

April 13, 2022

Reminder: April 19th Statewide Meeting & May 13th Board/Commission & Chair Trainings (CALBHB/C)



## California Association of Local Behavioral Health Boards and Commissions

We invite you to join us for our upcoming Quarterly meeting and/or trainings.  
Thanks to those who have already registered!

[Registration \(Link\)](#)

There is no fee to register.

### Meeting:

[CALBHB/C Quarterly Meeting](#)

April 19, 9 am - 12 pm

April 19th Presentations/Updates Include:

**MHSOAC** (Mental Health Services Oversight & Accountability Commission) Update

**CPEHN** (CA Pan Ethnic Health Network) -  
Community Health Workers/Promotores

**CAMHPRO** (CA Association of Mental Health Peer Run Organizations) (CAMHPRO) - Peer Certification Update

**CALBHB/C Presentation** - Behavioral Health Continuum:  
Foundational Elements & Sustainable Funding  
for Local Communities

**CALBHB/C Discussion** - Local board & commission  
members are encouraged to share local successes and  
challenges related to mental/behavioral health.

**CA Behavioral Health "Planning Council"** Update

### Trainings:

[Mental/Behavioral Health  
Board/Commission Training](#)

May 13, 11am - 12:30 pm

Duties & responsibilities of  
local mental/behavioral health  
boards & commissions.

### [Chair Training](#)

May 13, 1 pm - 2 pm

Leading a Board/Commission:  
Tools & Best Practices  
(for Chairs, Chairs-Elect &  
Support Staff)

[Registration \(Link\)](#)

Events are open to all CA's 59 local MH/BH board/commission members and support staff.

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CALBHB/C supports the work of CA's 59 local  
Mental & Behavioral Health Boards / Commissions [www.calbhbc.org](http://www.calbhbc.org)

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### CARE Court Proposal - HHS Call for Comments

CA HHS asks for feedback on the CARE Court proposal via: [CARECourt@chhs.ca.gov](mailto:CARECourt@chhs.ca.gov). Initial feedback is requested by March 25 (*this Friday*) and is welcome ongoing.

[Framework Document](#)  
[FAQs](#)

#### Background

CA's Health & Human Services leadership is seeking input to inform the [C.A.R.E. \(Community Assistance, Recovery & Empowerment\) Court](#) initiative, a proposal to bolster delivery of mental health and substance use disorder services for Californians who are experiencing homelessness or incarceration due to untreated psychosis. This initiative aims to connect individuals to treatment and supports (including supported housing) that are necessary to ensure long-term wellness, while preventing contact with the criminal justice system and avoiding Lanterman-Petris-Short (LPS) Mental Health Conservatorship whenever possible.

#### Related Top Issues

Many top issues reported by CA's 59 local mental and behavioral health boards and commissions are addressed within this initiative, including:

- [Increasing access](#) for individuals who are unserved, underserved and/or justice-involved
- [Reducing 5150s](#) (In response to reports of "serial" 5150s (72 hour psychiatric holds) – single individuals experiencing dozens of 5150s holds in a single year.)
- ["Supporters"](#) - Increasing peer providers within the behavioral health workforce
- [Housing/homelessness](#) issues for individuals with mental illness
- [Psychiatric Advance Directives](#) - CALBHB/C's [Crisis Care Continuum](#) issue brief includes "[Psychiatric Advance Directives](#)" as a "Foundational Element" within the Behavioral Health Care Continuum

#### Encouraging Feedback

The mechanics of this initiative need careful consideration. CA's Health & Human Services Agency (HHS) encourages input from community leadership, stakeholder organizations, agencies and individuals as they flesh-out this proposed framework. Input from local board/commission members is welcome. It is in everyone's interest to create systems and processes that provide requisite behavioral health and safety net resources while ensuring all individuals are treated with dignity and respect.

More information regarding the proposed CARE Court initiative is at: [chhs.ca.gov/care-court](http://chhs.ca.gov/care-court)

*CA's 59 local mental and behavioral health boards and commissions serve in an advisory capacity to local governing bodies and mental/behavioral health directors. Local board and commission membership should reflect the diversity of the client population as much as possible, and include individuals with lived experience of mental illness, family members, one member from the county's Board of Supervisors (or local governing body) and members of the community that engage with individuals living with mental illness in the course of daily operations, such as representatives of county offices of education, large and small businesses, hospitals, hospital districts, physicians practicing in emergency departments, city police chiefs, county sheriffs, and community and nonprofit service providers. ([CA WIC 5604](#))*


**CA Association of Local Behavioral Health Boards & Commissions (CALBHB/C) supports the work of CA's 59 local mental/behavioral health boards & commissions.**

4/7/22

TO: ALL BHAB MEMBERS



***Register today to contribute to the development of the first Behavioral Health Prevention Plan for California!***



The Department of Health Care Services is developing the first **Behavioral Health Prevention Plan (BHPP)** for California and would like your perspective on important behavioral health issues, specifically substance use and mental health challenges, from prevention champions, experts, stakeholders, and community members across the state. Feedback collected during a series of *virtual* Listening Sessions will provide critically important data to determine substance use and mental health issues to be addressed through the development of a statewide plan. The goals of the sessions are to:

- Learn more about community perspective on local substance use and mental health challenges, barriers, and gaps
- Increase understanding of local community consequences of substance use and mental illness
- Collect feedback on prevention and early intervention approaches that would be beneficial in communities across California

Listening sessions are a great way to hear about local challenges and innovative solutions from the community perspectives. Your feedback as a key stakeholder will help us design a comprehensive, inclusive, and equitable prevention plan for California.

**Please join us for one of the following dates:**

Tuesday, April 12th, 2022 | 10:00 AM - 12:00 PM PST - Prevention  
Providers [REGISTRATION](#)

Wednesday, April 13th, 2022 | 10:00 AM - 12:00 PM PST - Prevention  
Partners (these include: youth-serving organizations, law enforcement, religious  
or fraternal organizations, civic or volunteer groups, educational partners and  
mental health organizations) [REGISTRATION](#)

Tuesday, April 19th, 2022 | 10:00 AM - 12:00 PM PST - Tribal Communities  
[REGISTRATION](#)

Thursday, April 21st, 2022 | 5:00 PM - 7:00 PM PST - Community  
Members [REGISTRATION](#)

Wednesday, April 27, 2022 | 5:00 PM - 7:00 PM PST - Youth [REGISTRATION](#)

Once registered, you will receive a confirmation email with logistics  
information.

Questions? Contact Gerilyn Walcott at [gwalcott@cars-rp.org](mailto:gwalcott@cars-rp.org)

April 11, 2022

From: Elizabeth R. Stone, MA  
Peer Voice on the Ventura County Behavioral Health Advisory Board



## **Free Webinar: The Power of Peer Respite**

**Monday, April 25, 2022**

**4:00 – 5:30 PM (PST)**

**(7:00 - 8:30 pm ET)**

In this webinar, Oryx Cohen will present on the power of peer-run respites. During his talk he will share his personal story about how a peer respite helped him in his healing journey, share a clip from the award-winning documentary he co-produced called Healing Voices, and present on the basics of what a peer respite is and the research behind them. The presentation will be interactive and there will be time for participants to share their experiences as well.

The webinar is free; 1.5 CEU hours are available for \$15 granted through Louisiana Office of Behavioral Health

Presented By:



### **Oryx Cohen**

Oryx Cohen, M.P.A., is a leader in the international consumer/survivor/ex-patient (c/s/x) movement. Currently he is the Director of the National Empowerment Center's (NEC's) Technical Assistance Center. Among other responsibilities, he assists states that have an underdeveloped consumer/survivor voice to find that voice and then work toward transforming the mental health systems in those states to become peer-driven and recovery-oriented. Prior to joining NEC, Oryx was Co-Director of the Western Massachusetts Recovery Learning Community. He helped to spearhead an innovative peer-run approach focusing on recovery, healing, and community. Oryx is also the co-founder of Freedom Center, the Pioneer Valley's only independent peer-run support/activist organization. Freedom Center's purpose is to empower and support people with psychiatric labels while challenging oppressive mental health policies and practices. He has served on the board of the National Association for Rights Protection and Advocacy (NARPA).

Oryx is featured in *Agnes's Jacket: A Psychologist's Search for the Meanings of Madness*, a book by Gail Hornstein, where Oryx and fellow Freedom Center co-founder Will Hall are compared to the founders of Alcoholics Anonymous. Oryx serves on several boards and committees internationally, nationally, and regionally, including the Hearing Voices Network USA Working Group. Oryx volunteered for several years with MindFreedom International, directing its Oral History Project. This project involved collecting and documenting c/s/x stories of abuse, empowerment, and healing in the mental health system. Oryx is also adjunct faculty in the Westfield State College Psychology Department.

This event is also a fundraiser for the new peer organization in Louisiana, Meaningful Minds United. We encourage donations, which are tax-deductible and will help their nonprofit work.

*Click here*



**REGISTER TODAY**

3/23/22

FROM: Elizabeth R. Stone

“A reminder of my concerns about pathologizing emotions.”

## ‘Sexy But Psycho: How the Patriarchy Uses Women’s Trauma Against Them’

That’s the name of the news book by [British psychologist Jessica Taylor](#). She argues that women are duped into believing they’re mentally ill simply for displaying normal emotions. [In an essay for Stylist](#), Taylor laments what she calls an alarming trend – increased advertising for items and women’s apparel with labels like “cute but psycho,” “borderline,” or “my wife is psycho, but hot.” The merchandise intends to be lighthearted but reflects a larger problem in the culture of pathologizing women and girls by labeling them with unmerited psychiatric diagnoses.



A screenshot of a tweet from Dr. Jessica Taylor (@DrJessTaylor) dated March 21. The tweet includes a circular profile picture of her, a blue verified badge, and the text: "Really proud that I have written this article for @StylistMagazine". Below this is a quote: "It is absolutely vital that we stop young women from fetishising psychiatric diagnosis and calling themselves psycho." The quote is accompanied by a photograph of a mannequin with dark hair and red lips, wearing a red corset-style top. At the bottom of the tweet, there is a link to "stylist.co.uk" and a truncated text preview: "Cute but psycho: how women are duped into believing they're mentall... A psychologist argues her point."

The growing movement to destigmatize mental health, Taylor argues, is hindered when women are pathologized as abnormally emotional for expressing anger, sadness, or heartache. It’s an echo of horrific times in history when women who didn’t submit to men, asked “too many questions,” or dared to challenge

authority were subjected to witch trials or confined to asylums and tortured for their “hysteria.”

To combat this alarming trend, Taylor says, she employs a trauma-informed approach that enables her to understand the circumstances affecting a woman before diagnosing her as mentally ill or disordered. “It’s a simple, humanistic approach. We don’t seek to medicate or sedate,” she writes. “We simply listen, work together and validate women and girls in their times of crisis and distress. In my 12 years of work in this field, I’ve never suggested that a single one of the women I treat is mentally ill, and yet I’ve had incredible success in supporting them through their traumas.”

*"recurrent crises are more appropriately regarded as a failure in the partnership to achieved the desired outcomes of care ... and signal a need for a fresh and careful reappraisal of approaches." SAMHSA, 2009*

Elizabeth R. Stone, MA  
Peer Voice on the Ventura County Behavioral Health Advisory Board

4/12/22

FROM:

**Vanessa Acain**

pronouns: she/her/hers

*Youth Advocate*

Independent Living Resource Center, inc.

702 County Square Dr. Suite 105

Ventura, CA 93003

(805) 650-5993 x209

[vacain@ilrc-trico.org](mailto:vacain@ilrc-trico.org)

I hope you are all doing well! I would like to invite you to join my Youth Town Hall on May 12th, 2022 at 10:00 am-11:00 am on Zoom.

The Youth Town Hall will provide an overview of ILRC's youth services and supports for all individuals under 30 with any disability! The youth are our future; the earlier they can learn about the resources available to them, the earlier they can set goals to increase their independence.

If you have any questions, please do not hesitate to contact me via email or phone call, my contact information is located below in my email signature. Attached, I have also included a flyer for the Youth Town Hall. Please feel free to share this email and flyer with your teammates, consumers, and anyone else you believe might be interested. I look forward to seeing you soon!

Thank you kindly,  
Vanessa Acain



The flyer features the ILRC logo at the top, which includes the text "DISABILITY — ADVOCACY" above "ILRC" and "ACTION — EQUALITY" below it, with a white dove icon to the right. Below the logo is an illustration of five diverse people: a woman in a wheelchair, a man in a wheelchair, a man with a prosthetic leg, and two other individuals, all with their arms raised in celebration. The main title "ILRC YOUTH TOWN HALL" is in large, bold, blue letters. Below the title, it says "Learn more about services for individuals with disabilities under 30 including: advocacy, peer support pathways after college and much more!". On the left, a blue banner contains the date "MAY 12 10 - 11 A.M.". To the right, a blue box contains the text "REGISTER HERE FOR THE EVENT". Below that, another blue box contains the Zoom registration link: "HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/TZWPDOCPQTGOHT168LD31LMOVIWGO1CSDPPT". At the bottom, it says "FOR ACCOMMODATIONS PLEASE CONTACT BY MAY 9TH: (805) 650-5993 X209 | VACAIN@ILRC-TRICO.ORG".

[CLICK HERE TO REGISTER](#)