



HUMAN SERVICES DEPARTMENT
COMMUNITY PARTNERSHIPS DIVISION / Health Care Services Section
115 S Andrews Avenue, Room A300 • Fort Lauderdale, Florida 33301
954-357-5390 • FAX 954-357-5897

BEHAVIORAL HEALTH NETWORK MEETING

Date: July 16th, 2021 at 3 PM – 4:15 PM

Facilitator: Clinical Quality Management Staff

Location: [WebEx Virtual Meeting Platform](#)

quality@brhpc.org

(954) 561-9681 ext. 1250

AGENDA

- I. **Call to Order**
- II. **Welcome/Introductions**
- III. **Self-Care and Work/Life Balance Training**
Sonya O. Brown-Boyne, LMHC
Trinity International University
SE AETC Program
[Registration Link](#)
- IV. **Case Study Presentation**
- V. **Announcements**
- VI. **Adjournment**

Next Meeting Date: October 15th, 2021

Broward County Board of County Commissioners
Mark D. Bogen • Lamar P. Fisher • Beam Furr • Steve Geller • Dale V.C. Holness • Nan H. Rich • Tim Ryan • Barbara Sharief • Michael Udine
Broward.org





HUMAN SERVICES DEPARTMENT
COMMUNITY PARTNERSHIPS DIVISION
115 S Andrews Avenue, Room A360 • Fort Lauderdale, Florida 33301 954-
357-8647 • FAX 954-357-8204

BEHAVIORAL HEALTH NETWORK MEETING

Date: July 16th, 2021, at 3:02 PM – 4:04 PM

Facilitator: Clinical Quality Management Staff

Location: WebEx Virtual Meeting Platform

quality@brhpc.org
(954) 561-9681 ext. 1343

MINUTES

PROVIDERS PRESENT

AHF: Joel Montgomery, C. David Shelton
BCOM: No representative present
Broward House: John Baumgartner
Broward Health: Doris Kitchen
Care Resource: Hugo Rocchia
Memorial Health: Elizabeth Johnson, Dilette Alphonse

CQM & PCS SUPPORT STAFF: Vanessa Oratien, Whitney Saint-Fleur, Jaclyn Ramos, Dr. Gritell Berkeley-Martinez

PART A RECIPIENT STAFF: Timothy Thompson

I. Call to Order

The meeting was called to order at 3:02 pm.

II. Welcome/Introductions

CQM Support Staff welcomed all attendees, made a statement of the meeting's goal, and made individual introductions.

III. Self-care and Work/Life Balance Training

Sonya O. Brown-Boyne, LMHC discussed the concepts of self-care and work-life balance and what it takes to practice them. Ms. Brown-Boyne provided strategies for maintaining work-life-play balance, prioritizing rest, prioritizing satisfaction, and

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utilizing support. Following the presentation, two Behavioral Health Network members shared their strategies for maintaining work-life balance and avoiding burnout.

IV. Case Study Presentations

The Network member representing Broward House discussed the case of a client who was admitted from the hospital having been underweight, with HIV & HCV, and having a history of substance use and mental illness. Through wraparound services, Broward House was able to accept the client through its Assisted Living Facility. Since coming into care at Broward House, the client has displayed encouraging results including weight gain, increased T-cell count, decreased viral load, and overall engagement in behavioral health. This client's case is a strong example of systematic, trauma-informed approach to care utilized by this agency.

The Care Resource representative was unable to provide a presentation at this meeting. This presentation will be shared at the next Behavioral Health Network meeting.

An AHF representative volunteered to share a case study at the next meeting.

V. Announcements

- Agencies
 - This is Elizabeth Johnson's last day with the Ryan White Part A Program. Dilette Alphonse will now serve as the representative for Memorial Healthcare System.
- Recipient Staff
 - There were no announcements from Recipient Staff.
- CQM & PCS Support Staff
 - The Evaluation Survey was shared with the Behavioral Health Network. The survey is provided to Network members twice a year. It gives members the opportunity to provide generative feedback and suggest training topics. Members were encouraged to submit their responses to the brief survey [linked here](#).

VI. Adjournment

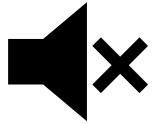
The meeting was adjourned at 4:04 pm.

Next Meeting Date: October 15th, 2021

Behavioral Health Network Meeting

July 16th, 2021 | 3:00 PM

Housekeeping Rules



Mute Microphone

Participants will be automatically muted to limit background noise



Identify Yourself

State your name and agency when speaking



Use the Chat Box

Type in the chat box to identify yourself and agency, ask questions, and request additional clarification



Raise Your Hand

The “raise hand” option will notify the presenter of any questions that may arise



Ask Questions

Please save questions until the end of each slide

Welcome & Introductions

Self-Care: Work-Life Balance

Sonya O. Brown-Boyne, LMHC
South Florida AETC Faculty


Disclosures

- The speaker does not have any financial relationships with commercial entities to disclose.
- The speaker will not discuss any off-label use or investigational product during the module.

Objectives

By the end of the workshop, learners will be able to:

1. explain the concepts of self care and work-life balance
2. explain the importance of work-life balance for MCM staff and other care providers
3. identify practices for increasing self-care through work-life balance among MCM staff and care providers



**There is no health
without mental health...**

(Department of Health, 2011)

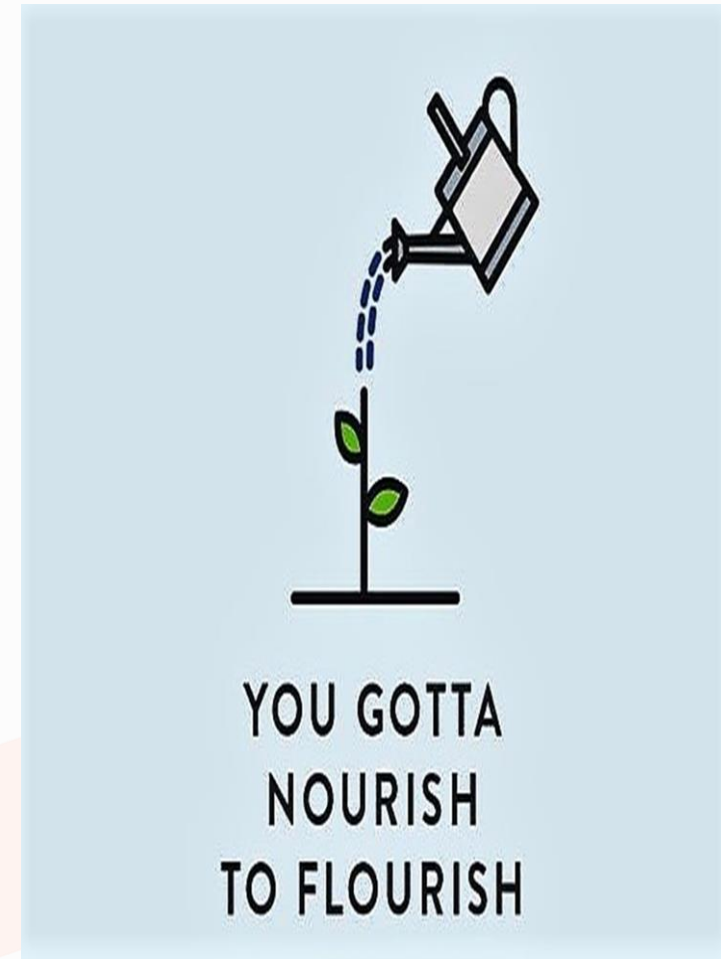
Objective 1:

- explain the concepts of self care and work-life balance

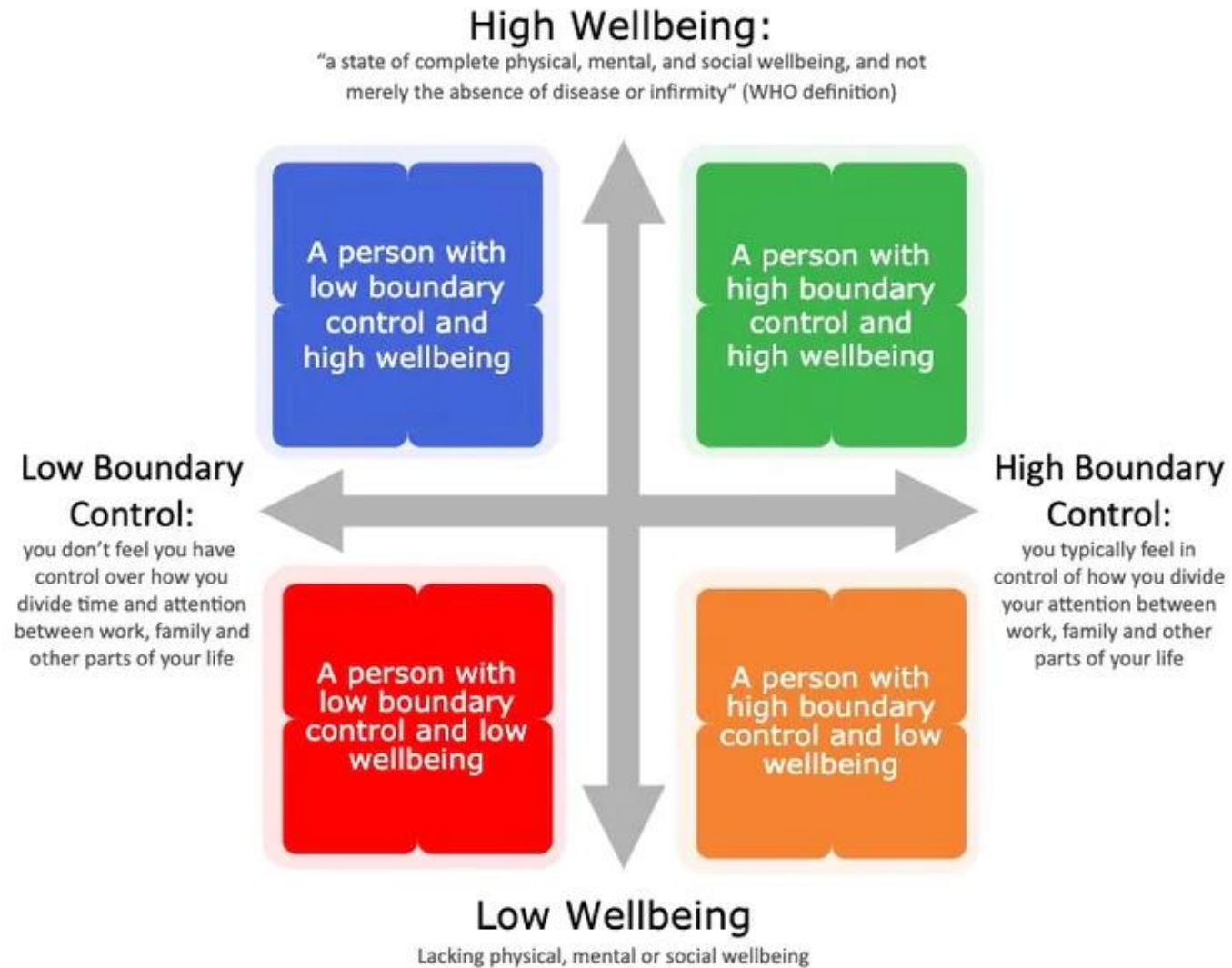
What Is Self-Care?

“Self-care is being willing and committed to rejuvenate your soul and find your center—the place of unshakable peace and stability where you can weather the storms of life.”

—Unity Spiritual Tools



The Work-Life Balance Equilibrium



Anna L Cox & Dave Cook

Objective 2:

- Explain the importance of work-life balance for MCM staff and other care providers

What happens without self-care?

- Burnout
- Fatigue
- Poor health
- Lost time



Objective 3:

- Identify practices for increasing self-care through work-life balance among MCM staff and care providers

TO DOs:

Balance

- ✓ Maintaining an appropriate workload
- ✓ Creating diversity of expressive, recreational, and spiritual activities
- ✓ Developing the ability to both savor and serve
- ✓ Setting a high priority on self-care
- ✓ Attending to your inner balance

Rest

- ✓ Getting enough rest and retreat time
- ✓ Planning ahead for times of renewal
- ✓ Allowing for goof-off time
- ✓ Getting adequate physical exercise
- ✓ Being kind and compassionate toward yourself

Satisfaction

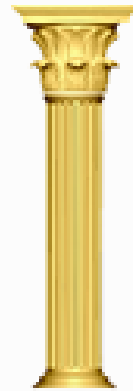
- ✓ Approaching people you help with an attitude of curiosity—savoring and being nourished by their essential qualities; feeling gratitude
- ✓ Finding novelty in daily routine and resting in the ease of familiar skillfulness
- ✓ Staying in touch with your vision for service

Support

- ✓ Using personal support
- ✓ Knowing, accepting, and accommodating for your limitations
- ✓ Accessing continuing education that is inspiring, informative, and stimulating

Pillars of Self Care:

#1: Define self-care!



To Do: Create an illustration of self-care that you can use to remind you of its components and importance.

Pillars of Self Care

#2: Write a values statement!



To do: Create a value statement that includes wellness and Self-Care that will guide your behaviors.

Pillars of Self Care

#3: Have a plan!



To do:

Draft a plan to implement your value statement into your daily life . . .

Remember your S.M.A.R.T. goal format 😊

Pillars of Self Care

#4: Recognize Impairment and Focus on Prevention!



To do: Identify your signs and symptoms of burning out.

Pillars of Self Care

#5: Have accountability!



To do: Identify two to three people who will lovingly hold you accountable to sticking to your plan.

Resources

AIDS Care: Psychological and Socio-medical Aspects of AIDS/HIV Vol 26 Issue 12, 1555-1561
<https://doi.org/10.1080/09540121.2014.936813>

Andriote, J. M. HIV Mental Health Treatment Issues: HIV and Anxiety. American Psychiatric Association Office of HIV Psychiatry www.psychiatry.org

Aranda-Naranjo, B. Quality of Life in the HIV-Positive Patient: Implications and Consequences. Journal of the Association of Nurses in AIDS Care , Volume 15 , Issue 5 , 20S - 27S

Depression. Primary Care of Veterans with HIV. Neurology, Psychiatry, and Pain retrieved from <https://www.hiv.va.gov/provider/manual-primary-care/depression.asp> on June 3, 2018

Durvasula, R., & Miller, T. R. (2014). Substance Abuse Treatment in Persons with HIV/AIDS: Challenges in Managing Triple Diagnosis. *Behavioral Medicine (Washington, D.C.)*, 40(2), 43–52.
<http://doi.org/10.1080/08964289.2013.866540>

HIV and Mental Health, December 6, 2017, <https://aidsinfo.nih.gov/understanding-hiv-aids/fact-sheets/27/92/hiv-and-mental-health>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3360831/>

Miami-Dade County Office of Management and Budget Grants Coordination / Ryan White Program Section I, Pages 61-62

Case Study: Care Resource

Case Study: Broward House

Case Study Assignment

- Each agency is required to present a case study
- Two volunteers are needed for the next network meeting



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Case Study

Viral Load:	
History of Viral Load	
Mode of Transportation:	
Housing Status:	
Insurance Status:	
Length of Time in Care:	
Other Medical Conditions:	
Support System (Family, Friends, etc.):	
Other Barriers to Care:	

Client History:

Client Issues:



Announcements

Next Meeting Date:

October 15th, 2021