



Community Building Capacity Building

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Working Well Together

California Network of Mental Health Clients

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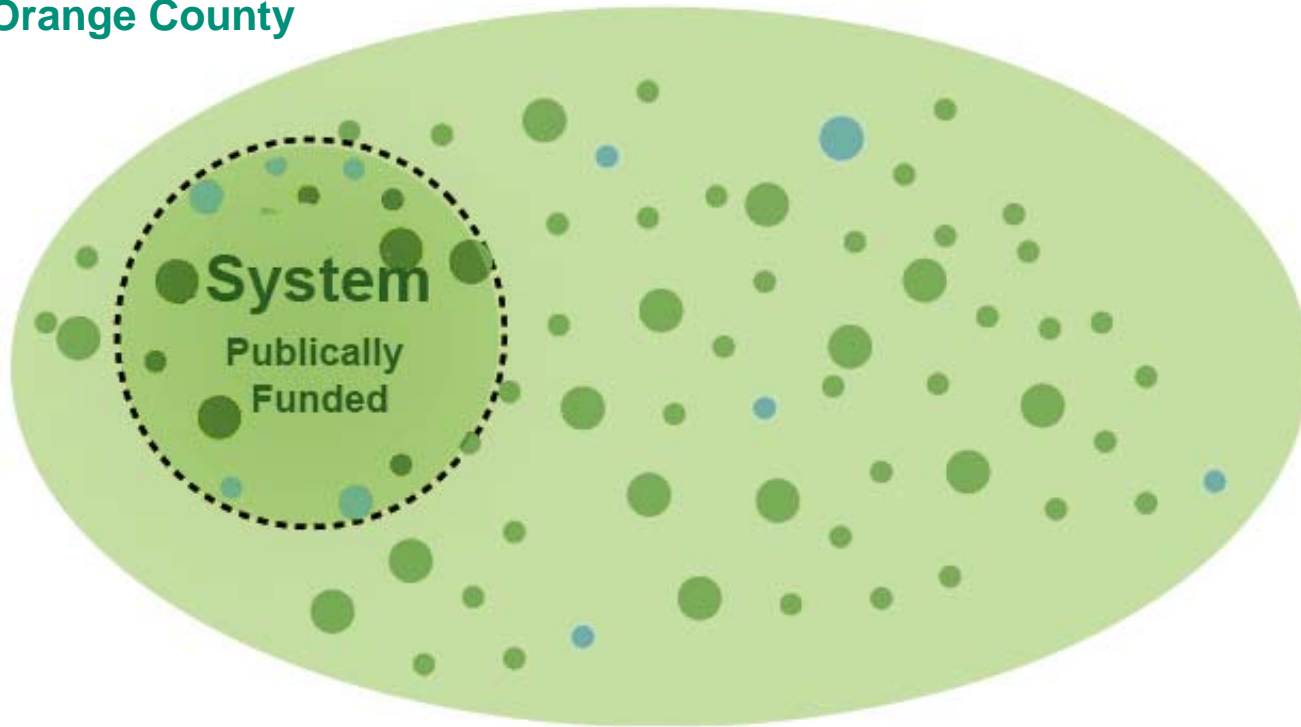
How This Conversation Started:

- * RFP's???
- * Clinical ?
- * Non-Clinical?
- * System?
- * Community?
- * Not important HOW it started, but that is HAS now started!



The System Can't Serve Everyone!

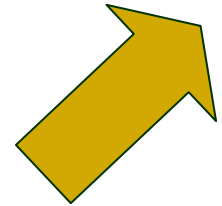
Orange County



It's Not Going to Get Better...



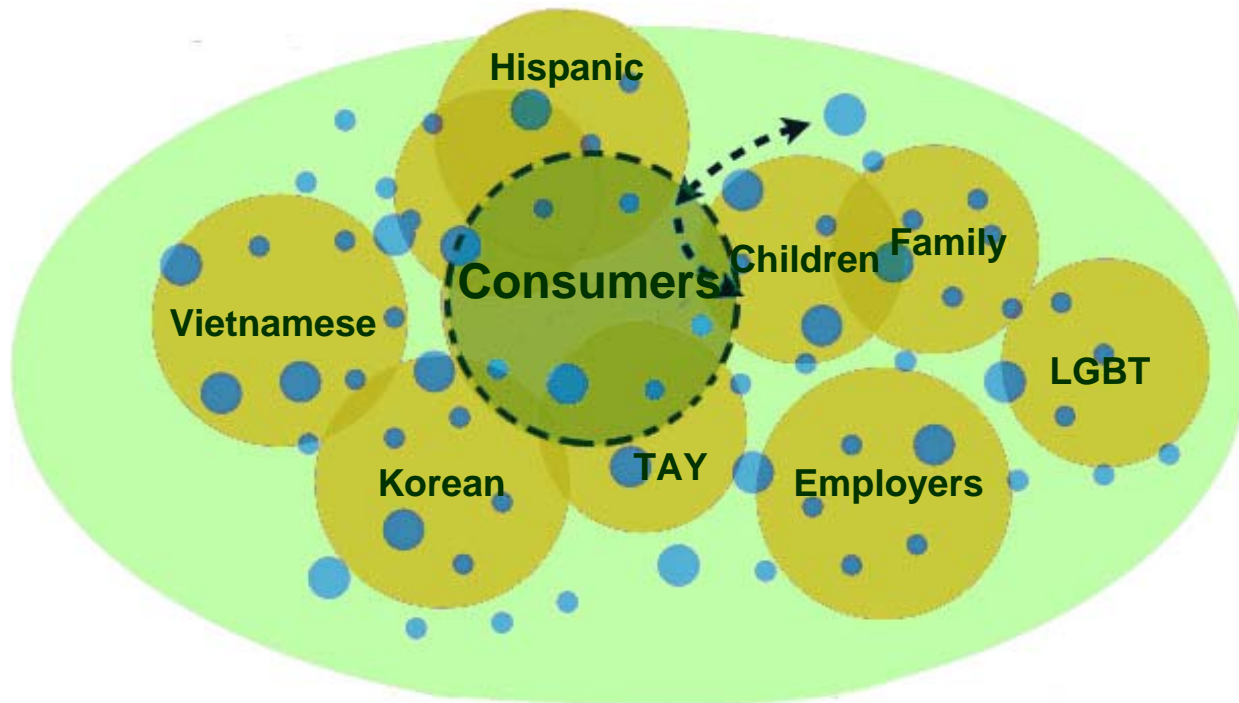
Flat or declining revenues



Increasing number of people struggling with mental health issues.

Natural Communities

People with lived experience have the background and expertise to be the glue necessary for building community supports and networks.



Consumer-Run

Definitions:

❖ Consumer-Run

“Refers to an organization that is controlled and managed by mental health consumers and is dedicated to transformation of the mental healthcare system to be consumer and family driven. A consumer-controlled organization must have a board of directors comprised of more than 50% consumers” . (SAMHSA)

“Consumer-operated services program” (COSP) is a peer-run service program that is owned, administratively controlled, and operated by mental health consumers and emphasizes self-help as its operational approach.”(November 2007 Field Review Draft of SAMHSA’s Consumer Operated Services (COSP) Evidence-Based Practices KIT)

Consumer-Run

Why?

An important component of 'Choice' in an array of services

- ❖ *Provides important Recovery modeling for consumers*
- ❖ *Important stigma buster: role modeling for community*
- ❖ *An important incubator for 'pre-employment' vocational services for consumers to volunteer or re-enter the workplace*
- ❖ *The value of Peer Support has been well documented*
- ❖ **The MSHA Law**
 - ❖ *Guiding Principles: "...promote increases in consumer-operated services such as drop-in centers, peer support programs, warm lines, crisis services, case management programs, self-help groups, and consumer provided training and advocacy services"*
- ❖ **Key Recommendations:**
 - ❖ **SAMSHA**
 - ❖ *The President's New Freedom Commission:*
 - ❖ *COSP - SAMHSA/CMHS Consumer-Operated Service Program Multisite Research Initiative (Univ of Chicago, Illinois)*

Consumer-Run Programs Outcomes

❖ **COSP Studies (Univ of Chicago)**

❖ **Evidence base for consumer-operated-services as discrete programs:**

❖ **Program features are related to increases in well-being**

❖ **COS has begun to move from promising practices to Evidence Based Practices**

Consumer-Run Programs Outcomes

- ❖ **SAMSHA studies (cross-site fundings-3 year/13 projects)**
 - ❖ **Increases the overall quality of life, independence, employment, social supports and education...**
 - ❖ **Greater levels of self efficacy (independence and self-esteem)**
 - ❖ **Quality of life increased**
 - ❖ **Increased social support**
 - ❖ **Enhanced Employment**
 - ❖ **Expanded Education and knowledge**

Consumer-Run

Examples

❖ The Krasman Centre - Video

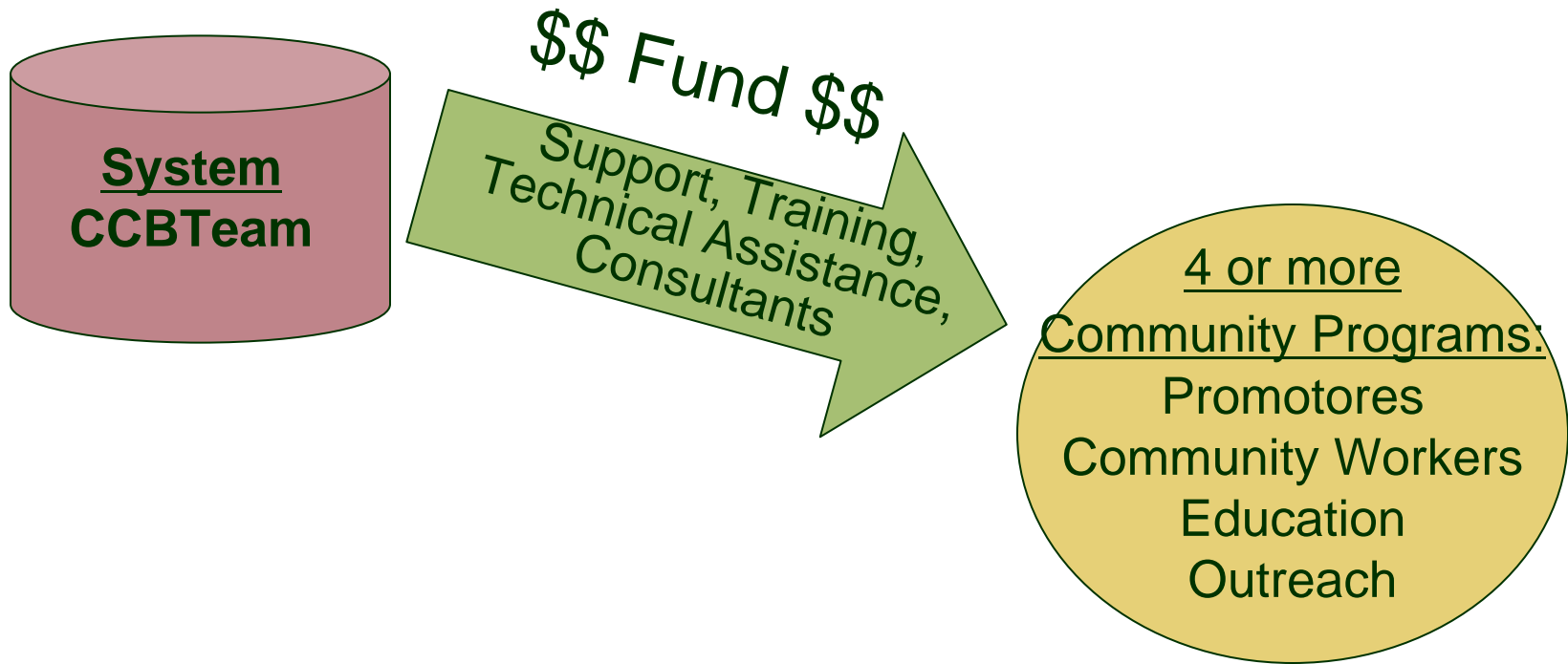
Moving Beyond the 'System': Community/Capacity Building

- * **How Do We Build These Community Programs and Supports?**
- * **Who's doing what around the State?**
 - ❖ **Learning Collaborative:**
 - **CiMH**
 - **Placer**
 - **Stanislaus**
 - **Los Angeles**



The Stanislaus Story

The Community Capacity Building Project



The Placer Story

- * **18-Month Conversation** working on their “Capacity-Building” project.
- * **Working with SAMSHA and MHSA resources.**



- * **Placer Community Network**
placercollaborativenetwork.org/

Orange County

* **Where are we?**

- ❖ *What are our resources/assets?*
- ❖ *What is the conversation?*
- ❖ *Employment group forming*



* **Where do we want to go?**

- ❖ *Building structures of engagement?*
- ❖ *Helping staff align*
- ❖ *Helping community align*
- ❖ *Consumer-Run programs*

Feel Free to Contact Me!

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Thank-you