

## SPOTLIGHT ON WORKFORCE, EDUCATION & TRAINING (WET)

This issue of the Mental Health Services Act (MHSA) Newsletter highlights several MHSA funded local and regional **Workforce, Education & Training (WET)** programs and services in Sonoma County. These activities support the County's efforts to recruit bilingual and bicultural (especially Spanish-speaking) behavioral health providers. This issue also highlights the work of WET staff that are facilitating training to support peers - individuals with lived mental health experience - that are working in the Sonoma County Behavioral Health Division workforce.

## MI FUTURO ESTA EN CARRERAS DE SALUD: THE NORTH BAY'S SECOND ANNUAL YOUTH HEALTHCARE SYMPOSIUM



On January 27, 2017, **350 students** assembled with local healthcare professionals in the Bertolini Student Center at Santa Rosa Junior College (SRJC) for the North Bay's second annual youth healthcare symposium: **Mi Futuro Esta en Carreras de Salud (My Future is in Healthcare Careers)**. Mi Futuro is an event that informs, motivates, and compels youth to consider careers in the mental health and primary healthcare fields.



**Musetta Perezarce, Dr. Sergio Aguilar-Gaxiola, & Wanda Tapia**

After Kaiser Permanente Nursing Supervisor and SRJC teacher **Musetta Perezarce** and Latino Service Providers Executive Director **Wanda Tapia** welcomed the standing room only audience to the 2017 conference, the event's keynote speaker, **Sergio Aguilar-Gaxiola MD, PhD**, Professor of Clinical Internal Medicine, School of Medicine, University Of California, Davis, asked symposium

attendees to examine what he calls the "Treatment Gap", or healthcare gaps and disparities in Latinos.

Dr. Aguilar-Gaxiola explained how unmet healthcare needs can play a significant role in mental illness, and only a minority of Latinos with even severe disorders are receiving treatment. Using data and statistics to show that Latino health workers are underrepresented in the California workforce, Dr. Aguilar-Gaxiola challenged the youth to consider their future in healthcare and how they could contribute to the alleviation of unmet needs, to the increase and allocation of treatment resources, and to the expansion of the healthcare workforce among Latinos.

The symposium is funded in part by the **Mental Health Services Act (MHSA)**.

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## IN RECOGNITION OF BLACK HISTORY MONTH, "EACH MIND MATTERS" CREATES MENTAL HEALTH SUPPORT GUIDE FOR AFRICAN AMERICAN COMMUNITIES



### Support Guide

Mental Health in the African American Community



BE THE VOICE OF HOPE

February is a time to honor **Black History Month** – a time to celebrate the contributions African American leaders have made to our society for hundreds of years.

It is also a prime opportunity to reflect and ensure that the next wave of dreamers, trailblazers, and game-changers have the supportive environments

they need to reach their full potential. African Americans have historically been underserved or unserved by the mental health system.

The **Each Mind Matters** team recently convened a strategic council of African American leaders and stakeholders to develop a mental health support guide and a church fan for the African American Community. To download these free resources and learn about the strategic council, please visit:

[www.eachmindmatters.org/get-involved/spread-the-word/mhsc-africanamerican/](http://www.eachmindmatters.org/get-involved/spread-the-word/mhsc-africanamerican/)



**CALLING ALL YOUNG FILMMAKERS** and change agents! Make a difference and win cash prizes by creating 60 second films that will be used to **RAISE AWARENESS** and **HELP YOUNG PEOPLE** across California. Submission categories are **Suicide Prevention**, **Mental Health Matters**, & **Through the Lens of Culture**.

Submissions are due **MARCH 1, 2017**

Visit [www.DirectingChange.org](http://www.DirectingChange.org) for contest rules and educational resources.

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The following organizations contributed to the Mi Futuro event: Sutter Santa Rosa Regional Hospital, Kaiser Permanente Santa Rosa, St. Joseph Health System, Sonoma County Department of Health Services Behavioral Health Division, California Office of Statewide Health Planning & Development (OSHPD), Petaluma Health Care District, Sonoma County Office of Education, Career Technical Education Foundation Sonoma County, Santa Rosa Junior College, and Latino Service Providers.

For more information go to the Mi Futuro website at:

[www.mifuturonorcal.org](http://www.mifuturonorcal.org)

#### BEHAVIORAL HEALTH DIVISION STAFF FEATURED IN BAY AREA WORKFORCE CO-LEARNING COLLABORATIVE (WCC) NEWSLETTER



**United Advocates for Children and Families (UACF)** is a non profit organization with a mission to improve the quality of life for all children and youth with mental, emotional, and behavioral challenges and to eliminate institutional discrimination and social stigma. In January 2015, UACF was awarded a contract with California's Office of Statewide Health Planning and Development (OSHPD) to serve Bay Area Public Mental Health Services (PMHS) employers, including enhancing their

ability to employ and support consumers and family members in the workforce. This project is known as the **Bay Area Workforce Co-learning Collaborative (WCC)**.



*Melissa Ladrech*

The latest WCC quarterly newsletter features two Sonoma County Behavioral Health Division (SC-BHD) staff members, **Melissa Ladrech** and **Wendy Wheelwright**. The newsletter highlights a two-day "Training for Trainers" (T4T) that UACF and WCC partners completed in February 2016. The title of the training was "Strategies for Employers to Support Consumers and Family Members in the Workforce". The training curriculum was facilitated by three WCC partners, including Melissa Ladrech, SC-BHD's interim Quality Improvement Manager and former WET Coordinator.

#### Welcome to the new WET Coordinator

The WCC newsletter also featured Wendy Wheelwright, SC-BHD's new WET Coordinator, and her work training peer providers and staff. Wendy has been a clinician within Community Mental Health for the past 20 years. Prior to assuming her role at SC-BHD, she worked with Progress Foundation overseeing the start-up, day-to-day operation, and expansion of the SC-BHD Crisis Residential Unit from a single 6-bed program to multiple 10-12 bed programs.



*Wendy Wheelwright*

Wendy also has extensive experience as a forensic therapist, working with mandated treatment programs, Probation, CPS, and Victim Assistance. Wendy has a strong passion for teaching and currently holds a faculty position with the University of San Francisco, teaching in the Masters in Counseling program on weekends and evenings. Wendy is also an opera singer in her spare time.

Congratulations to Melissa and Wendy for being featured in the WCC newsletter! For more information about UACF and the WCC, go to:

[www.uacf4hope.org/bay-area-workforce-co-learning-collaborative](http://www.uacf4hope.org/bay-area-workforce-co-learning-collaborative)

#### EACH MIND MATTERS WEBINAR SERIES



California's Mental Health Movement

**Each Mind Matters, California's Mental Health Movement**, is offering a new webinar series that is part of statewide efforts to

prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students. These initiatives are funded by counties through the Mental Health Services Act (Prop 63) and administered by the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families and communities.

*"Changing conversations about mental health & suicide in schools & communities: Free programs & resources"*

(Held on 1/26/17). View the webinar recording here:

<https://attendee.gotowebinar.com/recording/3448414091657277954>

*"Learning Exchange: Tips and Tools for May is Mental Health Awareness Month"*

March 7, 2017, 1-2 pm

<https://attendee.gotowebinar.com/register/1842279391725737729>

*"SanaMente: Resources for Latino Communities"*

April 4, 2017, 1-2 pm

<https://attendee.gotowebinar.com/register/294849816537989633>

*"Mental Health Resources for Diverse Communities"*

May 2, 2017, 1-2 pm

<https://attendee.gotowebinar.com/register/8210419842362519297>

*"Skills Building Webinar: Suicide Prevention"*

June 6, 2017, 1-2 pm

<https://attendee.gotowebinar.com/register/3870779388925992193>

#### COMMUNITY INPUT SURVEY FOR MHSA 3-YEAR INTEGRATED PLAN - WE WANT TO HEAR FROM YOU!

In Sonoma County, the **Mental Health Services Act (MHSA)** aims to create a local mental health system that focuses on wellness and recovery, is consumer, client and family member driven, promotes a vision in which recovery is possible, and delivers culturally responsive and linguistically appropriate services.

The **Behavioral Health Division** is undertaking an integrated planning process to strengthen and enhance existing MHSA services. We need your input on current services offered and underserved populations living with mental health challenges. We also need your feedback on new ideas for expanded services that could be provided in the future, as well as your ideas of new and/or expanded services you would like to see supported by the MHSA funds in Sonoma County.

The **Community Input Survey** should take no longer than 3-5 minutes to complete. All sections of the survey are anonymous. Thank you for taking the time to share your opinions and ideas for the **3-Year Integrated Plan**, and we look forward to hearing from you. The survey closes on **March 10, 2017**. To complete the survey, visit:

[www.surveymonkey.com/r/MHSANewsletter](http://www.surveymonkey.com/r/MHSANewsletter)

For more information about MHSA programs and services, or to submit updates, events, success stories, or other content for this newsletter, please contact Amy Faulstich at [amy.faulstich@sonoma-county.org](mailto:amy.faulstich@sonoma-county.org). To sign up for this newsletter, go to: [www.sonoma-county.org/mhsa](http://www.sonoma-county.org/mhsa).

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