



COUNTY OF MONTEREY HEALTH DEPARTMENT

Elsa Jimenez, Director of Health

Administration Animal Services Behavioral Health Clinic Services
Emergency Medical Services Environmental Health Public Administrator/Public Guardian Public Health

Monterey County Behavioral Health Bureau Cultural Relevancy and Humility Committee

November 9th 2023 1:00 pm – 3:00 pm

Location: La Plaza Bakery & Cafe 107 Bardin Rd. Salinas Ca, 93905

Meeting Agenda

The purpose for the Monterey County Behavioral Health Cultural Relevancy & Humility Committee monthly meetings is to bring community together and help folks identify ways to improve access to care in a culturally responsive manner reflective of the community it serves with a focus on Medi-Cal beneficiaries for Behavioral Health and Substance use Disorder services in a collective & collaborative approach.

1:00 pm – 1:15 pm

Welcome & Introduction

	NAME	ORGANIZATION
1	Jessica Mora Ramirez	MCBH Ethnic Services Manager
2	Michelle Carter	MCBH Senior Secretary
3	Martha Guzman	MCBH Senior Secretary
4	Norma Ahedo	CCA
5	Juan Estrada	MCBH SW
6	Dirrick Williams	Founder & Director, B.L.A.A.C.
7	Veronica Leon (vleon@cca-viva.org)	CCA
8	Alex Lopez	CCA (Communications)
9	Francisca Vazquez	



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10	Bertha Ruelas (bertharuelas36@yahoo.com 831-269-1554)	CCA Community Promoter
11	Rosa Gonzales Rivas	NAMI
12	Edit Ochoa (eochoa@cca-viva.org)	CCA
13	Eloisa Osorio	CCA
14	Patricia Sosa	Interpreter
15	Sara Cervantes Weber	Interpreter

1:15 pm - 1:45 pm

Behavioral Health Commission updates on upcoming meetings and locations

Workgroup Activity Calendar 2024

- Locations
- Times
- Cultural Events

1:45 pm - 2:00 pm

15- minute break

2:00 pm - 2:45 pm

EvalCorp English and Spanish Community Assessment Distribution

2:45 pm - 3:00 pm

Share community events/resources

Meeting started 1:20 PM



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Welcome & Introductions (until 1:37 PM)

Tell us a little something about yourself, what do you like to do

Discussion on construction on Sanborn, a clinic or center of health that will be integrating mental health services and from what Jessica understands, will be for people who may need services beyond mental health. May include substance use. Clinic to integrate mental health services but also regular medical doctors, so a person can receive all treatments in one place. Goal is to expand services and have a better relationship with physicians, more collaboration. No Wrong Door Policy. When a person already receives county services but steps down and needs less acute care, they get referred out but there are not enough providers.

Discussion on mental health healing circles throughout the county. There are some circles in South County. Promoters give basic information and in those areas where the community needs more services, they receive referrals.

First started in Greenfield, now in San Ardo, 8-week series.

Examples shared of what's needed in communities and reasons why members of the community are reluctant.

It's very important that counselors are present.

A source of information where the people can share their experiences. These meetings are the last Thursday of the month, except for June and December (and November is adjusted because of Thanksgiving).



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(1:50 PM)

On the Behavioral Health website, there is a tab where everything is displayed for the whole year for the Behavioral Health Commission.

At the next meeting, we'll do a little workshop on how to access this information.

Brief discussion on what is the Behavioral Health Commission.

Discussion from Mr. Estrada on Prop 63, the "Millionaire's Tax", and how this transitioned into MHSA. 1% is taken from millionaires.

Action Item: Marti will add CRHC attendees to the email distribution list so they can receive an email invitation and receive the details on date/location/time - Thursday, November 19 at 5:30 PM.

Suggestion from Ms. Norma: Have a calendar on a bulletin board in the library so community members can just take a picture, as many do not have online access.

(BHC Secretary Marti also posts the agenda on the board in front of the courthouse on West Alisal on the Friday before the meeting.)

Suggestion from Mr. Williams: There is a software application called Little Green Light that was made for non-profit organizations. Costs virtually



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nothing. If you collect phone numbers, application permits 200-300 characters, and then blast that communication to everyone's phone.

Discussion re: radio & TV as another means of reaching the community.

(2:22 PM)

Workgroup Activity Calendar 2024

- Locations
- Times
- Cultural Events (Day of the Dead is missing, December 16-22 events called Posadas means no parking at La Plaza)

JAN, FEB, MAR - East Salinas

Thursday, January 11 from 1 - 3 PM

APR, MAY, JUN - Pajaro

JUL, AUG, SEP - South County

OCT, NOV, DEC - Peninsula



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We want to learn about other cultures. We want to incorporate culture into mental health.

How many events can we do in a year?

(2:36 PM)

EvalCorp evaluation is very important. Survey is closing on Saturday, November 11. Please complete.

Discussion on another way to share info is to distribute flyers in emergency rooms. Hospital need a special place for mental health patients who can wait up to 6-8 hours. MH patients cannot wait that long to be seen given their mental state. At Natividad, there appears to be another location in the emergency room area that's designated as a more quiet area. There are all these requirements to qualify individuals as mental health patients, which often disqualify those in need of help.

Discussion on children who may need referrals for individual therapy and who need evaluations but if they're not between severe-moderate, they get referred elsewhere. How do we help them if they're moderate-mild? Patients take time to describe how they're doing/what they're experiencing but because they take time to express this detail, they're being mis-diagnosed as mild-moderate. We need more training in our general community so they can identify/how to label what people are going through. How do you assess? What is an assessment? You need at least 4-6 weeks of getting to know someone, to open up. How severe/how bad does it have to be to get the service? Parents are in fear of how much to say, for fear of their children being taken from them.



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What do we do with patients who don't have Medi-Cal or insurance? Even basic explanations of what is the difference between a psychologist, a psychiatrist, or a therapist. We need some kind of training.

Nanny-teacher: How do the people who become a promoter, get into this? In NAMI, in order to qualify to be a teacher, you have to be related to someone with a mental health condition. Med-Cal Certified Peer Specialist? We need general support groups for mental health that is open not only to those who have a relative in need of mental health. What if in a family a child leave for college? Is there grief counseling available?

There are people who like to attend these but they're afraid that they'll ask their migration status, their residency, so they're afraid to attend these meetings. Some schools offer mentors who are able to help younger kids, which is very helpful because they feel the help and the comfort is there.

There are some programs that are specific to certain families: NAMI-Basics, NAMI-Family for adults. They speak in details about medicines, reactions, specific to the needs of family members who are on medications. Mental Health 101 class is open to everyone through Monterey County Office of Education. (Jessica) We want to develop a positive reputation so people who need can access services. Promoters do need training because groups are being run, support group for those going thru grief, a series of 6 classes and it took a while for some to open up. Only one man attended. It was very healing to have others share which encouraged others to share.

Discussion on Peer-Certified Specialists. There's financial help (\$250 for certification). Through Public Health. Seneca Agency also provides this



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service. Peer Navigators are for youth through AVANZA program. Hired by Interim, Inc.

Question on whether these trainings will be in English or Spanish or both.

Meeting ended at 3:34 PM