Webinar: Improving Community Wellness Through Collaboration

ILG Webinar
February 23, 2016
11:00AM-12:00PM
Have a question for our panel?

• Please type your questions into the question box at any time during the webinar.
• We will read your questions during the question period at the end of the webinar.
The Institute for Local Government

ILG is the non-profit research and education affiliate of

www.ca-ilg.org
ILG Mission

• Promoting good government at the local level

• Practical, impartial and easy-to-use materials
What Will You Learn More About Today?

• County and city experiences in working with different agencies to obtain a shared vision or goal

• The benefits of collaboration and partnerships

• Best practices and lessons learned in the collaborative process
Stretching Community Dollars

• Local leaders grapple with a variety of community development and public health challenges as they craft and approve policies impacting children and families, including:
  – Healthy Eating-Active Living
  – Violence Prevention
  – Safety

• Local governments are harnessing partnerships and collaborations to effectively and efficiently deliver services and leverage existing human and financial resources.
Speakers

Robb Davis, Mayor Pro Tempore, City of Davis
Christi Fee, Family and Consumer Advocacy Program Manager, NorCal Mental Health America, Children and Adult System of Care, Placer County
Richard Knecht, Director, Children's System of Care, Placer County

Moderator

Randi Kay Stephens, Program Coordinator, Institute for Local Government
Community Wellness: Improving Physical and Social Health in Davis, CA

(Two examples)
Improving Physical Health

Promoting Physical Activity

Reducing Sugary Beverage Consumption

Protecting Vulnerable from Effects of Smoking
Promoting Physical Activity:

Percent of Students Walking or Biking to School
(Based on classroom tallies, April 2015)

* Oct 2013
School Bike/Walk Audits

Programmatic Uses

Planning Uses
Audit Programmatic Uses

Birch Lane Elementary: Suggested Walking and Biking Routes

How to Use This Map
This suggested route to school map is intended to encourage adults and students to consider walking or bicycling to school. Adults are responsible for choosing the most appropriate option based on their knowledge of the different routes and the skill level of their student.

This map includes suggested routes as well as the locations of traffic signals, crosswalks, four-way stops, crossing guards, and off-street paths.

To see routes and areas beyond this map please visit: http://street-smarts.cityofdavis.org/

Drop-Off and Pick-Up Information:
We strongly encourage students to walk or bike to school. Students riding bikes must wear a helmet. You must bring your own lock and lock your bike at the designated bike racks. All riders must dismount and remember to always walk bikes once they are on campus.

- Students may be dropped off and picked up in front of the school on Birch Lane or at the back of the school on Baywood Lane.
- Always use marked crosswalks when crossing the street.
- Crosswalks are south of the kindergarten yard and on the north at the arborium.
- Observe the three minute loading zone and do not leave your car.
- Please do not enter the school parking lot to drop-off or pick-up students.
- Do not double park. This poses a threat to children’s safety when getting in and out of vehicles.
- Please be considerate of neighborhood driveways and avoid parking in dead zones.
- U-Turns may not be made on Birch Lane, and cars may be cited and ticketed.
- Pedestrians should not cut across the parking lot.
Audit Planning Uses

Birch Lane Elementary Improvement Plan

1. Birch Lane School Grounds
   - Upgrade bike parking to meet current City bike parking, signs and striping standards. Provide a minimum of 312 bicycle parking spaces, provide more bike parking.
   - Add 12 bike stands and traffic cones.
   - Construct sidewalk extensions from northern crosswalk to southern parking lot.
   - Construct bike crosswalk from driveway to yellow high visibility and install tactile elements.
   - Provide "SLOW" with arrows at bike lane entrance from school.
   - School district and City collaborate to explore opportunities to improve and develop project to enhance Birch Lane path to access campus.

2. Birch Lane at East Covell Boulevard
   - Provide clear grade at entry for southeast bike crossing across Covell Blvd. Provide sidewalk and pedestrian.
   - Remove and add bike pedestrian crosswalks with green.
   - Remove "SLOW" from Birch Lane, place bike lane at intersection to better position for schools.
   - Repaint crosswalk in east leg with high visibility yellow.
   - Construct CA MOP compliant pedestrian refuge on crosswalk between East Covell Blvd and Denison Dr.
   - Increase signal time for bicycle path, increase signal time for pedestrians from 5.16 second.
   - Ensure bicycle detection working for all directions.

3. Birch Lane at Denison Drive
   - Designate Christiana Dr from Pole Lane to Poplar Lane, no left turn.
   - Construct bike lanes in southwest & southeast corners.
   - Striping high visibility yellow crosswalks on crosswalk.
   - Install asphalt, 1-way with built-up sidewalk on Birch Lane.

4. Birch Lane at Chapman Place
   - Repaint crosswalk yellow high visibility, install curbed ramps at both ends.

5. Birch Lane Mid-Block Crosswalks
   - Install Assembly D signages at entrance and exit of crosswalk.
   - Remove existing "STOPS" SCHOOL, HSB" markings.
   - Remove both crosswalks as high visibility yellow.
   - Construct bike extensions both crosswalks.
   - Install centerline and vertical poles at crosswalk.

6. Birch Lane
   - Stencil green boxed "Shared Lane Markings on Birch Lane from Chapman Place to East Covell." Provide bike lane markings.
   - Place double yellow line to act as a bicycle lane on Birch Lane.

7. Birch Lane at Clara Lane
   - Construct bike crosswalk extensions across private right-of-way access, add bike lane to crosswalks.
   - Striping high visibility yellow crosswalks with bike ramps.
   - Improve bike lane and pedestrian parking to improve visibility.
   - Increase Birch Lane/Clara Lane along path to eliminate cracks and bumps.

8. Pole Line Road at Birch Lane
   - Repaint crosswalks at high visibility yellow and install tactile domes.
   - Install Assembly D signages at entrance of crosswalk.

9. Pole Line Road at Loyola Drive
   - Provide sidewalk.
   - Construct bike crosswalk at southeast corner with new southern curb ramp.
   - Repaint bike lane at 2nd street.
   - Repaint existing crosswalk as high visibility yellow.
   - Replace existing "West" turn sign with left turn LED sign.

10. Baywood Lane at Clemson Drive
    - Add bike crossing at southeast and east ends.
    - Striping high visibility yellow crosswalks on north and east legs of intersection.
    - Repaint "SLOW" to north and south legs of intersection.
    - Add bike lane on north and south sides of intersection.
    - Replace Assembly D signages with Assembly A on Baywood Lane.
Improving *Social* Health: a Restorative City(?)

- **Sponsoring Neighborhood Courts (DA)**
- **Promoting Mediation and Community Dialogues**
- **Utilizing Alternative Dispute Resolution (Police)**
Sponsoring Neighborhood Courts

Making the Harms “Right”

Identifying Systemic Problems
You have two weeks from the date of arrest to determine your eligibility and request Neighborhood Court by contacting the Yolo County District Attorney’s Office. You may be eligible to quickly resolve your misdemeanor or infraction case without going to Criminal Court or Traffic Court. It is in your best interest to contact the DA’s office and learn about this program. If you are eligible and you fully participate, your case will be closed and you will not have a conviction. To determine your eligibility, EMAIL neighborhoodcourt@yolocounty.org or CALL (530) 681-6323 (Please leave a phone number if you get voicemail)

For more information, go to www.yoloda.org/nc

You MUST appear at the court date on your citation if you do NOT fully participate in neighborhood court.

Neighborhood Court is a project of the Yolo County District Attorney’s Office.

Neighborhood Court May Work for You

QUICK RESOLUTION - NO CONVICTION ARREST RECORD SEALED

Neighborhood Court is a pre-charging diversion program based on the principles of RESTORATIVE JUSTICE.

NOTICE! You only have two weeks from the date of arrest to request Neighborhood Court!
Identifying Systemic Problems

PROBLEM STATEMENT
- Downtown abandoned by 30's
- UCD doesn't publish rape data
- University covering up/ears
- Not attention being paid
- Not enough resources
- Kids are gonna drink
- University profits but doesn't pay
- Student Body ignorant/ignorant of impact of alcohol
  - & legal consequences
    - education
    - SA fees?
    - career
  - jobs/loans
  - charged w/ "fees"
  - parking
  - alcohol

POSSIBLE SOLUTIONS
- More media attention
- More community knowledge
- Feels clean
- Enjoyable physical environment
- Vivid
- Poignant
- Maintain sex Assault legal opinion, avoid liabilities for public nuisance
- Political problem
- Publicize state
  - Meet w/ ASUCD
  - Support System
  - Greek laborers
  - ASUCD Leaders
- Good Samaritan

REQUIRED ACTION
- "Meet managers" 
  - "No one talks"
  - "Common thread"
  - "Welcome to The Panhandle"

I.M.S.F.
- I.M.S.F.
- This is our only chance
- What are we waiting for
- What are we waiting for
Robb Davis
Mayor Pro Tempore
City of Davis
RDavis@cityofdavis.org
Public Private Collaboration in Placer County’s Children’s Services

Campaign for Community Wellness

CHRISTI FEE
RICHARD KNECHT
FEBRUARY 2016
A LITTLE HISTORY—
PLACER COUNTY’S CHILDREN’S SERVICES MODEL

• Fully Integrated; Multi Departmental Collaborative; unique in Western U.S.
• Blends Child Protection, Foster Care, Mental Health, Foster Education, Juvenile Justice and Substance Abuse
• 26 Year History of Collaborative Practice
• 88,000 Minors, 333,000 Total Placer Residents
• 9,000 Children and Families Served Last year
WHILE COLLABORATIVE PRACTICE IS WELL UNDERSTOOD IN PLACER, PROP. 63 BROUGHT NEW OPPORTUNITIES.

- Mental Health Services Act-- Planning began in earnest in 2005, required all counties to convene a Community Planning effort.
- MHSA planning mandate evolved quickly to *Campaign for Community Wellness*.
- Monthly, consumer lead, community-centric planning and evaluation process for most of Placer’s Mental Health Services. (Tri-annual Requirement)
Community Campaign for Community Wellness

Focus areas:
- Community Services & Supports
- Prevention
- Housing
- Workforce
- Infrastructure (IT)
- Cultural Competency
- Social Marketing
- Evaluation

EARLY CCW ARCHITECTURE
CONSUMER ROLE

- I am one of the many faces of what a collaborative partner looks like in Placer
- The parent of a child who received public mental health services
- NorCal Mental Health America is a non-profit contracted with the Children’s and Adult Systems of Care to deliver *consumer advocacy and support* to clients
- We employ people with *personal experience* navigating public services (mental health, probation, child welfare, and special education)
- 70 peers in Placer including Cultural Brokers who support the Native American and Latino community
CCW WAS WORKING OK…

• 2008—More money and more rules at state, and an ever increasing desire in Placer to relocate the “locus of control” to the community and share the process.

• Which of course, lead to some confusion and consternation.

• So we focused on our strengths and got resourceful and reached out for help…

• External Consultant lead 1 year journey to greater clarity. (2011)

• Four Sub Groups and Move of Decision Making to Community Lead “Leadership Team”
Four Community-Centric committees and A Leadership Team:

- Promote Mental Health Awareness
- Outreach and Stigma Reduction
- MHSA Implementation
- Workforce, Education and Training (WET)
- 2 Mental Health Authority Reps.
- Campaign Facilitators—(Consumers/Lived Experience)
# PLACER COUNTY
## CAMPAIGN FOR COMMUNITY WELLNESS DASHBOARD

<table>
<thead>
<tr>
<th>We’re Better off….</th>
<th>Committee</th>
<th>Survey Method</th>
<th>Outcome</th>
<th>Responsible Team Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 % of people at Semi-Annual events, requesting additional information</td>
<td>Outreach and Stigma Reduction</td>
<td>Semi-Annual Event</td>
<td>24 (May 2013)</td>
<td>Jen Price</td>
</tr>
<tr>
<td>2 # of new e-current subscribers</td>
<td>Outreach and Stigma Reduction</td>
<td>Currents Database</td>
<td>40 (July 2012)?</td>
<td>Jen Price</td>
</tr>
<tr>
<td>3 # who participate in Learning Conversations at CCW meetings</td>
<td>Promoting Mental Wellness</td>
<td>CCW Sign In Sheets</td>
<td>226</td>
<td>Anno Nakai</td>
</tr>
<tr>
<td>4 % of CCW participants who report increased understanding of MHSA values and principles</td>
<td>Promoting Mental Wellness</td>
<td>Learning Conversations Surveys</td>
<td>79%</td>
<td>Anno Nakai</td>
</tr>
<tr>
<td>5 % of MHSA programs reporting they feel helped/support by CCW</td>
<td>MHSA Implementation</td>
<td>Survey 03/14</td>
<td>100%</td>
<td>Janice Leroux</td>
</tr>
<tr>
<td>6 #/% of MHSA programs who met MHSA goals/objectives</td>
<td>MHSA Implementation</td>
<td>Agency Reports</td>
<td>40/44 (90%)</td>
<td>Janice Leroux</td>
</tr>
<tr>
<td>7 #/% of organizations completing the WET training survey</td>
<td>Workforce, Education and Training</td>
<td>Survey (2/13)</td>
<td>33</td>
<td>Lisa Sloan</td>
</tr>
<tr>
<td>8 #/% of requests for additional Speakers Bureau presentations and/or interest in participating in the Speaker’s Bureau after the initial presentation.</td>
<td>Workforce, Education and Training</td>
<td>Quarterly Monitor</td>
<td>9</td>
<td>Lisa Sloan</td>
</tr>
</tbody>
</table>
SYSTEM ENHANCEMENTS

• 15,000 Residents reached with early interventions or prevention services
• 30 Non Profits with new or enhanced funding
• Cost Avoidance to County of approximately 2M per year
• Active and consistent participation by consumers and CBO partners in ongoing design and implementation of Mental Health programs.
• Enhanced access to care
CONSUMER ROLE IN ACTION

- Mental Health Services Act helped set the stage by requiring that consumers are part of the design of mental health services
  - Campaign for Community Wellness Meeting facilitator
  - Campaign for Community Wellness committee member
  - Children’s System of Care contracted provider
  - Direct services to clients
  - Policy and Program Design
  - Management team member
MEMBER REFLECTIONS...

• “I’ve participated in these meetings on and off for 12 years and I have never seen people participate with pride and dignity that I see now.”

• “The opportunity is amazing….to have community and County and service providers deciding how services are delivered…really bringing voices like ours to the process.”

• “Consumers feel heard”
WHY COLLABORATIVE PRACTICE?

- Shared Vision and Mission
- Shares Risk
- Destigmatizes Services
- Increases Accessibility
- Uncovers New Resources
- Empowers Consumers
- Leverages/Extends Public Funds
Essential Tools for Partnership: Building successful Community-Lead Process

- Listening skills
- Relational skills
- Patience
- Interpersonal Trust
- Conflict Management Skills
- Understanding
- Teamwork Skills
- Facilitation skills
GOVERNMENT MUST BE ABLE TO...

- Identify Stakeholders and invite partnership
- Empower and engage a diverse community
- Trust your consumers
- Yield Power, while sharing authority ("Power with, not power over")
- Create intolerance for "us and them" thinking. (Shared Intentions and Goals)
Contact:
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ctee@placer.ca.gov
Q&A
Upcoming 2016 Webinars

• Healthy eating and active living
• Violence prevention & safety

Special thanks to

Kaiser Permanente®
Materials & Resources

Stretching Community Dollars Guidebook
www.ca-ilg.org/resource/stretching-community-dollars-guidebook

Shared Services and Joint Use
www.ca-ilg.org/shared-services-and-joint-use

Community Schools Partnership
www.ca-ilg.org/community-schools-partnerships

Campaign for Community Wellness:
www.campaignforcommunitywellness.org/
• Short survey to follow
• Slides and materials to be posted on ILG’s website and email with link sent out
• If you have additional questions, please contact Randi Kay Stephens at rststephens@ca-ilg.org