

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

ANNUAL STRATEGIC PLANNING MEETING, PART III - MEETING MINUTES

August 12, 2019 – 9:00-10:30 A.M.

Scottish Rite – Morrison 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	O	VACANT	
3	Public Safety Group/ Probation	Dr. Geoff R. Twitchell	O	Chrystal Sweet	O
4	Child Welfare Services (CWS)	Kimberly Giardina	O	Norma Rincon	+
5	HHSA Regions	Dori Gilbert	E	Jennifer Sovay	+
6	Public Health	Dr. Thomas R. Coleman	+	Adrienne Yancey	O
7	Juvenile Court	H. Judge Kimberlee Lagotta	+	Joy Lazo attending for Beth Brown	+
8	First 5 Commission	Alethea Arguilez	O	Dulce Cahue-Aguilar	+
EDUCATION SECTOR					
9	Special Education Local Plan Area (SELPA)	Cara Schukoske	O	Jamie Tate - Symons	O
10	Regular Education Pupil Personnel Services	Violeta Mora	+	Heather Nemour	O
11	School Board	Barbara Ryan	E	VACANT	
12	Special Education	Yuka Sakamoto	O	Aidee Angulo	O
PRIVATE SECTOR					
13	San Diego Regional Center (SDRC) for Developmentally Disabled	Peggy Webb	O	Therese Davis	O
14	Alcohol and Drug Service Provider Association (ADSPA)	Angela Rowe	O	Marisa Varond	+
15	Alcohol and Drug Service Provider Association (ADSPA)	TBD		TBD	
16	Mental Health Contractors Association	Julie McPherson	O	Minola Clark Manson	E
17	Mental Health Contractors Association	Michelle Ly	+	Michelle Hogan	+
18	Fee- For-Service (FFS) Network	Dr. Sherry Casper	+	VACANT	
19	Managed Care Health Plan	George Scolari	+	Kathleen Lang	O
20	Healthcare/ Pediatrician	Dr. Pradeep Gidwani	+	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	+	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)					
-	Executive Committee	Violeta Mora/ Dori Gilbert	+E		
-	Cultural Competence Resource Team (CCRT)	Rosa Ana Lozada	+		
-	CYF CADRE	Julie McPherson/ Marisa Varond	O/+		
-	Early Childhood Committee	Aisha Pope/ Autumn Weidman	+/+		
-	Education Committee	Heather Nemour	O		
-	Family and Youth as Partners	Renee Cookson/ Valerie Hebert	O/+		
-	Outcomes Committee	Julie McPherson	O		
-	Training Committee	Rose Woods	O		

CYF Council Staff: Yael Koenig, Edith Mohler, Grisel Ortega and Darwin Espejo

I. Welcome and Introductions (Violeta Mora)

II. Approval of Minutes (Violeta Mora)

- June 10, 2019 meeting minutes –Approved.

III. Business Items (Yael Koenig)

- **CYF Council Co-Chair Rotation (Education to Private Sector)**
 Violeta Mora completed the two-year term representing the Education Sector as Co-Chair of the CYF Council. She was recognized with a certificate of appreciation for her contributions to the Council and to the CYF System of Care. The Private Sector will be co-chairing for Fiscal Years 2019-20 and 2020-21. Minola Clark Manson was named to be the Co-Chair representing the Private Sector and will start co-chairing at the September 9, 2019 meeting. Dori Gilbert will continue as Co-Chair for the rest of the current fiscal year representing the Public Sector.
- **Mental Health Contractors Association (MHCA) Constituency**
 Julie McPherson was named the new MHCA CYF Council member representative and Minola Clark Manson was named the alternate. Michelle Ly and Michelle Hogan will continue as member and alternate respectively in the second seat of the MHCA constituency.
- **Sector and Sub-Committee's Fiscal Year 2018-19 Accomplishments and Fiscal Year 2019-20 Goals**
 CYF Sectors and Sub-Committees Fiscal Year 2018-19 Accomplishments and Fiscal Year 2019-20 goals will be presented at the September 12, 2019 CYF Council meeting.
- **By-Laws Update**
 - ✓ San Diego Nonprofit Association (SDNA) dissolved
 Private Sector SDNA recently dissolved. Margaret Iwanaga Penrose was the SDNA constituency CYF Council member representative and Rosa Ana Lozada the alternate. Certificates of recognition were presented in appreciation for their contributions to the Council and the CYF System of Care.

Michelle Ly received the certificate on behalf of Margaret Iwanaga Penrose. Rosa Ana Lozada will continue in her role of Co-Chair of the CCRT Sub-Committee representing the CYF Private Sector.

- ✓ Recommend keeping 24 member seats by removing SDNA and adding second seat to ADSPA-parity with MHCA

A motion to add one additional Alcohol and Drug Service Provider (ADSPA) seat to replace SDNA seat and be in alignment with the MHCA number of seats (2) was approved by the voting CYF Council membership.

- Medi-Cal Expansion of Undocumented Youth Adults (Ages 19 through 25)- Effective January 1, 2020 (Handout)
The California State Budget 2019-20 includes funding to expand full scope-scope Medi-Cal coverage to eligible young adults aged 19 through 25 years old regardless of immigration status.
- The CYF Council meeting will be dark on November 11, 2019 in observance of the Veteran's Day holiday.

IV. Mental Health Services Act (MHSA) Updates (Yael Koenig)

- The MHSA Fiscal Year 2019-20 Annual Update San Diego County plan has been released. This report provides an update to the MHSA Three-Year Program and Expenditure Plan for Fiscal Years 2017-18 through Fiscal Year 2019-20 (MHSA Three-Year Plan). Public review and comment period is from August 2, 2019 to September 1, 2019. The document can be accessed at:
<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/documents/NOC/MHSA/MHSA%20Annual%20Update%20FY%202019-20%20FINAL30%20Day%20Public%20Review%20ALL%207-26-19.pdf>.

V. Strategic Planning Meeting Part 3 (Yael Koenig)

A. Strategic Planning Meetings 1 and 2 Summary

- May 13, 2019 meeting focused on Assessment of Psychiatric care in San Diego County
- June 10, 2019 focused on CYF System of Care intersection with the Justice system/School Threats

B. Context through Recent Board Letters and relevant documents

1. June 25, 2019 (01), Strengthening the Bridge Between Behavioral Health Services and the Criminal Justice System Board of Supervisors Letter-Handout

This Board Letter provides an update to the directions stated in the March 26, 2019 (2) Board Letter:

- Develop a timely follow-up care and case management system for individuals involved in a Psychiatric Emergency Response Team (PERT)/law enforcement crisis call: A design is still being evaluated. The goal is to create a system response based on level of need.
 - Establish regional Mental Health Crisis Stabilization Centers that can provide 24/7 walk-in mental health and substance use disorder services including law enforcement drop offs: In partnership, HHS, the District Attorney's Office (DA), Sheriff, and County Public Safety Group (PSG) made recommendations to establish community-based crisis stabilization services in the North San Diego County to include law enforcement drop-off and mobile crisis response.
 - Work with school districts and the County Office of Education to develop enhanced school-based crisis response, including possible expansion of existing PERT programs for threats of crisis situations involving school youth: HHS and PSG staff began working with SDCOE staff, DA and Sheriff for data analysis and stakeholder engagement to develop a strategy aimed to support the 42 school districts' existing crisis response processes and, as needed, augment the services currently available.
2. June 25, 2019, (04), Update of Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation-Board of Supervisors-Handout
This Board Letter provides a quarterly update of activities stemming from the October 30, 2018 (3), Board Conference: Caring for People in Psychiatric Crisis in San Diego County. It recommends amending existing contracts to explore the feasibility of additional inpatient psychiatric care in North County and other regions within San Diego County.
 3. June 25, 2019 (23), Behavioral Health Continuum of Care: Creation of Additional Crisis Stabilization Units Chairs and Psychiatric Health Facility Beds for North San Diego County (District 5)-Handout
This Board Letter recommends facilitating negotiations between the County of San Diego with potential care providers that provide inpatient and crisis stabilization services (Adult-focused).
 4. SchoolLink Letter to school districts (August 1, 2019) regarding thresholds-Handout
SchoolLink (Formerly known as Medi-Cal services) is a partnership between County of San Diego and local school districts to provide behavioral health services at schools. SchoolLink was launched in 2018

to implement standardized practices and increase collaboration between schools and treatment. Data revealed the need to re-evaluate practices and prioritize services where they are needed. As a first step, a minimum client threshold was set to warrant the deployment of therapists through SchoolLink. The implementation of thresholds is intended to be a collaborative process between schools, districts, SchoolLink providers and the County, to ensure services are deployed timely and efficiently. The minimum School Threshold is a deployment of a therapist at each designated school at least weekly and being at campus for a minimum of four hours per visit. Schools are asked to commit to:

- Identify a consistent space for the therapist(s)
- Make sufficient referrals that lead to a minimum of 5 active clients served by SchoolLink provider
- Make sufficient referrals that lead to a minimum of 10 annual clients served by SchoolLink provider.

SchoolLink also assists school districts comply with AB 2022: Pupil Mental Health Services School Notification effective January 2019, which requires to notify pupils, parents, and caregivers no less than twice during the school year on how to initiate access to pupil mental health services in campus and in the community.

- SchoolLink resources provided:
 - ✓ SchoolLink poster and brochure-Handout
 - ✓ SchoolLink: <https://theacademy.sdsu.edu/rihs-schoolink/#/menu/5b1058975336621b30dfcd5b>

C. Addressing School Based Crisis Led Group Discussion using the Strategic Planning Tool-Handout-Highlights

- Pros of a PERT model:
 - ✓ School safety when a student is presenting a threat to him/herself or somebody else
 - ✓ PERT officers are authorized to transport
 - ✓ Existing PERT teams are appropriately deployed to schools when law enforcement intervention is needed
- Concerns about the PERT include:
 - ✓ Utilization of law enforcement model as a first response to mental health crisis that may have no law enforcement overlap or need; resulting in an escalation
 - ✓ Stigma and the potential for trauma
 - ✓ Consequences of arrests
- Perhaps, an alternate hybrid model can be implemented without law enforcement that:
 - ✓ Balances involuntary holds and voluntary services
 - ✓ Focuses on prevention
 - ✓ Includes restorative practices (labeled different) and reflects the continuum of care
 - ✓ Considers gang prevention models
 - ✓ Expands education at schools to include mental health
 - ✓ Focuses on clinicians vs. law enforcement
 - ✓ Includes an outreach component similar to the Homeless Outreach Team
 - ✓ Has an integrative approach with focus on de-escalation
- Considerations/recommendations prior to moving forward with PERT implementation:
 - ✓ Develop a school survey to find out if PERT in school existed, how often it would be used
 - ✓ Incorporate Prevention activities:
 - Add Mental Health First Aid training as a requirement for teachers, health technicians, parent and student leaders
 - Work with school coaches to help student athletes, focusing on high achievers
 - Student follow-up from the previous school year to the next carrying the information from previous school year (struggle, successes, challenges)
 - ✓ Assess specific needs and resources by school district, including charter schools
 - ✓ Need to explore data, including school climate data. A lot of the information/data available through (media) is anecdotal
- Other recommendations
 - ✓ Continue with SchoolLink
 - ✓ Establish clear guidelines on addressing school-based crisis protocols
 - ✓ Address the use of handcuffs to transport students to psychiatric crisis services.
 - ✓ Use of technology for mental health screenings at schools
 - ✓ Focus on full continuum of services instead of addressing the crisis point

- ✓ Incorporate training for teachers related to children wellness, including how to help children connect and develop relationships, and techniques to help children from isolation as tools and for prevention and early intervention.

VI. Announcements

- 10th Annual Early Childhood Mental Health Conference-We didn't wait! A Decade of Progress-A Future of Hope-September 12-14, 2019 at the Crowne Plaza Hotel. More information at: <https://www.earlychildhoodmentalhealth-sandiego.com/>.
- Save the date: Parents and Caregivers for Wellness Training on September 13, 2019 (Parents and caregivers), September 14, 2019 (providers). More information will be available soon
- Save the date: Recovery Happens- Saturday, September 14, 2019-Handout
- Save the date- Live Well Advance- "Uniting for Impact"- Monday October 28, 2019-Handout
 Link: <http://www.livewellsd.org/content/livewell/home/news-events/advance.html>.

VII. Action Items

Action Item(s)	Action By	Action Due
Share the California Healthy Kids- San Diego County Secondary 2015-2017 Main Report.	<ul style="list-style-type: none"> • Violeta Mora (SDCOE) 	<ul style="list-style-type: none"> • Completed. Sent via e-mail to e-distribution lists on August 19, 2019.

Next CYF Council Meeting: September 9, 2019
Scottish Rite Center, Shell Room
9:00 to 10:30 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 Ct. Ste. 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.