

Multnomah County
Behavioral Health Division
Behavioral Health Advisory Council Meeting
January 8th, 2025 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 checked="" type="checkbox"/> John Williams <input checked="" type="checkbox"/> Joni Scheib <input checked="" type="checkbox"/> June Howard Johnson <input checked="" type="checkbox"/> Katrina Malachowski <input type="checkbox"/> Kevin Fitts <input checked="" type="checkbox"/> Mamie Gathard <input checked="" type="checkbox"/> Mary Avalon <input checked="" type="checkbox"/> Patty Hamit Arvizu <input type="checkbox"/> Robert Fentress <input checked="" type="checkbox"/> Ruthie Benjamin <input checked="" type="checkbox"/> Ryan Hamit <input type="checkbox"/> Seth Dugan-Knight	<input type="checkbox"/> CareOregon Cassi Sturtz <input checked="" type="checkbox"/> Cascadia Behavioral Healthcare Dave Kohler <input checked="" type="checkbox"/> Lifeworks NW N Torell / Mary Kahfoury <input checked="" type="checkbox"/> Multnomah County Sheriff's Office Nora Mains (NWIAS) <input checked="" type="checkbox"/> NAMI Multnomah Kerri Melda <input type="checkbox"/> NARA NW Albie Lemos <input checked="" type="checkbox"/> New Narrative Haven Taylor <input type="checkbox"/> Portland Police Bureau Chris Burley, Billy Kemmer for Chris Burley <input type="checkbox"/> Quest Center Danielle Deer / Darnell Johnson	<input type="checkbox"/> Heather Mirasol <input type="checkbox"/> Deandre Kenyanjui <input checked="" type="checkbox"/> Sadie Campbell <input type="checkbox"/> Jenny Tsai <input checked="" type="checkbox"/> Roger Garth <input checked="" type="checkbox"/> Mario Cardenas <input type="checkbox"/> Jill Jessee <input type="checkbox"/> Jennifer Gulzow <input type="checkbox"/> Rachael Banks <input checked="" type="checkbox"/> Andrew Campbell - Presenter	<input type="checkbox"/> Abigail Wells <input type="checkbox"/> Adam Peterson, Health Share of Oregon, Behavioral Health Program Manager <input type="checkbox"/> Laura Bueford <input checked="" type="checkbox"/> Courtney Shannon <input checked="" type="checkbox"/> Lisa Yu

Agenda Item	Discussion Notes
Announcements	<ul style="list-style-type: none"> • Public Meeting Law Training scheduled for March General Council Meeting
Recognition Month or Awareness Events (if Applicable)	<ul style="list-style-type: none"> • Muslim American Heritage Month • Martin Luther King Jr Day 1/20 • Mentoring Month • Slavery and Human Trafficking Prevention Month
Andrew Campbell	<ul style="list-style-type: none"> • Color Brave Space Training, slides to be shared as PDF in email. link to video shared during training andrew.campbell@multco.us
Adjournment	Next Virtual Meeting - February 5th 2025 at 10:00am



January 8th 2025
BHAC General Council Meeting

**BEHAVIORAL HEALTH
ADVISORY COUNCIL**

BHAC Meeting Reminders

Meeting Reminders:

- One person speaking at a time
- Interrupt harm
- Limit comments and questions to two minutes
- Avoid using acronyms and jargon when possible
- The facilitator may interrupt if the conversation would be better addressed 1x1 or at a different time

Virtual:

- To continue building community, being on camera when comfortable and/or possible is encouraged
- Silence microphones when not speaking
- Go off camera when necessary
- Use 'raise hand' button during meeting and wait to be called on

BHAC Meeting Reminders Continued

Self-care:

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

Disruptive behavior during the meeting will result in:

- Facilitator calls attention to harmful behavior;
- If behavior continues, participant will be reminded of impact 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

We Agree to:

- Lead with race, cultural responsiveness and humility
- Acknowledge intent and center impact (pure intention does not eliminate harmful impact)
- Hold space/make space, respect the voice of others and allow space for those that don't often share
- Principles before Personalities - act with integrity in your contributions to the council
- Stay engaged to the best of your ability

BHAC Group Agreements Continued

We Agree To:

- Remember WAIT (Why Am I Talking?)
- Experience discomfort - there may be challenging conversations but we are here for the purpose of contributing to the council
- Expect and accept non-closure, there may not always be a solution in sight
- Name and account for power dynamics in the work, Multnomah County staff identify titles
- We are here to work collaboratively and share responsibility for the success of our work together

This meeting is recorded

OCE will review the recording for note taking and group
accountability purposes

BHAC General Council and Community Workgroup meetings are
open to the public

Announcements

- Public Meeting Law Training during March General Council Meeting

Monthly Awareness and Recognition

- Muslim American Heritage Month
- Martin Luther King Jr Day 1/20
- Mentoring Month
- Slavery and Human Trafficking Prevention Month

Community Updates

Welcome!

Color Brave Space Training

By: Andrew Campbell, M.S.

Purpose of Today

- ◆ Reflecting on how we can apply the Color Brave Space agreements on the Board (professionally & personally).

Who is Andrew?



Race: Black

Pronouns: He/Him/Andrew

- ◆ Born & Raised in Portland, Or
- ◆ Lived in the American South for 9 years
 - Tuskegee University (B.S.)
 - University of Tennessee (M.S)
- ◆ Background:
 - Mental & Physical Health
 - Facilitator
 - MCHD for over 8.5 years
 - ◆ Health Educator
 - ◆ Program Specialist
 - ◆ Mentor & Development Specialist

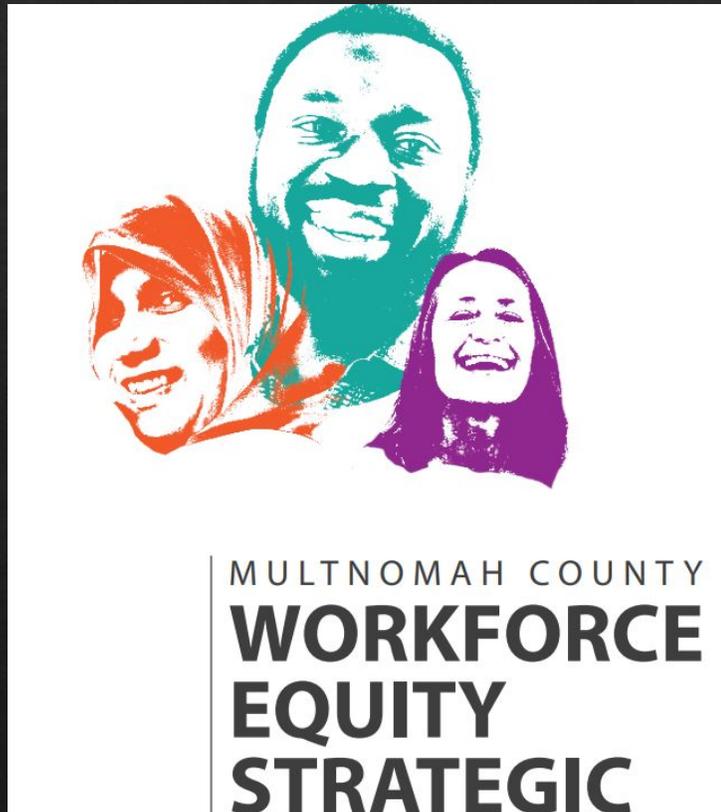
Wellness Activity

◆ Progressive Muscle Relaxation

- is a relaxation technique that involves tensing and then gradually releasing different muscle groups to reduce physical tension and promote relaxation.
- Inhale and tense a muscle group and exhale and release the tension.
- Body Parts:
 - ◆ Hands
 - ◆ Arms
 - ◆ Stomach
 - ◆ Calf
 - ◆ Toes
 - ◆ Face

History of Color-Brave Space

- ◆ Workforce Equity Strategic Plan was adopted in January of 2019.
 - Creating a workplace that reinforce an environment of trust, safety and belonging.
- ◆ Workforce Equity Strategic Plan Renewal was adopted in March of 2024



Put Relationships First.

Work to build community and trust with an awareness of power dynamics.

Keep Focused on Our Common Goal.

We work with communities to advance health equity, protect the most vulnerable, and promote health and wellness for everyone.

Notice Power Dynamics in the Room.

Be aware of how you use your privilege: from taking up too much emotional and airtime space, or disengaging.

Create a Space for Multiple Truths & Norms.

Speak your truth, and seek understanding of truths that differ from yours, with awareness of power dynamics.



Be Kind and Brave.

Remember relationships first, and work to be explicit with your language about race, class, gender, immigration, etc.

Practice Examining Racially Biased Systems & Processes.

Individual actions are important, and systems are what are left after all the people in this room leave.

Look for Learning.

Show what you're learning, not what you already know. Avoid playing devil's advocate, the devil has enough advocates.



**PUT
RELATIONSHIPS
FIRST**

*Build community and
racialized trust & care*

**KEEP FOCUSED
ON OUR
COLLECTIVE GOAL**

*Create racial justice
through Black Liberation
& Native Sovereignty*

**NOTICE & SHIFT
RACIALIZED (etc.)
POWER DYNAMICS**

*Be aware of how you
act on your power,
privilege, & advantage*

**CENTER
COLLECTIVE
Indigenous & Black
EXPERTISE,
NORMS, & JOY**

*At racial intersections of
gender, class, &
disability*

COLOR BRAVE SPACE NORMS

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**CREATE A SPACE
FOR MULTIPLE
TRUTHS**

*While prioritizing &
believing lived
experiences of racism*

**LOOK FOR
LEARNING & COMMIT
TO 'LEARNING IN
PUBLIC'**

*Avoid playing the devil's
advocate that upholds
white-dominant power
structures*

**PRACTICE
EXAMINING
RACIALLY BIASED
SYSTEMS**

*Systems are what are left
after all the people in this
room leave*

**BE KIND AND
COLOR BRAVE**

*Explicitly address
Settler Colonialism,
Anti-Blackness, & White
Supremacy*

Group Discussion

- ◆ How do you apply this in your personal and professional lives?
- ◆ How can you use these agreements on this Council?
- ◆ Using Menti-Meter, we will answer these questions and have big group discussion.



**BREAK
TIME!!!**

TedX Video

- ◆ Get Comfortable with being uncomfortable!

In Conclusion

- ◆ These agreements are tools to enhance our critical thinking on how we can show respect to each other.
- ◆ Also reinforce what racial equity looks like in behavior.
- ◆ While being on the council its important to think about how these agreements impacts who Multnomah County services in our communities.

Thank You!

- ◆ Use these agreements when thinking about policies for Behavioral Health.
- ◆ Remember who the demographics we want these policies to impact
- ◆ These agreements are tools to enhance our critical thinking on how we can show respect to each other.
- ◆ Also reinforce what racial equity looks like in behavior.
- ◆ Please reach out to me for questions or concerns.
 - Andrew.Campbell@multco.us