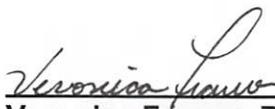


The Harris Center for Mental Health and IDD
9401 Southwest Freeway Houston, TX 77074
Board Room# 109

Program Committee Meeting
November 07, 2023
9:30 am

- I. DECLARATION OF QUORUM**
- II. PUBLIC COMMENTS**
- III. APPROVAL OF MINUTES**
 - A. Approve Minutes of the Board of Trustees Program Committee Held on Tuesday, September 19, 2023
(EXHIBIT P-1)
- IV. REVIEW AND COMMENT**
 - A. Healthy Minds Healthy Community Presentation
(EXHIBIT P-2 Jennifer Battle)
- V. EXECUTIVE SESSION – As authorized by §551.071 of the Texas Government Code, the Board of Trustees reserves the right to adjourn into Executive Session at any time during the course of this meeting to seek legal advice from its attorney about any matters listed on the agenda.**
- VI. RECONVENE INTO OPEN SESSION**
- VII. CONSIDER AND TAKE ACTION AS A RESULT OF THE EXECUTIVE SESSION**
- VIII. ADJOURN**



Veronica Franco, Board Liaison
Bonnie Hellums, MED, LMFT, LCDC, AAC, JD Chairperson
Program Committee
The Harris Center for Mental Health and IDD
Board of Trustees



EXHIBIT P-1

BOARD OF TRUSTEES
The HARRIS CENTER for
Mental Health and IDD
PROGRAM COMMITTEE MEETING
TUESDAY, SEPTEMBER 19, 2023
MINUTES

Mrs. Hellums, Board of Trustees Vice Chairman, called the meeting to order at 11:16 a.m. in Room 109 of the 9401 Southwest Freeway location, noting a quorum of the Committee was present.

RECORD OF ATTENDANCE

Committee Members in Attendance: Dr. R. Gearing, Dr. L. Moore, B. Hellums

Committee Member in Absence: None

Other Board Members in Attendance: None

1. CALL TO ORDER

The meeting was called to order at 11:16 a.m.

2. DESIGNATION OF BOARD MEMBERS AS VOTING COMMITTEE MEMBERS

None

3. DECLARATION OF QUORUM

Mrs. Hellums declared a quorum of the committee was present.

4. PUBLIC COMMENTS

There were no Public Comments.

5. Approve the Minutes of the Board of Trustees Program Committee Meeting Held on Tuesday, August 15, 2023.

MOTION BY: MOORE

SECOND BY: GEARING

With unanimous affirmative votes

BE IT RESOLVED that the Minutes of the Board of Trustees Program Committee meeting held on Tuesday, August 15, 2023 under Exhibit P-1, are approved and recommended to the Full Board for acceptance.

6. REVIEW AND COMMENT

A. Comprehensive Psychiatric Emergency Programs (CPEP)-Kim Kornmayer, Evelyn Locklin and LaCharlotte Smith

B. Behavioral Health FY23 Year in Review—Lance Britt presented to the Program Committee the IDD Update.

7. EXECUTIVE SESSION

There was no Executive Session during the Program Committee Meeting.

8. ADJOURN

MOTION: GEARING

SECOND: MOORE

There being no further business, the meeting adjourned at 12:10 pm.

Veronica Franco, Board Liaison
Bonnie Hellums, Chairman
Program Committee
THE HARRIS CENTER *for* Mental Health and IDD
Board of Trustees

EXHIBIT P-2

Healthy Minds, Healthy Communities

Program Committee Update

Lisa Sanger Blinn, LMSW
Project Director,
The Harris Center for Mental Health &
IDD

November 7, 2023





Healthy Minds, Healthy Communities (Key Concepts)

- **Goal:**

Empower community members with tools and training to support each other, strengthening community behavioral health and resiliency, and reducing stigma through communication over a three-year period in ten target zip codes with compromised access to behavioral health care, high rates of COVID impact, and higher numbers of suicide

- **Approach:**

Identify community touchpoints & deploy 4 types of **evidence-based interventions in collaboration with community leaders:**

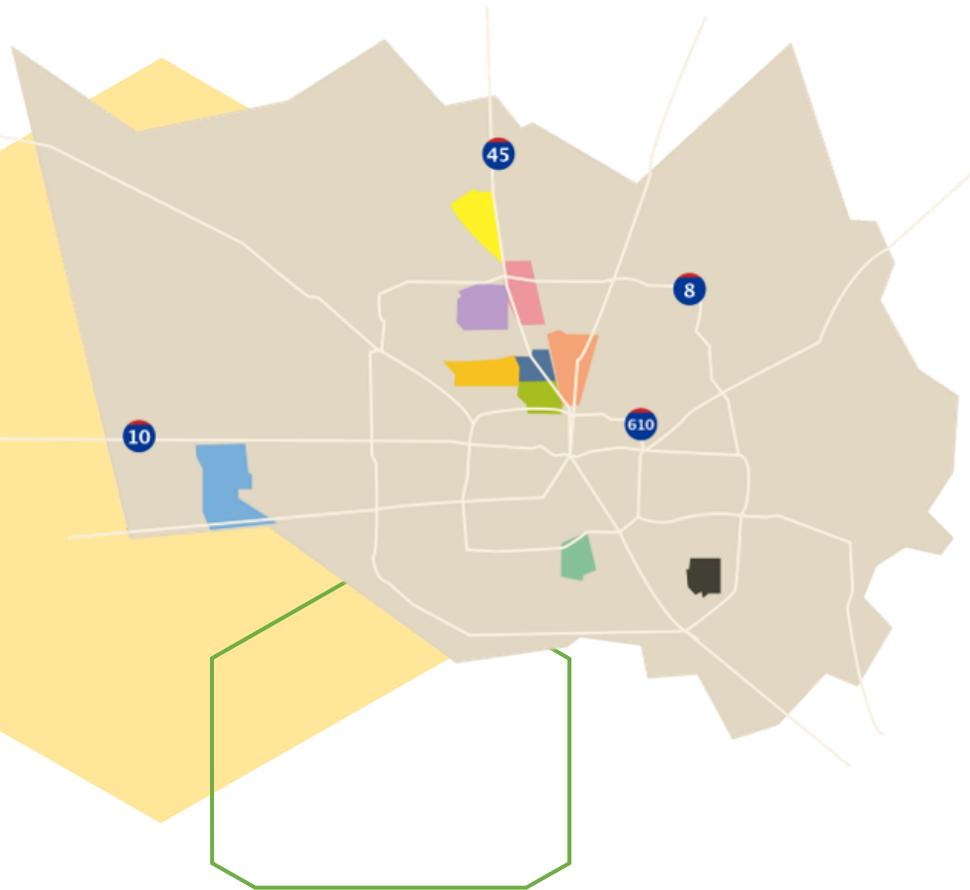
- Community Training
- Resiliency Skills Through Community Engagement
- Community Listening and Support (Groups & Circles)
- Digital Impact Through Social Media & Communication

- **Model: Community Initiated Mental Health & Resiliency Care**

- Community Based, Community Defined, Community Delivered
- Evidence-Based, Community-Informed
- Culturally & Linguistically Appropriate
- Sustainable Relationships with Communities



HMHC by Focus Communities



On Track! Growing Strong Relationships & Trust

- 77060: Aldine (Pop. 40,830)
- 77076: Hardy/Melrose Park (Pop. 33,803)
- 77091: Acres Homes (Pop. 23,472)
- 77093: East Aldine/Jensen-Eastex (Pop. 46,929)
- 77504: Pasadena/East Harris County (Pop. 24,529)



Moving Slower. Being Welcomed into the Neighborhood

- 77022: Northside/Independence Heights (Pop. 29,557)
- 77033: South Park/Harbach (Pop. 27,965)
- 77038: Mangum Howell/Doss Park (Pop. 26,713)



Still Outside. Relatively Few Contacts

- 77090: Northwest/Cypress Station (Pop. 32,930)
- 77450: Katy/West Harris County (Pop. 71,889)

Total Target Population: 358,617

HMHC by the Components



Training

Evidence-based trainings in communities, workplaces, and schools to equip citizens to help in real time



Community Engagement

Meeting people where they are to provide resources and build relationships



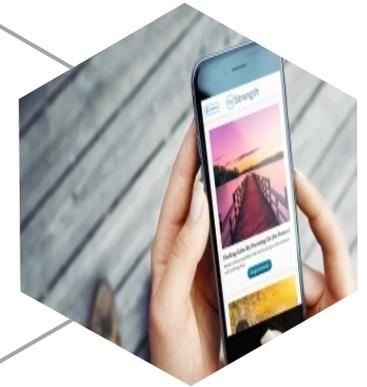
Listening and Support

Facilitating support groups and community listening circles reduce stigma & grow community



Digital Media

Engage younger demographics around mental health and wellness through campaigns that resonate



myStrength

Individualized mental health and wellness in the palm of the hand



HMHC Overall Project Design FY 2022-2026

Objective 1: Evoking change in attitudes and beliefs related to mental health & related treatment options

- Build trust within communities that possess strong stigma towards mental health interventions through implementation of Community Learning Circles
- Offer existing mental health training programming to increase literacy around mental health and related treatment options
- Develop community-initiated, culturally-responsive programming that shifts beliefs around mental health in response to community-identified needs

Objective 2: Equip communities with skills to allow them to intervene on issues of mental health education, training, and health literacy

- Build cohorts of trusted community members (faith leaders, business owners, barbers & hair stylists, daycare workers, waitstaff) who regularly engage in mental health discussions with clients & customers
- Train cohorts on issues of mental health education and low acuity needs intervention to provide support in the neighborhood
- Offer ongoing technical support and training to cohort members

Objective 3: Build a bridge to access qualified mental health professionals

- Collaborate with qualified mental health providers providing services to focus zip codes
- Create opportunities for existing mental health programming to build relationships with community members

Objective 4: Increase health literacy on available mental health resources

- Review available mental health resources for availability in English, Spanish, and Vietnamese and provide translation as needed
- Provide access to self-directed, self-paced digital resources for self-care, resiliency, and mental health needs

Objective 5: Develop a robust, sustainable model to provide continuous mental health empowerment

- Elevate the strengths and resiliency in communities through the fostering of community mental health Ambassadors
- Provide support and resources to elevate community interventions to evidence-based practices

Objective 6: Encourage community members to live a self-directed life with long term successful outcomes

- Assist community members to utilize mental health resources available to them through digital & traditional media

KPI Growth from Launch May 2022-August

Data as of	# of events hosted	# of events engaged in	# of digital engagements	# of participants reached
5/31/22	18	2	--	526
6/30/22	29	6	6801	1192
7/31/22	32	12	7946	1384
9/7/22	36	13	8584	1927
10/7/22	48	15	--	2222
11/7/22	61	22	9220	2587
12/7/22	74	24	9724	2782
1/7/23	78	24	10224	2833
2/7/23	84	26	10485	2900
3/7/23	95	30	11018	3582
4/7/23	110	35	17294	4114
5/7/23	115	38	17753	4410
6/7/23	132	41	19255	5133
7/7/23	146	47	21212	5648
8/7/23	154	51	21441	6436
9/7/23	162	59	22934	7974

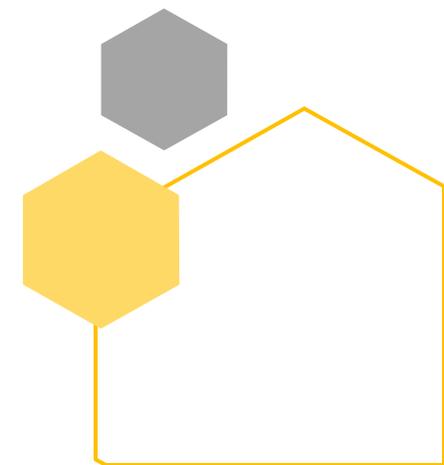
hosted = trainings & events organized by HMHC engagement & training team

engaged in = events hosted by collaborating organizations

digital engagements = at this stage, social media connections made across four platforms (FB, IG, Twitter, and TikTok)

participants = individual people interacted with in real time through training and community engagement

HMHC has reached ~124 people/week in person since inception!



Training Growth

- Training additional trainers from existing HMHC staff to meet unmet need in communities for safeTALK and ASK+ about Suicide to save a Life
- Hiring additional trainers for Mental Health First Aid when able
- Engaging with teachers who have already completed with training to encourage them to sponsor campus-based student mental health initiatives through clubs and workshops
- **Keep on training everyone that they can across Harris County**



Strong collaborations in communities



Additional Collaborators 2022-2023



- Baker Ripley
- Harris County Public Health
- Harris County Public Library System
- Harris Health System
- City of Houston Complete Communities
- Houston Food Bank
- Urban Harvest
- Be Well Acres Homes (33 community orgs)
- Partnership for a Healthy Pasadena (Mental Health working group)
- Health Equity Collective (140 organizations, Mental Health working group)
- Pasadena ISD
- HISD Wraparound Services
- Aldine ISD Community Youth Services
- The Tejano Center for Community Concerns
- The Black Man Project
- Collective for Youth Action
- Mental Health America-Houston
- Houston Humane Society
- Northwest Assistance Ministries
- HTX ART in the HEART
- Greater St Matthew Baptist Church
- Lone Star College
- Houston Northeast Community Development Corporation
- Communities In Schools
- African American Health Coalition
- AAMA

Digital media: also meeting people where they are!



Branding, marketing and website development



- Work on the branding for Healthy Minds, Healthy Communities has taken much longer than expected with contracted vendors
- The previewed product is powerful, however, and is expected to amplify the HMHC impact across the County with a launch of the newly designed brand and campaign –

Mindful Moments: promoting mental health through voices from the communities



- Beginning in February 2023, the Digital Impact Team has invited, recorded, produced, and debuted three wholly unique videos focused on the voices of people from HMHC communities
- With the release of the first three, more community members have been willing to be interviewed and recorded; additional diverse context is forthcoming by the end of 2023



Social media content evolution

- Initial content was heavily reliant on trusted national and local sources and toolkits as the team built their brand and voice
- The team will be prioritizing coverage of local community engagement, training, resources, and voices as HMHC moves into the next phase

Some highlights from HMHC

*"We pretended suicide didn't exist in my family until my brother died. This training helped me know what to say."
-Trey, Acres Homes*



"Just talking it (grief) out with these ladies has really helped me feel less alone."-Esmeralda, Aldine



"I never thought about how being hungry made me depressed. Meeting you here made me realize that's normal to feel this way—things are hard right now!" -Diana, Pasadena



"I liked that we all got to share what we know, not just get talked at."-Tom, Hardy



*"The more I see you girls, the more I know you care about us & our community (in Spanish)"
-Andrea, East Aldine*



What's Coming in 2024?

HMHC Brand Launch	Ambassador Program	The Confess Project	Monthly Support Groups	More HMHC Everywhere
<p>Launch to include: rollout of the new fully featured website, community focused marketing & hyperlocal social media. Each neighborhood will have customized events & features as requested.</p>	<p>Timed with the launch of the new HMHC brand, the Youth Ambassador program will open for inaugural applications. Youth Ambassadors will be selected from across HMHC zips to guide youth programming and advocacy.</p>	<p>Building on discussions with local non-profits that would like TCP to come train, it is expected to contract with them by Q3 of 2024.</p>	<p>The Harris Center has committed to additional practitioners to staff daytime support groups as requested across the ten communities, serving citizens from throughout Harris County.</p>	<p>As the team grows, HMHC will be better able to staff multiple events per week to meet the rising number of requests that are now received. NCE for Years 4&5 was submitted in Oct 2023.</p>