

Welcome to the Children, Youth and Families Council Meeting



THE MEETING WILL BE STARTING SHORTLY...

- *ALL ATTENDEES ARE MUTED UPON ENTRY*
- *PLEASE RAISE YOUR HAND OR USE THE CHAT BOX TO REQUEST TO SPEAK, COUNCIL CO-CHAIRS WILL FACILITATE DISCUSSIONS*
- *PLEASE MUTE YOUR AUDIO WHEN YOU ARE NOT SPEAKING*

THE MEETING PACKET WAS EMAILED TO THE COUNCIL DISTRIBUTION LIST



WOMEN'S HISTORY MONTH



LIVE WELL
SAN DIEGO



Who has inspired you?

<https://womenshistorymonth.gov/about/>

PLEASE USE YOUR PHONE'S CAMERA TO SCAN THE QR CODE

Who has inspired you?





THANK YOU

Grisel Ortega

Council Executive Staff





Certificate of Appreciation

Presented to

Grisel Ortega-Vaca

**For your contributions to the Council as a
Member of the County Administrative Team**

March 14, 2022

Children, Youth and Families Behavioral Health System of Care Council

Yael Koenig

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



Debra Schade

Alternate School Board



THANK YOU

Lisa Sawin

Public Safety Group/Probation



Certificate of Appreciation

Presented to

Lisa Sawin

**For your contributions as a Council Member
representing the Public Safety Group/Probation**

March 14, 2022

Children, Youth and Families Behavioral Health System of Care Council

Yael Koenig

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



Steven Wells

Child Welfare Services (CWS)



Certificate of Appreciation

Presented to

Steven Wells

**For your contributions as a Council Member
representing Child Welfare Services**

March 14, 2022

Children, Youth and Families Behavioral Health System of Care Council

Yael Koenig

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



Jerelyn Bourdage

Child Welfare Services (CWS)



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 Darwin.Espejo@sdcounty.ca.gov by COB today



ACTION ITEMS FROM 2.14.22



LIVE WELL
SAN DIEGO

The **‘Business Item’ structure of the Council meeting** was noted as beneficial and a potential consideration for other BHS Council meetings; on February 14, 2022. BHS Council staff shared the structure with other BHS Council staff for consideration.

Council will support **Early Childhood Sub-Committee** with dissemination of **‘Tip Sheets’** once they are finalized. Will include in future Council packets.

Council staff provided **Steven Wells contact information** (via Zoom chat) for those interested in joining or learning more about the **monthly LGBTQ+ Workgroup**. Steven.Wells@sdcounty.ca.gov

Development of a Doula Pilot Program That Addresses Birthing Disparities While Prioritizing Equity and Community –Based Care



LIVE WELL
SAN DIEGO



NATHAN FLETCHER CHAIR

SUPERVISOR, FOURTH DISTRICT
SAN DIEGO COUNTY BOARD OF SUPERVISORS

AGENDA ITEM

COUNTY OF SA

2022 FEB 18 A

CLERK OF THE
OF SUPERVISORS

DATE: March 1, 2022

13

TO: Board of Supervisors

SUBJECT

DEVELOPMENT OF A DOULA PILOT PROGRAM THAT ADDRESSES BIRTHING HEALTH DISPARITIES WHILE PRIORITIZING EQUITY AND COMMUNITY-BASED CARE (DISTRICTS: ALL) (DISTRICTS: ALL)

OVERVIEW

According to the Centers for Disease Control and Prevention (CDC), Black birthing people are three times more likely to die from pregnancy-related causes than white birthing people.¹ Rates

BHS Director's Report - BHAB

March 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

February 25, 2022

TO: Behavioral Health Advisory Board (BHAB)

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

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

BEHAVIORAL HEALTH CRISIS SERVICES

The vision of the Behavioral Health Continuum of Care (CoC) is to achieve a transformational shift from a model of care driven by crises to one driven by chronic or continuous care and prevention through the regional distribution and coordination of resources to keep people connected, stable, and healthy.

File a Tax Return to Get Money Back



You could be eligible for thousands of dollars in your tax refund when you claim the federal Earned Income Tax Credit, Child Tax Credit, or Child and Dependent Care Credit. If you are newly eligible for one or more tax credits this year, you could get more money than ever before.

How to Get Your Tax Credits:

- 1 See if you qualify**
Find out how much you may receive at TaxOutreach.org/TaxCredits.
- 2 Find FREE tax help**
Go to GetYourRefund.org/SanDiego or call 800-906-9887, even if you don't normally file taxes.
- 3 File your taxes**
Get free help filing your tax return by April 18.

What to bring to a tax appointment:

- Valid picture ID
- Social Security card, Social Security number verification letter, or ITIN for everyone on your tax return
- W-2 or 1099 forms
- Form 1095-A
- Records of child care payments (if claiming the Child and Dependent Care Tax Credit)
- Any IRS notices including IRS Letter 6419, Advance Child Tax Credit Payments



For more information, go to TaxOutreach.org/TaxCredits or call the IRS at 1-800-829-1040.
Email: ctc@mhasd.org

Do I Qualify?

For the first time, more people than ever before will qualify for federal tax credits and could get money back at tax time.

Earned Income Tax Credit (EITC): If you worked in 2021, you may qualify for the EITC even if you didn't in the past.

Child Tax Credit (CTC): Almost every family with kids at home qualifies for the CTC in 2021. You can get this credit even if you are retired, on disability, or were not eligible in the past. File a tax return to get the full credit even if you got advance CTC payments in 2021.

Child & Dependent Care Credit (CDCTC): Millions of families paying for child and adult care qualify for the CDCTC.

Public Benefits: Claiming these tax credits will not change your eligibility for federal benefits like SNAP (food stamps), SSI, Medicaid, cash assistance, or public housing. If you save your tax refund, it will not count against federally-funded benefit program resource/asset limits for 12 months after the refund is received.

Eligibility breakdown for the EITC, CTC, and CDCTC:

If you don't have children you could qualify for the EITC if:

Age:
You are 19 years old and up. You cannot claim the credit if you were a student for more than 5 months in 2021 and are 19-23.

2021 Income:
You earned less than \$21,430 (\$27,380 if married), you could receive an EITC up to \$1,502.

If you are not a U.S. citizen you could qualify for any of the three tax credits if:

- **EITC:** You, your spouse, and any child you claim have a valid Social Security number (SSN).
- **CTC:** Any child you claim has an SSN, even if you do not have an SSN yourself.
- **CDCTC:** Any child you claim has an SSN, even if you do not have an SSN yourself.

If you have children you could qualify for any of the three tax credits if:

Residency:

Your children lived with you for more than half of 2021.

Age – children must be:

- **EITC:** 18 or under on December 31, 2021 (*full-time students can be under 24 and children who are permanently and totally disabled can be any age*).
- **CTC:** 17 or under on December 31, 2021.
- **CDCTC:** 13 or under on December 31, 2021, or a dependent who is unable to care for themselves.

Income for 2021:

- **For the federal CTC,** there is no minimum income requirement to get this credit. It is worth up to \$3,600 for children 5 and younger, and up to \$3,000 for children ages 6-17.
- **For the federal EITC,** your earnings must be lower than the following limits:

Number of Children	Single workers with income less than:	Married workers with income less than:	EITC up to:
1 child	\$42,158	\$48,108	\$3,618
2 children	\$47,915	\$53,865	\$5,980
3 or more children	\$51,464	\$57,414	\$6,728

- **For the federal CDCTC,** the amount of money you can get back depends on the number of children in care, your family's income, and the amount spent on care.

Number of Children	Amount of care expenses in 2021	Income	Maximum credit
1 child	Up to \$8,000	\$0-\$125,000	\$4,000
		\$125,000-\$183,000	Varies
		\$183,000-\$400,000	\$1,600
2 children	Up to \$16,000	\$0-\$125,000	\$8,000
		\$125,000-\$183,000	Varies
		\$183,000-\$400,000	\$3,200

CHILDREN'S MENTAL HEALTH: UNDERSTANDING AN ONGOING PUBLIC HEALTH CONCERN



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Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

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Morbidity and Mortality Weekly Report (MMWR)

CDC



Mental Health Surveillance Among Children — United States, 2013–2019

Supplements / February 25, 2022 / 71(2);1–42

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[View suggested citation](#)

Summary

Mental health encompasses a range of mental, emotional, social, and behavioral functioning and occurs along a continuum from good to poor. Previous research has documented that mental health among children and adolescents is associated with immediate and long-term physical health and chronic disease, health risk behaviors, social relationships, education, and employment. Public health surveillance of children's mental health can be used to monitor trends in prevalence across populations, increase knowledge about demographic and geographic differences, and support decision-making about prevention and intervention. Numerous federal data systems collect data on various indicators of children's mental health, particularly mental disorders. The 2013–2019 data from these data systems show that mental disorders begin in early childhood and affect children with a range of sociodemographic characteristics. During this period, the most prevalent disorders diagnosed among U.S. children and adolescents aged 3–17 years were attention-deficit/hyperactivity disorder and anxiety, each affecting approximately one in 11 (9.4%–9.8%) children. Among children and adolescents aged 12–17 years, one fifth (20.9%) had ever experienced a major depressive episode. Among high school students in 2019, 36.7% reported persistently feeling sad or hopeless in the past year, and 18.8% had seriously considered attempting suicide. Approximately seven in 100,000 persons aged 10–19 years died by suicide in 2018 and 2019. Among children and adolescents aged 3–17 years, 9.6%–10.1% had received mental health services, and 7.8% of all children and adolescents aged 3–17 years had taken medication for mental health problems during the past year, based on parent report. Approximately one in four children and adolescents aged 12–17 years reported having received mental health services during the past year. In federal data systems, data on positive indicators of mental health (e.g., resilience) are limited. Although no comprehensive surveillance system for children's mental health exists and no single indicator can be used to define the mental health of children or to identify the overall number of children with mental disorders, these data confirm that mental disorders among children continue to be a substantial public health concern. These findings can be used by public health professionals, health care providers, state health officials, policymakers, and educators to understand the prevalence of specific mental disorders and other indicators of mental health and the challenges related to mental health surveillance.

Article Metrics

Altmetric:



Citations:

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Views equals page views plus PDF downloads

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ADVANCING SCHOOL-BASED MENTAL HEALTH IN CALIFORNIA



Introduction

School-Based Mental Health Strategies Are Essential for California Students

It is clear that students in California have not been spared the impacts of the ongoing and exacerbated mental health crisis in the wake of the global pandemic.



Even before the pandemic, California's students were struggling, especially students of color:

- ▶ 33.33 percent (1,980,000 out of 6,000,000) of 7th, 9th and 11th grade students in 2017-19 reported feeling depressed in California schools ([Kidsdata.org](https://kidsdata.org), 2020).
- ▶ 32-47 percent of African American students and Latinx students in Grades 7, 9 and 11 experienced chronic sadness/hopelessness in 2018-19 ([CalSchls](https://calschls.org), 2019).
- ▶ 52.7 percent (3,120,000 out of 6,000,000) of African American students in California were chronically absent in 2019 compared to 24.9 percent of their white counterparts ([CDE](https://cde.ca.gov), 2019).



PEERS_{IN} CHILDREN, YOUTH & FAMILIES SERVICES



A Virtual Conference

Registration opens in March

Questions? Contact rihs@sdsu.edu

#CYFSOCCON2022

SAVE THE DATE:

**MAY 26
2022**





CYFSOCCON2022: Peers in Children, Youth and Families Services Scholarship Application Form

This is an opportunity for a Family, Parent, Youth or Peer Support Partner to receive a scholarship 2022 Children, Youth and Families System of Care (CYFSOC) Conference, Peers in Children, Youth and Families Services: Expanding our Community with Peers (virtually) on May 26, 2022. Scholarship recipients will have their registration fee waived. The application process closes April 29, 2022. Scholarship recipients will be contacted by May 6, 2022.

edithloyonmohler@gmail.com [Switch account](#)

* Required

Email *

Your email

First and last name *

Your answer

Phone *

Your answer

Are you currently employed as a Family, Parent, Youth or Peer Support Partner?*

*The County of San Diego Organizational Provider Operations Handbook (OPOH) defines family, parent, youth or peer support partners as an individual "that has or is currently receiving services from a public agency serving children/families

SCHOLARSHIP OPPORTUNITIES

- **Application process closes on April 29, 2022**
- Information about the 2022 CYFSOC Conference scholarships are found in the FAQ page: <https://theacademy.sdsu.edu/programs/rihs/cyfsoc-conference-faq/>
- Application form: <https://forms.gle/FfZrExwtMmC1wjvA9>



Discussion with the BHS Director

All Council Members and Participants are invited to forward or insert in chat suggested areas of focus or specific questions for the May discussion with Luke Bergmann

Please forward items to Edith Mohler at Edith.Mohler@sdcounty.ca.gov by April 18, 2022



Mental Health Services Act (MHSA) Update

Danyte Mockus-Valenzuela

May is Mental Health Month

Send your events to Dawn.Hull@sdcounty.ca.gov

Youth Mental Health Well Being Virtual Celebration and Resource Fair
on May 6, 2022



Supporting Californians' Ability to Stay Healthy in All Areas of Life

The Department of Health Care Services (DHCS) is innovating and transforming the Medi-Cal delivery system. CalAIM is moving Medi-Cal towards a population health approach that prioritizes prevention and whole person care. Our goal is to extend supports and services beyond hospitals and health care settings directly into California communities.

Our vision is to meet people where they are in life, address social drivers of health, and break down the walls of health care. CalAIM will offer Medi-Cal enrollees coordinated and equitable access to services that address their **physical, behavioral, developmental, dental, and long-term care needs**, throughout their lives, from birth to a dignified end of life.



CYF COUNCIL MEETING

POLL QUESTION # 1

1. Is CalAIM impactful to your work? (1 not at all - 5 very much) (Single Choice)*

- 1
- 2
- 3
- 4
- 5



CYF COUNCIL MEETING

POLL QUESTION # 2

2. Have you gained useful knowledge through today's presentation/conversation? (1 not at all - 5 very much) (Single Choice)*

- 1
- 2
- 3
- 4
- 5



CYF COUNCIL MEETING

POLL QUESTION # 3

3. What is your current level of understanding of CalAIM? (1 low - 5 high) (Single Choice)*

- 1
- 2
- 3
- 4
- 5



CYF COUNCIL MEETING

POLL QUESTION # 4

4. 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

Save the Date

Children, Youth and Families (CYF) Council,

Transition Age Youth (TAY) Council, and

Adult and Older Adult (AOA) Council

**Combined Behavioral Health Services
Councils Meeting**

Monday, April 11, 2022 | 10 to 11:30 AM



**FRIDAY
MAY 6,
2022**

YOUTH MENTAL HEALTH VIRTUAL CELEBRATION

RESOURCE FAIR AT 4 PM • LIVE EVENT AT 5 PM

NAMI San Diego on Facebook • YouTube • Twitch

Contact: CYFLiaison@namisd.org



San Diego and
Imperial Counties

