



MHSA STAKEHOLDER MEETING

Thank you for joining us. Our webinar will begin in just a moment.



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MHSA Projects Manager



On March 17, 2020, California Governor Gavin Newsom signed an Executive Order (N-29-20) authorizing teleconferencing as a means to hold public meetings. This allowed counties, such as Tri-City, to continue to connect with our stakeholders and community partners.

Webinar Instructions

- To avoid excessive background noise, all participants will be "on mute" during the presentation
- If you have a question or comment during the presentation, please click on the Q & A icon at the bottom of your screen. We will have plenty of time for public comments and questions throughout the presentation.
- We will not be using the chat or raised hand icons.

Agenda

- Update from Tri-City Executive Director-
Toni Navarro
- COVID-19 Efforts and Resources
- Recommendations for MHSa Three-Year
Program and Expenditure Plan



Toni Navarro

Antonette (Toni) Navarro, LMFT
Executive Director
Tri-City Mental Health




COVID-19 RESPONSE

COVID-19 resources were immediately posted on our website and social media

Community Navigators identify and distribute resources to the community

Other online webinars and trainings . .



The brochure will be reviewed and updated on a biannual basis. The review was March 2020.

Please send any suggestions for apps to be considered to trichand@tricitymhs.org


If you're having thoughts of suicide or are in crisis, contact the **NATIONAL SUICIDE PREVENTION HOTLINE** (800) 273-8255 or Dial 911

Learn more about Mental Health Services In Claremont, La Verne, or Pomona

Your Wellbeing On Your Terms

Guide to Wellbeing Apps


FOR 24/7 HELP, PLEASE CALL OUR ACCESS LINE AT (909) 623-6131



For additional information visit <https://tricitymhs.org/>

Disclosure: This pamphlet is designed for informational use only and the referenced apps should not be used as a substitute for professional advice and information from therapists, physicians, or other licensed advisors. The pamphlet is a resource to assist with locating apps that you may find to be helpful in your daily life. Some apps in this guide may have associated charges and in-app purchasing available. We do not endorse any in-app purchases. USE OF THESE APPLICATIONS IS AT THE USER'S SOLE DISCRETION AND HIGHER SOLE RESPONSIBILITY.

Use of the Help@hand logo and the TRI-CITY logo does not imply any affiliation with, or endorsement of, products, other organizations, or individuals.



INTRODUCTION

The apps listed here are a quick guide of resources available to people in Claremont, La Verne, and Pomona, to promote wellbeing in simple daily activities.

You may find these apps to be useful for exercise, nutrition, education, emotional health, relaxation and practicing mindfulness. We've made things simple so you don't have to sort through 100s of available apps to improve your wellbeing. These are an initial set of apps based on input received from the community. Others may be forthcoming.

ML = Multiple Languages

*All apps listed here have a free version. To avoid charges do not enter credit card information

APPS FOR CONSIDERATION*

Physical Wellbeing

-  **7-Minute Workout ML**
Access guided workouts for any activity level
-  **Fooducate**
Create your healthy diet toolbox
-  **Headspace ML**
Access guided meditations and mindfulness activities

Intellectual Wellbeing

-  **Hoopla ML**
Access e-books, music, audiobooks, and movies
-  **Khan Academy ML**
Learn online with interactive exercises and videos
-  **Luminoosity ML**
Improve memory and increase focus with brain training games

Emotional Wellbeing

-  **Happily ML**
Play games to reduce stress, overcome negative thoughts, and build resilience
-  **Mindshift ML**
Access resources to help manage anxiety
-  **Happy Color ML**
Engage in coloring activities as a positive coping strategy

Financial Wellbeing

-  **DPSS Mobile**
Fill out forms and skip a trip to the office
-  **Keeper ML**
Store and manage passwords securely
-  **Mint**
Develop and manage a personal budget





TCMH staff offer therapy via telehealth care

Wellness Center remains open with a modified schedule and safety procedures; providing support groups virtually; employment support is also still available



Community meetings are held online



WELLNESS - RECOVERY - RESILIENCE

How does this impact our Three-Year Program and Expenditure Plan

Where we were . . .

January and February 2020

- January 28 and 30 Stakeholder Meeting
- Reviewed recommendations from our MHSWA Workgroups
- Highlights:
 - Community Services and Supports funds transfer to Workforce Education and Training (WET) and Capital Facilities and Technological Needs (CFTN)
 - Two new Innovation projects that were designed to meet the needs of the community at that time
 - Tri-City's 3-Year MHSWA Plan was formulated well before COVID-19 and in the absence of any concern about financial downturn or how the needs of the community might drastically change

Where we are now. . .

- Jan 25-First case of COVID 19 was identified in California
- *Physical distancing and face coverings became our way of life*
- Schools and places of worship began to close
- Non-essential businesses closed their doors
- Demand for unemployment benefits reached historic numbers
- People who were able worked from home
- Others lost their jobs

Here's what we don't know

- Long term impact of COVID 19 for our clients and community members
- Type of support that community members will need when the pandemic is over
- What programs or services will need to be developed to meet the needs of our clients and community members

- 1. Prepare financially to meet these needs**
- 2. Reevaluate components of our MHSa Three-Year Program and Expenditure Plan**

What does this mean for 3-Year Plan

- Tri-City's Executive Director and Chief Financial Officer have consulted with statewide partners over the past few months
- Need to evaluate the fiscal impact of COVID-19 on county behavioral health as well as the needs of the community over the next few months to next few years
- Determined it necessary to pause the approval of the proposed MHSa 3-Year Plan as originally conceived



2 Recommendations to Support Fiscal Stability and Allow Time For Strategic Assessments Following COVID-19

#1 Recommendation for Restructuring Three-Year Plan

Transfer of Funds

- \$500,000 in Community Services and Supports
- Transfer to Workforce Education and Training and Capital Facilities and Technological Needs
 - WET \$425,000
 - CFTN \$75,000

Recommendation

- Retain the \$500,000 in CSS
- CSS supports clients with highest clinical needs
- Once these funds are transferred they cannot be returned to CSS
- These funds can be reconsidered for the same transfer in the future

#2 Recommendation for Restructuring Three-Year Plan

New Innovation Projects

- Two new Innovation projects
- Cultural Outreach and Resource Exchange (CORE) \$800,000
- Achieving a Restorative Community (ARC) \$496,160

Recommendations

- Delay approval and implementation of both Innovation Plans
- Allows time to evaluate community needs post-COVID 19
- Revise or add to the plans projects as needed

What are your thoughts?

Questions

Please use your Q&A button at the bottom of your screen.

Survey

Please complete the survey at the end of this presentation.



Thank you for joining us!

Public Hearing June 9, 2020

Please check our website for link to webinar