



Behavioral Health Services

Mental Health Services Act Steering Committee Meeting

Monday August 7, 2017

Delhi Community Center. 505 E. Central Ave. Santa Ana, CA 1:00 - 4:00 p.m.

AGENDA

1:00 Welcome

1:05 MHSA Financial Update

Mike Geiss, Financial Consultant

2:05 MHSA Orange County Financial Update

Jeff Nagel, Director of Operations

2:30 BREAK

2:40 Updates

1. State/Local Update

Mary Hale, BHS Director

2. MHSA Update

Sharon Ishikawa, MHSA Coordinator

3. Community Action

Advisory Committee Update

Joy Torres, CAAC President

3:00 MHSA Annual Plan Amendment Proposals

Mary Hale, BHS Director

**3:30 ACTION ITEM: Approve MHSA Plan
Amendments to include MHSA funds for
MHSA Housing, Peer Support Expansion,
Correctional Health MHSA Program**

3:40 Steering Committee Comments

3:50 Public Comments

4:00 – Adjourn

Highlights from the PEI program “Resilient Mindful Learner Project”

“I have a little girl in my class who has been diagnosed with ADHD. One of the things she really struggles with is self-regulation. When she becomes upset she cries very loudly. She has a hard time calming down when this occurs. Once I had participated in the Mindful Learner practices I had the tools to help her recognize how her body feels when she's going to become upset and how she can use calming breaths to help her relax. The little girl told me that now she knows her body gets hot when she's going to become upset and she now breathes to calm herself down. At that point I realized that I hadn't notice her cry in weeks!

I have another girl whose family is going through a divorce and she's sad about it. She's also learning how to live between two homes. She told me that her brother who is two years older than her was upset about having to clean his room. She taught him how to do one of the calming breath practices and her brother did it and was ok. Then she helped him clean his room.

I have a set of twins in my class who shared our Mindful practices with their dad. They each took turns teaching him some of our routines. They told me that their dad was very happy and asked them to teach him everything they learn. I thought this was great as the children have skills that are valuable to adults, too.

Another little girl told me that she was just crazy the night before. She had Track and Field practice after school, then swim practice, then homework and the nightly routines. She said she couldn't relax when her mom was tucking her into bed. She told me she was kind of crazy. Then she told her mom that she was going to calm herself down. She did Breathing Buddies with her hand on her tummy instead of a buddy and calmed right down. Her mom was surprised and asked her where she learned to do that. She told her mom it was from her teacher. Her mom was happy and asked her child to teach her the things she learned.

My class and I regularly talked about how their bodies feel when they were upset, worried, mad, etc. Then we discussed how they felt after an exercise and why we do them. I stressed the importance of taking care of themselves and how to do that. We talked about why it's important, too. They always say, "When I'm relaxed I can focus and learn."

I thank you from the bottom of my heart for all your wisdom, guidance and fun. This is one of the most important classes I've ever taken. It has helped me tremendously and it certainly helps my students. I am committed to keep these strategies in my daily routines. The benefits are amazing!”

-A First Grade Teacher