul style="list-style-type: none"> <li>• Plan agendas,</li> <li>• Identifies issues of interest to the Council,</li> <li>• Develops content for Council input,</li> <li>• Facilitate meetings,</li> <li>• Other - such as previewing documents.</li> </ul> <p><b>Leadership Training series is</b> available to all BHAC members, Community Workgroup and BHRC Adv. Council. It provides the benefit of common language, skills, shared learning, and relationship building - even if you aren’t interested in taking on additional responsibility, it will still be of value. Sessions will be held the 3rd Fri from 1-3pm in Mar, Apr and May.</p> <ul style="list-style-type: none"> <li>• March - Communication;</li> <li>• Apr - Challenging Conversations;</li> <li>• May - Facilitation</li> </ul>

<p><b>Steering Committee and Leadership Training cont.</b></p>	<p><b>Outreach to community service providers w/lived experience</b> - unique perspective - encouraged to run for election to</p> <ol style="list-style-type: none"> <li>1. Help support other members who may have less experience and</li> <li>2. Contribute to a meaningful, balanced agenda that adds value for all members.</li> </ol> <p><b>Co-Facilitators</b> for the Council will be elected by the Council from within the membership of the Steering Committee. This will provide greater consistency and experience in leading a more challenging meeting compared to the smaller, more informal Steering Committee and Community Workgroup. Facilitation of the Steering Committee and Community Workgroup will rotate for people to gain experience and confidence.</p> <p><b>Term Limits for Steering Committee –</b></p> <ul style="list-style-type: none"> <li>• Some inconsistency due to adjustment so that terms would be staggered;</li> <li>• Election to different positions with term limits allows people to extend participation;</li> <li>• Postponed an election due to COVID and leadership changes.</li> <li>• All county advisory groups are expected to have term limits in order to encourage new voices</li> <li>• Met the requirement by having term limits on this committee, rather than imposing term limits on the Council.</li> </ul> <p>With that in mind, we will have <b>5 vacancies</b> to fill at the June election.</p> <ul style="list-style-type: none"> <li>• Ryan and Ruthie have served four years. They would only be eligible for election if no one else is interested.</li> <li>• June and Laura will complete their second term in 2024.</li> <li>• Barb. and Mamie are currently eligible to run for a second term.</li> </ul> <p><b><u>BHD Staff Role:</u></b></p> <p>Admin planning and support (e.g. scheduling speakers, meeting preparation, sending out the agenda and meeting invitation, facilitation support, meeting minutes and other documentation, researching issues, communication between meetings,) monthly updates from the director, new member recruitment, and conflict resolution.</p>
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<b>BHRC Update</b>	<b>Slides Attached</b>
<b>BH 2023 Visioning</b>	<b>Slides Attached</b>
<b>Director's Office Update:</b>	<p><b>Legislative Update:</b></p> <p>Over one hundred bills that the county is tracking related to BH. Of note:</p> <p>HB 2485: Expands BH workforce – allows PSU to take on an additional 100 students into their social work program.</p> <p>SB 432: Requires OHA to develop program support related to consumer engagement – technical assistance for those organizations</p> <p>HB 2543: Long-term cost study by OHA to look at all the different functions provided by the community mental health program and the local mental health authority to see if the funding is adequate.</p>
<p style="text-align: center;"><b>Adjournment</b>  <b>Next meeting: April 5, 2023</b></p>	



# **BEHAVIORAL HEALTH ADVISORY COUNCIL**

**March 1, 2023**

# BHAC MEETING REMINDERS

## Self-care

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

## Making space for all voices - All questions & comments are welcomed and valued

- Principles before personalities - stay focused on our shared goals
- Limit comments to no more than two minutes. Be mindful of frequency; silence gives space for others to join
- Limit acronyms and jargon
- Interrupt conversations that cause harm

## Virtual meeting reminders

- Try not to talk over each other - raise hand; use chat; accommodate people on the phone and tech issues
- Silence microphones when not speaking
- Go off camera when necessary

# 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

# WELCOMING ALL VOICES!

- **Build confidence** - all questions/comments welcome. Pat each other on the back so we know we are valued!
- **Stay on topic** - prepare in advance
- **Provider updates** to include questions when peer input would be valuable.
- **Appoint a designee** to assure representation when absent.
- **Roll call** to make sure that everyone has an opportunity to comment.
- **Recognize different ways to engage:** checking out ideas off-line; using the chat; asking questions; adding support in agreement with another person's ideas; offer new perspectives; respectfully disagree.



# STEERING COMMITTEE & LEADERSHIP TRAINING SERIES

## Functions

- Plan agendas
- Identify behavioral health issues of interest to the Council
- Develop content for Council input
- Facilitate meetings
- Review documents

## Training series - Communication; Challenging Conversations; Facilitation

**Who ?** All BHAC members, Community Workgroup and BHRC Adv. Council

**Why?** Common language, skills, shared learning, relationship building

**When?** 3rd Friday, 1 - 3 pm, March - April - May

# **STEERING COMMITTEE - NEXT STEPS**

**Outreach to community service providers w/lived experience**

**Co-Facilitators for the Council will be elected by the Council from members elected to the Steering Committee. Facilitation of the Steering Committee and Community Workgroup will rotate**

**Term limits** for Steering Committee - **5 vacancies** to fill at the June election.

- Ryan and Ruthie have served four years - eligible for election if no one else is interested.
- June and Laura will complete their second term in 2024.
- Barb. and Mamie are currently eligible to run for a second term.



# The Behavioral Health Resource Center

*Lynn Smith-Stott*

*Deandre Kenyanjui*

*Multnomah County Health Department*

*Office of Consumer Engagement*

*Behavioral Health Division*

March 1, 2023

# BHRC // Overview

- What is BHRC
- Who is BHRC for(population)
- Program Values
- Safety
- Making a Difference
- Challenges & Opportunities
- Successes



## BHRC // Program Values

- Creating a welcoming and safer space for all
- Day Center Services
- Peer-led, trauma-informed and culturally responsive
- Meeting people where they are
- Bridging gaps in the behavioral health system
- Helping to secure more permanent housing
- Continuous quality improvement



## BHRC // Day Center



8:00 am to 8:00 pm



Staffed by peers with lived experience



Provider referral, social events and skill building opportunities.



Calming space to relax and gain support.



Charging stations, computers and mail



Hygiene and personal care



## BHRC // Program Services

- Peer delivered, trauma informed support.
- Showers/Restrooms
- Laundry
- Basic wound care
- Meal Service (shelter and bridge only)
- Resource Connections:
  - Housing
  - Employment and education
  - Culturally specific services
  - Mental Health and SUD treatment referrals
  - Onsite Community Providers



# BHRC Plaza



AERIAL VIEW

 CARLETON HART  
ARCHITECTURE



MULTNOMAH COUNTY BEHAVIORAL HEALTH RESOURCE CENTER  
PERMIT ISSUE

LU 20-134841 DZ | APP.  
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## Behavioral Health Resource Center



# BHRC Plaza



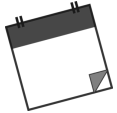
## BHRC // Shelter



24/7/365, by referral from Day Center and community providers



33 beds, mixed gender shelter



Length of stay is 1-30 days



Staffed by professionals with lived experience and supported by clinical staff



Connection and social services provided in Day Center and by shelter program staff



Pets are welcome



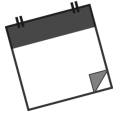
## BHRC // Bridge Housing



24/7/365, by referral from Day Center, Shelter and community providers



19 beds, mixed gender housing



Length of stay is 1-90 days



Staffed by professionals with lived experience and supported by clinical staff



Connection and social services provided in Day Center and by bridge housing program staff



Pets are welcome



## BHRC // Creating Safer Spaces



- Feedback-informed planning to address safety needs of community.
- Trauma informed, culturally responsive approach
- Inclusion criteria
- Security and safety plan

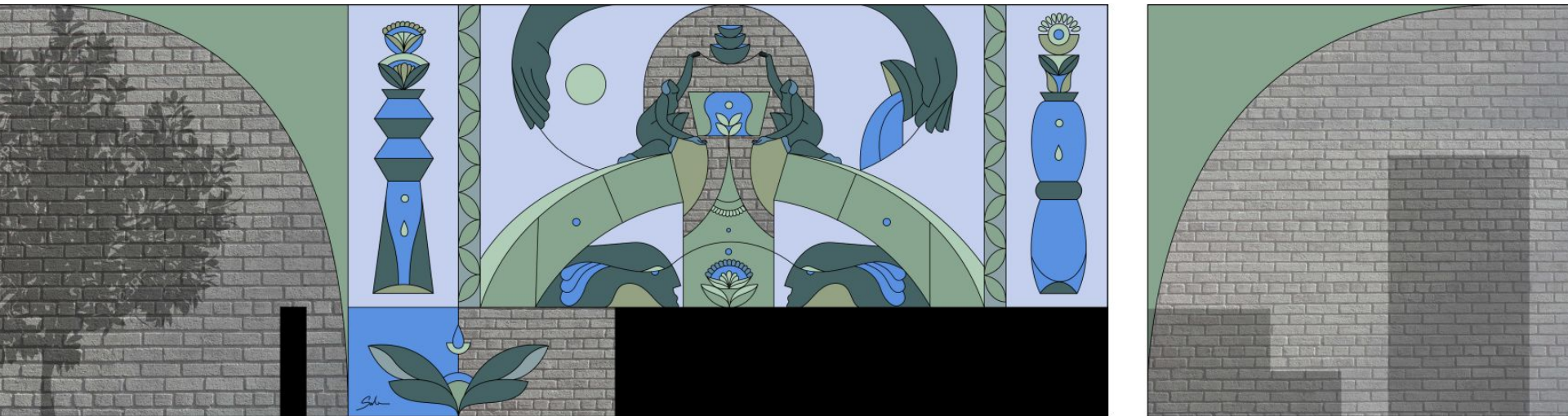


# Making A Difference

Since opening on December 5, 2022 - February 19, 2023

- 10,402 Total participants served
- 2184 peer engagements
- 2193 showers
- 1654 loads of laundry
- 2116 items of clothing distributed
- 207 referrals to Mental Health/SUD services

*Healing From Within, Solomee Souag*





# Challenges and Opportunities

- Equity informed/value based decisions
  - Increased Acuity
  - Severe Weather
  - Creating safer spaces
- Communication
- System integration

*The Oasis, Amirah Chatman*



# Successes

- Trust and community building
- Staff retention and collaboration
- Operations are stabilizing
- Support groups starting
- On site providers on site as of 1/9/2023
- Shelter and bridge provider selection process





# Next Steps

- Collaborate to build Shelter/Bridge Operations
- Continuous Quality Improvement
- Community Engagement



*The Pursuit of Nostalgia,  
Damon Smyth*







Questions?



# **BEHAVIORAL HEALTH ADVISORY COUNCIL**

**March 1, 2023**

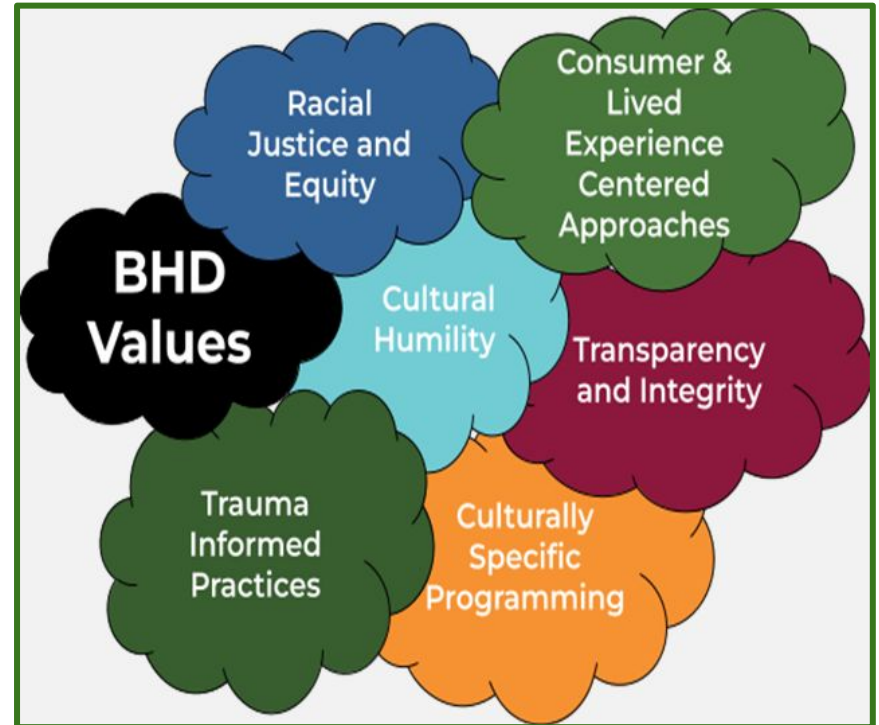
**Culturally Specific and Peer Focused  
*Direct and Contracted Services***

**2023 Visioning Poll Results**

**Behavioral Health** uses these values to guide our budget development, program design, and policy and procedures - including its contracting processes & decisions.

**Office of Consumer Engagement:**

- 3 positions with culturally specific KSA's (Knowledge, Skills, and Abilities)
- Piloting 2 Culturally Specific Peer Outreach Contracts
  - Holistic Healing Behavioral Healthcare
  - NAMI Multnomah



## Direct Services:

- Promoting Access to Hope (PATH): 10 FTE total with 6 culturally/population specific KSA staff (AA, Latinx, LGBTQ2IA+, HIV, Gambling)
- Suicide Prevention: 3 staff with 2 AA KSA



## Contracted Services:

**80% of contracted service providers offer culturally specific or peer focused services. Examples:**

- Culturally specific (African American, Latinx, Indigenous, LGBTQ, Gender Specific, Justice Involved)
  - Residential and Outpatient SUD Treatment
  - SUD Supportive housing
- Population specific recovery groups
- Targeted prevention messaging for marginalized communities

## Direct Services:

**Program units include both culturally specific KSA and language KSA staff:**

- Adult Mental Health Srvs: 3 KSA, 2 Language
- CHOICE: 1 KSA
- Medicaid Care Coordination: 7 KSA (AA, Latinx, Native American, 2 Language)

## Contracted Services:

**Contracts with 8 community providers that offer culturally specific, language, and/or peer focused services. Examples include:**

- Interpretation services
- Peer support specialist training
- Peer-to-peer education



## Direct Services:

**Program units include both culturally specific KSA and language KSA staff:**

- Protective Services: 2 KSA
- Call Center: 3 KSA
- Coordinated Diversion: 4 KSA
- Commitment Services: 3 KSA



## Contracted Services:

**67% of contracted service providers offer culturally specific or peer focused services. Examples:**

- Culturally specific (African American, Latinx, Indigenous, LGBTQ, Gender Specific, Justice Involved)
  - Residential and Outpatient MH Treatment
  - Supportive housing
- Population specific mentors
- Old Town In-Reach Peer Services
- BHRC Peer Services

## Direct Services:

**Programs provide direct services to children and families. All include culturally specific and language focused positions:**

- Early Assessment and Support Alliance (EASA): 1 CS KSA, 1 Lang. KSA
- School Based MH: 3 CS KSA, 4 Lang. KSA
- CARES: 1 KSA
- Preschool for All: 3 CS KSA, 2 Language KSA
- Headstart: 1 CS KSA, 1 Lang. KSA
- Gun Violence Impacted Families: 3 KSA positions - AA, African Refugee and Latinx

## Contracted Services:

**Few services are contracted but for those that are, 90% of the providers offer culturally specific services. Examples:**

- Interpretation services
- Outpatient treatment for culturally specific head start programs



## Contracted Providers that offer Culturally Specific/Peer Services

[4th Dimension Recovery Center/Painted Horse Recovery/NW Instituto Latino](#)

[Alano Club](#)

[Asian Health & Service Center](#)

[Blanchet House](#)

[Bridges to Change](#)

[Cascadia Behavioral Health](#)

[Central City Concern](#)

[Dual Diagnosis of Oregon](#)

[Faithbridge PDX](#)

[Holistic Healing Behavioral Healthcare](#)

[Immigrant and Refugee Community Org](#)

[Impact NW](#)

[Latino Network](#)

[Lifeworks NW](#)

[Linguava Interpreters](#)

[Lutheran Community Services NW](#)

[Mental Health Association of Oregon](#)

[Miracles Club](#)

[Morrison Child & Family Services](#)

[NAMI Multnomah](#)

[NARA NW](#)

[New Narrative](#)

[NW Family Services](#)

[Oregon Avel Gordly Center for Healing](#)

[Outside In](#)

[Passport to Languages Inc](#)

[Portland Opportunities Industrialization Center](#)

[Quest Integrative Health Center](#)

[Raphael House of Portland](#)

[Sankofa Counseling LLC](#)

[Telelanguage Inc](#)

[TIP NW](#)

[United Language Group](#)

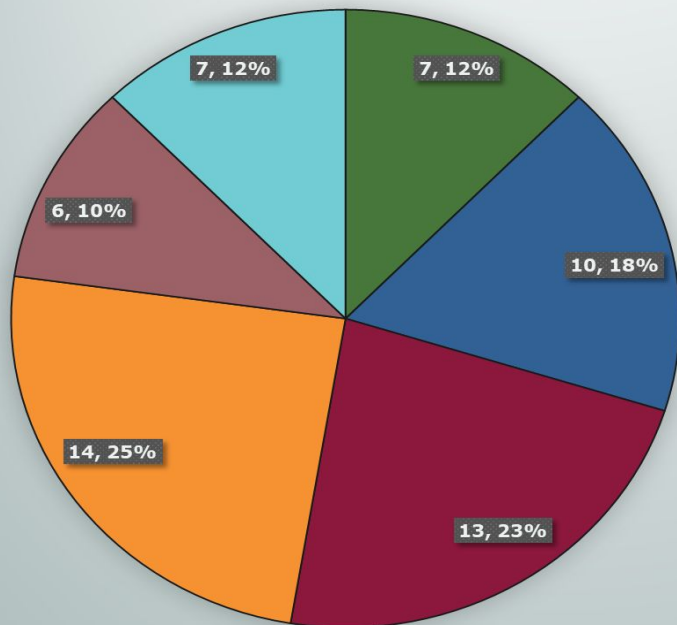
[Voices of Problem Gambling](#)

[Volunteers of America](#)

[Womenfirst Transition and Referral Center](#)



### BHAC Votes 2023 Priorities



■ Addressing workforce gaps (hiring)

■ Working on projects related to homelessness and behavioral health

■ Continuing to include the voice of those with lived experience in program development

■ Continuing to develop network of culturally specific services, incl peer-delivered services

■ Supporting our SUD system of care (including all elements of SUD continuum)

■ Innovations/Supports for individuals involved in the Justice System and Beh. Health

**17 BHAC  
Members  
Responded  
to the Poll.  
Thank you  
for the  
Feedback!**

Questions?

