

**Multnomah County  
Behavioral Health Division  
Behavioral Health Advisory Council Meeting  
January 3rd, 2024 10AM - Noon**



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 type="checkbox"/> <del>John Williams</del> <input checked="" type="checkbox"/> Joni Scheib <input checked="" type="checkbox"/> June Howard Johnson <input checked="" type="checkbox"/> Katrina Malachowski <input type="checkbox"/> <del>Kevin Fitts</del> <input checked="" type="checkbox"/> Laura Bueford <input checked="" type="checkbox"/> Mamie Gathard <input checked="" type="checkbox"/> Mary Avalon <input checked="" type="checkbox"/> Patty Hamit Arvizu <input type="checkbox"/> <del>Robert Fentress</del> <input checked="" type="checkbox"/> Ruthie Benjamin <input checked="" type="checkbox"/> Ryan Hamit <input checked="" type="checkbox"/> Seth Dugan-Knight	<input checked="" type="checkbox"/> <b>CareOregon</b> Cassi Sturtz <input checked="" type="checkbox"/> <b>Cascadia Behavioral Healthcare</b> Dave Kohler <input type="checkbox"/> <b>Holistic Healing Behavioral Health</b> <del>Jamaica Imani Nelson</del> <input checked="" type="checkbox"/> <b>Lifeworks NW</b> N Torell <input type="checkbox"/> <b>Lutheran Community Services</b> <del>Larry Johnson</del> <input checked="" type="checkbox"/> <b>Multnomah County Sheriff's Office</b> Nora Mains (NWIAS) <input checked="" type="checkbox"/> <b>NAMI Multnomah</b> Kerri Melda <input type="checkbox"/> <b>NARA NW</b> <del>Albie Lemos</del> <input checked="" type="checkbox"/> <b>New Narrative</b> Haven Taylor <input type="checkbox"/> <b>Portland Police Bureau</b> <del>Chris Burley, Billy Kemmer for Chris Burley</del> <input checked="" type="checkbox"/> <b>Quest Center</b> Danielle Deer/Scott Moore <input type="checkbox"/> Vacant	<input checked="" type="checkbox"/> Heather Mirasol <input type="checkbox"/> Anirudh Padmala <input checked="" type="checkbox"/> Deandre Kenyanjui <input type="checkbox"/> Rachel Banks <input checked="" type="checkbox"/> Jenny Tsai <input type="checkbox"/> Jill Jessee <input checked="" type="checkbox"/> Sadie Campbell <input type="checkbox"/> Roger Garth <input type="checkbox"/> Mario Cardenas	<input type="checkbox"/> Abigail Wells <input type="checkbox"/> Adam Peterson, <b>Health Share of Oregon, Behavioral Health Program Manager</b>

Agenda Item	Discussion Notes
<b>Welcome and Introductions</b> <b>Group Agreements</b> <b>Announcements</b>	<ul style="list-style-type: none"> <li>● Peerpocalypse scholarship applications announced</li> <li>● Dr. Tsai recommended a documentary called Definition of Insanity <a href="https://doifilm.com/">https://doifilm.com/</a></li> </ul>
<b>Recognition Month or Awareness Events (if Applicable)</b>	<ul style="list-style-type: none"> <li>● Rev. Dr. Martin Luther King Jr. Birthday 1/15</li> <li>● Parent Mental Health Day 1/27</li> </ul>
<b>Jeston Black - Government Relations</b>	<ul style="list-style-type: none"> <li>● Legislative overview</li> <li>● Government relations role overview</li> <li>● Legislative agenda focus: addiction and community safety, investment in behavioral health system, promote community safety and justice, expand housing and shelter capacity, protecting services for our most vulnerable, support economic and community development, protect our environment, sustainably fund transportation and infrastructure.</li> </ul>
<b>Director's Office Updates</b>	<b>Director's Office Update:</b> <ul style="list-style-type: none"> <li>● BHD Director selection still in process, HD Director Rachael Banks to access process to date and determine next steps.</li> <li>● Oregon Counties remain in negotiations about language regarding County Financial Assistance Agreements for '25</li> <li>● BHECN Stabilization Center Notice of Funding Availability is open until January 24th for applications</li> </ul>
<b>Adjournment</b>	

**BEHAVIORAL  
HEALTH ADVISORY  
COUNCIL**

**January 3rd, 2024  
General Council  
Meeting**



# 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 have their microphone turned off 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**





**Member  
Announcements**

**2024**  
**HAPPY NEW YEAR**

# January Days of Recognition



January 15th - Martin Luther King Day is a federal holiday in the United States that honors the civil rights leader and activist, Dr. Martin Luther King Jr. It is observed on the third Monday of January each year, close to (or on) Dr. King's birthday, January 15th. The holiday serves as a time for reflection, community service, and the celebration of Dr. King's contributions to the civil rights movement.

January 16th - Since 1993, the President of the United States has proclaimed January 16 as National Religious Freedom Day, commemorating the Virginia General Assembly's adoption of Thomas Jefferson's landmark Virginia Statute for Religious Freedom on January 16, 1786.



# January Days of Recognition



January 27th - The United Nations General Assembly designated January 27—the anniversary of the liberation of Auschwitz-Birkenau—as International Holocaust Remembrance Day. The Nazis and their allies and collaborators murdered six million Jewish people in a genocide now known as the Holocaust. They also murdered millions of non-Jewish people between 1933 and 1945.

January 27th - Parent Mental Health Day encourages understanding and awareness of the importance of parents' mental health and its impact on the whole family system. Parenthood can be a rewarding but demanding journey, and it's essential to acknowledge the importance of parents' mental health.





A decorative border of red snowflakes and dots surrounds the text. The snowflakes are intricate, multi-pointed geometric shapes. The dots are solid red circles of varying sizes.

# Peerpocalypse

May 6th-9th 2024  
Six BHAC Scholarships  
Virtual or In-Person Options  
Contact Sadie via Email for Application  
Due February 22nd 2024

[sadie.campbell@multco.us](mailto:sadie.campbell@multco.us)

# Directors' Office Updates

- BHD Director selection is still in process. HD Director, Rachael Banks is looking at the process to date and will determine next steps. Will be sure to update as we know more.
- Oregon Counties remain in negotiations about language regarding our County Financial Assistance Agreements for '25
- BHECN Stabilization Center Notice of Funding Availability is open until January 24th for applications