

MHSA STAKEHOLDER MEETING



Dana Barford MHSA Projects Manager

Amanda Colt MHSA Program Coordinator/Innovations



- Welcome
- Update on Help@Hand
- New Innovation Project
 - Proposal
- Next Steps

- X Bachelor of Science Degree in Community Health Education
 - X Master of Public Health



- X Certified Health Education Specialist
- Livingworks safeTALK Certified

Amanda Colt, She/Her/Hers MHSA Program Coordinator- INN









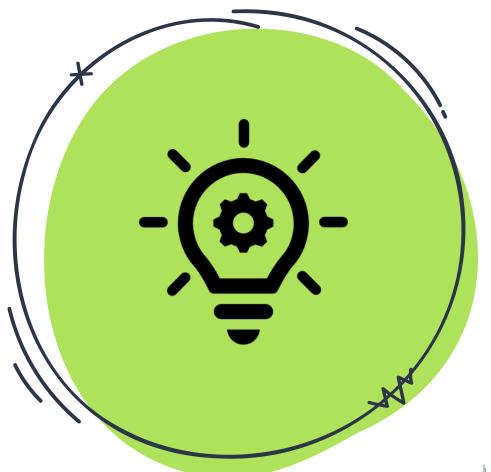




What is Innovation?

Innovation consists of **short–term projects**, one to five years, that **explore novel efforts to strengthen aspects of the mental health system**

- X A Learning/Research Project
- X Increase access to the unserved/underserved communities
- X 5% of total MHSA funds
- X Significant Learning Goals
- X Time Limited



CURRENT INNOVATION PROJECT

- X Help@Hand is a California multi-city and county Collaboration created to determine if and how technology fits within the behavioral health system of care
- X Began in January 2019, extended to a 5 year project –December 31, 2023
- X Currently in the process of developing pilot for myStrength App





MYSTRENGTH PILOT

- myStrength is a highly interactive, individually-tailored application that empowers users to address depression, anxiety, stress, substance use, chronic pain and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health.
- X Streamlined Pilot Process
- X Can start as soon as mid-April

- X 5,000 Licenses/\$35,000 (already included in the Help@Hand budget)
- X 90 Days
- X 60 participants
 - X 20 TAY
 - X 20 Older Adults
 - X 20 Spanish Speaking





- X Participants were recruited by Mental HealthSpecialist at Tri-City
- X Also invited employees with lived experiences to participate
- X Focus Group Participants:
 - X 3 older adults
 - X 1 Spanish Speaker
 - X 6 Additional community members and staff, some identify with lived experience

LET'S HEAR FROM SOME FOCUS GROUP PARTICIPANTS



NEW INNOVATION IDEAS

- Annual Community Planning Survey
- Stakeholder workgroups January and February
- Two new project ideas were submitted
- Two previous project ideas were reviewed with a COVID 19 lens
- One final project was selected



PLAN #1: RESTORATIVE PRACTICES FOR IMPROVING MENTAL HEALTH

- 2 year, Multi-Collaborative approach to improve mental wellness and resilience from trauma.
- Estimated number to be trained: 400 over two years.
- Utilizing Sky Breathing, Trauma Informed Yoga, and Restorative Circles.
- Targeting Mental Health Professionals (Tri-City Employees), Youth; including TAY, LGBTQ, Homeless Youth, and Foster Care, as well as staff who serve them.
- Sustainability of project: training 10 Tri-City Staff, 5 Youth and 5 support staff, each year, to share the practices with the community upon completion of project.



S Estimated Cost: \$950,000

Breathe, Heal, Restore

EXAMPLES OF SUPPORT

- Youth: Sky breathing can help them get in control of their emotions through breathing, Trauma Informed Yoga can help participants develop positive coping mechanisms and a community of support, while restorative circles can help the youth repair relationships with family/friends.
- Mental Health Workers: Offering these practices to staff can provide them with tools to self help and cope with stress which in turn combats fatigue/burn out/ and turnover.

 Another benefit is that Staff can share these techniques with clients for additional support.



- Emotional well-being (traumatic responses, calmness, happiness, trust in others & self, resilience)
- Physical well-being (sleep, illness, ability to focus)
- X Sense of belonging (at school, among friends, family, in community)
- X Academic/Job performance (students' grades & attendance; staff burnout & attendance)
- X Address clinician stress and burnout
- X Encourage retention and reduce staff turnover





- Incorporated into FY 2021-22 Annual Update
- Posted for 30-day Comment Period
- Public Hearing Mental Health Commission
- Tri-City Governing Board (Adoption)
- Innovation Projects/MHSOAC Approval

