



RESOURCE SHARING MEETING

REUNIÓN DE INTERCAMBIO DE RECURSOS

MARCH 2022
EL MARZO 2022



INTERPRETACIÓN

1. Presione Interpretación



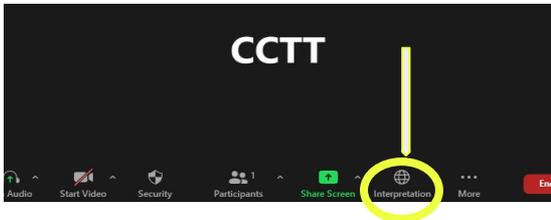
2. Presione el idioma que desea escuchar.



3. (Opcional) Para escuchar en Español solamente, presione Mute Original Audio.

LANGUAGE INTERPRETATION

1. Click Interpretation



2. Click the language that you would like to hear.



3. Optional: To only hear the interpretation, mute original audio.



CONSEJOS PARA LA INTERPRETACIÓN SIMULTÁNEA

- Pausar entre oraciones o pensamientos completos
- En el canal de transmisión principal, poder escuchar a todos menos al intérprete
- Únase al canal de su preferencia de idioma
- La transcripción en directo sólo es compatible con el inglés. Para ver la transcripción en directo (cc), seleccione Mostrar subtítulos en los controles.

SIMULTANEOUS INTERPRETATION LEARNINGS

- **Pause between sentences or complete thoughts**
- In the main broadcast channel, we can hear everyone except the interpreter
- Join the channel of your language preference
- Live transcription only supports English. To view Live Transcript (cc), select **Show Subtitle** in the meeting controls.



FORTALECIENDO LA COMUNIDAD Y LAS FAMILIAS A TRAVÉS DE LA COLABORACIÓN

La Fundación Comunitaria de Tahoe Truckee está conformada por **46** agencias con el objetivo común de apoyar la salud, la educación, las agencias de servicios sociales y las organizaciones sin fines de lucro para atender las necesidades de los niños, familias y los residentes de la región de Tahoe Truckee.

STRENGTHENING COMMUNITY AND FAMILIES THROUGH COLLABORATION

The Community Collaborative, a program of the Tahoe Truckee Community Foundation, is comprised of **46** family strengthening health, education, and social service agencies and non-profit organizations working together to address fundamental needs of children, families, and all residents in the Tahoe Truckee Region.





GUIA PARA LA REUNION/MEETING GUIDELINE

by the Annie. E Casey Foundation/ Por la Fundación Annie. E Casey

- 1. *Aporta tu mejor versión.*** Esto requiere autoconocimiento y conciencia de uno mismo.
- 2. *Sé un oyente activo.*** Escuchar implica, prestar atención plena y cuidadosa a la otra persona.
- 3. *Sé amable y generoso.*** Ser amable y generoso nos permite comunicarnos mejor con los demás, ser más autocompasivos y ser una fuerza positiva en la vida de los demás.
- 4. *Manténgase comprometido.*** Mantenerse comprometido requiere estar moral, emocional, intelectual y socialmente involucrado en la conversación. Mantenerse comprometido significa que escuchas con atención y estás dispuesto a profundizar en tu entendimiento.

-
- 1. *Bring your best self.*** This requires self-knowledge and self-awareness.
 - 2. *Be an active listener.*** Active listening involves paying full and careful attention to the other person.
 - 3. *Be kind and generous.*** Being kind and generous allows us to communicate better with others, to be more self-compassionate and to be a positive force in other people's lives.
 - 4. *Stay engaged.*** Staying engaged requires you to be morally, emotionally, intellectually and socially involved in the conversation. Staying engaged means that you are listening with curiosity and willing to deepen your understanding.



GUIA PARA LA REUNION/MEETING GUIDELINES

5. Sé abierto y evita el juzgar a los demás. Escuchar con una mente abierta incluye ser receptivo a la influencia de los demás. Evitar el juzgar a los demás también significa escuchar lo que el hablante tiene que decir para comprenderlo, no sólo para determinar si tiene razón o no.

6. Decir tu verdad. Decir tu verdad en conversaciones auténticas que requieren valor al hablar sobre la raza, requiere estar dispuesto a asumir riesgos, esto significa que serás absolutamente honesto y sincero sobre tus propios pensamientos, sentimientos, experiencias y opiniones, y que no te limitarás a decir lo que crees que los demás quieren escuchar.

5. Be open and suspend judgment. Listening with an open mind includes being receptive to the influence of others. Suspending judgment also means listening to what the speaker has to say for understanding, not just to determine whether the speaker is right or wrong.

6. Speak your truth. Speaking your truth in authentic and courageous conversations about race requires a willingness to take risks. It means that you will be absolutely honest and candid about your own thoughts, feelings, experiences and opinions and not just saying what you perceive others want to hear.



GUIA PARA LA REUNION/MEETING GUIDELINES

- 7. "Apóyate" en la incomodidad.** Apoyarse en la incomodidad le exigirá dejar de lado los entendimientos y estereotipos raciales a los que se aferra para poder avanzar. Apoyarse en la incomodidad le exigirá pasar por momentos de vergüenza, confusión, ansiedad y/o miedo.
- 8. Fomenta la empatía y la compasión.** La empatía y la compasión te permiten comprender el punto de vista de la otra persona.
- 9. Espera y acepta que puede que no pases la página (cerrar el círculo).** No es probable que en una sola conversación resuelvas tu entendimiento personal sobre la raza o la experiencia racial de otra persona. Cuanto más hable de la raza con otra persona, más aprenderá usted y más aprenderá la otra persona.
-
- 7. "Lean in" to discomfort.** Leaning in to discomfort will require you to let go of racial understandings and stereotypes that you may be holding onto in order to move forward. Leaning into discomfort will require you to sit through moments of embarrassment, confusion, anxiety and/or fear.
- 8. Enable empathy and compassion.** Empathy and compassion allow you to understand the other person's point of view.
- 9. Expect and accept that there may not be closure.** It is not likely that you will resolve your personal understanding about race or another person's racial experience in a single conversation. The more you talk about race with another person, the more you learn and the more they will learn.



AGENDA

- I. Bienvenida e Introducción: Nombre & Agencia**
 - II. Actividad para romper el hielo y Anuncio CAPC**
 - IV. Panorama de la Salud Conductual y Presentación de la Hoja de Ruta**
 - V. Compartir Recursos**
-

- I. Welcome and Introduction: Name & Agency Chat Box**
- II. Icebreaker**
- III. CAPC Announcement**
- IV. Behavioral Health Landscape & Roadmap Roll Out**
- V. Resource Sharing Around the Room**



ICE BREAKER

**In Small Groups:
Chose one photo on your phone
that brings you joy**

Grupos Pequeños

Elige una foto en tu teléfono que te traiga alegría

A blue ribbon is shown on the left side of the page, tied in a loop. The ribbon is decorated with white handprints. The text is centered in a dark blue rectangular box.

**APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH
ABRIL ES EL MES NACIONAL DE LA PREVENCIÓN DEL
ABUSO INFANTIL**

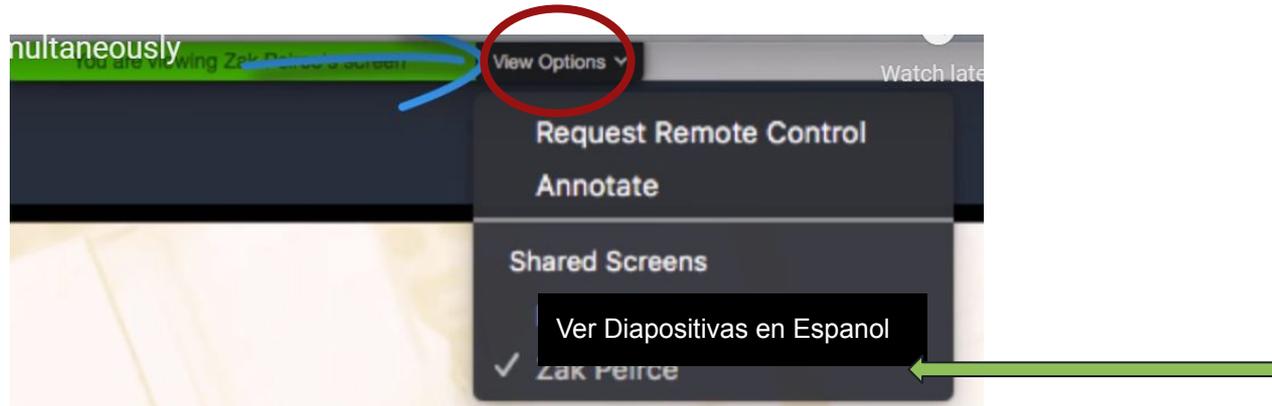
Beatriz Schaffert
Coordinator
Child Abuse Prevention Council



VIEW SPANISH SLIDES

VER DIAPOSITIVAS EN ESPANOL

1. Click View Options at the Top of the Zoom Panel
Haga clic en Ver Opciones en la Parte Superior del Panel de Zoom.
2. Click View Spanish Slides
Haga Clic en Ver Diapositivas en Español



3. Mobile Phone Users Do Not Have This Option
Los Usuarios de Teléfonos Móviles no Tienen Esta Opción.

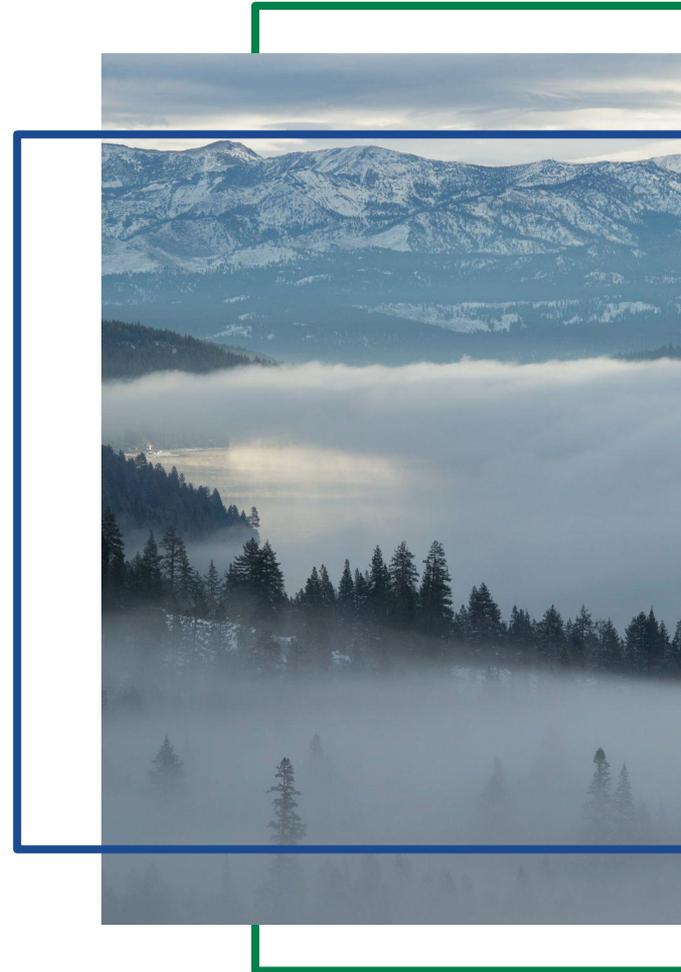


WHY FOCUS ON MENTAL HEALTH?



HISTORY OF MENTAL HEALTH IN OUR COMMUNITY

- Mental Health challenges are normal
- A continuum of needs
- Exacerbated in rural mountain towns
- Isolation, under resourced, fragmented systems
- Intensified during COVID - 20% to 40%





NORTH TAHOE TRUCKEE BEHAVIORAL HEALTH LANDSCAPE & ROADMAP : BACKGROUND

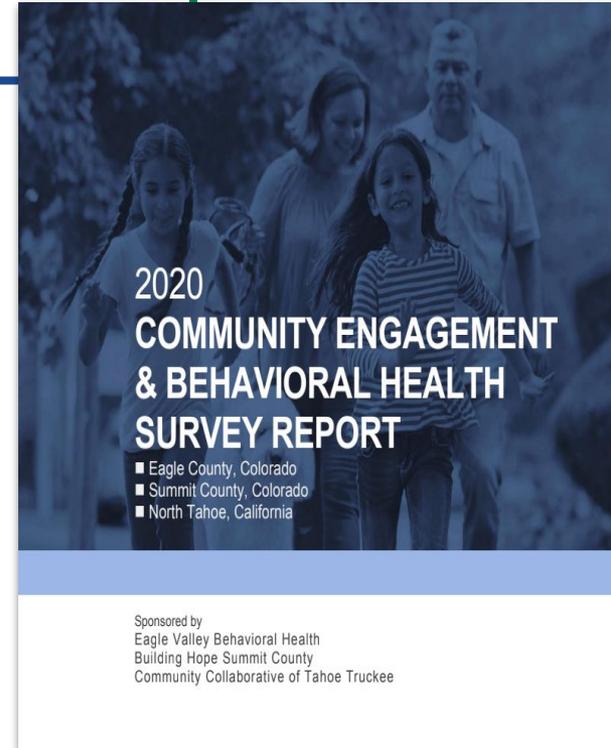
- Long standing community challenge
- CCTT - convening, data, advocacy/funding
- Partners - built capacity, responsive & expansion
- Approach it differently - more strategic
- TTCF partnership with Katz Amsterdam Charitable Trust - programs and strategy
- Partnership with Nevada/Placer Counties, Tahoe Truckee Unified School District, Tahoe Forest Hospital, Nonprofits





NORTH TAHOE TRUCKEE BEHAVIORAL HEALTH LANDSCAPE & ROADMAP : READINESS

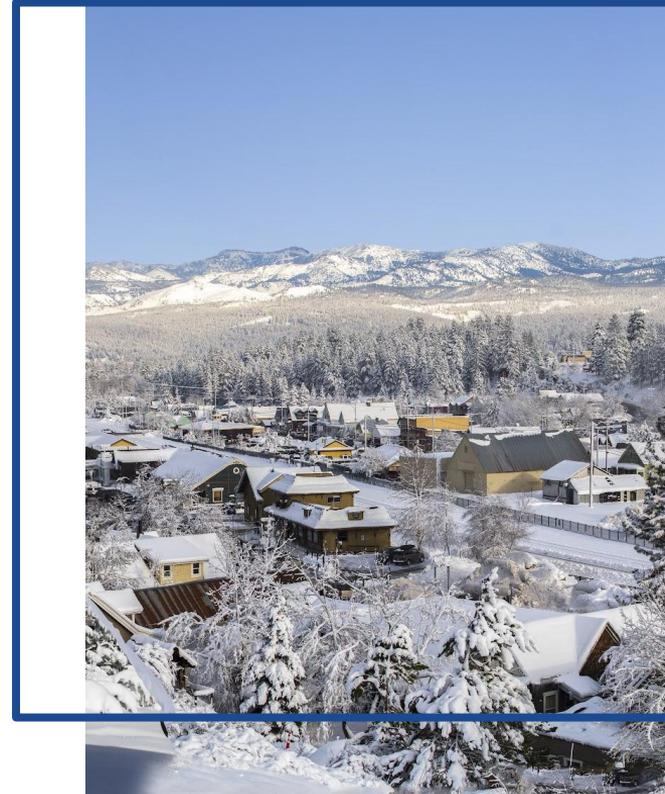
- Conducted 2020 Community Behavioral Health Survey
- Launched Mental Health Provider Survey in partnership with Tahoe Forest Hospital
- Collaborative process on Strategic Plan RFP and interview panel





NORTH TAHOE TRUCKEE BEHAVIORAL HEALTH LANDSCAPE & ROADMAP : PURPOSE

- Understand our region's behavioral health challenges and resources- mental health and substance abuse/use
- Identify future strategies for improvement
- Leverage resources for the region





NORTH TAHOE TRUCKEE BEHAVIORAL HEALTH LANDSCAPE & ROADMAP : METHODOLOGY

Phase One

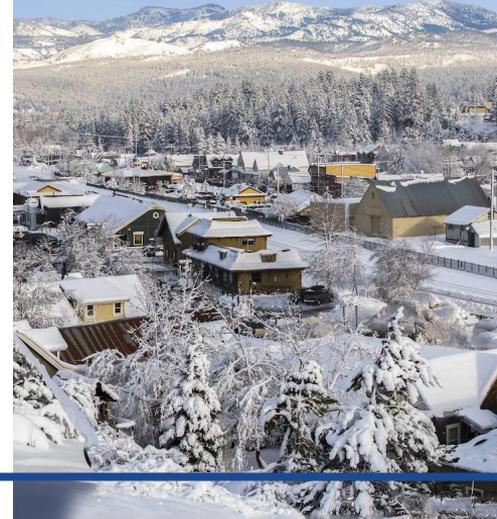
- Data Scan: Behavioral Health Survey, California Healthy Kids, Tahoe Forest Hospital Community Health Needs Assessment
- Provider Survey
- Key Informant Interviews

Phase Two

- Stakeholder 'Data parties'
- Case studies: Humboldt, Napa and Sonoma

Design Team

- Staff and County partners





SURVEYS SAY...

- Less than half believe that it's easy to talk about mental health needs (*Stigma*)
- More than $\frac{2}{3}$ respondents say their lives have been negatively impacted by substance abuse
- 43% are found to be excessive drinkers, compared to national average of 18%
- More than half of the providers don't take insurance (*Financial Barrier*)
- None of them provide services in Spanish (*Cultural Barrier*)



HOW WE ARE USING ROADMAP?

- Sharing with CCTT, broader community
- Leverage funding and resources to priority areas
- Ensure focused on equity
- Drive change!



GOAL FOR TODAY

- Share findings and priority areas with partners
- Solicit feedback on solution areas - do these resonate, what's missing, rooted in equity
- Who should we share Behavioral Health Road Map with?
- Opportunity to provide feedback to 3 of 10 solution areas

TAHOE TRUCKEE

BEHAVIORAL HEALTH

ROADMAP



Policy and Funding

Address financial and insurance barriers

Harness flexible and responsive funding

Programs and Services

Enhance substance use disorder services

Explore mobile crisis services

Focus on upstream prevention services

Connections and Community

Strategically collaborate to create a regional behavioral health system

Address root causes of behavioral health challenges

Address mental health stigma

Field Building and Inclusivity

Expand services to our Spanish speaking community members

Improve workforce recruitment, retention, and development



ADDRESS FINANCIAL & INSURANCE BARRIERS

The Issue: *Few local providers accept private or Medi-Cal insurance due to cost prohibitive and complicated reimbursement processes*

Short Term Solutions

- Support hiring a youth therapist through a shared funding model
- Offer technical assistance to providers to navigate the insurance billing processes

Long Term Solutions:

- Develop an advocacy strategy with managed care providers
- Explore innovative ways to include providers in group insurance policies
- Leverage growing acceptance of telehealth

Data: *55% of Survey Respondents indicated that they do not accept private insurance. Of the 45% of respondents who accept private insurance, none indicated that they offer Spanish speaking mental health services.*

Source: North Tahoe-Truckee Behavioral Health Landscape and Roadmap Provider Survey, 2021





HARNESS FLEXIBLE & RESPONSIVE FUNDING

The Issue: County government provides mental health services to residents who income qualify with the most severe mental health challenges. Public dollars - which vary year to year - are available to support other services along the mental health continuum, yet often don't cover the full cost.

Short Term Solutions

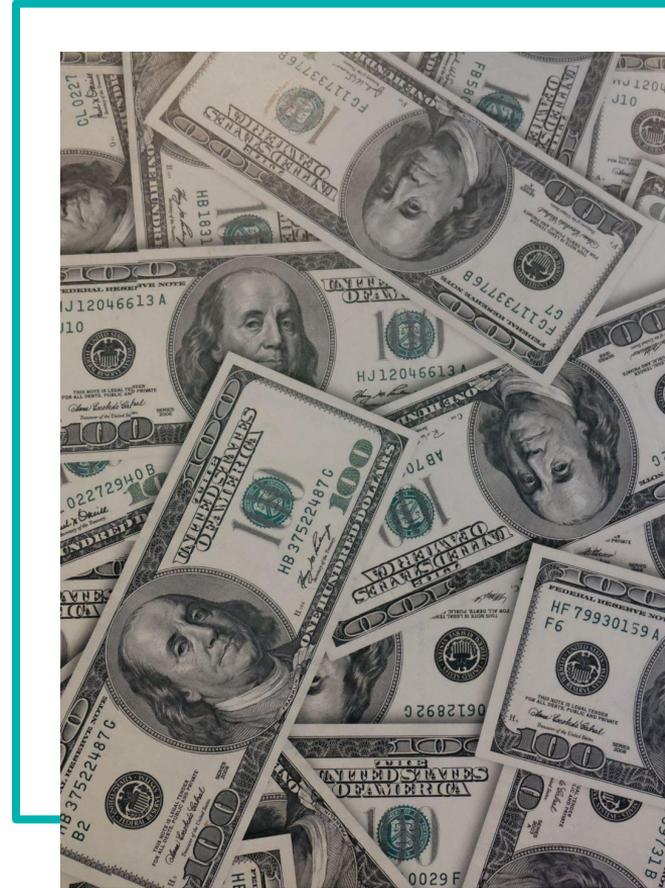
- Harness more flexible private funding to bolster services
- Utilize Federal COVID dollars to launch new programs that can be sustained through other financial models
- Leverage the growing awareness of behavioral health and need for services to harness more private funding

Long Term Solution:

- Explore creative funding options to set up a mental health fund

Data: 42% of community stakeholders interviewed spoke to the need for more and/or flexible funding.

Source: North Tahoe-Truckee Behavioral Health Landscape and Roadmap Key Informant Interviews, 2021





FOCUS ON UPSTREAM PREVENTION SERVICES & CONNECTION

The Issue: *Upstream programs for children and youth, such as school and community-based family and youth strengthening programs, pay it forward and can reduce the potential harms and cost of treating more severe mental health impacts and trauma down the road.*

Solutions: Focus on sustaining effective prevention programs to reduce the incidence, prevalence and impact of mental health issues:

- Early Childhood Development
- School Based Wellness Services- High School and Middle School Wellness
- Youth Peer Leadership Development
- Youth Mentoring
- Youth Connection and Engagement
- Senior Population Connection
- Parent Cafes

welcome
TO THE
Wellness
CENTER

- PLEASE SIGN IN ON THE SHEET BY THE DOOR
- PLEASE HAVE PERMISSION FROM YOUR TEACHER (IF YOU CAN!)
- REMEMBER IN HERE YOU ARE...



ENHANCE SUBSTANCE USE DISORDER SERVICES

The Issue: *Drug and alcohol use and abuse rates are higher in Tahoe Truckee compared to state and national benchmarks. There are not enough local services and programs to meet the current need. Community members must travel out of the area for critical and often life-saving in-patient residential services. Local outpatient services are understaffed and underfunded and residents are forced to navigate complex insurance systems to meet their needs.*

Short Term Solutions:

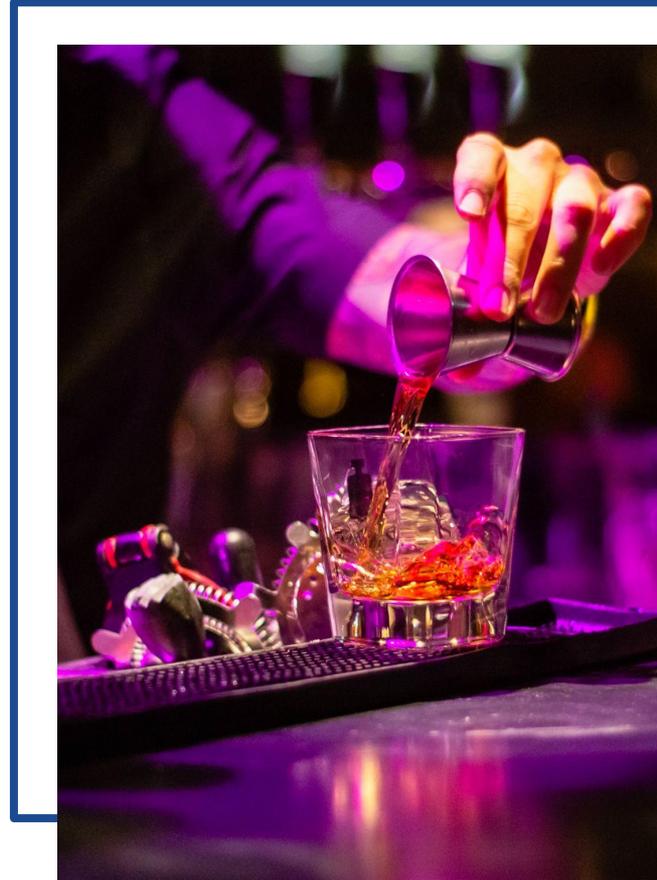
- Determine how to support local organizations to build capacity to accept and bill public insurance for SUD reimbursable services.
- Establish more support group options (in English and Spanish) for people in recovery

Long Term Solutions:

- Strategically bring partners together to address a long term solution to SUD service challenge
- Explore flexible funding mechanisms to support a capital project (i.e., brick and mortar) for a local SUD residential inpatient facility

Data: Over 75% of residents report some alcohol use in the past 30 days, and 43.2% are found to be excessive drinkers which is considerably worse than the national figure of 18%.

Source: 2020 Community Engagement and Behavioral Health Survey Report





EXPLORE MOBILE CRISIS SERVICES

The Issue: Calling law enforcement or going to the emergency room are often the only options to provide immediate assistance to individuals experiencing a mental health crisis. At times, it is necessary for individuals in crisis to receive this level of life-saving intervention. However, this can also over-tax emergency rooms and law enforcement personnel and ultimately may not best support the individual.

Short Term Solution:

- Complete pilot year and facilitate year end review

Long Term Solution:

- Determine gaps in system and funding options

Data: 53% of Survey Respondents currently refer clients to Tahoe Forest Hospital or Emergency Room for crisis services.

Source: North Tahoe-Truckee Behavioral Health Landscape and Roadmap Provider Survey, 2021





STRATEGICALLY COLLABORATE TO CREATE A REGIONAL BEHAVIORAL HEALTH SYSTEM

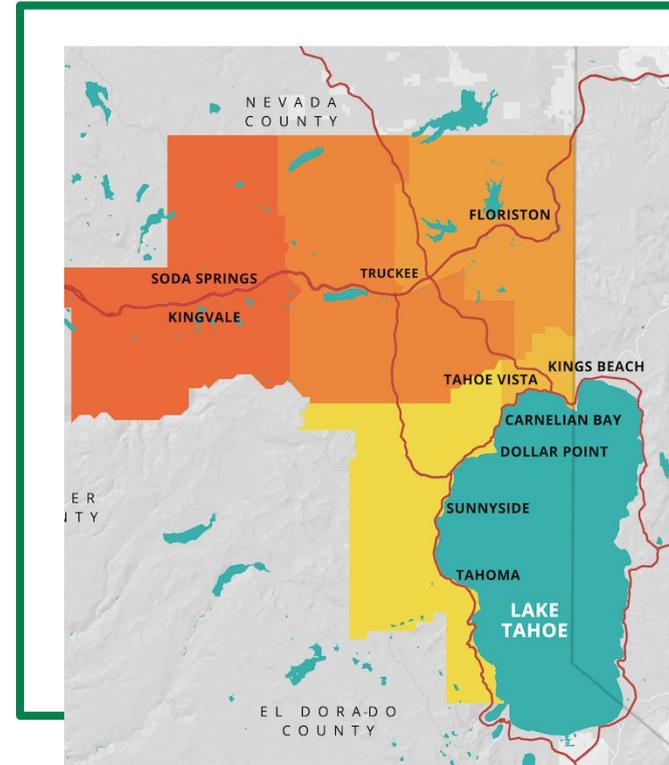
The Issue: The Tahoe Truckee region is bisected by multiple jurisdictional boundaries, including 3 counties, 2 states and 17 special districts. This creates a complex and fragmented system of support making it challenging for community members to navigate and access behavioral health services.

Short Term Solution:

- Reboot Mental Health Task Force & Quarterly Behavioral Health Meetings and invite new partners to the table to collaborate

Long Term Solutions:

- Continue to identify ways to strategically partner to overcome multi-jurisdictional and 'economy of scale' barriers by sharing costs, resources, and personnel (especially bilingual staff) to distribute limited resources equitably and to meet regional needs.
- Collaborate to develop a strategy to establish a regional nonprofit that is widely accessible and will link services and programs across county lines





ADDRESS ROOT CAUSES OF BEHAVIORAL HEALTH CHALLENGES

The Issue: Many external factors impact behavioral health in addition to genetics and pre-existing conditions. Toxic stress caused by poverty, housing, food insecurity, fear of immigration authorities and threat of catastrophic forest fires can lead to anxiety or depression and exacerbate underlying behavioral health issues. Additionally, significant disparities exist in our region and socio-economically disadvantaged residents experience worse mental health outcomes.

Short Term Solutions:

- Fund and sustain safety net services - housing, legal, food insecurity
- Support poverty reduction efforts including EITC, including financial literacy programs
- Implement ACES Aware Community through ACES Aware network

Long Term:

- Address economic vitality of region
- Address regional housing solutions through Mountain Housing Council

DATA: 42% of community stakeholders interviewed spoke about a lack of affordable housing or supportive housing services for behavioral health consumers. Our residents in Nevada County have higher rates of food insecurity than State and National averages. *Source:*

Tahoe-Truckee Behavioral Health Landscape and Roadmap and Key Informant Interviews, 2021





ADDRESS MENTAL HEALTH STIGMA

The Issue:

Mental Health is no different than physical health and everyone needs expert support from time-to-time to help ensure optimum mental health. High rates of stigma around accessing mental health services prevents community members from accessing much needed services.

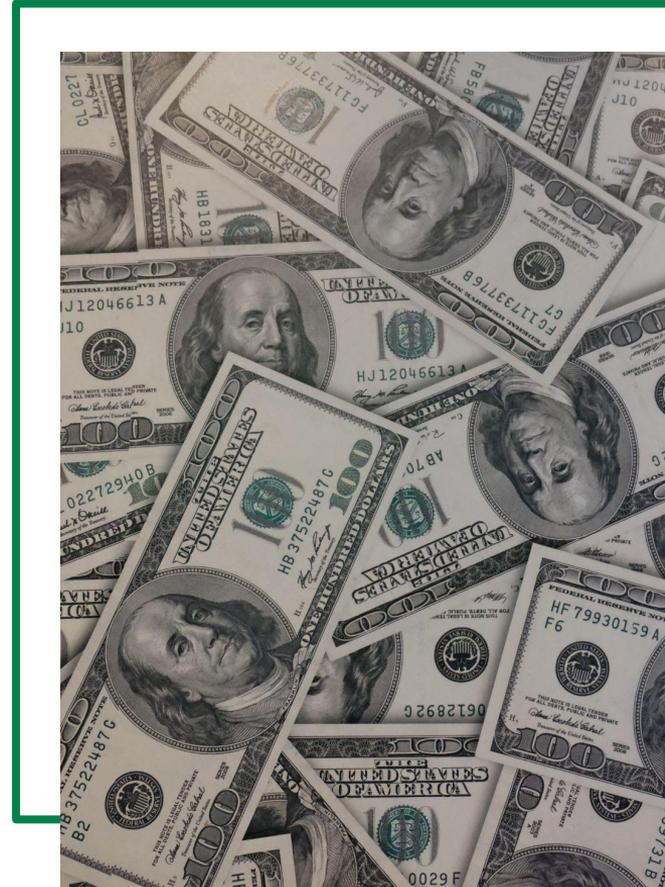
Short Term Solutions:

- Analyze past and current stigma reduction campaigns to determine how to move forward and reach a broader audience.
- Expand successful school-based services to decrease stigma experienced by youth and their families.
- Expand bilingual peer-based services via community health workers (Promotores de Salud) to destigmatize mental health among Latinx community members

Long Term Solution

- Identify strategies to normalize mental health

DATA: Less than half of Tahoe Truckee Residents (46%) say that “It is easy for residents to talk about mental health or emotional challenges”. *Source: 2020 Community Engagement and Behavioral Health Survey Report*





EXPAND SERVICES TO SPANISH SPEAKING COMMUNITY MEMBERS

The Issue: Our Spanish speaking population has too many gaps in all behavioral health services. We need more Spanish speaking providers and programs and work to sustain piecemeal funding.

Short Term Solutions:

- Sustain Peer Certified Promotora Program
- Explore and promote telehealth options for culturally responsive bilingual and bicultural behavioral health services by partnering with agencies providing telehealth services outside of the region.
- Support Promotores to assist Latinx community members to navigate telehealth options.

Long Term Solutions:

- Develop strategies to build the bilingual and bicultural workforce

Data: Only 18% of regional providers offer services in Spanish

Source: Tahoe Forest Behavioral Health Provider Directory, 2021





IMPROVE WORKFORCE RECRUITMENT, RETENTION, AND DEVELOPMENT

Issue: There are not enough providers to provide a comprehensive system of behavioral health support to the community.

Short Term Solution:

- Explore incentive payments to fill vacant positions
- Consider opportunities to expand peer-based counseling services

Long Term Solution:

- Explore strategies to effectively recruit and retain difficult to fill Licensed Practitioner of the Healing Arts (LPHA) positions, especially within Community Based Organizations
- Strategically partner with managed care plans to hire and offer incentive payments for staff who can serve those who have a serious mental illness (SMI) and those with mild to moderate symptoms.
- Consider a “grow your own” intern program to create professional pathways.

Data: The Tahoe Truckee region has been designated a Mental Health Professional Shortage Area (HPSA).

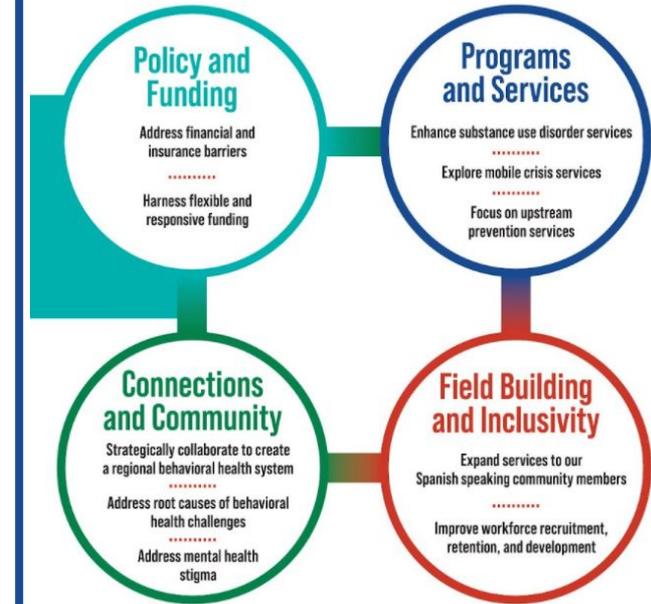
Source: data.HRSA.gov | Health Resources & Services Administration, an agency of the U.S. Department of Health and Human Services, 2021





FEEDBACK QUESTIONS

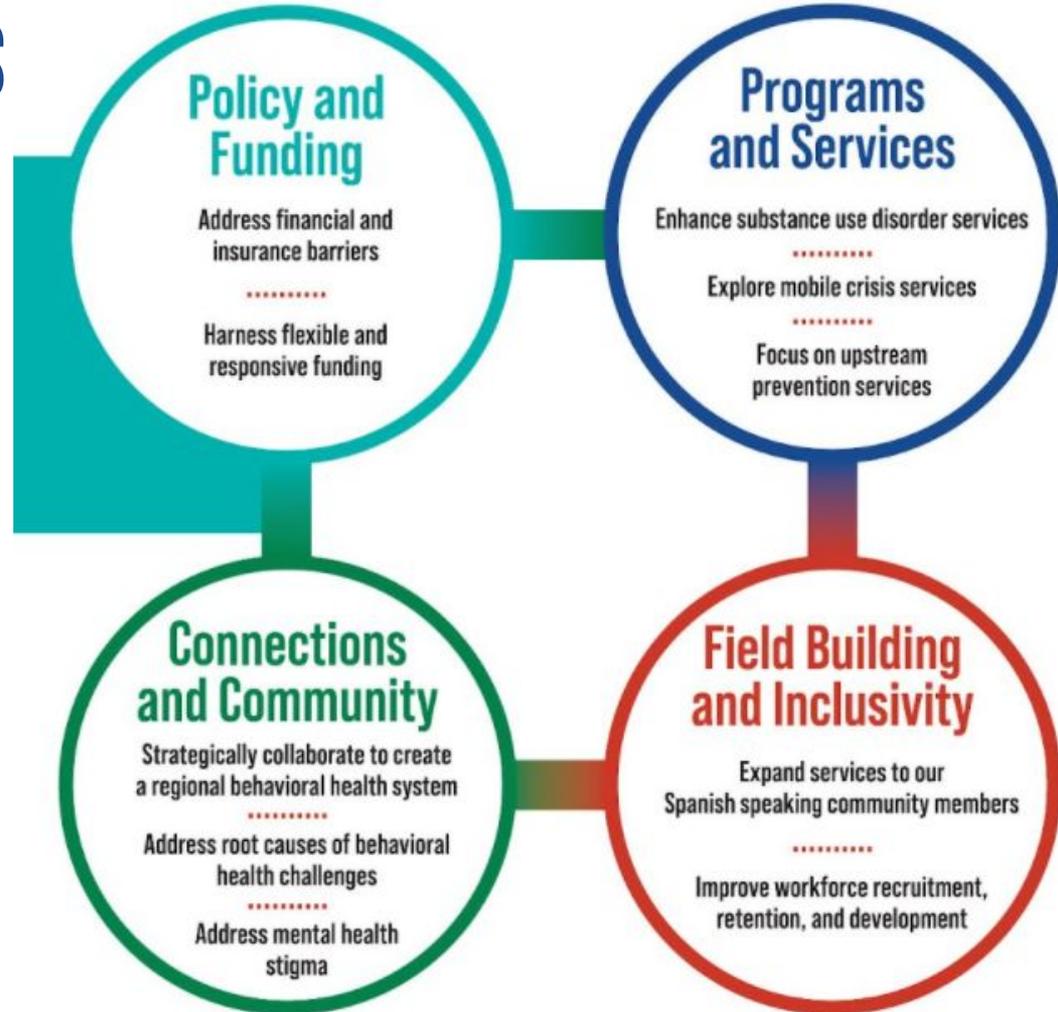
1. Do these solutions resonate with you?
2. What are we missing?
3. Are solutions rooted in equity?
4. What else?





BREAK OUT ROOMS

- You Choose the Room
- 3 Rotations
- 15 Minutes Each
- 10 Breakout Rooms





COMMUNITY ENGAGEMENT SURVEY

**HELP IMPROVE THE HEALTH OF
OUR COMMUNITY MEMBERS BY
COMPLETING OUR SURVEY!**





RESOURCE SHARING



VISÍTENOS

Visit Us

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Muchas Gracias

Thank You