

# CA Association of Local Behavioral Health Boards & Commissions



## Mental Health Services Act (MHSA) Community Program Planning (CPP)

[CPP Requirements](#) (On One Page)

2022

CALBHB/C supports the work of CA's 59 local mental/behavioral health boards & commissions. [www.calbhbc.org](http://www.calbhbc.org)

## Community Program Planning (CPP)

- Definition
- Participants
- Process



## Tools

- Conduct
- Listening Sessions

## Role of the Mental Health Commission

# MHSA Funding

- Community Services and Supports (CSS) – 76% of Funding
  - **Community Program Planning (CPP) - up to 5% of Funding**
  - Capital Facilities & Technological Needs (CFTN)
  - Workforce Education and Training (WET)
- Prevention & Early Intervention (PEI) - 19% of Funding
- Innovations (INN) (5 years for INN for small counties) – 5% of Funding

More info at: [www.calbhbc.org/mhsa-plans--updates](http://www.calbhbc.org/mhsa-plans--updates)

# Community Program Planning (CPP): Definition

**CPP** is a component of the Mental Health Services Act. It is a state-mandated **PARTICIPATORY** process, requiring community collaboration to:

- 1) **Assess** current capacity
- 2) **Define** populations to be served
- 3) **Strategize:** Determine strategies to provide effective programs that are:
  - a) **Culturally Relevant**
  - b) **Client and Family Driven**
  - c) **Wellness, Recovery and Resilience-focused**
  - d) **Integrated:** Provide an Integrated Service Experience for Clients & Families

# Community Program Planning (CPP): Participants

**CPP** is a state-mandated **PARTICIPATORY** process, requiring the following participants:

- 1) Stakeholders
- 2) Underserved Participants
- 3) Demographic Diversity
  - a) Geographic Location
  - b) Age
  - c) Gender
  - d) Race/Ethnicity



# Community Program Planning: Stakeholders

3-Year Plans and Updates shall be developed with local stakeholders, including:

- **Adults** with Severe Mental Illness
- **Seniors** with Severe Mental Illness
- **Families** of Children, Adults & Seniors with Severe Mental Illness
- **Providers** of Services
- **Law Enforcement** Agencies
- **Education**
- **Social Services** Agencies
- **Veterans** and Representatives from Veterans Organizations
- Providers of **Alcohol** and **Drug** Services
- **Health Care** Organizations
- Other important interests.

[CA WIC 5848 \(a\)](#)

# Community Program Planning (CPP): Process

**CPP** Process requirements include:  
See [CPP One-Pager](#) for detail)

- 1) Staffing
- 2) Training
- 3) Outreach
- 4) Local Review
- 5) Documentation

## Outreach Example:

### Indigenous Wellness Cohort



**AMERICAN INDIAN/ALASKA NATIVE COMMUNITY**

**INDIGENOUS WELLNESS COHORT:  
CREATING TOOLS FOR COMMUNITY**

*We're seeking 25 self-identified Indigenous community members from all areas of Los Angeles County to participate in an 8-week cohort that will support the development of an Outreach and Engagement Toolkit, a training video, and a Community Wellness Forum in November 2021. The goal of this project is to increase community involvement in mental health services and also help wellness providers working with the Indigenous community. Participants will receive a \$200.00 stipend.*

**COHORT MEETINGS WILL BE HELD ON THURSDAYS FROM 4PM-6PM ON:**  
July 8th • 15th • 22nd • 29th  
August 5th • 12th • 19th • 26th

Register by Friday, June 18<sup>th</sup>. Participation confirmation will be sent via email.  
For any questions please contact Elena Nourrie at [elena@icowellness.com](mailto:elena@icowellness.com)  
Register: <http://bit.ly/IndigenousWellnessCohort>






LOS ANGELES COUNTY  
**DEPARTMENT OF MENTAL HEALTH**  
*hope. recovery. wellbeing.*

**Need to be connected to mental health services? Call 800-854-7771**  
(ext. 1) for mental health referrals and crisis services.

# Tools: Conduct

1. Active **Listening** [www.calbhbc.org/conduct](http://www.calbhbc.org/conduct)
2. Focus on **Issues**
3. [Person-First Language](#)
4. **No Swearing**
5. **No Personal** Attacks or Criticism (of self or others).
6. **One person** speaks at a time – No side bars.
7. Keep **Comments Short** if possible—Do not monopolize.
8. Limit use of **Acronyms** –“When in doubt, spell it out.”
9. Silence **Cell Phones**



# Tools: Listening Session

## Facilitator Guide

1. Groups of 6 people or less (seated in circle if possible)
2. Everyone should have a chance to speak (5 minutes/person)
3. Ask people to “**Listen**”, and **not react** to each other
4. We are looking especially for “Stories” around issues or successes. Stories have a beginning, a middle and an end.
5. Ask for permission to interrupt (to redirect, clarify, or allow next person to speak.)
6. Take notes and/or ask someone in the group to also take notes. People are also welcome to write their experiences on the colored paper provided [\(Sample Form \(Word\)\)](#), [\(PDF\)](#).

**Listening Session**  
**Regarding Mental Health Issues/Feedback**  
**(e.g. Crisis Services, Housing, Employment, Children, Older Adults)**

**Gaps:** Do you have a story regarding issues affecting you, your family or your community?

---

---

---

---

**Successes:** Do you have a story regarding the successful impact of a mental health program?

---

---

---

Name (Optional) \_\_\_\_\_

# MHSA: Role of the Mental Health Commission

## Best Practices, Pages 19 & 20

### 1. Assure Citizen and Professional Involvement

**MHSA Community Program Planning (CPP)** is a state-mandated participatory process. Review local staff's plans and execution of this process.

CPP One-Pager includes: **Definition, Participants & Process**

### 2. Review & Advise

a) **Vote** on substantive recommendations

b) A **response** is required from the mental/behavioral health staff through

a) Incorporating recommendations in the MHSA Plan/Update

b) Summary & analysis of recommendations that are not included in MHSA Plans/Updates.

3. **Conduct Public Hearing** on the draft plan at the close of the 30-day comment period.

# Resources

## Conduct

[www.calbhbc.org/conduct](http://www.calbhbc.org/conduct)

## Cultural Issues

[www.calbhbc.org/cultural-issues](http://www.calbhbc.org/cultural-issues)

## Mental Health Services Act

[www.calbhbc.org/mhsa-plans--updates](http://www.calbhbc.org/mhsa-plans--updates)

## Performance

[www.calbhbc.org/performance](http://www.calbhbc.org/performance)

## Trainings

- [MHSA Community Program Planning](#)  
Includes: [Recorded Training](#) [One-Pager](#)
- [MHSA: Role of MHB](#) (15 Minute Module)
- [MHSA: Fiscal](#) (15 Minute Module)
- [Unconscious Bias](#) (Recording)

## Issue Briefs

[Board & Care](#)

[Children & Youth TAY](#)

[Criminal Justice](#)

[Crisis Care Continuum](#)

[Disaster Prep/Recovery](#)

[Employment](#)

[LGBTQ+](#)

[Older Adults](#)

[Performance](#)

[Suicide Prevention](#)

... and [more!](#)