

Welcome to the Children, Youth and Families Council Meeting



ALL ATTENDEES ARE MUTED UPON ENTRY

PLEASE SHARE YOUR FAVORITE FALL ACTIVITY
IN THE CHAT WHILE WE WAIT FOR THE
MEETING TO START





MEETING SUMMARY REVIEW

**DOES ANY COUNCIL MEMBER HAVE INPUT ON THE
MEETING SUMMARY AT THIS TIME?**

COUNCIL MEMBERS MAY:

1. Verbally provide input at this time, or
2. Enter input in the chat, or
3. Email input to Grisel.Ortega@sdcounty.ca.gov by COB today



AAP-AACAP-CHA Declaration of a National Emergency in Child and Adolescent Mental Health

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A declaration from the American Academy of Pediatrics, American Academy of Child and Adolescent Psychiatry and Children's Hospital Association:

The pandemic has struck at the safety and stability of families. More than 140,000 children in the United States lost a primary and/or secondary caregiver, with youth of color disproportionately impacted. We are caring for young people with soaring rates of depression, anxiety, trauma, loneliness, and suicidality that will have lasting impacts on them, their families, and their communities. We must identify strategies to meet these challenges through innovation and action, using state, local and national approaches to improve the access to and quality of care across the continuum of mental health promotion, prevention, and treatment.

The American Academy of Pediatrics (AAP), the American Academy of Child and Adolescent Psychiatry (AACAP) and the Children's Hospital Association (CHA) are joining together to declare a National State of Emergency in Children's Mental Health. The challenges facing children and adolescents are so widespread that we call on policymakers at all levels of government and advocates for children and adolescents to join us in this declaration and advocate for the following:

- Increase federal funding dedicated to ensuring all families and children, from infancy through adolescence, can access evidence-based mental health screening, diagnosis, and treatment to appropriately address their mental health needs, with particular emphasis on meeting the needs of under-resourced populations.
- Address regulatory challenges and improve access to technology to assure continued availability of telemedicine to provide mental health care to all populations.
- Increase implementation and sustainable funding of effective models of school-based mental health care, including clinical strategies and models for payment.
- Accelerate adoption of effective and financially sustainable models of integrated mental health care in primary care pediatrics, including clinical strategies and models for payment.
- Strengthen emerging efforts to reduce the risk of suicide in children and adolescents through prevention programs in schools, primary care, and community settings.
- Address the ongoing challenges of the acute care needs of children and adolescents, including shortage of beds and emergency room boarding by expanding access to step-down programs from inpatient units, short-stay stabilization units, and community-based response teams.
- Fully fund comprehensive, community-based systems of care that connect families in need of behavioral health services and supports for their child with evidence-based interventions in their home, community or school.
- Promote and pay for trauma-informed care services that support relational health and family resilience.
- Accelerate strategies to address longstanding workforce challenges in child mental health, including innovative training programs, loan repayment, and intensified efforts to recruit underrepresented populations into mental health professions as well as attention to the impact that the public health crisis has had on the well-being of health professionals.
- Advance policies that ensure compliance with and enforcement of mental health parity laws.



Fentanyl & Counterfeit Pills

Facts & Information

REAL or FAKE? It's always a gamble. FAKE PILLS ARE OUT THERE.

If you didn't get it from your pharmacist or doctor, it might not be what you think it is.

It might be deadly.



LIVE WELL
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OPIOIDS: FACTS PARENTS NEED TO KNOW

Revised

HOW CAN I PREVENT MY CHILD
FROM GETTING INVOLVED WITH

OPIOIDS?

WHAT ABOUT
EFFECTS ON
PREGNANCY?



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TEEN GUIDE TO SUBSTANCE USE DISORDER

HELP YOURSELF AND YOUR FRIENDS
STAY SOBER AND HEALTHY



LIVE WELL
SAN DIEGO



TIPS ON AVOIDING SUBSTANCE USE

IT'S OK NOT TO USE DRUGS, ALCOHOL, OR VAPE

78% of San Diego teens do not currently
use drugs, alcohol, or tobacco products.

58% have never even tried drugs,
alcohol, or tobacco products one time.





Principles of Harm Reduction for Young People Who Use Drugs

Simeon D. Kimmel, MD, MA,^{a,b,c,d} Jessie M. Gaeta, MD,^{b,c} Scott E. Hadland, MD, MPH, MS,^e Eliza Hallett, MS,^f
Brandon D.L. Marshall, PhD^d

abstract

In summarizing the proceedings of a longitudinal meeting of experts on substance use disorders among adolescents and young adults, we review 2 principles of care related to harm reduction for young adults with substance use disorders. The first is that harm reduction services are critical to keeping young adults alive and healthy and can offer opportunities for future engagement in treatment. Such services therefore should be offered at every opportunity, regardless of an individual's interest or ability to minimize use of substances. The second is that all evidence-based harm reduction strategies available to older adults should be available to young adults and that whenever possible, harm reduction programs should be tailored to young adults and be developmentally appropriate.



Implementing Harm Reduction Webinar



Trainer: [Terri Hagmann-Garcia](#), BS, CADC III-CA, SUDCC III-CS

Course Code:

Date/Time:

November 17, 2021
1:00 pm to 2:00 pm

Audience

Counselors, case managers, therapists, supervisors and other direct service providers working in the SUD System of Care from residential to outpatient providers.



COVID-19 and Children's Mental Health: Addressing the Impact

Report #262 | August 2021

Please join the Commission on Thursday, November 9 at noon for our webinar on COVID-19 and Children's mental health. We will be joined by representatives from Children Now and the California Alliance of Child & Family Services, who are working to improve the lives of children and strengthen California's system of child mental health. Details can be found here: <http://bit.ly/3E1rD39>



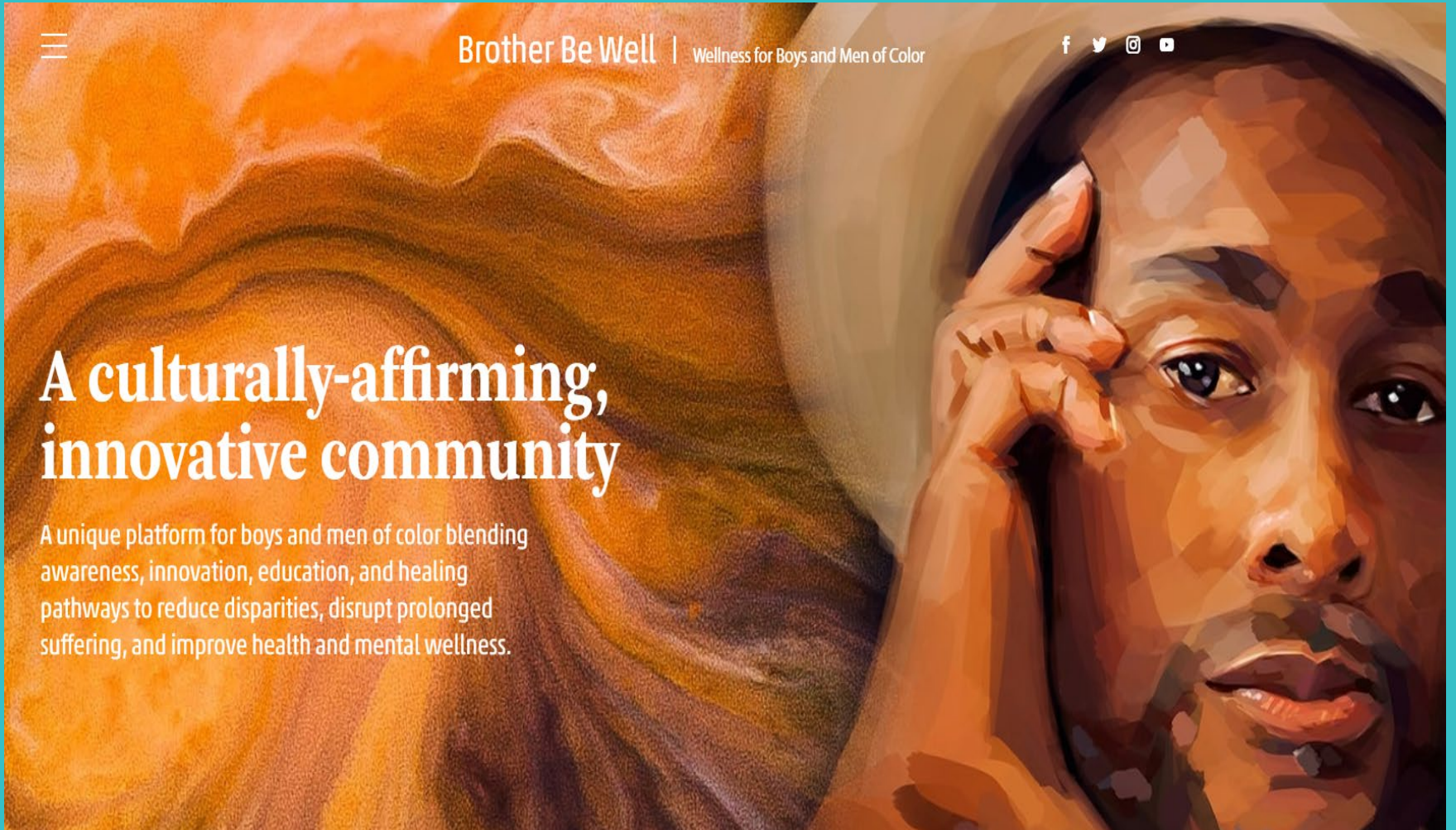


Brother Be Well | Wellness for Boys and Men of Color



A culturally-affirming, innovative community

A unique platform for boys and men of color blending awareness, innovation, education, and healing pathways to reduce disparities, disrupt prolonged suffering, and improve health and mental wellness.





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Depression, Anxiety, and Alcohol Use Among LGBTQ+ People During the COVID-19 Pandemic



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Follow Up Items from September Meeting



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TEEN GUIDE to Mental Health and Wellness

Taking Care of YOU and Your Friends' Mental Health

- Blackline**
1-800-604-5841 (24/7)
Open to anyone, but designed for Black, Black LGBTQIA+, Brown, American Indian, and Muslim communities
- California Warmline**
1-855-845-7415 (24/7)
A non-emergency resource for anyone seeking emotional support
- Child Abuse Hotline**
1-800-344-6000 (24/7)
If you or a friend is being hurt or neglected
- Crisis Text Line**
Text TALK to 741741 to text with a trained counselor for free
- National Domestic Violence Hotline**
1-800-799-7233 • Text LOVEIS to 22522
Resources for teen dating abuse
- National Suicide Prevention Lifeline**
1-800-273-TALK (8255)
- The Trevor Project**
TrevorLifeline: 1-866-488-7386
Text TREVOR to 1-202-304-1200
TrevorChat: Via thetrevorproject.org
- Trans Lifeline**
1-877-565-8860 (8 a.m. to 2 a.m. every day)
Staffed by transgender people for transgender people in a crisis

San Diego County Office of EDUCATION
FUTURE WITHOUT BOUNDARIES



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SAN DIEGO**



BEHAVIORAL HEALTH ADVISORY BOARD

2022 EXECUTIVE OFFICERS

Chairperson	Bill Stewart
1st Vice-Chairperson	John Sturm
2nd Vice-Chairperson	Phillip Deming
Member at Large <i>Representing the alcohol and substance use community</i>	Che Hernandez
Member at Large <i>Representing the mental health community</i>	Judith Yates



Certificate of Appreciation

Presented to

Christine Frey

**For your contributions as Council Member representing the
Family Sector and Elevating the Youth Voice**

November 8, 2021

Children, Youth and Families Behavioral Health System of Care Council

Yael Koenig

Yael Koenig, LCSW, Deputy Director
Behavioral Health Services/Children, Youth and Families



Certificate of Appreciation

Presented to

Debbie Dennison

**For your contributions as Council Member representing the
Family Sector**

November 8, 2021

Children, Youth and Families Behavioral Health System of Care Council

Yael Koenig

Yael Koenig, LCSW, Deputy Director
Behavioral Health Services/Children, Youth and Families



CYF COUNCIL MEETING POLL QUESTION #1

I know the difference between
MCRT and PERT (Single Choice)*

- Yes
- No





MOBILE CRISIS RESPONSE TEAMS (MCRT'S)

- Introduction & Overview - **Piedad Garcia**, BHS, Deputy Director
- MCRT - Telecare - **Breawna Lane**, Program Administrator
- MCRT - Exodus Recovery - **Megan Patrick-Thompson**, Program Director
- Psychiatric Emergency Response Team (PERT) – Community Resource Foundation (CFR) – **Christine Davies**, Assistant Director
- Discussion - serving youth and partnering with schools/universities



CYF COUNCIL MEETING

POLL QUESTION #2

After this presentation, I know the difference between MCRT and PERT (Single Choice)*

- Yes
- No





CYF COUNCIL MEETING

POLL QUESTION #3

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)*

- 1
- 2
- 3
- 4
- 5





ANNOUNCEMENTS

- **Integration Summit – Final day on 11.9.21**
- **Live Well Advance – November 17-18, 2021**
- **Advancing Principles Awards – 11.24.21 submission deadline**
- **Live Well Youth Sector – Town Hall 12.1.21**
- **Birth of Brilliance – 2.24.22**

Council is Dark in December – Happy Holidays

