

Fall 2003 Mental Health Summit Report

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1. The Santa Cruz County Provocative Proposition for a Mentally Healthy Community

We are a collaborative and innovative mentally healthy community passionately celebrating diversity, choice, integrity, and trust amongst our members.

We knit together a community that works for everyone by utilizing our abundant social, cultural, and financial resources to encourage the realization of freedom, dreams, and unlimited possibilities.

2. Letter from Paula

Dear Summit Participants and Supporters,

It is with great appreciation for our collective accomplishments thus far that I present you with this first report from the Santa Cruz Mental Health Summit. I see the Summit as both a grand culmination and a major beginning. And I hope that the positive force of Appreciate Inquiry (AI) continues to etch its way into your conversations, thinking, and actions.

Ten teams formed from our work together on October 13-14, 2003 and I honor the leaders who stepped up to create them. In the first section below, you will find the official list of teams (at least currently). At the very end of this newsletter, you will find the full list of action items you, as participants, brainstormed.

Most teams have already met or are moving toward their goals and objectives over email. Several teams are exploring combining forces where doing so makes sense to the common goals of the teams. One team, the Law Enforcement Crisis Intervention Training (CIT) Team, has essentially completed their mission of training local law enforcement agencies (the actual training of the several hundred officers will be completed by April/May of next year). Christine Swannack of the CIT team credits the Summit with getting the "right people" together such that the previous hard work of several committed individuals,

particularly Eric Seiley of the SCPD and Christine Swannack of the Sheriff's Department, could become a reality.

The experience of working and being with all of you at the Mental Health Summit is one of my life's peak experiences. It was with great joy that I shared with you my mentor, Jane Magruder Watkins, my dear friend, Ivy Gordon, and the work that has changed my life and my being, Appreciative Inquiry (AI).

I look forward to our continued work together.

With Gratitude and Respect,



P.S. The Implementation Oversight Committee is currently creating a one-day event for April 19th, 2004, again at the Coconut Grove, for the purpose of furthering our work together and celebrating our successes. Mark your calendars!

3. Team Information

Team #1: Implementation Oversight Committee (IOC)

Provocative Proposition: With ease, grace, and joy, the Implementation Oversight Committee (IOC) guides, supports, and serves Santa Cruz County as it lives into its vision of a mentally healthy community.

Team Members:

Paula Comunelli – Lead	Fritz Saam – Networking/Website
Cecile Mills – Networking/Website	Dawn Whittaker – Access
Nancy Karges – Community Education	Julie Conway – Housing
Art Anton – CIT Training	Myrna Sherman – Consumer-run Business
Judy Williams – Criminal Justice System	Neal Adams (when available)

Facilitator:

Paula Comunelli – paula@spirare.net – 831.335.3378

Team #2: Building a Consumer-run Business

Provocative Proposition: We are a community business, offering meaningful employment where all employees have opportunities to develop confidence in their abilities, training, and the experience to further their career goals.

Team Members:

Myrna Sherman – Lead & IOC Member
Patty Ruymen

Facilitator:

Paula Comunelli – paula@spirare.net – 831.335.3378

Team #3: Community Education/Marketing

Provocative Proposition: We are a community dedicated to demystifying mental illness through education and effective, multi-faceted marketing.

Team Members:

Nancy Karges – Interim Lead	John Gillette
Terri Sogolow – IOC Member	Susan Gulbe
Louise Loots	Marcia Rollins
Melinda Henning	Diane Brice
Melanie Flint	Bonnie Schell
Rody Hilbert	

Facilitator:

Karen Frank – franksolutions@sbcglobal.net – 408.287.7295

Team #4: Law Enforcement Crisis Intervention Training (CIT)

Provocative Proposition: Law Enforcement within the county is safer and better-served with mental health training for emergency services personnel.

Team Members

Eric Seiley – Lead	Kim Austin
Art Anton – IOC Member	Christine Swannak

Facilitator: None – team complete

Team #5: Continuum of Care as Related to the Criminal Justice System–Diversion/“Treatment”

Provocative Proposition: We have a comprehensive collaborative approach to the mental health care criminal justice system, which:

- Provides a mental health outreach and evaluation with a team of law enforcement and mental health professionals.
- Provides a pre-intensive, pro-active ACT harm reduction team to interact, intercede, and divert from the criminal justice system.
- Provides a collaborative client-centered approach to address the mental health diversion needs of incarcerated individuals and...
- Provides court ordered ACT services to reduce incarceration, hospitalization of seriously mentally ill adults/minors involved in the criminal justice system

Team Members:

Melva Simons – Lead	Norm Wyman
Judy Williams – IOC Member	Ginny Gomez

Co-facilitators:

Gary Merrill – Gary@emergentsystems.com – 831.429.1563
Cathie Royer – croyer@cruzio.com - 831.476.4085

Team #6: Networking/Website: Expanding Relationships & Resources

Provocative Proposition: We are the team that creates opportunity for mutual engagement for the common purpose of maintaining a collaborative and innovative mentally healthy community.

We use technology as a tool to facilitate communication and cooperation within the mental health community.

Team Members:

Fritz Saam – Co-lead and IOC member

Cecile Mills – IOC member

Nancy Liverani

Joan Zimmerman

Nina Stratton – Co-lead

Denika Dallimore

Facilitator:

Paula Comunelli – paula@spirare.net – 831.335.3378

Team #7: Access to Quality Mental Health Services

Provocative Proposition: Individuals are assured timely access to a broad array of quality mental health services informed by personal choice.

Team Members:

Dawn Whittaker – Team Lead

Alene ?

Michael Hegarty

Ken Boston

Yana Jacobs

George Jarrow

Betsy Clark

Elena Longsworth

Carol Sedar

Carla McSweeney

Facilitator:

Gary Merrill – Gary@emergentsystems.com – 831.429.1563

Team #8: Housing for ALL County Service Recipients

Provocative Proposition: Everyone receiving County Services who wants a home has a home.

Team Name: Housing

Team Members:

Julie Conway – Lead (454-5177)

TBD (by Julie) – IOC Member

Facilitator:

Gary Merrill – Gary@emergentsystems.com – 831.429.1563

4. Team Goals & Objectives

Team #1: Implementation Oversight Committee (IOC)

- 1) Support each team's implementation efforts
- 2) Further the work of the Summit with a 6-month event in April, 2004 and a 1-year event in October, 2004

Team #2: Building a Consumer-run Business

- 1) Short-term goal: getting work for "consumers" ASAP
 - a. Build a 'Clearinghouse' business such as gardening, flyer distribution, car wash, moving county consumers, watering, dog walking, etc
- 2) Long term goal: create a Business

Team #3: Community Education/Marketing

- 1) Create a mental health speakers association.
 - a. one request per month for a speaker
 - b. two training sessions per year
 - c. three personal stories from those who live them
- 2) Full-day mental health community conference annually
 - a. form a committee representing several community organizations
 - b. funding
- 3) Providing information to community members – material handouts *FACILITATOR*
 - a. newsletter
 - b. newspaper articles
 - a. human interest
 - b. letters to the editor
 - c. sending speakers to: *FACILITATOR*
 - a. schools
 - b. churches
 - c. corporate
 - d. organizations
 - d. participation in existing efforts
 - e. family to family

Team #4: Law Enforcement Crisis Intervention Training (CIT)

- 1) Develop an effective curriculum for each individual agency within the county to include L.E. Dispatch, Probation, State Parks, and Emergency Services
- 2) Identify those persons who would be the most effective trainers
- 3) Provide the training

Team #5: Continuum of Care as Related to the Criminal Justice System–Diversion/“Treatment”

- 1) Provide a mental health outreach and evaluation with a team of law enforcement and mental health professionals.
- 2) Provide a pre-intensive, pro-active ACT harm reduction team to interact, intercede, and divert from the criminal justice system.
- 3) Provide a collaborative client-centered approach to address the mental health diversion needs of incarcerated individuals and...
- 4) Provide court ordered ACT services to reduce incarceration, hospitalization of seriously mentally ill adults/minors involved in the criminal justice system

Team #6: Networking/Website: Expanding Relationships & Resources

- 1) Monthly focus meeting of working groups
 - a. Incorporate meeting into work day (a lunch meeting)
 - b. Specific topics and guest speakers
 - c. Announce to email list of Mental Health Summit participants
- 2) Maintain strong connection/link between working groups and interested parties
 - a. Represent the work on progress of focus/action groups
- 3) Make up-to-date information about community resources available to all.
- 4) Promote continued information sharing and collaboration among participants to effect change in keeping with our vision.

Team #7: Access to Quality Mental Health Services

- 1) Provide consistent information regarding the array of mental health services and increase collaboration between providers.
 - a. Have initial meeting with identified representatives of providers.
- 2) Identify scope of services: who, what, where, when
 - a. Clearly define services, resources, hours of availability and limitations
- 3) Create master list

- a. Assess existing community resource lists (Internet)
- 4) Fill gaps in services
 - a. Identify gaps and fill with existing resources

Team #8: Housing for ALL County Service Recipients

- 1) Build more!
 - a. Support projects in development
 - b. Support efforts in the community that are pro-housing
 - i. End inclusionary (sp?) in-lieu fees
 - ii. Participate in housing element
- 2) Overcome barriers
 - a. Partner with landlords
 - b. TA housing supports consumers can give each other
- 3) Expand rental subsidy
 - c. Apply for HUD Shelter Plus Care every NOFA
 - d. More money

5. Team Updates

IOC

The Implementation Oversight Committee (IOC) is committed to supporting each individual team's success and fostering communication between team teams. Toward that end, a meeting facilitation process and a report out form have been circulated. They are also included at the end of this newsletter and the report out form is provided as a separate attachment for ease of use.

The IOC has met three times and will begin meeting the first Friday of every month on Friday, December 5th. All IOC designates from each action team are encouraged to attend. Meetings are from 11:30am to 1:00pm and the meeting location is to be determined.

One action item from the second IOC meeting is to explore an interim Web site where all meeting reports can be filed for access by all interested parties.

Building a Consumer-run Business

Myrna Sherman and Patty Ruymen have met several times to share their thinking and past experience with creating businesses that employ consumers and a future goal of a consumer-run business. Community Connections and County Mental Health are also interested in supporting this effort.

Community Education/Marketing

The Education team had their first meeting and Nancy Karges, the interim team lead, successfully recruited a new member to the team who was not at the Summit. The team reviewed their goals and objectives together and brainstormed programs for the future. One

of the first initiatives is to formalize a Speakers Bureau and having an educational series like Compeer's current offerings. The next meeting is scheduled for Saturday, December 6th, and Marketing Team members are also invited to attend.

CIT

The CIT team met and put in motion the training initiative that will have every officer from every agency in the county (with the exception of Scotts Valley) attending 10 hours of mental health training by the end of April. Christine Swannack remains very involved with other initiatives, such making social workers available for emergency response with our agencies when mental health clients are involved.

Continuum of Care

Their initial first meeting for November 10th was postponed until after Norm Wyman met with Criminal Justice Commission. This team is actively working on their goals and objectives over email.

Networking/Website

Each team met once on their own prior to combining meetings on Wednesday, November 12th. Initiatives include online activism and recruiting new team members through speaking opportunities networked across service agencies.

Access

Access had their first meeting on Monday, November 17th, and thirteen (13) people were there to discuss this important issue. The role of Team Lead has been assumed by Dawn Whittaker and more details on their initiatives are forthcoming. Their first order of business is to update the Santa Cruz County Mental Health Provider Resource Guide.

Housing

Julie Conway will be fleshing out this team and scheduling their first meeting. (Details to follow.)

6. Calendar

November:

25th: The Networking/Website Team
 Time: 11:30am-1pm
 Location: Lulu Carpenter's
 Address: 1545 Pacific Avenue, Santa Cruz
 Contact: Paula Comunelli – paula@spirare.net – 831.335.3378

December:

2nd: Paula speaking on the Mental Health Summit, sponsored by NAMI-SCC
 Time: 7:00pm-8:30pm
 Location: Sutter Hospital (Sutter Room)
 Address: 2900 Chanticleer Avenue, Santa Cruz
 Contact: 831-427-8020

6th: Education Team (and Marketing Team) Meeting
Time: 11am
Location: Compeer Office
Address: 1051 Cayuga Street, Santa Cruz 831.459.6817
Contact: Karen Frank – franksolutions@sbcglobal.net – 408.287.7295

19th: IOC Meeting
Time: 12 noon-1:30pm
Location: United Way (Conference room)
Address: 1220 41st Avenue, Capitola 831.479.5466
Contact: Paula Comunelli – paula@spirare.net – 831.335.3378

January:

9th: IOC Meeting
Time: 11:30am-1pm
Location: TBD
Address: TBD
Contact: Paula Comunelli – paula@spirare.net – 831.335.3378

10th: Ethnomedicine Conference
Time: 8:00am-4:00pm
Location: San Jose State University, Engineering Building Auditorium
Address: One Washington Square, San José, CA 95192 408.924.1000
Contact: Stanford Geriatric Education Center: 650-494-3986

19th: Access Team Meeting
Time: 1pm
Location: MHCAN
Address: 1051 Cayuga Street, Santa Cruz 831.469.0462
Contact: Gary Merrill gary@emergentsystems.com – 831.429.1563

April:

19th: Spring 2004 Santa Cruz Mental Health Summit (6-month report out meeting)
Time: TBD
Location: Coconut Grove
Address: 400 Beach Street, Santa Cruz
Contact: Paula Comunelli – paula@spirare.net – 831.335.3378

June:

9-12th: NMHA's 2004 Annual Conference
Justice for All: Fighting for America's Mental Health
Location: Washington, DC
For information: <http://www.nmha.org/>

September

19th-22nd: Second International Appreciative Inquiry Conference
Location: Miami

October

18-19th: ****Tentative date**** for Summit II

7. County Update

Paula and Norm Wyman have continued their dialogue since the Summit and those from County Mental Health who attended the Summit continue to support the work, particularly on the Access Team.

Our thanks once again to Rama Khalsa, Norm Wyman, Yana Jacobs, Dane Cervine, Michael Hegarty, and Alicia Najera for their participation at the Summit.

8. Future Summit plans

The Implementation Oversight Committee is currently creating a one-day event for April 19th, 2004, again at the Coconut Grove, for the purpose of sharing team outcomes, realigning as needed, and celebrating our successes.

In October, 2004 look for Summit II, a two-day event that will seek to sustain and energize the original work by broadening and deepening the involvement of mental health professionals, stakeholders, and community members. Expect larger teams, more teams, additional initiatives, and continuing inquiry into how to build a mentally health community.

9. Feature Article: Accentuate the Positive by Karen Frank of Frank Solutions

“Energizing” ... “Positive” ... “Engaging” “Focused on what’s possible” “ I feel supported and connected” ... “It was such a positive, productive two days, not at all the ‘b_ _ _ _ session’ I feared it would be.”

We’ve heard these comments over and over from people who attended the Summit and are now actively involved in turning our dreams into action. Credit is due to the willingness of so many people from widely divergent parts of the community to reach out and discuss mental health solutions using the positive framework of Appreciative Inquiry (AI). As Summit participants will recall, AI is a powerful, 4-step process that leverages strengths to expand accomplishments and build future successes based on what’s working, compared with the traditional problem-solving approach that attempts to shore up or eliminate weaknesses. As a result of this process, in two days nearly 100+ people developed ten implementation team key projects, with goals, objectives, implementation teams and team leaders to enhance mental health services in Santa Cruz County. That’s impressive.

It can also be overwhelming. How do we take on more work, albeit important, in the midst of cutbacks, insufficient resources and mounting demand? Most of us struggle to balance the

demands of our professions, the clients/consumers we serve, and our family and friends – and as a consequence, spend entirely too much time thinking about what we didn't get done, rather than on what we have actually accomplished.

Here are some tips for accentuating the positive and how to stay focused on what's working:

First ask yourself: **What is the real objective you want or need to achieve?**

Remember that it is the goal and your reasons for achieving it that matter, not the means by which you reach it.

Then pose the following questions:

- **What are the most rewarding and effective things we are already doing to achieve our objective?**
- **How can we build on these things to make real progress on reaching our objective?**
- **Where is the most important and effective place to start first to move forward on our goal?**

By taking the strength-based approach of Appreciative Inquiry into our organizations, into our work and into every aspect of our busy lives, we develop a positive framework for prioritizing our time and efforts. We remind ourselves how much we've accomplished, and that gives us the energy and the power to realize what's possible.

10. Implementation Reminders: Open Space, The Law of Two Feet, and Inspirational Quotes

There was, and may still be, skepticism about whether we will do all that we committed to at the Summit. The truth of the matter is that as we work together on the ten Mentally Healthy Community (MHC) Teams we will follow the Principles of Open Space:

- Whoever comes is the right people.
- Whatever happens is the only thing that could have.
- Whenever it starts is the right time.
- When it is over, it is over.

And, finally, we will follow The Law of Two Feet. For as individuals with free will, we will do exactly that which holds the most energy or interest for us, and we will follow that energy. If you want to stay with the work of your team, then do. If you want to leave your team because it has become too much with all of your other obligations, then do. If you want to join another team or become a leader within your team, then do. If you want to begin a team and call upon this community to work with you to realize other initiatives, then do.

“Never doubt that a small group of thoughtful, committed citizens can change the world - indeed that's all that ever has.”

–Margaret Mead

“When we celebrate what's right in the world, we emancipate the energy to fix what's wrong.”

–DeWitt Jones

11. Advertisements and Announcements

This is to let the Mental Health Summit participants know about a unique new organization in Santa Cruz County which works with psychiatric and psychological clients to investigate physiological variables which may be causing or contributing to their mental condition.

Using an evidence-based Integral Medicine approach, the twenty-year-old Professional Institute for the Study of Somatopsychic and Environmental Disease works with the locally based Research Institute for Infectious Mental Illness to test and screen clients for the following which can affect mental and emotional functioning, mood, affect, energy and outlook in dramatic ways:

- nutritional deficiencies
- food, chemical and inhalant brain sensitivities
- toxic environmental, heavy metal or electromagnetic stressors
- hormonal and neurotransmitter imbalances
- blood sugar disorders
- chronic infections: fungal, bacterial, viral and especially parasitic
- structural nervous interferences
- other relevant variables

Scientific evaluation, testing and treatment is offered by team of MD's, Homeopaths, Nutritionists, Acupuncturists, Herbalists and bodyworkers. We also refer to holistic Dentists and advanced brain imaging specialists when appropriate. For more information or to schedule an appointment call 1-800-699-2466 and dial extension: 8314255555 or email: riimisc@yahoo.com

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Working together for ourselves, our families & our community
NAMI-SCC
National Alliance for the Mentally Ill of Santa Cruz County
Presents
PAULA COMUNELLI
Speaking on the Mental Health Summit

Tuesday, December 2, 2003-11-20 7:00pm to 8:30pm
Sutter Hospital (Sutter Room)
2900 Chanticleer Avenue, Santa Cruz

.....

Support the Education/Marketing Team

Bring educational trainings on mental health to workplaces and organizations you know.

Be on the Speakers Bureau and tell your own story.

Join the Education/Marketing team and support their initiatives moving forward.

Contact:

Nancy Karges, Executive Director, nancy@compeersantacruz.org.

Compeer Santa Cruz 1051 Cayuga St. Santa Cruz, CA 95062 (831) 459-6817

The Health Trust

Sponsors in partnership with Stanford Geriatric Education Center & San Jose State University, College of Applied Sciences and Arts
Latino Ethnomedicine (Part 1): Providing Culturally Competent Health Care to Mexican American Elders and Their Families

San Jose State University
Engineering Building, Auditorium
Saturday, January 10, 2004
8:00am-4:00pm

FOR UP-TO-DATE INFO GO TO:

<http://www.stanford.edu/dept/medfm/gec/page1.html>

12. Call for Submissions

Our intention is to send an email newsletter bi-monthly. Submissions for the mid-January publication would need to reach us by Tuesday, January 6th. Electronic submissions are preferred to the attention of Cathie Royer at croyer@cruzio.com. Mailed submissions can be sent to Cathie Royer at 3241 Roland Drive Santa Cruz, CA 95062 and all reasonable attempts will be made to scan the document for inclusion in the next newsletter.

13. In closing

In closing, thank you for your commitment to this work and for your efforts both to date and moving forward.

14. Quotes from participants

“Thanks for the opportunity and the fostering environment. That was exactly what our undeveloped infant ideas needed to grow strong and fly!”

"I found the strength-based approach used at the Mental Health Summit to be refreshing, energizing, and productive. A very good start to attaining worthy goals!"

“It was good to see the contribution of many folks with their own experiences and perspectives coming together.”

“What a model for our Country at a time when we are in such tremendous need of healthy, thoughtful, compassionate, positive, learning from each other type models.”

“What excited me was collaboration involving a broad and diverse base of community input and energy.”

“Moving forward from the summit my hopes are for real and measurable improvement in the area of mental health at all levels.”

“My hope is that the projects and the goals achieved truly do improve the lives of our clients and that we remember that they must be involved in the goals for this to happen.”

(See meeting facilitation process, report out form, and full list of action items continued on the next pages.)

15. Meeting Facilitation Process

1. **Check-in:**
 - Re-tell your name/organization/job
 - What is the best thing that has happened to you today?
 - What desires do you have for the meeting today?
2. **Read Provocative Propositions (PP):**

Team Leader (or someone) reads the Community's and/or your Team's PP to set the stage for the meeting.
3. **Confirm/Assign Roles:**
 - **MHC Team Lead** leads the meeting. If the Team Lead is not in attendance someone steps into the role.
 - **Note Taker** takes notes for the [Report Out Template](#) and ensures distribution to the team members **and** to MHC Headquarters (croyer@cruzio.com) *within 5 days* after the meeting. Your Team notes are critical to the continued success, marketing, recruitment, and funding of our project!
 - **Facilitator** helps the Teams stay on track, ensures all voices are being heard, etc.
4. **Go Over or Create the Agenda:** Begin with the results of action items from the previous meeting and invite additional agenda items from the Team members. It might be useful to list the estimated time to spend on each topic. Be sure to include a report out from the Implementation Oversight Committee Member.
5. **Further Develop Goals & Objectives:** Teams will most likely need to confirm, develop, and/or adjust their Summit goals and objectives. *For tracking and reporting to grantors, all MHC Teams' goals, objectives, and results must be forwarded to MHC Headquarters.* Remember to ensure objectives are S.M.A.R.T. (specific, measurable, attainable, realistic, and time bound).
6. **Minimum Notes (See [Report Out Template](#)):**
 - **Action Items/Commitments** are what each will do.
 - **Offers** are what Team Members are willing to do.
 - **Requests** are for support that is needed from elsewhere.
 - **Results** name what has happened or is happening from the actions of your team's or as a result of the Summit in general.
 - **Next Best Step** is naming the next most important thing the team as a whole or each individual can do now.
7. **Restate Commitments:**
8. **Plan Next Meeting:** Date/ Time / Location

THANK YOU FOR YOUR GOOD WORK!

16. Report Out Form

Team Name: _____

Next Meeting Date _____ Meeting Time _____ Location _____

Attendees: _____

Team's Provocative Proposition:

Team's Goals and Objectives:

Agenda Items: _____

Action Items/Commitments	Who's Commitment	Completion Date
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Team Offers:

Team Requests:

BENEFITS AND RESULTS ACHIEVED (including social):

What's the next most important thing we can do now?

Next Meeting Date _____ Meeting Time _____ Location _____

***Please complete and email a copy to MHC Headquarters: paula@spirare.net**

THANK YOU FOR YOUR GOOD WORK!

17. Full list of Action Items from the Fall 2003 Mental Health Summit

Action	Quick Win (QW) or Long-term (LT)
Increased access, meeting about access: PES, MHRC, MHCAN, SPS, CC	QW
Mental Health Parity*Professional lobbyist* letter writing	LT
Increase bilingual/bicultural staffing: hiring practice changes, assess current availability, outreach to South County 10/17/03	QW
Consumer-run business and grant for consultant to develop business plan, self-sustaining business	LT
Action	Quick Win (QW) or Long-term (LT)
Enhanced acute services and/or competitor	LT
Establish quality mental services for children (acute)	LT
Mental health evaluation team = Police and Social Workers Bilingual and bicultural if at all possible	QW
Urgent mental health care (5149) (just below crisis level of 5150)	LT
Enhanced community involvement through a call to action for volunteers	QW/LT
Legislative LPS-2 extended conservatorship/non-system of care-centered facilities	LT
Community education and prevention/public service announcements to diminish stigma	QW
Action	Quick Win (QW) or Long-term (LT)
Summit electronic bulletin board	QW
Contact clergy to get them involved	QW
Public awareness and education *pre-crisis	LT
Unified Santa Cruz County training for law enforcement staff <i>NOTE: Already exists: Co*M*H* Paula Bellina and Eric Seiley (SCPD)</i>	LT
Mobile Mental Health Response Unit	LT
Action	Quick Win (QW) or Long-term (LT)
Discover ways that other illness became widely known (breast cancer, HIV)	QW
Influence organizations by providing leadership to make policy and practice changes that result in involvement of all parties	QW
Find audiences for "Compeer" speakers to increase universal awareness and understanding of mental illness (Rotary Club)	QW
Integrate mental health into the current health care system (such as EMQ child mobile team and study other models)	LT
Letters to the Editor in the Sentinel about Mental Health Summit	QW
Helping parents and families learn to speak about their experience	LT

and possibly create a video to increase awareness and educate about mental illness	
Support diversion programs rather than incarceration	LT
Action	Quick Win (QW) or Long-term (LT)
Networking/integrating agencies	QW
Education: community, children, teachers, police, PSA, politicians	LT
Marketing mental health	QW
Fritz Saam and Barbara Templeton to educate Police Department (Capitola) about mental health	QW
Action	Quick Win (QW) or Long-term (LT)
Mental Health Email list (starting with the participants of this Summit)	QW
Major department stores to donate 5% of their in-style clothing to improve esteem and improve incorporation into the community	LT
Forum for “high-functioning” clients; a re-evaluation of language/meanings user/assumed when discussing mental health system (i.e., evaluation progress reports)	LT
Psychiatrists/counselors donating 5% of their professional time to provide their services and for them to be recognized by the public	LT
Housing developers to actually build 5% of their housing to those with special needs (No en lieu fees.)	QW