

# 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*



---

## September 4-10 is National Suicide Prevention Week

*"Everyone is invited to share suicide prevention resources in the chat"*



# WELCOME



LIVE WELL  
SAN DIEGO



## WELCOME NEW ATTENDEES

# GEORGE SCOLARI

## RETIREMENT CONGRATULATIONS



LIVE WELL  
SAN DIEGO



**George Scolari**  
**...and Buddy**

**Thank you for representing  
the Managed Care Plans**



# KATHLEEN LANG

THANK YOU FOR TRANSITIONING FROM ALTERNATE TO COUNCIL SEAT



LIVE WELL  
SAN DIEGO



**Kathleen Lang**  
**Managed Care Health Plans Seat**



**James Trout**  
**Managed Care Health Plans**  
**Alternate Seat**



**MICAELA CUNNINGHAM**  
THANK YOU!



**LIVE WELL**  
SAN DIEGO



**MICAELA CUNNINGHAM**  
Thank you for representing Youth in the Family Sector

# DIRECTING CHANGE ARTWORK

<https://gallery.directingchange.org/sandiegocounty/art/>



LIVE WELL  
SAN DIEGO



## **"Seasons of Change"**

Artist: **Daniella Carrasco**

Grade: 7

Rancho Minerva Middle School

Advisor: Beth Duncan



# MEETING SUMMARY REVIEW

*DOES ANY COUNCIL MEMBER HAVE INPUT ON THE  
MEETING SUMMARY AT THIS TIME?*

## COUNCIL MEMBERS MAY:

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





# ACTION ITEMS FOR AUGUST 8, 2022



LIVE WELL  
SAN DIEGO

Summarized and delivered  
Fiscal Year 2022-23  
Strategic Planning – Areas  
of Focus Summary to BHS  
Director

Updated Council Bylaws  
included in today's packet  
and available on Council  
website

Revisit the  
recommendation to add a  
Public Sector Council seat  
representing Medical Care  
Services

# AUTHORIZATION TO ACCEPT BEHAVIORAL HEALTH CONTINUUM INFRASTRUCTURE PROGRAM LAUNCH READY GRANT FUNDS AND MENTAL HEALTH STUDENT SERVICES ACT GRANT FUNDS AND WAIVE BOARD POLICY B-29



## 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

DATE: August 16, 2022

07

TO: Board of Supervisors

#### SUBJECT

**AUTHORIZATION TO ACCEPT BEHAVIORAL HEALTH CONTINUUM INFRASTRUCTURE PROGRAM LAUNCH READY GRANT FUNDS AND MENTAL HEALTH STUDENT SERVICES ACT GRANT FUNDS, AND WAIVE BOARD POLICY B-29 (DISTRICTS: ALL)**

#### OVERVIEW

In an effort to support the well-being of those with behavioral health conditions, the San Diego County Board of Supervisors (Board) and the County of San Diego (County) Health and Human Services Agency (HHSA) remain committed to investing in services to meet the needs of this vulnerable population. In alignment with this commitment, County HHSA, Behavioral Health Services (BHS) continues to pursue new funding opportunities to enhance and expand access to critical mental health and substance use disorder prevention, engagement, and treatment services.

BHS has pursued the following grant opportunities for the projects noted below:

- Behavioral Health Continuum Infrastructure Program (BHCIP): Round 3 Launch Ready Grant for a new 12-bed acute psychiatric unit; and
- The Mental Health Services Oversight & Accountability Commission: Mental Health Student Services Act (MHSSA) grant to enhance the Creating Opportunities in Preventing and Eliminating Suicide program, which provides suicide prevention and mental health wellness education and information to school staff, students, and families.



ABC 10NEWS | SAN DIEGO

GRANT TO ENHANCE STUDENT MENTAL HEALTH RESOURCES

SPONSORED BY



5:34  
77°



ALERT

IFIED SCHOOL DISTRICTS

## Full Article:

<https://www.10news.com/news/local-news/grant-to-enhance-mental-health-resources-for-students>

# RECEIVE UPDATE ON CHILD WELFARE SERVICES REVIEW WORKING GROUP RECOMMENDATIONS



LIVE WELL  
SAN DIEGO



## 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

BOS presentation  
included in the  
meeting packet

**DATE:** August 16, 2022

**20**

**TO:** Board of Supervisors

#### SUBJECT

**RECEIVE UPDATE ON CHILD WELFARE SERVICES REVIEW WORKING GROUP  
RECOMMENDATIONS (DISTRICTS: ALL)**

#### OVERVIEW

On August 10, 2018, at the request of San Diego County Board of Supervisors (Board), a time-limited working group known as the Child Welfare Services (CWS) Review Working Group (Working Group), was established to complete an assessment and report on the state of the County of San Diego (County) child welfare system. The Working Group, comprised of members of the County Child Abuse Prevention Coordinating Council and community experts and stakeholders, was tasked to survey and identify system improvement needs for the County Health and Human Services Agency, CWS, including needs for quality assurance, personnel training, policy barriers, and outcome data to ensure the health and safety of dependent youth in foster care. On December 11, 2018 (12), the Working Group provided its final report to the Board with 88 specific recommendations for consideration by the Board. Between August 2018 and March 2022, collective actions were taken to review, identify, and implement systemic, operational, and practice improvements within CWS to ensure the safety, health, and well-being of youth in foster care.



BOS presentation  
included in the  
meeting packet



## 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

**DATE:** August 30, 2022

**16**

**TO:** Board of Supervisors

#### **SUBJECT**

**AUTHORIZATION TO ENTER INTO A CONTRACT WITH ALVARADO HOSPITAL, LLC DBA ALVARADO HOSPITAL MEDICAL CENTER FOR MEDI-CAL MANAGED CARE INPATIENT ACUTE PSYCHIATRIC SERVICES AND EMERGENCY PSYCHIATRIC AND CRISIS STABILIZATION SERVICES AND ESTABLISH APPROPRIATIONS FOR FACILITY IMPROVEMENTS AT ALVARADO HOSPITAL MEDICAL CENTER (DISTRICTS: ALL) (4 VOTES)**

#### **OVERVIEW**

Under the leadership of the San Diego County Board of Supervisors (Board), behavioral health care in San Diego County is in the midst of a profound transformation. The County of San Diego (County) is taking action and making strategic investments to move the local behavioral health care delivery system from a model of care driven by crises to one centered on continuous, coordinated care and prevention. These efforts are guided by data, focused on equity, and designed to create collaborative work across sectors, within and outside of government.



# CYF COUNCIL BYLAWS



LIVE WELL  
SAN DIEGO

## Recommendation to add a Medical Care Services (MCS) seat

Dr. Thomas Coleman and Dr. Kelly Motadel

Sector	Constituencies	Seats
Public	Behavioral Health Advisory Board (BHAB)	1
	Behavioral Health Services (BHS) - HHSA	1
	Homeless Solutions and Equitable Communities - HHSA	1
	Public Health (PH) - HHSA	1
	Medical Care Services (MCS)	1
	Child Welfare Services (CWS) - HHSA	1
	First 5 Commission (First 5) - HHSA	1
	Public Safety Group (PSG) / Probation	1
	Juvenile Court	1
Private	San Diego Regional Center for Developmentally Disabled	1
	Alcohol and Drug Services Provider Association (ADSPA)	2
	Mental Health Contractors Association (MHCA)	2
	Fee For Service (FFS) Network	1
	Managed Care Health Plans (MCP)	1
	Healthcare/Pediatrician	1
Education	Special Education Local Plan Areas (SELPA)	1
	Regular Education - Pupil Personnel Services	1
	School Board	1
	Special Education	1
Family	Family Education Services (FES)	1
	Caregiver of child/youth served by the public health system	1
	Youth served by the public health system (age up to 26)	2

If adopted, will result  
in 25 vs 24 Voting  
Members

# COUNCIL VOTING



LIVE WELL  
SAN DIEGO

Member	Alternate
Bill Stewart	Joel San Juan
Dr. Laura Vleugels	Dr. Patricia Cardenas-Wallenfelt
Tabatha Wilburn	Delona King
Jerelyn Bourdage	Norma Rincon
*	Jennifer Sovay
Dr. Thomas Coleman	Rhonda Freeman
Hon. Judge Ana Espana	Beth Brown
Alethea Arguilez	Stephanie Escobar
Russell Coronado	Jaime Tate-Symons
Violeta Mora	Margaret Sedor
Barbara Ryan	Debra Schade
Yuka Sakamoto	Misty Bonta
Zachary Guzik	*
Angela Rowe	John Laidlaw
Marisa Varond	Claudette Allen Butler
Julie McPherson	Minola Clark Manson
Laura Beadles	Golby Rahimi
Dr. Sherry Casper	Marcelo A. Podesta
Kathleen Lang	James Trout
Dr. Pradeep Gidwani	Dr. Kelly Motadel
Sten Walker	*
*	Karilyn "Kari" Perry
Veronica Hernandez	*
*	*
" * " = Vacant seat	

- Members and Alternates (when member is not present) will vote on accepting the revisions to the Bylaws
- Need a minimum of 13 (members *and* alternates if the member is not present) for Quorum
- To pass, simple majority based on votes
- Vote using Zoom poll feature – members and alternates vote will be recorded and projected at the end of the meeting or at the next Council meeting



# CYF COUNCIL MEETING

## POLL QUESTION FOR COUNCIL MEMBERS\*

*(\*Alternate to vote if member is not present)*

Add a Medical Care Services (MCS) seat under Public Sector? (Single Choice)  
Resulting in 25 Voting Seats on the Council

- Yes
- No
- Abstain



# BHS DIRECTOR'S REPORT SEPTEMBER 2022



LIVE WELL  
SAN DIEGO



## 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

August 25, 2022

TO: Behavioral Health Advisory Board (BHAB)

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

### BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – SEPTEMBER 2022

#### Behavioral Health Services Continuum of Care Update

Under the leadership of the San Diego Board of Supervisors (Board), behavioral health care in San Diego County is in the midst of a profound transformation. In 2018 the Board of Supervisors (Board) initiated actions which introduced the Behavioral Health Continuum of Care (Continuum of Care), a body of work which aims to achieve a transformational shift from a model of care driven by crises to one driven by continuous care and prevention through the deliberate regional distribution and coordination of resources to keep people connected, stable and healthy. Continuum of Care projects began in 2018 and the County of San Diego (County) has continued to take action and make strategic investments guided by data, focused on equity, and designed to engender collaborative work across silos, within and outside of government.



# COUNCIL MEETING SCHEDULE UPDATE



LIVE WELL  
SAN DIEGO

**CHILDREN, YOUTH AND FAMILIES (CYF) COUNCIL**  
**Fiscal Year 2022-23 Tentative Reporting Schedule**  
*2nd Monday of each month from 9 to 10:30 a.m.*

July 11, 2022 Conversation with the BHS Director
August 8, 2022 STRATEGIC PLANNING MEETING Fiscal Year 2021-22 Accomplishments and Fiscal 2022-23 Year Goals
September 12, 2022 Strategic Planning – Breakout Sessions Summaries Continuum of Care Youth Strategies
October 10, 2022 <b>COMBINED CYF/TAY/AOA MEETING - Hosted by CYF</b> Please note meeting time is 10 to 11:30 a.m.
November 14, 2022 TBD
December 12, 2022 TBD
January 9, 2023 DARK

Meeting held in December  
Dark in January

HEALTH

## Behavioral Health Workforce Symposium Addresses Lack of Qualified Workers



Video by *Suzanne Bartole*

By *Anita Lightfoot*, County of San Diego Communications Office

Aug. 23, 2022 | 4:06 PM

### Article:

<https://www.countynewscenter.com/behavioral-health-workforce-symposium-addresses-lack-of-qualified-workers/>

### Video:

<https://www.youtube.com/watch?v=SHOlgJ1YJ4>

## Addressing San Diego's Behavioral Health Worker Shortage

A needs assessment and vision to attract and retain essential behavioral health professionals



AUGUST 2022



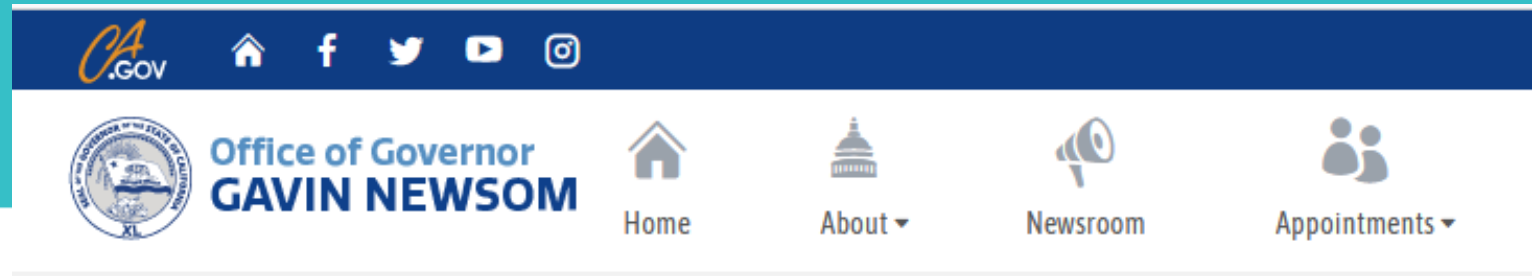
### View Full Document:

<https://workforce.org/wp-content/uploads/2022/08/San-Diego-Behavioral-Health-Workforce-Report.pdf>



## View Full Document

[https://www.gov.ca.gov/wp-content/uploads/2022/08/KidsMentalHealthMasterPlan\\_8.18.22.pdf?emrc=6d3847](https://www.gov.ca.gov/wp-content/uploads/2022/08/KidsMentalHealthMasterPlan_8.18.22.pdf?emrc=6d3847)



## Governor Newsom Unveils New Plan to Transform Kids' Mental Health

Published: Aug 18, 2022

*In significant overhaul of state's mental health system, Governor's plan increases access to mental health services for all Californians ages 0-25*

*Master Plan for Kids' Mental Health invests \$4.7 billion to reimagine mental health and substance use services, adds 40,000 new mental health workers*

FRESNO – With kids across California headed back to school, Governor Gavin Newsom today unveiled [California's Master Plan for Kids' Mental Health](https://www.gov.ca.gov/2022/08/18/governor-newsom-unveils-new-plan-to-transform-kids-mental-health/) to ensure all California kids, parents and communities have increased access to mental health and substance use services.

## Full Article:

<https://www.gov.ca.gov/2022/08/18/governor-newsom-unveils-new-plan-to-transform-kids-mental-health/>





LIVE WELL  
SAN DIEGO

The Master Plan for Kids' Mental Health outlines action across three key pillars:

### 1. **Healthy Minds for California Kids**

- Provide Medi-Cal coverage for parent-child services
- Make it easier for schools to provide prevention and treatment
- De-stigmatize mental health support for kids
- Offer additional resources for parents

### 2. **Rebuilding California's Mental Health Systems**

- Create new virtual platforms
- Expand early interventions
- More school counselors
- Expand clinic and treatment slots
- Develop a suicide prevention program

### 3. **Developing a Mental Health Workforce**

- Hire, train, and engage 40,000 new mental health workers
- Expand remote access to services
- Training for teachers







Transforming Medi-Cal Managed Care to Improve Equity, Quality, Access, and Transparency

View the Plan Selections (NOIAs)

Intent to Award Contracts to Medi-Cal Plans

On August 25, 2022, the Department of Health Care Services’ (DHCS) issued a news release announcing its intent to award contracts to commercial managed care plans (MCPs) to deliver Medi-Cal services to Californians across the state, beginning in 2024. This first-ever statewide competitive procurement for commercial MCPs will transform and redefine how care is delivered to millions of Californians.

Raising the state’s expectations of plans in the Medi-Cal program, the restructured and more robust managed care contract reflects DHCS’ objective to hold all MCP partners and their subcontractors more accountable for high-quality, accessible, and comprehensive care; advance health equity and improve population health; reduce health disparities; and improve health outcomes.

In parallel with the commercial plan procurement, DHCS has provided approval to 17 counties to change the type of managed care model in which they participate and a proposed direct contract with Kaiser in 32 counties, subject to federal approval.

Plans Selected

DHCS intends to award 28 contracts to the following commercial MCPs to deliver Medi-Cal services in 21 counties:

Intended Awardees	Counties
Molina Healthcare	Los Angeles, Riverside, San Bernardino, Sacramento, San Diego
Anthem Blue Cross Partnership Plan	Alpine, Amador, Calaveras, El Dorado, Fresno, Inyo, Kern, Kings, Madera, Mono, Santa Clara, San Francisco, Sacramento, Tuolumne
Health Net	Amador, Calaveras, Inyo, Mono, San Diego, San Joaquin, Stanislaus, Tulare, Tuolumne

DHCS Webpage:

<https://www.dhcs.ca.gov/CalAIM/Pages/MCP-RFP.aspx>

# 2022 BACK TO SCHOOL KIT



LIVE WELL  
SAN DIEGO



## MHA Webpage and Toolkit:

<https://mhanational.org/back-school>

<https://mhanational.org/sites/default/files/2022-08/Back-to-School-Toolkit-2022.pdf>



LIVE WELL  
SAN DIEGO

Webpage: <https://www.sdpdatf.org/community-parent-fentanyl-toolkit>

## Community & Parent Toolkits: Education & Awareness

San Diego youth and adults are overdosing at an alarming rate from fentanyl powder, fentanyl-laced drugs, and counterfeit pills containing fentanyl. Community Leaders across San Diego created and compiled resources in this section to aid communities in preventing and reversing this deadly trend.

The toolkits contain multiple education and awareness materials. In each section, resources are available to be customized and used in communities that each coalition serves.

### **Community and Parent Fentanyl Toolkit**

- **Opioid and Fentanyl PowerPoint Presentation**
  - English PowerPoint
  - Spanish PowerPoint

### **Naloxone Toolkit**

- **Naloxone PowerPoint Presentation**
  - English PowerPoint
  - Spanish PowerPoint

## PDATF Fentanyl Toolkit:

<https://www.sdpdatf.org/community-parent-fentanyl-toolkit>



# MARIJUANA AND HALLUCINOGEN YOUNG ADULTS REPORT



LIVE WELL  
SAN DIEGO

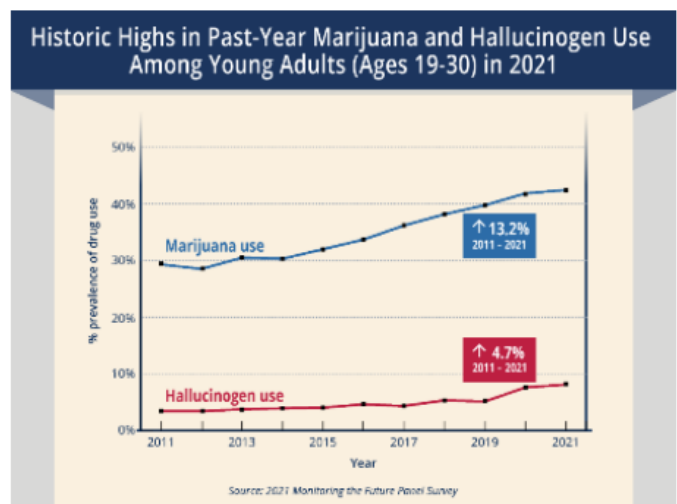


National Institute  
on Drug Abuse

nida.nih.gov

## Marijuana and hallucinogen use among young adults reached all time-high in 2021 August 22, 2022

NIH-supported study also found past-month vaping levels rebound after early pandemic drop



recorded since first measured in 2005.

Marijuana and hallucinogen use in the past year reported by young adults 19 to 30 years old increased significantly in 2021 compared to five and 10 years ago, reaching historic highs in this age group since 1988, according to the Monitoring the Future (MTF) panel study. Rates of past-month nicotine vaping, which have been gradually increasing in young adults for the past four years, also continued their general upward trend in 2021, despite leveling off in 2020. Past-month marijuana vaping, which had significantly decreased in 2020, rebounded to pre-pandemic levels in 2021.

Alcohol remains the most used substance among adults in the study, though past-year, past-month, and daily drinking have been decreasing over the past decade. Binge drinking (five or more drinks in a row in the past two weeks) rebounded in 2021 from a historic low in 2020, during the early stages of COVID-19 pandemic. On the other hand, high-intensity drinking (having 10 or more drinks in a row in the past two weeks) has been steadily increasing over the past decade and in 2021 reached its highest level ever

**View Full Report:**

<chrome-extension://efaidnbnmnibpcajpcglclefindmkaj/http://monitoringthefuture.org/pubs/monographs/mtfpanelreport2022>



# *Live Well San Diego*

## Report Card on Children, Families, and Community 2021



LIVE WELL  
SAN DIEGO

**View Full Document:**

[2984\\_CI\\_Report2021-frontmatter v5.indd \(thechildrensinitiative.org\)](#)



LIVE WELL  
SAN DIEGO

# BIRTH OF BRILLIANCE



B E T H E C H A N G E

ALL CHILDREN ARE BORN WITH BRILLIANCE, WHICH ACCORDING TO WEBSTERS DICTIONARY MEANS: INTENSE BRIGHTNESS OF LIGHT; VIVIDNESS OF COLOR; AND EXCEPTIONAL TALENT OR INTELLIGENCE.

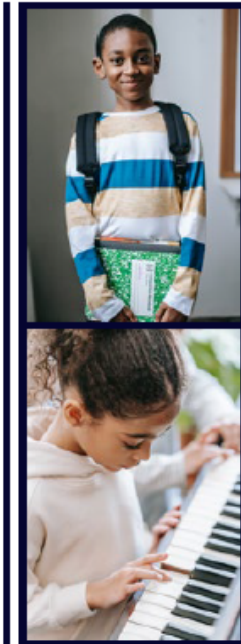
Imagine a world where every child's brilliance is acknowledged and nurtured from birth. Racial inequity flies in the face of this brilliance and it is our responsibility to rewrite the narrative.

The conference is focused on children, youth and their families. Building on the success and energy of our inaugural event, the committee is excited to present the second annual virtual Birth of Brilliance Conference on Feb. 24, 2023. The focus remains on raising awareness about the effects of racial disparities and implicit bias in mental health, social services, developmental services, education, medical care and juvenile justice. Registration opens on Dec. 1.

If you would like to get involved in Birth of Brilliance 2023 as a committee member, fiscal sponsor, by being or recommending a speaker, or if you have questions, please reach out to us at [birthofbrilliance@gmail.com](mailto:birthofbrilliance@gmail.com).



For a recap of the previous two years conferences, please visit the QR codes



LIVE WELL  
SAN DIEGO

## Aisha Pope

Tri-Chair, Birth of Brilliance  
Conference

*“Call for Proposals - February  
2023 Conference”*

**Video:**

<https://youtu.be/gr3pGyaSpmM>

# THE IMPORTANCE OF TOUCH



LIVE WELL  
SAN DIEGO

## WHY IS NURTURING TOUCH IMPORTANT?

### Brain Development:

Nurturing touch can help young children with stress. Research shows that it lowers cortisol, a stress hormone that can affect learning and memory. It also increases oxytocin, the hormone that helps build a bond between parents or other caregivers and their children. Through nurturing touch, children connect with their caregivers and learn skills to eventually calm their bodies and minds when upset.

### Physical Benefits of Touch:

Did you know that touch helps babies feel better physically, too? Infant massage, for example, reduces colds, upset tummies, asthma, dermatitis, heart disease, pain, insomnia, and stress! Just a few minutes of massage a day can have wonderful health benefits while building closeness.



### Emotional Benefits of Touch:

Through healthy, respectful touch, children feel safe and secure, and can explore, play, and learn! Without this secure bond and when the needs for nurturing touch go unmet, you might see symptoms such as lack of self-control, aggression, low self-worth, lack of empathy, neediness, and other difficult behaviors.

## TIPS FOR TOUCH



Touch can be added to daily activities like sitting together to read a book, hand-over-hand contact while the child is helping in the kitchen, or in small ways like holding hands and giving high fives.

For soothing touch, use gentle pressure moving from the head down. For touch that is more energizing, use gentle motions from the feet up.

After bath time, slow down to be with your little one! While applying safe lotion or oil, use gentle massage strokes.

Many children seek out physical touch daily. Make the most of these child-directed touch times by pausing what you're doing and being fully present for these moments.



## REFLECTION CORNER

### Every child is unique....

- How does your child show/tell you they're ready for touch?
- What level of touch do they like - soft, medium, or firm?
- How can you add touch into your daily routine?
- What are some of your earliest positive memories of touch?
- What have you learned in your culture or family about touch?
- Sadly, nurturing touch during childhood was not experienced by everyone. What do you need to feel safe while bringing healthy touch to your child?

## ADDITIONAL RESOURCES & SOURCES

[Black Infant Health](#)

[Circle of Security](#)

[Early Head Start](#)

[Exceptional Families Resource Center](#)

[First 5 of San Diego](#)

[2-1-1 San Diego](#)

[Access & Crisis Line](#)  
888-724-7240

Information sourced from Carlson, F. M. (2005).  
Significance of Touch in Young Children's Lives.  
YC Young

## Rosa Ana Lozada Early Childhood Committee



Access e-document by scanning QR  
code using smart phone camera

# Dr. Danyte Mockus-Valenzuela

## Mental Health Services Act (MHSA) Updates



LIVE WELL  
SAN DIEGO

COUNTY OF SAN DIEGO HHSA BEHAVIORAL HEALTH SERVICES (BHS)

## Mental Health Services Act (MHSA) Stakeholder Training

The MHSA provides funding for prevention, treatment, workforce development, infrastructure, and technology needs. Integral to MHSA is stakeholder participation in the planning process so the County of San Diego BHS system can understand and respond to future needs.



**Tuesday, September 20**

12:00pm-1:15pm

**Friday, September 23**

12:00pm-1:15pm

**Wednesday, September 28**

5:00pm-6:15pm

Register for any  
session with this link  
or QR Code

[https://tinyurl.com/  
MHSATraining](https://tinyurl.com/MHSATraining)



\*optional Spanish interpretation available

## MHSA Fiscal Year 2021-22 Annual Update

**30-day public review and comment**

From September 5, 2022 to October 5, 2022

**Additional Information**

[http://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_act/mhsa.html](http://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_act/mhsa.html)

## Electronic Feedback Form and Comments/Suggestions:

[2022 Mental Health Services Act 30-Day Public Comment Form  
\(smartsheet.com\)](https://smartsheet.com)

[MHSProp63.HHSA@sdcounty.ca.gov](mailto:MHSProp63.HHSA@sdcounty.ca.gov)

Phone: 619-584-5063 / Toll-Free: 888-977-6763





# Continuum of Care – Youth Strategies

**9.27.22 Board Letter will offer the Board of Supervisors an update on the Continuum of Care and introduce strategies for serving children and youth**

---

**Dr. Luke Bergmann**  
**BHS Director**





# CYF COUNCIL MEETING POLL QUESTION

**Have you attended a Board of Supervisors (BOS) meeting?  
(Single Choice)**

- Yes (in person, virtually or watched recording after the fact)
- No



# AUGUST 8, 2022 STRATEGIC PLANNING AREAS OF FOCUS SUMMARY



LIVE WELL  
SAN DIEGO

## Children, Youth and Families Council

September 18, 2022



Dear Dr. Bergmann,

The Children, Youth and Families (CYF) Council convened its annual strategic planning meeting on August 8, 2022. Over 90 individuals attended this meeting, including Council members, alternates, and stakeholders. To promote participation, ten virtual breakout rooms convened, where stakeholders met to identify the Fiscal Year 2022-23 Council areas of focus/priorities and actions to advance the identified priorities. Below is the summary of the discussion from breakout rooms. On behalf of the Council, please accept these recommendations as the County works to advance the care for children, youth, and families in San Diego.

Council &  
Stakeholders  
inform youth  
strategies

### Group 1:

#### Priorities/Areas of Focus

- Problems after the pandemic:
  - Impacts on academics, socialization, and mental health; more and higher risk youth
  - Wait list impacted

#### Recommendations

- Every child /family can access services they need when they need them
- Break down payment silos/barriers "no wrong door"
- Focus on K to 8th grade
- No waitlists
- Solve staffing issues; pay issues; cost of living in San Diego
- Services where families can access them in schools, like Family justice Center model
- Outside the box types of therapeutic services (not just talk therapy in an office)
- More diverse providers/representation

## 9.27.22 CONTINUUM OF CARE - BOARD LETTER CHILDREN AND YOUTH STRATEGIES



LIVE WELL  
SAN DIEGO

Strategic Domain #1

**Treatment for Families  
and Social Determinants  
of Health Supports**

Strategic Domain #2

**School-Based Universal  
Screening with Expanded  
Early Intervention, Care  
Linkages, and Treatment**

Strategic Domain #3

**Health Integration**





# CYF COUNCIL MEETING POLL QUESTION

**Do you intend to attend the September 27, 2022 BOS meeting that will outline the Continuum of Care – Youth Strategies? (Single Choice)**

- Yes, I plan to attend the BOS meeting in person or watch it live
- No, I do not plan to attend or watch the Board Meeting
- I plan to watch the recording



# COUNCIL VOTING RESULTS



1. Support recommendation to add a Medical Care Services (MCS) Seat.					
Member	Votes (Yes)	Votes (No)	Alternate	Votes (Yes)	Votes (No)
Bill Stewart	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Joel San Juan	<input type="checkbox"/>	<input type="checkbox"/>
Dr. Laura Vleugels	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Dr. Patricia Cardenas-Wallenfelt	<input type="checkbox"/>	<input type="checkbox"/>
Tabatha Wilburn	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Delona King	<input type="checkbox"/>	<input type="checkbox"/>
Jerelyn Bourdage	<input type="checkbox"/>	<input type="checkbox"/>	Norma Rincon	<input type="checkbox"/>	<input type="checkbox"/>
*	<input type="checkbox"/>	<input type="checkbox"/>	Jennifer Sovay	<input type="checkbox"/>	<input type="checkbox"/>
Dr. Thomas Coleman	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Rhonda Freeman	<input type="checkbox"/>	<input type="checkbox"/>
Hon. Judge Ana Espana	<input type="checkbox"/>	<input type="checkbox"/>	Beth Brown	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Aletha Arguilez	<input type="checkbox"/>	<input type="checkbox"/>	Stephanie Escobar	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Russell Coronado	<input type="checkbox"/>	<input type="checkbox"/>	Jaime Tate-Symons	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Violeta Mora	<input type="checkbox"/>	<input type="checkbox"/>	Margaret Sedor	<input type="checkbox"/>	<input type="checkbox"/>
Barbara Ryan	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Debra Schade	<input type="checkbox"/>	<input type="checkbox"/>
Yuka Sakamoto	<input type="checkbox"/>	<input type="checkbox"/>	Misty Bonta	<input type="checkbox"/>	<input type="checkbox"/>
Zachary Guzik	<input checked="" type="checkbox"/>	<input type="checkbox"/>	*	<input type="checkbox"/>	<input type="checkbox"/>
Angela Rowe	<input type="checkbox"/>	<input type="checkbox"/>	John Laidlaw	<input type="checkbox"/>	<input type="checkbox"/>
Marisa Varond	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Claudette Allen Butler	<input type="checkbox"/>	<input type="checkbox"/>
Julie McPherson	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Minola Clark Manson	<input type="checkbox"/>	<input type="checkbox"/>
Laura Beadles	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Golby Rahimi	<input type="checkbox"/>	<input type="checkbox"/>
Dr. Sherry Casper	<input type="checkbox"/>	<input type="checkbox"/>	Marcelo A. Podesta	<input type="checkbox"/>	<input type="checkbox"/>
Kathleen Lang	<input checked="" type="checkbox"/>	<input type="checkbox"/>	James Trout	<input type="checkbox"/>	<input type="checkbox"/>
Dr. Pradeep Gidwani	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Dr. Kelly Motadel	<input type="checkbox"/>	<input type="checkbox"/>
Sten Walker	<input checked="" type="checkbox"/>	<input type="checkbox"/>	*	<input type="checkbox"/>	<input type="checkbox"/>
*	<input type="checkbox"/>	<input type="checkbox"/>	Karilyn "Kari" Perry	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Veronica Hernandez	<input type="checkbox"/>	<input type="checkbox"/>	*	<input type="checkbox"/>	<input type="checkbox"/>
*	<input type="checkbox"/>	<input type="checkbox"/>	*	<input type="checkbox"/>	<input type="checkbox"/>
<b>TOTAL</b>	<b>12</b>	<b>-</b>	<b>TOTAL</b>	<b>4</b>	<b>-</b>
<b>Total Votes in favor: 16</b>					



# CYF COUNCIL MEETING POLL QUESTION

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



# ANNOUNCEMENTS – NEW SECTION



LIVE WELL  
SAN DIEGO



## ANNOUNCEMENTS

Introducing a space and time during the Council meeting for stakeholders to share information.

Participants are invited to unmute and make the announcement.

Announcements can be entered into the chat.

Materials can be sent to [Edith.Mohler@sdcounty.ca.gov](mailto:Edith.Mohler@sdcounty.ca.gov) by the Friday before the Monday meeting for Council Staff to enter the information in the chat on behalf of the sender.





## 13th Annual Early Childhood Mental Health Conference - We Can't Wait

*How are the Children?  
The Path from Healing to Wellbeing*

September 15-16, 2022 | Virtual Conference



LIVE WELL  
SAN DIEGO

**How are the Children?** There is a tribe in Africa called the Masai whose traditional greeting to each other is "Cassarian Engeri." It means, "And how are the children?" Adults do not ask each other, "How are you?" They ask about the next generation. Because if the children are well, then all is well. There is a high value placed on the well-being of the children. What if our attention and intentions could be shifted to include this daily perspective in every community?

The Path from Healing to Well-Being is about doing everything we can for children and families navigating the difficult terrain of assessment, referral, treatment, education and collaboration between service providers and the teams serving them.

Distinguished speakers will focus on early childhood development, epigenetics, resilience and protective factors in children and families and will address the unique and complex needs of families living in very challenging circumstances. Explore the latest in evidence-based practices, trauma-informed care practices, child welfare services, and advances in early education programs that address improving social-emotional development.

### Registration Fees:

Thurs or Friday: \$75 per person per day

Both Thurs/Friday \$150 per person

CE/CME is Included at no extra fee, thanks to additional funding this year from San Diego County Behavioral Health Services!

### Distinguished Speakers



**Habeebah Rasheed Grimes, MA**

As CEO of Positive Education Program (PEP), Habeebah Rasheed Grimes leads 450 professionals committed to supporting healing in children experiencing significant adversity and mental health challenges. She is extensively trained in trauma-informed practices and holds a master's degree in clinical/counseling psychology and a specialist degree in school psychology from Cleveland State University.



**Rajkumari Neogy, BA, MA, MNLP**

Rajkumari Neogy is an epigenetic coach and executive consultant focused on the intersection of neurobiology, culture and empathy. She is excited to bring this cutting-edge knowledge to early childhood development in order to examine the impact on transgenerational trauma and why a sense of belonging is critical for young children and their families. Previously, Rajkumari held positions in training and development at well-known tech companies, including Adobe and Facebook. She presents on epigenetics at worldwide conferences.



**Pradeep Gidwani, MD, MPH, FAAP**

Pradeep Gidwani is a pediatrician and community health leader focused on creating systematic solutions and changes to improve the lives of children and their families. At the American Academy of Pediatrics, California Chapter 3, San Diego and Imperial Counties (AAP-CA3), Dr. Gidwani works on a team that provides countywide coordination and support for two large scale community initiatives—Healthy Development Services and First Step Home Visiting funded by First 5 San Diego. In the last 16 years, these communitywide programs reached over 330,000 children and their families.

If you are involved in providing assessment, treatment, education, or services for children & families, this conference is for you!

Register Now: [Click Here](#)

Visit: [earlychildhoodmentalhealth-sandiego.com](http://earlychildhoodmentalhealth-sandiego.com)

# REGISTRATION IS NOW OPEN!

[ECMH – We Can't Wait! \(earlychildhoodmentalhealth-sandiego.com\)](http://earlychildhoodmentalhealth-sandiego.com)



# RECOVERY HAPPENS

SATURDAY, SEPTEMBER 17<sup>TH</sup> | 10:00 AM - 1:00 PM

ENJOY

Music, Color Guard, shared stories  
of hope, & other fun activities

## ***Together We Are Stronger!***

Are you or a loved one on the recovery path? Perhaps you're someone who wants to learn about recovery programs and/or preventing substance misuse.

**Recovery Happens** is a community event celebrating those in recovery and those who support them.

Whether you are seeking help for yourself or a friend, come to this free, family-friendly event at Liberty Station to **connect to an array of resources** including:

- Community resources
- Financial and legal services
- Education information
- Employment support
- Physical and spiritual wellness opportunities
- Veteran's services
- HIV and Hep-C screenings
- Treatment information
- Harm Reduction Resources



Scan the  
QR code  
more info!

Liberty Station  
2455 Cushing Rd. San Diego, CA 92106



LIVE WELL  
SAN DIEGO

Please contact **Dawn Hull** at  
[Dawn.Hull@sdcounty.ca.gov](mailto:Dawn.Hull@sdcounty.ca.gov)  
for information on resource tables





LIVE WELL  
SAN DIEGO



The *LIVE WELL SAN DIEGO* 5K will be back in person at the Waterfront Park on Sunday, September 18, 2022!



LIVE WELL  
SAN DIEGO

## ***October Combined Councils Meeting Registration Open***

**Children, Youth and Families (CYF) Council**

**Transition Age Youth (TAY) Council**

**Adult and Older Adult (AOA) Council**

### **Combined Behavioral Health Services Councils Meeting**

**Monday, October 10, 2022 | 10 to 11:30 AM**

Please register [HERE](#) for this meeting

### **Registration Link:**

<https://us06web.zoom.us/join/zoom/register/tZlpceCgqz8jHNeL0sl8K35EcZvQ9vUAerD>

*For more information, contact:*

Darwin Espejo [Darwin.Espejo@sdcounty.ca.gov](mailto:Darwin.Espejo@sdcounty.ca.gov)



# CULTURAL COMPETENCY ACADEMY FOUNDATIONAL SERIES



LIVE WELL  
SAN DIEGO



## Cultural Competency Academy



Academy  
for Professional  
Excellence

Inquire. Inspire. Impact.

**October 20, 2022 - June 8, 2023**

**Visit RIHS:**

[https://theacademy.sdsu.edu/programs/rihs/cultural-competency-academy/#anchor\\_3](https://theacademy.sdsu.edu/programs/rihs/cultural-competency-academy/#anchor_3)