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



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

Agenda Item	Discussion Notes     Peerpocalypse scholarship applications announced     Dr. Tsai recommended a documentary called Definition of Insanity <a href="https://doifilm.com/">https://doifilm.com/</a>	
Welcome and Introductions Group Agreements Announcements		
Recognition Month or Awareness Events (if Applicable)	<ul> <li>Rev. Dr. Martin Luther King Jr. Birthday 1/15</li> <li>Parent Mental Health Day 1/27</li> </ul>	
Jeston Black - Government Relations	<ul> <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>	
Director's Office Updates	<ul> <li>Director's Office Update:</li> <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>	
Adjournment		

## 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

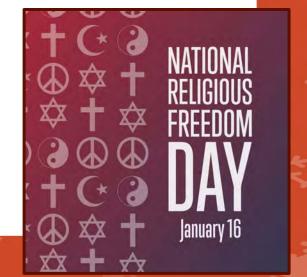
# **2024** HAPPY NEW YEAR

## **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**

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY January 27 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.



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

## **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