

## Cultural Relevancy and Humility Committee for Monterey County Behavioral Health

March 10, 2021 at 1:30 PM

Zoom Video Conferencing Link to Meeting <https://montereycty.zoom.us/j/96994277354>

**Context for the Meeting:** The Cultural Relevance and Humility Committee (CRHC) serves in an advisory role to Monterey County Behavioral Health (MCBH) to ensure the public mental health delivery system is embedded in a collaborative process that is informed and influenced by community interests, expertise, and needs of Monterey County residents.

**Attendees:** Adriana Furuzawa; Lindsey O’Leary; Alica Hendricks; Justin Alnas; Andria Sumpter; Cristina Ranuscho; Christina Wright; Jacob Agama; Jill Walker; Dana Edgull; Pamela Weston; Kacy Carr; OMNI Staff; Relindis Diaz

**Proposed Meeting Results:**

1. Committee members will become familiar with methods MCBH utilizes to understand Provider and Community perspective on needs and strengths related to Monterey County Behavioral Health delivery systems. Committee members will share their input on key findings.
2. Committee members will receive update on proposed Organizational Assessment for MCBH
3. Committee members will receive update on proposed activities to promote awareness of mental health & available resources in May 2021.
4. Committee members will share updates and announcements

### Agenda

Time	Item	Notes/Reminders/Action Items
1:30	<b>Welcome – Dana Edgull</b>	Meeting was started at 1:32 p.m.
1:30-1:40	<b>Check-in</b> - Share in chat your name, role and your favorite season. If you cannot use chat and you are on the phone, press *9 and you can share out loud.	
1:40-2:10	<b>Topic: Presentation on key findings from the 2020 Mental/Behavioral Health Needs Assessment</b> <b>Discussion of key findings &amp; recommendations</b>	<ul style="list-style-type: none"><li>• It is part of the MHSA Annual Community Planning Process (CPP).</li><li>• Dana presented the key findings of the 2020 Needs Assessment.</li><li>• Inquiry on how to increase outreach to Black/African American, an underserved community, was raised.</li><li>• Importance of demographic information was highlighted and linked to how services can be improved and accessed.</li></ul>

		<ul style="list-style-type: none"> <li>• The decrease in areas of need for services 2020 was noted; commending that a positive impact is being made</li> <li>• It was noted that both community members and providers identified same areas of needs (chronic stress/trauma); the Behavioral Health System as a whole could address these areas better.</li> <li>• It was shared that the Executive-level of Monterey County has formed a committee to address disparities, focusing on social injustice and inequalities.</li> </ul> <hr/> <p><b>Follow-Up Items:</b></p> <ul style="list-style-type: none"> <li>• Share presentation and full report (once completed).</li> <li>• Obtain demographics info of interviewees/stakeholders and share with CRHC.</li> <li>• Bring the Chronic Stress/Trauma topic back as an agenda item (what can we do the help this process).</li> </ul>
2:10-2:15	<b>Topic: MCBH proposed Organizational Assessment to focus on diversity, equity and inclusion</b>	<ul style="list-style-type: none"> <li>• MCBH has identified the need for a thorough assessment of the organization. MCBH is process of contracting with Dr. Kenneth Hardy (psychologist) to conduct the evaluation.</li> </ul>
2:15-2:20	<b>Topic: May – Mental Health Awareness month activities</b>	<ul style="list-style-type: none"> <li>• May is Mental Health Awareness Month; Maternal Mental Health Awareness Week (first week of May) <ul style="list-style-type: none"> <li>○ MCBH goals for the community: distributing kits w/psychoeducational materials; presentations to be provided via social media and radio.</li> <li>○ MCBH is partnering with several community partners to distribute materials; Invitation given for organizations to assist in distributing materials.</li> </ul> </li> </ul>
2:20--2:30	<b>Announcements &amp; Check-out</b> <ul style="list-style-type: none"> <li>- Members can make announcements</li> <li>- MCBH Discussion Sessions with Perla Calvario have started</li> <li>- Next Meeting: April 14, 2021 at 1:30</li> </ul>	<ul style="list-style-type: none"> <li>• Recognition of Pamela Weston’s advocacy and dedication with this committee and the community at large.</li> </ul>

		<ul style="list-style-type: none"> <li>• The next La Cultura Cura, Overview session is tentatively for Thursday, May 13, 2021, 9am-12pm; flyers will be distributed once available.</li> <li>• Perla Calvario, Patient's Right Advocate, MCBH will be hosting regular listening/discussion sessions for community member guidance on problem solving. <ul style="list-style-type: none"> <li>○ Based on feedback from today sessions will be held monthly following the Cultural Relevancy and Humility Committee meeting, at 2:30 p.m.; updated flyers will be distributed.</li> </ul> </li> <li>• NAMI has ongoing support groups, 1<sup>st</sup> Saturday each month; Peer-to-Peer support groups, every 3 weeks on Saturdays.</li> <li>• Epicenter offers virtual social support groups, every Wednesday at 7:00 PM for LGBTQ+ youth ages 16-24 &amp; their allies.</li> <li>• MCBH is working on a comprehensive system for LGBTQ+ youth; a focus area is family support <ul style="list-style-type: none"> <li>○ A support group for family members presented in Spanish starts March 29<sup>th</sup></li> </ul> </li> </ul>
	<b>Adjourn</b>	<p>The meeting was adjourned at 2:30 PM  Next Meeting: April 14, 2021</p>