

MHSA Advisory Committee (MAC)
Wednesday, May 26, 2021
Zoom Meeting
3:30pm – 5:00pm

SAN LUIS OBISPO COUNTY
BEHAVIORAL HEALTH DEPARTMENT



WELLNESS • RECOVERY • RESILIENCE

- **Welcome, Introductions, and Goals for meeting**

- Frank Warren, SLOBHD

- **Department Updates**

- Anne Robin, SLOBHD
- Frank Warren, SLOBHD

- **CSS –Program Updates**

- Kristin Ventresca, SLOBHD

- **PEI/INN Coordinator**

- Timothy Siler, SLOBHD
- Veterans Outreach Program Presentation – Gabriel Granados
- Holistic Adolescent Health Project Presentation – Charley Newel

- **WET Program Updates**

- Frank Warren, SLOBHD

- **Fiscal Update**

- Jalpa Shinglot, SLOBHD

- **Old Business**

- **New Business for 2020-21**

- Diversity, Equity, Inclusion Coordinator (PR)
- Fund PMAD – FY 21/22 – 1 Year with PR

- **Updates**

- CHFFA Youth Grant
- VTC Grant
- 2% COLA Calculation

- **Next Meetings:**

- July 28, 2021
- September 29, 2021

- **Conclusion**



MHSA Advisory Committee

- **MHSA Advisory
Committee
Introductions**



The MHSA provides San Luis Obispo County:

- Funding, personnel, and other resources
- Supportive programs for underserved populations
- Best practices and innovative approaches
- Prevention, early intervention, treatment, and recovery
- Community partnerships and stakeholder engagement



- This is a somewhat informal meeting with all attendees welcome to comment, ask questions, make suggestions, etc.
- MHSA planning requires stakeholder involvement to guide and advise plans.
- Today's meeting will update the MHSA oversight group (including original and new members) as to the implementation of the most current work plan.
- We will also provide information on work plan changes, and introduce new funding initiatives, for discussion and approval.
- We will use consensus-based decision making.



Department Update



Community Services and Supports (CSS)

- 1. Child & Youth Full Service Partnership (FCN & SLOBHD)**
- 2. Transitional Age Youth FSP (FCN & SLOBHD)**
- 3. Adult FSP (TMHA & SLOBHD)**
- 4. Older Adult FSP (Wilshire CS & SLOBHD)**
- 5. Client & Family Wellness (TMHA, CAPSLO & SLOBHD)**
- 6. Latino Outreach Program (SLOBHD)**
- 7. Enhanced Crisis & Aftercare (Sierra Wellness & SLOBHD)**
- 8. Schools and Family Empowerment (SLOBHD & CAPSLO)**
- 9. Forensic Mental Health Services (TMHA & SLOBHD)**



Prevention & Early Intervention (PEI)

WORK PLAN	PROGRAMS			
PREVENTION	Positive Development	Family Education, Training & Support	Middle School Comprehensive Program	In-Home Parent Educator
EARLY INTERVENTION	Community-Based Therapeutic Services		Integrated Community Wellness Navigators	
OUTREACH FOR INCREASING RECOGNITION OF EARLY SIGNS OF MENTAL ILLNESS	Perinatal Mood Anxiety Disorder			
ACCESS & LINKAGE TO TREATMENT	Older Adult Mental Health Initiative			
STIGMA & DISCRIMINATION REDUCTION	Social Marketing Strategy		College Wellness Program	
IMPROVE TIMELY ACCESS TO SERVICES TO UNDERSERVED POPULATIONS	Veterans Outreach Program			
SUICIDE PREVENTION	Suicide Prevention Coordination			



VeteransOutreach

County of **San Luis Obispo**

Reaching Out to Local Veterans and Their Families



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BEHAVIORAL HEALTH DEPARTMENT

www.slobehavioralhealth.org

VOP April 2020 – May 2021



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Online Trivia Nights

VeteransOutreach
County of San Luis Obispo
Reaching Out to Local Veterans and Their Families

Trivia Night

Gabriel Granados, Program Coordinator
Breanne Salmon, Program Therapist

 www.slocounty.ca.gov/veteransoutreach 

**ARE YOU SMARTER THAN
A 5TH GRADER?**

7. Mount Everest is located on
which continent?

 www.slocounty.ca.gov/veteransoutreach 

**VETERANS OUTREACH THERAPIST
Breanne Salmon**

Phone number: 805-748-2403

 www.slocounty.ca.gov/veteransoutreach 

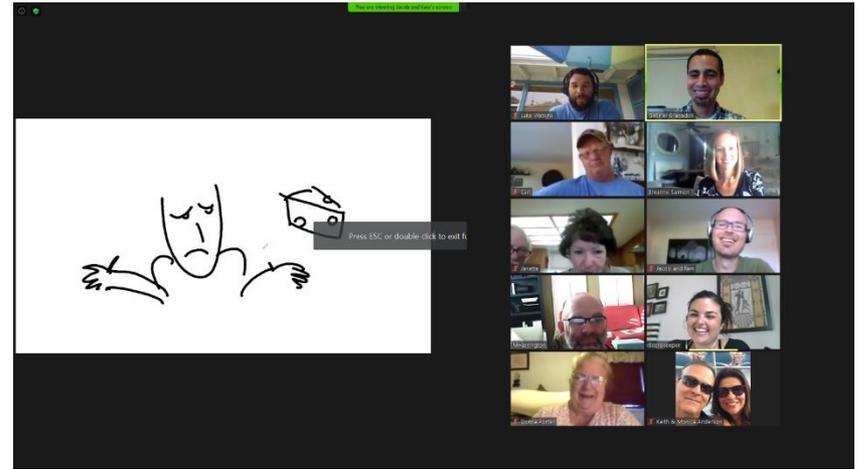
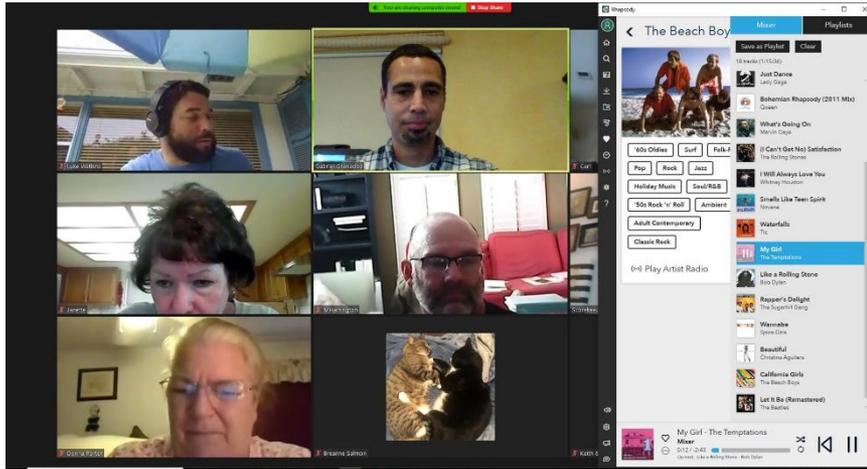
Congratulations!!!



 www.slocounty.ca.gov/veteransoutreach 



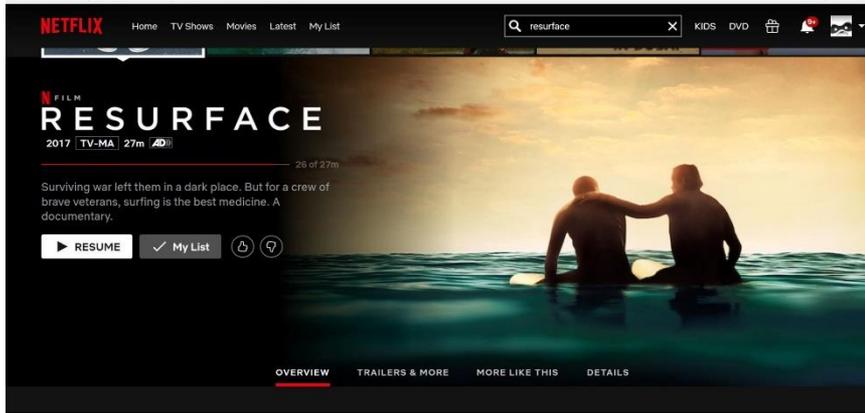
Virtual Game Nights



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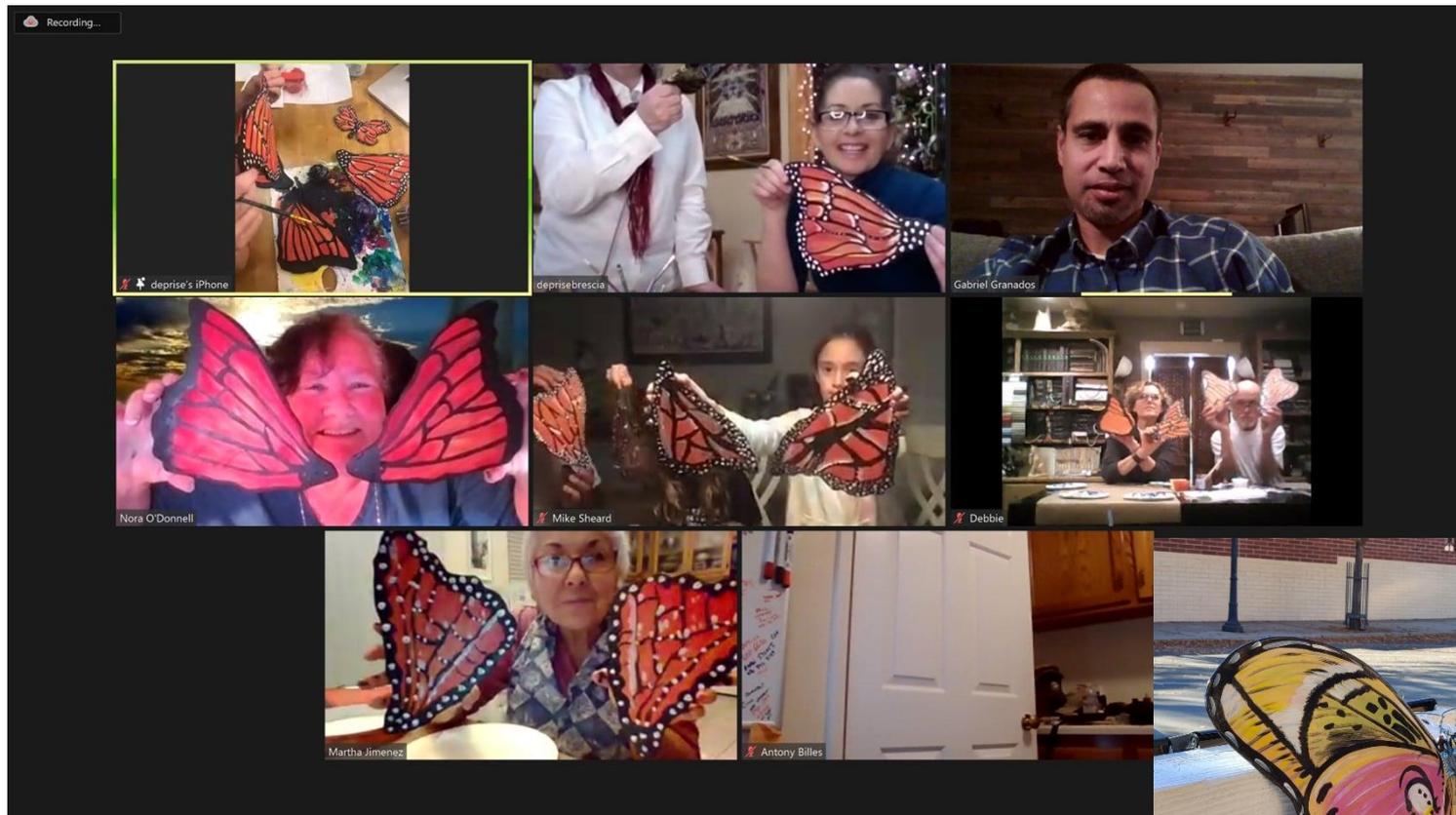
Netflix Watch Party



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Veterans Voices Art Exhibit

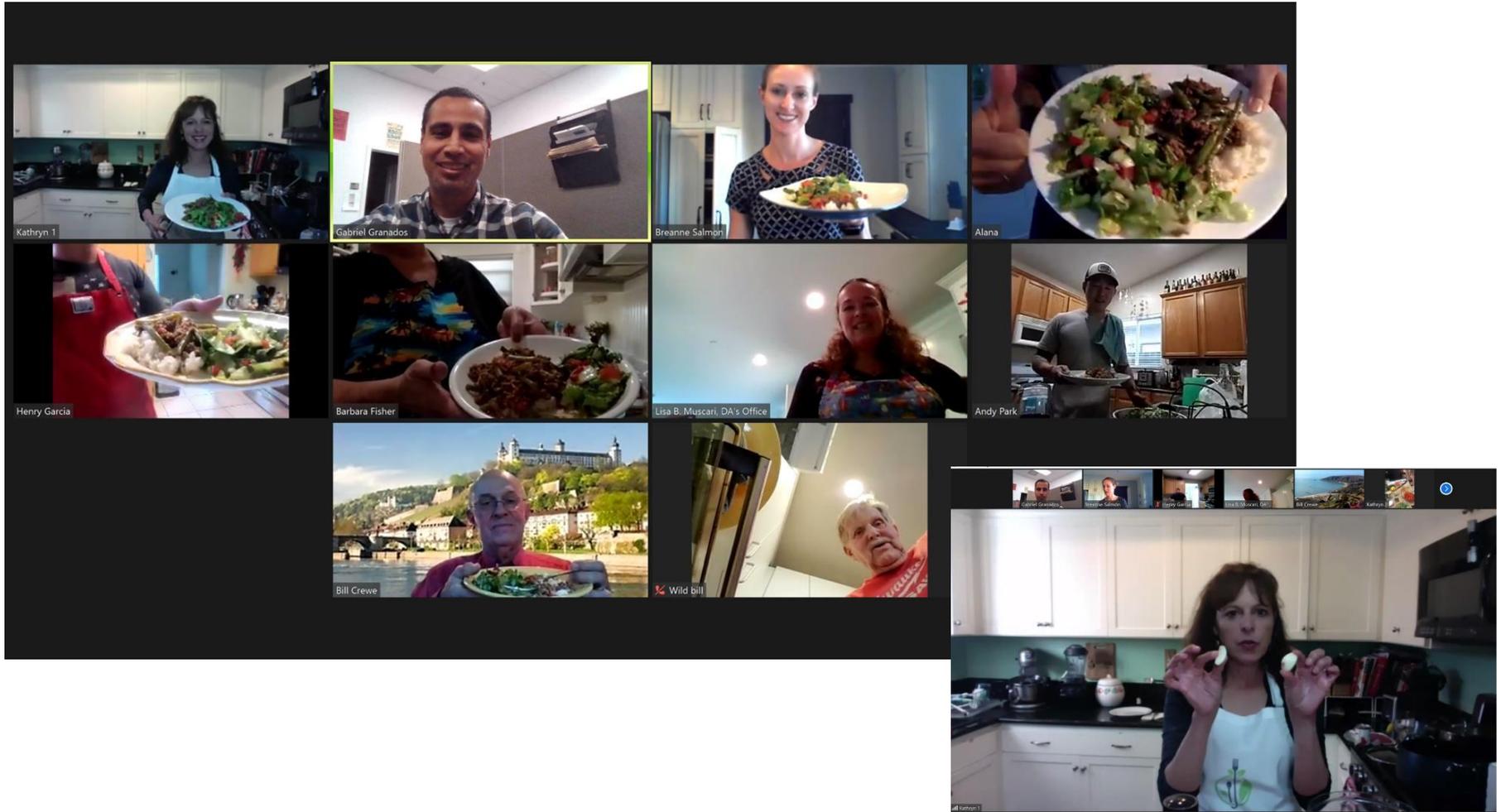


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Virtual Cooking Classes



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Nutrition Course

NOURISH THE BRAIN PROGRAM (LEVEL 1)



DYNAMIC NUTRITION GROUP SERIES

Date: Every Wednesday. Starting on August 19th

Time: 5:30pm

GROUP SERIES: 12 SESSIONS, 1 HOUR EACH

This course is specifically designed for YOU. Stress, Inflammation, Brain health, and more to help you to maximize your brain and body's performance and optimize your central nervous system. No matter what's your health goal, your brain and mind are engine that will make it happen.

During this course, we'll cover:

1. NOURISH THE BRAIN TO THINK BETTER
2. SUGARS.
3. STRESS
4. INFLAMMATION
5. YOUR BODY IS DESIGNED TO FUNCTION AT OPTIMAL HEALTH ON ITS OWN
6. YOUR MIND IN YOUR HABITS
7. CREATING NEUROPATHWAYS TO RE-WIRING YOUR BRAIN
8. FOLLOW YOUR GUT FEELING
9. WOMEN VS MEN BODY CHEMISTRY
10. BRING INQUIRY INTO YOUR BELIEVES
11. FATS TO STAY THIN & LEAN?
12. PREVENT AND HEAL CELL DAMAGE FOR LONGEVITY



Gemi Bertran is the CEO at Nourish the Brain. She provides health coaching services for clients to enhance their brain performance and create optimal health in their body. Gemi received her training from the Institute for Integrative Nutrition, where she studied a variety of dietary theories and practical lifestyle coaching methods. With her knowledge, you will co-create completely personalized actions based on your goals to move you toward your ideal vision of health within your unique body, lifestyle, preferences, and resources. Gemi supports both English speaking and Spanish speaking clients.

WWW.NOURISHTHEBRAININSTITUTE.COM



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Community Outreach



VIRTUAL VETERANS AND FAMILY RESOURCE FAIR

MONDAY
NOV 9TH
EMPLOYMENT

TUESDAY
NOV 10TH
HOUSING

THURSDAY
NOV 12TH
HEALTH

FRIDAY
NOV 13TH
EDUCATION



TO REGISTER & FOR MORE INFORMATION,
VISIT SLOVSC.ORG



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Social Media

HOW TO CARE FOR YOURSELF WHILE PRACTICING

PHYSICAL DISTANCING

EAT HEALTHFULLY 🍏
to keep your body in top working order.

EXERCISE 🏃‍♀️ Workout at home or take a solo jog around the neighborhood.

PRACTICE RELAXATION THERAPY 😌
Voluntarily tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed or anxious.

LET LIGHT IN ☀️
Increased exposure to light can improve symptoms of depression. Open the shades and let more sunlight in.

BE KIND TO YOURSELF! 🙏
Treat yourself with the same compassion you would a friend.

MONITOR MEDIA CONSUMPTION 📺
Balance media consumption with other activities you enjoy.

STAY CONNECTED 🗣️
Stay connected to loved ones with phone calls, text messages, video chats and social media.

LEARN MORE AT [MHFA.ORG](#)

Information provided in the Mental Health First Aid curriculum.
Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.

MENTAL HEALTH FIRST AID NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

VETERAN COVID-19 TESTING



FREE COVID-19 TESTING EVENT FOR VETERANS AND THEIR FAMILIES. RESOURCE REPRESENTATIVES WILL BE ON-SITE TO CONNECT VETERANS WITH COMMUNITY SERVICES AND SWAG



WHERE

SAN LUIS OBISPO VETERAN'S HALL
801 GRAND AVE.
SAN LUIS OBISPO, CA 93401



WHEN

FRIDAY, DECEMBER 18TH
9:00 AM – 12:00 PM



WHO

FOR VETERANS AND FAMILIES
NO INSURANCE REQUIRED



WALK-UPS ARE WELCOME

FULL REGISTRATION WILL BE COMPLETED ON-SITE
MORE INFO AT EMERGENCYSLO.ORG/POPUP

ACCESS THESE RESOURCES ON-SITE:

- County Veterans Services Office
- Behavioral Health
- SLO Vet Center
- CAPSLO SSVF (Housing/Shelter)

SELF-ADMINISTERED TESTS WILL BE NASAL SWABS THAT YOU CONDUCT YOURSELF AND WILL BE SUPERVISED BY A PUBLIC HEALTH NURSE



SPOTLIGHT SERIES

ACCESSING COVID-19 VACCINATIONS AT THE VA

WHAT YOU NEED TO KNOW!

FEBRUARY 9 AT 2:30PM EST



Elizabeth Dole Foundation VA U.S. Department of Veterans Affairs PHILIPS



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Upcoming Event



VeteransOutreach

County of San Luis Obispo
Reaching Out to Local Veterans and Their Families



Join us for our next event...



Kayaking in Morro Bay
Saturday, June 26th
10:00AM - 12:00PM

FREE for veterans (one guest welcome)

To register or learn about future activities,
visit www.slocounty.ca.gov/veteransoutreach



Funding for this program is provided by the County of San Luis Obispo through the Mental Health Services Act and in collaboration with the County Behavioral Health Department.



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Veterans Outreach

County of **San Luis Obispo**

Reaching Out to Local Veterans and Their Families



Gabriel Granados
VOP Coordinator
ggranados@co.slo.ca.us



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Innovation (INN)

UPDATE:

- **FY 21-25 Innovation Project Plan Draft 30-day public review concluded April 21st**
- **Approved by BOS on May 4th, and submitted to OAC**
- **Final approval expected in June**

CURRENT:

- **FY 18-22**
 - **SLO ACCEPTance: Cal Poly**
 - **3-by-3: First 5**
- **FY 19-23**
 - **Holistic Adolescent Health : CAPSLO**
 - **B-HARP: Holifield Psychological Services**



Holistic Adolescent Health

Empowering youth through a
comprehensive teen health
approach



Visit us at
capslo.org/teen-health-coaching

Have questions about your health? Text Charley at (805) 503-5434 or Kimberly (805) 380-8535



BEHAVIORAL HEALTH DEPARTMENT

www.slobehavioralhealth.org

Health Coaching

SCAN QR code..

or simply text us!

Charley: 805-503-5434

Kimberly: 805-380-8535

- Earn 5 extra credit points per call
- \$50 gift card for completing 5 calls

English AND Spanish speaking staff

 capslosteenprograms

Meet the Team



Kimberly



Charley



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How do I tell my parents that I am transgender?

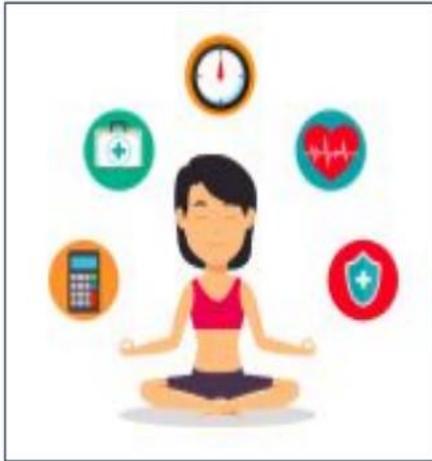
How do I have a better relationship with myself?

Is it normal if I haven't started my period yet?



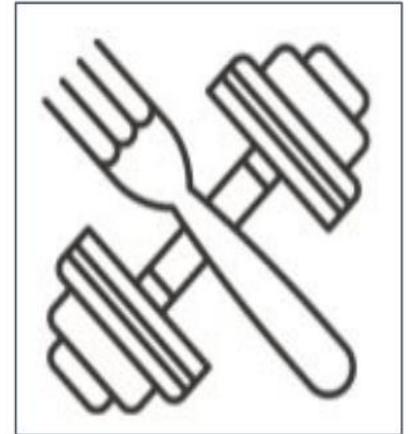
How do I know when I am ready to have sex?

Implementation Outcomes (so far)

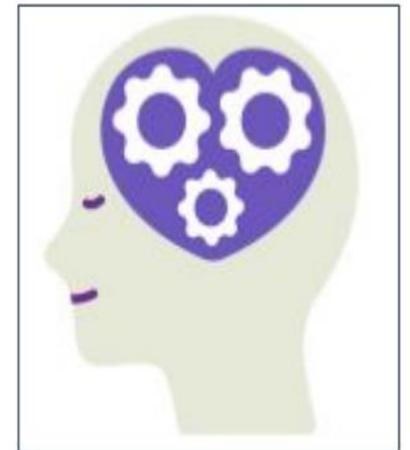


Year 1

119 students (4 cohorts) have received the 15-session curriculum at Morro Bay High and Lopez Continuation School

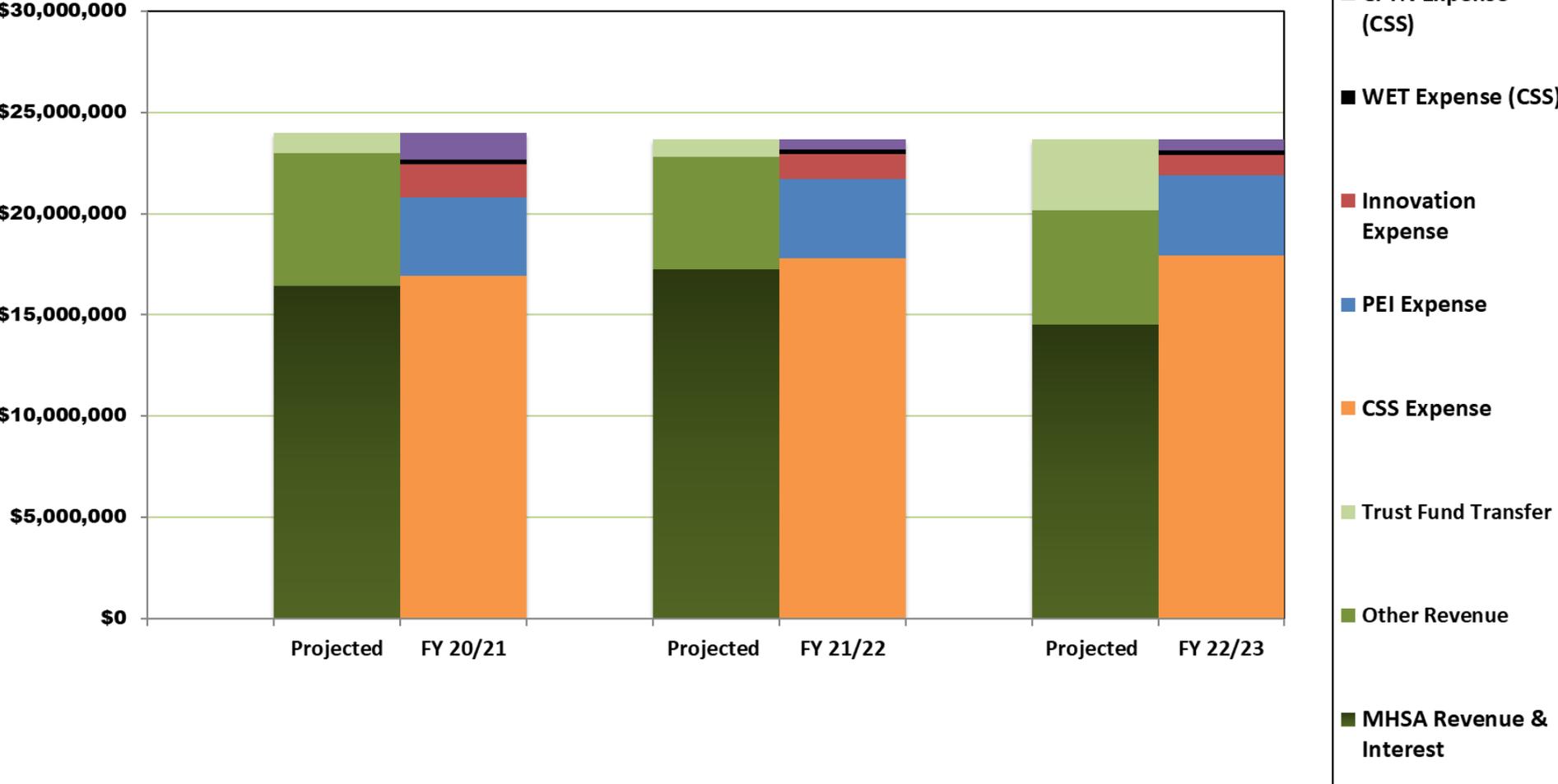


15 students have received one-on-one health coaching



MHSA Fiscal Update

MHSA Revenue and Expenses Projected FY 20/21 – FY 22/23



MHSA Fiscal Update

- **Fund Balance 5/14/2021 (excluding actual PR) = \$18,354,473**
 - Released Prudent Reserve to be spent by 6/30/22 = \$1.5M (less projected expenses)
- **Prudent Reserve Fund Balance = \$2,774,412**
- **CSS Update:**
 - Full Service Partnership Majority of CSS Funding (51%)
 - FY 20/21 current budget approximately 45%
- **PEI Update:**
 - No additional funding is available at this time.



New Business

- **Diversity, Equity, Inclusion Coordinator (PR)**
- **Fund PMAD – FY 21/22 – One Year Funding with PR**

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Updates

- **CHFFA Youth Grant**
- **Veteran Treatment Court Grant**
- **2% COLA Calculation**



Upcoming Meetings

- **July 28, 2021**
- **September 29, 2021**

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Thank you ALL.

Frank Warren
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(805)788-2055

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