

# **Youth Optimal Care Pathway Discussion with NAMI San Diego**

**Virtual Input Session for Families & Caregivers - Zoom**  
**Wednesday, August 13th, 2025**

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County of San Diego, Behavioral Health Services – Communication & Engagement Unit



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**nami**

National Alliance on Mental Illness

San Diego &  
Imperial Counties

# Today's Agenda

- Welcome & Introductions
- Recording
- Purpose of Today's Session
- Overview of Youth Optimal Care Pathways (Youth OCP)
- Input Session
- Next Steps/How to Remain Connected?



# Let's Connect

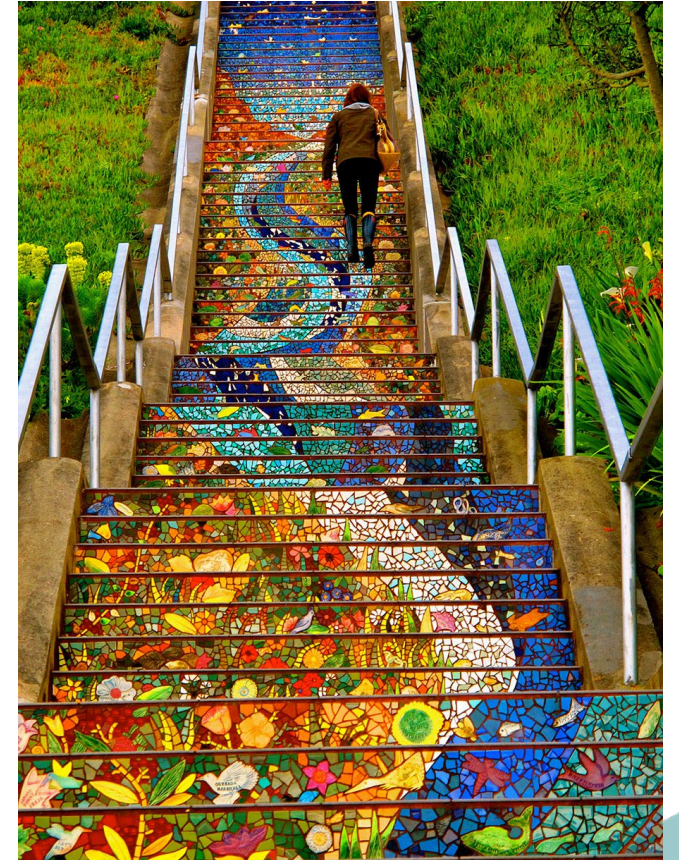


- Icebreaker to meet the audience
- Please share...
  - Your Name
  - Youth connection (family member, caregiver, advocate, staff, etc.)
  - What is the most noteworthy food(s) you ate this summer?



# Purpose of Today's Session

- Why We're Here
- Honoring Your Perspective & Lived Experience
- Framing Our Approach
- How Your Feedback Will be Shared

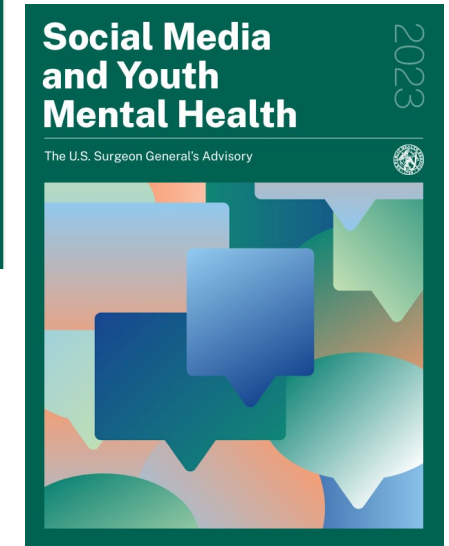
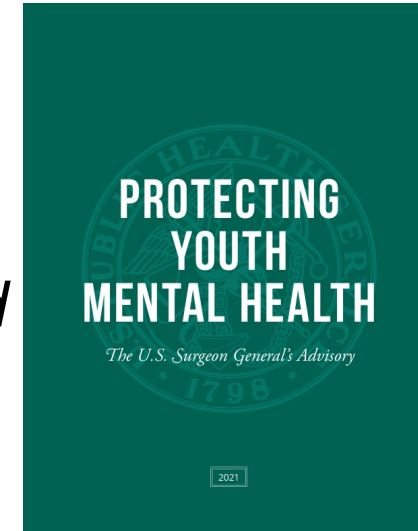




# The State of Youth Behavioral Health



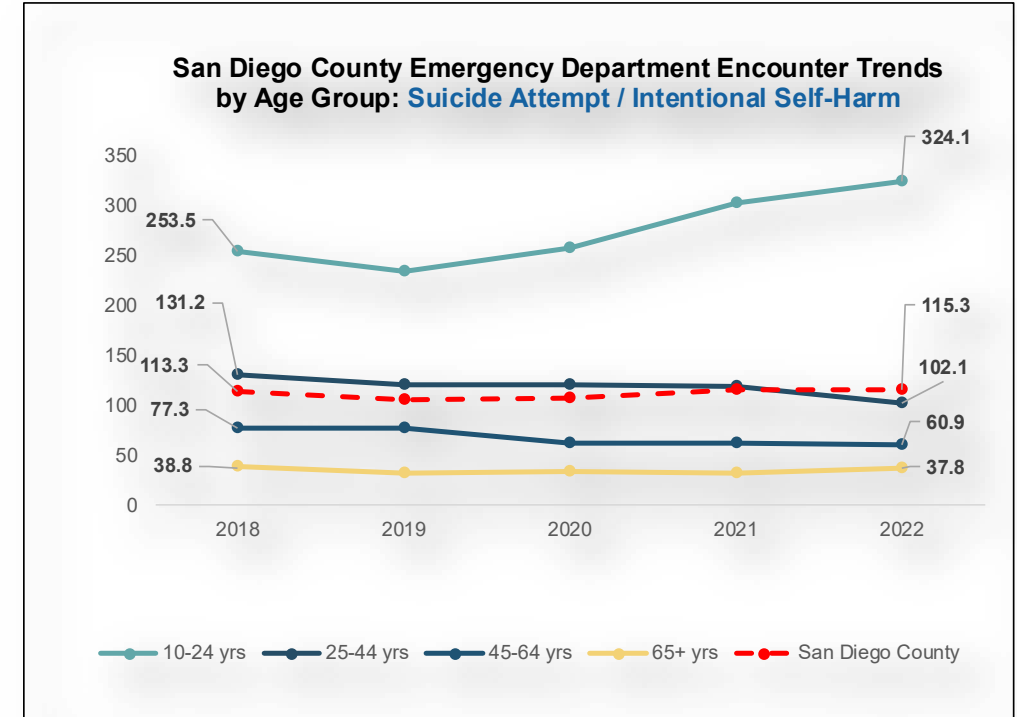
- Decline in youth mental health highlighted in U.S. Surgeon General's Advisory, *Protecting Youth Mental Health*
- Influence of social media has played a significant role, leading to second advisory, *Social Media and Youth Mental Health*
  - U.S. teens spend an average of 4.8 hours per day on social media
  - Teens who report spending the most time on social media are more likely to rate their overall mental health as "poor" or "very poor"



# The State of Youth Behavioral Health



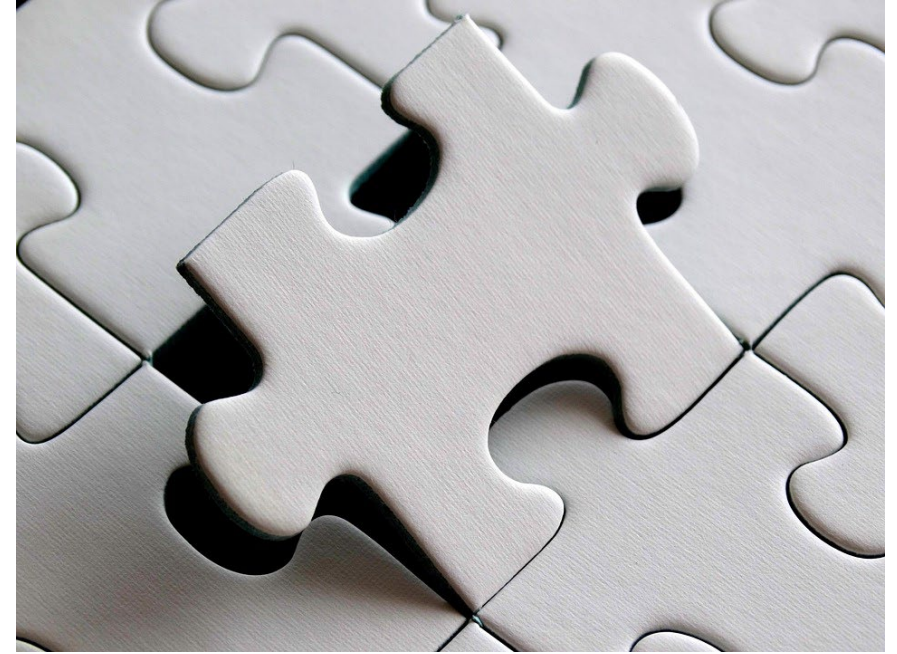
- Locally, we also see youth experiencing mental health challenges
  - 19% increase in emergency department visits for suicidal ideation from 2018-2022
  - 28% increase in suicide attempts/intentional self-harm from 2018-2022
- In 2023, 3 in 10 teens in San Diego County reported needing help for an emotional and/or mental health condition, yet a quarter did not receive counseling within the previous year



# County of San Diego Board Memo



- Access and Capacity Challenges: Systemic barriers, workforce shortages, and limited infrastructure have created unequal access to behavioral health services, leading to delays and unmet needs in underserved communities.
- The Optimal Care Pathways (OCP) Model will quantify service gaps and optimize care delivery.
- Emphasis on early intervention, prevention, and culturally responsive services.



# What is the "OCP" Model?



- The Optimal Care Pathways (OCP) model guides investments in behavioral health services
- Quantifies optimal service utilization across the continuum of care
- Prioritizes clinically appropriate, community-based care in the least restrictive setting
- Utilizes research, best practices





# Why We Need to Hear From You?



- **Goal**: Support individuals who may be experiencing mental health & substance use challenges get the help people need, when they need it, with the best possible outcome
  - Make sure services and resources are designed to have the greatest impact
  - Improve youth access to care
- **Your lived experience and perspective matter** as you care and/or support the youth (0 to 25) who could benefit from this framework; please be vocal and share what matters most
- **There are no perfect answers**

# Discussion

- Instructions:
  - UCSD will provide facilitation
  - Members of the audience can also participate with the use of Mentimeter
  - Prioritizing family member and caregiver voices
- Keep in Mind:
  - Ask that you do not cast judgment and to listen intently to what is being shared
  - *If questions/discussions are triggering in any way, please take care of your needs, then please rejoin us if possible (988—Access and Crisis Line — 1-888-724-7240)*



UC San Diego



# **Welcome University of California, San Diego & Facilitation Team**

Session Facilitated By:  
Krystal Lira, PhD  
University of California, San Diego

With Support From:  
Paige Milewski  
University of California, San Diego



**UC San Diego**

# Questions



1. Part I- What **trusted spaces** in your community do youth turn to when they're struggling or seeking out more information on mental health/substance use?
2. Part 2-What do you believe are the **most effective ways** of reaching youth when speaking about mental health/substance use?
3. In your opinion, what do you see as the **greatest concerns** for youth related to mental health and substance use today?
4. What might prevent youth experiencing mental health and/or substance use challenges from getting the help they need in your community?
5. Can any of you think of a time when you/someone you know received what you felt was high-quality care from a doctor, clinician, therapist, or medical provider?
6. Do you recall a time when you or someone you know needed care and didn't get it, or the experience wasn't so great?
7. How do you think your support circle, including friends, family, schools, and adult advocates, can better support youth experiencing mental health and/or substance use challenges?
8. If you had the chance to improve mental health and substance use services for youth, what would you change?



# Wrap Up

- Thank you all for the generosity of your time and candid responses
- Pulling of key themes and recommendations from all sessions to better inform the Youth OCP Framework
- We invite you to remain attuned to this process with future announcements from BHS (next slide)



# Next Steps



## Behavioral Health Services (BHS) Housing Council Input Session

This virtual input session will take place at the BHS Housing Council on Thursday, August 7 from 11:30 am - 1:00 pm. If you're interested in being invited to share your thoughts, please email [Engage.BHS@sdcounty.ca.gov](mailto:Engage.BHS@sdcounty.ca.gov).



## Youth Optimal Care Pathways Discussion with American Academy of Pediatrics, California Chapter 3 (AAP-CA3)

On Tuesday, August 12 from 12:00 pm - 1:30 pm, BHS will host a virtual input session with members of the AAP-CA3 - Strategic Behavioral Health Initiative. If you're interested in being invited to share your thoughts, please email [Engage.BHS@sdcounty.ca.gov](mailto:Engage.BHS@sdcounty.ca.gov).



## Youth Optimal Care Pathways Discussion with NAMI Caregivers & Families

NAMI Caregivers & Family members are encouraged to participate in a session to share their experiences supporting youth in accessing behavioral health resources on Wednesday, August 13, 6:00pm-7:30pm. Click here to register.



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Upcoming Engagement Opportunities

Planned Engagement Activities

Past Engagement Materials

**Contact Us: Communication & Engagement Unit: [Engage.BHS@sdcounty.ca.gov](mailto:Engage.BHS@sdcounty.ca.gov)**

# Thank You!



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