

**Multnomah County
Behavioral Health Division
Behavioral Health Advisory Council Meeting
December 3rd, 2025 10AM - Noon**



Community Lived Experience/Family/ Advocate Representatives	Public Service Representatives	Staff	Guests
<input checked="" type="checkbox"/> Barb. Rainish <input checked="" type="checkbox"/> Courtney Shannon <input checked="" type="checkbox"/> Eric Bray <input checked="" type="checkbox"/> Etta Assuman <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"/> Laura Bueford <input checked="" type="checkbox"/> Lisa Yu <input type="checkbox"/> Mamie Gathard <input checked="" type="checkbox"/> Mary Avalon <input checked="" type="checkbox"/> Patty Hamit Arvizu <input checked="" type="checkbox"/> Robert Fentress <input type="checkbox"/> Ruthie Benjamin <input checked="" type="checkbox"/> Ryan Hamit <input type="checkbox"/> Vacant	<input checked="" type="checkbox"/> CareOregon Cassi Sturtz <input type="checkbox"/> Cascadia Behavioral Healthcare Dave Kohler <input checked="" type="checkbox"/> Central City Concern Tuesday Hailey <input checked="" type="checkbox"/> Lifeworks NW Mary Fakhoury <input checked="" type="checkbox"/> Multnomah County Sheriff's Office Nora Mains (NWIAS) <input type="checkbox"/> NAMI Multnomah Kerri Melda <input checked="" type="checkbox"/> NARA NW Albie Lemos <input checked="" type="checkbox"/> New Narrative Haven Taylor <input checked="" type="checkbox"/> Quest Center Allison Haws/ Victoria Haberkorn <input type="checkbox"/> Vacant <input type="checkbox"/> Vacant	<input type="checkbox"/> Anthony Jordan <input checked="" type="checkbox"/> Deandre Kenyanjui <input checked="" type="checkbox"/> Jay Auslander <input checked="" type="checkbox"/> Jenny Tsai <input type="checkbox"/> Jessica Jacobsen <input type="checkbox"/> JJ Jessee <input checked="" type="checkbox"/> Mario Cardenas <input checked="" type="checkbox"/> Olivia Kilgore <input checked="" type="checkbox"/> Roger Garth <input type="checkbox"/> Diego Basabe <input type="checkbox"/> Leah Drebin <input type="checkbox"/> Marc Harris <input type="checkbox"/> Sharmila Bose <input type="checkbox"/>	<input checked="" type="checkbox"/> Heaven Merritt <input checked="" type="checkbox"/> Portland Mental Health Wellness - Melinda <input checked="" type="checkbox"/> FolkTime: Shana Powell <input checked="" type="checkbox"/> Daniella Quebrado <input checked="" type="checkbox"/> Street Leaves: JoAnne Lang <input checked="" type="checkbox"/> Ann Kasper

Topic	Notes:
Welcome and Introductions Group Agreements	Roger led BHAC through a round of introductions. Robert read through group agreements.
Recognition Month or Awareness Events (if Applicable)	<p>Recognition Month Events (if Applicable)</p> <p>Recognition Events:</p> <ul style="list-style-type: none"> ● World AIDS Day (12/1) - <ul style="list-style-type: none"> ○ This was not recognized by the federal administration this year for the first time in history ● International Day of Commemoration and Dignity of the Victims of the Crime of Genocide and the Prevention of this Crime (12/9)
Announcements and Community Updates	<ul style="list-style-type: none"> ● Courtney shared that Welcome Home has created a petition to redirect funds to get people housed <ul style="list-style-type: none"> ○ https://actionbutton.nationbuilder.com/share/SPK-QEdFSUk= ● OCE <ul style="list-style-type: none"> ○ Peerpocalypse 2026 registration opens February 1st. <ul style="list-style-type: none"> ■ Will take place in Seaside, OR and virtually 5/4-5/7 ■ Stay tuned for more information re: scholarships. ● Directors Office <ul style="list-style-type: none"> ○ Right now the Behavioral Health Division is awaiting notification from commissioners about how much general fund dollars there will be for BHD. They do know how much they will get from the state- 39.6 million, which is significantly less than last fiscal year (over \$150 million). This is in part due to the end of the delegation agreement with Care Oregon. BHD provided care coordination services for Care Oregon, and due to Care Oregon constraints - they will be ending that January 1st.

Topic	Notes:
	<ul style="list-style-type: none"> ○ Ann Kasper asked when there will be more budget updates and when to engage decision makers? <ul style="list-style-type: none"> ■ Jay suggested waiting until after the County Commissioners share about the financial constraint. Leadership will stay in touch! ○ Contact info for Jay Auslander: jay.auslander@multco.us 971-940-9852
Minute Approval	October and November meeting minutes approved by council members
FolkTime	<ul style="list-style-type: none"> ● Shana Powell (they/she) is Respite Community Manager with FolkTime. ● Respite house phone number: 503-756-0066 ● Respite House email: respite@folktime.org ● Peer respite is up to 13 night, 14 day stay for folks navigating crisis. It is peer driven, which directs the services offered. <ul style="list-style-type: none"> ○ It is self referral only. Folks must be 18+ and must be able to navigate the necessities of daily living (shower, eat, etc.). ○ There is no medication management, so folks need to be able to manage their own medication. ○ Staying at the peer respite house is no cost and they do not bill insurance. ○ There are 5 rooms and usually there is a very curated waitlist. ○ There is a level of anonymity, no one needs to know who you work for etc. ○ People are able to come and go freely - no one is locked in. ○ The peer respite house is an intimate domestic setting to experience peer support in. There is 24/7 peer support as needed. ○ There are groups that run at the house that folks can opt into. No one is forced to do this. ○ They do have a van and can help folks get to appointments, grocery store, etc. ○ When you exit respite stay, people become alumni and there is continued

Topic	Notes:
	<p>celebration/gathering and ongoing support</p> <ul style="list-style-type: none"> ■ Alumni meeting happens ~quarterly ■ They will be rolling out zoom meeting for alumni to connect ○ The first step in intake is a phone call, then an in person meeting to go over expectations and determine if it is a good fit. ○ Peer respite is an alternative to hospitalization <ul style="list-style-type: none"> ■ Studies show that respite costs less money for everyone involved ○ The pantry and fridge is stocked with staples, but people can also bring their own food. <ul style="list-style-type: none"> ● Confirmed that people interested in respite do not need to enter through the hospital system, but it is self referral. Folks should call the FolkTime respite house. ● FolkTime is relatively new and has been open since March 2025 <ul style="list-style-type: none"> ○ Funded through the state ● All guests receive an exit survey <ul style="list-style-type: none"> ○ One question on the survey asks what would you do without this service <ul style="list-style-type: none"> ■ Over half respond to this question saying death ● Unfortunately due to very strict regulations from the state, they cannot make exceptions to extend someone's stay. <ul style="list-style-type: none"> ○ They are not able to serve as an alternative option to housing. This is a crisis resource and they have to be really careful to make sure it's a good fit. ● To attend events at the respite house, you have to be an alumni. They do not share the address of the respite house until someone goes through the intake process ● Free to be Me / Oregon City - connection centers, any peer regardless of previous involvement with FolkTime can go to these connection centers! ● How ADA accessible is the respite house? <ul style="list-style-type: none"> ○ It is almost fully ADA accessible. The one thing keeping it from being completely ADA accessible is the bathtub, they do not have the money to

Topic	Notes:
	replace it yet. But there is a ramp, bedroom on the main floor, etc.
BHAC Discussion	<ul style="list-style-type: none"> ● Reflections from last community workgroup meeting with Juntos NW <ul style="list-style-type: none"> ○ Joni was able to share the number for PIRC to a family looking for their daughter who may have been detained ○ Folks found the presentation very valuable and helpful to know what is happening! ○ Daniella shared that Juntos NW is looking for donations of whistles for community members. <ul style="list-style-type: none"> ■ Courtney saw messaging on telephone poles with whistles that folks can take ○ Juntos NW has finished up the letter they discussed advocating for funds to be allocated to help those affected by ICE raids. Olivia will share that out with the group via email. ● What ongoing updates does BHAC want to see from the behavioral health division? <ul style="list-style-type: none"> ○ Updates on hiring, including what's going on with the director's position ○ Budget ● What has felt successful over the last year on BHAC? What seems to be going well? <ul style="list-style-type: none"> ○ Being able to ask questions and feeling heard ○ Happy there are new members and that people are interested ○ All of the topics and speakers ○ The honesty and integrity of the group and the ability to speak their mind ○ Transition from Sadie to Roger running the meetings. Things have been going very smoothly! ○ That everyone gives each other grace ○ Partnership with BHAC and OCE is moving in a good and positive direction ● What things would you like to see improved on BHAC for 2026? <ul style="list-style-type: none"> ○ Would like to hear some feedback on the impact BHAC has had on leadership

Topic	Notes:
	<ul style="list-style-type: none">○ Holding some BHAC meetings in person○ Formally discuss the option re: in person, hybrid, virtual○ Standard set for minimum amount of participation during meetings● 3rd Anniversary of BHRC happening 12/3, 1-4pm at the EcoTrust building.
Next Meeting	Next BHAC General Council meeting is Wednesday, Jan 7, 2026



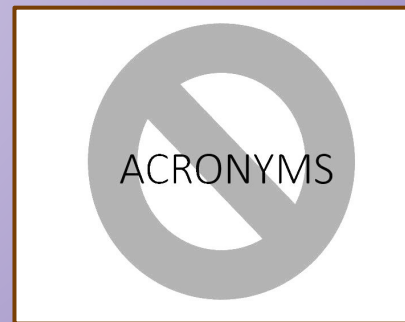
**BHAC General Council Meeting
12/03/2025**

**BEHAVIORAL HEALTH
ADVISORY COUNCIL**

BHAC Meeting Reminders and Group Agreements

Making space for all voices

- Hold space, make space
- Remember WAIT (Why Am I Talking?) & 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 (pure intention does not eliminate harmful impact)
- 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
- Limit comments to two minutes
- Limit acronyms and jargon
- Interrupt conversations that cause harm



BHAC Meeting Reminders and Group Agreements



Self-care

We support one another by taking care of ourselves

Pause before speaking when feeling stressed -
respond rather than react

Expect and accept non-closure

Experience discomfort - (creating a safer space for challenging
conversations can be uncomfortable at times)

Take the conversation off-line with staff

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 Meeting Reminders and Group Agreements

Disruptive behavior during the meeting will result in:

1. Facilitator calls attention to harmful behavior
2. 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
3. Separation from meeting with continued disruption



Monthly Awareness and Recognition

Join Proclamation Ceremony live at Noon: <https://www.youtube.com/MultCoBoard>



World Aids Day (12/1/25)



(12/9/25)

A poster for Genocide Victims Remembrance Day. The top half features a night cityscape with purple bridge lighting and the text "GENOCIDE VICTIMS REMEMBRANCE DAY" in white, sans-serif capital letters. Below the cityscape, the text "Bridge Lighting & Candlelight Vigil" is written in a white, cursive font. The bottom half of the poster is white with black text.

GENOCIDE VICTIMS
REMEMBRANCE DAY

*Bridge Lighting &
Candlelight Vigil*

SALMON STREET SPRINGS
1000 SW NAITO PKWY, PORTLAND, OR 97204

DECEMBER 9 ——— 4:30 PM

All are welcome.

FEATURED SPEAKERS:

Nurul Haque Bangladesh Rohingya Student Association	Nazier Abuzied Sudanese Development Community in Oregon
Rabbi Benjamin Barnett Havurah Shalom	Nael Saker American Council for Palestine
Sam Munyandamutsa Oregon Rwandan Community	Councilor Sameer Kanal Portland City Council

A row of logos for partner organizations: Council of Bays, Sudanese Development Community in Oregon, Jewish-Palestinian Alliance of Oregon, Jessica Vega Pederson, American Council for Palestine, and the Seal of the City of Portland.



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

OCE Updates


- Peerpocalypse 2026 registration opens February 1st
 - Will take place in Seaside, OR and virtually 5/4-5/7
 - Stay tuned for more information about scholarships!
- BHAC November stipends may be 1 week delayed
- Genocide Victims Remembrance Day: Bridge Lighting and Candlelight Vigil - December 9th at 4:30pm located at Salmon Street Springs on the Waterfront. Flyer will be shared after the meeting.

Director's Office Updates

- Jay Auslander will share a budget update



Community Updates



**Close Slides for
Presentation/Discussion**

BHAC Discussion

- Reflections from last community workgroup meeting with Juntos NW
- What ongoing updates does BHAC want to see from the division?
- What has felt successful over the last year on BHAC? What seems to be going well?
- What things would you like to see improved on BHAC for 2026?