

Meeting Notes

March 12, 2019

4:30 p.m. to 5:30 p.m.

UTEP Health Sciences Center and School of Nursing Building

(Across from the UTEP Library)

1851 Wiggins Rd.

El Paso, TX 79968

3rd Floor, Room 384

Attendees:

Angela Barraza
Mariana Cervantes
Adan Dominguez
Dr. Hyejin Jung
Angie Lozano
Carolina Martinez
Jacob Martinez
Enrique Mata
Holly Mata
Kathy Revtyak
Denise Uga

Representing:

EPCGC
Empower Change
Recovery Alliance
UTEP/Empower Change
Ready One Industries
Empower Change
UTEP School of Nursing
Paso del Norte Health Foundation
Brain Trust/Empower Change
EPCGC
NAMI El Paso

I. Welcome, Introductions

- Holly Mata convened meeting at 4:38 p.m.

II. Special Speaker & Presentation

- Enrique Mata, Senior Program Officer of Paso del Norte Health Foundation conducted a presentation on the Paso del Norte Health Foundation – Think.Change. During his presentation he discussed the following items:
 - The Paso del Norte Health Foundation Mental Health and Emotional Well-being Priority Area History:
 - In July 2012 the board approved initial Strategic Plan
 - In 2013 a Regional assessment of stigma associated with mental illness was conducted by the Tri-West Health Alliance and the First grant was granted – Mental health first aid, a successful initiative with positive results in Australia, Canada, UK, which was implemented in El Paso
 - In 2014 – El Paso County Behavioral Health System Assessment
 - In July 2014 – Board Approved 2014-2017 Strategic Plan Update
 - In September 2017 – Empower Change Backbone Support began
 - In January 2019 – Board Approved 2018-2021 Strategic Plan Update
 - Paso del Norte Health Foundation – Think.Change Priority areas:
 - Healthy and active living
 - Tobacco and substance use prevention
 - Healthy kids
 - Healthy living
 - Mental and emotional well-being
 - Mental and emotional well-being: priority area being focused on today:
 - What do we want to learn?
 - How do we want to have an impact in the region?
 - How can we best promote health in the community?
 - How to reduce Stigma (“negative bias”) – clinical presentation of conditions
 - The Collective Impact Model used by the Paso del Norte Health Foundation:
 - Common agenda
 - Shared measurement
 - Mutually reinforced activities
 - Continuous communication to ensure all involved are speaking the same language
 - Backbone organization –Empower Change center at UTEP
 - Education programs implemented under Think.Change
 - FAMILY TO FAMILY
 - In Our Own Voice
 - NAMI Basics

- Parents and Teachers as Allies
- NAMI Provider
- NAMI Homefront
- Successes of the programs mentioned above:
 - MHFA
 - More than 5,000 individuals in the Paso del Norte region are now trained in MHFA
 - More than 35 active MHFA instructors in the region
 - Leveraging funding from the State of Texas to help sustain program **NAMI**
 - More than 4000 individuals have seen the NAMI In Our Own Voice and PTA presentations
 - More than 400 participants completed the NAMI Family to Family or NAMI
 - BASICS 12 week programs
 - De Mujer A Mujer
 - More than 1300 women completed the 6 week program and 147 facilitators are now trained to deliver the course. The program is being replicated in the lower Rio Grande Valley.
- Evaluation:
 - Participants showed statistically significant reduction in stereotyping and prejudicial attitudes toward individuals with mental illness
- Challenges:
 - High participant burden and instructor attrition
 - Program costs are approximately \$100.00 per person to implement
- Organizational Policies and Practices
 - Leadership Training
 - Board Development
 - Organizational Policy and Practices (e.g. Trauma Informed)
- GAPS Summarized:
 - Based on the findings of the 2014 El Paso County Behavioral Health Assessment, El Paso County Lacks:
 - Crisis services for children and families
 - Access to behavioral health care in routine settings – pediatric practices, primary care clinics, and schools
 - Readiness of law enforcement and correctional officers to respond to behavioral health crises
 - Capacity to share data to improve individual and population health outcomes through focused, data-driven, cross-agency quality improvement projects

- The El Paso Behavioral Health Consortium consists of:
 - Think.Change
 - Brain Trust
 - Family Leadership Council
 - Justice Leadership Council
 - Integration Leadership Council
 - El Paso Psychology Internship Consortium
 - The leadership council continuums:
 - Alignment with Consortium Aim
 - Consistent with resource referral System
 - Consistent with ideal system of care benchmark maps
 - Include more than just healthcare providers
- We are part of the Texas Behavioral Health Funders Group
 - Promote emotional well-being
 - Decrease negative bias
 - Advocacy for policy change
 - Increase collaboration
 - Improve system navigation
- Other Regional Consortia Efforts
 - A regional focus was implemented engaging Ciudad Juarez (ROTMENAS), Doña Ana county Otero County
 - Changing the environment: more embracing of a community where people are respectful towards those with mental health conditions. Going to a mental health provider is no different than going to a physician.
- Strategic Plan 2019-2021 Update Think.Change
 - Invest in evidence-based trainings to reduce mental illness stigma and bias among those who have frequent contact with individuals who have a mental health condition
 - Invest in evidence-based education programs for individuals and families on emotional health, mental illness symptoms, management and treatment options
 - Invest in evidence-based navigator training for individuals willing to serve as advocates, system navigators, or volunteer presenters, including people with lived experience
 - Invest in advocacy for policy change aimed at reducing the stigma and negative bias associated with mental illness
 - Maintain and foster the Brain Trust Network
 - Communicate regional progress via social media
- Strategic Plan 2019-2021 Update Behavioral Health Consortia
 - Invest in regional behavioral health consortia informed programs that address system gaps not otherwise covered by government or reimbursed by health coverage
 - Leverage federal, state, and private resources to improve the behavioral health system of care

- Lead regional multi-institutional partnerships that contribute to behavioral health system improvement
- Build collaborations with state, national and international organizations and agencies
- Build and maintain alliances with internal and external thought leaders
- Communicate regional progress using dashboards, social media and community summits

II. For more information contact Enrique Mata at emata@pdnhf.org or by telephone at (915) 218-2617.

VI. Meeting adjourned at 5:31 pm

Next Meeting:

The Brain Trust now has a standing meeting time of 4:30 pm every 2nd Tuesday of the month.

Mission:

The Brain Trust is a collaborative network of community stakeholders committed to changing minds and attitudes about mental illness in El Paso County to improve mental and emotional well-being for the health of children, youth and adults.

Vision:

The Brain Trust Network envisions a community where mental and emotional well-being are fundamental to the quality and productivity of individuals, families, communities and nations, enabling people to experience life as meaningful and to be creative and active citizens (adapted from the World Health Organization's definition of mental health and mental well-being).

The next Brain Trust Network meeting is scheduled for 4:30 pm, Tuesday, April 9, 2019 in room 384 at the UTEP Health Sciences Center and School of Nursing Building.