

# San Miguel Behavioral Health Collaborative

Thursday, January 21, 2021 | 3:30-5:00pm

## ZOOM ONLY

Collaborative Members Present: Amanda Jones, Clea Willow, Corinne Cavender, Greg Fischer, Jennifer Dinsmore, Jennie Thomas, John Pandolfo, Lauren Oliver, Lindsay Wright, Mandy Miller, Paul Reich, Rick Williams, Shelly Fourney, Wendy Crank, Diana Koelliker, Josh Comte, Jim Riley

### 1. Quick Check-In Around the Table

- a. How are all of you doing?
  - i. How is everyone being intentional about taking care of themselves in the midst of COVID?
    1. Exercise, skiing, weekend breaks, avoiding news, connect to each other
- b. How are our communities doing?
- c. What concerns you the most around the needs you are seeing in the community?
  - i. The group discussed suicide ideation and that suicide attempts have increased in the community
    1. Increase in overdoses, higher levels of despair and hopelessness
    2. The need for students to be in school to reduce suicide ideation and overdose rates
      - a. Continued apathy seen among students per Rick Williams in Norwood
      - b. Telluride schools want to get kids back in school—clear benefit; trying to balance student needs with safety; and recognizes that there is not uniform acceptance that students need to be back in school
      - c. Students are generally excited to be back in school and there is a real value to having them in school and a benefit to teachers as well (remote and hybrid learning are stressful on staff)

### 2. Center for Mental Health Update and Medicaid Substance Use Disorder Benefit— (Amanda Jones)

- a. Medicaid Substance Use Disorder Benefit
  - i. The State of Colorado has expanded Medicaid behavioral health treatment to include a Substance Use Disorder Benefit
  - ii. The Center for Mental Health and West Springs are the only agencies providing Substance Use Disorder providers on the western slope
  - iii. The new benefit will pay for detox and withdrawal management for those who have Medicaid
    1. Treatments available in Montrose at the Detox center



- iv. The majority of these services are on the Front Range, and CMH is continuing the local roll out of this program (still being fine-tuned in our communities as Rocky Mtn Health and the state continue to work to implement)
    - b. Center for Mental Health Update
      - i. The Center for Mental Health has made changes to commercial insurance for clients
        - 1. There is a temporary hold on new commercially insured clients
        - 2. CMH is exploring alternative funds for San Miguel residents to continue services
        - 3. The Center will continue to provide services to current clients who are commercially insured
- 3. Spanish Language Update**
- a. Representatives from Tri-County Health Network presented on the findings from a Spanish language needs conversation with the following community stakeholders:
    - i. Amanda Jones, Kathleen Morgan, Carol Friedrich, Ross Valdez, Claudia Garcia, Valentina Estrella, Lindsay Wright, Paul Reich, Ximena Rebolledo, Corinne Cavender
    - ii. The Collaborative was presented with the seven findings the group hopes the San Miguel Behavioral Health Solutions Panel will consider prioritizing
    - iii. Translation app is being used by Juvenile Services and while not perfect has proven helpful
    - iv. See attached pdf of PowerPoint
- 4. Free Community Support Group— (Jennie Thomas)**
- a. Jennie Thomas LCSW, LAC offering a free community support group taking place Thursdays in February from 6-7pm via ZOOM
  - b. Also an addictions support group (Addicts to Athletes) meeting on Tuesdays
- 5. National Alliance for Mental Illness (NAMI) Presentation— (Paul Reich)**
- a. The Collaborative was given presentations regarding upcoming NAMI Family-To-Family classes as well as upcoming NAMI support groups, and the creation of a NAMI Chapter for San Miguel and Ouray Counties
  - b. See attached Powerpoint
- 6. Organization Updates Related to Behavioral Health**
- a. Bright Futures starting Telluride for Teens program to increase connection for teenagers in the Telluride R-1 school district
    - i. Contact Mara Macdonell for more information  
[Mara@brightfuturesforchildren.org](mailto:Mara@brightfuturesforchildren.org), 970-369-9465
  - b. Telluride Education Foundation is also looking to do similar things for staff in schools and students; may connect with Bright Futures to collaborate
  - c. TRMC is seeing suicide attempts, intimate partner violence, roommate violence; supportive of students being back in school and applauded the TSD efforts around safety

- d. Collaborative discussed the need to promote the resources that are present in the community for those that are struggling and to recognize that there is a light at the end of the tunnel as vaccinations occur more frequently
- 7. Next Meeting March 4, 2021, 3:30-5:00pm

Attachments

Minutes from 12.10.21 meeting

2021 Meeting Dates

3/4/21	9/9/21
4/29/21	10/21/21
6/17/21	12/2/21
7/29/21	

**Contact: Corinne Cavender, Tri-County Health Network, 970-708-7096**



Spanish Language Needs  
*San Miguel County*

SAN MIGUEL  
BEHAVIORAL HEALTH **SOLUTIONS**

On 1/15/2021, the following individuals met to discuss the needs of our Spanish speaking community members:

*Amanda Jones*

*Carol Friedrich*

*Claudia Garcia*

*Lindsay Wright*

*Ximena Rebolledo*

*Kathleen Morgan*

*Ross Valdez*

*Valentina Estrella*

*Paul Reich*

*Corinne Cavender*

The group came up with seven action items.

# 1. Provide funding to agencies already providing Spanish language services

Fund agencies currently providing Spanish language teletherapy and develop an outreach plan to the Spanish speaking community promoting the benefits. This would include:

- Recruiting local champions
- Promoting existing services (e.g., TCHNetwork Spanish speaking teletherapist)
- Additional funding to hire therapists and provide funding to pay therapists for services



## 2. Funding interpreters



- Identify an agency or agencies to coordinate training for interpretation and provide funding for the same
- Train members of the Latinx community to be able to interpret during mental health services (fund attendance at trainings)
  - This could involve Latino Advocacy Committee members
- Provide reimbursement for translation services to individuals or agencies providing translation

### 3. Community training for language line

The Center for Mental Health, the Telluride Regional Medical Center, and other entities do have language lines, but staff do not seem to use them as much as they should. The group urges these entities to make sure these lines are being used and that community members know it is available and they have a right to use the available language line.





## 4. Building the "Pipeline"



- Explore opportunities for local community members to obtain mental health professional credentials (e.g., LCSW, LPC)
- Find local, Spanish speaking community members and fund their education and have them return to community

# 5. The Good Neighbor Fund

Ensure that the Spanish speaking community is aware of the existence of the BH funds. The group also discussed the difficulty in completing the required paperwork.



## 6. Train community leaders/members in behavioral health



Spanish language behavioral health trainings should be offered to community members on a regular basis to provide peer support

- Ex. Mental Health First Aid in Spanish
- Provide reimbursement to agencies providing training
- Reimburse community members for attendance

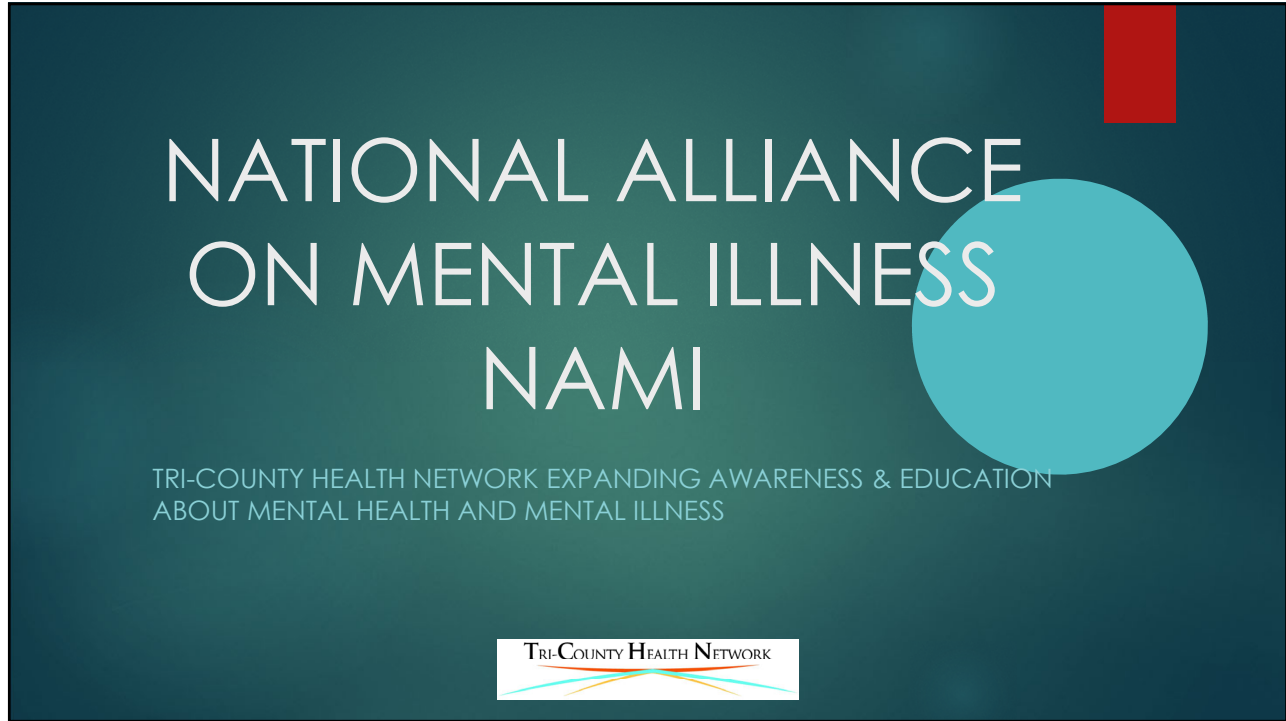
# 7. Behavioral Health Systems Navigator to facilitate services

Ideally, BHSN is Spanish speaking, but if not, should still have the ability to connect Spanish speaking community members to resources via interpreters, language lines, etc.




The group thanked the Panel for their interest in addressing the behavioral health inequities in our community, and is open to further discussions.

SAN MIGUEL  
BEHAVIORAL HEALTH **SOLUTIONS**



NATIONAL ALLIANCE  
ON MENTAL ILLNESS  
NAMI

TRI-COUNTY HEALTH NETWORK EXPANDING AWARENESS & EDUCATION  
ABOUT MENTAL HEALTH AND MENTAL ILLNESS



TRI-COUNTY HEALTH NETWORK

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What is NAMI?

THE LARGEST GRASSROOTS MENTAL HEALTH ORGANIZATION DEDICATED  
TO BUILDING BETTER LIVES FOR MILLIONS AMERICAN AFFECTED BY MENTAL  
ILLNESS





TRI-COUNTY HEALTH NETWORK

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# NAMI Programs in San Miguel County

FAMILY TO FAMILY  
FAMILY SUPPORT GROUP  
AFFILIATE CHAPTER





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# FAMILY TO FAMILY

FREE  
8 WEEKS  
2 AND ½ HOURS PER WEEK  
STARTS 2.1.2021  
5:30PM – 8:00PM

FOR FAMILY, SIGNIFICANT OTHERS AND FRIENDS OF PEOPLE WITH MENTAL HEALTH CONDITIONS.

TAUGHT BY NAMI-TRAINED FAMILY MEMBERS WHO HAVE BEEN THERE, AND INCLUDES PRESENTATIONS, DISCUSSIONS AND INTERACTIVE EXERCISES



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# FAMILY TO FAMILY

PARTICIPANTS LEARN ABOUT:

- \*HOW TO SOLVE PROBLEMS AND COMMUNICATE EFFECTIVELY
- \*TAKING CARE OF YOURSELF AND MANAGING YOUR STRESS
- \*SUPPORTING YOUR LOVED ONE WITH COMPASSION
- \*FINDING AND USING LOCAL SUPPORTS AND SERVICES
- \*UP-TO-DATE INFORMATION ON MENTAL HEALTH CONDITIONS AND HOW THEY AFFECT THE BRAIN
- \*HOW TO HANDLE A CRISIS
- \*CURRENT TREATMENTS AND THERAPIES
- \*THE IMPACT OF MENTAL HEALTH CONDITIONS ON THE ENTIRE FAMILY



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# FAMILY SUPPORT GROUP

MONTHLY

3<sup>RD</sup> WEDNESDAY OF EVERY MONTH

5:45 PM TO 7:00 PM

FREE

DESIGNED FOR ADULT LOVED ONES OF PEOPLE WITH A MENTAL ILLNESS

LED BY FAMILY MEMBERS OF PEOPLE WITH MENTAL HEALTH CONDITIONS



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# FAMILY SUPPORT GROUP

NAMI FAMILY SUPPORT GROUP HELPS PARTICIPANTS:

- \*AIM FOR BETTER COPING SKILLS
- \*FIND STRENGTH IN SHARING EXPERIENCES
- \*NOT JUDGE ANYONE'S PAIN
- \*FORGIVE OURSELVES AND REJECT GUILT
- \*EMBRACE HUMOR AS HEALTHY
- \*ACCEPT THAT WE CANNOT SOLVE EVERY PROBLEM
- \*UNDERSTAND THAT MENTAL HEALTH CONDITIONS ARE NO ONE'S FAULT AND CAN BE TRAUMATIC EXPERIENCES



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# NAMI SAN MIGUEL & OURAY COUNTY CHAPTER

- APPROVED BY NAMI COLORADO
- AWAITING APPROVAL BY NAMI NATIONAL
- ADVISORY BOARD OF COMMUNITY MEMBERS
- INCREASE AWARENESS OF MENTAL ILLNESS AND MENTAL HEALTH IN THE COMMUNITY
- DEVELOP NEW PROGRAMS
- FACILITATE NAMI EVENTS TO BUILD AWARENESS



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# More info?

CONTACT PAUL OR JULIA JOHNSTON AT TRI-COUNTY HEALTH NETWORK

PAUL: [PMBH@TCHNETWORK.ORG](mailto:PMBH@TCHNETWORK.ORG)

JULIA: [COORD-PC@TCHNETWORK.ORG](mailto:COORD-PC@TCHNETWORK.ORG)

970.708.7096

OR VISIT OUR WEBSITE AT

[HTTPS://TCHNETWORK.ORG/EVENTS-AND-CLASSES/](https://tchnetwork.org/events-and-classes/)

