



# Making the MHSA's Vision for Stakeholder Involvement a Reality

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# About Me

- My name
- My role at ACCESS California
- My role at NorCal MHA
- How long I have been employed at NorCal MHA
- Why I work in the mental health field.

# About NorCal MHA

- Founded in 1946
- Oldest consumer advocacy agency in Northern California
- Peer-run organization that specifically hires people with lived experience

# About ACCESS

**ACCESS** is a program of NorCal MHA, is a consumer led stakeholder advocacy program funded by the California Mental Health Services Act (MHSA/Prop 63) and the Mental Health Services Oversight and Accountability Commission (MHSOAC).

# What is ACCESS?

## ACCESS stands for:

- **A**dvancing
- **C**lient and
- **C**ommunity
- **E**mpowerment through
- **S**ustainable
- **S**olutions

# Our Values

**ADVOCACY**

**RECOVERY**

**PEER SUPPORT**

# What ACCESS Does

**RESEARCH**

**ADVOCACY**

**EDUCATION**

**ENGAGEMENT**

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# Today We'll Learn About

1. Requirements and intentions of the MHSA stakeholder process
2. How the peer workforce can expand opportunities for systems advocacy
3. Reflections on current and potential opportunities for stakeholder involvement



# Folder Content/Handouts

- Presentation slide deck
- Handout: Opportunities for Stakeholder Involvement worksheet
- Handout: Advocacy Worksheet
- Handout: Michelle Obama - If you're afraid to use your voice, give up your seat at the table
- WISE Employer Toolkit
- ACCESS Help Line/Ombudsman Flyer
- ACCESS Initial Stakeholder Survey
- ACCESS Ambassador Application

# Making the MHSA's Vision for Stakeholder Involvement a Reality

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# Part 1

## Requirements and intentions of the MHSA stakeholder process

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# Mental Health Services Act

- Voter initiative passed in November 2004; took effect in January 2005
- Created additional funding and resources for the public mental health system
- Sought to transform the system through:
  - Expansion of services
  - Improved continuum and integration of care

# Five Essential Elements

1. Community collaboration
2. Cultural competence
3. **Client- and family-driven mental health system**  
(counties can use 5% of MHSA funds for community planning)
4. Wellness, recovery, and resilience
5. Integrated service experiences for clients and their families

# MHSA Stakeholder Requirements & Intentions

MHSA requires counties to preside over a local community planning process that:

- Ensures stakeholders have an opportunity to participate
- Includes representatives of unserved and/or underserved populations
- Outreaches to clients with serious mental illness and their families to ensure participation
- Offers training, as needed, to stakeholders who are participating in the Planning Process

# Discussion Slide



- How are stakeholders and peers staff currently being utilized in the county's community program planning process?
- Do they approve the plans or are they involved in developing plans?

**Handout:** Opportunities for Stakeholder Involvement worksheet

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# Part 2

How the peer workforce can expand opportunities for systems advocacy



# Core Competencies for Peers

- Developed in 2015 by the Substance Abuse and Mental Health Services Administration (SAMHSA), Core Competencies provide the first guidance for Peer workers
- Core Competencies...
  - Enhance capacity to perform role
  - Describe knowledge, skills and attitudes

# Advocacy is a Core Competency

Peer Support Workers:

- Use knowledge of relevant rights and laws to ensure that peer's rights are respected
- Advocate for the needs of peers in treatment meetings, community services, living situations, and with family
- Use knowledge of legal resources and advocacy organization to build an advocacy plan
- Make efforts to eliminate prejudice and discrimination
- Educate about recovery and recovery support services
- Actively participate in efforts to improve the agency

# Advocacy Roles

1. Moving Peers to Self-Advocacy: The Foundation of Recovery
2. Supporting Peers through Advocacy within Your Agency
3. Policy Advocacy: Supporting Change within the Agency through Recovery Values

# Advocacy in Practice

## Goals:

- Represent the needs of those we serve
- Encourage partnerships between the people who use services and the people who provide them
- Support recovery values

# A Skilled Advocate is a Good Strategist

- What do you want to accomplish?
- What are the challenges?
- How can we get it done?
- Where do we start?
- What is the next step?
- Where can you go to accomplish your goals?
- Who has the power to make things happen?

**Handout:** Advocacy Worksheet

# Supporting Local Advocacy

- Inform stakeholders of their rights
- Treat stakeholders as necessary and valued participants
- Respect individuals unique needs and empower them to take action
- Keep individuals informed about about mental health policy issues affecting them
- Identify opportunities, strategies, and access points for advocacy
- Provide key points, finding, recommendations, and talking points

# Reflection



- How are peers currently utilized to expand opportunities for systems advocacy within their roles?
- Are there any missed opportunities for the peer workforce to provide input in your county?

**Handout:** Opportunities for Stakeholder Involvement worksheet

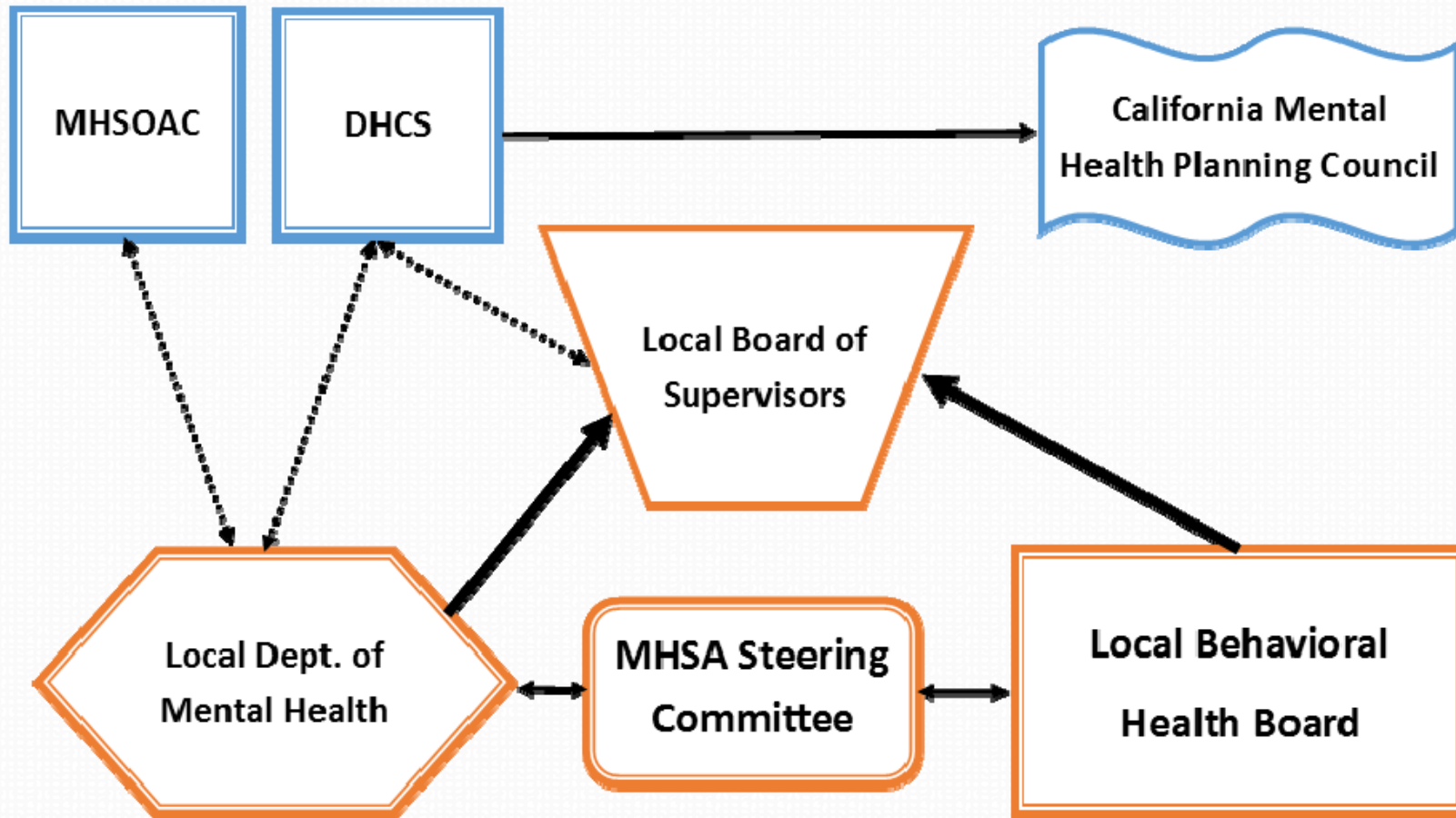
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# Part 3

## Reflections on current and potential opportunities for stakeholder involvement



# Public Mental Health System



# Advocacy: Where?

## Local

- Mental Health Board
- MHSA Steering Committee
- Cultural Competence Committee
- Schools and Higher Education
- Local Board of Supervisors

## Statewide

- Mental Health Services Oversight and Accountability Commission - MHSOAC
- Department of Health Care Services - DHCS
- OSHPD
- CalMHSA
- State Legislature

# Advocacy: When?

## Phase 1: Gathering Information

### Impact Medium

Kick-off meetings, needs assessment, focus group, survey, key informant interview

## Phase 2: Planning

### Impact Highest

MHSA Program Planning/Advisory, Stakeholder Steering, Strategy roundtables

## Phase 3: Input on Proposed Plan

### Impact Medium to Low

Town Hall/Community meeting, public hearing, Mental Health Board

## Phase 4: Final Approval

### Impact Low

Board of Supervisors has public meeting with public comment prior to vote

## Phase 5: Publication of Final Result

### Impact Low

Posting of approved plan with budget, followed by a request for proposal (RFP)

# Fostering Advocacy

In order to be successful in these efforts, local policy makers, providers, and the general public need:

- A deeper understanding of the MHSA planning process requirements
- Knowledge of other applicable mental health and open meeting laws
- Practical tips, recommendations, and best practices to expand stakeholder participation and inclusion

# Reflection



- Identify current stakeholder opportunities that exist in your county.
- Are there any missed opportunities for stakeholder input in your county?
- Develop strategies that you, as the peer specialist, could use help a peer to overcome them.

**Handout:** Opportunities for Stakeholder Involvement worksheet

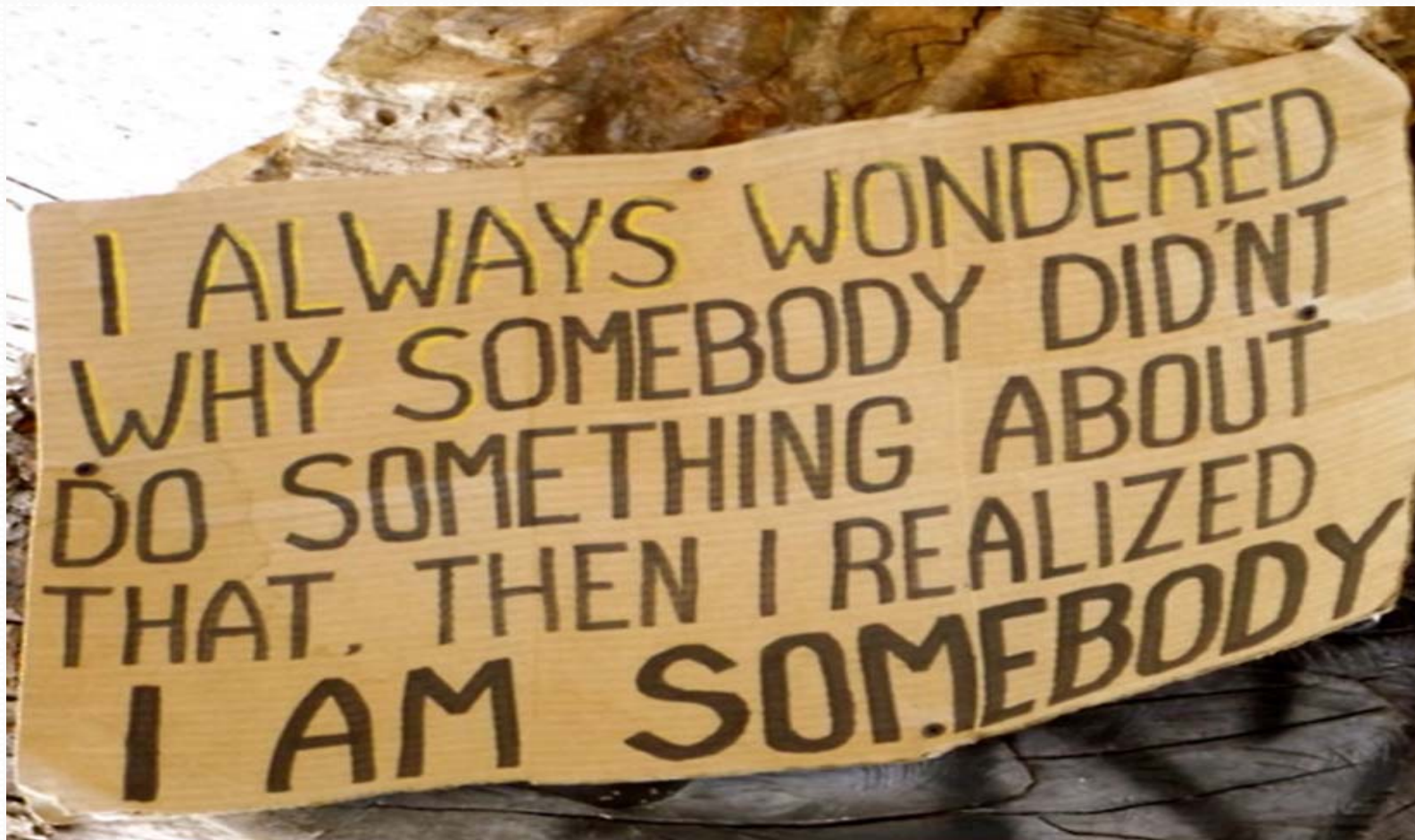
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# Remember the Recovery Values

## SAMHSA's 10 Guiding Principles of Recovery

Hope	Relational
Person-Driven	Culture
Many Pathways	Addresses Trauma
Holistic	Strengths/Responsibility
Peer Support	Respect

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**Handout:** Michelle Obama – If you're afraid to use your voice, give up your seat at the table

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# Questions & Discussion

# Contact Us

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