ABOUT ACCESS CALIFORNIA

ACCESS California (or "ACCESS" for short) is a statewide consumer-led advocacy program of Mental Health America of Northern California ("NorCal MHA") funded by the Mental Health Services Act ("MHSA") and the Mental Health Services Oversight and Accountability Commission ("MHSOAC").

ACCESS stands for Advancing Client and Community Empowerment through Sustainable Solutions. Our mission is to strengthen and expand local and statewide client/consumer advocacy through individual and community empowerment. Through ACCESS' ongoing research, data collection and evaluation, legislative and policy analysis, advocacy, education, training, outreach, and engagement activities, we implement strategies to elevate the voices, identify the needs, and increase genuine public participation of client/consumer stakeholders to drive truly transformative change in California's Public Mental Health System.

PURPOSE

This document originated as a supplement the MHSOAC's Innovation Review Outline issued on May 25, 2017 (http://mhsaoac.ca.gov/document/2017-05/mhsaoac-commissio-n-meeting-packet-may-25-2017, p. 115) to incorporate additional factors of concern to client/consumer stakeholders in California's Public Mental Health System ("PMHS"). ACCESS is charged with ensuring Local Mental Health Agencies ("LMHAs") adequately integrate the MHSA's statutory standards (Community Collaboration, Cultural Competence, Client- and Family-Driven and Wellness, Recovery, and Resilience Focused, and Integrated Service Experiences) in the development and implementation of MHSA-funded services. (9 CCR § 3320.) Thus, these guidelines are intended to be applied when evaluating the planning processes undertaken for any MHSA-funded mental health program or service.

ACCESS offers technical assistance to LMHAs to help with the development of their MHSA Plans (and in particular, Innovation Plans), including the incorporation of the guidelines contained herein. ACCESS can review LMHAs' Plans from a client/consumer advocacy perspective, assist in stakeholder outreach, engagement, and recruitment to ensure a robust Community Program Planning Process ("CPP"), and offer guidance on how to integrate recovery-oriented principles, peer support services, and ongoing stakeholder involvement in the development, implementation, oversight, and evaluation of LMHAs' MHSA and Innovation Plans.

ACCESS California is a program of NorCal MHA funded by the California Mental Health Services Act (Prop 63) and by the Mental Health Services Oversight and Accountability Commission (MHSOAC)
APPLICATION

ACCESS will utilize these guidelines when providing technical assistance to LMHAs in relation to their MHSA and Innovation Plans and when reviewing and providing public comment on LMHAs’ proposed Innovation Plans during MHSOAC meetings.

ABBREVIATIONS

ACCESS: ACCESS California, NorCal MHA’s MHSOAC-funded statewide advocacy program
CCR: California Code of Regulations
CPP: The Community Program Planning process required under the MHSA
LMHA: Local Mental Health Agency (county- or city-run public mental health systems)
MHSA: California’s Mental Health Services Act, aka “Prop. 63”
MHSOAC: Mental Health Services Oversight and Accountability Commission
MHSA Plan: Local Mental Health Agency’s Three-Year MHSA Program Plan and updates/addenda thereto
NorCal MHA: Mental Health America of Northern California; founded in 1946, NorCal MHA is the oldest peer-run consumer advocacy organization in the state
PMHS: California’s Public Mental Health System
WIC: California Welfare and Institutions Code

DEFINITIONS

For purposes of this document, the following definitions shall apply:

Client/Consumer: “Client” means an individual of any age who is receiving or has received mental health services. As used in these regulations, the term “client” includes those who refer to themselves as clients, consumers, survivors, patients or ex-patients. (9 CCR § 3200.040)

In addition to those identified in the MHSA’s official definition above, we have expanded our working definitions of “Client” and “Consumer” to include individuals with personal lived experience of a mental health challenge, whether or not they have a formal psychiatric diagnosis or received public mental health services. In doing so, we are broadening our constituency to incorporate individuals from traditionally un-, under-, or inappropriately-served communities who have not interacted with California’s Public Mental Health System.

Stakeholder: While the term “Stakeholder” carries a unique definition under the MHSA (see 9 CCR § 3200.270), we are using it interchangeably with “Client” and “Consumer” throughout this document. This is because many people do not like the terms “Client” and “Consumer” and prefer not to use these terms when describing themselves.
MHSA PROGRAM PLANNING GUIDELINES

THEME ONE: ADVOCACY, MEANINGFUL STAKEHOLDER PARTICIPATION, AND CLIENT-DRIVEN PROGRAMS/SERVICES

Describe the CPP undertaken to develop the MHSA Plan.

1. How did the changes/updates to the MHSA Plan originate? Where did the ideas for these changes/updates come from?
   - Did stakeholders offer any alternative programs or services to address the same goals?
   - Did stakeholders express a preference to fund other/different priorities?

2. How was stakeholder feedback solicited and incorporated in the development of the MHSA Plan?
   - What outreach activities, if any, did you perform to engage stakeholders in the CPP? For example:
     - How are you using the MHSA planning funds designated under WIC § 5892(c) and 9 CCR § 3300(b) to bring stakeholders to the table?
     - How did you advertise or notify stakeholders of the MHSA planning meetings?
     - What outreach/engagement methods did you use to reach new participants and those from traditionally un-, under-, and/or inappropriately-served populations?
     - What barriers to participation exist for stakeholders in your LMHA?
     - What strategies did you implement to help participants overcome common barriers to participation in the CPP?
   - How many public stakeholder meetings were held and who participated?
     - When and where were the meetings held? (dates, times, locations)
     - How many different client/consumer stakeholders attended these meetings? How many of these stakeholder participants were not LMHA or provider employees?
     - How many stakeholder representatives from traditionally un-, under-, and/or inappropriately-served groups participated?
     - Are any of the participating client/consumer stakeholders recipients of mental health services in your LMHA (currently or previously)?
     - Did your LMHA’s designated consumer advocates/liaisons participate in these MHSA Planning meetings?
     - Did any peer support staff participate in these MHSA Planning meetings?
Did you provide any training to stakeholders pursuant to 9 CCR § 3300(c)(3)(B) to ensure those participating in the CPP had adequate information and understanding to meaningfully participate?

- How did the MHSA Plan change, if at all, based on the stakeholder feedback you received?

**Authorities:** WIC §§ 5846(c)-(d), 5847(b)(4), 5848(a), 5892(a)(6), 5892(c), 5892(e)(3); 9 CCR §§ 3300(b)-(c), 3930(b)(1)


How will stakeholders remain actively involved in the implementation and oversight of your MHSA program(s)?

1. How will stakeholders remain involved in the oversight, quality improvement, and evaluation of the services/activities described in the MHSA Plan?

2. If changes are necessary to the MHSA Plan, how will you include stakeholder feedback and recommendations in the development of these changes?

**Authorities:** WIC §§ 5813.5(d)(2), 5848(a); 9 CCR §§ 3200.070(3), 3910.015(b), 3910.020(a)(1), 3915(g), 3930(b)(2), 3930(c)(8)(B), 3935(a)

**THEME TWO:** RECOVERY-ORIENTED SYSTEMS, SERVICES, PRACTICES, AND OUTCOMES

How are the services and/or activities you propose to perform under this Plan recovery-oriented?

1. Which of SAMHSA's 4 Major Dimensions and 10 Guiding Principles of Recovery are addressed by and/or incorporated into the services/programs described in the MHSA Plan?

   - 4 Major Dimensions: (1) Health; (2) Home; (3) Purpose; (4) Community
   - 10 Guiding Principles: (1) Hope; (2) Person-Driven; (3) Many Pathways; (4) Holistic; (5) Peer Support; (6) Relational; (7) Culture; (8) Addresses Trauma; (9) Strengths/Responsibility; (10) Respect

2. How are the services/activities/programs in the MHSA Plan client-driven? How do they incorporate and maximize shared decision-making values?

3. What recovery-based outcome tools and measurements will you use to evaluate the effectiveness of your MHSA program(s)?

**Authorities:** WIC § 5813.5(d); 9 CCR §§ 3320, 3915(b)

**Resources:** SAMHSA's Working Definition of Recovery (2012); NorCal MHA/WISE Recovery 101 training
THEME THREE: EXPANSION AND STRENGTHENING OF PEER SUPPORT SERVICES;
INCREASED STAKEHOLDER EMPLOYMENT OPPORTUNITIES WITHIN THE PMHS

Are peer support positions included in the MHSA Plan?

1. If not, why?

2. If so:
   - How many positions?
   - Full time or part time?
   - Contracted or hired directly?
   - Living wages and health benefits?
   - Opportunities for continuous learning, professional development, career advancement?
   - Lived experience required or merely desired?
   - Lived experience matches population(s) served?
   - Peers reflect diversity of communities served?
   - What trainings and ongoing education do peers receive to develop and enhance SAMHSA’s 12 Core Competencies for Peer Support Workers and to ensure fidelity to the evidence-based peer support model?
   - Are peers supervised/managed by other peer professionals to promote career ladders for peers and to ensure performance expectations and practice guidelines reflect fidelity to the evidence-base and core principles of peer support?
   - What trainings and ongoing education do supervisors, clinicians, etc. who work with peers receive to help peers develop and enhance Core Competencies and ensure fidelity to the evidence-based peer support model and prevent co-optation and marginalization of peers?

Authorities: WIC §§ 5694, 5813.5(d)(2)-(3), 5822(g)
Resources: SAMHSA’s Core Competencies for Peers (2015); NorCal MHA/WISE Peer Employer Toolkit; NorCal MHA/WISE Peer Support 101 training
The Friends of the Marina Library

September 10 (Tuesday) 11 am - 7 pm
September 11 (Wednesday) 11 am - 7 pm
September 12 (Thursday) 10 am - 6 pm
September 13 (Friday) 10 am - 5 pm
September 14 (Saturday) 10 am - 5 pm
September 15 (Sunday, half price) 11 am - 3 pm

Come to the Marina Library for our

Annual Used Giant Book Sale!

Books, CDs, DVDs, VHS, and a free children's sing-along on Saturday!

Other side: More book sales! Friends' Community Bookstore!
Schedule of Upcoming Used Book Sales

2019
September 10 - September 15 (Annual Giant Sale!)
December 14  10 am - 5 pm
December 15  11 am - 3 pm

2020
February 8   10 am - 5 pm
February 9   11 am - 3 pm
April 11     10 am - 5 pm
April 12     11 am - 3 pm
June 13      10 am - 5 pm
June 14      11 am - 3 pm

Please visit us all year round at our

Friends' Community Bookstore
330 Reservation Road, Marina, CA
(across the street from Ramada Inn)
Tuesday - Sunday: 10 am - 4 pm
Beautiful Used Books, CDs, DVDs
for Grown-Ups and Children

Shop * Donate * Volunteer

Turn your old books into new books
and programs for the Marina Library!

Want more information about the store?
Phone: 831-747-1850
Email: books.foml@gmail.com

The Friends of the Marina Library
Visit us at friendsofthemarinalibrary.org
JOIN! The Friends of the Marina Library
P.O. Box 493, Marina, CA 93933 831.682.8016
To donate items: gyoungb292@aol.com; to volunteer: cleahoff@gmail.com
Everyone needs help sometimes. Come learn about resources and ways to help yourself or someone else who may be in crisis or at risk of suicide.

Staff from Suicide Prevention Service of the Central Coast will share information about the suicide crisis line, facts and myths, warning signs, and healthy coping skills. The presenters will answer questions and provide educational materials in English and Spanish. Please join us for this important conversation.

Questions? Email Dana Edgull at EdgullDR@co.monterey.ca.us or call 831-796-6110

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<thead>
<tr>
<th>When:</th>
<th>Where:</th>
<th>Time:</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>Marina Library</td>
<td>5:30 to 6:30pm</td>
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<tr>
<td>September 4th</td>
<td>190 Seaside Cir, Marina, CA 93933</td>
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<tr>
<td>Tuesday</td>
<td>Cesar Chavez Library</td>
<td>Youth 5:00 to 6:00pm</td>
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<tr>
<td>September 24th</td>
<td>615 Williams Rd, Salinas, CA 93905</td>
<td>Adult 6:30 to 7:30pm</td>
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<tr>
<td>Thursday</td>
<td>John Steinbeck Library</td>
<td>3:00 to 4:00pm</td>
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<tr>
<td>September 26th</td>
<td>350 Lincoln Ave, Salinas, CA 93901</td>
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<tr>
<td>Monday</td>
<td>Little Angles Head Start</td>
<td>6:00 to 7:30pm</td>
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<tr>
<td>September 30th</td>
<td>231 Lynn St, King City, CA 93930</td>
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Conciencia Para Todos Acerca del Suicidio

Todos ocupamos ayuda en algunos momentos. Venga y aprenda acerca de los diferentes recursos y formas de ayudarse a sí mismo o algún ser querido que pueda estar pasando por alguna crisis o estar al riesgo del suicidio.

Personal del Servicio de Prevención de Suicidio de la Costa Central estarán dando información acerca de la línea de crisis de suicidio, hechos y mitos acerca del tema, señales de aviso, y habilidades saludables para combatir el suicidio. Los presentadores responderán a preguntas y proveerán materiales educativos en inglés y español sobre el tema. Por favor acompañenos en esta importante conversación.

¿Preguntas? Contacte a Dana Edgull a EdgullDR@co.monterey.ca.us o por teléfono al 831-796-6110

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<tr>
<th>¿Cuándo?</th>
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<th>La Hora</th>
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<tr>
<td>Miércoles 4 de septiembre</td>
<td>Biblioteca de Marina 190 Seaside Cir, Marina, CA 93933</td>
<td>5:30 a 6:30pm</td>
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<tr>
<td>Martes 24 de septiembre</td>
<td>Biblioteca Cesar Chavez 615 Williams Rd, Salinas, CA 93905</td>
<td>Jóvenes 5:00 a 6:00pm, Adultos 6:30 a 7:30pm</td>
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<td>Jueves 26 de septiembre</td>
<td>Biblioteca John Steinbeck 350 Lincoln Ave, Salinas, CA 93901</td>
<td>3:00 a 4:00pm</td>
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<tr>
<td>Lunes 30 de septiembre</td>
<td>Little Angles Head Start 231 Lynn St, King City, CA 93930</td>
<td>6:00 a 7:30pm</td>
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</table>
You are not alone.
Come find support and hope at our NAMI Family Support Group

NAMI Family Support Group is a free confidential support group for family members, friends, and partners of loved ones living with a mental illness in a compassionate environment. Join a caring group of individuals helping one another by utilizing their collective experiences and learned wisdom.

Come find:
- Support from other experiencing similar situations
- Problem solving techniques
- Hope and strength

Meets:

When: The 1st and 3rd Saturday of the month
Time: 3:00 p.m. to 4:30 p.m.
Location: 1020 Merrill St., Suite 1015
Salinas, CA 93901

The NAMI Family Support Group is structured to teach healthy communication and coping skills, self-care, in a positive and supportive environment. To learn more about NAMI and other programs visit, www.nami.org.

For more information about NAMI Monterey County or this support group call our office at (831) 422-6264 or info@namimonterey.org.
NAMI CONNECTION RECOVERY SUPPORT GROUP
1ST SATURDAY OF EVERY MONTH

LOCATION: 1020 MERRILL ST. SUITE 1015
SALINAS, CA 93901
TIME: 12:00PM TO 1:30PM

CONTACT: NAMI MONTEREY COUNTY (831) 422-6264
INFO@NAMIMONTEREY.ORG FOR MORE INFO

NAMI Connection Recovery Support Group is a free support group that offers respect, understanding, and hope to individuals living with a mental health challenge. Come find encouragement, share your experience, and connect with others in a safe positive environment. This group is led by trained NAMI Connection facilitators living in recovery.

Monterey County
WEBSITE: WWW.NAMIMONTEREY.ORG
“Knowing that there are other people living in similar situations is something that makes me feel supported.” -NAMI Familia-a-Familia participant

Educational Program: NAMI Familia-a-Familia
¡Starts September 7th, register today!
¡Free!
Class will start September 7th, 2019
11 weeks, every Saturday
3:00 pm-5:30 pm
In Salinas

Pre-registration REQUIRED; space is limited.
(831) 422-6264    (831) 200-5563
Email: info@namimonterey.org  Visit: www.namimonterey.org

NAMI Familia-a-Familia is a no cost, 11 session educational course coordinated by NAMI Monterey County. The NAMI Familia-a-Familia course is for family, caregivers, friends, and significant others of adults living with mental health challenges. This course helps family members learn more about their loved one's mental illness and ways to support them...IN SPANISH! The course will cover information on: Schizophrenia, Bipolar, major depression, and more; Signs and symptoms; Basics about the brain & medication; Skills related to managing crisis, solving problems & communicating effectively. Strategies for self-care; Guidance on locating appropriate local supports and services...and more!! Program is taught by trained people who have also gone through the course.
Encuentra ayuda. Encuentra esperanza.

"Saber que hay otras personas que viven con problemas similares es algo que me hace sentir apoyado."

--Participante de la clase NAMI Familia-a-Familia

Programa educativo: NAMI Familia-a-Familia
¡Empieza el 7 de Septiembre, inscríbase ahora!
¡GRATIS!

Empieza el 7 de Septiembre, 2019
Clase dura 11 semanas, cada Sábado
3:00 pm-5:30 pm
En Salinas
Espacio es limitado, llámenos para registrarse y recibir más detalles.
(831) 422-6264 (831) 200-5563
Email: info@namimonterey.org Visite: www.namimonterey.org

NAMI Familia-a-Familia es un programa educativo para familares y cuidadores de personas que padecen de enfermedades mentales severas. Esta clase es una oportunidad para informarse y aprender sobre el trastorno de su ser querido para mejorar apoyarlo/a. El programa dura 11 semanas y cubre las enfermedades como la esquizofrenia, el trastorno bipolar (maniaco depresión), la depresión severa, trastorno obsesivo compulsivo y el pánico. Miles de familias describen el programa como “algo que cambio nuestras vidas.” El programa es enseñado por personas que tienen experiencia como familiares, y saben cómo es vivir con alguien que vive con algún reto de salud mental. Para más información llámenos.
Do you know someone affected by depression......anxiety......bipolar......
or schizophrenia......?

NAMI Peer to Peer is a free, 10-sessin course designed for any adult living with a mental health challenge- depression, anxiety, bipolar, schizophrenia, etc.

Call us to register for the next
NAMI Peer-to-Peer educational course
Register Now!
Space is limited.

NAMI Peer-to-Peer is a free, 10-session course designed for any adult living with a mental health challenge- depression, anxiety, bipolar, schizophrenia, etc.

NAMI Peer to Peer is an educational program that is:

- A course designed to encourage growth, healing, and recovery among participants.
- Free and confidential
- Held every week for two hours (10 weeks)
- Taught by trained Peer Mentors living in recovery
- A great resource for information on mental health & recovery
- For individuals personally living with mental health challenges

*NAMI Peer-to-Peer is also available in Spanish as NAMI Persona-a-Persona

“NAMI Peer-to-Peer gave me a better understanding of the mental illness I have and how to manage it.” - Participant

NAMI Monterey County
1020 Merrill St. Suite 1015
Salinas, CA 93901
831-422-NAMI (6264)
info@namimonterey.org
¿Conoce a alguien que padece de Depresion.....ansiedad.....bipolar.........esquizofrenia

El programa De Persona a Persona de NAMI es un curso GRATUITO compuesto de 10 sesiones, para adultos que viven con los retos de un trastorno de salud mental-depresión, ansiedad, bipolar, esquizofrenia, etc.

Contáctenos para registrarse en el próximo curso
De Persona a Persona de NAMI
Regístrate AHORA!
Espacio limitado.

- Es un curso educativo centrado en la recuperación: brindando respeto, comprensión, motivación y esperanza.
- Gratuito y confidencial
- 1 vez por semana durante dos horas (por 10 semanas)
- Es impartido por mentores capacitados que han experimentado los retos de un trastorno mental.
- Es una magnífica fuente de información acerca de la salud mental y la recuperación.
- Para personas personalmente afectadas por retos de salud mental.

"De Persona a Persona de NAMI me ha proporcionado un mejor entendimiento acerca de la enfermedad mental con la que vivo y de cómo manejarla."- Participante

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