



CAN Board of Directors Meeting 02/10/23 Minutes

Location: Brooke Elementary Cafeteria

Present: **Monica Munoz Andry**, Greater Austin Hispanic Chamber; **Tamara Atkinson**, Capital Area Workforce Solutions; **Sundal Ali**, Austin ISD; **Chris Cervini**, Austin Community College; **Simone Talma Flowers**, Interfaith Action of Central Texas; **Vanessa Fuentes**, Council Member, City of Austin; **Juan Garza**, Central Health; **Suchitra Gururaj**, UT Austin; **Liz Johnson**, St. Edward's University; **Patricia Longoria**, United Healthcare; **Jeremy Martin**, Austin Chamber of Commerce; **Rudy Metayer**, Pflugerville City Council Member; **Regan Gruber Moffitt**, St. David's University; **Leylee Morris**, Integral Care; **Pilar Sanchez**, Travis County HHS; **Jeffrey Travillion**, Precinct 1 Commissioner, Travis County; **Ofelia Zapata**, Austin ISD Trustee; **Celia Hughes**, One Voice;

Other guests: Jason Lopez, Office of Councilmember Fuentes; Ara Merjanian; Diana Trevino, AISD Equity Office

CAN staff in attendance: Raul Alvarez, Carlos A Soto, Jelina Tunstill

Call to order and Introduction: Austin City Council member Vanessa Fuentes called the meeting to order at 1:02 pm. New members introduced themselves.

Minutes: The 01/13/2023 CAN Board minutes were approved, after a motion submitted by Monica Muñoz which was seconded by Ofelia Zapata. The minutes were approved unanimously.

Community Council Update: Patricia Longoria mentioned the Council has added two new members and voted her in as new vice-chair. The Council focused on two main topics for 2022: public information & person to person civil & social engagement; and systems & data. They are currently working on the report. Upcoming meetings will continue to focus on aligning the Council's work plan with the CAN priorities. The Council also continues to seek applications for participation. CAN board members are encouraged to spread the word.

Executive Director's Report: The Butler Awards are scheduled for March 29, to be held at the Brooke Elementary Cafeteria. We've begun working on our Language Access Plan for Mental Health & Wellness, with committees focused on the Spanish resource and engagement work for that project. In addition, we just put out RFPs to create those mental health toolkits for Arabic and Vietnamese communities. There is an upcoming meeting for the committee working on planning out what activity we'd like to focus on after sorting through & synthesizing what we learned last year from our forums on economic opportunity. We also have a press conference scheduled for Wednesday, March 22 to announce the release of the 6 community resource guides we created that are available in 9 different languages. These guides are also available in a narrated, video format to make these accessible regardless of literacy level. Instead of our regular meeting, next month we will celebrate the CAN Butler Awards on Wednesday, March 29.

"Mental Health First Aid" Model and Opportunities: In the latest edition of the Dashboard, Poor Mental Health is one of the indicators that have shown the greatest increase. This training, promoted by the National Council for Mental Wellbeing, is available in two types, with one geared toward adults and another geared towards youth. One of the reasons this kind of community-wide training program initiative came up is because places such as New York City have this kind of city-wide mental health training program and use Mental Health First Aid as a model. We reached out and met with them to learn more about how they support the initiative. Part of their goal is to train 3% of the local population. For our community, that would be approximately 39,000 people. One of the things we are trying to do is to assess how many people in our community are already certified to train around Mental Health First Aid, and determine how much "train the trainers" we would have to do if we want to go from whatever we're doing now to a higher level of individuals trained.

Leylee Morris then discussed what Integral Care does around Mental Health First Aid. The Travis County Jail is scheduled to go through one of the trainings at the end of March, with a focus on substance use. Mental Health First Aid is available in different versions, such as one geared towards adults age 18 and up, another geared towards identifying the signs and symptoms in young people (youth). New modules now offer the flexibility to move from an eight hour, in person training to a six-and-a half hour virtual (or in-person) training with an additional two-hour self-paced pre-training course. They also offer other modules to target specific populations, such as a public safety module, fire & EMS module, and a military module. Integral Care has also provided its own trainings since 2009 in Travis County and surrounding areas, so they have those connections and have developed an extensive network.

Group Discussion: It would be interesting to see an asset map of all the mental health resources available in our community. Feedback indicates that most who were contacted showed interest but had not gone through the training. How do we create some opportunities around Mental Health First Aid for the CAN member organizations? What would be the right number of trainings? How will the costs be covered? Perhaps June would be better than May since the busy end-of-semester time would make it difficult for some members to participate. The two options for funding (fundraising vs paying to participate) are substantially different. Fundraising makes more sense because then the training can be a kind of CAN benefit for members. In terms of the value of the training, the National Council for Wellbeing estimates it at \$170 per participant. In our case, we don't have time to train the trainers, so we need to identify folks who can already do the training, see if we can schedule those, and determine what the cost would be. Once we have that, we can determine how to best fund it.

What is the goal we want to set for the community-wide campaign? How should we approach this campaign? Should we focus first on training as many individuals at each one of our organizations and have it be an internal CAN goal? Or should we make it outwardly facing where we're inviting all the different partners throughout the city and region to get trained in Mental Health First Aid. It can be both, because we can leverage different strengths from each partner and their networks to facilitate or support both approaches.

To close the meeting, a call for subcommittee members was made. We still need to narrow down the details related to how we would like to carry out the training, and how many people we would like to train. Interested people include Suchi, Ofelia, Jeff, and Simone.

Adjournment: Tamara Atkinson adjourned the meeting at 2:35 pm.