

21 May 2020 | 1:00-4:00pm | Zoom

Housing Workgroup – 1:00-1:45 PM – Notes begin Page 1

Family Violence & Trauma Workgroup – 2:00-2:45 PM – Notes begin Page 6

Behavioral Health Access Workgroup – 3:00-3:45 PM – Notes begin Page 10

## GOALS

1. Review where we were after our last meeting in February
2. Determine if & how the project could be revised and resized in our new environment
3. Identify partner capacity and limitations for launching

## NOTES – AFFORDABLE HOUSING

ATTENDEES: Jene Ray (Zone Project), Heather Wallace (SRHD), Jason Barnard (Sunshine Terrace), Holly Chilinski (SMS), Greg Dailey (SRHD), Amber Johnson (SNAP), Pam Tietz (Spokane Housing Authority), Lynn Kimball (ALTCEW), Katie Ashmore Zinler (Spokane Alliance), Conor Wigert (GSCMOW), Kolleen Seward (PFC), Dan Sigler (Pioneer), Megan & Lesley (Unify), Carl (DentistLink), John Edmondson (Growing Neighbors)

## WELCOME & UPDATES FROM BHT

- Goals for today
- RWJF CSII grant update – revised scope of work due May 31
- Proposal for going forward – equity workplans, partner connections

## EQUITY WORKGROUP CONVERSATION

### Part 1: New state of things

#### *How has the state of things changed for this equity priority area during COVID?*

- Holly SPS – Transportation can only serve essential needs. As things change the fear of going out in public will persist. Seniors and vulnerable people will have continued need for delivery of healthy food and other essential feeds. Fear for chronically homeless who don't have a place to go.
- Conor GSC MoW – More people are using our services. Para-transit services went down 85%, so they are now delivering food. New programming starting, lots of donations, adding care packages to delivery. Increase range of available goods and services so seniors don't have to go out.
- From Heather Wallace, SRHD : Families have been financially devastated and are even more housing precarious. Many have been illegally evicted. More fear immediate eviction once the moratorium on evictions is lifted.
- From Jene Ray- ZoNE : I was not involved with the Housing group however housing is the top ask (rental assistance and finding units) has become an overwhelming majority of requests of our families to us, so we are looking to expand how we support our families with housing
- From Amber J - SNAP : In regards to the education plan, I think the largest change is the need for rental assistance. While additional units remains a critical need, keeping renters in their units I believe this need supersedes others this at this time.

- From Pam Tietz - Spokane Housing Authority : The need for short-term rental assistance through this pandemic is critically important and there does not seem to be a significant source of funds dedicated to this.
- From JasonB Sunshine Terrace : I would anticipate that individuals have experienced illegal evictions and those that haven't but aren't able to pay their rent and back rent will be evicted and so a challenging rental system is going to be even more inundated with more individuals needing affordable, sustainable housing.
- From Dan Sigler Pioneer Human Services : Responsible renters is still a need, but new consideration would need to be given to how to administer the class given COVID and possibly modified to include access to rental assistance and understanding protections from eviction
- From Unify Community Health - Megan & Lesly : we unfortunately had to had to stop a lot of our outreach and program and put them on standby so we don't have an accurate picture of patient needs regarding housing. the best we have been able to do is refer them to 211
- From Lynn Kimball - ALTCEW : We're seeing a big need for rental assistance. People are experiencing so much income instability due to this, we are concerned about more people losing their housing and becoming homeless without increased assistance being available.
- From Carl - DentistLink : Evictions and foreclosures will be a big challenge when restrictions are lifted.
- From Pam Tietz - Spokane Housing Authority : I totally agree with Carl's comment as well. The worst is yet to come.
- From Katie Ashmore Zinler, Spokane Alliance : Agree with the comments on the importance of rental assistance, it's a huge pressure we're hearing and there is no source of funding adequate for the need right now.
- From Heather Wallace, SRHD : The financial impact on landlords/property owners means they will be less amenable to an "educational campaign" encouraging them to rent to folks they don't currently already want to rent to. I believe we need to revise and focus on the immediate crisis of housing needs-mainly financial assistance to keep people housed.
- From kolleen seward (PFC) : I would like to piggy back on the concern for housing and the increase in insecurity due to loss of work and lack of budgeting
- From John Edmondson - Growing Neighbors : We are currently helping an individual find a temporary homestay with a family connected with our network until she is able to find an open apartment in July. Several inquiries lately regarding interest in our internship program that includes housing.
- From Jene Ray- ZoNE : I attended the Spokane Landlord Liaison Network SHA yesterday. Landlords are making longterm rental catch-up plans. I'm not saying that takes care of it, however they are open to ideas on how to keep some rent coming in and people housed.
- From JasonB Sunshine Terrace : So adding some focus on keeping individuals in their current housing situations with rental assistance and/or more geared to affordable housing
- From kolleen seward (PFC) : I would love to hear some thoughts on that. we have two clients at the agency who have received eviction notices and what do we do about that?
- From Carl - DentistLink : If the numbers are accurate via ABC News, we are at nearly 25% unemployment in the country. We may not be fully prepared for what is ahead on housing.
- From Katie Ashmore Zinler, Spokane Alliance : You can report eviction notices to the AG.  
<https://fortress.wa.gov/atg/formhandler/ago/COVID19EvictionComplaintForm.aspx>

***Partner bandwidth – acknowledging that we are looking to revise/re-size, would you/your org still have ability to be part of this?***

- From Jene Ray- ZoNE : Jene Ray- ZoNE is interested in being involved in any diversion/rental assistance efforts.
- From Amber J - SNAP : I can say that I am in my role at SNAP and as a SLIHC board member actively advocating for rental assistance. It's such an important need so it has to be priority in my role and my bandwidth to tackle this remains "OK"
- From JasonB Sunshine Terrace : So the clinicians at my agency are still coming into the building and meeting face to face with clients (since it is residential/facility) based care and we still have the capacity to assist.
- From Heather Wallace, SRHD : Yes, my program (Neighborhoods Matter at SRHD) is still onboard and ready to support, possibly more so if goals change in light of COVID
- From Conor (he/him) GSC MoW : I have moved into another position and am starting up a new program, so moving forward GSC MoW will be sending another representative
- ALTCEW : We have some limited capacity on the staff side for planning. We do have capacity to help distribute rental assistance. Our senior volunteers are available and likely willing to take on advocacy issues.
- From Katie Ashmore Zinler, Spokane Alliance : Full guidance here: <https://home.treasury.gov/system/files/136/Coronavirus-Relief-Fund-Frequently-Asked-Questions.pdf>. May recipients use Fund payments to provide emergency financial assistance to individuals and families directly impacted by a loss of income due to the COVID-19 public health emergency?

Yes, if a government determines such assistance to be a necessary expenditure. Such assistance could include, for example, a program to assist individuals with payment of overdue rent or mortgage payments to avoid eviction or foreclosure or unforeseen financial costs for funerals and other emergency individual needs. Such assistance should be structured in a manner to ensure as much as possible, within the realm of what is administratively feasible, that such assistance is necessary.

- From Katie Ashmore Zinler, Spokane Alliance : We're already engaged in work to encourage the County to use CARES funds for rental assistance. Happy to help this group however I can.
- Holly SMS – still available to be lead in activity 2. Had offered assistance in other two activities, but would like to step out of those two aspects.
- Jene TZP – Our project won't work if we can't get ahead of stabilizing housing. We are grant writing for diversion and rental assistance. Ready to support rental assistance work.

## **Part 2: Where do we go from here**

***What makes sense to keep from the current workplan? Are some of the activities still viable? What activities are not viable currently?***

- Amber SNAP – Can we refocus some efforts towards targeted advocacy with Spokane county commissioners to consider rental assistance or land lord assistance as part of the CARES act. Education on renting is still critical, but shift in focus to protect renters could be an important role. Renters will be far behind in their rent and will need assistance once the moratorium lifts.
- Heather Wallace SRHD, on response team - Cares funding decisions have not been made yet. This is the time to make a proposal on the critical nature of house in.
- Katie Zinler, Spokane Alliance – Updated guidance from treasury confirms CAREs dollars can be directed to this type of assistance. Contact Statewide Attorney General's office if clients have been evicted.

- JasonB Sunshine Terrace : It appears that things may be shifting more from getting individuals into affordable housing to keeping families at substantial risk from becoming homeless/evicted, etc.
- From Holly Jean, SMS : I agree on Activity 1 to move towards rental assistance advocacy.
- From Heather Wallace, SRHD : 1. viable if we change the focus to helping develop repayment models that keep people housed and policy agenda for rental assistance.
- From Amber J - SNAP : 1. Viable with a tweak to focus on needed rental assistance throughout Covid
- From Lynn Kimball - ALTCEW : From the chat and conversation, it really seems like our priority should shift to 1 for rental assistance advocacy, but I get a sense that we need to move quickly in order to effect how CARES Act funding is allocated.
- From Heather Wallace, SRHD : 2. I'm still not fully clear on this activity so will defer to others.
- From JasonB Sunshine Terrace : 1. Viable with a focus on rental assistance advocacy IE: Covid related needs.
- From kolleen seward (PFC) : 1 viable with move toward rental assistance
- From JasonB Sunshine Terrace : 2. Was questionable prior to COVID and may be even more difficult now given the state of the world
- From Katie Ashmore Zinler, Spokane Alliance : Could the funds for a transportation program be used to supplement/leverage the County's rental assistance?
- From Heather Wallace, SRHD : 3. viable if long-term and we think it will actually lead to people gaining housing/maintain housing. agree on staggered approach.
- From JasonB Sunshine Terrace : 3. Might be even more viable and reach more if we include \*\*and those impacted by COVID-19.
- From Amber J - SNAP : I think there is value in both 2 & 3, I'm just not sure the current conditions lend these to priorities right now. 3 maybe more so once a solution to those classes virtually becomes more viable.
- From Heather Wallace, SRHD : What is the time frame for the funding? thinking 18+...immediate COVID response likely to be at least that
- Sarah Bollig Dorn, BHT: The only constraint is they cannot be used to pay for services otherwise covered by Medicaid. There is no timeframe on when the funding must be spent.
- From Lynn Kimball - ALTCEW : I agree that #1 takes immediate priority. It seems like we could do a staggered approach on the others, or to revisit approach after a few months. I would prefer we focus funding on #1 to hopefully make it successful.
- From Holly Jean, SMS : Could we invested heavily in one, and take a look at the budget for opportunities to proceed with # 2 at a later time.
- From kolleen seward (PFC) : Kolleen, I agree we need to try to continue with #3 but cannot really see it being completed in current COVID situation.
- From kolleen seward (PFC) : I agree with changes to #1
- From JasonB Sunshine Terrace : Yeah Heaviest focus on #1 with maybe some work on 3.

### Decision on how to move forward

Suggestion to shift Activity 1 work towards rental assistance, and a staggered approach to number 3. Number 2 will be on pause for now. The group has full authority to decide how the money is used and timeline. Meet again soon.

**Group agrees.**

Amber from SNAP is still willing to be Activity 1 lead.

### WRAP-UP & FEEDBACK

- Keep this time on your calendars – 3<sup>rd</sup> Thursdays, 1-4pm
- Feedback on meeting format & communication
  - I feel this format works great given the choices.
  - I like being able to use chat and then verbally chime in. It's also great to see other's responses.
  - I like this format, thank you!
  - This works well for me as long as I get any handouts in advance so I have time to think in advance.
  - This works. :)
  - I think this worked well.
  - I appreciate the emails and reminders
  - Thank you! Stay safe

## NOTES – REDUCING FAMILY VIOLENCE

ATTENDEES: Greg Dailey (SRHD), Hope Clark (CHSW), Jene Ray (Zone Project), Jen Hansen (SRHD), John Edmonson (Growing Neighbors), Julie Cruz (SPS), Katelynn Leavitt (SPS), Kathy Hedgcock (2<sup>nd</sup> Harvest), Marilis Thomas (SPS), Mary Beazer (CHSW), Nicole Manus (YMCA), Sara Rodgers (SRHD), Shelly Hahn (LCSNW)

### WELCOME & UPDATES FROM BHT

- Goals for today
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- Proposal for going forward – equity workplans, partner connections

### EQUITY WORKGROUP CONVERSATION

#### **Part 1: New state of things**

##### *How has the state of things changed for this equity priority area during COVID?*

- Themes: heightened concern for youth safety who relied on the schools as a support system, and access to students/families
- From Jene Ray- ZoNE : The concern about safe children has heightened.
- From Marilis Thomas - Spokane Public Schools : Ditto to Jene, the ability to access families has become more difficult as well
- From Mary Beazer - CHSW : We are concerned about our children/adolescents who really rely on schools as a support system. If there is violence in the home there is no reprieve/structure to offset that.
- Kathy Hedgcock 2<sup>nd</sup> Harvest- Many families have been newly destabilized. Referencing families who relied on the school system for support
- From Julie Cruz, Spokane Public Schools : Where the kids and their families are.
- From Shelly Hahn - LCSNW : identifying a venue for the training can be delayed, may need to move to on-line programming, consider client/family access to needed technology
- From Jennifer Hansen - SRHD : Families that were struggling meeting basic needs preCOVID are struggling more. With children home from school, parents and families are stressed. With multiple providers using online formats, there is lack of access for those without tech.
- From Nicole Manus - YMCA : this is completely from my experience of working more at home and watching over the last few weeks as household dynamics are changing — it appears that additional family members (maybe some that have lost employment) are moving in to blend households I am HEARING a lot more violence in a complex that has previously been very quiet
- Marilis SPS – therapists are having a harder time engaging families. Some who have not engaged at all. Some who do have tech. (school laptops) families overwhelmed and experiencing higher levels of stress with several appointments/meetings. Communication with their therapists is different with parents in the room, not able to have privacy in the school.
- Julie Cruz - Middle and high school students doing well with tech. Therapists are trying to help with the food program so they can get eyes on the kids. Do have some kids/families like ghosts.
- Mary Beazer Children’s Home Society – trying to stay connected with folks. Hearing the voice of the therapist can be helpful for children, asking what times are convenient for families can be helpful.

- Julie Cruz - Parents of little ones are asking to meet in parks and go for walks with youth. Hearing voice and knowing that person is still out there is still helpful.
- Mary – targeted parenting groups. Working on parenting skills, coping strategies. The younger the child the more difficult to engage via telehealth.
- Julie Cruz – experiencing better parent engagement. Mary B. agrees. Now that everyone is home it’s easier to reach parents.
- Jen – Reports are down. Working in emergency response. Daily briefings from fire and EMT – their calls have been down 12% throughout COVID. DV coalition – also experiencing fewer calls. 40% calls female as the perpetrator. Not many people laying eyes on children. Expect horrific stories when people are able to be face to face with therapists.
- SDoH and neighborhood orgs. – how are you accessing families?
- Jene Ray The Zone Project – have started texting families to outreach to families who are not accessing dist. Points or not contacting the school. Equity – ESL or lack of tech. Or internet. Employed cultural connectors to do outreach. Started home deliveries teddy bears, socks, household cleaning, hygiene.
- From Jennifer Hansen - SRHD : It is also concerning that we know that abuse is happening but the police/fire/EMS calls are down.

***Partner bandwidth – acknowledging that we are looking to revise/re-size, would you/your org still have ability to be part of this?***

- From Jene Ray- ZoNE : Yes and, we would like to focus on peer groups for mental health supports for parenting adults and high school youth this summer
- From Julie Cruz, Spokane Public Schools : We have plenty of interest in continuing on with the Collaborative.
- From Mary Beazer - CHSW : Our capacity hasn't changed at Children's Home Society of WA. We also have plenty of space for new clients.
- From Jennifer Hansen - SRHD : Yes, I have capacity and interest to continue working on child abuse and neglect prevention utilizing an equity lens
- From Kathy Hedgcock - 2nd Harvest : Second Harvest will still be engaged -- aligns well with our mission.
- From Nicole Manus - YMCA : YMCA...I am not sure about capacity and I’m standing in today for the staff who usually are a part of this workgroup as I am usually in BH. We are still interested but need to learn more about what the plan will look like before I can make an organizational commitment
- From John Edmondson - Growing Neighbors : I am also interested in continuing to connect

**Part 2: Where do we go from here**

***What makes sense to keep from the current workplan? Are some of the activities still viable? What activities are not viable currently?***

- Move forward with parenting support online. Accessing clients who have disappeared – cultural connectors, food dist. Sites, how can this be done safely?
- From Jene Ray- ZoNE : I am being trained as a Circle of Security trainer early July. We have several trainers in our community. We should keep this in mind. It is viable.
- From Mary Beazer - CHSW : We have been running Attachment Vitamins as an online group, reports are positive.

- From Julie Cruz, Spokane Public Schools : We have three people trained in Circle of Security who would love to provide some training and support.
- From Julie Cruz, Spokane Public Schools : One of our therapists has.
- From Jennifer Hansen - SRHD : The Zone is applying for a grant to support mental health through the development of peer groups. When parents are connected and know how a child develops- Child abuse and neglect go down. It may be a less formal option to consider.
- From Nicole Manus - YMCA : love that idea
- From Kathy Hedgcock - 2nd Harvest : We could potentially work with our partners, the Spokane Food Fighters, to deliver food to families involved.
- From Jennifer Hansen - SRHD : I think stipends to participants- at least initially to encourage people to attend.
- From Julie Cruz, Spokane Public Schools : I would love us to be working with partners and reach more people. I think especially right now the support is so needed.
- From Marilis Thomas - Spokane Public Schools : Stipends could be a great way to get more people to engage/commit to engaging
- From Julie Cruz, Spokane Public Schools : I love that idea Marilis!
- From Julie Cruz, Spokane Public Schools : Yes please
- From Jennifer Hansen - SRHD : Yes, I think the need is so critical right now.
- From Jennifer Hansen - SRHD : I think we could engage parents and promote the work happening in the Zone for summer learning.
- Jene Ray – responding to Jen Hansen’s chat. Look at peer groups facilitated by a trainer to alleviate mental health concerns and stress. Applying for a grant to start 5 groups. Refer them to Peer Spokane if they qualify for their peer groups. Looking at starting this summer, it fits with this work – decreasing parental stress.
- Julie Cruz – Circle of care, can we partner with someone for food/sbux, drop it off, and then have virtual dinner/coffee together
- What is this group’s value add?
  - We have trainers in this group, some who are already starting peer groups. What can we use funding for? To support these efforts that are already happening.
  - Community organizers – in order to recruit, keep in touch with, and engage families – would make sense to budget for that community organizer type role with some different culture and talent backgrounds.
  - Potential stipends to participants, and working with partners to reach more people.
  - Julie Cruz – like the idea of stipends, gift cards and stipends to parents and kids – helped them to engage in the past.
  - Jen Hansen SRHD – incentivizing families WILL help!

### Decision on how to move forward

Move forward with parenting support online. Have trainers (or soon to be trainers) in this group. Find options for incentives, including food distribution or stipends. Look at safe way to use community organizers to recruit, engage, keep in touch with families; possibly catch parents before school ends. Meet again in 2 weeks.

Marilis Thomas (SPS) and Jen Hansen (SRHD) still willing to be Activity 1 lead.



#### WRAP-UP & FEEDBACK

- Keep this time on your calendars – 3<sup>rd</sup> Thursdays, 1-4pm
- Feedback on meeting format & communication
  - worked well
  - works for me
  - I liked the chat box
  - Great!
  - From John Edmondson - Growing Neighbors : Please include me in the emails at [jedmondson77@gmail.com](mailto:jedmondson77@gmail.com)
  - From Nicole Manus - YMCA : please add me to this group for the short term until Connie or Alesia can rejoin

## NOTES – ACCESS TO BEHAVIORAL HEALTH

ATTENDEES: Christie Pelz (PFC), Claire Aberasturi (NATIVE Project), Davina York (Passages), Georgia Butler (Peer Spokane), Greg Dailey (SRHD), Heidi Wilson (SRHD), Jen Hansen (SRHD), Kim Kreber (SRHD), Sara Rogers (SRHD), Jene Ray (Zone Project), John Townley (YFA), Kathy Pajimola (Riverside), Kelli Miller (Frontier), Linda Lauch (AICC), Luis Manriquez (WSU College of Medicine), Mike Wiser (CHAS), Nicole Manus (YMCA), Ron Tussey (STARS), Rusty Barnett (LCSNW), Sara Foley (SFD CARES), Tom Murphy (YFA)

### WELCOME & UPDATES FROM BHT

- Goals for today
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- Proposal for going forward – equity workplans, partner connections

### EQUITY WORKGROUP CONVERSATION

#### Part 1: New state of things

#### *How has the state of things changed for this equity priority area during COVID?*

- Themes: heightened concern for youth safety who relied on the schools as a support system, and access to BH generally
- Surveying & community outreach may need to look different now
- Equity issues on connectivity/access to digital options
- Decreasing social isolation priority – everyone isolated right now
- Jen Hansen - SRHD : Finding ways to reach people who not literate in their language of origin or English – find ways for oral tradition
- Georgia Butler-Peer Spokane : phases will be moving, so it'll be different on how different people do business. Finding something that will work for community. Ability to use the laptops provided by school district to families?
- Mike Wiser CHAS : need to lean on orgs that have continued relationships with community instead of new outreach
- Use exiting resources plus use CHW (broadly defined) to reach isolated
- From Jene Ray- ZoNE : I am typically on the Reducing Childhood Abuse and Neglect workgroup. Because they are not happening simultaneously, and because we are very concerned about mental health with our families in NE, I am joining to see how I can help this effort. The ZoNE is focusing on peer groups this summer/fall to reduce parental stress
- From Rusty Barnett LCSNW: telehealth
- From Kim Kreber SRHD: the need is greater now
- Kelli Miller - FBH : access to technology
- Mike Wiser CHAS: It should be easier for anyone to access BH remotely going forward, if we can keep reimbursement for phone visits
- From Sarah Foley – SFD CARES: I think that the access to telehealth is an equity issue. Many people don't have access to technology that allows for access

- From Kim Kreber : There are issues around digital gaps. There are also issues with the # of services needed for the rise in demand.
- From Nicole Manus YMCA : we'd thought we might be doing a very active in person survey with membership but as we anticipate much lower in person participation in Y programming we might want to look at electronic surveys
- From Kim Kreber : Multiple languages and cultural appropriateness have surfaced the past months. Then also not just languages, but formats for those with disabilities.
- From Tom - YFA : It may be awhile before we can have a table at big community events to distribute materials.
- From Georgia Butler-Peer Spokane : information will need to be mailed
- From Sarah Foley : Decreasing social isolation was one strategy we discussed, everyone is isolated right now
- From Jennifer Hansen - SRHD : Also- the need for infographics for those that are not literate in their language of origin or English
- From Mike Wiser : we may need to partner more with organizations that have continued relationships with community members instead of trying new outreach (e.g., The Zone)
- From Kim Kreber : CHW's & Peers are valuable in the culture of community members.
- From Georgia Butler : We have had an increase number of calls for Peer Coaching

***Partner bandwidth – acknowledging that we are looking to revise/re-size, would you/your org still have ability to be part of this?***

- Georgia Butler - Seeing increased number of calls for people who want to connect to Peers for coaching, including folks who have not been in touch with BH before
- Jene Ray - Thinking about setting up peer groups in the Zone this summer, elevating residents and giving skills thru co-facilitation of peer groups
- Kim Kreber – SRHD still has capacity to support exploring utilization of CHWs. Still doing CHW training. Network is still convening & sharing out resources. SRHD is looking at building a cohort of CHWs in communities – interested in exploring this idea, maybe in the Zone
- Kim Kreber – talking capacity, are we still looking at same timeline/deadline/shorter?
  - BHT – No timeline on using funding from BHT Board. On the grant side, need to get some kind of project started and an initial round of reporting/check-in by end of 2020
- Georgia – able to access folks where people may gather: food distribution, school, childcare
- Hadley Morrow (BHT) – where workgroup left off, Georgia & Kim were going to work with CHWs & Peers to figure out how we can be authentic in outreach & messaging. Something you still have capacity for? And support from the group for what questions to ask?
  - Kim – yes. Had honed in on some likely sets of screening questions & presented to CVC.
  - Georgia – could do it in groups with our peer coaches
- From Georgia Butler : Our groups would also include co-occurring challenges.
- From Georgia Butler : could we do a survey with parents though the school system before school is out?
- From Sarah Foley : Personally, I don't have as much capacity. My work focus has shifted, I still work with very socially isolated individuals but I don't see a lot of capacity to do a survey in addition to our regular work.

- From Linda L - AICC : Our staff is only working 2 days per week securing and distributing food. We are not seeing clients in person, Goodheart is still running full time but using telehealth. In the case when clients don't have smart phones or computers, we were given smart phones to distribute to our clients.
- From Nicole Manus YMCA : it seems that a good number of socially isolated folks also are in those vulnerable populations in terms of higher risk for poorer outcomes if they contract COVID. Therefore it is not likely to be anytime soon that we should be actively encouraging those folks connecting in groups even if social distancing requirements have been legally lessened

## Part 2: Where do we go from here

*What makes sense to keep from the current workplan? Are some of the activities still viable? What activities are not viable currently?*

- Ron Tussey – offered to do some screening around stigma, but COVID complicates bc don't want staff handling
- Luis Manriquez – if we're trying to reduce stigma, anxiety depression isolation – covid worsens all, it's okay to ask for help bc it's happening to everyone. Make it non-stigmatized to ask for help. Then have CHWs connect people to BH resources.
- Kim, Ron, Georgia – send questions that we can share out with workgroup for feedback
- Still move forward with early surveying, to find out what we need to know to run an effective campaign?
- Sara F – have mixed feelings. Don't have as much capacity, not sure can add on to work our outreach folks are doing. Also people we want to target are those really isolated vulnerable populations. How are we going to reach those people.
- Hadley – what we're trying to work out today is what we can do moving forward, realistically. Some interest & momentum to figure out survey, so start there
- Mike – potentially skip ahead to 1i or 1j, and encourage folks to recognize potential need for MH in COVID times. We don't need a lot of input on stigma for that, bc we know that is a need in this time for everyone. Get work out on where the resources are. Create short list of resources, get simple messages out thru partners, schools, social media
- Sara F – agree, that might be a great strategy
- John YFA – agreed
- Jene R – Zone would be happy to spread that message. Agree that stigma is lessened because we're all in this at the same time. Commonalities that are extremely stressful (parenting, schooling, working all at home). People craving to talk about situation and connect. Know orgs like CHSW and Passages have immediate openings, especially for parents
- Hadley – how do people feel about cutting out some middle parts about HOW to do outreach, and instead pull together folks who can pull together message about available resources & challenges.
  - General support for this approach. Plus still move forward with surveys ready for future

## Decision on how to move forward

This group saw that stigma about asking for mental health help may be lessened during this time, because it's happening to everyone. They saw an opportunity to “skip ahead” to the steps of getting out messaging about available resources. The group still wants to take a look at how to use CHWs/Peers (broadly defined) to reach isolated individuals, but focus on messaging work to start.

#### WRAP-UP & FEEDBACK

- Keep this time on your calendars – 3<sup>rd</sup> Thursdays, 1-4pm
- Feedback on meeting format & communication
  - Follow up by email to set some times to work on this approach? Yes
  - Feedback on format – like the voice/chat combo, appreciate being able to join multiple groups with mini-breaks in between