

## Mental Illness and Drug Dependency (MIDD) Advisory Committee (AC) Meeting Notes December 9, 2021, 12:00-1:30 p.m., Meeting held via Zoom

Members/ Designees: Co-Chair Judge Ketu Shah, Co-Chair Claudia D'Allegri, Mayor Lynne Robinson, Jeff Sakuma, Sunny Lovin, Mario Paredes, Trenecsia Wilson, Mayor Gary Harris, Fartun Mohamed, Laura Smith, Brenda Fincher, Barbara Miner, Brad Finegood designee for Patty Hayes, Tara Urs designee for Anita Khandelwal, Leesa Manion designee for Dan Satterberg, Jorene Reiber designee for Lea Ennis

Other Attendees: Robin Pfohman, Chelsea Walch, Isabel Jones, Scott Miller, Heather Venegas, Jennifer Wyatt, Megan Farwell, Leandra Craft, Margaret Soukup, Lisa Floyd, Jennifer Curtis, Barbie Young, Steve Larsen, Nicholas Makhani, Brandi DeFazio, Chan Saelee, Dave Murphy, Deborah Stake, Don Clayton, Lawrence Evans, Laura Merchant, Ely Hernandez, Danielle Burt, Emmy McConnell, Madeline Cavazos, Rebecca Roy, Brooke Evans, Chelsea Baylan, Christina Mason, Kapena, Pflum, Sam Porter

Notes by: Chelsea Walch

Issues	Discussion	Action Items:
Welcome	Co-Chair Judge Ketu Shah began the meeting by greeting everyone and providing an overview of how to use Zoom features and meeting logistics for members and other participants.	
Review/Approve Meeting Notes	Co-Chair Judge Shah gave everyone a moment to review the draft October meeting notes. The meeting notes were approved by consensus.	
Equity Grounding Moment	Co-Chair Judge Shah introduced the equity grounding moment and shared that the MIDD Steering Committee recently discussed how to make this agenda item a meaningful experience for all and increase participation. One of idea was to specifically ask someone to come prepared with an equity moment. Another suggestion was to implement a rotation with members pre-assigned to come prepared each month. Co-Chair Judge Shah invited volunteers to share an equity moment they experienced recently.  Barbie Young from NAMI Eastside shared that her internal organization had a person working with them through the YMCA as an intern, who was then hired after that contract ended. Barbie shared that she has been doing a great job, so much so that they advanced her position to represent NAMI	The MIDD Steering Committee will take these ideas and work on creating a list of members who will share for the next year at future Equity Grounding Moments.
	Eastside at community meetings and outreach. Barbie shared that it's been beneficial to have a representative who can better connect to the BIPOC community.	
	Co-Chair Claudia D'Allegri commented that it could be beneficial to create a list and, in the month prior, contact the person sharing and ensure they are comfortable participating. And if they are not, move on to the next individual on the list.	
	Mayor Lynne Robinson commented in the chat that she joined the Washington State IoT Council and was able to insert equity goals into the Mission Statement.	
	Jeff Sakuma shared that he sits on another board where they ask volunteers to prepare in advance for an equity moment and that process works really	

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	well. It gives the speaker time to think about what to share and then afterwards, the equity moment is opened up to anyone who may want to share.	
	Co-Chair Judge Shah asked if anyone had anything to share about the previously-stated ideas for future Equity Moments. No one else came forward. He then stated that the MIDD Steering Committee will take these ideas and come up with a list of members who will share at the future Equity Grounding Moments for the next year, start going down that list and see if it works.	
Public Comment	Co-Chair Judge Shah invited anyone interested in public comment to sign up in the chat box, including non-members that would like to utilize their two-minute time. There were no requests for public comment.	
	In the chat, Jeff Sakuma volunteered to share an equity moment at the next MIDD AC meeting.	
MIDD Financial Report	Co-Chair Judge Shah introduced Scott Miller, King County Department of Human Community Services (DCHS) Business and Finance Officer IV. Miller provided an update on the October 2021 financial report.	DCHS Finance will present the Office of Performance, Strategy and
	Miller shared that the financial status of the MIDD fund is unchanged from the previous report shared at the September 2021 meeting. There have been no new revenue forecasts and estimates of biannual spending remain stable and unchanged.	Budget's timeline for the budget process in 2022 on a slide at the next MIDD AC meeting
	The King County Council approved the Second Omnibus Supplemental Budget on November 23, 2021, including \$17.4 million that was proposed for MIDD. This is the same amount that was in the Executive's budget proposal and was already reflected in the September Financial Plan.	in January.
	The adopted supplemental is included in the 2021-2022 Revised Budget column.	
	Co-Chair Judge Shah asked Scott Miller if he could provide an outline of what the 2023-24 budget process will be and the timeline, so that everyone on the MIDD Advisory Committee (MIDD AC) is aware of the budget process for the next biennium. Miller agreed to do that for the next meeting in January.	
	Brad Finegood commented that this is the first time he has seen a '25-'26 projection of continuing to move MIDD into the Behavioral Health Fund. He asked if they have had this plan in perpetuity, or if it's been a long-range plan for some time and is being revisited through the next budget process. Miller responded that though he can't confirm whether it will be in perpetuity. It will be discussed in the budget process, and it's not an absolute. Emmy McConnell, Chief Financial Officer for DCHS, commented	

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	that the current assumption is a \$10 million per year transfer to support the Behavioral Health Fund and the King County Integrated Care Network (KCICN). In terms of revisiting, it's an estimate that was based on need this year and projected need for next year, and it will be right-sized the transfer as they go along. It has been a policy decision to support the Behavioral Health Fund and the KCICN, and the current estimate is that it will be about \$10 million per year going forward, with that estimate being revised as needed.	
Equity Definition – Review and Approve	Co-Chair Claudia D'Allegri reminded everyone that a small group took up the discussion at the last meeting and worked on the updated equity definition. Today, they are presenting the revised definition in order to get reaction and feedback. She shared both the original definition and the revised definition in blue, and gave the group a few minutes to review. Mario Paredes commented that "sexual orientations" could be added to the last sentence of the revised definition.  Mayor Lynne Robinson commented in the chat that she would like to take the great content in the second sentence and send it to someone who can cut it into a few sentences, as it appears to be a run-on sentence. Mayor Robinson offered an alternative, replacing "unique beliefs, cultures, identities, languages, lived experience" with "unique selves".  Co-Chair Claudia Allegri responded that the group will review feedback provided today.  Jeff Sakuma referred to the last sentence in the revised definition, where Mario Paredes pointed out that there are other groups of people that are not necessarily called out which potentially should be. He commented that getting into a list format can be difficult as it runs the risk of missing people. Jeff suggested that they could potentially find a way to use a term that reflects their intentions around inclusivity as a whole, as opposed to a list. Mayor Lynne Robinson confirmed her agreement with figuring out a way to describe what makes a person unique in one word, rather than attempting to call out all the different way people are unique.  Co-Chair Claudia D'Allegri and Robin Pfohman confirmed that this revised Equity Definition does not need to be approved today. Robin stated that the small group will, as needed, reconvene to discuss the input from this meeting plus have the MIDD Communication Specialist review for any grammatical errors prior to bringing back to the MIDD AC before final approval.	The small group will communicate regarding further revision of the Equity Definition based on input provided at today's meeting, it will be reviewed for grammatical errors, and then brought back to the MIDD AC before final approval.
Initiative Briefing: Domestic Violence and Behavioral Health Services	Trenecsia Wilson, Trauma and Behavioral Health Systems Coordinator at the Coalition Ending Gender-Based Violence, presented a briefing on the Domestic Violence and Behavioral Health Services & System Coordination initiative (PRI-10).	
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## & System Coordination (PRI10)

Trenecsia provided background about herself. She discussed key background information regarding behavioral health treatment and Domestic Violence (DV) advocacy. Over the last 10 years, there have been changes to how services are adopting trauma-informed perspectives. It's now essential for agencies to address the intersection of behavioral health and DV in helping survivors heal from trauma, i.e. trauma-informed and survivor-driven care (as focused on in this initiative).

"Trauma-informed" is defined as "used to describe organizations and practices that incorporate an understanding of the pervasiveness and impact of trauma and that are designed to reduce re-traumatization, support healing and resiliency, and address the root causes of abuse and violence" (NCDVTMH 2013, adapted from Harris and Fallot 2001).

Initiative PRI-10 supports the co-location of mental health professionals who have domestic violence experience and/or substance-use disorder experience in community-based DV advocacy programs throughout King County. The model seeks to decrease barriers to improve access to multiple services needed in one location. This acknowledges that survivors oftentimes have a need for DV advocacy, but may also have mental health concerns and need finance assistance, shelter, etc. It enhances a survivor's sense of safety and community to have all services accessible in one context to allow for the best support.

The Systems Coordinator portion of PRI-10 focuses on policy and practice review, training, consultation, as well as building and strengthening relationships to get at the core of addressing the gaps in intersectionality.

Therapy services are co-located at community-based DV agencies. They have mental health therapists who are employees of and located at domestic violence agencies, with DV specialty knowledge training and specific knowledge about the implications of intersectionality. The services are free of charge. There are no requirements for diagnosis or specific documentation (i.e., insurance requirements or nationality status), making services low-barrier. They typically offer time-limited services, but there has been a shift over the last several years where the needs of clients have resulted in less of a time limit and more intentional services. They can work in combination with, or separate from, receiving additional DV services within an agency. This initiative prioritizes safety, ease of access, and reducing barriers like financial, insurance, particular diagnosis and assistance coordination/resources access. It also increases skills and crosstraining for both advocates and therapists. More appropriate interventions/psychoeducation increase the likelihood of pathologizing DV.

## Initiative Briefing: Multipronged Opioid Strategies (CD-07) & Current

Brad Finegood, Strategic Advisor for Public Health – Seattle & King County, presented a briefing on the Multipronged Opioid Strategies initiative (CD-07) and alarming current overdose trends/response.

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On and the T	There has been more than a ten-fold increase in the amount of fentanyl	
Overdose Trends and Response	seized in the Seattle community from 2019 to 2020. In 2021, 151 lbs. of	
and Response	fentanyl was seized in Seattle, which is a record high up from the 50 lbs. in	
	2020. Fentanyl use is growing faster than methamphetamine use, and it will	
	be the number one drug that contributes to over 50% of overdoses this	
	year. The beginning of the pandemic especially saw a huge increase	
	fentanyl-related overdose deaths. The individuals dying of Fentanyl are in	
	the younger age bracket – 73% of the Fentanyl-involved deaths are people	
	under the age of 40. In King County alone, the drug overdose deaths within	
	the age group of those under 20 years old has jumped from 4 in 2018, to 13	
	in 2019, and over 20 in 2020 and 2021.	
	Public Health has been working on a communications campaign called	
	Laced and Lethal that focuses on youth fentanyl overdose prevention.	
	Funded partly by CDC grants and MIDD dollars, this campaign provides	
	education for the community about fentanyl in pills, getting the information	
	out to at-risk youth mainly via social media such as Snapchat. Rescue	
	Agency's study of the at-risk youth population reported two key	
	motivations for fentanyl use: coping and sensation seeking. These youth	
	have shown that they are open to messaging about fentanyl overdoses and engagement has been high 300,000 engagements on Snapchat and over	
	700 people ordering Naloxone online through the current (MIDD-funded)	
	partnership between King County and Kelley-Ross Pharmacy.	
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	Finegood reviewed Initiative CD-07, which focuses on opioid prevention and	
	overdose campaigns targeting youth and young adults (such as Laced and	
	Lethal), including additional strategies for 2022.	
2022	Robin Pfohman announced that the current co-chairs have completed their	MIDD Steering
Housekeeping	two-year terms. The MIDD Steering Committee will be discussing and	Committee will
	launching a nomination process for recruitment of new co-chairs. They hope to have the co-chairs replaced by early 2022. The Ordinance requires	nominate and replace the two
	that one co-chair be a member that is a King County employee and the	MIDD AC co-chairs
	other a member that is from a community or external agency.	in early 2022.
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	Robin also shared that she and the MIDD Operations Program Manager,	
	Rebecca Roy, have been working to recruit members for vacant seats on the	
	MIDD AC. Several members will be onboarded in early 2022.	
	Rebecca Roy, MIDD Operations Manager for King County, made a comment	
	about the transition to PublicInput for non-members as a tool to administer	
	meetings and help facilitate engagement. She stated that after this	
	meeting, all members will receive their Zoom links for the 2022 meetings.	
	All non-members will received information on how to access PublicInput.	
	The PublicInput information will be made available on the MIDD website.  Access is as simple as clicking a link (URL).	
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Agenda Items for January Meeting	Please email Robin Pfohman with any desired agenda items for the January 2022 meeting.	
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Adjourned	1:30 PM	

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Next meeting	Thursday, January 27, 2022, 12:00-1:30 p.m., Zoom	
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