

PCN Director's Meeting
March 17, 2009
Meeting Minutes



Meeting Purpose: Sharing, PCN community based project, learning for group of how to approach community capacity building beyond PCN project.

Attendees: Holly Harper, Pat Orme, Veronica Blake, Anno Nakai, Alison Schwedner, Stephen Surgener, Maureen Bauman, Mike Lombardo, Lilliput, Susie Defosset, Sandy Bassett, Cindy Brundage, Leslie Woodman, Esmerita Rivera, Jan Shonkwiler, Jim Gandley, Don Kleinfelder, Richard Knecht, Lisa Sietsma, Elisa Herrar, Susan Farrington, Tad Kitada, Cheryle Roberts

- I. **Quick Review:** John reviewed the budget realities for counties across the country – shared conceptual slides to frame conversation
 - a. **Community defined**– a group of individuals who know each other well enough that they can imagine acting together and supporting each other.
 - b. **Budget realities** – revenues declining rapidly
 - c. **People who qualify for services are facing greater needs**
 - d. **How do we transform the way we think in that community is first order of response, and publicly funded services and NGO's are secondary.**
 - i. Help people connect with natural communities of support

- II. **Making this concrete**
 - a. 3 areas of focus
 - i. Working with people we serve
 - ii. Strengthening communities to support people we don't serve
 1. communities own the resources and budgets and the wellness of itself
 - iii. Increasing understanding of, and participation in, the leadership roles of the departments (it's a community responsibility)
 - b. Working with people we serve
 - i. What this isn't
 1. Partnerships, collaboration
 2. Colocation
 3. Providing our services in the home or on site
 4. Getting someone to do what we do for free
 - ii. If we are paying for or delivering the service, we are not there yet



- c. Working with people we don't serve
 - i. Not just managing a budget- seeking to improve lives of all people
 - ii. Bulding relationships with communities and community leaders on their terms ,not ours.

III. Recommended Options from PCN Directors

- a. Specific local project PLUS
- b. Training for PCN members PLUS
- c. If commitment grows, evolve a strategy for how PCN can make this a focus of its work going forward

IV. The Projects and Evaluation

- a. Projects
 - i. Peri-Natal →1st level of change→ working with people we serve, information campaign
 - ii. Substance Abuse →1st level of change→ working with people we serve
 - iii. Youth → 1st level of change→ working with people we serve
 - iv. Welcome Center →1st level of change→working with people we serve
 - v. Latino communities in Lincoln →2nd level of change → strengthening communities capacity to serve
 - vi. Native American → 2nd level of change → strengthening communities capacity to serve
- b. Recommendation
 - i. Move with those that are in the 2nd level of change (Latino Lincoln project and Native American) and work in ways to support the other projects
 - ii. Support both projects but with different levels of intensity
 - 1. Latino Lincoln Project – 6+ days
 - a. Geographically contained and access to community leaders is high
 - 2. Native American project – 1+day
 - a. Work with community leadership to support them into thinking how to structure a series of conversations with the system in ways that increase likelihood of those systems partnering with the community on building community capacity.
 - 3. Purpose – generate structures of support within communities and series of learnings to take back to PCN members.



4. Leverage other identified projects for greater learning (off the cuff)
5. Where this could go:
 - a. Energy unfolding right now to act in this new way at many levels (eg. 6 projects identified!)
 - b. With support locally or from State we could create a Placer Learning Collaborative that could support all projects that could quickly accelerate the learning and conversation across all areas.
 - i. Don't have resources to do that yet
 - ii. Are there resources that could create this expansive effort sooner?

V. Reflections

- a. Excited. There are other communities in Lincoln (non Latino) that might be leveraged in Lincoln.
- b. I agree with Latino community in Lincoln also. I'm a member of Lincoln community. I think Lincoln is a community that has a high sense of responsibility for community. Lends itself to a fast paced program. However, need to keep in mind, that that sense of ownership of your own in community is not necessarily as strong in other communities.
- c. I like the ability for greater learning coming from Tahoe.
 - i. A lot of stresses in our community. Any learning we could have would be great. To hear there is a structure and plan in place is very encouraging.
- d. Lincoln is developmentally primed for this conversation right now. Rapid growth over 8 yrs. A current lag in that growth that will allow the community to regroup and do something proactive about its challenges. This learning opportunity could help communities across the State.
- e. Exciting about Lincoln is the retirement community as untapped resources. The retirement community is large and wants to help but hasn't figured out how to tap into this.
 - i. Bridge the gap between older adults and Latino community?
- f. Could you do a brief sketch of how we go about engaging with the community of Lincoln that has huge diversity? What does that look like?

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- i. Start with conversations with folks who are seen as leaders in the Latino community who are already acting for the community. Places where there is action already and where there are folks already in relationship with each other. We will then construct what the support will look like based on conversations with these folks.
- ii. In same way with Native community we will start with the conversations of the Native leaders (on board?). It is a concrete place to start the conversation.

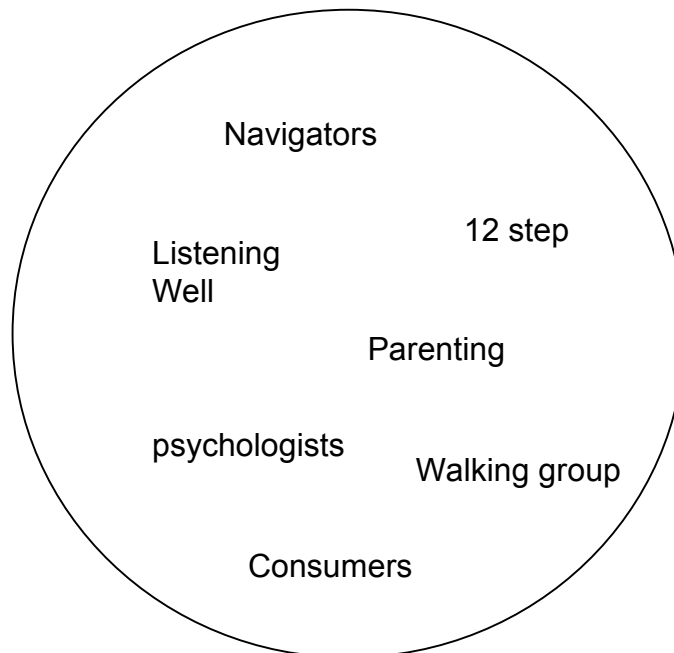
VI. Gradients of Agreement of Recommendation for:

- a. Latino Lincoln project – 6 + days
- b. Native American – 1+ days
- c. Vote along gradient
 - i. Agreement –all endorse agreement to left of abstain
- d. **Comment:** What is my role in this collaborative:
 - i. **Response:** PCN as a body is endorsing this project to advance project and the learning. There may different commitments from some of you depending on what comes out of the project.
- e. **Comment:** the concern I have is that the leadership in the Latino Lincoln community is that this is a learning process and we are not stepping forward as experts knowing how this will work. Important for those communities to understand that.
 - i. **Response:** We will certainly do that as part of the first thing.
- f. **Comment:** this is different for PCN. We usually do a project where many of us are involved and here is project where only a few of us will be involved.

VII. **Fishbowl Conversation/Learning – Welcome Center**

a. Maureen Bauman, Stephen Surgener

- i. **Orientation** – Consumer Navigator positions, Welcome Center as a place for consumer run, consumer oriented place. Challenge is having a variety of recovery levels in the Center. Serves as a resource for support and may never need services.



Who is the community here?

Each other (consumers) → on a path of recovery

What defines the community?

Coming there

Are there structures outside of this, that lend itself to creating community?

Walking group, 12-step community

Reflection: Mostly how folks who are connecting to community here is based on their need to be here? Their identity is someone who needs mental health services and/or support. Relationship is with each other, but defining characteristic is around their experience of mental illness.

Price of admission: Participation in the system in some way.

Extend impact of Welcome Center to connect to other communities of support aside from each other. What we do and who does it is a real opportunity.

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Start helping folks connecting to communities beyond this consumer oriented community. “If my only community is defined by my illness, then at some point I may be resistant to getting well”.

How do we start connecting these folks to communities that are outside of their connection to their mental illness?

That would suggest that consumer navigators could become community navigators where their job is to establish connections to communities that support their customers to recovery. Some of the conversations to do this may start outside of this Welcome Center. Supplement the experience outside of the Welcome Center.

Comment: Welcome Center provides a good support for folks. Even though you have other communities there is a constant stress around that. IF we empower folks to step outside of this protective/understanding community with the tools to cope with the stresses that come outside of the protective welcome center community.

Reflection: As soon as we define clients and/or consumers we are defining them by their role in the system.

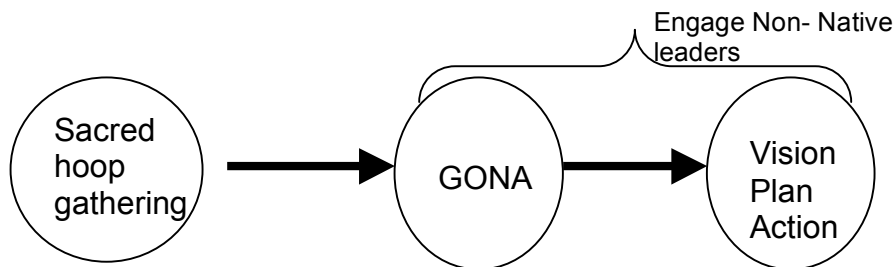
Opportunity: How this group could connect with others in the community who are experiencing mental issues but are not receiving services. (outside welcome center circle). Build leadership skills of those in welcome center to go outside and reach folks who are not connected to the system but have mental health experiences. Within a broader community this group begins to give back (reduces stigma and empowers). We want to be defined based on what we contribute not what we get. That’s why we want to identify outside of places where we are getting something.

Next steps could be:

- Identify leaders in this community (Welcome Center) who have leadership outside of the community to do this.
- Help build their skill sets to support folks in their communities outside of welcome center who they have access to.
- Create structures of support in communities where they are.

VIII. **Fishbowl Conversation/Learning – Native American**

- a. White bison is a healing model
- b. Group is about 100 (hoop)
- c. Mind mapping – creating a vision of wellness in community
- d. Healing Process Proposal:
 - i. After hoop comes through, have a summit to engage leaders of native community with non-Native leaders (Placer, El Dorado counties).
 - ii. Use GONA model (substance abuse prevention model)
 - iii. Experience together the plan and vision for healing and build supports together to develop culturally relevant services.
 - iv. White bison model – peer based model. Training comes in and you train peers in recovery/wellness and relapse prevention. Then they themselves do peer coaching and start groups. Identifies where your community need is at. Uses the whole family model.
 - v. How do we retrain our community members in a wellness model and provide those services from the community side. We know there is a need for additional resources for support (treatment, housing, culturally relevant mental health services, etc.)
 - vi. How to develop the right kind of supports to our communities so they can move forward and get well.



Hoop Gathering: Process unfolding across country

Will come to Placer soon

Hope: Out of that experience energy will arise to support gathering of Native American Leaders to go through visioning process.

Reflections:

First--Part of this experience is part of a collective reality. And, there are levels of healing that go beyond an "individual" intervention.

Second--How do we create sufficient shared understanding among Non-native partners and Native leaders as to what their respective realities are.

Third-- Both groups need **greater shared understanding** –need more time than GONA process. Need this to build effective partnership, trust and true engagement. And then become partners in solving the gaps. How do we create these structures?

Need a deeper understanding of constraints of system. And, have conversations with those in control of system. Understand why, and build structures of support to help that system change. And, we need to do it in relationship with the system.

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IX. Feedback On Learning Exercise

Plus

- Appreciated hands on approach to this learning
- I agree, seeing this in action really helps to understand concepts and how we might implement it
- Challenge is brining this to the community level is a dramatic shift. For folks who shared who are familiar with this paradigm are still struggling with how to do this.
- I liked opening engagement in Anno's community in how leadership is so important. This helped give me a starting point of where this would go for the Welcome Center. I liked this format for learning.
- The 2 different ideas helped all of us.

Recap: We will build on this going forward as one of the learning structures we create.

**Next PCN Director's Meeting: June 9th, Tuesday 9-12 pm
Location: Lincoln Police Dept.**

Placer Collaborative Network March 2009 meeting

March 17, 2009

John G. Ott + Associates
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310.422.2256

Agenda: 9:00 - 12:00 noon

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1. Opening session
2. Proposed PCN calendar
3. Review of conversation
3. Project recommendation
4. Discussion + decision
5. Break
6. Fishbowl consultation
7. Next steps
8. Closing session

Focus of this conversation

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- ▶ Brief review of the essential aspects of this conversation
- ▶ Make recommendation for PCN project and potential next steps
- ▶ If time and interest: fish bowl consultations

A quick re-visit to November: core concepts

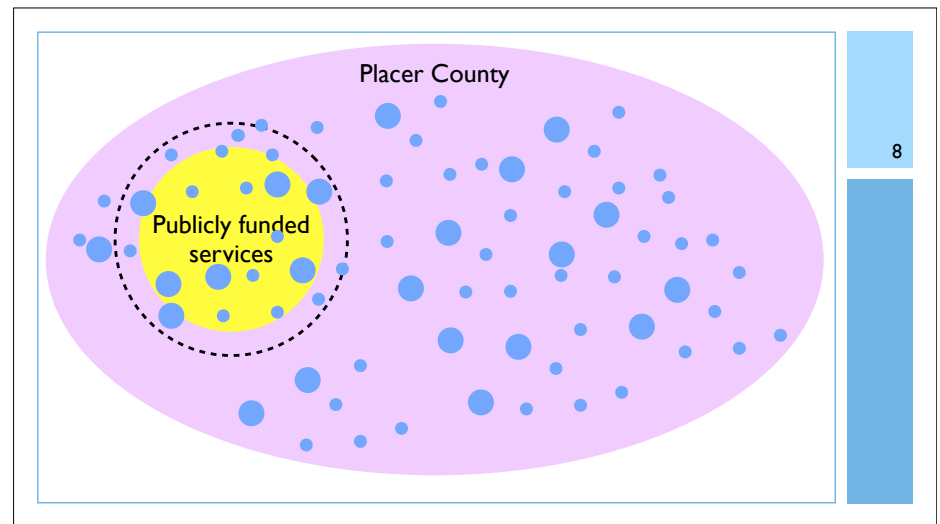
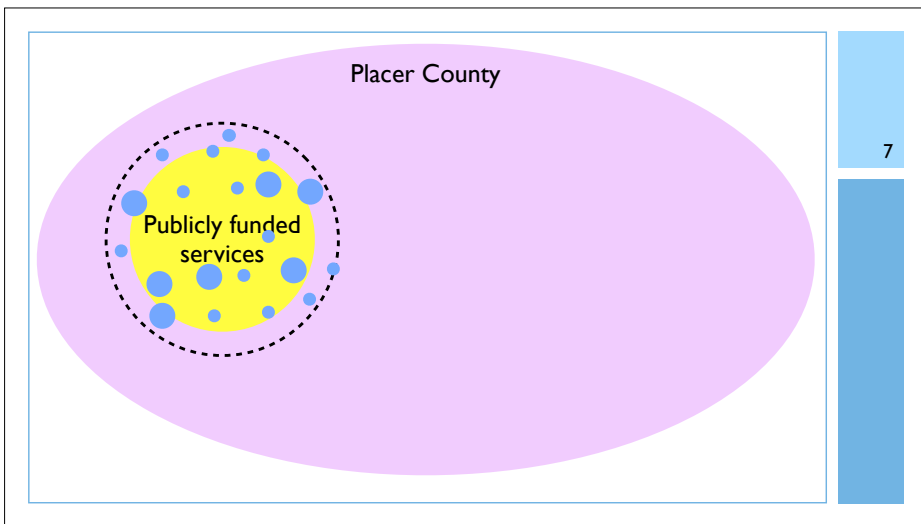
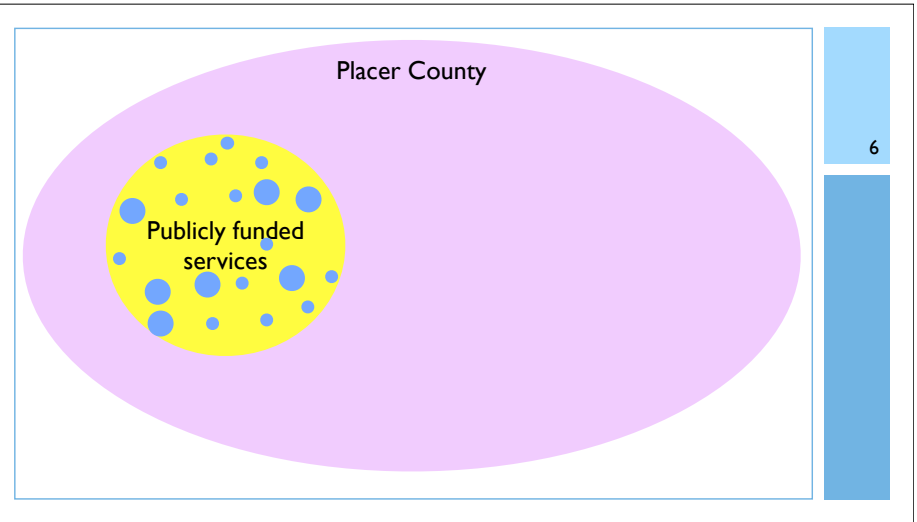
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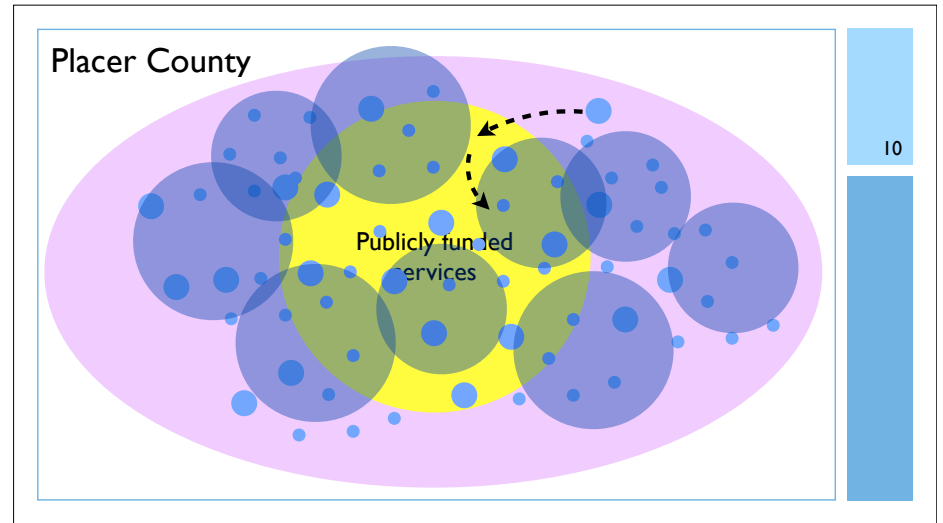
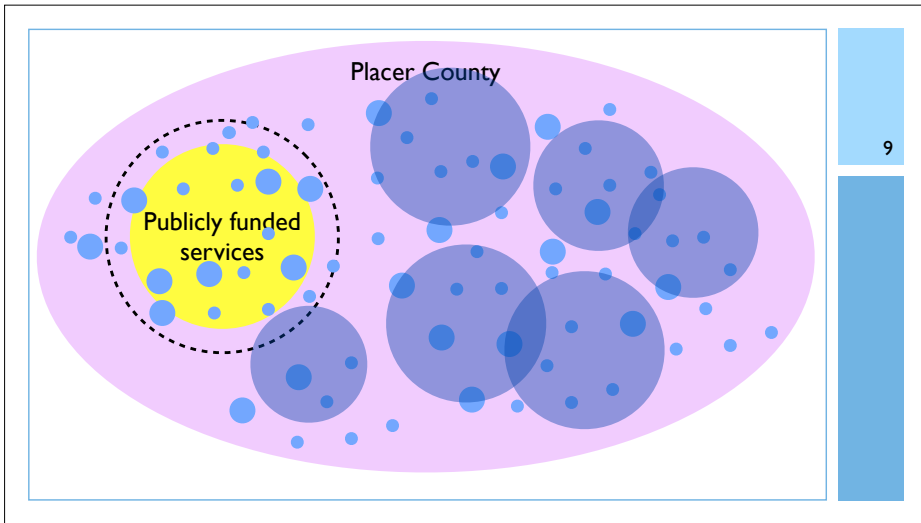
- ▶ **Community defined:** a group of individuals who know each other well enough that they can imagine acting together and supporting each other

A quick review of our conversation: the current reality

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- ▶ **Budget realities for counties across the country**
 - ▶ Revenues declining rapidly
 - ▶ Short-term responses: reduce expenses where possible (fund balances typically exhausted)
- ▶ **People who qualify for services likely increasing**
 - ▶ Worsening economy
 - ▶ Budget cuts





Changing our role in alignment with the new story

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- ▶ Providing services to those most ill while helping them establish/strengthen ties to natural communities to support them beyond our intervention
- ▶ Strengthening communities' capacity to support the health, well-being, recovery and resiliency of their members without accessing services

Making this concrete

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- ▶ **Three areas of focus**
 - ▶ Working with people we serve
 - ▶ Strengthening communities to support people we don't serve
 - ▶ Increasing understanding of, and participation in, the leadership roles of the Departments

Making this concrete: working with people we serve

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- ▶ **What this isn't**
 - ▶ Partnerships, collaboration, and/or contractors for our services
 - ▶ Co-location
 - ▶ Providing our services in the home or on site
 - ▶ Getting someone to do what we do for free
- ▶ If we are paying for (or delivering) the service, we haven't gotten to the change yet

Making this concrete: focusing on people we don't serve

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- ▶ Not just managing a budget; seeking to improve the lives of all of the people who live in Placer County (as members of communities)
- ▶ Building relationships with communities and community leaders on their terms, not ours

Making this concrete: sharing our leadership role

15

- ▶ **MHSA planning efforts**
- ▶ **Budget processes**

Decision last meeting

16

- ▶ Specific local project PLUS
- ▶ Training for PCN members PLUS
- ▶ If commitment grows, evolve a strategy for how PCN can make this a focus of its work going forward

My recommendation

17

Fishbowl consultations

18

Next steps

19

- ▶ Meetings with community leaders
- ▶ Design for how to move forward
- ▶ Other next steps

Closing session

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- ▶ Evaluation
- ▶ Final reflections