

Maple Valley community resource coordinator pilot project

Addressing mental health awareness

Engrossed Substitute Senate Bill 5092; Section 1214(52); Chapter 334; Laws of 2021

June 30, 2021

Legislative summary

The Washington State Health Care Authority (HCA) is submitting this report as directed by Engrossed Substitute Senate Bill 5092; Section 1214(52); Chapter 334; Laws of 2021.

“\$60,000 of the general fund—state appropriation for fiscal year 2021 is provided solely for the authority to provide a one-time grant to the city of Maple Valley to support a pilot project for a community resource coordinator position for the city of Maple Valley, Tahoma school district, and the greater Maple Valley area. This amount must be used to develop programs, projects, and training that specifically address mental health awareness and education and facilitate access to school-based and community resources. The grant must require a report be submitted by the city of Maple Valley to the authority and the Maple Valley city council which summarizes the services provided and the perceived value of the community resource coordinator position for the community. The authority must submit the report to the office of financial management and the appropriate committees of the legislature by June 30, 2021.”

Background

The city of Maple Valley and the Tahoma School District have formed a strong community partnership, working together to bring mental health awareness, education, and resources to the students, staff, families, and citizens of Maple Valley.

In July of 2020, the City of Maple Valley filled the role of community resource coordinator as part of goal is to educate the community and provide tools to help address mental health concerns. Since this position started, several new wellness initiatives and programs have been implemented for both the schools and community members of the greater Maple Valley area.

For a more details, please [view Appendix A](#) for the grant status report submitted by the City of Maple Valley.

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Key findings

Key findings in the status report submitted by Maple Valley include:

- How virtual programming was utilized in response to the COVID-19 pandemic.
- An overview of the sustainable programs implemented.
- Maple Valley's future for the ongoing programs implemented during the pilot.
- A summary of the value of the community resource coordinator position

Key recommendations

Funding will continue to be used for training that specifically addresses mental health awareness and education and facilitating access to school-based and community resources, program development, and projects.

Next steps

Future projects:

- Mental Health supports and resources for students over the summer break
- Teen Support Group (Fall/Winter 2021)
- Mental Health First Aid Training & Education (planned for Q4 of 2021)
- Virtual Resource Fair
- Various additional Community Training Events (Suicide Prevention, Social Emotional Learning, Understanding Trauma, etc.)

Contact

If you have further questions about this program, please contact:

Enos Mbajah

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City of Maple Valley

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Appendix A



June 11, 2021

TO: Healthcare Authority (HCA)
acctspay@hca.wa.gov

FM: Julie Hunsaker, HR/Risk Manager and
Stephanie Williams, Community Resource Coordinator
City of Maple Valley
P.O. Box 320
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HCA Grant # K4891

INVOICE STATUS REPORT/DESCRIPTION OF SERVICES

To Whom It May Concern:

Thank you again for the opportunity to utilize the pilot grant monies for the Community Resource Coordinator position. The City and School District have formed a strong community partnership, working together to bring mental health awareness, education, and resources to our students, staff, families, and citizens of Maple Valley.

The City is submitting this invoice request of thirty thousand dollars (\$30,000) to HCA along with a detailed status report below.

As you know, in July of 2020 the City of Maple Valley filled the role of Community Resource Coordinator. The Community Resource Coordinator has experience in the field of mental health, as a Licensed Marriage and Family Therapist Associate, with a background in sales & marketing, and experience working with the senior population. The City of Maple Valley is committed to raising awareness about mental health and removing the stigma associated with it. The goal is to educate our community and provide tools to help address mental health concerns. Since the start of this position several new wellness initiatives and programs have been implemented for both the schools and community members of the greater Maple Valley area.

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Community Partnerships

The partnership between this role and the Tahoma School District is strong. The Community Resource Coordinator meets and collaborates with TSD's Wellness Coordinator on a frequent and consistent basis. We recognize that it is crucial for this role to be engaged in the community by way of relationships with local community service agencies. The Community Resource Coordinator regularly interfaces with local agencies such as the Maple Valley Food Bank, the Greater Maple Valley Community Center, the Tahoma Schools Foundation, Overlake Hospital, and Maple Valley Rotary. It is because of these great partnerships that we are able to collaborate on community outreach initiatives and make sure that our community is aware of the mental health programs being offered. One of those partnerships resulted in a large donation of funds from Rotary to a local community mental health agency, Y Social Impact, for the purpose of offering free mental health and/or substance use services to our community members that may not have otherwise had access.

Virtual Programing

Due to the COVID-19 pandemic we've all had to pivot and adapt. And in keeping with the safety recommendations for our community we've done this by offering our programs virtually. In collaboration with the Tahoma Behavioral Health Collective we've committed to presenting at least one virtual wellness event per quarter. We successfully completed the first quarter event in February 2021 called "Goodbye 2020, Hello 2021: Embracing Our Mental Health". This was moderated by a member of our school board and we had two local mental health clinicians educating our community about mental health as well as a live Q & A session. Our second quarter event took place in May 2021. This event provided access to a screening of the documentary called, "Upstanders" which focuses on finding strategies to overcome cyber-bullying. In addition to those two events, the Community Resource Coordinator has also presented a webinar in partnership with the school district. The virtual presentation was geared toward caregivers and provided helpful tools to support our students through isolation.

Sustainable Programs

Several of the programs implemented are ongoing and can be maintained long term. For example, The City of Maple Valley's website now has a dedicated section for Community Resource information. This offers community members a place to access local resources, Tahoma School District announcements, information on local wellness events, and a monthly blog featuring different mental health topics. This dedicated web presence is updated frequently and easily accessible to our local community members. In 2020 we also launched our 1st annual "Kindness Connects Maple Valley" program. This takes place during the month of November. It is a time dedicated to community engagement, spreading encouraging words, and demonstrating acts of kindness. The City created and delivered "kindness cards" to local participating businesses and organizations. Community members were encouraged to take the cards and pass them on. We also created virtual cards in keeping with safety standards during the pandemic. We are planning to make this a yearly event and add on additional ways to participate as social distancing restrictions are lifted.

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Future Plans

Several of the programs already mentioned are planned to be ongoing. In addition to those our local Rotary club recognizes the importance of addressing youth mental health and has decided to use their auction proceeds to support that cause. With those funds we're planning to train at least two individuals to be able to present Mental Health First Aid training to students, staff, and the general community. This is scheduled for Qtr. 4 of 2021. We are currently in the process of establishing a teen support group. We will most likely utilize one of our local agencies to facilitate this since they already have the framework in place. We are also planning to host a wellness resource fair for the community featuring local organizations and businesses that can provide mental health resources and services. And finally, we'll continue offering additional community awareness events around a variety of mental health topics including suicide prevention, social emotional learning, and trauma informed care.

Perceived Value of Position

This position is a valuable asset for the community of Maple Valley. Mental health impacts many people and does not discriminate based on age, gender, race, ethnicity, or any other identifier. The goals with awareness are to reduce stigma and increase the likelihood of utilization of available services and resources. By providing a better understanding of mental health, people are more likely to be able to identify symptoms, access necessary treatment, and practice coping skills to manage any mental health concerns. When stigma is reduced, there tends to be a feeling of acceptance and respect for people struggling with illness. The more we know about mental health, the better we are at advocating for wellness.

Completed Projects:

- Relationships developed with local organizations and businesses
- Resource Page on the City of Maple Valley website
- Regular and consistent coordination, planning, and meeting with TSD's Wellness Coordinator
- Active participation with local group – Tahoma Behavioral Health Collective
- Participation with local group – Community Service Collective
- Member of TSD Parent Engagement Equity Group
- November – Developed "Kindness Connects Maple Valley" Program (month long community outreach initiative)
- Created Monthly Mental Health and Wellness Blog "Counselor's Corner"
- February – Virtual Wellness Event "Goodbye 2020, Hello 2021: Embracing Our Mental Health"
- February – TSD Wellness Wednesday Webinar "Supporting Your Student Through Isolation"
- May – Virtual Wellness Event "Upstanders" Documentary Viewing w/ panel of local experts
- Helped to coordinate funding for FREE mental health services for local community (partnership w/ Maple Valley Rotary and Y Social Impact)

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In Progress Projects:

- Community Wellness Events (4/year – 2 more planned for 2021)
- City Staff Wellness Program: Self-Care Strategies Monthly Meeting
- Monthly Facebook Posts related to mental health

Future Planned Projects:

- Mental Health supports and resources for students over the summer break
- Teen Support Group (Fall/Winter 2021)
- Mental Health First Aid Training & Education (planned for Q4 of 2021)
- Virtual Resource Fair
- Various additional Community Training Events (Suicide Prevention, Social Emotional Learning, Understanding Trauma, etc.)

If you have any questions, please do not hesitate to contact either of us.

Respectfully,

Julie Hunsaker

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