

Families of Clients/Consumers Contract Updates



NAMI CA

September 2017-June 2018

Introductions

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- Zuleima Flores, Program Manager
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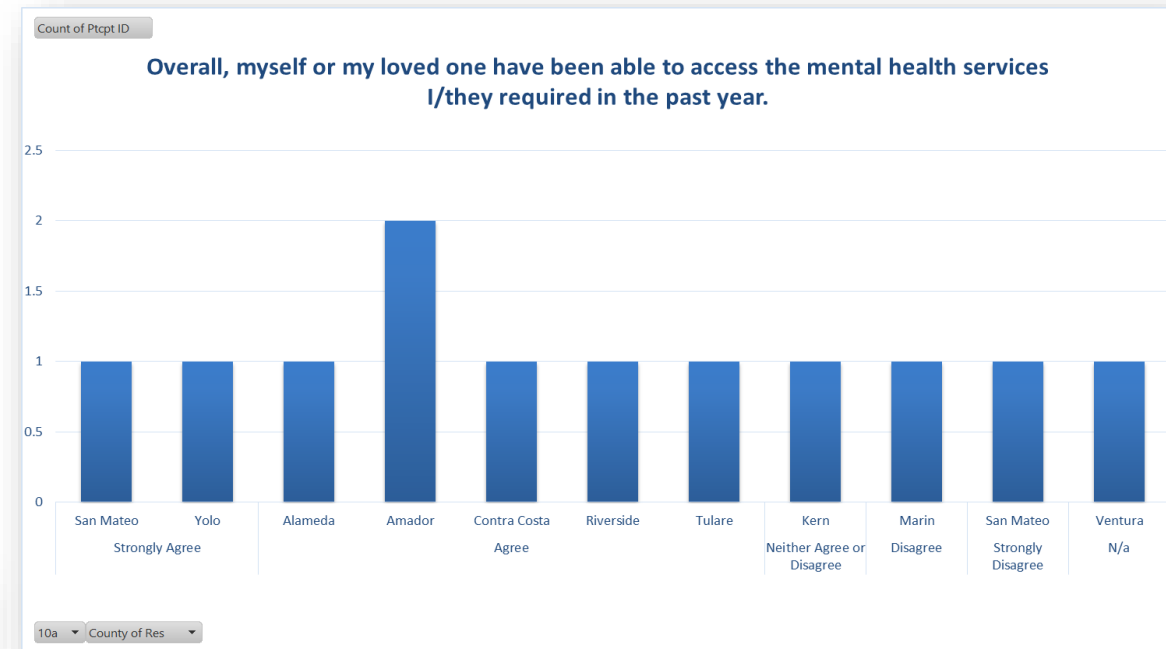
Annual State of the Community Report Deliverables

Deliverable 1, Year 1: Annual State of the Community Report	
Deliverables	Projected Outcomes
Convene an Advisory Group	<ul style="list-style-type: none">• 6-10 Advisory Group Members, meeting quarterly
Conduct Stakeholder Surveys	<ul style="list-style-type: none">• Via email and hardcopy, reaching 8,000
Collect Case Studies	<ul style="list-style-type: none">• 10 case studies collected, via telephone and at Conference
Conduct Focus Groups	<ul style="list-style-type: none">• 3 focus groups conducted via webinar, reaching 60
Complete a Literature Review	<ul style="list-style-type: none">• Collect baseline data established for Annual State of Community Report
Design the Annual Report	<ul style="list-style-type: none">• Complete the first Annual Report on Community Needs

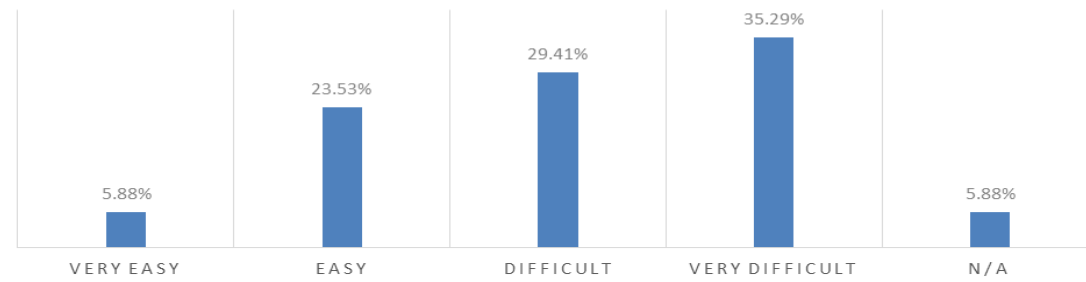
Annual State of the Community Report

Deliverable Updates

- Surveys
 - Mixed Methods Approach
 - Approx. 2,000 people reached /wk
- Focus Groups
 - 2018 Annual Conference
 - 14 unique participants
 - HIPPA, Housing, Co-occurring/SUD and Criminal Justice
- Case Studies
 - Receive responses by 2nd week of July



HOW WOULD YOU RATE THE "EASE" AT WHICH MEMBERS OF YOUR COMMUNITY CAN ACCESS MENTAL HEALTH SERVICES IN YOUR COUNTY? THIS WOULD INCLUDE: SCHEDULING APPOINTMENTS, REFERRAL SERVICES, FOLLOW-UP FROM YOUR COUNTY BEHAVIORAL HEALTH DEPARTMENT, TREATMENT FROM OTHE



“The whole family is incarcerated when our loved one is.”
 “There should be some way to clear that record [criminal justice record].”
 -Focus Group Participants

Training & Education Deliverables

Deliverable 2, Year 1: Training & Education

Deliverable	Projected Outcomes
Conduct Trainings for Family Programs (F2F, FSG, Basics, Homefront)	<ul style="list-style-type: none">• F2F State Training (December 2017)• Local Affiliate Trainings (1 F2F, 2 Basics, 2 FSG)• Have new HF teachers trained via webinar
Conduct Mental Health 101 Trainings	<ul style="list-style-type: none">• 1 MH101 training
Conduct NAMI Smarts Trainings	<ul style="list-style-type: none">• 1 NAMI Smarts Training
Provide Funding to Affiliates for Programs	<ul style="list-style-type: none">• Funding allocated to 6-10 Affiliates (from different regions) to conduct family programs locally
Conduct Cultural Competency Webinars	<ul style="list-style-type: none">• 3 Cultural Competency Webinars conducted
Conduct NAMI CA Professionals and Mental Health 101 presentations	<ul style="list-style-type: none">• Train Affiliate Leaders in the Professionals presentation format; support 6 presentations statewide• Support 6 MH101 presentations statewide

Training & Education Deliverable Updates

Program	Projected Outcomes	Outcomes Completed?	Counties Reached	Impact
Family to Family Training	2 Trainings	2- Completed	Sacramento County, Merced County	20-Sacramento 8-Merced
Family Support Group Training	2 Trainings	1-Completed 1- In Progress	Sonoma County, Kern County	6- Sonoma TBA- Kern County
Basics	2 Trainings	1- Completed 1- In Progress	Los Angeles County, Solano County	8-Los Angeles TBA- Solano County
Homefront	1 Training	1- Completed	Riverside, Los Angeles County	2- Riverside 1- Los Angeles County
Professionals	2 Webinar Trainings	2-Completed	Alameda; Butte; El Dorado; Kern; Lassen; Los Angeles; Marin; Mendocino; Riverside; Sacramento; San Bernardino; San Joaquin; San Mateo ; Santa Clara; Santa Cruz; Shasta; Solano; Sonoma; Tulare	48 Trained
SMARTS	1 Training	1- In Process	In Process	In Process
Cultural Competency Webinars	3 Webinar Trainings	2 Completed 1 – In Progress	-	-
Mental Health 101	1 Training	1- In Process	In Process	In Process

Training & Education Deliverable Updates

"This training was very useful in that it provides plenty of information and tools. I particularly enjoyed being able to work with students with the same determination to affect change. Learning from their experiences also helped."

- 2018 Trained Basics Teacher, Los Angeles County

"I found it rewarding to mirror the support group demonstration. I really enjoyed this training and feel prepared to facilitate a group."

- 2018 Trained Family support Group Facilitator, Sonoma County

"As a 26-year retired Navy Senior Chief and a NAMI F2F Teacher, the NAMI Homefront Teacher Training was a blessing and a long time coming. I am delighted that I am now in a position to offer free educational classes to the families and loved ones of Veterans, faced with mental health challenges, in an effort to educate and empower Veteran families and loved ones."

- 2018 Trained Homefront Teacher, Riverside County

Upcoming trainings



MH101 Statewide Presenter Training
Alameda County
July 2018



Upcoming trainings

- Local Family Support Group Training-Kern County
Training Date: August 12-13, 2018

Upcoming trainings

NAMI Smarts for Advocacy Teacher Training July 2018 | Sacramento



- “Train the trainer” event
- 3 day training
- 2 experienced NAMI Smarts trainers
- 32 participants
- NAMI California staff support
- Increase NAMI Smarts trainers from 2 to 34

Family Programs in Local Communities

Affiliate Name:	Counties:	Program:	Start Date:	End Date:
NAMI Orange County	Orange County	Family to Family	Apr-18	Jul-18
NAMI San Luis Obispo	San Luis Obispo	Family to Family	Jun-18	Aug-18
NAMI San Bernardino Area	San Bernardino	Family Support Group	Apr-18	Jul-18
NAMI Santa Cruz	Santa Cruz	Family Support Group	Apr-18	Jul-18
NAMI Sonoma County	Sonoma	Family Support Group	Apr-18	Jul-18
NAMI El Dorado County	El Dorado	Family Support Group	Apr-18	Jul-18
NAMI Sacramento	Sacramento	Basics	9-May-18	6-Jun-18
NAMI Antelope Valley	Los Angeles	Homefront	10-May-18	14-Jun-18

Outreach, Engagement & Communication Deliverables

Deliverable 3, Year 1: Outreach, Engagement and Communication

Deliverable	Projected Outcomes
Create Local Service Guides	<ul style="list-style-type: none">• Create 6 local service guides
Create/Enhance Local Mental Health Awareness Events	<ul style="list-style-type: none">• Partner with affiliates to reach 6-8 local events
Develop Local and Statewide Advocacy Calendars	<ul style="list-style-type: none">• Continually update statewide advocacy calendar• Partner with 3 affiliates to create/maintain local calendar
Engage with Local Decision Makers and Statewide Legislative Officials	<ul style="list-style-type: none">• Partner with 3 local affiliates to engage with their counties and attend advocacy events
Engage Statewide Agencies that Serve Families	<ul style="list-style-type: none">• Increase awareness of local family issues within different family-support agencies
Conduct Statewide Communications	<ul style="list-style-type: none">• Reach current and new audiences through website, social media, and newsletters
Develop Positive Messaging Campaigns	<ul style="list-style-type: none">• Develop and launch first campaign

Outreach, Engagement & Communication Deliverable Updates

- NAMI California shared positive messaging around family members
- **The Care for Caregivers Toolkit** is a resource center and positive messaging campaign currently in development and slated for release next quarter.
 - Focus is on the importance of the family member in the consumer's mental health recovery
 - Reminds family members that they are deserving of self care



- NAMI CA regularly shared family member messaging through stories and resource articles
- "Focus on Family" features appeared in several of our e-newsletters

Outreach, Engagement & Communication

Deliverable Updates

- Collected written and filmed stories from family members
- Released stories through our blog, social media, and newsletters for our Stories of Resilience video series during Mental Health Month in May



- Videos of family members from diverse communities were collected for Bebe Moore Campbell Minority Mental Health Month to demonstrate the unique challenges of cultural stigma within many diverse communities and the ways family members have risen above them to support their loved one with mental illness.
- Live streaming of mental health events, including Mental Health Matters Day and the NAMI California Multicultural Symposium, to reach more viewers across the state and increase our overall impact.

Outreach, Engagement & Communication Deliverable Updates



Advocacy Deliverables

Deliverable 4, Year 1: Advocacy

Deliverable	Projected Outcomes
Conduct Local MHSOAC Report Training Webinars	<ul style="list-style-type: none">• Conduct webinars for affiliates
Conduct Local Advocacy Activities	<ul style="list-style-type: none">• Partner with 5 affiliates to visit local area elected officials
Meet with MHSOAC and Other Agencies	<ul style="list-style-type: none">• Partner with local family advocates to share their experience in MHSOAC and other state agency meetings
Conduct Local Coalition Building Meetings	<ul style="list-style-type: none">• Focus on 8 communities to hold collaboration meetings with local decision makers, behavioral health departments and others.
Regional Advocacy Meetings	<ul style="list-style-type: none">• Conduct 3 regional advocacy meetings
Coordinate NAMI CAN Advocacy Calls	<ul style="list-style-type: none">• Conduct 1 call/month
Coordinate Advocacy Days at the Capitol	<ul style="list-style-type: none">• Coordinate a Advocacy Day Event (not BeBe Moore)
Conduct Statewide Advocacy Activities	<ul style="list-style-type: none">• Partner with 10 Local Advocates to advocate at the state level, as needed
Engage in Statewide County Advocacy	<ul style="list-style-type: none">• Attend meetings and engage with the California Behavioral Health Directors meetings
Conduct Legislative Briefings on the MHSOAC Report	<ul style="list-style-type: none">• Create an annual MHSOAC report• Present report to legislators

Advocacy Deliverable Updates

Mini-grant Activities

Local Advocacy
Calendar

Mental Health
Awareness Events

Local Service Guides

Engage with local
decisionmakers

Local Advocacy
Activities

Community
Collaboration Events

Local Advocacy Mini-Grants

Provide package funding to affiliates to develop a local advocacy program. Allowed us to fund capacity development among NAMI affiliates working closely with their respective communities. End goal is to build statewide network of grassroots advocates with capacity to effect change at local level, and join together to effect change at the statewide level.

Affiliates receiving funds include:

- NAMI Long Beach
- NAMI Sacramento
- NAMI Contra Costa
- NAMI Amador
- NAMI Glendale
- NAMI Marin
- NAMI El Dorado

“Loving our Mini Advocacy Grant. One big success so far has been building a calendar around Mental Health Month. The process of finding events, putting them on the calendar, and then going to these events and other places with the calendar helped us make many more contacts and have led to more events being put on this month or to events being planned for later in the year”.

-NAMI Glendale

Advocacy Deliverable Updates

NAMI CAN Calls

Monthly calls conducted

Most meetings had attendance between 30-40 participants

Topics covered include:

- Legislative updates
- In-depth bill discussion
- upcoming advocacy events
- ways to engage
- updates on relevant information (e.g., recent MHSA Audit)

Regional Meetings

April 30th
Contra Costa

May 17th
Kern County

Average participants: 32

Number of individuals trained in NAMI Smarts:
50

Both meetings had program leads from county MHSA staff to discuss opportunities for engaging in MHSA process at the county level

Advocacy Deliverable Updates

2018 MHSA Report

Received information from all 58 county behavioral health departments

Report is in final review and will be released soon

Final report will break down all MHSA services by county and following priority areas:

- crisis support
- peer and family support
- reducing disparities
- housing

2018 MHSA County Programs



Advocacy Deliverable Updates

- Other Advocacy Activities
 - Mental Health Matters Day (May 23rd)
 - Child Mental Health Lobby Day (May 1st)
 - Series of local advocacy and community collaboration activities (put on by local affiliates and funded through mini-grants)
 - Action alerts for pertinent legislation and activating affiliates and membership to submit letters of support
 - New online action center: www.namicaadvocacy.org
 - Coalition and commission attendance and participation

Next Steps

- Annual State of the Community Report
 - Synthesize results of focus groups, case studies, literature review and surveys
 - Regional & demographic trends
 - Present findings to MHSOAC and Advisory group
- Training & Education
 - Finalize and conduct NAMI Smarts for Advocacy Train the Trainer training
 - Collect reports on remaining trainings and presentations
 - Conduct follow up data collection on post-training activity levels
- Outreach, Engagement & Communication
 - Continue to collect and edit dozens of filmed personal stories
 - Finalizing our Bebe Moore Campbell Minority Mental Health Awareness Month video series
 - Continue to amplify the “Advocacy starts at home” and “Care for caregivers” messaging
- Advocacy
 - Continue to work with affiliates on local advocacy mini-grants
 - Continue regional meetings and NAMI CAN Calls
 - Begin work on Families’ focused advocacy day in August
 - Continue to build collaboration with community and state agency partners



Questions?

Thank you!