

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

MEETING MINUTES

March 11, 2019 – 9:00-10:00 A.M.

Scottish Rite – Shell Room -1895 Camino del Rio South, San Diego CA 92108

+ = Member in Attendance O = Absent E = Excused

CONSTITUENCY	MEMBER	STATUS	ALTERNATE	STATUS	
PUBLIC SECTOR					
1	Behavioral Health Advisory Board (BHAB)	Rebecca Hernandez	O	Bill Stewart	+
2	Behavioral Health Services (BHS)	Dr. Laura Vleugels	+	VACANT	
3	Public Safety Group/ Probation	Dr. Geoff R. Twitchell	+	Chrystal Sweet	O
4	Child Welfare Services (CWS)	Kim Giardina	O	Norma Rincon	+
5	HHSA Regions	Dori Gilbert	+	Jennifer Sovay	O
6	Public Health	Dr. Thomas R. Coleman	O	Adrienne Yancey	+
7	Juvenile Court	H. Judge Kimberlee Lagotta	O	Beth Brown	+
8	First 5 Commission	Alethea Arguilez	O	Dulce Cahue-Aguilar	+
EDUCATION SECTOR					
9	Special Education Local Plan Area (SELPA)	Cara Schukoske	+	Jamie Tate - Symons	O
10	Regular Education Pupil Personnel Services	Heather Nemour	+	Corrie McCarthy	O
11	School Board	Barbara Ryan	+	Sharon Whitehurst-Payne	O
12	Special Education	Aidee Angulo	+	Yuka Sakamoto	O
PRIVATE SECTOR					
13	San Diego Regional Center (SDRC) for Developmentally Disabled	Peggy Webb	+	VACANT	
14	Alcohol and Drug Service Provider Association (ADSPA)	Angela Rowe	+	Marisa Varond	O
15	Mental Health Contractors Association	Delrena Swaggerty	O	Steven Jella	O
16	Mental Health Contractors Association	Michelle Ly	+	Michelle Hogan	O
17	San Diego Nonprofit Association (SDNA)	Margaret Iwanaga Penrose	O	Rosa Ana Lozada	+
18	Fee- For-Service (FFS) Network	Dr. Sherry Casper	+	VACANT	
19	Managed Care Health Plan	George Scolari	+	Kathleen Lang	+
20	Healthcare/ Pediatrician	Dr. Pradeep Gidwani	O	VACANT	

FAMILY AND YOUTH SECTOR					
21	Family and Youth Liaison	Renee Cookson	O	Valerie Hebert	+
22	Caregiver of child/youth served by the Public Health System	Debbie Dennison	+	VACANT	
23	Youth served by the Public Health System (up to age 26)	Micaela Cunningham	O	Emma Eldredge	O
24	Youth served by the public health system (up to age 26)	Travis Webster	+	Christine Frey	+
SUB-COMMITTEES (Non-voting members unless a member of the Council)					
-	Outcomes Committee	Julie McPherson			
-	Executive Committee	Violeta Mora/ Dori Gilbert	+/E		
-	Early Childhood Committee	Aisha Pope/ Autumn Weidman	+/+		
-	Education Committee	Heather Nemour	+		
-	CYF CADRE	Julie McPherson/ Marisa Varond	o/o		
-	Family and Youth as Partners	Renee Cookson/ Valerie Hebert	o/+		

CYF Council Staff: Edith Mohler and Darwin Espejo

I. Welcome and Introductions (Dr. Laura Vleugels)

II. Approval of Minutes (Dr. Laura Vleugels and Violeta Mora)

- February 11, 2019 Council meeting minutes – Approved
- Review of action items from February 11, 2019 meeting. See meeting minutes

III. Business Items (Dr. Laura Vleugels and Violeta Mora)

- Upcoming CYF Council Co-Chairs rotation and Members/Alternates rotation
 It is the Private Sector's turns to co-chair the CYF Council. This term is effective July 1, 2019 through June 30, 2019. Currently the co-chairs are represented by the Education and Public Sectors. Dori Gilbert represents the Public Sector and this sector is due for rotation in 2020. Violeta Mora represents the Education Sector and this Sector is due for rotation on July 1, 2019.
 The CYF Council membership will also be assessed. Some constituencies/members/alternates will be contacted by CYF Council staff as needed.
- CYF System of Care (SOC) Training Academy Conference Sponsorships(Handout)-(Rose Woods)
 - ✓ The annual CYF-SOC Training Academy conference: School Safety-Envisioning Safer Schools is scheduled for May 30, 2019 at the Crown Plaza Hotel in Mission Valley. More information can be found at: <https://theacademy.sdsu.edu/programs/rihs/cyfsoc-conference-2019/>
 - ✓ Early conference registration is now available: <https://www.eventbrite.com/e/school-safety-envisioning-safer-schools-tickets-54301003764>
 - ✓ Keynote will be delivered by Mark Burden, co-founder and managing director of [Sandy Hook Promise](#).
 - ✓ Conference workshops are currently being developed through monthly meetings with various work groups. Everyone within the Children's System of Care (CSOC) is invited to participate in these meetings. If interested, contact: Rose Woods at: rwoods@sdsu.edu
 - ✓ There are 10 conference scholarships available to all Parent, Family or Youth partners currently involved the System of Care. Scholarship application can be accessed at: [\(CYF-SOC\) Conference Scholarship Application Form](#)

- ✓ There are also two scholarships to Parent, Family or Youth partners to attend the 2019 California Mental Health Advocates for Children and Youth (CMHACY) Conference scheduled for May 15-17, 2019 in Asilomar, CA. More information can be found at: <http://cmhacy.org/2019conference/>. Online scholarship application are available at: [\(CMHACY\) Conference Scholarship Application Form](#).
- The 4th Annual Critical Issues in Child and Adolescent Mental Health Conference (CICAMH): Managing Change in a Changing World is scheduled for March 21-22, 2019. More information can be found at: www.CICAMH.com.

IV. Mental Health Services Act (MHSA) Updates (Martin Dare)

- Cycle 5 Innovation Update: “Human Centered Design” (INN 23)
San Diego State University (SDSU) School of Social Work-Social Policy Institute in collaboration with Community Health Improvement Partners (CHIP) and The Idea Guy are coordinating the “Human Centered Design” to develop innovation projects focused on technology for behavioral health. This process involves designs through in-depth client feedback during the development process which included:
 - ✓ One-hour overview of the process (Learning Events) held at three County regions (Central, South, and North)
 - ✓ A four-hour workshop scheduled at three County regions designed to generate new ideas, a project plan and next steps. Two workshops were completed, the last workshop is scheduled for March 14, 2019 from 10:00 A.M. to 2:00 P.M. at the North Inland Live Well Center, Room B located at 649 W Mission Avenue, Escondido, CA 92065
 - ✓ Presentations of proposals for consideration by potential funders. The last presentation is scheduled for April 4, 2019 from 2:00 to 4:00 P.M. at the North Inland Live Well Center, Room D located at 649 W Mission Avenue, Escondido, CA 92065
- Individuals with “Lived Experience/Peer Advocates are encouraged to attend
- More information about the Human Centered Design process can be found at: <https://behealth.today/>.

V. Sectors “Hot Topics” (Sarah Couppas and Jeff Weiner)

A. Clinton Foundation: Strong Families Thriving Communities Virtual Presentation

The Clinton Health Matters Initiative (CHMI), the County of San Diego, and The San Diego Foundation have partnered to improve the health of children and families who interact with the child welfare and juvenile justice systems. Throughout 2017, CHMI and its partners convened stakeholders from family-serving organizations and young people with lived experiences to form the *Strong Families, Thriving Communities* coalition (SFTC). The coalition’s mission is to drive systems change that will address the social determinants of health for these children and families – including topics as diverse as access to education, transportation, behavioral health and substance abuse treatment, diet and exercise, and community safety.

- Blueprint for Action (Handout):
Based on proven models in communities across the United States, the SFTC coalition created 29 Bold Action Steps for implementation. The actions have short term and long term goals. The Blue print for Action document can be accessed at:
https://www.clintonfoundation.org/sites/default/files/2018_chmi_san_diego_blueprint.pdf.
- Trauma Informed Care Code of Conduct (Handout)
One of the bold action steps of the Blueprint for Action found as a priority by the SFTC is: “The trauma-informed care and resiliency-building approaches will become standard practice for all systems and service providers, at all levels, that serve children, youth and families”. To address this bold action step, CHMI formed a working group which led to the development of the Trauma Informed Care Code of Conduct document. This document was created by youth participants from Project A.W.A.R.E. (Attitude When Angry and Resolving Emotional Issues Non-Violently), Just In Time for Foster Youth (JIT) and Youth Empowerment San Diego. The collaboration was completed through four focus groups. The code of conduct is organized into four sections, each with its own specific standards and expectations:
 - ✓ Safety
 - ✓ Individualized Support
 - ✓ Effective Communication
 - ✓ Supportive Staff

There are currently 17 organizations that have adopted the Trauma Informed Code of Conduct which has been recognized at a national level. The goal is that organizations’ policies and practices are in alignment

with the Trauma Informed Code of Conduct. The working group will be unveiling an implementation plan which include a Learning Collaborative to provide a community of support for organizations to reflect with each other on implementation strategies and issues, share resources, practices, and tools, celebrate successes, etc.

Council input and discussion:

- ✓ The CYF System of Care provides Trauma Informed Care but many times “We do not call it out”
- ✓ Juvenile Probation has implemented a very successful Trauma Responsive Unit and has led training to the whole department and continuous providing Trauma Informed training to staff
- ✓ Brain XP is a community that embraces Trauma Informed Care by providing a safe place for youth. Brain XP can be accessed at: <https://www.brainxp.org/>
- ✓ SDCOE focuses on creating safe environments and practices are in alignment with the Trauma Informed Code of Conduct
- ✓ Harmonium has been a leader in Trauma Informed and the first organization adopting this Trauma Informed Code of Conduct. Communication is key among all levels of the organization
- ✓ A parent reiterated the importance of service providers practicing Trauma Informed services

More information on the Trauma informed Code of Conduct can be found at:

<https://www.sdfoundation.org/news-events/sdf-news/tag/trauma-informed-care-code-of-conduct/>.

- San Diego Mentorship Network (handout) There was not time to discuss this item.

- B. Bi-Annuals Sub-Committee Discussion (Continued from February 2019 meeting)
- Education Advisory Sub-Committee Update/Discussion (Handout)-(Heather Nemour)
 The Education advisory subcommittee is an ad hoc group that convenes when a specific education-related issue/topic is brought to the Council. The San Diego County Office of Education (SDCOE) is a close partner of the subcommittee
 - ✓ Fiscal Year 2018-19 Goals/Focus: Assembly Bill (AB) 2246: “Youth Suicide Prevention”
 - Actively support local school districts to meet the state requirements for AB 2246, which requires schools to have comprehensive suicide prevention policy covering prevention, intervention and postvention (Grades 7-12)
 - Conduct training on mental health and well-being, promoting a positive school climate and suicide prevention to all 42 school districts. To date, 1500 educators and school staff have been trained (SDCOE)
 - Offer training to school staff that perform onsite Suicide Risk Assessments. The second part of the workshop: “Assessing Suicidal Students” is scheduled for March 15, 2019 (SDCOE)
 - Disseminate suicide prevention resource guides to schools (SDCOE)
 - Collaborate with the Ninth District Parent Teachers Association (PTA) to attend symposiums to train parents on youth mental first aid (SDCOE)
 - Offer “Youth Anxiety” training developed by the SDCOE. This training also promotes a positive school climate by incorporating gratitude and mindfulness
 - Go beyond the age parameters of AB2246 to conduct Suicide Risk Assessments with elementary school age children
 - ✓ Additional Subcommittee Activities
 - Collaboration with SDCOE, Juvenile Court and Community Schools (JCCS) and Early education with plans for a new educational concept called “Trauma-sensitive Schools Initiative”. To accomplish the task, the group plans to perform in-depth research of Trauma itself and its different facets.
 - SchoolLink and Project Cal-Well presentations to the Council on September 10, 2018
 - In collaboration with HHSA, SDCOE hosted the Annual Summit on Student Engagement and Attendance on October 12, 2018.
- Cultural Competence Resource Team (CCRT) (PowerPoint and Handout)-(Rosa Ana Lozada)-
 Update/Discussion
 CCRT serves as an advisory group to the Behavioral Health Services (BHS) Director to enable the systems of care work effectively in cross-cultural integration in services. The County of San Diego has addressed Cultural Competence for many years and maintains a Cultural Competence Plan that addresses the following eight criteria set by the State as indicators of cultural competence:
 1. Commitment to Cultural Competence
 2. Updated Assessment of Service Needs
 3. Strategies and Efforts for Reducing Racial, Ethnic, Cultural, and Linguistic Mental Health Disparities

4. Client/Family Member/Community Committee: Integration of the Committee within the County Mental Health System
5. Culturally Competent Training Activities
6. County's Commitment to Growing a Multicultural Workforce: Hiring and Retaining Culturally and Linguistically Competent Staff
7. Language Capacity
8. Adaptation of Services

More information about the BHS Cultural Competence Plan can be found at:

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/TRL/TRL%20Section%204/SDC%20CultCompPlan.pdf>.

- ✓ Fiscal Year 2018-19 CCRT Highlights (Summary):
 - Provided input to the MHSA Community Forum consultants
 - Provided representation at the local Warrior Spirit: "Calling Upon the Warrior Spirit to Heal Historical Trauma" conference held on October 8, 9, and 10, 2018 hosted by the Viejas Band of Kumeyaay Indians
 - Participated in the Binational Mental Health Symposium in October 2018
 - Workgroup session between mental health professionals from Baja California and California held at the Universidad Autónoma of Baja California in Tijuana, México
 - Participated at the 2018 Cultural Competence Summit "Honoring California's Diversity: A Call to Action" held in October 23-24, 2018
 - Piedad Garcia presented along with Pathways Community Services on the implementation of Urban Beats
 - Provided input to the Behavioral Health Services Training and Education Committee (BHSTEC) regarding Cultural Competence training needs.

VI. Announcements

- The 5th Annual Children's Mental Health Well Being Celebration is scheduled for Friday, May 3, 2019 from 3:00 to 6:00 P.M. at the ARTS Center in National City, California. More information and registration can be found at: <https://www.eventbrite.com/e/5th-annual-childrens-mental-health-well-being-celebration-tickets-57146599016>
- BHS Director Alfredo Aguirre's retirement celebration is scheduled for Friday, March 22, 2019 at the Bali Hai restaurant (handout)
- Outcomes subcommittee update provided at the February Council meeting; it is included in the meeting packet.

VII. Director's Report (Dr. Luke Bergmann)

- State Level Report
 - ✓ California's Section 1115 (a) Medicaid Waiver Renewal, entitled Medi-Cal 2020 is a five-year renewal of the previous Section 1115 Medicaid Waiver. The renewal could offer many opportunities for BHS service delivery
 - ✓ Dr. Nadine Burke Harris was appointed California's first Surgeon General on February 11, 2019. She is a pediatrician pioneer in the study of adverse childhood experiences (ACEs) and active clinician. It is expected that Dr. Burke Harris will support integrated care
 - ✓ Dr. Mark Ghaly, a pediatrician, active clinician, and has been Director of Community Integrative Services in Los Angeles, was appointed by Governor Newsom as Secretary for the California Health and Human Services Agency (CHHS) on March 6, 2019. Dr. Ghaly is committed to integrative care services.
- Local Level Report
 - ✓ County leadership are very interested in the upcoming Medi-Cal 2020 renewal
 - ✓ March 26, 2019 Board of Supervisors Letter: Strengthening the Bridge Between Behavioral Health Services and the Criminal Justice System. It includes the following objectives that will require further conversations
 - Additional Crisis Stabilization
 - Care Coordination between health care and law enforcement
 - Additional Mobile Crisis in schools
 - ✓ There is an upcoming Board Letter announcing a new County Opioids Misuse/Prescription Drug Misuse Plan that is independent of the current Prescription Drug Misuse Medical Task Force (PDATF). The new plan emphasizes more active work on primary misuse prevention with youth.

Action Items	Action By	Action Due
1. CHMI follow up e-mail on Trauma Informed Code of Conduct and Trauma Informed Code of Conduct Implementation process	<ul style="list-style-type: none"> • CYF Council staff 	<ul style="list-style-type: none"> • Completed on April 3, 2019
2. Continuation of the CCRT Subcommittee update/discussion	<ul style="list-style-type: none"> • CYF Council staff 	<ul style="list-style-type: none"> • Completed. Additional information provided in the March 13, 2019 meeting minutes
3. Schedule Opioids Misuse/Prescription Drug Misuse Prevention conversations	<ul style="list-style-type: none"> • CYF Executive Sub-Committee 	<ul style="list-style-type: none"> • Placed on the Executive Sub-Committee for potential future conversation once presented to Board of Supervisors

**Next Combined Councils Meeting: April 8, 2019 – Scottish Rite Center
 Meeting: 10:00 to 11:30 A.M.**

Sub-Committees/Sectors/Workgroups Meetings Information:

Outcomes: Meets the 1st Tuesday of the month- 3255 Camino del Rio South, San Diego CA 92108 in La Vista Room- from 11:30 A.M. to 12:30 P.M.

Early Childhood: Meets the 2nd Monday of the month- at the San Diego Center for Children-FFAST office located at 8825 Aero Drive, Suite 110, San Diego, CA from 11:00 A.M. to 12:00 P.M.

Education Advisory Ad Hoc: Meets As Needed.

TAY Council: Meets the 4th Wednesday of the month 3:00 to 4:30 P.M. at National University, 9388 Lightwave Ave. Room 118, San Diego, CA 92123

CYF CADRE: Meets quarterly the 2nd Thursday of the month at NAMI San Diego, 5095 Murphy Canyon Road, Suite 320, San Diego, CA 92123 from 1:30 to 3:00 P.M.

CCRT: Meets 1st Friday of the month at the Health Services Complex- 6367 Alvarado Court, Suite 105, San Diego, CA 92120 from 10:00 to 11:30 A.M.

Family and Youth Sector: Meets quarterly –Contact CYFLiaison@namisd.org for schedule.

Family and Youth as Partners: Meets every 3rd Thursday of the month at NAMI San Diego, 5095 Murphy Canyon Road, Suite 320, San Diego CA 92123 1:30 to 3:00 P.M.

Private Sector: Ad Hoc/Meets As Needed.