

Welcome to the Children, Youth and Families Council Meeting



THE MEETING WILL BEGIN SHORTLY

KINDLY MUTE YOUR AUDIO WHEN YOU ARE NOT SPEAKING

THE MEETING PACKET WAS EMAILED TO THE COUNCIL DISTRIBUTION LIST AND POSTED IN CHAT

“Where do you want to be this Holiday Season?”

***Happy
Holidays***



***Scan the QR code with
cell phone camera***



WELCOME



LIVE WELL
SAN DIEGO



WELCOME NEW ATTENDEES



Directing Change

Program & Film Contest



LIVE WELL
SAN DIEGO

MONTHLY STUDENT CONTEST: *What are your hopes for 2023?*

Students in grades 5-12 and young adults can submit art and film projects to win cash prizes while exploring curriculum on critical health issues (mental health, suicide prevention, healthy coping, social justice issues, and more). For more information, view this [2 minute video](#) or [visit the website](#). All art and film projects are due the last day of every month.

- The prompt for December and January is: ***What are your hopes for 2023?***

Students are encouraged to take time to reflect on the past year, what you've learned, how you've changed, and your hopes for the New Year. What changes do you want to see in yourself, your community or even in the world? Submissions will be accepted and prizes awarded throughout December and January. Visit the website to learn about our Special TikTok Challenge for this prompt!

Deadline to submit is January 31, 2023!



Monthly Student Contest

“What are your Hopes for 2023?”

Link to video: <https://vimeo.com/463705160>

Contest information Links:

<https://gallery.directingchange.org/contest/>

<https://mailchi.mp/directingchange/teaching-resilient-students-newsletter-december-2022?e=abcfefa600>



MEETING SUMMARY REVIEW

INPUT ON THE MEETING SUMMARY

1. Verbally provide input, or
2. Enter input in the chat, or
3. Email input to Edith.Mohler@sdcounty.ca.gov by COB today



ACTION ITEMS FROM NOVEMBER 14, 2022 MEETING



**LIVE WELL
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- **Forwarded Council Student Behavioral Health Incentive Program (SBHIP) input to Verna Gant on 11.16.22 – See November Council Meeting Summary**
- **SBHIP update from Verna Gant to the Council – See December meeting packet**



LIVE WELL
SAN DIEGO

Student Behavioral Health Incentive Program (SBHIP) 11.22.22 update for the Children, Youth and Families (CYF) Council

We are following up to say “THANK YOU” for the opportunity to give an overview of SBHIP at the November 14, 2022 CYF Council meeting. We heard the concerns of the Council participants and appreciate their valuable feedback. The goal of the presentation was to share our process thus far with assessing the student needs, service delivery, and referrals. While we didn’t directly meet with any of the council members at this stage in the program design phase, we do plan to involve them later in the process.

SBHIP goals and metrics were provided to the Managed Care Plans (MCPs) by Department of Health Care Services (DHCS) and are associated with targeted interventions that increase access to preventive, early intervention, and behavioral health services by school-affiliated behavioral health providers for Transitional Kindergarten to 12 grade (TK-12) students in public schools. Recognizing the incredible need in San Diego County, it was a challenging task to pare the menu of options provided by DHCS down to an achievable set of objectives.

Working closely with San Diego Local Education Agencies (LEAs), MCPs, and the San Diego County Office of Education (SDCOE) over the past 5 months, we agreed on these SBHIP Objectives:

1. Break down silos and improve coordination of child and adolescent student behavioral health services through increased communication with schools, school affiliated programs, managed care providers, counties, and mental health providers.
2. Increase the number of TK-12 students enrolled in Medi-Cal receiving behavioral health services through schools, school-affiliated providers, county behavioral health departments, and county offices of education.
3. Increase non-specialty services on or near school campuses.
4. Address health equity gap, inequalities, and disparities in access to behavioral health services.

The project has, in essence, been designed with two phases. Phase 1 is complete, per DHCS directives and guidance. Phase 2 is an opportunity for collaborative partnership with CYF stakeholder feedback received at the Council meeting and going forward between stakeholders and the SBHIP team.

- Phase 1 of SBHIP involves the LEAs and MCPs working together to select 4 of the 14 Interventions to inform the Project Plans, specifically directed by DHCS.
- Phase 2 to involve the CYF council feedback collectively by data sharing and hearing the needs of the county students represented by the 5 LEAs, to coordinate behavior health services.

Again, thank you for the opportunity to share with the Council and we look forward to continuing to conversation – perhaps we can implement a mechanism to report back to the Council periodically on the progress of the SBHIP.

Thank you,

Verna Gant, MBA, Program Manager
NAMI San Diego, Student Behavioral Health Incentive Program (SBHIP)

SBHIP
**Entering Phase 2 with interest in
obtaining input from CYF Council**

PUBLIC COMMENT

Participants are
invited to unmute or
enter input in chat





COUNTY OF SAN DIEGO

AGENDA ITEM

BOARD OF SUPERVISORS

NORA VARGAS
First District

JOEL ANDERSON
Second District

TERRA LAWSON-REMER
Third District

NATHAN FLETCHER
Fourth District

JIM DESMOND
Fifth District



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DATE: November 15, 2022

28

TO: Board of Supervisors

SUBJECT

AUTHORIZE COMPETITIVE SOLICITATIONS AND AMENDMENTS TO EXTEND EXISTING BEHAVIORAL HEALTH SERVICES CONTRACTS (DISTRICTS: ALL)

OVERVIEW

The County of San Diego (County) Health and Human Services Agency, Behavioral Health Services provides a comprehensive array of mental health and substance use services to people of all ages. These services are delivered through County-operated programs, as well as contracts with local agencies. Those served include vulnerable populations, including individuals who are experiencing homelessness, individuals with justice involvement, and children and youth with complex behavioral health conditions.

Presentation included in
handouts

CONTINUITY OF BEHAVIORAL HEALTH SERVICES



Actions to Provide Critical Community-Based Behavioral Health Services

- Authorize Competitive Solicitations
- Authorize Contract Amendments and Extensions, including Single Source contracts

New Procurements	Amendments
<ul style="list-style-type: none">• Behavioral Health Support Services• Behavioral Health Collaborative Court• Bio-Psychosocial Rehabilitation Services• Central Region Urgent Walk-in Program• Recuperative Services Treatment• Substance Use Outpatient Treatment	<ul style="list-style-type: none">• Case Management Services• Assertive Community Treatment Services• Consultant Services• Mental Health Outpatient and Residential Treatment Services• Long-term Care Services• Substance Use Outpatient and Residential Treatment Services• Crisis Services

California Behavioral Health Planning Council (CBHPC)

Christine Frey & Debbie Dennison



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SAN DIEGO

PROPOSAL LETTER FOR ADVOCACY OF PEER COUNSELING PROGRAMS IN ALL MIDDLE & HIGH SCHOOLS IN CALIFORNIA

California Behavioral Health Planning Council
MS 2706
PO Box 997413
Sacramento, CA 95899-7412

October 19, 2022

California Department of Education
Dr. Linda Darling-Hammond
State Board President
State Board of Education
1430 N. Street, Room 5111
Sacramento, CA 95814

Dear Dr. Darling-Hammond:

The California Behavioral Health Planning Council (CBHPC) is the largest stakeholder Consumer and Family member advisory body to state and local government, the legislature, and residents of California on mental health services in California. The CBHPC's "Child & Youth Workgroup" focuses their actions on one of our most vulnerable mental health populations - our children, teens, and transitional aged youth. In light of the increasing mental health challenges young people face (stress, academic competition, parental expectation, peer pressure, bullying, negative social media, lack of self-esteem, drinking & smoking misuse, sexual identity & activity,...) in addition to the isolation our young people endured during COVID, we would like to strongly advocate for the implementation of Student-Led Peer Counseling Programs in all Middle and High Schools in California.

Pursuant to state law, the Council serves as an advisory body to the Legislature and Administration on the policies and priorities that this state should be pursuing in developing its behavioral health system. Our membership includes persons with lived experience as consumers and family members, professionals, providers and representatives from state departments whose populations touch the behavioral health system. Their perspectives are essential to our view on the challenges and successes of behavioral health services and best practices in California.

The CBHPC advocates for Student-Led Peer Counseling Programs as one of the most powerful avenues for Positive Student Mental Health for the following reasons:

1. Very low-cost or no-cost option.
2. Students will "seek out" and "**listen**" to their peers quicker than adults.
3. **Innately diverse** as it is student-led allowing any & all students to potentially be a peer support or be a student asking for help...this diversity covers gender, age, race/ethnicity/culture, sexual identity, religion & disability.
4. Reduces "stigma" & encourage young people to seek help without fear.
5. Enables **Long-Term, Sustainable Outcomes** as it is Student-Led with new students coming in each year.
6. Engages students who want to help their peers in a productive method.
7. Student peer counselors learn quality communication skills which opens up many career options and increases post-education employability.
8. Student peer counselors create a "real" pipeline for mental health occupations which are severely needed.

"Some (California) districts have offered peer counseling programs for decades and seen notable results, not just from the students who received help but from the peer counselors themselves"

Ed Resource February 18, 2022

** 58% of students discuss their mental health with their friends*

** 81% of students are interested in learning coping skills and tools to deal with the stresses of everyday life and that they would be comfortable using a variety of resources....that teach skills to support mental wellness*

Born This Way Foundation-Beneson-MHSOAC Research Study 2019

Although there has been movement in various schools in California, a more aggressive approach to implementing these programs is necessary. The wide-spread impact of student-led peer counseling programs will create a positive impact to millions of students in the state of California immediately.

Upon research and review of multiple peer counseling programs in California, the CBHPC would like to recommend streamlining some components of these programs in an effort to collect essential data and help school teacher/counselor to simply initiate and maintain these programs at their schools:

- A. Supervision of Student-Led Peer Counseling Program should be appointed based on their belief and enthusiasm that students can be empowered to help themselves.
- B. Supervisor to receive training (the only hard expense for these programs) through a **consistent & equivalent** program offered to any and all supervisors throughout the state. This training should be easy to attend (virtual option) and reasonable in expense. Would strongly recommend this training resource to be assessable at one access point for all staff. This access point would ideally also service as a hub for supervisors to exchange new and/or unique ideas that may be working in their individual districts with varying diverse student populations.
- C. Training of Supervisors should be uncomplicated but thorough to teach their students the following skill sets: Communication/Empathy, Active Listening, Problem Solving, Decision-Making, Peaceful Conflict Resolution, Confidentiality.
- D. Training for Student Peer Counselors would be most beneficial if taught as a curriculum course (ideally with A-G requirements to be college prep if possible).
- E. Main Objectives of the programs should cover: One on One Student Support, School Presentations for issues impacting their specific school and/or Mental Health Fairs, & Freshman/New Student Transition.
- F. Encourage fundraising or sponsoring for any monies needed for school events - fundraising for these limited funds promotes teamwork to reach positive goals, gives opportunity for communication and active listening skills, compromise, builds self-esteem and confidence.
- G. Implement simple data collection for results verification. Would strongly recommend a SIMPLE, short self-assessment checklist students can fill out before using program services and then at the end of the school year. It should collect basic student demographics descriptors (to ensure equity across student populations) and mental health status. Data should be reported annually to the County Boards of Education.

Thank you for the opportunity to share our concerns and proposal for resolution. If you have any questions, please contact Naomi Ramirez, CBHPC Children & Youth Workgroup Coordinator at (916) 750-4606 or Naomi.Ramirez@cbhpc.dhcs.ca.gov.

Sincerely,

Christine Marie Frey
Transition Age Youth representing the Youth Voice on the CBHPC
Chairperson of the CBHPC Children & Youth Workgroup

Children and Youth Behavioral Health Initiative

Announcements

On December 1, as part of the CYBHI, DHCS released a [Request for Application \(RFA\)](#) seeking proposals for the first round of grant funding to expand evidence-based and community-defined evidence practices (EBPs and CDEPs, respectively). For the first round of EBP/CDEP grant funding, DHCS seeks proposals from various individuals, organizations, and agencies to scale parent and caregiver support and training services to parents, caregivers, and children and youth with emerging or existing mental health and/or substance use disorders. Interested parties are encouraged to apply for funding using [this application form](#) by January 31, 2023, at 5 p.m.

In addition, DHCS developed a [Grant Strategy Overview document](#) to highlight its overall strategy for scaling up EBPs and CDEPs across multiple funding rounds that will be announced in 2023.

For more information about the RFA and DHCS' strategy for scaling EBPs and CDEPs please see our [EBP and CDEP Grants page](#).

Background

Established as part of the Budget Act of 2021, the Children and Youth Behavioral Health Initiative (CYBHI) is a multiyear, multi-department package of investments that seeks to reimagine the systems, regardless of payer, that support behavioral health for all California's children, youth, and their families. Efforts will focus on promoting social and emotional well-being, preventing behavioral health challenges, and providing equitable, appropriate, timely, and accessible services for emerging and existing behavioral health (mental health and substance use) needs for children and youth ages 0-25. CYBHI is grounded in focusing on equity; centering efforts around children and youth voices, strengths, needs, priorities, and experiences; driving transformative systems change; and using ongoing learning as the basis for change and improvement in outcomes for children and youth.

The Children and Youth Behavioral Health Initiative includes multiple work streams that are led by five departments and offices within the California Health and Human Services Agency – Department of Health Care Services (DHCS), Department of Health Care Access and Information, Department of Managed Health Care, California Department of Public Health, and the Office of the Surgeon General. Under the California Health and Human Services Agency's leadership, the five departments have been working closely together to align priorities, define outcomes for the initiative, identify opportunities for cross-departmental collaboration, as well initiative interdependencies; and, obtain stakeholder input.

The DHCS is responsible for key work streams under this initiative, including but not limited to:

- Development a Behavioral Health Virtual Services & E-consult Platform;
- Development of a Statewide School-linked Fee Schedule and Behavioral Health Provider Network;
- Issuance of Grants to Scale Evidence-Based Practices Statewide;
- Issuance of School-linked Partnership and Capacity Grants; and,
- Implementation of Dyadic Services as a Medi-Cal Benefit.

To provide comments, make recommendations, or obtain additional information, please contact DHCS at CYBHI@dhcs.ca.gov

LINK TO RFA:
[DHCS-CYBHI-EBP-CDEP-Round-1-Request-for-Applications.pdf](#)

Children and Youth Behavioral Health Initiative (CYBHI) Grant Funding Available



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During Fiscal Year 2022-2023, DHCS will scale the identified practices through six competitive grant rounds in the following areas of focus.

DHCS is partnering with the Mental Health Services Oversight & Accountability Commission (MHSOAC) to scale specified prevention and early intervention practices. An estimated \$43 million of the total funding will be disbursed to MHSOAC as part of an interagency partnership agreement between DHCS and MHSOAC. DHCS is working closely with MHSOAC to define the terms of the interagency agreement, including the scope of work.



Round 1

Parent/caregiver support programs and practices (December 2022)



Round 2

Trauma-informed programs and practices (January 2023)



Round 3

Early childhood wraparound services (February 2023)



Round 4

Youth-driven programs (March 2023)



Round 5

Early intervention programs and practices (March/April 2023)



Round 6

Community-defined evidence programs and practices (approximate timeline for release: April 2023)

FOR IMMEDIATE RELEASE:

Wednesday, December 7, 2022

Governor's Press Office: (916) 445-4571

Governor Newsom Announces an Unprecedented \$480.5 Million in Grants for Youth Mental Health

Grants will support 54 projects throughout the state to bolster California's behavioral and mental health infrastructure, expanding the capacity of treatment facilities that serve young Californians

SACRAMENTO — Governor Gavin Newsom today announced \$480.5 million in awards for [54 projects](#) to improve California's behavioral health infrastructure for children and youth. As part of Governor Newsom's Master Plan for Kids' Mental Health, this historic investment provides grant funding to construct new facilities and expand existing facilities that help children, youth, transition-age youth, and perinatal individuals with a mental health and/or substance use disorder.

[California's Master Plan for Kids' Mental Health](#)

Additional information on this round of awardees is available on the BHCIP Data [Dashboard](#).

The Department of Health Care Services (DHCS) is releasing \$2.1 billion through six grant rounds targeting various gaps in the state's behavioral health facility infrastructure:

- Round 1:** Crisis Care Mobile Units;
- Round 2:** County and Tribal Planning Grant;
- Round 3:** Launch Ready, totaling \$739.5 million, were awarded in 2021 and earlier this year;
- Round 4:** Children and Youth grants include cities, counties, Tribal entities, nonprofits, and for-profit organizations statewide that serve target populations;
- Round 5:** Crisis and Behavioral Health Continuum Request for Application for \$480 million was released on October 20, and awards will be made in spring 2023. This round of funding will continue to expand behavioral health service capacity across the state;
- Round 6:** Outstanding Needs Remaining After Rounds 3 Through 5.

For more information about these grants, as well as other BHCIP rounds of funding, please visit the Improving California's Infrastructure [website](#).



WE NEED YOUR HELP!

The National Center for Youth Law is looking for CA participants ages 13-21 to complete our brief online youth mental health survey.

National Center for Youth Law (NCYL) – Mental Health Youth Survey to identify mental health priorities of the young people available from **December 1, 2022- January 31, 2023**



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SURVEY IS NOW FULL

Link to Survey:

https://forms.office.com/pages/responsepage.aspx?id=2Ugf1afYQEydX_4gvlt-L_j_YcZyNjtlS3QVL-ZNRV9UN1JRN1I0OTZJR1E0RDZCSzNCTVBBTExBVi4u

For more information on NCYL:
[Health | National Center for Youth Law](#)

BEHAVIORAL HEALTH DIRECTOR'S REPORT

DECEMBER 2022



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County of San Diego

NICK MACCHIONE, FACHE
AGENCY DIRECTOR

HEALTH AND HUMAN SERVICES AGENCY
BEHAVIORAL HEALTH SERVICES
3255 CAMINO DEL RIO SOUTH, MAIL STOP P-531
SAN DIEGO, CA 92108-3806
(619) 563-2700 • FAX (619) 563-2705

LUKE BERGMANN, Ph.D.
DIRECTOR, BEHAVIORAL HEALTH SERVICES

November 22, 2022

TO: Behavioral Health Advisory Board (BHAB)

FROM: Luke Bergmann, Ph.D., Director, Behavioral Health Services (BHS)

BEHAVIORAL HEALTH SERVICES (BHS) DIRECTOR'S REPORT – DECEMBER 2022

BHS 2022 YEAR IN REVIEW

BHS 2022 Year in Review

**Program Highlights
featured in packet**



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**The 2023 Mental Health External Quality
Review (EQR) is scheduled for
January 10-12, 2023**

SECTORS AND BI-ANNUAL REPORTS

JANUARY 17, 2023

**JUST A FRIENDLY
REMINDER...**

**Sector & Committee
Leads will receive email
requesting submission
of highlights**

**Behavioral Health
Advisory Board
(BHAB)**
Bill Stewart

**Behavioral Health
Services (BHS)**
Dr. Vleugels
Yael Koenig

**Public Safety Group
Probation**
Lisa Sawin
Chrystal Sweet

**Child Welfare
Services (CWS)**
Steve Wells
Norma Rincon

Public Health
Dr. Coleman
Adrienne Yancey

Juvenile Court
Judge Espana
Beth Brown

First 5
Alethea Arguilez

**Public
Sector**

County of San Diego
Children, Youth and Families Behavioral Health System of Care Council
January 10, 2022 Update

Submitted by: Edith Mohler & Yael Koenig

Executive Sub-Committee

Purpose

The Executive Committee is a "standing" sub-committee of the CYF Council. The CYF Deputy Director and administrative staff support the Council by leading the Executive Sub-Committee which is comprised of the sub-committee chairs and co-chairs of the CYF Council. This subcommittee is tasked to:

- Coordinate CYF Council activities
- Inform on current issues relevant to the CYF System of Care (SOC)
- Ensure follow through on CYF Council action items.

Fiscal Year 2021-22 Active Executive Sub-Committee CYF Council Members

Public	Private	Family	Education
Yael Koenig	Minola Clark Manson Former Co-Chair	Sten Walker - Co-Chair CYF Liaison	Jamie Tate-Symons - Co-Chair COED
Edith Mohler	Rosa Ana Lozada CCRT	Suzette Southfox Former Co-Chair	
Grisel Ortega	Julie McPherson CADRE CYF		Violeta Mora COED
Darwin Espejo	Marissa Varond CCRT		
Eileen Quinn-O'Malley Outcomes	Aisha Pope Early Childhood		
	Ginger Bial Early Childhood		
	Emily Trask Outcomes		

Areas of Focus for Fiscal Year 2021-22

- Continue to plan Council meetings, manage infrastructure that promotes valuable information exchange, deliberation and actions that extends to supporting the Council subcommittees
 - Host the October 11, 2021 Combined Councils meeting
 - Maintain CYF Council website updated
 - Ensure that the meeting format meets the Council needs (virtual or in-person)
- Consider current landscape & systems priorities to identify opportunities for synergy to advance system of care
- Attend to shifting needs associated with the pandemic
- Address Equity and Racial Justice
- Increase participation in the annual Children/Youth Mental Health Well Being Celebration
- Promote youth engagement and participation
- Support the County Substance Use Harm Reduction Strategy
- Coordinate the delivery of the annual CYF Council Orientation
- Support the advancement of the CYF System of Care through trainings, including the attending:
 - The We Can't Wait Early Childhood Conference (September 23-25, 2021)
 - The Birth of Brilliance conference (February 24, 2022)
 - Critical Issues in Child and Adolescent Mental Health (CICAMH) conference (March 11, 2022)
 - Annual CYF System of Care Training Academy Conference (May 2022)

CYF System of Care Principles Awards

Rose Woods

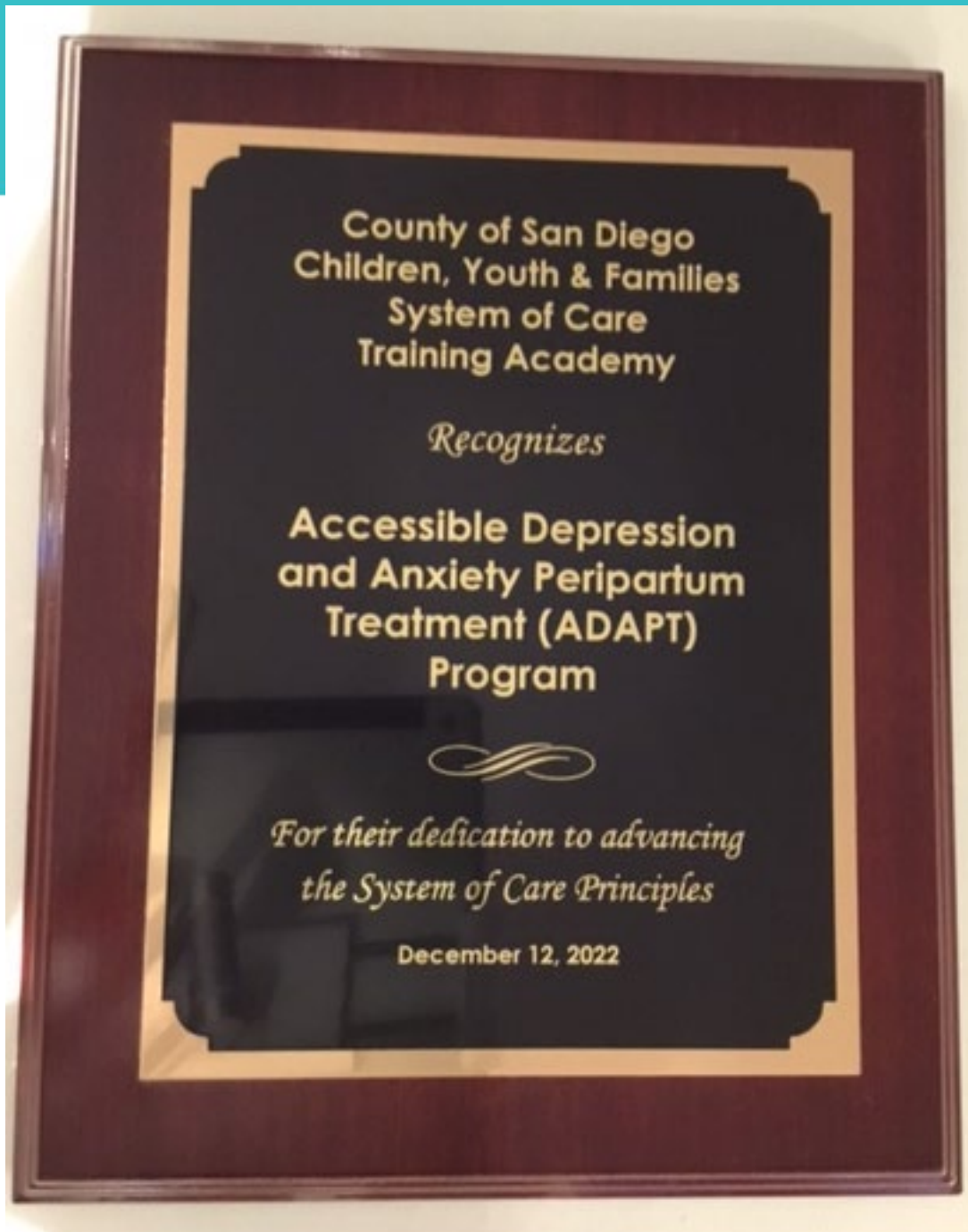


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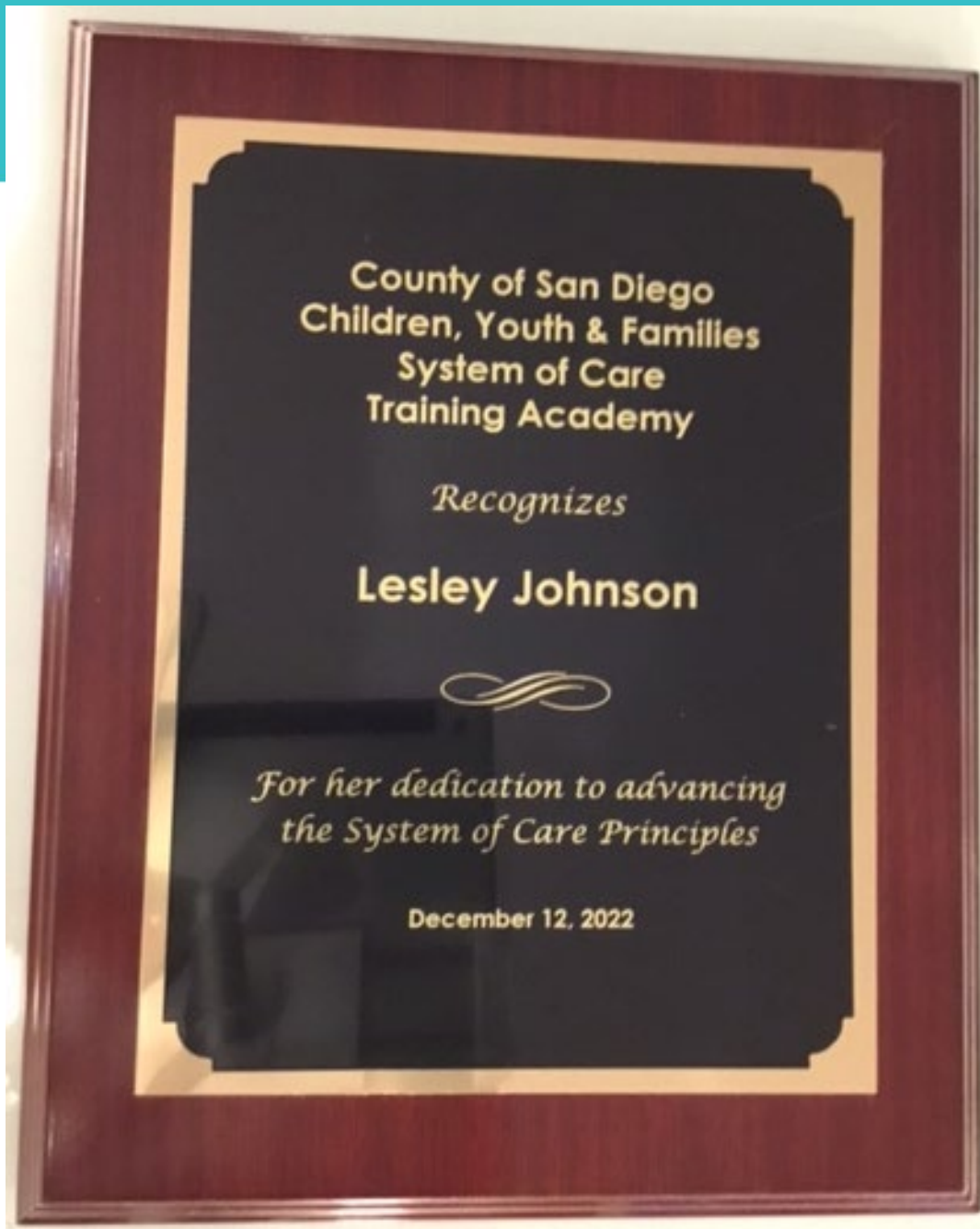


CYF System of Care Award: *Organization*

Vista Hill Accessible Depression and Anxiety
Peripartum Treatment (ADAPT)



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CYF System of Care Award:
Individual

Lesley Johnson
San Diego Unified School District

**Post-COVID Considerations for
Children, Youth, and Families
Presented by Early Childhood
Mental Health Committee**

AGENDA

- I. OVERVIEW:** – setting the stage
General impact of COVID-19 on behavioral health
 - Specific impact on children and families
- II. DEFINING REFLECTIVE PRACTICE AND THE VALUE ADDED**
 - A Supportive intervention
- III. PROVIDER PANEL:**
 - a) Program Introduction:**
 - Kidstart clinic and center
 - Mi Escuelita
 - Behavior Consultation
 - b) Facilitated Discussion: Panel Members**
- IV. SUMMARY**
- IV. QUESTIONS AND ANSWERS**

Post-COVID Considerations for Children, Youth, and Families

✱
An ECMH Subcommittee Presentation



KIDSTART PROGRAM



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KidSTART Caregiver Wellness Program



The Caregiver Wellness Program is funded by a Substance Abuse and Mental Health Services Administration (SAMHSA) grant through the Health and Human Services Agency (HHSA) of San Diego County, Behavioral Health Services, and recognizes the importance of providing support to caregivers of children in treatment for complex emotional, behavioral, and developmental needs.

Locations

Kearny Mesa
92123

North County - Oceanside
92056

South Bay - Chula Vista
91911

858 576-1700
Contact:
Ginger Bial, Ext. 3201

facebook.com/radychildrens
twitter.com/radychildrens
youtube.com/radychildrens

To find out more information about our program,
please visit RCHSD.ORG or call 858.576.1700.

Rady
Children's
Hospital
San Diego



02/19



Caregiver Wellness Program



innovation
belongs in every moment

Rady
Children's
Hospital
San Diego | Chadwick Center
for Children & Families



How is KidSTART Unique?

- ▶ Integrated mental health, developmental, and care coordination services
- ▶ Transdisciplinary approach to assessment and treatment
- ▶ Unique team of specialists assembled based on the needs of the child and family
- ▶ Intensive family support
- ▶ Caregiver assessment, linkage to services and group therapy

How to Refer:

- 1) Call 858-966-5990 to discuss the potential referral and obtain a copy of the referral form.
- 2) Fill out all pages of the referral form.
- 3) Fax to 858-966-7508.

****If you have any questions regarding the status of your referral, please contact us at 858-966-5990.****

Locations

Kearny Mesa - San Diego

North County - Oceanside

South Bay - Chula Vista

Rady
Children's
Hospital
San Diego
Developmental Services

Rady
Children's | Chadwick Center
Hospital San Diego for Children & Families



Contact us at:

858.966.5990 | RCHSD.ORG
facebook.com/radychildrens
twitter.com/radychildrens
vimeo.com/rchsd

To find out more about our programs, please visit
RCHSD.ORG or call 858.576.1700.

01/21



Information for the Provider



innovation
belongs in every moment

Rady
Children's
Hospital
San Diego

MI ESCUELITA PRESCHOOL

SBCS's therapeutic preschool for children ages 3 - 5 in San Diego County who have been exposed to or experienced family violence.



Free tuition for all students!



- Teachers with specialized training
- Therapeutic curriculum
- Developmental screenings
- Mindfulness activities to promote social emotional well-being



- Parent/caregiver workshops
- Linkage to additional SBCS and other community resources



- Full day schedule: 8:30 a.m. - 5 p.m.
- Low classroom ratios
- Servicios en Español

For more information or to enroll a child, please call 619-420-0116.



EL JARDIN DE NIÑOS MI ESCUELITA

El Preescolar terapéutico de SBCS en el condado de San Diego para los niños de 3 a 5 años que han experimentado o sido expuestos a la violencia en la familia.



¡Matrícula gratis para todos los estudiantes!



- Maestros con formación especializada
- Currículos terapéuticos
- Evaluación del desarrollo
- Actividades de atención plena para promover el bienestar socio-emocional



- Talleres para los padres / cuidadores
- Conexiones a recursos adicionales de SBCS y otros recursos comunitarios



- Horario de día completo: 8:30 a.m. a 5 p.m.
- Bajos índices de estudiantes en el salón
- Servicios en Español

Para obtener más información o para inscribir a un niño, llame al 619-420-0116.





FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEHAVIOR CONSULTATION

YMCA Childcare Resource Service

We value connection. We aim for our services to meet the needs of the child, family and childcare providers. We support families and childcare providers to share knowledge and build up their skills in child development. Our goal is to help change challenging behaviors. We believe that families and providers know the children in their care best. We are here to support caregivers in building on the skills and strengths they already have. We spend time listening to understand the needs. We think with families and providers about ideas for how to help. We use a consultation model for understanding and supporting children's growth and development.

WHO WE WORK WITH:



FAMILIES



EARLY CARE & EDUCATION
PROVIDERS

BENEFITS:



Child

- Increased ability to develop positive peer relationships
- Growth in ability to share and control feelings
- Improved self-esteem
- Decreased challenging behaviors



Family

- Increased knowledge of child development
- Enhanced skills for positive parenting practices
- Improved parent-child relationship
- Increased partnership between family and teaching team



Teacher

- Positive teacher-child relationships
- Decreased workplace stress
- Improved classroom climate
- Promotion of skills, quality, and outcomes

KEY COMPONENTS

Gather Information

Create Shared Goals

Partner around Getting Started

Put Plan Into Action



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEHAVIOR CONSULTATION

YMCA Childcare Resource Service

Frequently Asked Questions:

• WHAT AGES DO YOU WORK WITH?

Our services are for children from birth to 8 years old. If you have concerns about a child outside of this age range, our staff is happy to connect you to other services.

• WHAT IS THE COST FOR THESE SERVICES?

Our consultation services are free of cost thanks to our current grant funding.

• HOW LONG DO SERVICES LAST?

The length of services are different for every family and program. Our staff will work with you to schedule around your needs.

• ARE SERVICES ONLY FOR CHILD RELATED CONCERNS?

We offer our services for both individual children concerns and program needs. When offering services for a child, we do require the consent of the family. When working with programs, our focus is to support you and your staff. Program services may include tips for staff wellness, updating policies, or trainings for your team. If you would like to talk to a consultant about where to start, contact crsbehaviorsupport@ymcasd.org.

Not sure if you are ready for this, but still want to connect with someone on your concerns. Give us a call at 1-619-521-3055 & press #6 for Health and Behavioral Health, or email us at crsbehaviorsupport@ymcasd.org





LIVE WELL
SAN DIEGO



MODERATOR: AISHA POPE

PRESENTERS:

NUBIA SOTO & NATALIE ELMS



CYF COUNCIL MEETING POLL QUESTION (FINAL)

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



OPEN ANNOUNCEMENTS



LIVE WELL
SAN DIEGO



ANNOUNCEMENTS

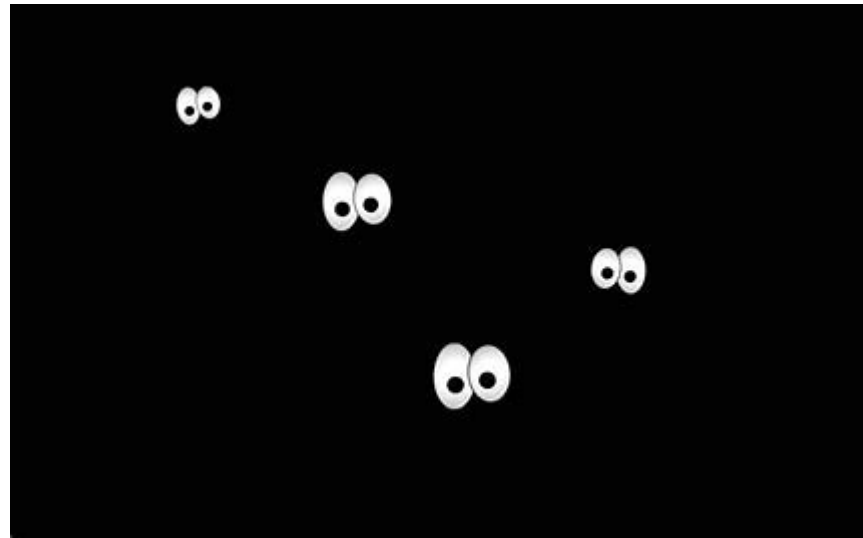
- *Participants are invited to unmute and make the announcement.*
- *Announcements can also be entered into the chat.*
- *Send materials to Edith.Mohler@sdcounty.ca.gov by Friday before each Council meeting to be posted in chat on the sender's behalf.*

FRIENDLY REMINDER



LIVE WELL
SAN DIEGO

“The January 2023 Council Meeting will be DARK”





Live Well San Diego YOUTH SECTOR

Youth-Led Town Halls



Conversations to Support Youth Behavioral Health

Substance Misuse
Saturday, December 10th
11:00AM-1:00PM
Mira Mesa Library
8405 New Salem St, San Diego, CA 92126

Youth Mental Health Equity
Saturday, December 17th
12:00PM-2:00PM
El Cajon Library
201 E Douglas Ave, El Cajon, CA 92020

The *Live Well San Diego* Youth Leadership Team, in partnership with the County of San Diego Behavioral Health Services department, invites you to a forum on mental health hosted by youth for youth!

- Join us in person or on Zoom
- Learn about youth behavioral health in San Diego
- Hear from subject-matter experts
- Provide youth perspective and feedback on County mental health services
- Connect with local youth through lived experiences

If you have any questions please contact
LiveWellYouth@sdcounty.ca.gov

Open to Youth in
San Diego County



No Cost to Attend



Refreshments Provided
while Supplies Last



Space is limited—register TODAY!

<https://qr1.be/3HZ8>



LIVE WELL
SAN DIEGO

REGISTER HERE:

<https://qr1.be/3HZ8>

Birth of Brilliance

BE THE CHANGE

Building on the success and energy of our first two events, we are excited to present the 3rd annual Birth of Brilliance Conference on February 23rd, 2023.

The focus of this conference is to raise awareness about the effects of racial disparities and implicit bias in mental health, social services, developmental services, education, medical care, and juvenile justice.

If you are passionate about serving youth and families in a way that centers equity to amplify the brilliance of all children, this conference is for you!

Registration OPENS December 1st!!

Event Details & Registration Information

Virtual Conference FEB. 23, 2023 | 8:15am-5:00pm
In-person Cultural Fair FEB. 24, 2023 | 4:00pm-7:00pm

\$99 | EARLY BIRD (Dec.1st-Jan 16th)
\$115 | EARLY BIRD w/ CE's
\$20 | EARLY BIRD Cultural Fair

Questions? Connect with us at birthofbrilliance@gmail.com

Register at www.BirthofBrilliance.com



Conference supported by San Diego Youth Services



Shawn Ginwright, PhD
*Author of The Four Pivots:
Reimagining Justice,
Reimagining Ourselves*



Barbara Stroud, PhD
*Intentional Living: Finding the
Inner Peace to Create
Successful Relationships*



Check out 2022 highlights [HERE!](#)



LIVE WELL
SAN DIEGO

Event information and Registration:

[Birth of Brilliance Virtual Conference 2023 \(ce-go.com\)](https://ce-go.com)

SAVE THE DATE

CMHACY'S 43RD ANNUAL
CONFERENCE

COMMITTING TO
MOBILIZING
HOPE AND
ADVOCACY FOR
COMMUNITIES AND
YOUTH

BACK IN PERSON AT ASILOMAR

MAY 10 - 12, 2023

PACIFIC GROVE, CA

...COMING SOON

CALL FOR PROPOSALS
SPONSORSHIP OPPORTUNITIES
& REGISTRATION!

QUESTIONS?
Email Info@CMHACY.org



For more information:

<http://cmhacy.org/>

THANK YOU



LIVE WELL
SAN DIEGO

• HAPPY •
Holidays

Next Council Meeting

Date: Monday, February 13, 2023

Time: 9 to 10:30 a.m.