THE RIGHT TO HEAL:
CENTERING MENTAL HEALTH MULTI-RACIAL EQUITY IN CALIFORNIA

September 22, 2021
In Collaboration With

5 Statewide Partners
• California Black Health Network
• California Consortium for Urban Indian Health
• California Pan-Ethnic Health Network
• Latino Coalition for a Healthy California
• Southeast Asia Resource Action Center

5 Local Partners
• Bakersfield American Indian Health Program
• California Black Women's Health Project
• Hmong Cultural Center of Butte County
• Restorative Justice for Oakland Youth
• Visión y Compromiso

Funded By
Mental Health Services Oversight & Accountability Commission
689 people participated in the multiple listening sessions, conferences, and advocacy trainings hosted by the 10 local and state partners.

<table>
<thead>
<tr>
<th>Listening Session(s)</th>
<th>Local Partner</th>
<th>State Partner</th>
<th>Community of Focus</th>
<th>Region</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reimagining Black Mental Health Listening Session</strong></td>
<td>California Black Women’s Health Project</td>
<td>California Pan Ethnic Health Network</td>
<td>Multicultural</td>
<td>Los Angeles</td>
</tr>
<tr>
<td><strong>Advocating for Hmong Mental Health Needs</strong></td>
<td>Restorative Justice for Oakland Youth</td>
<td>California Black Health Network</td>
<td>Black</td>
<td>Alameda</td>
</tr>
<tr>
<td><strong>The Advocacy for American Indian Health and Equity in Kern County Conference</strong></td>
<td>Bakersfield American Indian Health Project</td>
<td>California Consortium for Urban Indian Health</td>
<td>Native American</td>
<td>Kern</td>
</tr>
<tr>
<td><strong>Mental Health Matters</strong></td>
<td>Hmong Cultural Center of Butte County</td>
<td>Southeast Asia Resource Action Center</td>
<td>API</td>
<td>Butte</td>
</tr>
<tr>
<td><strong>Mental Health Matters: Culture as a Social Determinant of Health</strong></td>
<td>Visión y Compromiso</td>
<td>Latino Coalition for a Healthy California</td>
<td>Latinx</td>
<td>Kern</td>
</tr>
</tbody>
</table>
## Event Agenda

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Session Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 – 10:25am</td>
<td>Red Stage</td>
<td>Welcome &amp; Housekeeping</td>
</tr>
<tr>
<td>10:35 – 11:35am</td>
<td>Orange Stage</td>
<td>Challenges and Issues that Diverse Racial and Ethnic Communities Face in Accessing the Mental Health Services Act: Findings from 2021 Listening Sessions</td>
</tr>
<tr>
<td>11:35 – 12:15pm</td>
<td>Yellow Stage</td>
<td>Statewide Partner Perspective</td>
</tr>
<tr>
<td>12:15 – 12:45pm</td>
<td>Red Stage</td>
<td>Raffle Winner &amp; Live DJ</td>
</tr>
<tr>
<td>12:45 – 12:50pm</td>
<td>Red Stage</td>
<td>Keynote Address from Assemblymember Bauer-Kahan</td>
</tr>
<tr>
<td>12:45 – 1:00pm</td>
<td>Yellow Stage</td>
<td>Keynote Address from Gladys Flores</td>
</tr>
<tr>
<td>1:00 – 1:50pm</td>
<td>Green Stage</td>
<td>Workshop #1: Healing Within: Finding a Culturally Competent Healer</td>
</tr>
<tr>
<td></td>
<td>Blue Stage</td>
<td>Workshop #2: Overcoming Access Challenges to Mental Health Services</td>
</tr>
<tr>
<td>1:50 – 2:30pm</td>
<td>Orange Stage</td>
<td>Zine Winners Announcement</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Listening Sessions from a Multicultural Lens</td>
</tr>
<tr>
<td>2:30 – 3:00pm</td>
<td>Yellow Stage</td>
<td>Raffle Winner &amp; Guided Meditation &amp; Closing Remarks</td>
</tr>
</tbody>
</table>
Content Warning

This program may include difficult topics related to mental health and emotional well-being. **We encourage you to take care of yourself** during this program and use the following resources:

- The California Peer-Run Warm Line at **(855) 845-7415**
- 24-hour Suicide Prevention Lifeline: **(800) 273-8255** or text 838255
- 24-hour Domestic Violence Hotline: **(800) 799-7233** or click Chat Now
- You can also text “TalkWithUs” to 66746 to connect with a trained crisis counselor
Housekeeping

• All sessions will be recorded and recordings, slides, and materials will be available after the event.

• You are in listen-only mode. Please use the chat to interact with other attendees and the Q&A to ask questions. CPEHN staff will be monitoring the chat and Q&A.

• If you would like to network with attendees. You can use the Networking feature. This will randomly match you with others who click "Network" for a short conversation.

• You may notice a slight delay in seeing the slides. Thank you for your patience!

• If you need technology help
  • Make sure you are using Google Chrome or Firefox
  • Call (510) 832-1106 ext. 308
  • Post in the chat.
Hopin Stages

• Our event uses several different Stages. CPEHN staff will announce the upcoming Stage verbally and in the chat. You can also find which Stage a session is on in the digital program
  • To move to a new Stage, on the left-hand side of the screen, click Stages
  • Select the appropriate Stage. Live Stages will have a red "live" icon
Accessing the Event in Other Languages

Our event is available in English, Spanish, and Hmong.

To access the event in Spanish or Hmong:

- Navigate to the desired Stage
- On the right-hand side, click **Translations**
- Select the language you would like to listen in
  - L01 = Hmoob
  - SPA = Español
- Click **Connect**

English closed captions are also available. To access closed captions:
- Click the "Closed Captions" (next to translations)
Polls

In order to help us understand who is in the audience, please complete our polls!

To participate in the poll:
• Make sure you are in the Red Stage
• Click **Polls**
• Select your response to the poll questions
The Right to Heal Mental Health
Advocacy

Dr. Ghia Xiong

Director of the Living Well Center
The Fresno Center
Fresno, CA
September 22, 2021
A Hmong PROVERB

“Xyeej Tsawg Xwb Tsis Xyeej coob”
Demographics by race

Source: U.S. Census, 2019
Mental Health Services Act

- The MHSA was passed by California voters in 2004 and is funded by a one percent income tax on personal income in excess of $1 million per year.
- It is designed to expand and transform California's behavioral health system to better serve individuals with, and at risk of, serious mental health issues, and their families.
- MHSA addresses a broad continuum of prevention, early intervention, and service needs and the necessary infrastructure, technology, and training elements that effectively support the public behavioral health system.
- $2.4 billion Fiscal Year (FY)2019-20; $2.5 billion will be deposited into the MHSF in FY 2020-21; and $2.6 billion in FY 2021-22*.

Source: Mental Health Services Act (MHSA) (ca.gov); *Mental Health Services Act Expenditure Report-Governor’s Budget Fiscal Year 2020-21
California Reducing Disparities Project

INNOVATION PLAN
COUNTY of FRESNO

Living Well Center

CRDP
California Reducing Disparities Project

State

Local

Community

California Reducing Disparities Project - Evolutions
With Great Diversity (multicultural) comes with great responsibility
Medi-Cal Mental Health Access Rates, Adults, Managed Care Plans and County Specialty Mental Health Plans, by Year

Between 3% and 4% of Eligible Enrollees Received Medi-Cal Mental Health Services in 2017–18


CALIFORNIA HEALTH CARE FOUNDATION
Medi-Cal Mental Health Access Rates, Adults, by Race/Ethnicity, FY 2017-18

Mental Health Care Access Rates Vary by Race

- **Managed Care** vs. **County Mental Health**

  - **Black**: 3.3% vs. 7.4%
  - **Alaskan Native or American Indian**: 5.7% vs. 6.2%
  - **White**: 5.0% vs. 5.8%
  - **Unknown**: 3.5% vs. 5.4%
  - **Other**: 4.4% vs. 4.3%
  - **Latinx**: 2.5% vs. 2.3%
  - **Asian and Pacific Islander**: 1.5% vs. 2.0%

Note: Data source uses Hispanic.

CALIFORNIA HEALTH CARE FOUNDATION
“Looking to the future, the key is to understand that our population is our greatest asset. This very diverse population is a greater asset than our weather, than our coasts, than whatever lies in our mountains. It's our people that have made California from the start, and its our people that will make California in the future.”

Dr. Robert Suro, Professor of Public Policy at USC