

**Multnomah County
Behavioral Health Division
Behavioral Health Advisory Council Meeting
February 4th, 2026 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 checked="" type="checkbox"/> Laura Bueford <input checked="" type="checkbox"/> Lisa Yu <input checked="" type="checkbox"/> Mamie Gathard <input type="checkbox"/> Mary Avalon <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 type="checkbox"/> Vacant <input type="checkbox"/> Vacant	<input type="checkbox"/> CareOregon Cassi Sturtz <input checked="" type="checkbox"/> Cascadia Behavioral Healthcare Dave Kohler <input 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 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 checked="" type="checkbox"/> Street Leaves JoAnne Lang <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"/> Maren Zieba	<input checked="" type="checkbox"/> Daniella Quebrado <input checked="" type="checkbox"/> Ann Kasper <input checked="" type="checkbox"/> Tonya Jones <input type="checkbox"/> WomenFirst <input checked="" type="checkbox"/> Candace Wennig <input type="checkbox"/> WomenFirst <input checked="" type="checkbox"/> Mira Peraja <input checked="" type="checkbox"/> Kim Acord Quest

Topic	Notes:
Welcome and Introductions Group Agreements	Roger led BHAC through a round of introductions. BHAC Co-chair Robert Fentress read through the group agreements.
Recognition Month or Awareness Events (if Applicable)	<p>Recognition Month Events (if Applicable) Proclamation Ceremony is 2/4/2026</p> <ul style="list-style-type: none"> ● Black History and Black Future Month ● Pioneer Black First Responders Month ● Recognizing the 100 Year Centennial of Black History Commemorations <p>Other Awareness Events in January:</p> <ul style="list-style-type: none"> ● Brain Injury Awareness Month ● Heart Month ● World Cancer Day (2/4) ● International Day of Women and Girls in Science 2026 (2/11)
Announcements and Community Updates	<ul style="list-style-type: none"> ● Community updates: <ul style="list-style-type: none"> ○ Barb shared: PCCEP (Portland Committee on Community Engaged Policing) is meeting tonight 2/4 from 6-8pm. They will be discussing PPBs role when it comes to housing and homelessness and ICE detention. <ul style="list-style-type: none"> ■ https://www.portland.gov/pccep/events/2026/2/4/pccep-policy-reform-subcommittee-meeting-2426 ○ Haven has a follow up + update about the non emergency medical transportation question from a past BHAC meeting - the rollbacks in health related service needs flex trips impact any services that were funded through health related service needs. From their end, it's not something that was initially written into the contract, though functionally they were able to access that. They can get it added back into contracts but it would be at the expense of the provider's operating budget, which was not originally built to include that as a pretty significant expenditure. It is disappointing but they are

Topic	Notes:
	<p>working with CareOregon on this. Peer services, when it is through a clinical treatment, are still covered, but the only medical transport access is for services that are still under a specific treatment plan authorization (not community based).</p> <ul style="list-style-type: none"> ○ Roger shared that the BHRN Network (Behavioral Health Resources Network) is having a resource fair downtown at the Behavioral Health Resource Center. If you know of anyone struggling with substance use, homelessness or just want to get in touch with organizations and peers - will take place on February 24th from 10am-2pm. Roger is working on a flyer and it will be shared out with everyone. ○ Courtney asked about medical transportation - it is no longer provided for grocery store runs once per week. Is there anything we can do about that or who is the right person to talk to around this? It was a fabulous resource for the community. <ul style="list-style-type: none"> ■ Haven said that's the same thing their organization lost. The best way she knows to address this is through individual level grievances to HealthShare. ● We're excited to welcome JoAnne Lang with Street Leaves as a newly elected member of BHAC! She will fill a service provider seat, representing Street Leaves. ● OCE updates: <ul style="list-style-type: none"> ○ Community Health Improvement Plan (CHIP) Resonance Check <ul style="list-style-type: none"> ■ OCE will be leading a small focus group this Friday, February 6th ○ OCE is working on their annual work plan for the office ○ Peerpocalypse 2026 registration opens February 1st. <ul style="list-style-type: none"> ■ Will take place in Seaside, OR and virtually 5/4-5/7

Topic	Notes:
	<ul style="list-style-type: none"> ■ OCE is very close to knowing how many scholarships we can offer. There has been a lot of leadership change, so staff has been trying to find out where the money for this will come from. <ul style="list-style-type: none"> ● There will be a scoring process for BHAC members applying for a scholarship - more info to come on that soon! ■ If you work for an organization that may be able to send you to Peerpocalypse, we encourage you to seek that out, as with this year's tight budget, we aren't sure how many scholarships BHD will be able to offer. <ul style="list-style-type: none"> ○ Deandre shouted out OCE for holding things down as he has been out on leave! ● <i>BHD Directors Office Updates</i> <ul style="list-style-type: none"> ○ Staff from the Director's Office will be back to give more BHD budget updates at the February Community Workgroup meeting on February 20th ○ Construction for the new sobering & crisis stabilization permanent facility has started. The BHD Director's Office will be presenting more updates on this project at the board meeting on March 12th, 2026. <ul style="list-style-type: none"> ■ You can submit public testimony at multco.us/info/public-testimony-webform
Minute Approval	January meeting minutes were approved by BHAC members.

Topic	Notes:
<p>WomenFirst Transition & Referral Center</p>	<ul style="list-style-type: none"> ● Deandre introduced Tonya Jones with WomenFirst Transition and Referral Center. <ul style="list-style-type: none"> ○ Contact information: <ul style="list-style-type: none"> ■ Deputyd@rebuildwomenfirst.org ■ Tonyaj@rebuildwomenfirst.org ■ https://www.rebuildwomenfirst.org/home ● Shannon Olive was the organization’s founder and Executive Director. She passed away unexpectedly last year. Without her vision, WomenFirst wouldn’t be here. ● Candace Wennig is the Deputy Director of WomenFirst. ● WomenFirst is a culturally specific organization that supports black and brown women. However they don’t turn anyone away. ● WomenFirst was initially founded on doing reentry housing for black and brown women who were incarcerated. <ul style="list-style-type: none"> ○ There is one house called the Faith House with 6 beds. The beds are for women coming from Coffee Creek or inverness. ○ Women in the home are connected with a recovery mentor and a housing navigator. ○ They are a part of the BHRN network. ● Walk-in hours at WomenFirst are weekly on Thursdays from 1-4pm. Anyone can access WomenFirst during those hours They have showers, washer & dryer and a clothing closet. Folks can also come connect with housing navigators, resource navigator, recovery mentor or DV advocate. <ul style="list-style-type: none"> ○ Office location: 10373 NE Hancock St, Suite 106 Portland Oregon 97220 ○ It’s in the same building as the Cascadia Woodland Park Health Center. ● They have a domestic violence program and get funds to help women fleeing from a domestic violence situation (depending on the situation they can help provide funds for a hotel for a few nights, short term or long term housing, emergency bed reserved

Topic	Notes:
	<p>at Faith House for victims fleeing domestic violence). The Domestic Violence program has now opened to work with men as well, since domestic violence is not a gender specific issue.</p> <ul style="list-style-type: none"> ○ There are also empowerment groups (skills for life, spiritual enrichment, financial literacy, recovery group, reclaim your power (DV related - open to the public). ● Clear clinic (expungement clinic) - third Wednesday of every month at WomenFirst <p>Q&A</p> <ul style="list-style-type: none"> ● Does WomenFirst accept volunteers? <ul style="list-style-type: none"> ○ Yes! They often need volunteers to help with events. They send out flyers through the BHRN system and also to anyone on their communications list. You can always stop by their office and they will have lots of flyers and event information there. ● Is there a referral process? <ul style="list-style-type: none"> ○ There is a QR code on their flyers where you can enter screening info. ○ It does depend on each specific case, what someone may need, and what resources WomenFirst may have available at that time. ○ You can always email or call Candace with any questions. They have a resource navigator that can also help connect people and families with support. ○ For domestic violence referrals, those need to happen through their website so they can track them closer. You can also send Candace an email if it is an emergency related DV situation. ● Does WomenFirst currently have any open beds? <ul style="list-style-type: none"> ○ Yes, they do. The CRM does in reaches at Coffee Creek and Inverness. They currently have a waitlist started for Coffee Creek. So the majority of beds are taken up. But it does depend on the situation. There may be someone that is

Topic	Notes:
	<p>moving out soon, which could open a bed.</p> <ul style="list-style-type: none"> ● What are Womenfirst’s office hours? <ul style="list-style-type: none"> ○ M-F 9am-5pm. Wednesdays are closed to the public because it is a paperwork day. ○ Drop ins are Thursday 1-4pm ● June expressed appreciation for WomenFirst coming to the meeting! ● Knowing it is difficult under the best of circumstances, and certainly right now, for transitional housing and related supports, how can people support the work WomenFirst is doing? <ul style="list-style-type: none"> ○ It is helpful to point out to decision makers and elected officials - that there are many reentry houses losing funding and it is really important to to share how this is affecting black and brown folks who are incarcerated. If need to have an address to go to after incarceration in order to get out. <ul style="list-style-type: none"> ■ If you have events that WomenFirst can come speak at, they would love to! ○ It’s helpful to get the word out that WomenFirst is here as a resource! ● With budget cuts, most organizations are feeling this. When an office is not funded or if funds are taken away, it does so much damage to an organization. Are they having any galas or fundraising events where people can show up and support? <ul style="list-style-type: none"> ○ There is a (sneaker) gala coming up, date TBD but will be a few months out. ○ Staff is currently doing a lot of outreach to see who needs support. ○ Grassroots culturally specific organizations have been hit very hard by funding cuts. ● How does WomenFirst fit into the BHRN system? <ul style="list-style-type: none"> ○ They are still finding out what exactly that will look like and how it will impact WomenFirst.

Topic	Notes:
	<ul style="list-style-type: none"> ● Is WomenFirst listed in the most recent Rose City Resource Guide? <ul style="list-style-type: none"> ○ Not sure! She will look into it. There are other avenues to help connect folks too <ul style="list-style-type: none"> - Call to Safety refers people to WomenFirst. You can also call the front desk to leave a message. ● WomenFirst also does a safety kit to give people that maybe fleeing or are in a DV relationship. <ul style="list-style-type: none"> ○ Safety kits include Ring cameras, seatbelt cutters, mace, etc. ● Thank you to Tonya and Candace for coming to this BHAC meeting!
<p>Round Table Discussion</p>	<ul style="list-style-type: none"> ● Round table discussion: How do we support and include peers who are working in their respective fields but are going through a relapse or crisis, be it mental health or substance use? <ul style="list-style-type: none"> ○ Haven Taylor (New Narrative), Dave Kohler (Cascadia Health), Kim Acord (Quest) ○ Thank you to Eric Bray for bringing this topic to the steering committee. ○ From Haven’s perspective, it would be easy to focus this conversation specifically on peer specialists. Ideally these best labor practices would be implemented everywhere for everyone who might be living with a mental health or substance use disorder. ○ Dave agreed – there are peer identified positions and there’s lived experience across all disciplines in the field. <ul style="list-style-type: none"> ■ Having/being a good employer and having resources, good supervision, support across teams and across a community of providers are things that would help someone feel satisfied and supported at work. For most people, some good purpose that allows you to join the mission of whatever your job is, plus supervisory and employer can help create success in what you do.

Topic	Notes:
	<ul style="list-style-type: none"> ■ For Cascadia, it has really helped to bring in peer supervisors. Cascadia also allocates a few hours per month/every few weeks there's peer support groups for peer providers. ■ Dave encourages folks to take advantage of work related benefits including seeking accommodation if you need it to be successful in your job. ● Ruthie asked about vicarious trauma and compassion fatigue. <ul style="list-style-type: none"> ○ These are very real challenges that can add to burnout. Vicarious trauma refers to a vicarious experience that some peers may have from when the exposure of walking alongside someone, picks up some similar distressing experiences we may have also experienced. That being said, vicarious resilience is also very real. Compassion fatigue goes alongside burnout and is where you do emotional labor for a living and it's exhausting and sometimes, your own well runs dry. Finding ways to fill your own cup is important and can flip compassion fatigue to compassion satisfaction. The work we do of walking alongside someone else's journey can also help fill our own cup. <ul style="list-style-type: none"> ■ Haven shared that having space to get support can be very helpful. New Narrative has affinity groups for a variety of different identities. There is a lived experience affinity group and also a peer learning collaborative specifically for peers. ■ Use FMLA if you need it. Many organizations also offer employee assistance programs. ■ If there's trauma awareness and good trauma informed practices within an organization, that goes a long way! ■ It can also be helpful to think about burnout as a spectrum, similar to how we talk about recovery and that people can be at different places with it.

Topic	Notes:
	<ul style="list-style-type: none"> ○ Dave added - there's been some initiatives in the Tri-County Behavioral Health Providers Association of supporting provider agencies in developing some workforce trauma support. <ul style="list-style-type: none"> ■ For the last 10 years, Cascadia has had an internal workforce trauma support team. This team can do some crisis trauma response and psychological first aid is their model for some individual connection immediately. There is also a post stress/trauma group work they do. <ul style="list-style-type: none"> ● Haven added that New Narrative also did some work with this Tri-County Behavioral Health Providers Association. They helped the organization create plans where providers can come in and support an organization. Situations that necessitate this might be rare, but sometimes things come up that really rock a whole organization. ■ Support and model employees using their PTO banks! <ul style="list-style-type: none"> ● Cascadia employees get up to 2 wellness days per year that can be accessed if there is a critical incident at work they are exposed to or connected to - not connected to PTO. ■ If you are employed, know what benefits are available to you. In addition to legal requirements, there might be other things woven into the culture of the organization that are trauma informed, inclusive and responsive. ● Roger shared that some in recovery around substance use might have 12 step fellowships or other recovery programs they can lean on when things get tough. However sometimes people experiencing relapse do find it hard to heal or (for example) attend recovery meetings because of fear of judgement. <ul style="list-style-type: none"> ■ Where do those people go to feel safe to heal? How can we implement policy for employees that experience relapse so they are protected- like a probationary period where they can come back after taking some

Topic	Notes:
	<p>time, instead of losing their whole livelihood? Relapse is a part of recovery.</p> <ul style="list-style-type: none"> ● Haven shared that one consideration she’s seen that gets factored in is what the impact of the relapse is on the people served. If someone does make a mistake or becomes impaired but doesn’t significantly harm a participant, that’s usually pretty recoverable, unless their licensing or credentialing has to be pulled. If licensing or credentialing has to be pulled, it is outside of the organization’s control and her organization goes by FMLA rules. <ul style="list-style-type: none"> ○ The OHA THW Commission is a little less intense than other licensing bodies and she has seen more pathways available there. CRMs for example work under the same requirements and ethics code as clinical roles. ● Kim has seen struggles with people who are in recovery and are employed because lived experience is valuable. If a staff member returns to use and they need to seek support or services in the community, it can be difficult when you know a lot of people in the field. What supports are in place for people that do know a lot of people in the field and in treatment centers? <ul style="list-style-type: none"> ○ Haven shared that from the SUDs side of things, it is hard because there is a pretty strong zero tolerance for use and it is possible to lose your credentials. Some organizations don’t specifically require sobriety, but a lot of organizational cultures still do. ● Ryan affirmed that having a good support system is crucial for recovery. ● Daniela shared that when it comes to participants experiencing relapse, there is a lot of support and understanding for participants, but that doesn’t necessarily extend to employees that are in recovery and experiencing relapse. We need to look at how we can support our own employees.
Next Meeting	Next BHAC General Council meeting is Wednesday, March 4th, 2026

**BHAC General
Council Meeting
02/04/2026**

**BEHAVIORAL
HEALTH
ADVISORY
COUNCIL**

**2026
BLACK
HISTORY
MONTH
#BLACKHISTORYMONTH**

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



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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

3

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 2/4/26 at Noon: <https://www.youtube.com/MultCoBoard>



Black History and Black Future Month



Pioneer Black First Responders Month



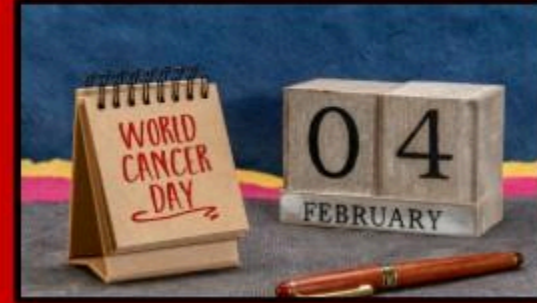
Recognizing 100 Year Centennial of Black History Commemorations



Brain Injury Awareness Month



Heart Month



World Cancer Day (2/4) 5

Monthly Awareness and Recognition

Join Proclamation Ceremony 1/14/26 at Noon: <https://www.youtube.com/MultCoBoard>



**International Day of Women
and Girls in Science (2/11)**

**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:

STREET LEAVES
Lounge
EVERY THURSDAY 4-7PM
SE 12TH AND SE OAK



SAFE USE STUFF- PHONE CHARGING- FREE 5G WIFI

We're excited to welcome JoAnne Lang with Street Leaves as a new elected member of BHAC!!!! She will fill a service provider seat, representing Street Leaves. Congratulations and welcome!

Announcements

OCE Updates

- Community Health Improvement Plan (CHIP) Resonance Check
 - CHIP will help to align efforts across public health, behavioral health, and community partners to best support Multnomah County residents.
 - OCE is leading a small focus group this week to gather input
- OCE is working on their annual work plan for the office
- Peerpocalypse 2026 updates

Director's Office Updates

- Staff from the Director's Office will be back to give more BHD budget updates at this month's Community Workgroup meeting (2/20)

FAC-1 Construction - Permanent Facility

Next Meeting on
this topic is on
March 12, 2026

Submit testimony by completing the
public testimony webform:

multco.us/info/public-testimony-webform

If interpretation is needed, please email
boardclerk@multco.us 48 hours in
advance of the meeting

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Get details:

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More information at multco.us/info/about-board-meetings



Sobering & Crisis Stabilization Project



Community Updates

BLACK

HISTORY

MONTH



Close Slides for
Presentation/Discussion