



Mental Health Commission

## INFORMATION CALENDAR

February 19, 2019

To: Honorable Mayor and Members of the City Council  
 From: Mental Health Commission  
 Submitted by: boona cheema, Chairperson, Mental Health Commission  
 Subject: Mental Health Commission 2018/2019 Work Plan

### INTRODUCTION

The Mental Health Commission is submitting the 2018/2019 Work Plan which was adopted by the Commission on April 26th 2018.

### CURRENT SITUATION AND ITS EFFECTS

In 2016 the City Council created a requirement for the submission of annual work plans. The commission created its first work plan which was adopted on April 26th, 2018.

M/S/C (Fine, Ortiz) Adopt the 2018 Work Plan: Ayes: Castro, cheema, Kealoha-Blake, Ludke, Marasovic, Ortiz, Posey: Noes: None Absent: Davila, Heda.

Berkeley Mental Health is well funded and when fully staffed has the ability to serve its mandated consumers. The partnership with the commission will assure that the services provided continue to improve and reach more underserved populations in the city.

### BACKGROUND

This is the first time that this commission has developed a work plan, the process itself brought out the best in the commission's talents and skills. We then created the following working committees: Accountability, Diversity, Site Visit, and By-Laws.

The committees are meeting on a monthly basis and moving forward with making recommendations to BMH on a regular basis. If and when needed we will submit recommendations to the City Council for action. All the committees are working hard towards accomplishing the goals set forth in the plan.

### ENVIRONMENTAL SUSTAINABILITY

We do not expect any action related to this section.

### POSSIBLE FUTURE ACTION

When appropriate we will send recommendations to the City Council for action. We will also submit our annual report in early 2019 which will include the progress on we are making in meeting our goals.

FISCAL IMPACTS OF POSSIBLE FUTURE ACTION

We do not expect that there will be a financial impact upon the city to accomplish our goals, however we might recommend changes within the existing allocations in the budget of the Berkeley Mental Health Division.

CONTACT PERSON

Karen Klatt, Commission Secretary, HHCS, (510) 981-7644

Attachments:

1: Mental Health Commission 2018/2019 Work Plan

**Attachment 1: Mental Health Commission for the Cities of Berkeley and Albany**

**WORK PLAN 2018—May 1, 2018 to May 31 2019**

**MISSION and VISION:**

1. We aim to address the mental health crisis in our community where a large number of unsheltered people are unserved, underserved and/or inappropriately served by public government systems.
2. We aim to ensure that a diversity of people—including people of color, children, families, youth, the LGBTQ community, and seniors—receive mental health interventions and services that are respectful and tailored to their mental health needs.
3. Through our work, we aim to strengthen the core values/guiding principles of 1) wellness, recovery and resilience-oriented models; 2) community collaboration; 3) systems development and integration among BMH, CBOs and other entities; 4) cultural competency; and 5) consumer and family-driven services.

Action Steps	Timeline	Expected Outcome	Person Responsible	Progress Notes
<p>Memorialize</p> <ul style="list-style-type: none"> <li>• A great deal of knowledge exists in the system, amongst stakeholders, providers, consumers, volunteers, and the larger community about the public mental health system for the Cities of Berkeley and Albany.</li> </ul> <p>Data Collection</p> <ul style="list-style-type: none"> <li>• The Mental Health Commission will approach BMH, CBOs, stakeholders, consumers, including unsheltered people in encampments and other</li> </ul>		<p>Make recommendations to Berkeley Mental Health and the Berkeley City Council regarding the public mental health system for the Cities of Berkeley and Albany regarding the status of unsheltered people with mental illness and recommendations regarding the resources needed to improve the quality of their lives.</p>	<p>boona cheema Shirley Posey Carole Marasovic Paul Kealoha-Blake</p>	

<p>locations who live with mental illness to gather information.</p> <ul style="list-style-type: none"> <li>• Through conversations, meetings and written materials, the Mental Health Commission will collect and review this information. The Mental Health Commission will also request additional information to make recommendations to BMH and the BCC.</li> <li>• The Mental Health Commission will create reports memorializing conversations with people with mental illness and others to contribute their information to meet this goal.</li> </ul>				
--	--	--	--	--

<p><b>GOAL TWO:</b></p> <ul style="list-style-type: none"> <li>• <b>Ensure a diversity of people, including people of color, youth, LGBTQ and seniors, have access to culturally competent (respectful and tailored) mental health interventions and services from the public mental health care system for the Cities of Berkeley and Albany.</b></li> <li>• <b>Ensure BMH and CBOS bring awareness and visibility about mental health to a diversity of groups and the larger community to reduce stigma and discrimination.</b></li> </ul>				
---	--	--	--	--

Action Steps	Timeline	Expected Outcome	Persons responsible	Progress
<p><b>General Diversity Assessment</b></p> <ul style="list-style-type: none"> <li>• Request documentation, reports and any evaluations which show that this goal is being met.</li> </ul>		<p>Increased knowledge of BMH and CBO capacity and identify gaps.</p>	<p>Erlida Castro Margaret Fine Ben Ludsky</p>	

<ul style="list-style-type: none"> <li>• Meet with the current Diversity and Multicultural Program staff and participate on the BMH Committee related to it.</li> <li>• Review materials being used in trainings and workshops.</li> <li>• Assess the efforts BMH and contracted CBO's efforts in reducing discrimination and stigma.</li> </ul>		<p>To write a written report with recommendations.</p>		
<p><b>Diversity Strategy</b></p> <ul style="list-style-type: none"> <li>• Work with BMH and CBOs to strengthen and deepen serving a diversity of people according to best practices for the delivery of mental health interventions and services (process oriented strategies by CalMHSA)</li> <li>• Ask CalMHSA about effectively, empathetically using materials in client context.</li> <li>• Ensure that materials are available in medical and mental health waiting rooms and in visible locations at CBOs and other important entities serving a diversity of people and the larger community.</li> </ul> <p><b>CalMHSA – Technology INN:</b></p> <ul style="list-style-type: none"> <li>• Participate in developing the BMH INN plan for \$400,000 expenditures in joint</li> </ul>		<p>To ensure that a diversity of groups feel welcome and have a sense of belonging when interacting with BMH and CBOs both within and outside the organizations.</p>		

<p>agreement with CalMHSA to provide effective, empathetic technology innovations to BMH. Ensure these innovations are culturally competent (respectful and tailored) to meet the needs of a diversity of groups using them.</p> <ul style="list-style-type: none"> <li>• Seek technology to provide a range of mental health resources available on an app for a diversity of persons to have expedient access to information about resources.</li> </ul>				
--	--	--	--	--

**GOAL THREE: Build a Strong Partnership with BMH, the CBOs, the Community and Consumers, local government, and other stakeholders.**

<ul style="list-style-type: none"> <li>• Appoint an individual Commissioner to each of the internal BMH Committees</li> <li>• Each Commissioner attends regular meetings and makes status reports to the MHC.</li> <li>• Invite BMH staff to Commission meetings</li> <li>• Invite CBO's to present to commission</li> </ul>		<p>Ensuring a diversity of groups are represented on internal BMH committees and report to MHC about the status of the committees.</p> <p>Build deeper understanding of current programs, quality and depth of service so we make recommendations which are fully informed.</p>	<p>Vylma Ortiz boona cheema</p>	
--	--	---	-------------------------------------	--

**GOAL FOUR: Assess financial accountability of Berkeley Mental Health and related CBOs.**

Action Steps	Timeline	Expected Outcome	Persons responsible	Progress
<ul style="list-style-type: none"> <li>Identify all existing BMH documents pertaining to financial accountability.</li> <li>Request these documents from BMH.</li> <li>Review and analyze the documentation.</li> <li><b>Gather relevant research regarding financial evaluation, particularly regarding MHSA and related programs</b></li> </ul>		<p>To provide analysis/oversight to the Berkeley City Council about the use of government and other funding for the public mental health system for the Cities of Berkeley and Albany.</p>	<p>Margaret Fine Cheryl Davilla boona cheema</p>	

**GOAL FIVE: Review and assess program needs, services, facilities, including challenges and any problems and make recommendations.**

Action Steps	Timeline	Expected Outcome	Persons responsible	Progress
<ul style="list-style-type: none"> <li><b>Obtain documentation needed from BMH and CBOs to review and assess programs</b></li> </ul>		<p>To provide analysis/oversight to the Berkeley City Council about the use of government program resources for the public mental health system for the Cities of Berkeley and Albany. Synthesize information and write report re: information collected for Berkeley City Council.</p> <p>Make recommendations that include identified strategies &amp; resources needed to improve the</p>	<p>Same as above</p>	

		public mental health system for the Cities of Berkeley and Albany.		
<ul style="list-style-type: none"> <li>• Further obtain outcomes data to assess programs.</li> </ul>		See above.		
<ul style="list-style-type: none"> <li>• Confirm BMH and CBOs have implemented performance evaluation to measure program effectiveness.</li> <li>• Gather relevant research regarding program evaluation, particularly regarding MHSA and related programs</li> </ul>		See above.		
<ul style="list-style-type: none"> <li>• Write MHC Report with Recommendations for Berkeley City Council.</li> </ul>				

**GOAL Six: Make site visits to Berkeley Mental Health programs, as well as to CBO programs which provide mental health services in Berkeley and Albany with, to become more informed and familiar with the continuum of interventions and services. Meet with staff and consumers of these services**

Action Steps	Timeline	Expected Outcome	Persons responsible	Progress
<ul style="list-style-type: none"> <li>• Create clear purpose and develop protocols for site visits.</li> </ul>		An integrated approach to service delivery. Streamline the provision of a continuum of services.	Erlinda Paul Carole Shirly	
<ul style="list-style-type: none"> <li>• Identify documentation needed and review that before the site visits, including contracts.</li> </ul>				



<ul style="list-style-type: none"> <li>Undertake site visits.</li> </ul>					
<p><b>GOAL SEVEN: Submit Annual Report 2018 to the Berkeley City Council.</b></p>					
Key Action Steps	Timeline	Expected Outcome		Person Responsible	Comments
<ul style="list-style-type: none"> <li>Write Annual Report 2018</li> <li>Submit Annual Report to Mental Health Commission</li> <li>Obtain Approval by Mental Health Commission to Submit to the Berkeley City Council</li> <li>Submit to the Berkeley City Council</li> </ul>		<p>To inform the BCC on the continuous work of the BAMHC</p>			
<p><b>GOAL EIGHT: Stay current and disseminate information on evidence-based best practices used and related developments regarding public mental health systems for inventions and services.</b></p>					
Key Action Steps	Timeline	Expected Outcome		Person Responsible	Comments
<ul style="list-style-type: none"> <li>Research WHO and related mental health organizations that set domestic and/or universal evidence-based best practices for the delivery of public mental health systems.</li> </ul>		<p>Learn from and apply appropriate strategies.</p>			
<p><b>GOAL NINE: Increase Public Education on Mental Health and Wellness, particularly to reduce stigma and discrimination.</b></p>					
Key Action Steps	Timeline	Expected Outcome		Person Responsible	Comments
<ul style="list-style-type: none"> <li>Hold Signature Event</li> </ul>	<p>May 2019 in May is Mental Health Month</p>	<p>Public Education</p>		<p>Full Commission and all Stakeholders</p>	

