



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

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

# **ITEM**

# I. Welcome (Jaime Tate-Symons)

- Welcome
- Thank you, Adrienne Yancey Outgoing Council Member Alternate representing Public Health Services
- Thank you, Chrystal Sweet, Outgoing Council Member Alternate representing Public Safety Group (PSG) Probation
- Welcome back Rhonda Freeman, Council Member Alternate representing Public Health Services
- Welcome Tabatha Wilburn, Council Member representing PSG/Probation
- Welcome Delona King, Council Member Alternate representing PSG/Probation
- Welcome Dr. Patricia Cardenas-Wallenfelt Behavioral Health Services (BHS) CYF Psychiatrist and Council Alternate representing BHS

# How do you Self-Care? Jiu Jitsu, exercise Live music Spend time w: my partner Intentional breathing Skincare routine Talk with friends Raise monarch butterflies Eat ice cream Sunrise Naps Vacation eat healthy Swim Mani/pedi Listen to the birds Quiet time Reading Practice gratitude **Podcasts** Dogs Watch YouTube listen to podcast Laugh 😔 Read Gratitude Listening to music Take my dog for a walk Mindfulness Exercise Meditation sleeep **Playing Games** Sunsets be in nature Sleep 42 Dancing Yoga Play with goats Dance party of one See my family Massages Watch a good movie Massage Sit by the ocean Housplants Peaceful company Journaling

# **SUMMARY AND ACTION ITEMS**

- Yael Koenig introduced the meeting acknowledging May is Mental Health Matters Month with an engagement exercise: How do you self-care?
- Responses provided are included in bottom of Item I. Other responses provided through the Chat feature:
  - Dog rescue
  - Self-Reflection
  - Delegate as an act of self-care
  - Soul-care I sing. Listen to music and journal
  - Rest

# ITEM SUMMARY AND ACTION ITEMS

- II. Hot Topic: Directing Change Program and Film Contest (Yael Koenig)
   Jana Sczersputowski, MPH, Founder and Executive Director, Directing Change Program
  - Polling Questions
    - Are you aware of Directing Change and what they do? (Single Choice: Yes/No)
    - Have you seen a Directing Change video before today? (Single Choice: Yes/No)
  - Overview Link: https://directingchangeca.org/about/
  - San Diego County students recognized for Mental Health and Suicide Prevention Achievements
  - Local award winners Directing Change videos
  - Tenth Annual 2022 Award Ceremony is May 17, 2022, at 7 p.m. via Facebook Link: Tenth Annual Directing Change Awards Ceremony | Facebook
  - Monthly Art and Film Contest Link: <a href="https://directingchangeca.org/sandiegocounty/">https://directingchangeca.org/sandiegocounty/</a>
  - Dialogue: Questions/Answers
  - Polling question
    - How will you support Directing Change? (Check all that apply)
      - Help get the word out about Directing Change
      - Encourage youth to participate
- View the videos when released
- Share videos on social media and in other ways
- Directing Change is a suicide prevention and mental health promotion program and film contest. (30 and 60-second) films or art projects. Students learn about suicide prevention, mental health, and other social justice and critical health topics; discuss and apply what they learn in peer groups; and communicate positive; youth focused, action-oriented messages to peers and adults in their communities
- The program includes monthly and annual art contests
- In the 2021-22 school year, 117 students from 7 schools in San Diego County submitted 44 films about mental health and suicide prevention
- 2022 First Place Walk in Our Shoes The Superhero in Each of Us: "Dear Future Me" (Recognized at award ceremony) Rancho Minerva Middle School <a href="https://vimeo.com/681023182">https://vimeo.com/681023182</a>
- 2022 Second Place Walk in Our Shoes –
  What is Mental Health & Words Matter TIED: "Fingerprints" and "un-Silent"
  Rancho Minerva High School
  <a href="https://vimeo.com/683588834">https://vimeo.com/683588834</a>
  <a href="https://vimeo.com/683080147">https://vimeo.com/683080147</a>
- 2022 Second Place Hope and Justice Justice - "Missing Kids of Color Diary PSA" Canyon Hills High School <a href="https://vimeo.com/672137511">https://vimeo.com/672137511</a>
- 2022 Third Place Hope and Justice Hope -"What Are You Waiting For?"
   Rancho Minerva Middle School <a href="https://vimeo.com/651806402">https://vimeo.com/651806402</a>
- Meeting attendees were invited to sign up as a judge for the Directing Change program
- Action Item: The CYF Council will showcase art from the Directing Change website at each Council meeting beginning July 11, 2022.
- Action Item: The presentation will be shared with the CYF Council distribution lists.

#### ITEM **SUMMARY AND ACTION ITEMS** Poll Results CYF Council Poll #1 CYF Council Poll #3 Poll | 1 question | 50 of 63 (79%) participated Poll | 1 question | 66 of 82 (80%) participated 1. Are you aware of Directing Change and what they do? (Single How will you support Directing Change? (Multiple Choice) \* Choice) \* 66/66 (100%) answered 50/50 (100%) answered Help get the word out about Directing Change Ves (16/50) 32% (50/66) 76% Nο (34/50) 68% Encourage youth to participate (30/66) 45% View the videos when released (43/66) 65% CYF Council Poll #2 Poll | 1 question | 51 of 67 (76%) participated Share videos on social media and in other ways (18/66) 27% 1. Have you seen a Directing Change video before today? (Single Apply to be a judge of video submissions (12/66) 18% Choice) \* 51/51 (100%) answered Other ways not outlined (8/66) 12% (15/51) 29% No (36/51) 71% III. Mental Health Services Act (MHSA) Update (Dr. Danyte Mockus-Valenzuela) • Dr. Mockus-Valenzuela highlighted May is Mental Health Matters Month – Send your events to: Dawn.Hull@sdcounty.ca.gov additional resources included in the May is https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mimhm resources.html Mental Health Matters Month web page: San Diego County Parks and Recreation National Federation of Families - Children's Mental Health Week Moving from Awareness to (sdparks.org)' Acceptance May 1-7, 2022 Link: https://www.ffcmh.org/acceptanceweek https://www.livewellsd.org/. Youth Mental Health Virtual Celebration - Local Theme: "Bloom Where You Are" celebrated on May 6, 2022 Link: https://cyfliaison.namisandiego.org/may-event-2022/ IV. Review of Meeting Summary (Sten Walker) • Sten Walker reviewed the meeting summary March 14, 2022, Meeting Summary - Handout - Pages 5-9 and action items from March 14, 2022. Action Items from March 14, 2022 - All have been completed, see Meeting Summary for action items - Page 7 V. Business Items (Yael Koenig) • Note: Board Letters that are highlighted on **Board Letters (BL) / Board Actions** the meeting agenda were included in the March 15, 2022 meeting packet. Item 05: Authorize Competitive Solicitations, Single Source Procurements and • Board Letters from the March 15, April 5, Amendments to Increase Existing Child Welfare Services Contracts, Authorize Application April 26, 2022 were highlighted. for and Acceptance of Funding for the Transitional Housing Program Plus Housing • The March 30, 2022 Update on Mobile Crisis Supplement Program, and Adopt a Resolution Authorizing Application and Acceptance of Response Team (MCRT) Program Board Allocation Award. Memo was also highlighted. Item 19: Receive the Final Report on Increasing Access and Enrollment in County Self • Information items regarding the proposed Sufficiency Programs to Serve Every Community Member in Need Without Barriers to Entry County budget, mental health resources, and Council membership were shared.

# ITEM SUMMARY AND ACTION ITEMS

#### April 5, 2022

- Item 05: Authorize Competitive Solicitation for Mental Health Screening to Care Initiative -Handout - Pages 10-12
- Item 16: Gun Violence Reduction Program Update & Request to Issue a Competitive Solicitation for Community Needs Assessment

#### April 26, 2022

- Item 02: Expanding Capacity for Trauma Recovery Services in South County and Developing
  Future South County Family Justice Center: Improving Services for Crime Prevention,
  Intervention and Victim-Survivor Care Through Comprehensive Trauma Focused Services
- Item 11: Adopt a Resolution of the San Diego County Board of Supervisors Authorizing a Joint Application to the Homekey Program
- Item 12 Authorize Extension of Contracts Related to Operations and San Pasqual Academy -Handout Pages 13-15
- Item 14: Approve and Ratify the Children's Trust Fund Three-Year Funding Proposal
- Item 33: Receive an Update on Affordable Housing Accomplishments, Authorize the Allocation
  of American Rescue Plan Act Funds for Affordable Housing, and Adopt a Resolution of the San
  Diego County Board of Supervisors Providing Authorization to Participate in the Fourth Round
  Notice of Funding Availability for the No Place Like Home Program Alternative Process
  Allocation Funds
- Item 34: An Ordinance to Provide for the Local Implementation of the United Nations Convention of the Elimination of All Forms of Discrimination Against Women (CEDAW)
- Item 38: County Action to Address Termination of Title 42: Addressing the Need for Respite Migrant Shelter Handout -Pages 16-17

#### **Board Memos**

 March 30, 2022 - Update on Mobile Crisis Response Team (MCRT) Program Handout Pages 18-26

Board Letters that may be particularly of interest to the CYF Council are listed above. Due to size, only highlighted Board Letters are included in the packet, however, all Board Letters can be found at the Clerk of Board of Supervisors (BOS) Meeting Agendas, Board Letters and Access to the BOS meetings: <a href="https://www.sandiegocounty.gov/cob/bosa/index.html">https://www.sandiegocounty.gov/cob/bosa/index.html</a>

#### Information Items

- Behavioral Health Services Director's Reports April and May 2022 Handout Pages 27-37
   Link to Behavioral Health Advisory Board (BHAB) Webpage:
   <a href="https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental-health-services-act/bhab.html">https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental-health-services-act/bhab.html</a>
- May 5, 2022 BHAB Meeting Agenda Highlights
  - FY 2022-23 Chief Administrative Officer (CAO) Recommended Operational Plan May 2022 – Handout – Pages 38-51
  - Link to County Budget: <a href="https://www.sandiegocounty.gov/budget/">https://www.sandiegocounty.gov/budget/</a>
  - Link to CAO Recommended Operational Plan:
     <a href="https://www.sandiegocounty.gov/content/sdc/auditor/opplan/fyp22-24.html">https://www.sandiegocounty.gov/content/sdc/auditor/opplan/fyp22-24.html</a>
  - FY 2022-23 CAO BHS Recommended Operational Plan-May 2022 Handout – Pages 52-55
- Drug Medi-Cal (DMC) Virtual External Quality Review (EQR) April 26-28, 2022
   Handout Page 56

Link: https://www.dhcs.ca.gov/provgovpart/Pages/Quality-EQR.aspx

- Urgent Community Alert about Fentanyl about from the San Diego District Attorney's Office Handouts in English, Spanish, and Tagalog respectively – Pages 57-59
- K-12 Youth Services Community Grant Program
   Applications accepted through 5 p.m., June 3, 2022 Handout Page 60
   <a href="https://www.sandiegocounty.gov/content/sdc/public\_safety/k12-community-grant-program.html">https://www.sandiegocounty.gov/content/sdc/public\_safety/k12-community-grant-program.html</a>
- Mental Health Resources shared by the Education Sector:
  - San Diego County Office of Education (SDCOE): https://www.sdcoe.net/students/health-well-being/mental-health-supports

# ITEM **SUMMARY AND ACTION ITEMS** SDCOE - Mind Out Loud: https://www.mindoutloud.org/ California Mental Health Services Authority (CalMHSA): https://takeaction4mh.com/may-is-mental-health-month/ Mental Health America – Mental Health Month Toolkit: https://mhanational.org/mental-health-month **Brain XP Tik Tok Video:** https://www.tiktok.com/@brainxpproject/video/7078384247693675822?is copy url=1&is fr om webapp=v1 Happy Brain XP Day 2022! https://www.youtube.com/watch?v=Kza1tTzpcPM • Annual Council Membership Assessment VI. Announcements (Sten Walker) Polls Polling Question - On a scale of 1-5 (1 low / 5 high), how would you rate the relevance and your interest with today's Council meeting? - Darwin Espejo CYF Council Poll #4 CYF Council Annual Orientation is scheduled for June 13, 2022 from 9 to 10:30 a.m. CYF Council Poll #4 Handout-Page 61 Poll ended | 1 question | 61 of 82 (74%) participated CYF Council Hot Topic: "Conversation with the BHS Director" rescheduled for July 11, 2022 1. On a scale of 1-5 (1 the lowest and 5 the highest), how would you Responsive Integrated Health Solutions (RIHS) virtual training: Engaging and Supporting rate the relevance and your interest with today's Council meeting? Refugee Communities on May 18, 2022 Handout - Pages 62-64 Annual CYF System of Care Virtual Conference: Peers in CYF on May 26, 2022 61/61 (100%) answered Handout - Page 65 (0/61) 0% Registration at: Peers in Children, Youth and Families Services Conference (1/61) 2% (11/61) 18% (13/61) 21% (36/61) 59% ··· Share Results VII. Action Items Action Due/Status The CYF Council will showcase art from the Directing Change website and share it at the Will begin showcasing the art in the July beginning of the meeting via the meeting PowerPoint. 11, 2022 meeting. The Directing Change presentation to be shared with the CYF Council meeting participants. Directing Change presentation to be included in the July 11, 2022 CYF Council meeting packet. **Next Meeting:** Virtual Orientation Meeting Date: Monday, June 13, 2022 Time: 9 to 10:30 a.m.

# +=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	0			
2	Behavioral Health Services (BHS)	Dr. Laura Vleugels	+	Dr. Patricia Cardenas- Wallenfelt	+			
3	Public Safety Group/ Probation	Tabatha Wilburn	0	Delona King	0			
4	Child Welfare Services (CWS)	Jerelyn Bourdage	+	Norma Rincon	0			
5	HHSA Regions	VACANT		Jennifer Sovay	0			
6	Public Health	Dr. Thomas R. Coleman	+	Rhonda Freeman	0			
7	Juvenile Court	H. Judge Ana España	0	Beth Brown	+			
8	First 5 Commission	Alethea Arguilez	0	Stephanie Escobar	+			
EDUCATION SECTOR								
9	Special Education Local Plan Area (SELPA)	Russell Coronado	0	VACANT				
10	Regular Education Pupil Personnel Services	Violeta Mora	0	Margaret Sedor	0			
11	School Board	Barbara Ryan	+	Debra Schade	+			
12	Special Education	Yuka Sakamoto	+	Misty Bonta	0			
		PRIVATE SECTOR			1			
13	San Diego Regional Center (SDRC) for Developmentally Disabled	Peggie Webb	0	Therese Davis	0			
14	Alcohol and Drug Service Provider Association (ADSPA)	Angela Rowe	+	John Laidlaw	0			
15	Alcohol and Drug Service Provider Association (ADSPA)	Marisa Varond	+	Claudette Allen Butler	+			
16	Mental Health Contractors Association	Julie McPherson	0	Minola Clark Manson	0			
17	Mental Health Contractors Association (MHCA)	Laura Beadles	+	Golby Rahimi	+			
18	Fee- For-Service (FFS) Network	Dr. Sherry Casper	0	Marcelo A. Podesta	+			
19	Managed Care Health Plan	George Scolari	+	Kathleen Lang	+			
20	Healthcare/ Pediatrician	Dr. Pradeep Gidwani	0	VACANT				
	F	AMILY AND YOUTH SECTOR						
21	Family and Youth Liaison	Sten Walker	+	Renee Cookson	0			
22	Caregiver of child/youth served by the Public Health System	VACANT		Karilyn "Kari" Perry	+			
23	Youth served by the Public Health System (up to age 26)	Veronica Hernandez	+	Emma Eldredge	0			
24	Youth served by the public health system (up to age 26)	Micaela Cunningham	+	VACANT				
	SUB-COMMITTEES (Non	-voting members unless a m	ember of the Co	ouncil)				
-	Executive Sub-Committee	Sten Walker Jaime Tate Symons	+/+					
-	Cultural Competence Resource Team (CCRT)	Rosa Ana Lozada	0					
-	CYF CADRE	Julie McPherson Marisa Varond	0/+					
-	Early Childhood Sub-Committee	Aisha Pope Ginger Bial	+/+					
-	Education Sub-Committee	Heather Nemour Violeta Mora	0/0					

CONSTITUENCY		MEMBER	STATUS	ALTERNATE	STATUS
-	Family and Youth as Partners Sub-Committee	Sten Walker	+		
-	Outcomes Sub-Committee	Emily Trask Eileen Quinn-O'Malley	0/+		
-	Training Sub-Committee	Rose Woods	+		

Zoom Listed Meeting Attendees: 90							
Aisha Pope	David Taylor	Katherine Demmler	Romalyn Watson				
Alec Rodney	Debra Schade	Kathleen Lang	Rosa Ana Lozada				
Amanda Lance-Sexton	Denise Alvarez	Kimberly Pauly	Rose Woods				
Amber Irvine	Dina Ali	Krystle Murguia	Seth Williams				
Angela Rowe	Dori Gilbert	LaTysa Flowers	Shannon Jackson				
Angela Solom	Edith Mohler	Laura Beadles	Stacey Musso				
Aprille Pena	Eileen Quinn-O'Malley	Laura Vleugels	Sten Walker				
Babbi Winegarden	Eliza Reis	Leslie Manriquez	Stephanie Escobar				
Barbara Ryan	Elizabeth Dauz	Marcelo Podesta	Stephanie Gioia-Beckman				
Beth Brown	Erick Mora	Margaret Anello	Stephanie Smith				
bill Stewart	Fran Cooper	Margarita Hernandez	Susana Antonio				
Bobbi Smylie	George Scolari	Marisa Varond	Tom Coleman				
Bria Adams	Ginger Bial Cox	Martin Dare	Tsigealm (UWEAST)				
Bruce Wexler	Golby Rahimi Saylor	Melissa Penaflor	Veronica Gallacher				
Carmen Pat	Jaime Tate-Symons	Micaela Cunningham	Veronica Hernandez				
Carolina Reyna	Jana Sczersputowski	Michael Miller	Wendy Maramba				
Casie Johnson-Taylor	Janet Cacho	Michelle Hogan	Yael Koenig				
Celeste Hunter	Janette Magsanoc	Mina Arthman	Yo Ishida				
Christina Bruce	Jean McDonald	Pamela Hansen	Yuka Sakamoto				
Claire Riley	Jennifer Kennedy	Patricia Cardenas-Wallenfelt MD	Yvette Leiva				
Claudette Butler	Jerelyn Bourdage	Rafael Ortiz-Gomez	Unknown Caller				
Danyte Mockus-Valenzuela	Kameka Smith	Rebecca Raymond					
Darwin Espejo	Kari Perry	Roberto Suarez					

### **Sub-Committees/Sectors/Workgroups Meetings Information:**

Due to COVID-19, most of the sub-committees' meetings are occurring virtually Please reach out to the sector lead or Executive Subcommittee 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.

 $\label{eq:cyf} \textbf{CYF CADRE} : \textbf{Meets quarterly on the second Thursday of the month from 1:30 to 3 p.m.}$ 

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.

Family and Youth as Partners: Meets every third Thursday of the month from 1:30 to 3 p.m.

**Private Sector**: Ad Hoc/Meets as needed.