

EXPRESSIONS Newsletter

MHSOAC

**FEATURED INSIDE:
NEW CHAIR
DR. VICTOR CARRION**

**SPOTLIGHT:
TURNING POINT**



WELLNESS • RECOVERY • RESILIENCE

January 2015
A Quarterly Publication

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Jennifer Whitney
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Matt Lieberman
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Holli Reed
Designer/ Writer



Ma Caliolio
Writer



“My hope comes from families that struggle...their strength, wanting to seek better care, better services...it all gives me hope.”

Welcome MHSOAC’s New Chair Dr. Victor Carrion

By Ma Eliza Caliolio

There’s a new Chair in town! Beginning January 1, 2015, Dr. Victor Carrion is replacing outgoing Chair Richard Van Horn as the new Chair of the MHSOAC. “I am honored that the Commission has chosen me to serve in this capacity and has invested that trust in me. I feel it is crucial during my time in this position to develop some key elements.”

Chair Carrion says those key elements include implementing a statewide evaluation of programs in all 58 counties and communicating the outcomes from these programs. According to Dr. Carrion, being able to work with all stakeholders, the Legislature, families, Commissioners, county representatives, and clients is what’s most rewarding about being elected. “To work with a group of people that have committed themselves to improve mental health in California, to decrease stigma, to prevent suicide, and to do early intervention, that is what is so exciting.”

Victor Carrion was born in New York City and moved to Puerto Rico at the age of three. He returned to New York to attend college at Syracuse where he completed his undergraduate studies. He then went to Mt. Sinai School of Medicine in New York City followed by an internship and residency at the University of Pennsylvania.

Dr. Carrion came to Stanford nineteen years ago to do a subspecialty in child psychiatry and a research fellowship. He started the Stanford Early Life Stress and Pediatric Anxiety Program at Lucile Packard Children’s Hospital Stanford where he has been director for more than fifteen years researching biological-psychological-sociological correlation of early life stress. Additionally, he was recently appointed to Associate Chair of the Department of Psychiatry and Behavioral Sciences at Stanford University.

“My motivation is to have every individual develop fully to their capacity, to develop their full potential; anything we can do as a service for individuals and families and systems to strengthen them and to help them reach their goals,” says Carrion.

Chair Carrion will serve a one year term.

Thank you to Chair Richard Van Horn



As we welcome new Chair Dr. Victor Carrion, we also say thank you to outgoing Chair Richard Van Horn. Richard Van Horn has played an enormous role in the MHSOAC. From helping to shape Prop 63 in 2004, to serving on the Commission since 2009 (including two years as Chair and two years as Vice Chair), Commissioner Van Horn has had a strong voice in carrying out the mission of Prop 63. His advocacy for recovery-focused treatment and client-run programs began when he helped found The Village in Southern California. Thank you for your leadership, Commissioner Van Horn-- we look forward to many more years together!

SPOTLIGHT ON: Turning Point Community Programs

Interested in volunteering at Turning Point?

TPCP has volunteer opportunities available. The needs of each of their programs vary from time to time.

Visit: TPCP.org
for more information

**7 of 27
Programs at
TPCP are
MHSA Funded**

If you are interested in being our featured program spotlight in a future Expressions newsletter contact the Communications team at mhsoac@mhsoac.ca.gov

By Holli Reed

Turning Point Community Programs (TPCP) began as a 40-bed, transitional residential program in Sacramento County with a \$400,000 annual budget serving adults with psychiatric illness. Thirty-eight years later, TPCP has close to a \$33 million budget and serves over five thousand individuals annually in Sacramento, Stanislaus, Yolo, Nevada, Placer, Butte, and Merced counties. Currently, TPCP successfully operates 27 separate programs across the seven aforementioned counties. Of these programs, seven are Prop 63 MHSA funded.

An example of a Prop 63 MHSA funded program is the Integrated Services Agency in Sacramento which serves 150 clients at one time. This program serves adults aged 18-59 that are diagnosed with a severe mental illness. Clients are typically referred to this program after a psychiatric stay in the hos-

pital to support them with living in a community. The agency has a doctor, nurse, therapists, and Case Managers, and helps with education, employment, and other life domains.



“MHSA has enabled Turning Point to collaborate with local community resources that better enhance our ability to link consumers with appropriate services....The MHSA has also emphasized and expanded upon TPCP’s ability to take cultural considerations into



account when pairing Personal Service Coordinators/ Case Managers with a client in order to enhance their ability to respond to services and care provided...The MHSA has also allowed for programs to discover new ways to improve wellness, recovery, and resiliency.”

-CEO, AL Rowlett

Communications Update

The Communications Department is working on a number of projects in this New Year. First, there will be a dedication and presentation to former Senate President Pro Tem Darrell Steinberg at the January 22nd Commission meeting to commemorate his enormous contribution to the mental health community.

Also, we are in the process of translating into Spanish the documentary we produced in 2014, “A Choice to Heal”. Copies of the documentary will be available upon request; it will also be posted to our website.

We will be doing something new this year—spotlighting Prop 63 MHSA programs on our website by focusing on a different county every week. We will go in alphabetical order so that each county will have the chance to be highlighted.

Also, for counties and providers—please let us know if you would like your Prop 63 program spotlighted in the next edition of Expressions. As you can see on page 4, this month we highlighted Turning Point. We look forward to hearing from you!



*Jennifer Roose
Placer County*

Committees Update

Client and Family Leadership Committee (CFLC)

The Client and Family Leadership Committee (CFLC) is charged with ensuring the MHSOAC considers the perspective/participation of diverse community members throughout California with lived experience of severe mental health issues, including parents/caregivers and family members, in all its decisions and recommendations. Some of the activities of the CFLC include conducting quarterly Community Forums throughout the State that the CFLC utilizes to annually inform the Commission of potential policy implications. The CFLC is also developing strategies to promote client and family employment in the mental health system and recently advised the MHSOAC to provide a letter to the California Mental Health Planning Council to support their efforts for statewide peer certification. Another activity of the CFLC is a Workgroup that is exploring outreach regarding clients not achieving recovery and is looking at ways to assess levels of recovery to develop recommendations for data reporting elements. The CFLC completed a report and presented the findings to the Commission regarding the Crisis Intervention Team (CIT) Training survey that was conducted statewide in 2013.

Cultural and Linguistic Competence Committee (CLCC)

The purpose of the Cultural and Linguistic Competence Committee (CLCC) is to ensure that the perspective and participation of individuals, parents, caregivers and families across the lifespan, who are members of racial, ethnic, and cultural communities, are significant factors in all MHSOAC decisions and recommendations. Additionally, the CLCC reviews MHSOAC processes and recommends how the Commission can achieve meaningful participation from individuals from racial, ethnic and cultural communities as a significant factor in all of the Commission’s decisions and recommendations.

Evaluation Committee

The Evaluation Committee provides input, assistance, and support to implement the MHSOAC Evaluation Master Plan. The Plan adopted by the Commission in 2013, outlines activities and projects intended to provide a comprehensive assessment of the impact of California’s publicly funded community-based mental health system and support ongoing quality improvement efforts. Last year, the Committee guided the development of new evaluation projects focused on Transition-Age Youth, classification of Full Service Partnerships, and recovery orientation of programs. The Committee also supported a number of efforts to improve the quantity and quality of statewide data required to conduct ongoing performance monitoring and outcome reporting.

Financial Oversight Committee

The Financial Oversight Committee’s purpose is to provide oversight of entities that receive Proposition 63 funds to ensure appropriate use of Proposition 63 funds and provide the Mental Health Services Oversight and Accountability Commission (MHSOAC) reports, proposed policies and recommendations regarding anticipated Mental Health Services Act (MHSA) revenue cycles, as well as strategies and roadmaps to expand services by timely expenditure and leveraging of MHSA funds.

Services Committee

The Services Committee makes recommendations to the MHSOAC regarding Mental Health Services Act (MHSA) programs and services. Committee policy and strategy recommendations to the MHSOAC reflect the following priorities: 1. Culturally and linguistically competent. 2. Promotes a client/family/parent-driven system. 3. Reduces stigma and discrimination. 4. Fully informed via a robust stakeholder process. 5. Best practices and continuous improvement. And 6. Emphasizes the inclusion of all ages across the life-span.

In the last year the Services Committee has explored the value of and specifics around the MHSOAC implementing a clearing house. The concept has evolved into developing a resource center with a broader focus that will now primarily fall under the purview of the Evaluation Committee. We have been focused on bringing attention to the needs of underserved, inappropriately served and unserved communities, including ethnically diverse communities and multiple disabilities communities. Our most recent project has been to look at how to move forward the work of the Student Mental Health Task Force on Integration of School Services and Behavioral Health.

Ventura County Community Forum

More than 250 people attended the Ventura County Community Forum held November 6th at the Crowne Plaza Hotel. Three MHSOAC Commissioners took part--Dr. Ralph Nelson, Tina Wooten, and Sheriff Bill Brown—as did former Commissioner Darlene Prettyman and staff representatives from the Assembly and State Senate. This was one of the most highly attended Forums, to date; seventeen resource tables were available for participants to check out area services and resources.



For the first time, the Forum featured a speaker with lived experience. Kimberley Stanford, a Ventura County resident, told her story of recovery. Here's what one attendee tweeted during her talk...

David Covington @davidwcovington · Nov 6
Rapt attention as a peer champion tells her inspiring story @Prop63 #M
#hope #recovery #innovations



During closing comments, a Ventura County consumer remarked, “The Mental Health Services Act changed my life. Not only did it save me from a really dark place, it gave me a job, it gave me a purpose, it gave me a reason to wake up every day.”

The MHSOAC would like to thank everyone—consumers, family members, County representatives, providers and all other attendees—for making the event a success.

Prop 63 Success Story

My name is Edward Anaya and I have a diagnosis of Schizophrenia Paranoia. I have faced many challenges over the years trying to manage my symptoms in order to try to live a normal life. I have benefited from the MHSA Prop 63 program by joining the Recovery Learning Center, which is funded by the Mental Health Services Act. Being a Member of the Recovery Learning Center over the past year has allowed me to create self awareness by attending WRAP Group. I also have benefited by working with a Recovery Coach who has assisted me in obtaining my goal of becoming my own payee as well as obtaining my own apartment. Each week I am able to meet with my Recovery Coach to review my spending in order to learn how to maintain a monthly budget. I am currently working on getting my GED. Today I feel thankful that Prop 63 passed as it has allowed me to achieve goals that I never thought could happen.



Edward Anaya
Riverside County

*Story submitted to MHSOAC

SENATE PRESIDENT PRO TEM DARRELL STEINBERG



A tireless champion of the mental health community, former Senate President Pro Tem Darrell Steinberg left public office at the end of 2014. He is now an attorney with the Greenberg Traurig law and lobbying firm in Sacramento. In addition, he is establishing the Steinberg Institute for Advancing Mental Health Policy.



Below is an excerpt from the Sacramento Bee, November 29, 2014.

Sac Bee: What was the proudest moment of your legislative career?

DS: The truth is there have been a few. I would say the passage of (mental health care measure) Proposition 63 on election night in 2004. (The budget vote on) Feb. 21, 2009.

SAC BEE: How do you think you've changed California through your work?

DS: ...I think I've been changing California around the mental health issue. ... In 2016-17, when you look at the projections for Proposition 63 (a tax on millionaires to fund mental health programs) and then you look at what I delivered in 2013 – we're going to be near \$2 billion of additional public investment, focused not only on services but on crisis response.

Read more here: <http://www.sacbee.com/news/politics-government/article4205043.html#storylink=cpy>

MHSOAC

Bulletin Board

Upcoming Meetings and Forums:

Commission Meeting	January 22, 2015	Sacramento
Community Forums	To be Announced	

For updates on upcoming meetings or forums, check
www.mhsoac.ca.gov

**Do you have any artwork you would like
featured in the Expressions newsletter?**

Let us know! mhsoac@mhsoac.ca.gov

Prop 63 Book

Available to view online at
Prop63.org
after February 1, 2015

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www.Prop63.org



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Contact Us

1325 J Street , Suite 1700

Sacramento, CA 95814

Phone: 916-445-8696

Fax: 916-445-4927

Email: mhsoac@mhsoac.ca.gov