

# MHSA Newsletter

Stanislaus County Behavioral Health & Recovery Services  
*A Mental Health, Alcohol and Drug Service Organization*

...a newsletter to share information about Stanislaus County's Mental Health Services Act (MHSA) programs with staff, consumers, stakeholders, other county departments and the community at large.



## Empowering Recovery, One Person at a Time

By Elisa Duke & Noel Silva, Turning Point Consumer & Family Employment & Empowerment Center

### MHSA Five Essential Elements:

- Community Collaboration
- Cultural Competence
- Client/Family-Driven Mental Health Systems
- Wellness for Recovery & Resilience
- Integrated Service Experiences

If knowing the answer to a question is important, how much more important is it to ask the right question? "How can we help you?" is what's heard most often at the MHSA-funded Consumer & Family Employment and Empowerment Center. Whatever the person's response, ours is, "Whatever it takes!" From the moment someone enters our door, they are being engaged in their journey of recovery.

When someone enters the Center, the first person they usually meet is Heather, the receptionist. Heather's personal philosophy is she can't keep what she has been given (recovery) unless she also gives it away. This week a staff member walked over to assist a member of the Center only to find that Heather had already done so. The member, Kim (not her real name), has been attending for a few months. Though she willingly jumped through the hoops set before her and would socially engage with others, Kim had been unwilling to directly address self-made barriers to recovery. She has not received treatment in a number of years but in the time she's been at the Center, she has established relationships with other members and staff and has begun to feel safe. In the span of approximately 10 minutes, Heather was able to not only self-disclose with Kim but to do so in such a way that Kim began exercising the skill of insight for the first time.

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Other examples of personal growth at the Center can be seen in the behavior changes of many members. One example is Jim (not his real name), who began his relationship with the Center by causing fights with other members and insulting staff. Rather than simply remove Jim from membership, we worked with him to modify his behavior to the point that he now helps regulate social interactions in the Center. Another member, Ervin (not his real name) tried to intimidate staff and other members without provocation. Through similar building of social skills, Ervin now attends the Center daily, is able to interact politely with others and has begun showing interest in pursuing more academic education.

These changes happen as staff at the Center engage people in a way that makes them feel safe but also challenges them to grow. To that end, we try to provide a variety of opportunities to promote self-determination and empowerment. In May, we will be transporting some consumers to the State Capitol to protest mental health budget cuts. In addition to activities that directly address recovery such as peer and dual recovery support groups, the Center also offers activities that address motivation for recovery such as employment and education. Coming up are résumé and job interview workshops, and benefit and claims counseling with Social Security representatives. Finally, we also offer some respite with social activities through holiday parties and movie days. Whatever your customer's needs, whatever supplemental services your program can benefit from, we look forward to your continued collaboration to bringing wellness to our community.

Sponsored by Stanislaus County Board of Supervisors



## MHSA FUNDS AND PROPOSITION 1E

By Karen Hurley, MFT, MHSA Planning Coordinator

You have probably heard by now that Proposition 1E is about MHSA funding. There are actually 6 measures for voter consideration on May 19<sup>th</sup> and all are part of a budget agreement between the California Legislature and the Governor. The following offers brief informational descriptions and follow-up resources on the 6 Propositions, 1A through 1F.

**Prop 1A:** This measure would make major changes to the way in which the state sets aside money in one of its “rainy day” reserve accounts and how this money is spent. The measure would tend to increase the amount of money set aside in the rainy day account by increasing how much money is put into this account and restricting the withdrawal of these funds. It gives the Governor authority to make mid-year cuts without the Legislature’s approval and extends sales tax, use tax, VLF increase, and personal income tax surcharge one to two years.

**Prop 1B:** Alters repayment schedule for Prop 98 funds by state to K-14 districts (\$9.3 Billion). Directs a total of \$9.3 Billion to K-14 districts over 5 years beginning in 2011-12, only if Prop 1A also passes.

**Prop 1C:** Allows State to borrow money for the State General Fund, securitized by future lottery revenue.

**Prop 1D:** This measure would temporarily redirect a significant portion of Proposition 10 (First 5 program) funds to achieve budgetary savings and would make permanent changes to state and local First 5 Commission operations. The redirected revenue will be used for existing state programs and de-fund local Prop 10 pro-

gramming. If the measure fails, other methods including additional cuts to child welfare services and health services may be employed.

**Prop 1E:** Amends MHSA to shift funds from local programs to the State General Fund. Temporarily redirects \$460.7 million of revenue from MHSA over 2 fiscal years to State General Fund payment of EPSDT (children’s) services, a mandated program. It specifically allows use of MHSA funds to replace other state/county mental health funding (supplantation). This sweep of funds will likely be detrimental to local Mental Health programs but, if it doesn’t pass, the state may make additional cuts to other local mental health funding streams.

**Prop 1F:** Forbids California Citizens Compensation Commission from raising legislators’ and state officers’ salaries when the state is running a deficit.

### More information about Proposition 1E:

#### **A NO vote on this measure means:**

All MHSA funds would continue to be used to support the expansion of community mental health programs. Other budget reductions or revenue increases would be needed to address the state’s fiscal problems.

#### **A YES vote on this measure means:**

A portion of funds previously approved by the voters under MHSA to support the expansion of community mental health programs will be redirected over the next two years to achieve State General Fund savings.

### If Proposition 1E passes, where will the \$\$ come from?

State Department of Mental Health (DMH) has authority to identify sources of MHSA funds to be diverted and it is too early to know for sure from where the funds would be diverted. In the meantime, California Mental Health Directors’ Association (CMHDA) will be advocating with DMH to minimize the impact on funding to MHSA local services. DMH will be encouraged to consider other sources such as: DMH MHSA reserve funds, DMH administrative funds, Innovation component funds that are not yet released to any county (most counties are not far into planning). CMHDA will also be advocating for counties who have plans “in the pipeline” to keep them from being held up. The intent here being to minimize impacts on MHSA funding at the local level (e.g., CSS including Housing and PEI) and infrastructure plans (e.g., WET and Capital Facilities/Technological Needs).

### More information on the web:

CA Legislative Analyst’s Office - [www.lao.ca.gov](http://www.lao.ca.gov)

CA Mental Health Directors’ Association - [www.cmhda.org](http://www.cmhda.org)

League of Women Voters - [www.smartvoter.org](http://www.smartvoter.org)

No on Prop 1E - [www.noprop1e.com](http://www.noprop1e.com)

Yes on Prop 1E - [www.thepolicyreport.net](http://www.thepolicyreport.net)

Budget Reform Now - [www.cabudgetreformnow.com](http://www.cabudgetreformnow.com)

If you would like to receive notifications from the MHSA Planning office, please send contact information to [khurley@stancounty.com](mailto:khurley@stancounty.com) or [tgariabay@stancounty.com](mailto:tgariabay@stancounty.com)



Dear Readers:

What do you think of the MHSA Newsletter’s new design? Do you like it? Is it easy to read? We want to know what you think. Send your feedback to Teresa Garibay by e-mail at: [tgariabay@stancounty.com](mailto:tgariabay@stancounty.com), I.D. mail: MHSA Planning & Implementation or U.S. mail: BHRS-MHSA Planning Office, 800 Scenic Drive, Modesto, CA 95350



If you have questions or suggestions regarding MHSA, please forward them



by I.D. mail or e-mail to: Carol Jo Hargreaves, BHRS/Administration, e-mail: [chargrea@stancounty.com](mailto:chargrea@stancounty.com); Karen Hurley, BHRS/Administration, e-mail: [khurley@stancounty.com](mailto:khurley@stancounty.com)



The MHSA-CSS (Communicate, Share, and Support) Meeting is held the 4th Monday of each month at 10:00 a.m. in the Redwood Room, 800 Scenic Drive (unless otherwise notified).