

MHSA Newsletter

Stanislaus County Behavioral Health & Recovery Services
A Mental Health, Alcohol and Drug Service Organization

...a newsletter to share information about Stanislaus County's Mental Health Services Act (MHSA) programs with staff, consumers, stakeholders, other county departments and the community at large.



Turning Point Consumer Empowerment Center Life Skills Successes and Community Capacity Building

By Benandrew Briggs, Activities Coordinator

The Consumer Empowerment Center strives to provide behavioral health participants and family members a safe and friendly environment. This is an environment where an individual can flourish emotionally while developing courage and confidence. We provide opportunities that promote self-determination, empowerment, lifelong learning, employment, and training.

Turning Point's program "The Consumer & Family Empowerment Center" offers a variety of classes that provide an opportunity for an individual or family member with lived experience to learn skills that enable them to engage in life in a meaningful and tangible manner.

One example is our "Life Skills" class, a 12-session course designed with wellness, recovery and resiliency in mind. Adam Ward, Life Skills Facilitator, covers topics including: people meeting people; finances; housing; housekeeping; Garden of Eat'n kitchen; bathroom; bedroom; use of time; why do I feel this way, and transportation. Class concludes with a written examination and a party for those who successfully pass. Congratulations to those participants who succeeded in completing all requirements!! We are very proud of each of you.

One of our Life Skills graduates is sight challenged and we were able to coordinate with an outside local agency, VIPS-Vision Impaired Persons Support, to present to her a certificate created using a Perkins Braille Writer. The person who crafted the certificate is also sight challenged. This is an example of how community collaboration serves our members best.

At the Consumer Empowerment Center, we consider ourselves a Team and, as a Team, we noted that participants often drove the class into a deeper understanding of the material being presented by asking great questions and answering the facilitator's prompts based on unique lived experience.

On Monday, May 10, 2010, Stanislaus County BHRS conducted the Behavioral Health Summit 2010 about leadership, results focus and community capacity building. At the Summit we learned...

"Community Capacity Building is a concept and approach which is legitimate and value-adding in a community...to be a part of that community and to contribute to solving its problems and responding to its opportunities. This is no longer an employability mandate alone. It is a social responsibility."

The Consumer Empowerment Center's May 2010 Calendar is a good example of what community capacity building can look like in real life. We have collaborated with many outside agencies that provide services relevant to our individuals or family members with lived experience. We also go to these agencies to speak about the Consumer Empowerment Center, its activities and services. We speak wherever and whenever we can, in the firm belief that we will do "whatever it takes".

MHSA Five Essential Elements:

- Community Collaboration
- Cultural Competence
- Client/Family-Driven Mental Health Systems
- Wellness for Recovery & Resilience
- Integrated Service Experiences

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2010 BEHAVIORAL HEALTH SUMMIT WAS AWESOME!

By Karen Hurley, MFT, MHSA Planning Coordinator

This month Behavioral Health Summit 2010: Acting Together: Leadership for Community Results was held at the Modesto Centre Plaza/DoubleTree Hotel.

Denise Hunt, BHRS Director and Vito Chiesa, Stanislaus County Board of Supervisors, District 2 kicked off the day by speaking the BHRS vision for transformation and the Board of Supervisors' commitment to a healthy community. The Summit was introduced as an exploration of three elements at the heart of an ambitious change effort: a focus on results, a commitment to community, and a passion for leadership.



The morning plenary session included two panels. The first panel consisted of three Senior BHRS Leaders - Madelyn Schlaepfer, Associate Director, Uday Mukherjee, Medical Director, and Adrian Carroll, Chief, Children's System of Care and MHSA Prevention and Early Intervention. Each spoke on one of the three elements of the Summit.

The second panel included public and private sector leaders: Cle Moore-Bell, Stanislaus County Public Health Department Director and founding member of Stanislaus Multicultural Community Health Coalition/West Modesto King-Kennedy Neighborhood Collaborative, Tom Ciccarelli, Executive Director of Inter-Faith Ministries and Ruben Imperial, Manager, BHRS MHSA Prevention and Early Intervention Programs. Each offered their diverse perspective on the history and emerging promise of community efforts to promote health and well-being in Stanislaus County.

Mark Friedman, Director of the Fiscal Policy Studies Institute and author of Trying Hard is Not Good Enough, presented a keynote address and introduction to his world-renowned Results-Based Accountability Framework. Mark's open style of presenting was very engaging and participants were inspired to return the next day for a full-day training in how to apply Results-Based Accountability to their work.

The afternoon keynote was presented by John Ott, co-author of The Power of Collective Wisdom and a facilitator of change efforts for more than thirty years, gave a funny and thought-provoking presentation on what constitutes leadership; the leader in all of us as we move forward.

A diverse group of 280 participants came from all over Stanislaus County, as well as a few from San Joaquin, Merced and Sacramento areas. Participants including community members, consumers, family members, representatives from Family Resource Centers and neighborhood collaboratives, faith- and spirituality-based organizations, BHRS staff, community-based organizations providing mental health services, alcohol and drug service providers, physical health, social service, public health, and law enforcement agencies as well as many educators and students joined in the rich discussion of opportunities for building leadership for community results. The Peer Recovery Art Project displayed beautiful artwork that contributed an additional real-life example of what belonging to a community can create.

Kudos are in order for all who contributed, at all levels, to make this day a huge success! We were able to welcome and seat everyone who wanted to attend (kudos to the BHRS Registration/Logistics Team and the Facilities Team at the Centre Plaza!), food was plentiful and tasty (kudos to the DoubleTree chef and wait staff!), we received excellent feedback on how participants were inspired by the message of the day (kudos to keynote speakers and panel presenters!) and, lastly, we received enthusiastic feedback and requests for more next year (kudos to all participants!)

This second annual event deepens the work with and within diverse communities and served as an excellent organizing event for how we can go forward powerfully and in partnership to continue the momentum of increasing our communities' capacity to develop, support, and strengthen emotional health and wellness throughout the County.



The MHSA-CSS (Communicate, Share, and Support) Meeting is held the 4th Monday of each month at 10:00 a.m. in the Redwood Room, 800 Scenic Drive (unless otherwise notified).



If you have questions or suggestions regarding MHSA, please forward them by I.D. mail or e-mail to: Carol Jo Hargreaves, BHRS / Administration, e-mail: chargrea@stancounty.com; or Karen Hurley, BHRS / Administration, e-mail: khurley@stancounty.com

