

# CAN Community Council Meeting Notes

Monday, May 15, 2023

Zoom Video Conference

**Present:** Kelly Crook, Nora Comstock, Nancy Gilliam, Donovan DePriest, Sona Shah, Rachel Hampton, Jenzie Zane

**Staff Present:** Jelina Tunstill, Raul Alvarez, Carlos Soto

**Guests:** Ara Merjanian

<b>Call to Order and Announcements</b>	Donovon called the meeting to order at 6:08 pm. A quorum was not present.
<b>Approval of March 20, 2023 and April 17, 2023 Minutes</b>	The March 20, 2023 and April 17, 2023 minutes could not be voted on due to the lack of quorum. We will vote on these minutes during the June meeting.
<b>Community Council Chair's Report</b>	<b>Summary:</b> Donovan stated that at last week's CAN Board meeting included a discussion on how to execute the Mental Health First Aid initiative. They got a couple of CAN Board member organizations to agree to train their employees. He stated that this action is a direct reflection of the work the CAN Community Council has done and recommended.
<b>Executive Director's Report</b>	<b>Summary:</b> Raul stated that CAN had a press conference on Wednesday to announce the CAN challenge to train 1,000 employees from CAN member organizations trained in Mental Health First Aid. The City and the County bought in, and they are our largest members. We had over 50 registrants for the first training. The City has their own program and they have over 100 people registered. They are working on scheduling out trainings for the next 10 months to allow time for people to sign up. The schedule should be available early June. Raul stated that there is a registration option that is offered to educators so that they can participate for free. Raul added that we will also be creating a list of people who are trained to provide the training, so we don't have to strain Integral Care.  Regarding expanding opportunity, the Expanding Opportunity Planning Committee have done asset mapping of areas of need. The committee will prioritize those topics and the Board will narrow those topics down to 2-3 topics.

	<p><b>Comments and Suggestions:</b> Kelly asked if we were only wanting people from CAN organizations to attend these trainings. Raul explained that the trainings aren't free, they are \$75 per participant, but Integral Care offers a free training for community members. Kelly asked if the chambers could send it to their member organizations to attend the training. She added that their contact lists may reach more people than just the CAN newsletter. Donovan asked if there is funding for Community Council members to participate? Raul suggested attending the free Integral Care trainings. Ideally there would be a scholarship fund. Kelly asked what the Mental Health First Aid training covers. Raul shared that Mental Health First Aid is giving people tools to identify people experiencing a mental health crisis and how to provide support in the moment and suggest resources for the individual in crisis for ongoing support. Nora and Ara shared their experience in the Mental Health First Aid training. Donovan asked how to spread the word. Raul answered that the current flyers have trainings that have closed registration. Once the calendar comes out, we will share it and the free community trainings are on Eventbrite.</p>
<p><b>How the Community Council can support the Mental Health First Aid Initiative</b></p>	<p><b>Summary:</b> Raul suggested that the Community Council can help when the goal shifts from CAN members to community members. The Community Council could help identify who to advertise the training to. Promoting what the Community Council has recommended in the report would also be a good way to promote Mental Health First Aid since it is in the report, and they could encourage other trainings as well.</p> <p><b>Comments and Suggestions:</b> Nora stated if the trainings are limited to CAN member organizations, there isn't much the Community Council can do unless we have connections with CAN member organizations, such as ACC or AISD. Nora also stated that David Evans, CEO of Integral Care, is retiring at the end of the year. Ara suggested looking at how Mental Health First Aid and Peer Support Specialist Training link. Nancy suggested researching if Mental Health First Aid was apart of the Community Health Worker curriculum.</p>
<p><b>Presentation on the 2023 Mental Health Report Addendum and Vote to Finalize Report</b></p>	<p><b>Summary:</b> Ara shared the addendum part of the 2023 Mental Health Report. It covers the action that has happened on the 2022 Mental Health Report recommendations. Manor ISD, Pflugerville ISD, and Del Valle ISD are utilizing a service model provided by Integral Care. Austin ISD is not mentioned in this update because they aren't doing as much as other districts. Ara stated he wasn't sure if they had a comprehensive plan, and their service numbers are way below pre-COVID levels. Ara believes AISD isn't providing</p>

	<p>assessment and referral services and that they're far below pre-COVID levels even though the need is high. He suggested helping the school districts in some way. He shared that there is national guidance on this. He suggested sharing this with school districts and seeing if they can adopt some of the national guidance.</p> <p>Regarding telehealth, Ara stated that TCHAT is being used at our local districts. It is here to stay and a great strategy to reach people. Even though it benefits low-income people, it is still middle- and upper-class white people taking advantage of telehealth.</p> <p>Regarding tutoring and mentoring, Ara stated that other than the need detailed in the Community Council report, there still isn't a good picture of the need. There isn't an integrated plan for high dosage tutoring and it's considered the most cost effective way to make up for learning loss and closes the achievement gap.</p> <p>Regarding pediatric screening, it's a national standard to receive a screening once a year. Community centers and Integral Care provide screenings and treatment as well in some cases. There is also national guidance on screening.</p> <p>Regarding access to care, Ara stated we are doing very well making sure people can access health care and health insurance. This is the gateway to make sure all the other recommendations can happen, and people can receive care.</p> <p><b>Comments:</b> Nora stated that mental health is a bigger issue right now. A lot of people who didn't ordinarily have mental health issues are now experiencing mental health. She stressed that what we are seeing is trauma. Kelly added that if we want to concentrate more on the effects of trauma and promoting wellness, we are looking too much at counselors referring and should focus more on meeting communities where they are (after school events) and give presentations/ have a conversation about mental health and mental health resources. She suggested contacting the communications people for the districts.</p> <p>Nora stated that telehealth is important for people in domestic violence situations. Kelly stated that lower income families have more people in the home and its harder to have privacy during telehealth calls.</p>
<b>Workplan Discussion</b>	<b>Summary:</b> Donovan stated that the theme is resilience. An equitable economic recovery and mental health both require resilience. He asked what deliverables we would want to give to

	<p>the board next year. He stated we have a lot of information from past reports, but we don't have community voice. He asked how do we reach out to the community to figure out what they need? He suggested gathering testimonies that could be shared with the Board.</p> <p><b>Comments:</b> Kelly stated a way to get community voice might be to specifically ask that of our non-profits to have them come and present what they are hearing and seeing. She also stated that the Community Council membership should also be more reflective of the community. Rachel added that we could pick non-profits that aren't on the CAN Board. Kelly suggested asking the same questions to each non-profit to have consistency across presentations. Kelly stated we can also collect information for the future with some of the questions we ask as well. Jelina added that the Board has an Ensuring an Equitable Economic Recovery Planning Team that is reviewing the forums from the past year and data. She stated that if the Community Council does decide to go in that direction, they may want to focus on a group that hasn't been featured in a forum yet. The topics covered so far are: building a family friendly workplace, women, communities of color, and apprenticeships. Kelly suggested asking the planning team what else they would need for their review. Nancy suggested looking at the gaps. Rachel suggested asking the non-profits we have present direct us to other non-profits or community leaders we should engage. She suggested asking the groups to bring someone with lived experience. Donovan suggested a variety of non-profits so we could see a range of perspectives.</p>
<b>Adjournment</b>	The meeting was adjourned at 8:04 pm.

Curiosities

How many employees are accounted for with CAN Board organizations?

Reaching out to mental health workers right now to gather personal or professional barriers that they face ✓

Our mental health is part of the recovery

# Tell the Why

humanize the conversation, testimonials, collecting stories, community engagement, ground the Board

Plot from mental health to EBI mid year

Tackling both pieces is overwhelming

Create a challenge document - list of things and reasons why they are important. Ask you providing - We challenge you to... Have you thought to...

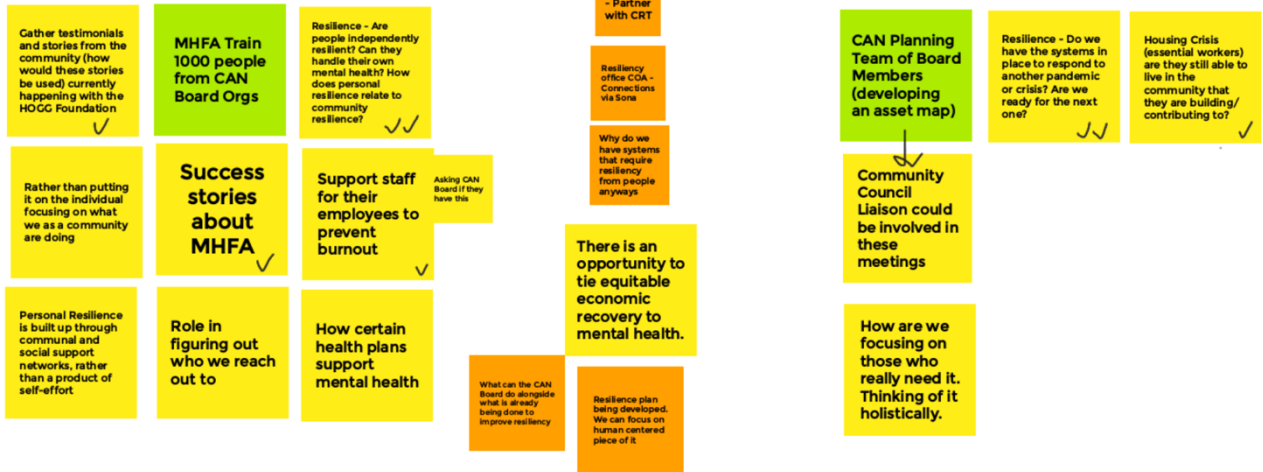
Support employees and create resiliency

Partner with United Way to create Family Friendly Resiliency

Menu of options

## Mental Health

## Equitable Economic Recovery



## Overarching theme: Resilience

To present to the Board

- List of recommendations of barriers to be removed to better access mental health
- List of recommendations for family friendly workplace to build resiliency
- Going back to the past 2 years recommendations to see whats been done ✓✓

Love the idea of a clarity around providing recommendations -- we can then back our way into what we need in order to provide these recs through presentations

Working document and report is being built throughout the year

What are the barriers on why you didn't consider this recommendation - to orgs

It would also be good when we come across recommendations that CAN partners actually implemented to do a sort of "after-action review" on how they worked, were they effective, e

Follow up on Engagement around MHFA

People to work with for testimonials

- United Way
- COA Resilience office
- community
- mental health workers

COA 2023 Strat Plan

Improve community health, social cohesion and connections, and resilience through programs and amenities that strengthen families, foster an increased sense of community, and enhance support networks