RPC Meeting Summary – June 26, 2012

Welcome
Myel Jenkins, Sierra Health Foundation Program Officer, welcomed the RPC and encouraged members to let the desired community impact inform the work. Myel thanked graphic recorder Greg Gollaher for his note taking during RPC meetings. This is Greg’s last meeting and he will be missed.

Respite Services and Programs
Kathryn Skrab, Program Planner, Sacramento County Division of Behavioral Health Services, provided an overview of respite programs, practices and policies as a way to help the RPC think creatively about respite options. Kathryn encouraged the RPC to learn from the limited research and information available about respite programs nationally and to appreciate the rarity of the funds available to create something that can have positive impact. Key highlights from this presentation include:

- There are many models for providing respite, a patchwork of funding, and not a great deal of “evidence” base
- The number of caregivers providing support to others without cost is phenomenal; increased stress for caregivers can have negative health impacts
- Research and policy development are needed to develop a comprehensive approach to planned and crisis respite.

Please see the PowerPoint: “Respite: Program, Practice and Policy Overview” and the articles “Peer Run Respite,” which describes potential benefits and costs of this approach and the “Respite and Caregiving Fact Sheet,” which provides an overview of issues related to family caregivers and respite. She clarified one question from RPC members:

Q: When we look at the term crisis respite, are we looking to develop the RFP because the consumer is in crisis or the caregiver is in crisis? A: It could be both.

RPC Discussion
RPC Members reflected and shared their thoughts on the following key question:

How has the information you heard change the way you think about funding respite services?
- More excitement; we’re cutting edge
- A great need for collaboration to ensure sustained programs
- Need grantees who are interested in creating long-term solutions
• We need to be building a culture of support
• Considering how we can have more regional efforts and connect with blue ribbon committees being formed on other issues
• Need to think about locations of services
• Let’s not lose sight of the goal to provide services in areas where they are not available normally
• Make sure that our primary focus is on the consumer
• Consumers are expressing relief at the prospect of respite care and have a lot of questions
• Consider the teens and TAY, and not just touch on them lightly
• Some people are only looking for someone to talk to, or a place to share a meal with others or a safe place to sleep for a night
• Consider how family caregiver support and respite services are similar but not always the same
• Families should have comfort that there is a place to take their consumer and know that the consumer would not be hospitalized
• It would be helpful to know the approximate size of the target populations in Sacramento County to help with allocating resources
• Struck by lack of research. We may be able to contribute to the national debate.

Grantmaking Considerations and Best Practices
Robert Phillips, Sierra Health Foundation Director of Health Programs, presented important concepts and best practices in grant making. Robert also commended the RPC for the amount of thought and planning going into the work now. He encouraged the RPC to give grantees resources to plan to get ready to do the work. Please see the Power Point: Types of Grant Making Approaches.

Key Highlights
- Different types of grants can be combined to create a funding strategy
- Determining what you want to achieve is the first step in grant making
- Planning grants are a tool that allows grantees to thoughtfully prepare for the project they are about to undertake
- An adaptive approach addresses the changing needs of a complex situation that doesn’t lend itself to a single, technical answer
- Other mental health initiatives changed course to incorporate lessons learned along the way and some did not show any change in outcomes despite long-term, substantial investments.

RPC Discussion
RPC Members reflected and shared their thoughts on the following key questions:

What information did you hear that changes how you think about funding respite services?
• The Sierra Health Responsive Grants require collaboration. It would be a good model to follow.
• Use an adaptive approach that can grow or contract according to community needs
• The importance of planning, consider building it into the RFP
• Require funded agencies to think about how they will communicate their services and outreach
• What do we fund, how do we structure the funding, locations come to mind: 7th and H street will be a facility with the Effort
• It will be easier when we know which direction the group is going - how many programs funded, what needs will be funded, etc.
• Considerations for law enforcement - not all placement are voluntary (clarification: Respite services funded with Innovation dollars must be voluntary)
• Need to consider respite for those with dual diagnosis - substance abuse and mental health issues
• There needs to be an educational component about what mental health is and how to deal with it.

**What kind of impact do you think this funding could have on the mental health crisis in Sacramento?**
**What outcomes would you like to see?**
• We change the way we respond to crisis and the way people in crisis think about how it can be resolved - in a supportive way rather than automatically calling 9-11 or going to the ED
• Higher self-esteem for consumer to work through their crisis/issue in a more homey or friendly environment and stabilize more quickly
• There is a broad awareness of services; people know they exist
• Address stigma associated with asking for help
• Parents will be better equipped to handle crisis after seeking respite services or will be able to avoid crisis in the future
• Caregivers no longer escalate their kids just so the caregiver can get a break
• Parents/caregivers gain coping skills, therefore kids gain coping skills
• Prevent service disruption for foster youth and families

**Questions**
**Q: How will we figure out what we will fund? A:** Think about what will serve your goals the most and what’s going to create the big impact. We have a worksheet for members to take home and consider different options before the next meeting. At the next meeting we will work through it.
**Q: Is Training and Technical Assistance or policy advocacy an option to fund? A:** No, it was just an example.
**Q: Do you feel that there is anything that we need to do differently so that a year from now we don’t need to pull back and revisit our work? A:** I think the process is the right one. One of the resources we have is an evaluation director so we can reflect that in the RFP too. We also have Susan King, Communications Director, who can help us shape how we communicate the narrative of the RPC.

**RPC and Conflict of Interest**
Myel introduced the Conflict of Interest policy and form. She explained that the policy is in place to ensure that the development of the RFP and the review of proposals are impartial. This policy provides a process that allows RPC members’ agencies to apply for funding. Myel stressed that it is important to disclose any conflict and for members to recuse themselves from the application review if a conflict exists. If a member has a conflict of interest and doesn’t disclose it, their agency, even if awarded, will not receive funds. Please see the Conflict of Interest Policy.

**Q: Will all of the grant proposals come in as one big entry or if we divide them out based on population, could someone with a conflict with one review another? A:** Anyone with any perceived
conflict will be asked to not participate in review. This could mean that several RPC members will not be able to review proposals.

**Dinner and Dialogue: Draft Respite Services RFP**

Myel introduced a draft version of the Request for Proposal, with a reminder that there are still many pieces that need to be developed. Myel asked the RPC to review the draft RFP and to refer to the Respite Funding Parameters handout that summarizes the June 5 meeting Consensus Workshop and Attachment A from the Innovation Plan while reviewing the draft. Myel explained that the draft has been developed based on information from the Innovation plan, RPC consensus workshop (6/5/12) and Sierra Health Foundation’s other grant making efforts such as the Positive Youth Justice Initiative and Responsive Grants Program. She pointed out that the RFP is a skeleton that reflects RPC decision making to date and it will shift as the group continues to make decisions. See the PowerPoint *Draft Respite Services RFP* for items that require review. Myel asked the group to review RFP samples for ideas on how to word some of the criteria such as eligible agencies and maximum grant amounts, target populations, etc.

**Q:** Can you explain under selection criteria: what do you mean “provide evidence-based rationale for program choice?” Perhaps call it evidence-informed or re-word it to be clearer. **A:** An example: Developmentally, if working with children, why you are choosing the model.

**Next Steps: Preparing for Funding Decisions**

**RPC Funding Structure Worksheet**

*Deb Marois, Facilitator, Marois Consulting & Research,* introduced the RPC Funding Structure worksheet. This tool allows members to develop various scenarios for type, number and amount of grants. Members are encouraged to use the worksheet to move their thinking forward and prepare for the next RPC meeting.

**RFP Development Preparation Worksheet**

Myel explained that the worksheet is a tool to encourage thinking about questions and decision points related to RFP development. Myel asked that RPC members review the draft RFP and reflect on the items from the worksheet in preparation for the July 17 meeting and come ready to discuss and make decisions.

**Q:** Is DBHS eligible for a grant? **A:** DBHS won’t be applying for any RPC grants, but can be approached for partnerships.

**Q:** What constitutes a “small, medium or large” agency? **A:** That is up to the RPC to define. Sometimes definitions are based on an organization’s annual budget.

**Meeting Closing**

Myel thanked RPC members for their time and participation.