



## Campaign for Community Wellness Meeting

Meeting Date: September 24, 2021

Time: 10:00am-11:30am (31 in attendance)

Visit the CCW website to view material shared during meeting. <https://www.placerccw.org/>

### Welcome and Introductions:

Tahoe Focus Meeting – Community Collaborative of Tahoe Truckee (CCTT)

- Alison Schwedner, Director CCTT
- Agenda Overview

### Community Collaborative

- 46 Health Education and Social Service Partners; 6 Coalitions (PC and Nev. Co.)
- Tahoe Unified School District Region
- Address fundamental need of community in North Tahoe-Truckee Area
- Build Capacity; data & stories to drive results; anti-racist collaborative
- CCTT Race and Equity Work – Learning Journey
  - Framework
  - Facilitation/Holding Conversations
  - History/U.S./Society
  - Internal
  - Interpersonal
  - Industry/Field
  - Institutional
- Adjusting Collaborative Values to bring up to date and become more welcoming
- Responsibility to talk about race as a collaborative – it’s messy! Get comfortable with the mess.
- Meeting Guidelines for safe space to talk about race (<https://www.aecf.org/blog/conversations-about-race>)
  1. Bring your best self
  2. Be an active listener
  3. Be kind and generous
  4. Stay engaged
  5. Be open and suspend judgement – listen for understanding
  6. Speak your truth
  7. “Lean in” to discomfort
  8. Enable empathy and compassion
  9. Expect and accept that there may not be closure

### Small Group Breakouts with guiding questions

Presentation Slides and recording available on CCW website: [www.placerccw.org](http://www.placerccw.org)

For more information on CCW, visit: [www.placerccw.org](http://www.placerccw.org) or email: [info@placerccw.org](mailto:info@placerccw.org)

Next Meeting: Friday, September 24th, 10:00am via Zoom



## Campaign for Community Wellness Meeting

### Tahoe Regional Updates

#### CCTT Strategic Plan; Behavioral Health Roadmap (Alison Schwedner)

- 10 key findings
  1. Address financial and insurance barriers
  2. Harness more and/or flexible funding
  3. Address behavioral health social stigma
  4. Enhance substance use disorder treatment options
  5. Explore mobile behavioral health services & mobile crisis services to determine level of need
  6. Enhance prevention and early intervention
  7. More strategic collaboration to create a regional behavioral health system
  8. Address root causes that negatively impact behavioral health
  9. Improve behavioral health provider recruitment, retention, and staff development processes
  10. Enhance community modalities to reach specific populations

#### Gateway Mountain Center (Peter Mayfield)

- MHS Innovation Fund applicant; contract with Placer County
- Whole Hearts Treatment Program – Four Roots
  - Authentic Relationship, Nature Connection, Embodied Peak Experience, Helping Others
- Clinical Supervision to prepare therapeutic mentors (50-70 hours each week)
- Tertiary Preventive Strategies – Stress Busters Wheel
- Retention Success
- New Youth Wellness Center – opening soon
- Mindful Warriors Circle; mindfulness based substance abuse treatment

#### Sierra Community House (Paul Bancroft)

- Provide advocacy crisis intervention – family, legal, hunger, community outreach
- Project Mana; Sierra Community House
  - Partner with North Tahoe Truckee homeless services
  - Active presence at emergency respite center in Truckee
  - Community Outreach
- Parenting Family Support and Parenting & Latino Outreach with peer support (Felicity Beallo)
- Consumer Success Story (Alondra)

#### Boys and Girls Club – Mindy Carbajal (CEO)

- 4 locations on north side of lake
- Switched to community-based services through pandemic

Presentation Slides and recording available on CCW website: [www.placerccw.org](http://www.placerccw.org)

For more information on CCW, visit: [www.placerccw.org](http://www.placerccw.org) or email: [info@placerccw.org](mailto:info@placerccw.org)

Next Meeting: Friday, September 24th, 10:00am via Zoom



## Campaign for Community Wellness Meeting

- Virtual Services
- Community meals
- Call center to connect to families/identify needs
- Re-opened June 15<sup>th</sup>
- Focus on consistency, safety, & fun!
- Trying to restore teen program participation

Big Brothers, Big Sisters – not available

TTUSD Wellness Program – Kim Bradley

- Evolved into wellness hub – work with community partners; wellness centers at high schools
- Contract with outside, local therapists (virtual and in-person)
- Student participation – outreach; get connected and engaged; social/emotional programs
- Contracting with 3 school social workers (1 F/T at Lake side; 2 P/T at Truckee side)
- Opening new wellness centers in middle schools (2 new staff)
- DESSA - Strength-based behavior rating scale
- Trauma Informed Schools Training for all staff

Sierra Mental Wellness Group (Paula Lauer)

- Mental Health Services to Placer Latino/Spanish speaking population
- Participation and engagement increased with telehealth
- Barriers - Work-related cancellations, PTO, childcare
- Improved access to care with telehealth – increase in TAY and male participation
- Assessing progress with returning clients
- Seeing increase in anxiety, stress, trauma, depression

AMIH – North Tahoe -Truckee Homeless Services (Jennifer Price)

- Brown Bear Studios (formally 7 Pines Hotel); converting to studio units
- Working with Nevada County and Truckee for additional permanent supportive housing location
- Partnered with Kathy Foley/Created DBA January 2021 –North Tahoe Truckee Housing Services
- Support to transition to long-term housing
- Emergency warming center November-April weather triggered, 6pm-8am

Twylla Abrahamson – COVID updates

- Follow Placer and Nevada County website for updates
- Board of Supervisor updates
- Flu season – practice good hygiene

Amy Ellis – Reach out for DHCS Behavior Health Order Challenges; workforce challenges

Presentation Slides and recording available on CCW website: [www.placerccw.org](http://www.placerccw.org)

For more information on CCW, visit: [www.placerccw.org](http://www.placerccw.org) or email: [info@placerccw.org](mailto:info@placerccw.org)

Next Meeting: Friday, September 24th, 10:00am via Zoom



## Campaign for Community Wellness Meeting

### CCW Announcements – Holiday

- SOGIE 101 with Panel Discussion October 27<sup>th</sup> 3-5pm; registration through Zoom
- Partner with PCN to expand Step Up! ByStander Training registration October 14<sup>th</sup> 9:00am-10:30am
- Live, Remote Suicide Assessment training October 20<sup>th</sup> & 21<sup>st</sup>
- Law & Ethics: Updates for Clinicians November 3<sup>rd</sup> & 4<sup>th</sup>
- All trainings and more information available at [placercw.org](http://placercw.org)

Next CCW Meeting: Thursday October 21<sup>st</sup>, 4:00pm-5:30pm

Presentation Slides and recording available on CCW website: [www.placercw.org](http://www.placercw.org)  
For more information on CCW, visit: [www.placercw.org](http://www.placercw.org) or email: [info@placercw.org](mailto:info@placercw.org)  
Next Meeting: Friday, September 24th, 10:00am via Zoom