



Children's Mental Health System Advisory Council

CMHSAC

Meeting Notes

June 16, 2009

Present:

Members: (in bold) Family Representatives	Trish Backlar, Kathy Boring , Margaret Brayden , Vicki Creel, Kimberly Dunn, Anna Guillen , Milele Hobbs , Jan Lacy, Carrie Leavitt, Brenda McSweeney , Angelina Richart, Adrianna Rickard , Eric Walters
Professional Representatives	Leslie Brown, Deena Corso, Maxine Fookson, Monica Ford, Kathy Keim-Robinson , Drew McWilliams , Andrea Muzikant , Monica Parmley , Janie Richards, Courtney Towne , Thuy Vanderlinde , Elaine Wallick, Joan Williams, Kirk Wolfe
Youth Representatives	Roman Dobbs, Gabe Rickard , Elicia Smith (recruiter)
Guests:	Cathe Dunwitty, Jane and Dan Keats, Jamie Vandergon
Staff: FamilyCare Verity	Deborah Danner, Dr. Lisa Kaskan, Charmaine Kinney, Sonja Miller, Godwin Nwerem, Joan Rice,
Recorder:	Karen Mayfield

Welcome and Introductions

Milele and Eric called the meeting to order. Those present introduced themselves.

MOTION: Kathy K, moved and Adrianna seconded to approve the agenda as submitted. Motion carried.

The notes from the May 19, 2009 meeting were amended with the clarification of members of the Transitions Subcommittee. MOTION: Drew moved and Courtney seconded to approve the notes as amended. Motion carried.

Member Issues and Concerns

Milele explained that the Executive Committee is proposing that members with concerns that they don't want to bring up themselves can communicate these concerns to one of the Executive Committee members, who will then bring the concern up at the next meeting.

Milele wants CMHSAC information on the main website page as well to encourage questions and concerns.

Jane and Dan Keats attended as guests. They have adopted 5 special needs kids and want to know more about the mental health system.

Membership

There was a discussion of the Primary Care position since Maxine Fookson from the Health Dept. has not attended. It is desirable to have someone from this area since there is momentum to integrate health and mental health.

Charmaine mentioned a project with Kaiser which is starting with data and information gathering about Kaiser's OHP kids and their involvement with the mental health system. Kaiser may be a

place to recruit for a member. Drew suggested looking at CareOregon, but noted that Kaiser is covering uninsured kids and it would be nice to work with them. Adrianna suggested talking with medical interns or CDRD or Doernbecker. Milele suggested CMHSAC draft letters about CMHSAC and our request for participation; Godwin said County staff will do this. Adrianna and Milele urged face-to-face contact with prospective primary care representatives. Milele suggested meeting with the Nurse Practitioner organization. **Ideas should be emailed to Milele, Eric, or Adrianna.** It was clarified that all Kaiser OHP members have Verity.

Department/Division Updates

Godwin said the County budget passed and children's mental health was held harmless. The State budget is being reviewed right now, and this also looks good for us at this point.

Godwin thanked members and interested persons who have been attending CMHSAC meetings. He also commended families who take a risk in opening up about their situations and noted that this is of great benefit to the system.

School Based Mental Health staff are on their annual summer layoff and will return to work August 31.

In early September we will start community forums to get input that will help us write our RFPQs to renew contracts for the fiscal year starting July 1, 2010. The forums will help us identify system gaps. Kamala Bremer, a consultant, will facilitate these sessions.

Bylaws Amendment

Milele explained the proposal to establish a separate membership category for Youth representatives. This proposal will be distributed for voting at the July meeting. Eric added that although the number of slots is proposed to be 6 Youth at this time, this can be expanded if Youth member grow and may even spin off into a Youth Advisory Committee.

Kirk recommended reversing the order of the categories on the Membership by Position list:

- A. Youth
- B. Family
- C. Professional

Milele called attention to the waiver of attendance requirements for youth representatives. Gabe said that he likes the ideas as proposed.

Drew expressed concern about the possibility of having a 35-member group. Sonja reminded people that we are required to have 51% youth and family voice at each meeting, noting that more official members will increase the likelihood of achieving this ratio.

Sonja and Joan suggested looking at the quorum requirements for voting to make sure we don't make it impossible to pass motions.

Elicia said we need to hold youth accountable for participation. She has invited several to attend as guests and speak with Gabe and Roman. Some youth may want to participate less formally and not take a membership position.

MOTION: Elicia moved and Gabe seconded to propose this bylaw amendment. Motion carried.

Subcommittees

Crisis Response (new)

Milele noted that this topic, although not on our priority list, has come up recently as a priority. At the last meeting, a Crisis Response subcommittee was formed and Courtney volunteered to facilitate. She will send an email to volunteers and there will be a meeting before the next CMHSAC meeting. There is a Crisis Consortium meeting that is coming up (June 30), which may be receptive to family representation and may come to present at CMHSAC. These are providers involved in crisis services who meet to problem-solve. **Someone who regularly attends will ask the group about involving CMHSAC.** Subcommittee work can happen in the meantime. Other volunteers are welcome, including agency staff with an interest in this subject.

Verity and Families

Eric explained that this meeting had been on hold until the County described some changes that it had implemented that may have affected this subcommittee. The information presented wasn't particularly relevant to this issue, so Eric will convene a meeting by next month.

Transitions

Milele noted that these are transitions from agency to agency and from service to service. Kathy K. brought Milele the transition protocols developed by the MOU Group, the parties of which are the County, DHS, Oregon Youth Authority, and Multnomah County school districts. There is no family representation on the MOU Group so it is important that CMHSAC address the issue of transitions. Milele, Courtney, Kathy K., Gabe, Roman, and Deborah Danner are members of this committee. Milele asked if this group could meet by phone at noon on Tuesday, June 23, between 3:00 -4:00 p.m. **Karen will set up the conference call.** (NOTE: did not happen; Karen's fault.)

County Website

Joan and Charmaine asked that this be tabled due to equipment problems in accessing the web site remotely for demonstration purposes. They will bring their own equipment to the next meeting to ensure internet access.

Milele said she thinks it's difficult to find CMHSAC on the web site, and asked if it could be made easier. Charmaine said she had a consumer look at the website and make suggestions. The decision was to change the wording from Citizen Participation to Advisory Boards, and this change request has been sent to our IT department.

Joan said mental health and A&D was on the home page but has been removed based on the hit counter. Now you need to select Departments and MHASD. **Karen will send out a link to the site.** We don't have search capability yet. Charmaine described the structure of the children's mental health web page. She checks that links are active before posting them but asked to be notified if you find any invalid links. One of the links is to a list of provider agencies, and there are links to the agencies' own websites.

Siblings

Adrianna spoke to the autism society director re: their Sib Shop, which meets once a month. She sees a need for mental health sibling support. Discussions are underway with the Oregon Family Support Network (OFSN) about getting them training to do this model. OFSN in turn will provide a demographic from which to draw. Wraparound Oregon talked about serving not only the client kid but siblings as well. Sib Shop is a place where kids can learn about their sib's disability, vent frustration, etc. Licensed therapists run it. Eric said his non-client kids are traumatized and are in family counseling; Sib Shop would be ideal for them. Adrianna is

looking for other resources for siblings. Youth MOVE (Motivating Others from Voices of Experience) is willing to let us set up a sib Youth MOVE program. Siblings are entering the mental health system due to the crises of their client siblings. Jamie has experience with Sib Shop and noted that it originally was focused on siblings of kids with profound autism. Adrianna said the program she spoke with is open to all siblings. Elicia said OFSN families are very enthusiastic about Sib Shops. She reached out to the autism society and they are starting their OFSN Youth Peer Support program this summer. Siblings will be welcomed and nurtured. As youth leaders get more established, there will be specific sibling support. Eric asked for a future presentation when things are further along. Elicia said the location will be the Montavilla Community Center on Thursdays from 4-5 p.m. beginning July 2. Gabe and Elicia will have a planning session with the youth coordinator at the site this week. A blurb will go into the Montavilla newsletter. **Elicia will send a flyer to Karen for distribution when developed.** Ages will be 12-20 with flexibility. OFSN has another youth coordinator, Mica (sp?) Thomas, who will be working with other ages in this way. Eric said how impressed he is with the work OFSN has done in this area; the group agreed.

Cultural Competency Committee Update

Cultural Competency was a priority issue for CMHSAC, but it was taken off of the priority list because the Community Care Coordination Committee (C4) had already begun to address this issue. Milele, Anna, Brenda, Charmaine, Elicia, Adrianna and Courtney are on the committee. CMHSAC members will be pulled in to facilitate 10-12 focus groups. Sites have been identified for July (one in August). Facilitators have been identified. We are trying to include various ages, languages, etc. The baseline survey has gone out to providers so we can see where we are now in terms of a culturally competent system. Information gained at the focus groups also will inform the RFPQ (contracting) process this fall. The language-specific focus groups are Spanish, Somali, Farsi, and Burmese; Russian will be added. Agencies working with multiple cultures are helping identify the ethnic groups that need the most attention at this time. Joan asked if CMHSAC would like to take the survey. There are two versions: administrative and direct services. There would be no way to identify CMHSAC survey responses, but we will look at it to find which question they can enter CMHSAC so these can be identified separately. Provider members will not be asked to do the CMHSAC survey since they are doing it at their agencies. Taking this survey will help members understand this process. The survey is in Zoomerang, an internet-based survey tool. Agencies will be able to measure their progress over time. Baseline results will be presented to CMHSAC. Sonja noted that the survey is not meant to compare agencies with each other; rather, it is for agencies to measure their progress over time. Aggregate summaries also can be done. It was clarified that people who take the survey do it anonymously. There is an identifier code that, if staff were willing to share, could be used to track agencies to make sure everyone takes the survey. Sonja said we will send out several reminders to people about taking the survey. The goal is to help us better understand our needs and move forward our system's cultural competence.

Adrianna explained that the focus groups are designed to identify what is working at places where it is being done successfully so we can learn what works and spread it around. The groups were identified by the Cultural Competency Committee as agencies that people see as culturally competent. The questions we ask are worded around what makes their agency culturally competent. We're also looking at how people perceive and describe mental health. A couple of questions deal with the stigma of having a mental illness and whether various cultures perceive it this way.

Charmaine said we need more recorders. Two meetings will be in Spanish. Most focus groups are in the early evening. We need to capture everything said in the discussion, so we need 4 recorders per site. Notes are taken on easel pads and on computer.

Sonja expressed her appreciation for this hard-working committee. Co-facilitators will be trained soon. Volunteers are working very hard. It took a community effort to bring this together.

State Audit Results

Joan will report when we get our findings. The State's attention has been drawn off onto budget issues. Kirk said that Morrison looks at its outcome measurement data for the purpose of quality improvement. The State Children's System Advisory Committee (CSAC) focuses on outcomes at each of its meeting.

Outcomes

Kirk would like CMHSAC to make this a priority topic. This is how we make the system better. Eric agreed that this would be important and would like to see a process to look at this. Joan offered to do a 10 minute presentation at every other meeting on Verity and provider data. Kirk asked for more time so a dialog could be part of the agenda item. He also would like to do this at 8 or more meetings a year. Charmaine said these conversations already occur at the QM Committee, which includes some CMHSAC members. They focus intensively on outcomes. At the next meeting, they will look at complaint trends, for example. Kirk said that this information should be shared in this meeting so CMHSAC can appropriately advise. Milele said CMHSAC should look at its own outcomes on their priority issues. Charmaine asked for family volunteers to participate on the QM Committee, since there aren't many right now. **Eric said the Executive Committee will discuss how the outcomes can be discussed at CMHSAC.**

Announcements

- Fall trainings at schools: targeted primarily to school counselors, but DCJ, Child Welfare, and others are present. The topic this year is helping professionals understanding family stress and the challenges that parents face. There will be around 6 community agencies (SEI, faith-based, community centers, etc.) represented who let people know the community based supports that are available. These trainings are done at the start of the school year. Mental health does an update on its services. School nurses at MESD do a presentation. SUN Schools does a presentation on their poverty assistance and enhancement programs. Resource packets are handed out. PPS and East County hosted two last year. This year there will be 3 events training 300 people. The community complimented us to the State for putting on this event.
- Brenda announced a free dental day on June 27 in Lake Oswego. She handed out fliers.
- Brenda also announced and handed out fliers on free movies on Tuesdays and Wednesdays.
- The recent CHIF (Children's Investment Fund) allocations included funding for mental health consultation to Early Childhood programs through Morrison.
- The Executive Committee will meet always on the Monday before the CMHSAC meeting. Two months are by phone, the third month is in person. The next one will be 7/13 at 4pm by conference call. Everyone is welcome to take part. The August meeting will be in person at NAMI's office at Providence.