



*Campaign for Community Wellness  
No. Lake Tahoe Event Center  
8318 No Lakeshore Dr. Kings Beach  
October 26, 2018  
10:00 a.m. to 12:00 p.m.  
Minutes*

1. Welcome/Introductions 10:08 a.m.  
Phyllis McConn - Welcome/Self Introductions  
Paul Bancroft - Ice Breaker
2. Paul Bancroft – Tahoe SAFE Alliance: Presentation – Lessons Learned – Treatment from the Bottom Up: Describing Innovative Treatment with Youth who have experienced developmental trauma in 3-hour outdoor “therapy” sessions using SMART – Sensory Motor Arousal Response Treatment. Geared toward youth prone to disintegration from early life trauma, engaging in lower part of the brain, talking, using nature. They measure pre/post the youth’s embodiment (pep/posture, etc).  
See results – promoting/spreading the word of the good work being done.  
(powerpoint to be distributed under separate cover)
3. Consumer Council presentation led by Katherine Ferry, NorCal MHA with 3 others. Katherine provided Annual Quality Improvement Plan and referred to:
  - Website
  - Mobile Crisis
  - ALC/Drug advisory Board
  - Mental Health Advisory Board
  - Members share lived experienceKatherine and each person presented their lived experiences of their struggles, recovery in order to help others and strengthen themselves.
4. Housing/Homelessness presentation by Katy Rendinara, Case Manager, SMWG and Anne Rarick, Emergency Warming Center: Katy: Indicated housing concerns were a big issue. 7 families of 3 or more live in studios, 5 clients homeless in Placer and 4 in Nevada County, all of which have children. Warming Center okay, but they need permanent housing.  
Anne: (powerpoint provided under separate cover) 36 at Warming Center in January- 16 Placer/20 Nevada. Protocols set when center open – i.e. dependent on temperatures/weather, health outbreaks. Of the chronically homeless some are veterans, mental illness, not a lot of diversity. Goal is to make as welcome as possible.
5. Stigma Reduction/Promotoras update provided by Anibel Sosa and Michele McDonald providing update on efforts to reduce stigma and provide Promotoras update with input from Oscar Perez, PhD:

Goal is to ID and prevent mental health stigma and support those who suffer from mental illness. They focus on and provide free prevention and early interventions. They want people to feel comfortable, especially Latino populations, to seek services and attend classes. They want to remove barriers and reduce stigma. They report 80 people attending classes last year.

They conduct bilingual workshops to promote social functioning and reduce stigma to facilitate discussion. They want to be seen by the community as having value and a gift to the community from the cultural perspective to deal with/be sensitive to cultural cues, intergenerational trauma, mental health from a cultural perspective, exposure to things causing stigma in their culture. The Promotoras does this with a community focus.

They shared stories and challenges of raising kids in a bicultural environment which can cause isolation and confusion as well as conflict. A Latina woman shared her story and her struggles – overcoming obstacles and her experience, growing better values and love.

Michele shared struggles amongst immigrant families and how to advocate through the current stressors they encounter – legal support, disseminating information regarding mental health services and those at higher risk. Promotoras provided 213 services for 45 families. They are proactive at FRCs and in the community. 10 – 25 attend each of the workshops, sharing stories and resources.

6. Consolidation of Community House update (NLTFRC, Truckee/Tahoe Alliance & Project Mana) – Anibel Sosa – Goal behind the pursuit of consolidation is to provide better, more efficient services to the community with greater impact.

Started the process in April to consolidate. Integration and collaboration of services has increased. In discussion about details and moving forward. Currently in the middle of performing financial due diligence as part of the review.

7. MHS update: Ceci Sanchez Placer County/Priya Kannall Nevada County Announced meeting in Nevada Co 11/1 from 1 – 3; videoconferencing available and discussions regarding innovation project.

Kathy Denton advised of upcoming RFP for Tahoe/Truckee housing to prevent homelessness with experiencing mental illness. If you're interested make sure to get on Placer County Procurement list by contacting Alicia Wilbur.

Jennifer Cook announced Implicit Bias Training upcoming.

January's meeting will discuss the how., when, what of unobligated funds.

**Next month's meeting: December's meeting will be on December 7<sup>th</sup> as a joint potluck meeting with Placer Collaborative Network from 9 – noon at PCOE Annex 365 Nevada St. Auburn CA Nobili Room.**