



BEHAVIORAL HEALTH SERVICES CHILDREN, YOUTH AND FAMILIES

CYF System Updates

San Diego Youth Services – Our Safe Place

Behavioral Health Advisory Board

March 7, 2019





PRESENTATION FOCUS

- **Brief overview of the CYF System of Care**
- **System Updates – Directors Report**
- **Our Safe Place**



MENTAL HEALTH

- Prevention and Early Intervention
- Outpatient Treatment
- School Based Treatment – SchoolLink
- Short Term Residential Treatment Programs (STRTP)
- Crisis Stabilization
- Inpatient Care

Examples of Specialized Programing

- TBS
- BridgeWays
- KidStart



SUBSTANCE USE DISORDER TREATMENT

- Prevention (outside of CYF)
- Teen Recovery Centers
- Teen Group Homes
- Perinatal Outpatient
- Perinatal Residential
- Dependency Drug Court
- CalWORKS



NAMI – FAMILY YOUTH LIAISON

3 Cloud Based Applications (January 2019)

- Organized Support Companion in an Emergency Situation –OscER
- OscER Jr.
- Accessing and Leveraging Families Rights to Education - AlfrEDU

MAY IS MENTAL HEALTH MONTH CELEBRATION

- 5th Annual Children's Mental Health Well-Being Celebration
- Friday May 3rd 2019
- A Reason To Survive (ARTS) Center – National City



PROCUREMENTS

- Wraparound
- Incredible Families
- Counseling Cove – with new Shelter Beds
- Southeast Youth Family Support Services
- Perinatal Residential
- Teen Group Home



INNOVATION

- Behavioral Health Connect (Inn 19)
- Accessible Depression and Anxiety Peripartum Treatment (ADAPT) (Inn 18)



PATHWAYS TO WELL BEING CONTINUUM OF CARE REFORM

- Updated Classroom Trainings
- Revised e-learning
- Focus Groups
- Child and Family Team Facilitation Contract – 9/2018
- 5 Group Homes Accredited as STRTP's
- Mental Health Program Approval - DHCS Visits



HOUSING

- AMCAL – Permanent Supported Housing Family Units
- San Diego Housing Commission
- Shelter Beds Procurement – 2 Regions
- Crisis Residential through STRTP



TRAININGS

- SDSU – Responsive Integrated Health Solutions (RIHS)
- CYS System of Care Training Academy
 - School Safety: Envisioning Safer Schools 5-30-19
 - Educating Students Experiencing Homelessness
 - Family Compassion and the LGBTQIA Community
 - Sexual Health Conversations with Youth and Families
 - Intersectionality of Identities
 - Working with Justice Involved Families
- 4th Annual Critical Issues in Child and Adolescent Mental Health Conference
- We Can't Wait



OUR SAFE PLACE

*LGBTQ Behavioral Health Services Program
Began September 2017*





LGBTQ SERVICES TIMELINE

- In 2016 BHS Community Forums identified a need for LGBTQ services for youth as one of San Diego's most vulnerable populations.
- BHAB consistently echoed the need for LGBTQ services
- LGBTQ youth who do not have access to LGBTQ-affirming community environments are at higher risk for negative outcomes.
- Addressing LGBTQ-related stigma, discrimination, and violence; building on the strengths of LGBTQ youth; and fostering supports such as family acceptance and safe, affirming environments will help improve outcomes for LGBTQ young people.
- Federal and local policies and practices increasingly acknowledge and focus on the experiences and needs of LGBTQ youth.
- BHS identified Mental Health Services Act funding for Our Safe Place.



TIMELINE CONTINUED

- San Diego Youth Services(SDYS) was awarded the contract for Our Safe Place – an outpatient clinic and 4 drop-in centers.





PROGRAM DESIGN

- Outpatient Clinic: Services delivered at clinic or in the community countywide
- Drop-in centers: Open 7 days a week, supportive services/ resources, be a safe welcoming environment.
- Qualified Staff: Experience as a recipient of LGBTQ services, an active member of the LGBTQ community, or experienced and trained in the sensitivities of providing LGBTQ services.
- Community Outreach/Training: Increase knowledge and acceptance and reduce stigma and discrimination associated with mental health issues as well as stigma and discrimination against minority/LGBTQ youth



PROVIDING SUPPORT FOR:

- Depression, Anxiety & Trauma
- Coming Out
- Gender Identity
- Individualized Support
- Safe Dating
- Building Community & Support Network
- Alcohol & Drug Abuse
- Family Relationships
- Transitioning
- Sexual Health
- Advocacy Services
- School & Work Support



OUTPATIENT SERVICES:

- **Mental Health:** Individual, group and family therapy utilizing evidenced-based modalities.
- **Psychiatry:** Medication evaluation, treatment and management.
- **Community-based Outreach and Support:**
Community-based services for youth and their families.
- **24-hour Support:** After-hours phone to respond to urgent matters during non-business hours.



DROP IN CENTERS PROVIDE:

- **Screening:** Youth receiving services screened with Columbia Suicide Severity Rating Scale and assessed for other safety concerns or needs.
- **Psychoeducational & Recreational Groups:** Yoga and mindfulness meditation, health and wellness, skill building, expressive arts, social events, educational and vocational support
- **Weekly Peer Support groups:** Topics include identity exploration, safe sex practices, consent, bullying, intimate partner violence, suicide prevention and safety planning. Peer led with topics on:
- **Vocational/educational:** Assistance with college applications, employment applications and resume development

OUR SAFE PLACE



Our Safe Place— Escondido

February 2019

Palomar TAY — 1050 N. Broadway Escondido, CA 92026 (760) 271-4855



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Family Chat 5-6pm 	2 Body Affirmative Yoga + Meditation 3-4pm
3 Binge Watch: Queer Eye 2:30-7:30pm 	4 Tea Time 5-8pm 	5 Life DIY 3:30pm Reel Queer 5-8pm	6 Gender Queeries 6-7:30pm 	7 Round Table 3:30pm Rainbow Talk 5-8pm 	8 Family Chat 5-6pm 	9 Body Affirmative Yoga + Meditation 3-4pm
10 QTPOC Group 2:30-4pm 	11 YAC 3pm Tea Time 5-8pm	12 Reel Queer 5-8pm 	13 Vegan Cooking w/ Joey 3:30pm 	14 Round Table 3:30pm Rainbow Talk 5-8pm 	15 Family Chat 5-6pm 	16 Body Affirmative Yoga + Meditation 3-4pm
17 DIY Crafts 2-7:30pm 	18 Tea Time 5-8pm 	19 Life DIY 3:30pm Reel Queer 5-8pm	20 Gender Queeries 6-7:30pm 	21 Round Table 3:30pm Rainbow Talk 5-8pm 	22 Family Chat 5-6pm 	23 Body Affirmative Yoga + Meditation 3-4pm
24 Baking 2-7:30pm 	25 YAC 3pm Tea Time 5-8pm	26 Pathfinder w/ Bek: The Adventure Begins! 2-5:30pm 	27 Vegan Cooking w/ Joey 3:30pm 	28 Round Table 3:30pm Rainbow Talk 5-8pm 		

Monday—Friday 2pm-8pm
Saturday & Sunday 2pm-8pm



OUR SAFE PLACE



Our Safe Place Group Index

Our Safe Place is a drop-in center for youth up to the age of 21

Palomar TAY Academy | 1050 N. Broadway Escondido, CA 92025 | (760) 271-4855

Round Table/ Tea Time	Body Affirmative Yoga	Gender Queeries	Rainbow Talk	Family Chat	Vegan Cooking w/Joey	Y.A.C. (Youth Advisory Committee)
Events where youth get together to learn and discuss topics that impact our lives on the daily.	Everybody is a yoga body! Come join us for some yoga that celebrates the skin you're in!	A safe space for folks who are exploring their gender to receive support and connect with similar identifying people.	A safe place for LGBTQIA+ identifying youth to gain support and to connect with others.	A safe place for family members of LGBTQIA+ identifying individuals to gain support and connect with others.	Where youth learn how to make some of their favorite dishes, vegan. Come cook and eat some tasty food with Joey!	If you want to contribute to the culture of TAY come to our YAC meeting where you can give input on the types of events, workshops, and socials that happen within the center.
Baking	Reel Queer	Binge Watch:	Life DIY	Pathfinder w/ Bek:	QTPOC Group	DIY Crafts
Where youth can learn to bake a variety of dishes anywhere from sweet to savory!	Come watch films that feature the LGBTQIA+ community, from characters to historic events and culture.	Everyone loves a good binge-watch worthy show. Come watch television series that feature the LGBTQIA+ community, from characters to historic events and culture.	Being an adult is difficult. Come learn some tips and tricks on how to make adulthood a little easier with Dice!	Pathfinder is a tabletop role-playing game that is a variant of Dungeons and Dragons. Come explore a rich universe filled with diverse characters and fantastic creatures for epic adventures with Bek.	A support group led by Angelle Malaika Maua that supports People of Color in the LGBTQIA+ community with a focus on transgender, gender nonconforming, and nonbinary folks.	Arts and crafts can be not only fun and a great way to express your creativity, but it can also be therapeutic! So come join us and bring that cool, new Pinterest idea to life!

OUR SAFE PLACE



WATCHU KNOW ABOUT LOVE?

Our Safe Place

We are partnering with Vista Community Clinic to bring you two special events!

WEDNESDAY, FEBRUARY 27

12:00 p.m. – 2:00 p.m.

Join us for pizza, games, arts and crafts, and a talk with Vista Community Clinic on healthy relationships! Enter for a chance to win a Bluetooth speaker!

HIV testing will also be available by Vista Community Clinic. Each participant will receive a gift card.

LOCATION

YMCA YOUTH & FAMILY SERVICES – TAY OCEANSIDE

215 Barnes St., Oceanside, CA 92057



Our Safe Place

RATED PG

This is a safe place for parents and caregivers of LGBTQ+ youth to hold conversations about how to support their children

1ST AND 3RD THURSDAYS

6:30PM - 7:30PM

2220 BROADWAY

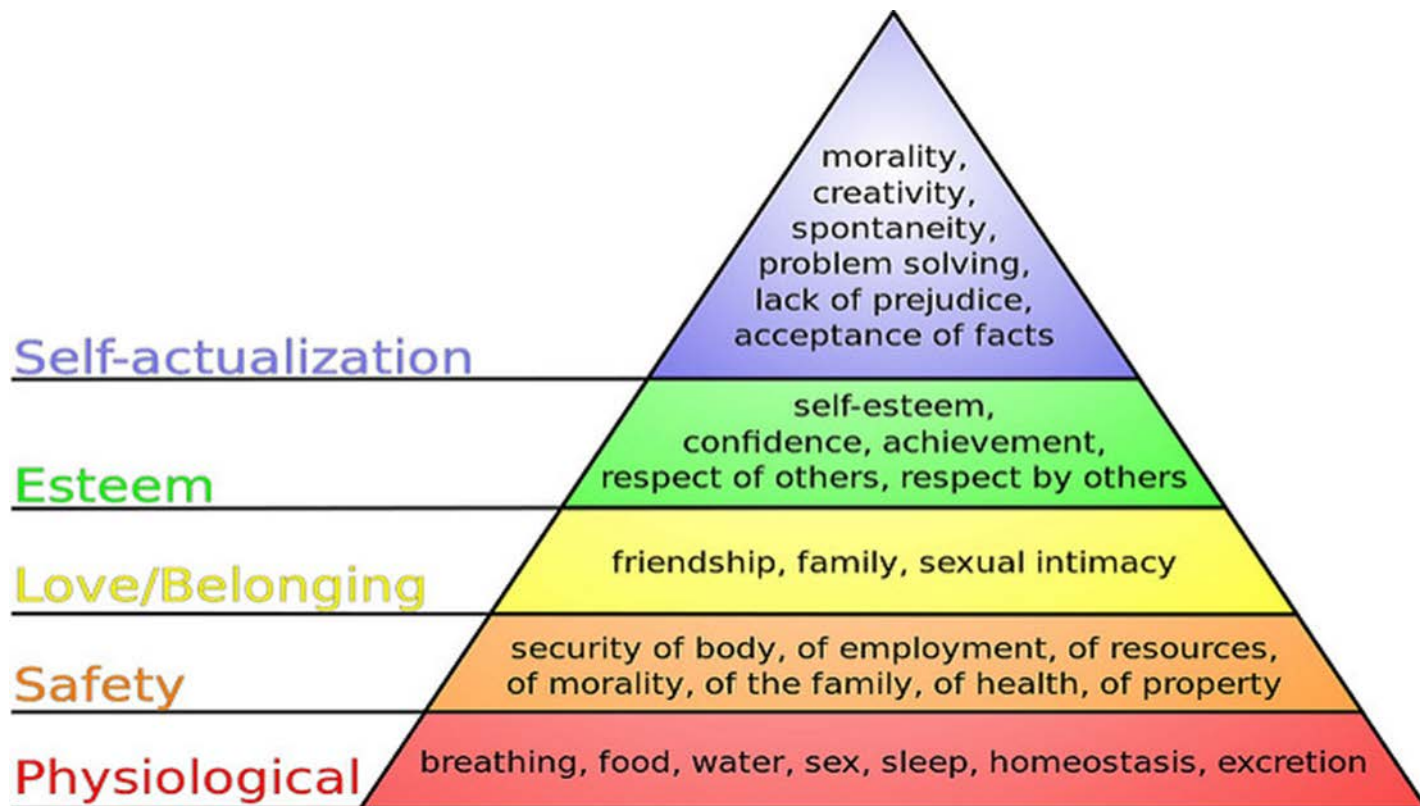
SAN DIEGO, CA 92102

For questions, contact Alicia Montellanos
amontellanos@sdyouthservices.org
(619) 507-0736





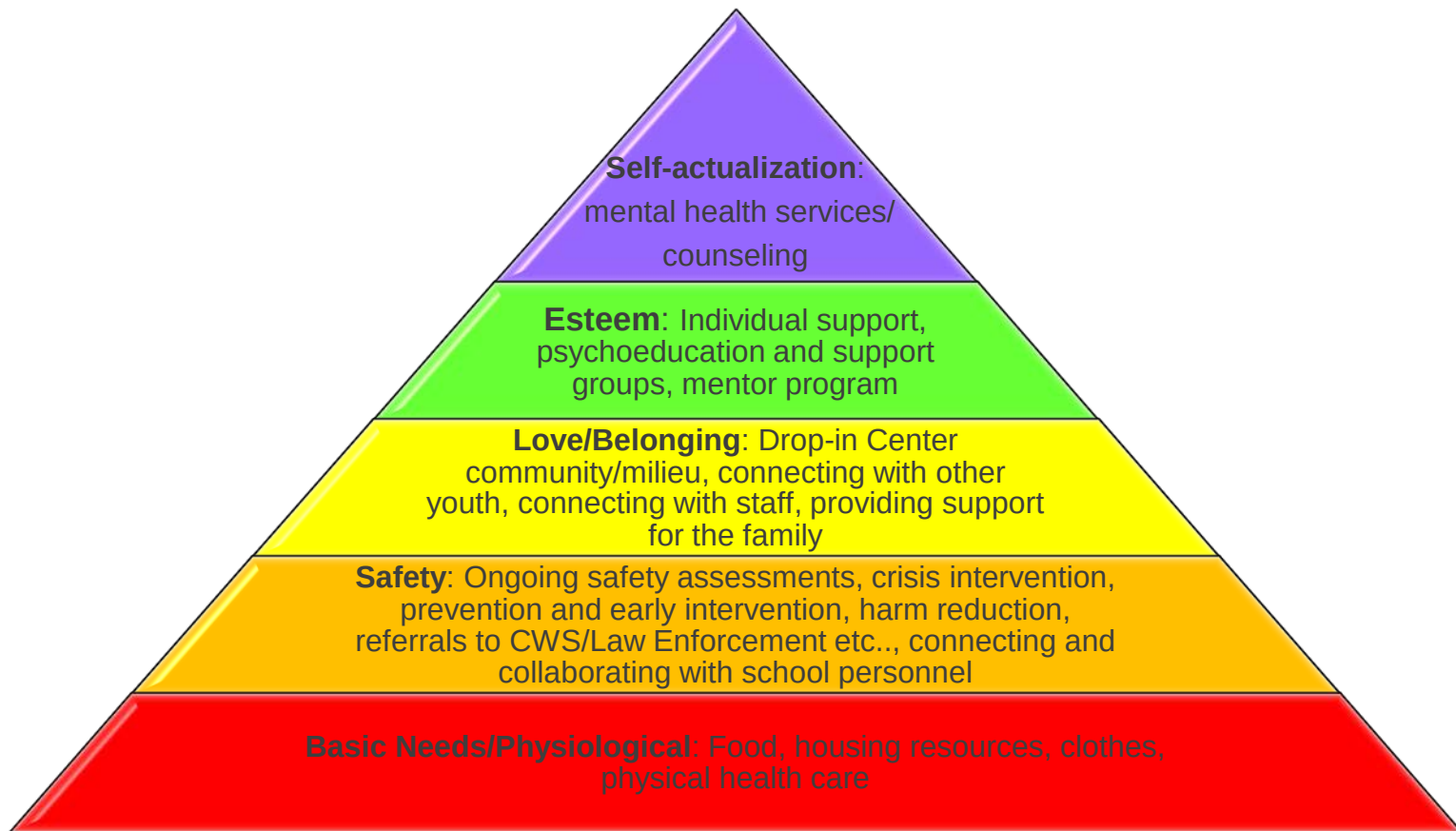
ADDRESSING DIFFERENT NEEDS- MASLOW'S HIERARCHY OF NEEDS AND THE LGBTQ COMMUNITY





LGBTQ NEEDS AND MASLOW'S HIERARCHY

Resources and support are provided based on each youth's presenting needs:



OUR SAFE PLACE – NORTH INLAND



OUR SAFE PLACE – NORTH INLAND



OUR SAFE PLACE – CENTRAL



OUR SAFE PLACE – CENTRAL



OUR SAFE PLACE - SOUTH





PARTNERSHIPS

- All 3 of the Providers have extensive partnerships & collaboration within the community's the drop-in centers are located. As well as being co-located with the TAY Academy's.
- School partnerships are essential and Our Safe Place has provided training and groups at all grade levels – elementary, middle and high school.
- Trained school staff and administrators on what it means to be transgender and assists administrators in creating culture of safety and acceptance
- Partnered with El Cajon library to run weekly group for youth
- Collaboration with The Center and North County LGBTQ Center



EL CAJON LIBRARY
in Partnership with

SAN DIEGO YOUTH SERVICES

OUR SAFE PLACE

WEDNESDAYS, 3:30 - 5:30 PM

STARTING FEBRUARY 21, 2018

El Cajon Library • 201 E Douglas Ave, El Cajon, CA 92020 • (619) 588-3718

EL CAJON LIBRARY GROUP

- Began in February of 2018
- Collaboration with the Library
- Peer lead group is now on Thursdays





CAMP TRAILBLAZERS

- August of 2018 first annual LGBTQ youth leadership camp at the YMCA Camp Marston and Raintree Ranch.
- Camp was the first of its kind to be held in San Diego County for LGBTQ youth and the only camp to be offered free of charge.
- Workshops: Outdoor Mindfulness, Know your Queerstory: an LGBTQ history timeline activity, and Owning our Power; coupled with standard camp activities like Archery, Rock Climbing, Gaga Ball (w/ Lady Gaga), Swimming, and T-shirt Tie Dyeing.
- Campers officially named the camp at the end of the weekend - Camp Trailblazers.
- Our Safe Place awarded \$10,000 dollars from the Brian A McCarthy Foundation for Camp Trailblazers Summer 2019.

SUMMER CAMP

CAMP TRAILBLAZERS

OUR SAFE PLACE

2nd Annual LGBTQ + Youth Leadership Camp

Ages 16-21

3 DAY CAMP
EXPERIENCE
dedicated to
LGBTQ+ young
adults.



AUGUST 23-25
2019

YMCA Camp Marston
& Raintree Ranch

"The most impactful thing was the strong friendship I gained from this camp. As well as how empowered I felt after camp. Best camp ever!"

CAMP ACTIVITIES INCLUDE:

- Workshops
- Skill Building
- Arts & Crafts
- Bonfires
- Archery
- Gaga
- Rock Climbing
- And More!

FOR MORE INFORMATION: NAOMI SUSKIND | NSUSKIND@YMCA.ORG



LIVE WELL
SAN DIEGO



CAMP TRAILBLAZERS

Camp OSP: Experience and Pre/Post Self-Assessment



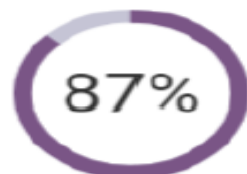
Pre vs Post Self-Assessment Results



9 out of 10 Self-Assessment
Items Increased Post Camp
OSP



Made
LGBTQ
Friends At
Camp OSP



Campers
Expressed
Feeling
Empowered
After
Attending
Camp OSP



Know De-
Stressing
Techniques
& Confidence
in
Self Increased
Over 20%

Pre and Post Averages	Pre Score	Post Score	Difference
Know De-stressing Techniques	3.10	4.38	1.28
Confidence in Self	2.40	3.50	1.10
Engage with Community	3.30	4.00	0.70
Possess Leadership Qualities	3.70	4.38	0.68
Know What Resources Exist	3.50	4.13	0.63
Vision of Future	3.50	3.88	0.38
Know What Leadership Is	4.20	4.50	0.30
Deep Understanding of Self	3.60	3.75	0.15
Have LGBTQ Friends	4.80	4.88	0.08
Strong Relationship Skills	3.40	3.25	-0.15
I Feel Empowered	n/a	4.13	n/a



CAMP TRAILBLAZERS

Stand Out Quotes and Narratives

"The most impactful thing was the strong friendship I gained from this camp. As well as how empowered I felt after camp. Best camp ever!"

"I had a great time! Can't wait for next year"

"[YMCA staff, instructors, and counselors] all were AMAZING"

"Both Saturday and Friday night, almost all of my fellow campers hung out in my room and included me in conversations. I often don't feel like people actually want to hang out with me, but these people did. That was pretty cool."





CAMP TRAILBLAZERS WORD CLOUD



OUR SAFE PLACE



LIVE WELL
SAN DIEGO

YOUTH VOICE



OUR SAFE PLACE



PRIDE 2018

#ExistwithPride2018

OUR SAFE PLACE



OUR SAFE PLACE





THE DIFFERENCE AS OF DECEMBER 2018

- **473 youth** have accessed services a total of **2,433** times since the program opened in September of 2017
- **96** trainings have been conducted for over **1,500** people
- **34** community outreach events have occurred connecting with over **3, 500** people
- The following quotes have been made about the program and services:

“The most impactful part were updates about the laws and education codes. I will use this knowledge to help create a safer environment for all students.”

“The program that did this camp is called Our Safe Place, and it really felt like that the whole time.”

“Thank you all for being here and doing this. You are saving lives.”



BHS CONTACTS

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OUR SAFE PLACE CONTACTS

Jacqueline Fajardo, LCSW

Our Safe Place Program Manager
Preferred pronouns: She/Her/Hers
San Diego Youth Services
Office Phone: 619-525-9903
jfajardo@sdyouthservices.org



DROP IN CENTERS

CLINICAL SITE	DROP-IN CENTER SITES
Our Safe Place Clinic 3427 4th Avenue, 2 nd Floor San Diego, CA 92103 P: (619) 525-9903 F: (619) 525-9908	SDYS – Central 2220 Broadway San Diego, CA 92102
	YMCA – North Inland 1050 N. Broadway Escondido, CA 92025
	YMCA – North Coastal 215 Barnes St. Oceanside, CA 92054
	SBCS - South 746 Ada Street Chula Vista, CA 91911

QUESTIONS?

