Denton County Behavioral Health Leadership Team Meeting

Thursday, January 18, 2024, 8 am – 10 am UWDC 1314 Teasley Lane, Denton & Zoom



Agenda

OUR VISION:

Comprehensive behavioral health for every person in Denton County

OUR MISSION:

The Denton County Behavioral Health Leadership Team will advocate and facilitate a collaborative person-centered behavioral health system to repair and restore lives:

- Ensure behavioral health services are available to meet the needs of all
- Assess data for continuous outcome measurements
- Prioritize data driven recommendations
- Provide a continuum of care

1. Ca	ll to order		Elisa Howell	
2. Vo	te to Approve Minutes	Elisa Howell		
3. Ne	ew Participant/Guest Introductio	ns	Elisa Howell	
4. Re	port from the Local Mental Heal	th Authority	Pam Gutierrez	
5. M	ental Health Navigator Update		Denton County Public Health	
6. Cr	edibleMind Launch		Shanan Spencer	
a. b. c. d. e. 8. Ne	CrossCare Collaborative Veterans ew Business	ott Titsworth rtney Jaimes in Spencer Elisa Howell		
	Voting of new appointees Review of strategic plan			
9. Ba a. b. c.	ckbone Support Updates Financial Initiatives Denton County Homelessness L Denton County Workforce Succ	eadership Team	iliams & Shelby Redondo Olivia Williams Shelby Redondo	
10.	Public Comment		Elisa Howell	
11.	Adjourn		Elisa Howell	

Upcoming Meetings & Events:

- DCBHLT Meeting: Thursday, March 21, 2024, 8 am 10 am
- North Texas Mental Health Forum: Wednesday, January 31, 2023, 8:30 am 3:30 pm at Denton County Courthouse



Thursday November 16, 2023 8 am-9:30 am Meeting Minutes

Call to Order: The meeting was called to order by Dr. Lisa Elliott at 8:02 am

Vote to Approve Minutes: Chair called for motions to approve the minutes. Following Terri Widmer's motion and Stephanie Brown's second, the minutes were approved.

New Participant & Guest Introductions: All new participants and guests were introduced & welcomed.

Frank Dixon: Assistant City Manager, City of Denton Eric Simmons: Board Member, Cumberland Youth and Family Services Officer Carlos Henderson: Mental Health Officer, The Colony Police Department Dr. Theresa McKinney: Executive Liaison, UNT Police & Emergency Management Kasey Smith: Director of Community Partnerships, NAMI North Texas Maria Jones: Strategic Development Manager, Denton Freedom House Ministries Grace Martin: Constituent Liaison, Congressman Burgess' Office

Mental Health Authority Report: Pam Gutierrez: Provided a presentation about the numbers served for Sept/October; slides will be forthcoming. Some highlights:

- 1. Received 3 yr Department of Justice Grant-will fund a re-entry program in the jail (2 providers)
- 2. Holiday Helping Hands Program-have 250 individuals in need; people invited to adopt a person or family; contact is jessicari@dentonmhmr.org

Denton County Public Health Update-Alex Reed Shared 3 Updates about 3 new resources that are or will soon be available to Denton County residents:

- MH Navigation Program: 2 FT staff are helping people get connected to MH resources from 8 am -5 pm. 45% of those who have used service since Aug 29[,] 2023, launch are reaching out for the first time for MH support; 68% interested in individual counseling; 51% prefer
- 2. Find Help Denton County is a directory resource geared toward directing people to various free and reduced cost basic needs resources in Denton County: <u>https://dentoncounty.findhelp.com/</u>. Although directory is geared toward low-cost sliding scale fees, all mental health providers can be listed in the directory. Orgs and providers may add their program at



FindHelp.DentonCounty.gov/claims. Another information session about the platform will be hosted on Dec 13,2023.

3. Credible Mind: <u>https://crediblemind.com/</u> Evidence based self-guided mental wellbeing platform that is currently being used Denton County Employees will become available to all Denton County residents. Denton Co is only the 2nd community in the nation to deploy it county wide; State funds awarded for a pilot year. Platform offers podcasts, assessments, and need care now services. Users have the option to create a profile, but this isn't required. Platform dashboard will provide the community with a wide range of user data. The platform is set to launch county wide on Jan 1, 2024.

Workgroup Committee Reports

Child & Family Systems: Laura Prillwitz reported that after having worked on MH Navigator project for several years, the group is currently focused on their strategic plan including developing long and short-term goals.

Substance Use: Hope Galloway reported that the group has been focused on helping to address a gap in available resources for those needing nonmedical detox. A partnership between Solutions of North Texas and Texas Health is in the contracting phase. It will bring 12 non-medical detox beds online for women; clients will be able to detox for up to 2 weeks.

Suicide Prevention: Brittany Waymack reported that the group is in process of regrouping to determine new goals after having achieved their goal of launching community trainings (e.g., QPR, MH First Aid). Scott Domingue will be stepping down as co-chair and the group will be looking for a replacement.

CrossCare Collaborative: Shanan Spencer shared that the focus of Cross Care Collaborative is to map the system around the intersection of housing, mental health, and law enforcement. It is looking at ways to apply the sequential intercept model to it. They have identified a lot of gaps including not enough inpatient beds or crisis stabilization units.

Data: Juan Rodriguez reported that the group has data from several sources including law enforcement, hospitals, and MHMR. But they are in the process of determining what is useable. Seeing some trends related to alcohol. The group is no longer able to get ISD data due to some parental concerns about privacy.



Veterans: Elisha Baxter reported that 20 clients have been served in the past 4 months. They have been working with local agencies to provide services for them. The Art Room Denton will be creating a veteran specific art program that launches in January.

Backbone Support Updates:

Financial Initiatives: Shelby Redondo reported that those interested in volunteering with the VITA (Volunteer Income Tax Assistance) program should email <u>Teddy@UnitedWayDenton.org</u>.

Denton County Homelessness Leadership Team: Olivia Williams was not in attendance; Gary Henderson announced that her report would be emailed later. Those updates are included below:

- 1. COL Barriers Fund is expended
- 2. COD BF opened mid-October and to date has approved \$19,717.31
- 3. COL Senior gap rental assistance is closed, serving 114 households, 1020 Months of rental assistance (UWDC numbers only)
- 4. Landlord Engagement & Housing Navigation workshops have taken place weekly to restructure the flow to improve effectiveness
- 5. New Coordinated Entry & Diversion Specialist hired to run Case Conferencing
- 6. Still looking to fill Data Specialist position

Denton County Workforce Success Leadership Team: Shelby Redondo announced the Economic Mobility Ambassador launch.

New Business:

Lisa Elliott announced new officers and appointees for service period of Jan 1, 2024 – December 31, 2025. They are listed in your packet.

Gary Henderson announced the revival of the Law Enforcement workgroup.

Public Comments/ Announcements

Gary Henderson thanked outgoing officers



City of Denton is developing a simulation event to help people know what it is like for some of our most vulnerable populations (e.g., a single mother, person with a disability, etc.) to move through different systems. Will take place in June 2024.

City of Denton is offering a Nonprofit Management Certificate Program. See flyer in packet. Applications open through Nov 27th.

Dates for 2024 Meetings included in the packet; 3rd Thursday of every other month.

Meeting adjourned at 9:28 am.

Next meeting is Thursday Jan 18th, 8-10 am.

CredibleMind



CredibleMind: The One-Stop Shop for Mental Wellbeing Resources

CredibleMind is the free online platform that brings together expert-rated and vetted videos, podcasts, apps, online programs, books, and articles all in one easy-to-use place.

Confidential, anonymous, and available 24/7, with CredibleMind you can learn new skills, understand your own mental health, take a mental health assessment, and browse our library of thousands of mental wellbeing resources.

CredibleMind covers over 200 topics including:

- Stress
- Burnout
- Anxiety
- Depression
- Relationships
- Mindfulness
- Resilience
- Coping with Medical Diagnosis

- Time-Management
- Happiness
- Sleep
- Parenting
- Grief and Loss
- Flourishing
- Substance Use
- Aging

Get started today by signing up and taking a mental health assessment. Some assessments you'll find on CredibleMind are:

- Is it Job Stress or Burnout?
- What's your Mental Health Profile?
- How Strong is Your Resilience Network?
- Is Caring for Others Taking a Toll on You?
- Is Your Mind Full or Are You Mindful?
- What's Your Meditation Style?

By signing up, you will have access to: past assessment results to track improvement over time, your favorite resources, and handpicked CredibleMind resources right to your email!

No matter what you are going through, CredibleMind has resources to help with science-backed evidence you can trust.



Visit unitedwaydenton.crediblemind.com to get started



New Appointees for Vote

Matthew Bertagnole

Matthew is the new CEO of University Behavioral Health. He will represent UBH at Denton County Behavioral Health Leadership Team meetings and serve as a member of the Cross Care Collaborative Workgroup.

Ronni Cade

Ronni is the new City Liaison member from the City of Lewisville. She has been assigned by Mayor TJ Gilmore, who resigned his position as an appointee.

Behavioral Health in Denton County



	Goal	Strategies	2015	2016	2017	2018	2019	Measure	Status
1	Increase access to Peer to Peer Support Group services in Denton County.	 Conduct inventory Request funding from UWDC to expand sites NAMI Denton County to Train Additional Facilitators Determine expansion sites 	x	x					In Progress
2	Develop a system of support and program services for Denton County Mental Health Court	 Establish a treatment team through partnerships in the community. Partner with UWDC on the ETO software to track individual progress 		х	х	х	х		In Progress
3	Develop and implement a Denton County Jail Diversion Program	 Hire 2 discharge planners to coordinate services upon release of those identified with a behavioral health issue in collaboration with Denton County MHMR. 		x	x				In progress
4	Provide Mental Health First Aid to <u>200</u> individuals in Denton County.	 Host Adult MHFA in collaboration with UNT for the DCBHLT, UWDC staff, and workgroups. Host training with other community organizations and businesses. 		x	x	x	x	Number of participants Number of trainings (1)	In progress 47 currently trained.
5	Collaborate with MMHPI to launch the OK to Say Campaign.	 Work in collaboration with MMHPI to develop a marketing and promotion plan. Establish partnerships to disseminate information. 		x	x	x	x	Number of Partners Be consistent with MMHPI	In progress



DCBHLT Child & Family Systems Workgroup Strategic Goal

STRATEGIC GOAL: INCREASE AWARENESS AND CAPACITY OF MENTAL AND BEHAVIORAL HEALTH SERVICES TO YOUTH

Objectives	Strategies	Metrics	Status
Reduce stigma associated with mental health conditions	 Engage parents in Mental Health First Aid Training Collaborate with MMHPI and WATCH on the Okay to Say campaign —OK to say no longer active Develop coordinated system to distribute educational materials to Denton County individuals Assist with the launch of Youth Mental Health First Aid trainings in Denton County. Develop parent cafes to educate parents on resources and strategies. Expand free behavioral health educational opportunities available to parents, community, and service providers 	 Advertise available Mental Health Frist Aid and other trainings (QPR, Youth MHFA, etc.) Generate an Okay to Say marketing strategy Partner with Mobile Food Pantries to distribute educational and anti-stigma materials Host 3 educational opportunities surrounding mental health and stigma for youth and their families (e.g. documentary film screenings, presentations, workshops) annually 	•
Increase community, parent & service provider understanding of the impact of trauma, violence, and sex trafficking	 Expand free trauma and abuse educational opportunities available to parents, community and service providers Educate parents and community members on types of trauma, including secondary trauma. Educate parents on trauma informed care and the impact of emotionally unregulated parents 	 Partner with Office of the Governor, CACDC, and WATCH to develop Denton County CSE educational materials Collaborate with WATCH to provide CSE-IT trainings with free CEUs for Denton County service providers Collaborate with WATCH to host a CSE Symposium 	•
Improve accessibility of behavioral health services available to youth	 Determine youth behavioral health needs as identified by parent(s) 	 Conduct focus groups with ISDs Develop children and family behavioral health community needs and barriers assessment Increased referrals to behavioral health services 	•

Status Key: X – To Be Done; I/P – In Progress; C - Completed

 Develop collaborative opportunities to build resources and resource awareness (e.g. professional networking opportunities and resource expos) to increase referrals Expand local capacity of behavioral health services Establish social media presence for parents to address common trends that impact behavioral health (e.g. vaping, CBD use, video game & social media addiction) Empower students to refer peers for mental health services when in need 	 Identify and apply for Mental Health Navigator funding opportunities Develop a brochure (with QR code) and video regarding trauma resources and distribute Develop a resource list of providers using trauma informed care. Develop a referral tool to be used by students
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Issues discussed in October CFS Meeting:

- 1. New laws pertaining to CPS and reporting
- 2. Advocacy for policy/law change



DCBHLT Suicide Prevention Workgroup Strategic Goal

STRATEGIC GOAL: REDUCE THE RATE OF SUICIDES PER 100,000 PEOPLE IN DENTON COUNTY

Objectives	Strategies	Metrics	Status
Facilitate access to care for individuals experiencing a psychiatric crisis	 Partner with law enforcement to understand and address barriers to crisis assessments Partner with school systems to understand and address barriers to crisis assessments Identify other community stakeholders who encounter individuals at risk for suicide Inventory resources for crisis assessment and increase stakeholder knowledge of these means for accessing care. Leverage mental health navigators to connect individuals in need of crisis assessment to these resources. Partner with Mental Health division(s) to ensure community stakeholders know how access care without having to engage law enforcement 	 Workgroup generates a list of obstacles and generate an action plan to address each barrier. Workgroup generates a list of obstacles and generate an action plan to address each barrier Workgroup develops a list of additional stakeholders, identify and contact leaders of these groups Workgroup produces a tool that guides stakeholders to the most convenient/efficient means of obtaining crisis assessments Workgroup develops and deploys a process map for accessing crisis assessments 	 x x x x x x x
Reduce access to lethal means for individuals at high risk for suicide	 Research best practices in lethal means counseling Identify community stakeholders in a position to deploy lethal means counseling Support these community stakeholders by developing and deploying tools to support lethal means counseling 	 Workgroup generates a list of lethal means counseling best practices Workgroup produces a list of community stakeholders in a position to deploy Workgroup develops collateral to support the deployment of lethal means counseling 	• X • X • X
Increase the capability and confidence of Denton Co. residents to identify and intervene	 Deploy routine, free virtual Question, Persuade, and Refer (QPR) training Identify and promote resources available in the county to increase competence when encountering individuals with mental illness/SUD (Mental Health First Aid, etc) 	 Workgroup deploys QPR training to the community at least once per month Workgroup queries agencies providing other mental health focused training to understand trends in program attendance. Partner with Data Workgroup to track/trend training attendance 	• x • x

Status Key: X – To Be Done; I/P – In Progress; C - Completed

with individuals at risk for suicide			
Support suicide prevention efforts already deployed in Denton Co.	 Partner with the MHMR Loss Team as a means of reducing trauma among suicide survivors Obtain and leverage existing data from MHMR and the Data Workgroup (quantitative), the Loss Team (qualitative), and other stakeholders to ensure the workgroup's efforts align with the community need. Identify additional groups working to prevent suicide in Denton Co. 	 Workgroup member(s) meet monthly with Loss Team leaders Workgroup routinely reviews the latest suicide data and compares these data to the experience of Loss Team members. Workgroup generates a list of additional suicide prevention work (if any) in the county and makes contact with the leaders of these groups 	• X • X • X

Strategic Plan Monday, August 22, 2022 2:05 PM

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• [Develop/Identify Data Collection Method <u>Completed</u> but continue	<	Formatted: Font color: Red
	• Data from		Formatted: Font color: Red
	 Hospitals 		
	Schools		
	Jails/Court		
	Cities Community Destroyme (Adding the UNADC) sets (
	 Community Partners (MHMR, UWDC, etc.) Universities (Colleges) 		
	Universities/ Colleges Delivieus Comises		
	 Religious Services What does this minimum look like in Depter Country? 		
	 What does this picture look like in Denton County? How this financially impacts our community 		
	 How this financially impacts our community I.E. City of Denton spends a million dollars a year 		
	Resources/Collaboration – Completed – bring in new agencies and perspectives		
• •	 Develop Process Map – find new places to distribute 		Formatted: Font color: Red
	 Do a follow up – was the process map helpful? 		
	 Excel sheet for distribution (Hope) 		
	Education/Advocacy Continue	_	Formatted: Font color: Red
• •	 Develop Substance Use Training 		Formatted: Font color: Red
	 Develop substance use manning Target Audience 		
	Community College		
	School Districts		
	Community Partners		
	County/ City Leaders		
	 Stigma on Substance Use Continue 		Formatted: Font color: Red
	 Recovery in the Park 		
	• Get good educators into the schools north of the lake		
	 Overdose prevention – Narcan training and distribution – more info on Fentanyl 		
• 4	Add Non- Medical Detox Unit		Formatted: Font: Not Bold, Font color: Auto
	 Site visit to Maggie's House 		Formatted: Font color: Auto
	 Collaborative meeting with hospital 		
	 <u>Fund raising for unit</u> 		Formatted: Font color: Auto
• L	ook at other needed resources		
	<u>Reduce barriers for access to care</u>		Formatted: Font: Not Bold, Font color: Auto
	★		Formatted: No bullets or numbering



A collective search for solutions that address availability, affordability, and acceptability (Cities & Rural Areas)

Keynote Presenter: Tammy Weppelman, M.S., LPC-S Dir of Suicide Prevention and Services Texas Health and Human Services

Wednesday, Janurary 3I, 2024 8:30 am - 3:30 pm

Denton County Courthouse 2020 Room 3rd Floor

Topics will include:

- Mental Health & Counseling Svcs Availability
- Suicide Prevention/Support for Survivors
- Access to Social Services
- Education/Training
- Youth Focus (K-I2)
- Adult Focus (18+)
- Veterans & Other At Risk Groups



Sponsored by Suicide Prevention and Brain Health Rotary eClub and Denton Regional Suicide Prevention Coalition



REGISTER NOW

NTXMentalHealthForum.eventbrite.com

No Cost to Attend

Lunch Provided

The format will include a keynote presentation, panel discussion, and roundtable strategy sessions.

If interested in requesting resource table or have questions, email SPBHRotary@gmail.com





30th Anniversary Gala

SATURDAY APRIL 27, 6-10 PM 2024 EMBASSY SUITES GRAPEVINE

Celebrating **30 years** of empowering North Texas students to stay in school and **achieve in life.**



SPONSORSHIP & DONATION OPPORTUNITIES



30th Anniversary Gala Saturday, April 27th, 2024

Dear Friend and Community Partner,

Thank you for the confidence you have placed in Communities In Schools of North Texas to surround students with a community of support for the past **30 years!** Communities In Schools of North Texas, a 501(c)(3) nonprofit, is a part of the nation's largest dropout prevention network, helping students overcome barriers, stay in school, and graduate ready for college and a career.

We invite you to join our students, staff, volunteers, and supporters to celebrate all of their successes at our Achieve In Life Gala! On Saturday, April 27th, 2024 at Embassy Suites in Grapevine, we will gather to hear testimonials from some of our incredible kids and award our 2024 Students of the Year, Educator of the Year, and Volunteer of the Year! You will not want to miss this opportunity to hear directly from the students CISNT serves, and to connect with community leaders across North Texas who share your passion for breaking down barriers so all students can stay in school!

At CISNT, we believe that every child needs and deserves:

- a one-on-one relationship with a caring adult
- a safe place to learn and grow
- a healthy start and a healthy future
- · a marketable skill to use upon graduation
- · a chance to give back to peers and the community

Proceeds from the Achieve In Life Gala will directly **impact CISNT programs** that **touch the lives of over 30,000 students each year**. Your sponsorship will be celebrated in front of our Board of Directors, local business leaders, community members, and representatives of Denton ISD, Gainesville ISD, Lewisville ISD, Northwest ISD, Lake Dallas ISD, and Bridgeport ISD. Your participation demonstrates to community members, friends, neighbors, and colleagues your commitment to keeping kids in school.

We would be honored to have your support by attending or sponsoring this event! Thank you in advance for your consideration!

Sincerely,

Kathy Travis CISNT Board President and Gala Committee Chair





4.27.24 | Sponsorship Opportunities

ACHIEVE IN LIFE PRESENTING SPONSOR - \$25,000 (EXCLUSIVE)

- Special recognition during program
- 2 tables for 20 guests
- Opportunity to speak for two minutes during program highlighting partnership with CISNT
- Full color page ad in event program
- Sponsor photo opportunity prior to event
- Check presentation at sponsor's choice of CISNT school
- Extended recognition on CISNT social media and newsletter
- Prominent logo placement on all event-related materials, including website event page & online silent auction platform

ALL IN FOR KIDS SPONSOR - \$15,000 (EXCLUSIVE)

- Special recognition during program
- 2 tables for 20 guests
- Opportunity to speak for one minute during program highlighting partnership with CISNT
- Full color page ad in event program
- Check presentation at sponsor's choice of CISNT school
- Extended recognition on CISNT social media and newsletter
- Logo on website event page & online silent auction platform

EDUCATION ADVOCATE SPONSOR - \$10,000

- Special recognition during program
- 1 table for 10 guests
- Opportunity to speak for 30 seconds during program highlighting partnership with CISNT
- Full color page ad in event program
- Recognition on CISNT social media and newsletter
- Logo on website event page & online silent auction platform

TICKETS

- Individual tickets: \$125
- Half table (5): \$600





EMPOWER SPONSOR - \$7,500

- Special recognition during program
- 1 table for 10 guests
- Half-page ad in event program
- Recognition on CISNT social media and newsletter
- · Logo on website event page & online silent auction platform

END OF THE YEAR SPONSOR - \$5,000

- Special recognition during program
- 1 table for 10 guests
- Half-page ad in event program
- Recognition on CISNT social media and newsletter
- Logo on website event page & online silent auction platform
- · Choice of sponsorship (first come, first served)
 - Elementary Student of the Year SECURED
 - \circ Secondary Student of the Year
 - Educator of the Year
 - Volunteer of the Year SECURED

COMMUNITY OF SUPPORT SPONSOR - \$3,500

- 1 table for 10 guests
- Recognition on CISNT social media and newsletter
- Prominent recognition on one of the following event elements (first come, first served):
 - Centerpieces
 - Desserts
 - Giveaways
 - Photo Booth
 - ∘ Valet
 - Whiskey & Wine Pull

STAY IN SCHOOL SPONSOR - \$2,000

- 1 table for 10 guests
- Business card size ad in event program
- Recognition on CISNT social media and newsletter

FRIEND OF CISNT - \$1,000

- 1 table for 10 guests
- Company/donor listed in event program

Scan here to purchase your tickets and complete online sponsor registration, or visit cisnt.org/events/event/achieve-in-life-gala/. For questions or more information, email gala@cisnt.org or call 217-617-0272.



#ALLINFORKIDS

HEISN

DESIGNER HANDBAG & JEWELRY AUCTION AND MORE!

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2.8.24 | 6:30-9 PM SPARROW ON MAIN

Tickets

