



MHSA STAKEHOLDER MEETING



Dana Barford
MHSA Projects Manager

Amanda Colt
MHSA Program Coordinator/Innovations

AGENDA

- 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

X 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

- X 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



FOCUS GROUP FEEDBACK

10 participants



- X Participants were recruited by Mental Health Specialist 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

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



PLAN #1: RESTORATIVE PRACTICES FOR IMPROVING MENTAL HEALTH

- X 2 year, Multi-Collaborative approach to improve mental wellness and resilience from trauma.
- X Estimated number to be trained: 400 over two years.
- X Utilizing Sky Breathing, Trauma Informed Yoga, and Restorative Circles.
- X Targeting Mental Health Professionals (Tri-City Employees), Youth; including TAY, LGBTQ, Homeless Youth, and Foster Care, as well as staff who serve them.
- X 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.



Estimated Cost: \$950,000

Breathe. Heal. Restore



EXAMPLES OF SUPPORT

- X **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.
- X **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.





LEARNING GOALS

Can these three practices together help increase...

- X Emotional well-being (traumatic responses, calmness, happiness, trust in others & self, resilience)
- X 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



POOL

The word "POOL" is rendered in a playful, modern font where each letter is contained within a colorful speech bubble. The 'P' is in an orange bubble, the 'O' is in a pink bubble, the first 'L' is in a blue bubble, and the second 'L' is in a green bubble. The bubbles are arranged in a slightly overlapping, staggered fashion. The entire graphic is enclosed in a hand-drawn, rounded rectangular border with decorative elements: a zigzag line at the top center, a double slash at the bottom center, an arrow pointing left at the top left, an 'x' mark at the middle left, an 'x' mark at the middle right, and an arrow pointing up at the bottom right. Scattered around the letters are various colored circles in shades of pink, orange, yellow, green, and blue.



NEXT STEPS

- 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

