

**Multnomah County
Behavioral Health Division
Behavioral Health Advisory Council Meeting
March 2nd, 2022**



Community Representatives	Public Service Representatives	Staff	Guests
<ul style="list-style-type: none"> ⊗ Laura Bueford ⊗ June Howard Johnson ⊗ Kevin Fitts ⊗ Mamie Gathard ⊗ Etta Assuman ⊗ Patty Hamit Arvizu ○ Robert Fentress ⊗ Barb. Rainish ⊗ Ruthie Benjamin ⊗ Ryan Hamit ⊗ Sandi Delarosa 	<ul style="list-style-type: none"> ⊗ Cascadia Behavioral Healthcare Dave Kohler ⊗ Central City Concern Albert Parramon ⊗ Lutheran Community Services Ron Weaver ⊗ Lifeworks NW Melissa Finch/Nadia Dunkle/Nybelle Caruso ⊗ New Narrative Jennifer Gantner ⊗ Local Public Safety Coordinating Council Abbey Stamp ○ Multnomah County Sheriff's Office Nora Mains ⊗ NAMI Multnomah Kerri Melda ⊗ Northstar Liz Wright ⊗ Portland Police Bureau Chris Burley ⊗ Quest Center Danielle Deer/Scott Moore 	<ul style="list-style-type: none"> ⊗ Deandre Kenyanjui ⊗ Lynn Smith-Stott ○ Jennifer Gulzow ⊗ Jill Jessee ○ Jesse Benet ⊗ Julie Dodge 	<ul style="list-style-type: none"> ⊗ Cheryl Baker ⊗ Joni Scheib ⊗ Rose Kuhnau

Agenda Item	Discussion
Executive Committee Proposed	<p>Recommendations</p> <p>By-laws Update: -</p> <ul style="list-style-type: none"> • Propose to establish an ad hoc committee with monthly updates to Council. • The group will work on one section at a time and bring their work back to the full group for feedback. (Examples of sections: Purpose, Member Roles, Term Limits, etc.) • Formal approval won't take place until the update is complete and it is adopted in its entirety. • Learn from what other councils use, examples: HIV Council, Disability Services, previous AMHSAAC bylaws • Stipends will be available for members with lived experience <p>Elections:</p> <ul style="list-style-type: none"> • Consistent with existing bylaws • 6 vacancies for people with lived experience • 1 vacancy for a community service provider • postpone Executive Committee Election until after bylaws update is complete - likely the end of the year. <p>Future meeting agendas:</p> <ul style="list-style-type: none"> • Balance Quality Improvement with advisory role on current topics (i.e. budget, legislation, BHECN, BHRC, 988, etc.) <p>Suggestions for future agenda topics:</p> <ul style="list-style-type: none"> • Budget and how the delays in 110 are affecting the county budget and the BHRN and other projects connected with that • Continuing to have presentations from different community organizations. It's helpful to learn more about all the resources in our community.

	<ul style="list-style-type: none"> • Develop an annual calendar with regularly occurring agenda items such as Black History Month, Budget Updates, Legislative Session Updates, etc., rather than the current process of the executive team setting it up piecemeal each month. • Some members would like to revisit having the land acknowledgement added back into the agenda. <p>Trauma Informed:</p> <ul style="list-style-type: none"> • Ron shared that life is fluid and constantly changing the way we see and understand things. He asks that we keep this in mind as we move forward with the work of the council and to be able to adjust to new ways of doing things. Always be mindful that our intent is in good faith. Our individual intersections of identity, influence our work and contributions and there will be times that the work is not well-received. Be willing to change as we learn with and from each other. There are great contributions before us . The challenge is capturing those that honor the work and voice of the collective in acting. • Cheryl shared the Four R's of Trauma Informed Practices: REALIZE prevalence of trauma; RECOGNIZE signs and symptoms of trauma in those you are in community with; RESPOND by integrating knowledge about trauma into policies, etc and RESIST retraumatizing others <p>What suggestions are there for how to gauge the success of the BHAC in meeting its objectives?</p> <ul style="list-style-type: none"> • Instead of doing a satisfaction survey, perhaps a goals survey....e.g., Are you aware of BHAC's purpose? Do you have information on the MultCo programs that BHAC provides feedback about? Do you feel the voice of BHAC is respected in policy/practice implementation? etc.
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<p>Group Agreements Discussion - Finalize Draft</p>	<p>Group Agreements Discussion - Finalize Draft Lead: Cheryl Baker</p> <p>Cheryl reviewed the draft group agreements and asked them to focus on the three that had the most need of clarification for members.</p> <ul style="list-style-type: none"> • Name and account for power dynamics in the room and in the work • Confidentiality: stories stay, learnings leave • Acknowledge intent but center impact <p>Discussion Highlights</p> <ul style="list-style-type: none"> • Power dynamics: <ul style="list-style-type: none"> ○ Define what it means for BHAC to be driven by people with lived experience and define the role of the county. ○ Include a definitions page in the group agreements. ○ Include in the definitions, that there is room for fluidity/changes as determined by BHAC members and what we live/see/experience in our lives. ○ One member mentioned “nothing about us without us” as an example of being led by lived experience. ○ Have those who live with the issues we are making decisions about provide guidance and input throughout the process. ○ The lens we bring into the space acts as a filter for how we receive and perceive information. ○ A provider member shared that they almost always feel welcome to actively participate in discussions and do so with their whole self but, they acknowledge they are wearing a provider "hat". Because of this they try to step back or take less space for members with lived experience to fill most space. ○ The county needs to ensure all members are provided a level knowledge base from which to provide their input on policies and programs. • Confidentiality: <ul style="list-style-type: none"> ○ Public Meetings vs. Executive Committee and what is your personal
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	<p>responsibility?</p> <ul style="list-style-type: none"> ○ There is a separation between the three groups and information does not get shared, leaving some members feeling unheard and excluded. ○ Leave the story here but take the learning with you. ○ Include confidentiality expectations in the bylaws and group agreement definitions. ○ One member asks that county employees not take the discussion of the meeting back to the office. (This is a public meeting and governed by Oregon Public Meeting Laws) ● Intent vs. Impact - Applying an equity lens <ul style="list-style-type: none"> ○ Refer back to the previous notes on trauma informed. ○ Due to time limitations, the group deferred discussion on this particular group agreement. It is a vital topic that needs the appropriate time allotted for discussion. <p>Accountability:</p> <ul style="list-style-type: none"> ○ What do you do when someone breaks an agreement? This will need to be addressed in the bylaws. ○ Members should be accountable to each other for upholding the bylaws, member expectations and group agreements.
Director Updates - Julie Dodge	<ul style="list-style-type: none"> ● Julie thanked the group for their participation on the council and the heart they bring to the work. Their time, experience and perspectives are invaluable. ● Workforce shortages are critical. ● Encouraged members to follow the Peer Respite work. ● Youth substance treatment beds are critically low due to the impact of workforce shortages on the system. Many service providers have discontinued these services and at this time there are less than 30 beds available. ● BHD will be looking for the council's guidance and input as COVID restrictions lessen and the community and the behavioral health service system begins to rebuild. Think on the various services and how we can do things differently/more thoughtful as we begin to reopen.

	<ul style="list-style-type: none"> ● Also on the horizon is the housing planning rfp that is being worked on. Julie asked: <ul style="list-style-type: none"> ○ If you were in charge, how would you build housing for those with severe and persistent mental illness? ○ Think about your own circumstances - Do you have what you need? Those you know - Do they have what they need? If not, what would be most helpful? ○ What does safety look like for these new housing opportunities? ○ The Oregon legislature is raising medicaid payment by up to 30% to providers. ○ Lynn - BHAC's community workgroup will be looking at the housing planning grant at this month's meeting.
Next Steps	<ul style="list-style-type: none"> ● Agenda topic: Defining "satisfaction" for 2022 ● Lynn will send out the bylaw information and solicit volunteers for the bylaws workgroup. Sandi Delarosa volunteered. ● Nominations for new members in April with a vote in May. ● Holding on executive elections. ● Send agenda topics of interest to Lynn.
<p style="text-align: center;">Adjournment Next meeting: April 6, 2021</p>	



BEHAVIORAL HEALTH ADVISORY COUNCIL

March 2, 2022

EXEC. COMMITTEE PROPOSED RECOMMENDATIONS

By-laws

Establish ad hoc committee with monthly updates to Council

Elections

New members only in May

Postpone Executive Committee election

Future meeting agendas

Balance Quality Improvement with Advisory role on current topics

REVISED BYLAWS - PROPOSED PROCESS

AD HOC COMMITTEE - Let's welcome fresh voices!

Invite people with lived experience, community service providers, and Community Workgroup participants - others?

STIPENDS for people with lived experience

COMPARE BYLAWS FROM OTHER COUNCILS

e.g. Disability Services and HIV, as well as previous AMHSAAC Bylaws

FOCUS ON ONE SECTION PER MONTH AND REPORT TO FULL COUNCIL FOR FEEDBACK. Examples include:

Purpose, Member Roles, Term Limits, Voting, Conflict Resolution, Removal of Members, Attendance, Role of Community Workgroup, Official Communication

REVISED BYLAWS - PROPOSED PROCESS

ELECTIONS

NEW MEMBERS TO BE ELECTED IN MAY

Consistent with existing bylaws

6 vacancies for people with lived experience

1 vacancy for community service provider

POSTPONE EXECUTIVE COMMITTEE ELECTION

Pending bylaw changes to committee structure

REVISED BYLAWS - PROPOSED PROCESS

FUTURE MEETING AGENDAS

BALANCE QUALITY IMPROVEMENT WITH ADVISORY ROLE

Topics include Budget, Legislation, Housing, Behavioral Health Emergency Coordination Network, Behavioral Health Resource Center, Role of the CCO, 988 and the role of the Behavioral Health Call Center.

SUPPORT DIVERSITY, EQUITY AND INCLUSION.

Topics include Black History Month, Pride Month, etc.

BHAC GROUP AGREEMENTS

ORIGINAL DRAFT

- Stay engaged
- Speak your truth and hear the truth of others
- Expect and accept non-closure
- Experience discomfort
- Name and account for power dynamics in the room and in the work
- Step up, step back / Take space, make space
- Confidentiality: stories stay, learnings leave
- Acknowledge intent but center impact
- Share responsibility for the success of our work together
- We are here to work cooperatively

GROUP AGREEMENTS DISCUSSION

POWER DYNAMICS

What does it mean for BHAC to be driven by people with lived experience? What is the role of the county?

CONFIDENTIALITY CONCERNS

Public meetings vs. Executive Committee

Personal responsibility

ACKNOWLEDGE INTENT BUT CENTER IMPACT

What does this mean, and how will we apply this in our work together?