

**CHILDREN, YOUTH AND FAMILIES (CYF)
 BEHAVIORAL HEALTH SYSTEM OF CARE COUNCIL
 MEETING SUMMARY**

December 12, 2022 | 9 to 10:30 a.m.
 Virtual Meeting

ITEM	SUMMARY AND ACTION ITEMS
<p>I. Welcome (Stephanie Escobar)</p> <ul style="list-style-type: none"> Happy Holidays Welcome new meeting attendees - translation available Directing Change December 2022 Newsletter - Handout - Page 5 Student Monthly Contest: What are your hopes for 2023? Link: https://mailchi.mp/directingchange/teaching-resilient-students-newsletter-december-2022?e=abcfefa600 <p>Where do you want to be this Holiday Season? 36 👤</p> <ol style="list-style-type: none"> Stay at Home 3.97 Anywhere with Snow 1.28 Work on the "Honey Do" list 0.64 Anywhere Tropical 0.50 Big City destination 0.17 Stay focused with work 0.00 	<p>Stephanie Escobar welcomed meeting attendees, reminded the meeting attendees of the meeting logistics and invited attendees to participate in the virtual ice breaker: Where do you want to be this Holiday Season?</p> <ul style="list-style-type: none"> Participants responses are on the column to the left
<p>II. Review of Meeting Summary (Yael Koenig)</p> <ul style="list-style-type: none"> November 14, 2022, Meeting Summary - Handout - Pages 6-11 Action Items from November 14, 2022 - See meeting summary for action items - Page 9 <ul style="list-style-type: none"> Forward Council input on Student Behavioral Health Incentive Program (SBHIP) to Verna Gant – Completed November 16, 2022 SBHIP update from Verna Gant to the Council - Handout - Page 12 	<p>Yael Koenig reviewed the meeting summary action items from November 14, 2022:</p> <ul style="list-style-type: none"> Kathleen Lang as MCP representative highlighted that the SBHIP team looks forward to partner better with the CYF Council Rosa Ana Lozada thanked the SBHIP team for their responsiveness to the CYF Council feedback
<p>III. Business Items (Yael Koenig)</p> <p>Public Comment</p> <p>Board Letters (BL) <u>November 15, 2022</u></p> <ul style="list-style-type: none"> Item 28: Authorize Competitive Solicitations and Amendments to Extend Existing Behavioral Health Services Contracts Handouts include presentation - Pages 13-38 <p>Board Letters can be found at the Clerk of Board of Supervisors (BOS) Meeting Agendas, Board Letters and Access to the BOS meetings: https://www.sandiegocounty.gov/cob/bosa/index.html</p>	<ul style="list-style-type: none"> No public comment Yael Koenig reviewed the BHS Board Letter presented at the November 15, 2022 BOS meeting

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<p>Information</p> <ul style="list-style-type: none"> • California Behavioral Health Planning Council (CBHPC) Children and Youth Workgroup Proposal Letter for Advocacy of Peer Counseling programs in all Middle and High Schools in California (Christine Frey) -Handout - Pages 39-41 • Children and Youth Behavioral Health Initiative (CYBHI) Grant Funding Available - Handouts - Pages 42- 50 https://www.dhcs.ca.gov/cybhi • Governor Newsom Announces an Unprecedented \$480.5 Million in Grants for Youth Mental Health -Handout - Page 51 California Master Plan for Kid’s Mental Health (shared at the September 12, 2022 meeting) https://www.gov.ca.gov/wp-content/uploads/2022/08/KidsMentalHealthMasterPlan_8.18.22.pdf?emrc=6d3847 • National Center for Youth Law (NCYL) - Youth Survey (December 1, 2022- January 31, 2023) to identify the mental health priorities of youth - Handout - Page 52: https://forms.office.com/pages/responsepage.aspx?id=2Ugf1afYQEydx_4gvit-L_j_YcZyNjts3QVL-ZNRV9UN1JRN1I0OTZJR1EORDZCSzNCTVBbTExBV4u More information about NCYL’s work at: https://youthlaw.org/focus-areas/health • Behavioral Health Director’s Report - December 2022 Handout - Pages 53-60 • 2023 Mental Health External Quality Review (EQR) is scheduled for January 10-12, 2023 • Sectors and Committee Bi-Annual Reports – Leads to submit slides by January 17, 2023 (request and instructions forthcoming) <p>Recognition</p> <ul style="list-style-type: none"> • CYF System of Care Principles Awards (Rose Woods) <ul style="list-style-type: none"> ○ Organization Award: Vista Hill- Accessible Depression and Anxiety Peripartum Treatment (ADAPT) ○ Individual Award: Lesley Johnson, San Diego Unified School District 	<p>Yael Koenig reviewed information items and invited Christine Frey to comment on the CBHPC Children and Youth Workgroup Proposal letter advocating for Peer Counseling programs in Middle Schools and High schools. Highlights:</p> <ul style="list-style-type: none"> ▪ Christine Frey is the Chair of the Child and Youth Workgroup of the California Behavioral Health Planning Council ▪ One of the goals of this workgroup is to advocate for the implementation of a Student-Led Peer Counseling programs in all Middle and High Schools in California which can provide the following benefits: <ul style="list-style-type: none"> ○ Low cost or no cost ○ Students tend to listen more to peers than adults ○ “Innately diverse” ○ Reduces stigma ○ Enables long-term, sustainable outcomes ○ Engages students who want to help their peers and can produce a “pipeline” for mental health occupations ▪ Input provided: Cultural competence component are critical for the program ▪ Reach out to Debbie Dennison for more information or input at debbie@brainxp.org ▪ The CBHPC Children and Youth Workgroup meets quarterly via Zoom. The group coordinator is Naomi Ramirez: Naomi.Ramirez@cbhpc.ca.gov <ul style="list-style-type: none"> • Additional information on the EQR: <ul style="list-style-type: none"> ▪ Yael Koenig reminded attendees that BHS often reach out to providers for participants in the Focus groups conducted by the reviewers ▪ Behavioral Health Concepts, Inc serves as the California’s External Quality Review Organization for Medi-Cal Specialty Mental Health and Drug Medi-Cal https://www.calegro.com/ • Rose Woods, representing the CYF System of Care (SOC) Training Academy presented the organization and individual 2022 CYF SOC Principles award to the ADAPT program and Lesley Johnson respectively for their dedication to advancing the SOC Principles
<p>IV. Mental Health Services Act (MHSA) Update (Dr. Danyte Mockus-Valenzuela) Link: http://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_act/mhsa.html</p>	<ul style="list-style-type: none"> • No update

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<p>V. Hot Topic: Post-COVID Considerations for Children, Youth, and Families Presented by the Early Childhood Mental Health Committee -(Jaime Tate-Symons) - Handouts- Pages 61-106</p> <ul style="list-style-type: none"> ○ Overview: General impact of COVID-19 on behavioral health - Dr. Pradeep Gidwani ○ Defining Reflective Practice and the value added – Melanie Morones: Poll: What is your current knowledge of Reflective Practice: <ol style="list-style-type: none"> 1) Huh? 0 Responses 2) I think I might have heard of that but nor really sure what it is – 6 Responses 3) I am familiar but could not describe it – 11 Responses 4) I practice some form of Reflective Practice – 15 Responses ○ Provider Panel – Program Introduction -Panel Moderator: Aisha Pope <ul style="list-style-type: none"> ▪ KidSTART Clinic and Center - Natalie Elms ▪ Mi Escuelita – Nubia Soto ▪ Behavior Consultations – Melanie Morones <p>Facilitated discussion moderated by Aisha Pope with highlights summarized below:</p> <ul style="list-style-type: none"> • Question for Nubia Soto: What are concrete steps to get started on Reflective Practice/How did you get started/Introduce to Team? Answer: The entire team needs to participate. Time needs to be designated and financial resources allocated. Reflective practice needs to be integrated in all aspects of the work. • Question for Melanie Morones: How has Reflective Practice improved your agency? Answer: There was a shift from being more direct (“Why don’t try to do this?”) to reflective and has helped parents to not to feel judged and to understand challenging behaviors in a different way. • Question for Natalie Elms/Golby Rahimi Saylor: What are barriers, what type of investment is needed? Answer: Time for training, requires a cultural shift. Leads to staff satisfaction/retention, and client satisfaction. Important to find an agency champion in leadership role to be SOC champion to ensure training, funding, make a core principle/value of agency for sustainability. • Successes: Panelists shared stories of how Reflective Practice has been successful at different levels and in different situations: behavior improvement on a child at school, caregiver success raising a child, and staff understanding family behavior. <p><u>Input:</u> leadership needs to consider Reflective Practice and reflected in contract language; it will help with workforce...</p> <p><u>Questions and Answers:</u> Name of the book and link to the video in the success examples: How the Other Half Eats: The Untold Story of Food and Inequality in America, Dr. Priya Fielding-Singh PhD https://us06st1.zoom.us/web_client/bai5dum/html/externalLinkPage.html?ref=https://www.youtube.com/watch?v=P4S5rsoKixw</p>	<p>Highlights from the presentation-</p> <ul style="list-style-type: none"> ▪ Dr. Gidwani discussed some of the impacts of COVID-19 in children 0-5 and their families: Socialization, language, appropriate development of personal space, changes in screen time, less time in nature, children not seeing other adults, the financial impact of COVID-19 resulted in increased stress in parents and children feel it; increased depression, unprocessed grief ▪ Rosa Ana Lozada presented a poll on the current knowledge of Reflective Practice. Responses are on the left column ▪ Melanie Morones provided an overview of Reflective Practice ▪ The provider panel introduced their programs and provided examples of how they use Reflective Practice ▪ See left column for facilitated questions and answers and summary <p>END POLL</p> <p>Poll 1 question 74 of 91 (81%) participated</p> <p>1. On a scale of 1-5 (1 the lowest and 5 the highest), how would you rate the relevance and your interest with today's Council meeting? (Single Choice) *</p> <p>74/74 (100%) answered</p> <table border="1"> <tbody> <tr> <td>1</td> <td>(1/74) 1%</td> </tr> <tr> <td>2</td> <td>(0/74) 0%</td> </tr> <tr> <td>3</td> <td>(16/74) 22%</td> </tr> <tr> <td>4</td> <td>(21/74) 28%</td> </tr> <tr> <td>5</td> <td>(36/74) 49%</td> </tr> </tbody> </table>	1	(1/74) 1%	2	(0/74) 0%	3	(16/74) 22%	4	(21/74) 28%	5	(36/74) 49%
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<p>VI. Announcements (Jaime Tate-Symons)</p> <ul style="list-style-type: none"> • Poll (see above-right column) • Reminder: CYF Council will be dark in January 2023. Happy New Year! • Youth - Led Town Halls presented by the Live Well San Diego Youth Sector on December 17, 2022. Register at: https://qr1.be/3HZ8 - Flier- Page 107 • Third Annual Birth of Brilliance Conference (Virtual) on February 23, 2023 - Flier - Page 108 In-person Cultural Fair on February 24, 2023. Registration at: www.BirthofBrilliance.com • Save the Date for the 43rd California Mental Health Advocated for Children and Youth (CMHACY) conference (Back in person) on May 10-12, 2023 – Handout- Page 109 http://cmhacy.org/ 	<ul style="list-style-type: none"> • Jaime Tate-Symons made the announcements listed on the left column • Participants announcements are listed on the left column. Announcements can be sent in advance to Edith Mohler at Edith.Mohler@sdcounty.ca.gov 										

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<p>Participants Contribution:</p> <ul style="list-style-type: none"> ▪ Join us this Friday, December 16 from 1:00 to 2:00 p.m., to learn all about navigating mental health resources in San Diego County and beyond! We will cover our three, free NAMI San Diego mobile apps, as well as community partner programs and online services! This town hall is also a space to share your thoughts and opinions on the Behavioral Health System of Care! Can register with this zoom link https://us02web.zoom.us/j/844866114 ▪ Join us for Birth of Brilliance 2023: www.birthofbrilliance.com registration is now open! 	
<p>VII. Action Items</p>	<p>Action Due/Status</p>
<p>1) Forward instructions to Sector and Committee leads to complete biannual reports.</p>	<p>1) Completed December 23, 2022.</p>
<p>Next Meeting: Date: Monday, February 13, 2023 Time: 9 to 10:30 a.m.</p>	

+=Member in Attendance O=Absent

E=Excused

CONSTITUENCY		MEMBER	STATUS	ALTERNATE	STATUS
PUBLIC SECTOR					
1	Behavioral Health Advisory Board (BHAB)	Bill Stewart	+	Joel San Juan	O
2	Behavioral Health Services (BHS)	Dr. Laura Vleugels	+	Dr. Patricia Cardenas-Wallenfelt	O
3	Public Safety Group/ Probation	Tabatha Wilburn	O	Delona King	+
4	Child Welfare Services (CWS)	Jerelyn Bourdage	+	Norma Rincon	O
5	Homeless Solutions and Equitable Communities	Pending		Pending	
6	Public Health	Dr. Thomas R. Coleman	+	Rhonda Freeman	O
7	Medical Care Services	Dr. Kelly Motadel	+	Heather Summers	+
8	Juvenile Court	H. Judge Ana España	O	Beth Brown	+
9	First 5 Commission	Alethea Arguilez	O	Stephanie Escobar	+
EDUCATION SECTOR					
10	Special Education Local Plan Area (SELPA)	Russell Coronado	O	Jaime Tate-Symons	+
11	Regular Education Pupil Personnel Services	Violeta Mora	E	Margaret Sedor	E
12	School Board	Barbara Ryan	+	Debra Schade	O
13	Special Education	Yuka Sakamoto	+	Misty Bonta	O
PRIVATE SECTOR					
14	San Diego Regional Center (SDRC) for Developmentally Disabled	Zachary Guzik	+	VACANT	
15	Alcohol and Drug Service Provider Association (ADSPA)	Angela Rowe	+	John Laidlaw	O
16	ADSPA	Marisa Varond	+	Claudette Allen Butler	+
17	Mental Health Contractors Association (MHCA)	Julie McPherson	+	Minola Clark Manson	+
18	MHCA	Laura Beadles	O	Golby Rahimi	+
19	Fee- For-Service (FFS) Network	Dr. Sherry Casper	+	Marcelo A. Podesta	O
20	Managed Care Health Plans	Kathleen Lang	+	James Trout	+
21	Healthcare/ Pediatrician	Dr. Pradeep Gidwani	+	VACANT	+
FAMILY AND YOUTH SECTOR					
22	Family and Youth Liaison	Sten Walker	+	VACANT	
23	Caregiver of child/youth served by the Public Health System	VACANT		Karilyn "Kari" Perry	E
24	Youth served by the Public Health System (up to age 26)	Veronica Hernandez	+	VACANT	
25	Youth served by the public health system (up to age 26)	Caitlynn Hauw	O	VACANT	
COMMITTEES (Non-voting members unless a member of the Council)					
-	Executive	Jaime Tate Symons/Stephanie Escobar	+/+		
-	Cultural Competence Resource Team (CCRT)	Rosa Ana Lozada	+		
-	CYF CADRE	Julie McPherson Marisa Varond	+/+		
-	Early Childhood	Aisha Pope Ginger Bial	+/O		
-	Education	Heather Nemour Violeta Mora	E/E		
-	Family and Youth as Partners	Sten Walker	+		
-	Outcomes	Emily Trask Eileen Quinn-O'Malley	O/+		
-	Training	Rose Woods	+		

Total Attendees: 123

Aisha Pope	Delia Machado	Krystle Murguia	Ron Bautista
Alicia Castro	Delona King	Laura Beadles	Rosa Ana Lozada
Amanda Lance-Sexton	Denise Alvarez	Laura McClarin	Rose Woods
Angela Rowe	Dina Ali	Laura Vleugels	Rusell Gagui
Angelina Puffelis	Edith Mohler	Lesley Johnson	Salvador Tapia
April Peña	Eileen Quinn-O'Malley	Leslie Manriquez	Sandra Mueller
Augusto Eduvala	Elaine Carballo	Linda Puebla	Sarah Baldwin
Barbara Ryan	Elizabeth Dauz	Lumumba Mushonga	Sarah Garlejo
Berenis Gonzalez	Erick Mora	Marcelo Podesta	Saskya Caicedo
Beth Brown	Ericka Hernandez	Mareeh Marquez	Shakara Thompson
Bill Stewart- BHAB	Evan Hodges	Margaret Anello	Shannon Jackson
Bobbi Smylie	Fran Cooper	Margarita Hernandez	Shaun Goff
Bri Renstrom	Golby Rahimi Saylor	Maria Norris	Sherry Casper
Brianna Wills	Heather Summers	Marisa Varond	Stacey Annand
Carl Antonio	Jaime Tate-Symons	Marissa Wolf	Stacey Musso
Carmen Pat	James Trout	Martin Dare	Sten Walker
Carole Steele	Jamie Pellegrino	Megan Hoff	Stephanie Escobar
Celeste Hunter	Janet Cacho	Melanie Morones	Stephanie Gioia-Beckman
Charisma De Los Reyes	Janette Magsanoc	Melissa Penaflor	Steven Wong
Cheryl Rode	Janice Lapointe	Melizza Welton	Susana Antonio
Christina Bruce	Jazmin Wali	Michael Miller	Tais Millsap
Christine Davies	Jean McDonald	Minola Clark Manson	Tito Escalante
Christine Frey	Jennifer Kennedy	Natalie Elms	Tom Coleman
Christine Maggio	Jerelyn Bourdage	Nubia Soto	Wendy Maramba
Christine Tham	Jessica Luckey	Patrick Samayoa	Yael Koenig
Claire Riley	Julie McPherson	Pradeep Gidwani	Yuka Sakamoto
Claudette Allen Butler	Kacie Rodvill	Rafael Ortiz-Gomez	Yvette Leiva
Danyte Mockus-Valenzuela	Kathleen Lang	Rebecca Raymond	Zachary Guzik
Darwin Espejo	Kelly Bordman	Rhonda Crowder	Unknown Caller
Debra Schade	Kelly Motadel	Robert Dean	Unknown Caller
Debbie Dennison	Kimberley Saelens	Roberto Suarez	

Committees/Sectors/Workgroups Meetings Information:

**Due to COVID-19, most of the committees' meetings are occurring virtually
Please reach out to the sector lead or Executive committee member to obtain location/link**

Behavioral Health Advisory Board (BHAB) meeting: Meets the first Thursday of the month from 2:30 to 5:00 p.m.

Outcomes: Meets the first Tuesday of every other month from 11:30 a.m. to 12:30 p.m.

Early Childhood: Meets the second Monday of the month- from 11 a.m. to noon

Education Advisory Ad Hoc: Meets as Needed

TAY Council: Meets the fourth Wednesday of the month 3 to 4:30 p.m.

CYF CADRE: Meets quarterly on the second Thursday of the month from 1:30 to 3 p.m.

CYF System of Care Training Academy: Meets on the first Wednesday of the month from 9 to 10 a.m.

CCRT: Meets the first Friday of the month from 10 to 11:30 a.m.

Private Sector: Ad Hoc/Meets as needed.