

# **Welcome to the Children, Youth and Families Council Meeting**

## **September 9, 2024**

**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 THE CHAT**



**LIVE WELL  
SAN DIEGO**

***Sign up for the next Cultural Share!***

- 1) Unmute Yourself or Put your name in the chat
- 2) Email: [Edith.Mohler@sdcounty.ca.gov](mailto:Edith.Mohler@sdcounty.ca.gov)

**NATIONAL  
HISPANIC  
HERITAGE MONTH**



We celebrate Hispanic Heritage Month (September 15 to October 15) to recognize the achievements and contributions of Hispanic American champions who have inspired others to achieve success. The observation began in 1968 as [Hispanic Heritage Week](#) under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period. It was enacted into law on August 17, 1988. The theme for 2024 is “[Pioneers of Change: Shaping the Future Together](#).” [↗](#)

**Click above Image for more information**

## Behavioral Health Services System of Care for Children, Youth and Families Culture Share

## WHAT IS CULTURE SHARE?

Culture share is a time to advance and integrate cultural learning, understanding, and practices into our work. Through this sharing we can honor and celebrate family, history, traditions, experiences, and practices that may bring joy and well-being. It can also bring discomfort, curiosity and **bias awareness**. Ultimately, it is an opportunity for self-reflection and enlightenment to enhance our capacity to provide culturally responsive services to the children, youth, and families in our communities.

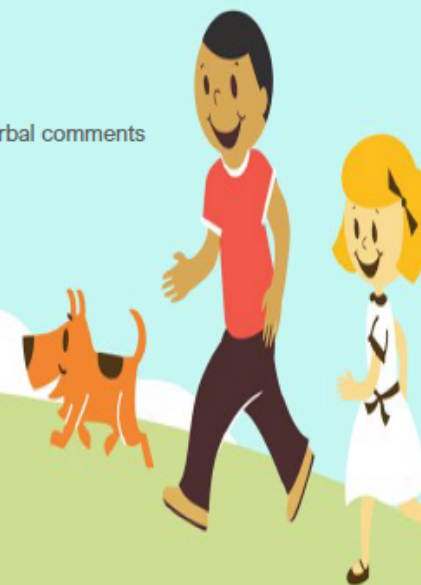
(Supports the **Governance, Leadership, and Workforce** National Standard for Culturally and Linguistically Appropriate Services ([CLAS](#)) in Health and Health Care)

### 3 STEPS:

1. Maximum of a 3 Minute Presentation:
  - Use any medium - slide, poem, music, verbal, etc.
2. **Share** your experience from a cultural lens
3. Describe how this experience influences your work

**Facilitator:** Open it up for any group reflection chat or verbal comments

Revised 8/8/2024: Rosa Ana Lozada



# BUSINESS ITEMS

## August 12, 2024 - Meeting Summary Handout

### Action Items:

- CYF Council Strategic Planning Summary document to BHS Director - Ad Hoc Group Input - Edits to Cover Letter and Strategic Planning Meeting by COB today to [Darwin.Espejo@sdcounty.ca.gov](mailto:Darwin.Espejo@sdcounty.ca.gov)
- Updated Children, Youth and Families Services Directory [Behavioral Health Services Directories for Children, Youth, and Families \(sandiegocounty.gov\)](https://sandiegocounty.gov)
- Refresh CYF Council E-mail distribution lists – to be added to distribution list please email [Edith.Mohler@sdcounty.ca.gov](mailto:Edith.Mohler@sdcounty.ca.gov) & [Darwin.Espejo@sdcounty.ca.gov](mailto:Darwin.Espejo@sdcounty.ca.gov)

### INPUT ON MEETING SUMMARY

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

Strategic Planning Item  
Knowledge Exchange  
#1 Directory Input

August 28, 2024

**RE: FY25 Children, Youth & Families System of Care Council Strategic Planning  
Recommendations**

Dear Dr. Luke Bergmann:

The Children, Youth, and Family System of Care Council (CYF Council) has developed a set of actions to advance the priorities for FY 2024-25. These were established in response to anticipated policy and funding changes created by the passage of Proposition 1. We recognize that this proposition will transform the future of policies, funding, and services for children, youth, and families served by the San Diego County Behavioral Health in conjunction with other County Departments.

We respectfully request you to leverage the expertise of the CYF Council to help shape this transformation. This Council provides multi sector representation, historical knowledge, experience and perspective that we believe could be mutually beneficial to the behavioral health community including the children, youth, and families we serve.

The CYF Council Strategic Plan Recommendations focuses on four areas: Knowledge Exchange, Community Engagement, Prevention and Early Intervention, and Service and Funding Priorities. See attachment for full list of recommendations.

We are requesting your partnership regarding two specific overarching themes that will advance the CYF Strategic Plan Recommendations:

1. Provide the CYF Council with timely information/knowledge to exchange ideas with BHS executive decision makers to influence policies and program priorities.
2. Recognize and dedicate resources to advance the continuum of care across the lifespan inclusive of infants to youth and focused on the full continuum of care prevention to clinical intervention.

We are ready for the opportunity to work together to serve the needs of children and youth as the behavioral health system evolves. The CYF Council looks forward to hearing from you on the next steps.

Sincerely,  
CYF Council Stakeholders



# Children, Youth and Families (CYF) Council Fiscal Year 2024-25 Strategic Planning Meeting



Dear Dr. Bergmann,

The Children, Youth and Families (CYF) Council convened its annual strategic planning meeting on July 8, 2024. Near 100 individuals attended the annual strategic planning session, including Council members, alternates, and stakeholders. The Strategic Planning Meeting focused on considering the needs of children and youth in the context of State initiatives inclusive of the Behavioral Health Transformation and Proposition 1. Four topics were identified for discussion in virtual breakout rooms: Knowledge Exchange, Community Engagement, Prevention and Early Intervention, and Service and Funding Priorities. Meeting attendees were invited to join a breakout room of their choice to identify the Fiscal Year 2024-25 Council areas of focus, recommendations, and actions to advance the identified priorities. Below is the summary of the overall recommendations from the breakout rooms. On behalf of the CYF Council, please accept these areas of focus and recommendations as the County Behavioral Health Services in conjunction with other departments works to advance the care for children, youth, and families in San Diego. The Council looks forward to your feedback on each of the recommendations and is available to answer any clarifying questions about this document.

## Knowledge Exchange

Key Discussion Items/Context	Recommendation/Actionable Items
<ul style="list-style-type: none"> <li>There is a need for more clarity on available resources, including eligibility criteria.</li> <li>Need more information/timely updates on BHS efforts that address Behavioral Health Worker shortages.</li> <li>Despite the complexity of funding streams, CYF Council needs more opportunities to provide recommendations regarding funding/budget.</li> </ul>	<p>#1 Council Member involvement in the design of the Children, Youth and Families directory to ensure that the "End user" has all relevant information readily available.</p> <p>#2 Provide clear updates to CYF Council stakeholders on the Workforce Development achievements.</p> <p>#3 Recognition of the CYF Council as formalized council for discussing and developing budget so that members can pivot according to system/client needs.</p>

## Community Engagement

Key Discussion Items/Context	Recommendation/Actionable Items
<ul style="list-style-type: none"> <li>Need to expand opportunities to engage and have dialogue with BHS. Participants should include general public and system beneficiaries.</li> <li>Face to face events tend to achieve higher participation from youth, especially when there is an intentional outreach.</li> </ul>	<p>#4 Create a community engagement plan with BHS that includes regular forums and concrete opportunities for children, youth, and family Council to provide input to BHS leaders at critical decision-making and priority-setting junctures and dialogue open to a broad range of stakeholders.</p> <p>#5 Ensure child, youth, and family constituents who are accessing services have an opportunity to participate in spaces that are accessible and comfortable for them and consider their needs and preferences.</p>

## Prevention and Early Intervention

Key Discussion Items/Context	Recommendation/Actionable Items
<ul style="list-style-type: none"> <li>There is concern about the shifting of Prevention efforts to the State.</li> <li>Prevention and Early Intervention is critical for children and youth, including children ages birth to 5 years old.</li> </ul>	<p>#6 Dedicate funding for workforce development and service provision focused on youth and families for children ages birth to 5 to address Infant and Early Child Mental Health to promote and maintain healthy relationships, responsive caregiving and thriving families.</p> <p>#7 Funding and expand services to encourage early access to caregivers in the community to assist them in developing their skills.</p>

## Service and Funding Priorities

Key Discussion Items/Context	Recommendation/Actionable Items
<ul style="list-style-type: none"> <li>Learning how things will look, while engaging all LEAs throughout the County. Building capacity to bill outside of Medi-Cal, and who can bill in school settings.</li> <li>Gaps in the continuum of care should be addressed with additional funding. Expand continuum to provide more focus on early childhood care.</li> <li>Analyzing the continuum and being intentional of where dollars are going.</li> <li>Strengths, Weaknesses, Opportunities, Threats (SWOT) analysis for strategic planning.</li> <li>Access to care- specifically addressing access times.</li> <li>Behavioral Health Workforce shortage impacts the whole system; need competitive pay and flexibility in disciplines.</li> <li>Intentionality in analyzing current resources and services, utilizing community input, leveraging resources and partnerships, forging collaboration with community partners.</li> <li>What is working well in other counties? Leverage successes.</li> </ul>	<p>#8 Look across the region and state at school and community-based programs to see what is working well- scale up evidence-based programs based on positive outcomes.</p> <p>#9 Focus on Workforce Development strategies, including incentives for providers.</p> <p>#10 Fund services to individuals prior to obtaining Medi-Cal.</p>

Please send edits to Cover Letter and Strategic Planning Document by COB today to [Darwin.Espejo@sdcounty.ca.gov](mailto:Darwin.Espejo@sdcounty.ca.gov)

Submission to BHS Director projected for September 10, 2024

# CYF Directory Hot Topic Discussion (8.12.24) & Action Items (8.27.24)

Council Input	Council Discussion	Action
• POC – Clarify role		County POC currently page 3 moved to page 4

## CYF Directory Hot Topic Discussion (8.12.24) & Action Items (8.27.24)

Council Input	Council Discussion	Action
		Fees and Funding Behavioral health services provided through the County are financed through Medi-Cal, the Mental Health Services Act (MHSA), patient fees (when applicable), County general funds, state funds, and specialized grants. In most instances, fees for services are fully covered for full scope Medi-Cal beneficiaries and uninsured individuals. When applicable, fees for services are based on income and the number of family members in the home. This

## CYF Directory Hot Topic Discussion (8.12.24) & Action Items (8.27.24)

Council Input	Council Discussion	Action
		Eligibility is determined by the social, medical, and psychological information gathered during the intake process.  Added on page 38 - Under Early Childhood Programs (0-5) section – added the following: <a href="#">SDRC   San Diego Regional Center, Resources   San Diego Regional Center (sdrc.org)</a> & Early Start information at <a href="#">Services   San Diego Regional Center (sdrc.org)</a>
• Do we use Behavioral Health instead of mental health and substance use treatment? “When are we going to achieve an integrated system”		Resources currently on page 5, moved to page 6 Added a narrative to the top stating: Listed resources have a connection to behavioral health services which encompass both mental health and substance use. Most resources listed are through the County of San Diego, but some extend beyond.
• Who is using directory? For what reason? • How can we improve it? • Can we make it more user friendly? • What is the link to the CYF services directory? • Is this available as an online searchable database instead of pdfs?	County can pull analytics on website visits. The directory has a section for input – it can be expanded Provided link to the landing page <a href="#">Behavioral Health Services Directories for Children, Youth, and Families (sandiegocounty.gov)</a>	Under current page 11 – Provider Directory – inserted a section that seeks input on how to improve the directory. Provider Directory moved from page 11 to page 13  The County Behavioral Health Department is interested in your input! How can the directory be improved? Are there features or elements that would make it easier to use?  The Optum Directory is a searchable database vs. a pdf and is referenced on current page 11, moved to page 13 under the Provider Directories section <a href="#">County of San Diego Behavioral Health Provider Directory (optumsandiego.com)</a>
• Service levels and categories: “Is it organized by severity? Why not entering Prevention and Early Intervention first?”	Directory is organized with highest levels of care first to ensure that families looking for crisis support and services have that information available right away.	

pg. 3

# CYF Directory Hot Topic Discussion (8.12.24) & Action Items (8.27.24)

Council Input	Council Discussion	Action
• Acute – should it be emergency, crisis, urgent, critical? Language that will be more familiar to families	Both? Acute and Urgent?	Acute Care section, currently on page 13, moved to page 14 - has been adjusted to read Crisis & Acute Care vs. Acute Care

## CYF Directory Hot Topic Discussion (8.12.24) & Action Items (8.27.24)

Council Input	Council Discussion	Action
	the page can continue to return for most current version. Optum website features the Directory.	

## CYF Directory Hot Topic Discussion (8.12.24) & Action Items (8.27.24)

### CYF Council Zoom Chat on 8.12.24

- Point of contact- clarify their role
- Overview- values of CSOC council
- Community Resources?
- Do we have the link for the CYF Service Directory?
- Are these programs for Medi-Cal only or all insurances? | Most of the BHS are for Medi-Cal members, but some of the programs do not require Medi-Cal
- I wonder if there could be some kind of symbol indicating which are Medi-Cal only?
- <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/CYF/CYF%20Services%20Directory%20Updated%20March%202024.pdf>
- [Behavioral Health Services Directories for Children, Youth, and Families \(sandiegocounty.gov\)](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/CYF/CYF%20Services%20Directory%20Updated%20March%202024.pdf)
- would love to see San Diego Regional Center linked under the 0-5 services as the California Early Start program is such a vital resource for families and children with identified developmental delays. | Thanks - is there a link we can use? | I will connect you with our marketing team to make sure the appropriate link is sent over.
- If this is for families, is it translated?
- Is this available as an online searchable database instead of pdfs?
- <https://www.optumsandiego.com/content/SanDiego/sandiego/en/community-resources/providerdirectory1.html>
- Is it sent to schools?
- How do families know about this guide? | We look to all of us to help create awareness
- <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/CYF/Children%20and%20Youth%20Behavioral%20Health%20Services%20Postcard%20ENG.pdf>
- Urgent | both | Acute/Urgent | or maybe put Urgent in parenthesis | Both | urgent | Critical
- Maybe since urgent care and emergency room are pretty commonly used for physical health related conditions and families tend to know the distinction
- There can also be an operational definition of what constitutes which one like they have on the nurses line when you call to determine if urgent care or emergency room would be most appropriate
- It's a lot of work and extremely valuable!!! Let's spread the word!!!
- The directory is so helpful for providers in the community too! Thanks for the great work!

Thank you for all the valuable input.

The Directory has been updated and posted at:  
[Behavioral Health Services Directories for Children, Youth, and Families \(sandiegocounty.gov\)](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/CYF/Children%20and%20Youth%20Behavioral%20Health%20Services%20Postcard%20ENG.pdf)

On going input is welcomed as the Directory is updated regularly.  
Input submitted to [Janette.Magsanoc@sdcounty.ca.gov](mailto:Janette.Magsanoc@sdcounty.ca.gov)

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## Directory Update Service Directories

Strategic Planning Item  
Knowledge Exchange  
#1 Directory Input

# CHILDREN, YOUTH, AND FAMILIES SERVICES DIRECTORY



The County of San Diego's Behavioral Health Services (BHS) offers a multitude of programming to support children, youth & families who would benefit from mental health or substance use treatment.

Scan the QR code to access the current Children, Youth, and Families Services Directory.



Updated August 2024

[https://bit.ly/cyf\\_directories](https://bit.ly/cyf_directories)



SCAN HERE

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UPDATED

Updated August 2024

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Link to Directory: [https://bit.ly/cyf\\_directories](https://bit.ly/cyf_directories)

Strategic Planning Item  
Knowledge Exchange  
#1 Directory Input

# CYF Council Electronic Distribution List Refresh



- Email was sent out August 26, 2024 to existing distribution list (355 total in original lists)
- All Council members and alternates remain in the listings (None had opted out)
- If you have not responded and would like to be placed back on the distribution list, please email [Darwin.Espejo@sdcounty.ca.gov](mailto:Darwin.Espejo@sdcounty.ca.gov) and [Edith.Mohler@sdcounty.ca.gov](mailto:Edith.Mohler@sdcounty.ca.gov)



# PUBLIC COMMENTS

*Opportunity to raise awareness and provide input to promote positive changes by contributing your insight*



**Inviting all to unmute or  
place a comment in the chat**

# Support for Proposition 36: The Homelessness, Drug Addiction, and Theft Reduction Act



## COUNTY OF SAN DIEGO

### BOARD OF SUPERVISORS

1600 PACIFIC HIGHWAY, ROOM 335, SAN DIEGO, CALIFORNIA 92101-2470

#### AGENDA ITEM

DATE: August 27, 2024

05

TO: Board of Supervisors

SUBJECT:  
SUPPORT FOR PROPOSITION 36: THE HOMELESSNESS, DRUG ADDICTION, AND THEFT REDUCTION ACT (DISTRICTS: ALL)

#### OVERVIEW

Whether it's rampant retail theft causing neighborhood store closures and higher prices for working families, or the growing epidemic of fentanyl overdoses, Californians must address these pressing public health and public safety issues. Retail theft not only affects the livelihood of business owners but also disrupts community stability, leading to workplace violence, store closures and increased prices that disproportionately impact low-income families. At the same time, the fentanyl crisis continues to ravage communities, with overdose deaths reaching unprecedented levels and straining our healthcare and emergency response systems. The need for balanced reform is clear: it's on our streets, in our stores, and affecting our communities and families.

Recommends BOS adopt a resolution in support of Prop 36 which is included in the November 5, 2024, statewide ballot

#### Prop 36 highlights:

- ✓ *Reclassify repeat thefts of less than \$950 (or total in aggregate) as a felony*
- ✓ *Enhanced penalties for causing losses of more than \$50k in organized theft*
- ✓ *Adds fentanyl to the list of hard drugs*
- ✓ *Stricter penalties for drug traffickers causing death or serious injury*
- ✓ *Offenders with two prior drug possession convictions would qualify for a **drug/mental health treatment program** in lieu of incarceration and have charges fully expunged if successful*

#### Board Letter in meeting packet

#### Substitute motion

Return to the Board on October 8, 2024, with a multiple-scenario analysis so Board can take a position

# Affirmative Litigation Against Social Media Companies for Their Role in the Youth Mental Health Crisis



## TERRA LAWSON-REMER

SUPERVISOR, THIRD DISTRICT  
SAN DIEGO COUNTY BOARD OF SUPERVISORS

### AGENDA ITEM

**DATE:** August 27, 2024

**06**

**TO:** Board of Supervisors

**SUBJECT**

**AFFIRMATIVE LITIGATION AGAINST SOCIAL MEDIA COMPANIES FOR THEIR  
ROLE IN THE YOUTH MENTAL HEALTH CRISIS (DISTRICTS: ALL)**

#### OVERVIEW

On July 16, 2024 (16), the Board of Supervisors considered this item. The motion to adopt the recommendations failed due to a tie vote, and the Board did not continue the item. Pursuant to Rule 2(g) of the Board of Supervisors Rules of Procedure, the item was placed on the agenda for the next regular meeting.

Direct County legal counsel to explore legal actions to hold social media companies accountable for failing to protect youth's mental health and incentivize addictive behaviors with their product

**Board Letter in meeting packet**

# Supporting San Diego's Schools with Solutions to the Youth Mental Health Crisis and Smartphone Access During School Hours



## TERRA LAWSON-REMER

SUPERVISOR, THIRD DISTRICT  
SAN DIEGO COUNTY BOARD OF SUPERVISORS

### AGENDA ITEM

**DATE:** August 27, 2024

**23**

**TO:** Board of Supervisors

#### SUBJECT

**SUPPORTING SAN DIEGO'S SCHOOLS WITH SOLUTIONS TO THE YOUTH MENTAL HEALTH CRISIS AND SMARTPHONE ACCESS DURING SCHOOL HOURS (DISTRICTS: ALL)**

#### OVERVIEW

In schools across San Diego County, the widespread use of smartphones among students raises urgent concerns over its impact on youth mental health and [influence](#) on academic performance. Constant access to messaging apps, social media, and games fosters a pervasive environment of distraction and social pressure, including the escalation of cyberbullying. These dynamics affect students' well-being, creating barriers to positive mental health, emotional resilience, and learning.

Directs the CAO to collaborate with SDCOE to explore ways to develop and implement solutions to address youth's use of smartphones during school hours

**Board Letter in meeting packet**



## Governor Newsom urges schools to immediately restrict cell phones in the classroom ahead of the new school year

**What you need to know:** As schools across California welcome students back to campus, Governor Newsom is calling on all schools in the state to immediately restrict cell phone use in classrooms.

**SACRAMENTO** – In a letter to California schools, Governor Gavin Newsom today called on every school district to restrict smartphone use in classrooms as the new academic year begins. In his letter, the Governor applauds districts that have already implemented cell phone restrictions, like Los Angeles Unified, and reminded education leaders of the mental health, scholastic, and social risks of cell phone use in classrooms.

[In 2019, Governor Newsom signed AB 272 \(Muratsuchi\) into law](#), which grants school districts the authority to regulate the use of smartphones during school hours. Building on that legislation, he is currently working with the California Legislature to further limit student smartphone use on campuses. In June, the Governor [announced](#) efforts to restrict the use of smartphones during the school day.



Click image  
for full letter



### OFFICE OF THE GOVERNOR

August 13, 2024

Dear School Leaders,

As we strive to create the best learning environment for all students this new academic year, I write today to raise an urgent issue that affects their well-being: the pervasive use of smartphones in schools.

Excessive smartphone use among youth is linked to increased anxiety, depression, and other mental health issues. A recent Pew Research Center survey found that 72% of high school and 33% of middle school teachers report cell phone distractions as a major problem. Common Sense Media found that 97% of students use their phones during the school day for a median of 43 minutes. Combined with the U.S. Surgeon General's warning about the risks of social media, it is urgent to provide reasonable guardrails for smartphone use in schools.

As I work with the Legislature to further limit student smartphone use on campus, there is no reason for schools to wait. In 2019, I signed AB 272 (Muratsuchi) into law, which grants school districts the authority to regulate the use of smartphones during school hours. This legislation was a crucial step in our efforts to minimize distractions and foster a more conducive environment for our students to learn. It is imperative that school districts take full advantage of this law to address the growing concerns surrounding student well-being and academic performance.

Leveraging the tools of this law, I urge every school district to act now to restrict smartphone use on campus as we begin the new academic year. The evidence is clear: reducing phone use in class leads to improved concentration, better academic outcomes, and enhanced social interactions. Schools and districts, including Santa Barbara Unified and Bullard High in Fresno, have seen positive impacts of limiting smartphones on campus, with some reporting higher test scores, grades, and student engagement, and less bullying and damage to school facilities. I applaud these districts, and others like LA Unified, for their leadership.



FOR IMMEDIATE RELEASE  
Friday, August 30, 2024  
Governor's Press Office: (916) 445-4571

## Governor Newsom unveils updates to state mental health website to track Prop 1 successes

**What you need to know:** Today, Governor Gavin Newsom unveiled a new slate of accountability tools on [mentalhealth.ca.gov](https://mentalhealth.ca.gov) to track implementation progress of Proposition 1 and other critical behavioral health initiatives that increase access to care and housing for all, especially the most seriously ill.



Click on image for  
more information

### Accountability for results

A key to our behavioral health transformation is adding accountability tools. This lets us see real results and better outcomes. And this means accountability from everyone, including:

- state and local entities
- counties and cities
- private and public sectors

**Strategic Planning Item**  
Service & Funding Priorities  
#8 EBP & Outcomes

### Now

Visit state dashboards that track new treatment sites and housing being built:

- [Behavioral Health Continuum Infrastructure Program data dashboards](#)
- [Behavioral Health Bridge Housing](#)

### Next

• We're debuting a [new state web page](#) with easy- to- use trackers for county and state progress. This lets you see what's going on in your community.

### Future

In 2026-2027, all new mental health plans and reports from counties and state:

- will be based on community input and data,
- will include all funding, and
- will be reviewed by the state for outcomes.

## Proposition 1 implementation





[DHCS Homepage \(ca.gov\)](#)

## DHCS Streamlining Access to ECM

DHCS is streamlining and improving access to ECM by standardizing referrals and expediting the authorization process. DHCS worked extensively with stakeholders to develop statewide [ECM Referral Standards](#) and an updated [ECM presumptive authorization policy](#) (page 107). For full details on the policy and eligible ECM providers, please see the [updated ECM Policy Guide](#). The standards and policy take effect on January 1, 2025, and MCPs are currently operationalizing the new guidance. This adds to a series of DHCS reforms to streamline access to ECM and Community Supports outlined in the 2023 ECM/Community Supports [Action Plan](#). Additionally, on October 9, from 11 a.m. to 12 p.m. PDT, DHCS will host an all-comer webinar (advance registration required) to share details on the standards and policy. Webinar registration will be made available online. Stakeholders may also direct questions about the new guidance to [CalAIMECMILOS@dhcs.ca.gov](mailto:CalAIMECMILOS@dhcs.ca.gov).

## Medi-Cal Children's Health Advisory Panel (MCHAP) Meeting

On September 12, from 10 a.m. to 2 p.m. PDT, DHCS will host the quarterly MCHAP meeting at 1500 Capitol Avenue, Building 172 in the ABC Training Rooms, or via [public webinar](#). MCHAP advises DHCS on policy and operational issues that affect children in Medi-Cal. The meeting will provide an update on ECM and new benefits, review the AB 2083 Children and Youth System of Care supplementary analysis to the multiyear plan report, and provide a Children and Youth Behavioral Health Initiative update.

Strategic Planning Item  
Community Engagement  
#4 Input Opportunity

Strategic Planning Item  
Community Engagement  
#5 Youth Voice

Visit the DHCS Webpage or more information [HERE](#)

Strategic Planning Item  
Community Engagement  
#5 Youth Voice

Strategic Planning Item  
Service & Funding

## Elevate Youth California (EYC) Cohort 6 Standard Track

On August 19, DHCS released a [Request for Applications](#) and encouraged youth-serving community-based and Tribal organizations to apply for up to \$1 million to implement the EYC program over a three-year grant period in low-income, historically under-resourced communities of color. EYC is a statewide program addressing substance use disorder by investing in youth leadership and civic engagement for youth of color and Two-spirit/LGBTQIA+ youth ages 12 to 26 living in communities disproportionately impacted by the war on drugs. For more information and to apply by the September 23, 2024, deadline, please visit the [EYC website](#).

## Critical Funding Opportunity Available to Expand Behavioral Health Services

On July 17, DHCS [released](#) the Bond Behavioral Health Continuum Infrastructure Program (BHCIP) Round 1: Launch Ready [Request for Applications](#). Eligible organizations can apply for funding to construct, acquire, and rehabilitate properties for behavioral health services for Medi-Cal members. Interested parties can find application instructions on the [BHCIP website](#) and submit their applications by December 13, 2024. This initiative, part of Proposition 1, seeks to transform California's mental health and substance use disorder systems, providing more comprehensive care for the state's most vulnerable populations. For more information, contact DHCS at [BHTinfo@dhcs.ca.gov](mailto:BHTinfo@dhcs.ca.gov).

Strategic Planning Item  
Service & Funding

Strategic Planning Item  
Community Engagement  
#4 Input Opportunity





## San Diego Schools Expand Mental Health Support with Wellness Coaches

Behavioral Health Ecosystem Infrastructure

Children, Youth & Families

Public Awareness

CYBHI

August 26, 2024

California's Children and Youth Behavioral Health Initiative created a new profession to help fill in gaps and enhance mental health support for youth. Learn more about Wellness Coaches, managed by the California Department of Health Care Access and Information, in this [KPBS story](#).



Click on image for full KPBS article

Strategic Planning Item  
Knowledge Exchange  
#2 Workforce Updates





September 2024

## Never a Bother's Suicide Prevention Awareness Month Toolkit



This September, in acknowledgment of Suicide Prevention Awareness Month, California's *Never a Bother* youth suicide prevention campaign is pleased to provide a [Suicide Prevention Month Toolkit](#).

### • Webinar | CYBHI Quarterly Webinar

- Join us for our third quarterly webinar of the year to get an update on the progress CYBHI is making in transforming how California meets the behavioral health needs of our children, youth, and families.
- **When:** September 12, 2024, from 3:00 p.m. — 5:00 p.m. PT

### • Funding Opportunity | Train New Trainers Primary Care Psychiatry (TNT PCP) Fellowship Scholarship

- A scholarship program for primary care physicians who have been accepted into the UC Irvine/UC Davis Train New Trainers Primary Care Psychiatry Fellowship.
- **Application Due:** October 31, 2024

### • Funding Opportunity | Health Careers Exploration Program (HCEP)

- A grant program for institutions to support conferences, workshops, or career exploration activities that expose underrepresented and/or disadvantaged students to health careers.

**Application Due:** October 16, 2024

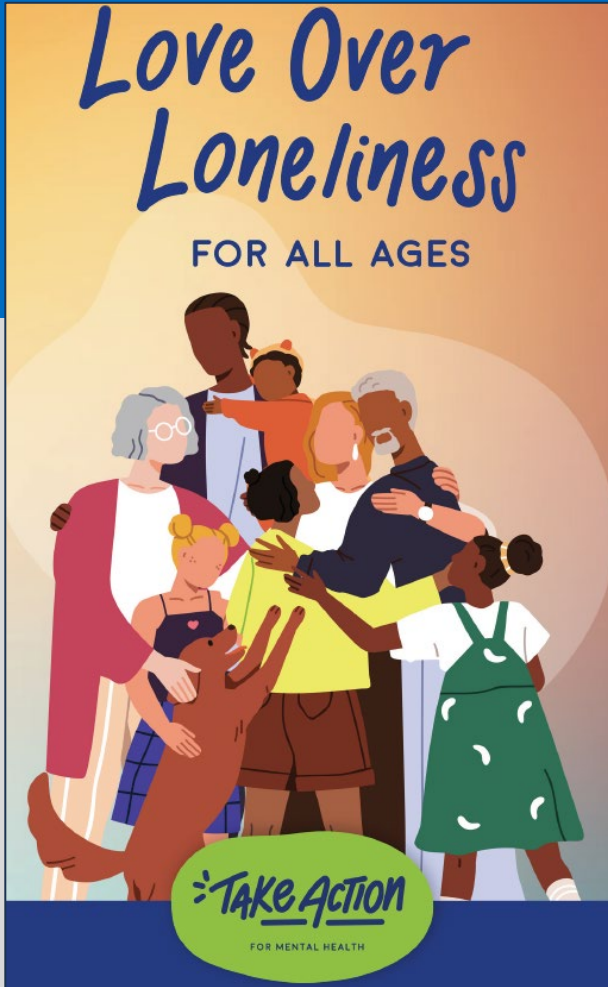
Strategic Planning Item  
Service & Funding

Strategic Planning Item  
Knowledge Exchange  
#2 Workforce Updates

Click on an image to view a specific webpage

# California Mental Health Services Authority (CalMHSA)

## Take Action for Mental Health Suicide Prevention Week – September 8-14



Strategic Planning Item  
Prevention & Early Intervention  
#7 Caregiver Skill Development

Click above Image for webpage

### Early childhood (birth through age 5)\*



#### Common causes:

Early childhood is so important to a child's social and emotional development, as 90% of a child's brain develops within the first five years of their life. This time is critical for them to develop and hardwire brain connections through everyday experiences, positive and rewarding interactions with family and caregivers, and learning how to manage emotions.

Traumatic experiences, such as witnessing violence, experiencing abuse or neglect, loss of a caregiver or parental separation, or surviving a natural disaster or accident

Other big changes, like moving homes or changing early care providers

Not receiving regular, positive interactions with safe, stable, and nurturing family and caregivers

### Children (Ages 6–12)\*



#### Common causes:

Moving to a new house, changing schools, bullying, family changes (like a new sibling, grandma moves in, or divorce)

#### Signs

- Physical complaints like stomach aches or headaches
- Acting timid or unsure of themselves
- Behavior changes like clinginess or irritability



### Teens (Ages 13–17)\*

#### Common causes:

Ongoing conflicts with parents/caregivers, divorce, bullying, lack of close friends, being single when friends have partners, social anxiety

#### Signs

**Remember:** "alone time" can sometimes be helpful, because many teens need a balance of social time and solitude. If your teen is an introvert, that alone time is their opportunity to recharge

- New or sudden changes in behavior
- Often seeming sad or depressed, if it goes beyond just needing some alone time
- Not having friends to get together with outside of school
- Not spending time with friends they used to hang out with
- Becoming withdrawn or staying in their rooms for long periods of time
- Talking negatively about themselves

# Behavioral Health Director's Report – SEPTEMBER 2024



## County of San Diego

**CAROLINE SMITH**  
INTERIM DEPUTY CHIEF ADMINISTRATIVE OFFICER

**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 29, 2024

TO: Behavioral Health Advisory Board (BHAB)

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

**BEHAVIORAL HEALTH SERVICES (BHS) DIRECTOR'S REPORT – September 2024**

### **National Recovery Month – Community Update**

This year, BHS embarks on an exciting new direction for National Recovery Month, utilizing our online platforms to offer information, resources, and spotlights on the recovery journey. This new approach is in lieu of the one-day National Recovery Month celebration, held last year at the Waterfront Park. Instead, BHS hopes by leveraging these platforms we can expand opportunities throughout the month for the recovery community to come together in celebration.

### **15th Annual Early Childhood Mental Health Conference - We Can't Wait!**

BHS in partnership with Early Childhood stakeholders, will host the 15th Annual Early Childhood Mental Health Conference-We Can't Wait! on September 26 and 27, 2024. This hybrid event will be held at the Sheraton San Diego Hotel and Marina.

Multiple BHS Programs & Services updates i.e. East Region CSU, Screening to Care, School-Based Incredible Years Programs, Youth Development Academy, Next Move Youth Outpatient Services etc. (*see packet for more*)

BHS Special Events and Announcements

**Complete report in packet or click [HERE](#)**





# Birth of Brilliance

## A Legacy of Healing

Save The Date

Registration opens Dec 1, 2024

### 2023 Conference Highlights:

[https://www.youtube.com/watch?v=e\\_SZVY6wVrI](https://www.youtube.com/watch?v=e_SZVY6wVrI)

Strategic Planning Item  
Service & Funding Priorities  
#9 Workforce Development

Additional information by:  
Aisha Pope and Melanie Morones

Birth of Brilliance  
is Turning 5!!!

Do you want to be a presenter  
at our 5th Annual event?

Email:  
birthofbrilliance@gmail.com



### Virtual Conference 02/27/2025

Early Bird Registration.....	\$99
Early Bird with CEs.....	\$115
Early Bird with In-person Cultural Fair.....	\$119
Early Bird with CEs and In-person Cultural Fair.....	\$130

### In-person Cultural Fair 2/28/2025

Cultural Fair ONLY \$20 online (\$25 @ the door)

When: Friday, Feb 28th, 2025, 5:00-8:00pm (PST)

Where: The BRICK, 2863 Historic Decatur Rd, San Diego, CA 92106

What: Local BIPOC vendors, performances, music, food  
and dancing!!

### Become A Sponsor!

Sponsorship levels above \$1500 include discounted  
agency/member registration. Reach out if interested!

[www.birthofbrilliance.com](http://www.birthofbrilliance.com)

[www.birthofbrilliance.com](http://www.birthofbrilliance.com) | [birthofbrilliance@gmail.com](mailto:birthofbrilliance@gmail.com) | QR Code: BoB 2021-2024 Memories







# **ENHANCED CASE MANAGEMENT**

## **Hot Topic Facilitators: Janelle Battaglia and Chelsea Prout**

DHCS [Enhanced Care Management & Community Supports](#)

San Diego Advancing and Innovating Medi-Cal - [SDAIM \(sandiegocounty.gov\)](#)  
[Universal ECM Referral Form](#)

211 - [Enhanced Care Management - 211 \(211sandiego.org\)](#)

### **San Diego Center for Children**

**Janelle Battaglia, LCSW**

**Chelsea Prout, LCSW**

<https://www.centerforchildren.org/our-services/wraparound/enhanced-care-management/>

### **Fred Finch Youth & Family Services**

**Cristobal Hernandez, Psy.D, MBA, MAOB**

[Enhanced Care Management | Fred Finch Youth & Family Services | California](#)

### **CRF Behavioral Healthcare**

**Michael Hammell, MPH**

<https://www.crfbehavioralhealthcare.org/services/enhanced-care-management/>

### **Full Circle Health Network**

**Jessica Rosenbaum, MSW, MBA**

**Egypt Davis-Evans**

[Full Circle Health Network \(fullcirclehn.org\)](https://fullcirclehn.org)

[Full Circle Health Network ECM](#)

### **Health Plans**

[Blue Shield of California Promise Health Plan](#)

[Community Health Group](#)

[Molina Healthcare](#)

[CalAIM Programs in California | Kaiser Permanente](#)

### **Questions and Answers**

# 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 - Low Relevance

2 -

3 – Some Relevance

4 -

5 - High Relevance





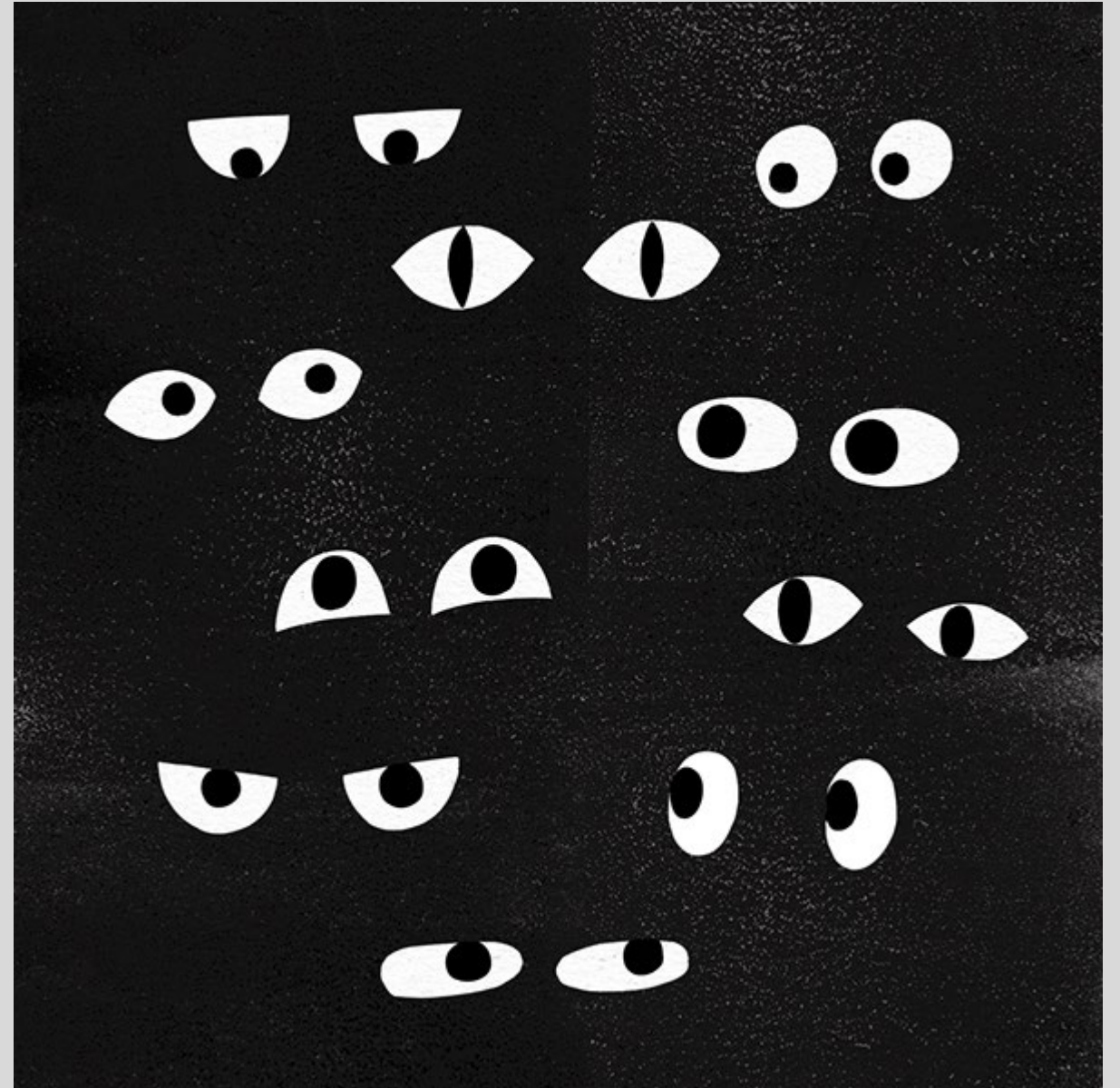
# **COMBINED COUNCILS MEETING**

**Save the Date - Tentative  
October 14, 2024  
10 a.m. to 11:30 a.m.**



**The November Council Meeting is  
DARK**

***In Honor of Veteran's Day Holiday***





Strategic Planning Item  
Service & Funding Priorities  
#9 Workforce Development



Scan QR code for more information!

# COMMUNITY ADVOCACY TRAINING!

*Telling Your Story!*

*Learn how to transform  
passion and lived  
experience into skillful  
grassroots advocacy!*



September 12, 2024  
2:00 PM- 4:00 PM



Use QR code, or click on date to register in advance



Community  
Advocacy  
Program  
NAMI SAN DIEGO & IMPERIAL COUNTIES

**Strategic Planning Item**  
Service & Funding Priorities  
#9 Workforce Development

Click on image  
or scan QR code  
to register!

Every 11 minutes,  
someone loses their life to suicide.  
A mental health crisis  
deserves a mental health response.



Local Crisis Hotlines  
& Call Centers



Mobile Crisis  
Response Teams



Crisis Stabilization  
Units & Options

## COMMUNITY ADVOCACY TRAINING: REIMAGINING CRISIS RESPONSE

This training covers 988, mobile crisis response teams, PERT, local resources, and more! Virtual on Zoom!

**Upcoming Training:**  
**Monday September 16th**  
**2:00 PM - 3:30 PM**



9/16/24



NAMI SAN DIEGO & IMPERIAL COUNTIES

RSVP by clicking on a date or scanning the QR code





San Diego and  
Imperial Counties

*FAMILY VOICE MEETINGS PROUDLY BRINGS YOU THE MAGIC  
OF NEURODIVERSITY GIFTS!*

***COME ALONG FOR A MIND-BENDING JOURNEY INTO THE  
WORLD OF NEURODIVERSITY! WHAT IF MENTAL HEALTH  
QUIRKS WERE SEEN AS SUPERPOWERS? DISCOVER A NEW  
PERSPECTIVE GUIDED BY THE AMAZING JOSH, FROM SOUTH  
AFRICA WITH A BIPOLAR 1 SUPERPOWER!***

***GET READY TO HAVE YOUR MIND BLOWN ON SEPTEMBER  
19TH AT 11:00 AM VIA ZOOM. DON'T MISS OUT - REGISTER  
NOW AND LET'S DIVE INTO THIS MIND-BOGGLING  
ADVENTURE TOGETHER!***

***THIS MEETING WILL BE HELD VIA ZOOM ON SEPTEMBER 19TH AT 11:00 AM. REGISTRATION IS  
REQUIRED VIA ZOOM. CAN'T WAIT TO SEE YOU THERE!***

**REGISTER NOW**



Funded through  
San Diego County  
Behavioral Health  
Services Act,  
Mental Health  
Services Act  
(MHSA)



**LIVE WELL  
SAN DIEGO**  
LIVEWELLSD.ORG



**Click on flier or scan QR code for  
more information!**

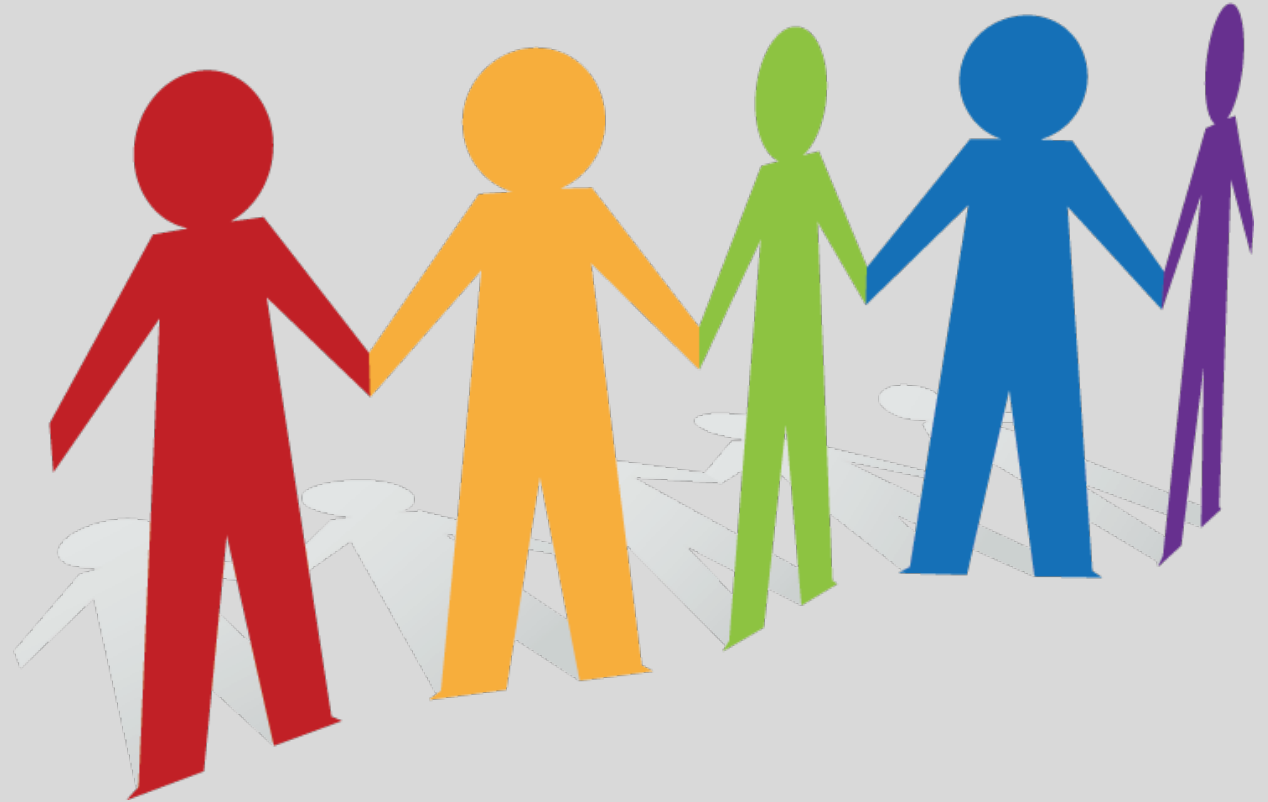
**Strategic Planning Item**  
Service & Funding Priorities  
#9 Workforce Development

# Family Sector Meeting



## BECOME A SEAT MEMBER

Inviting all youth ages (16-26) and caregivers of youth who are part of the mental health and substance use community to join our Family Sector as a seat member.



**Click on flier for more information!**

**Strategic Planning Item**  
Community Engagement  
#4 Input Opportunity

**Strategic Planning Item**  
Community Engagement  
#5 Youth Voice



5

# Ways to Participate in National Recovery Month



Click on images or scan QR code for more information!

1



## Host a Recovery Day of Service Event

Championed nationally by [Mobilize Recovery](#), Day of Service Events are a series of public service events held every September and October focused on harnessing the power of people in recovery and their allies. Events encourage connection while simultaneously promoting positive change and hope within communities. Host an event and [add it here!](#)

2



## Submit a Spotlight Story

[Submit a recovery spotlight story](#) about an individual with lived experience or an organization doing tremendous work that made a difference in your recovery journey. BHS will highlight stories of individuals and organizations throughout the year to share the community's resilience and spectrum of recovery journeys.

3



## Add your event to the Recovery Calendar

Learn about upcoming events for the recovery community happening this August through October 2024.

Add your event here or visit [bit.ly/NationalRecoveryMonthSD](https://bit.ly/NationalRecoveryMonthSD)

4



## Collaborate with BHS

Use the [BHS Community Request Form](#) to invite us to your event! BHS can participate in the following ways:

- Outreach/Tabling
- Presentation/Speaker

5



## Share your materials with us

Email [Engage.BHS@sdcounty.ca.gov](mailto:Engage.BHS@sdcounty.ca.gov) with any handouts, flyers, and links you would like to add to this year's Online Toolkit. The toolkit will be [posted to our website](#) in the coming weeks.

Please sign up for our [distribution list](#) to receive updates.

Scan me to take action now!





# 15<sup>th</sup> Annual Early Childhood Mental Health Conference – We Can't Wait

September 26-27, 2024

## We Don't Wait – Nurturing and Healing in Action

Hybrid Event – Attend Live or via Zoom  
Sheraton San Diego Hotel and Marina

### Keynote Sessions

- **Family Engagement in Early Mental Health Services**  
Rahil Briggs, PsyD, National Director of Zero to Three's HealthySteps Pediatric Primary Care Program, and Clinical Professor of Pediatrics, Psychiatry and Behavioral Services at Albert Einstein College of Medicine
- **Systems Perspectives in Early Childhood Mental Health Services**  
Richard Knecht, MS, Managing Partner at the Integrated Human Services Group, LLC, providing leadership, strategic planning and training to public and private healthcare and human service systems nationwide
- **Where We Were and Where We Are Now: A 15-Year Perspective.**  
Jeff Rowe, MD, Child and Adolescent Psychiatrist and Pradeep Gidwani, MD, MPH, FAAP, Pediatrician and Community Health Leader
- **Building Relationships Within and Between Systems – Panel Discussion**  
Lily Valmidiano, MPH, CHES, Amy Zeitz, LCSW, Miriah de Matos, MA, MPH, and Ariane Porras, SEP

### Exhibit Opportunities Available

**CME / CE Up to 16 Contact Hours  
At No Extra Charge**  
Thanks to SD County Behavioral Health!

**Target Audience:** Professionals involved in providing assessment, treatment, education, support, and advocacy for children and families. Attendees will include psychiatrists, pediatricians, marriage family therapists, social workers, psychologists, mental health workers, substance abuse and addiction professionals, counselors and case managers, nurses, OT/PT, teachers, educators, child welfare workers, early childhood education providers, childcare specialists, mental health administrators and other healthcare and educational providers.

**Join us!**

**Register Today!** Visit: [www.earlychildhoodmentalhealth-sandiego.com](http://www.earlychildhoodmentalhealth-sandiego.com)

**Click on flier for  
Registration  
Information!**



**Strategic Planning Item**  
Prevention & Early Intervention  
#6 Zero to Five Focus

**Strategic Planning Item**  
Service & Funding Priorities  
#9 Workforce Development



LIVE WELL  
SAN DIEGO

# LIVE WELL ADVANCE CONFERENCE & SCHOOL SUMMIT

*Creating Healthy, Safe, and Thriving Communities Together*

*Ripples of Change: The Power of Partnerships*

CALL FOR SESSIONS  
Opens May 13th!



## SAVE THE DATE!

Thursday, November 21, 2024  
San Diego Convention Center  
8:00 am - 5:00 pm

Enjoy a meaningful day connecting with thousands of partners and colleagues who are creating ripples of change in our region. We invite you to join us this year as a speaker, exhibitor, sponsor, or attendee!

Call for Sessions Opens May 13

Participant Registration and Exhibitor Application Open Fall 2024

Sponsorship opportunities are available.

Please contact sponsorship coordinator: [Gabriel.Gutierrez@sdcounty.ca.gov](mailto:Gabriel.Gutierrez@sdcounty.ca.gov)

**[LiveWellSD.org/Advance](https://LiveWellSD.org/Advance)**

Stay up-to-date, sign-up for our monthly newsletter: [LiveWellSD.org/news](https://LiveWellSD.org/news)



LIVE WELL  
SAN DIEGO

**[Live Well Advance Conference  
& Schools Summit | Live Well  
San Diego \(livewellsd.org\)](https://LiveWellSD.org/Advance)**

**Strategic Planning Item**

Service & Funding Priorities  
#9 Workforce Development



# THANK YOU

## Combined Councils Meeting

### SAVE THE DATE

Tentative: October 14, 2024 | 10 -11:30 a.m.



LIVE WELL  
SAN DIEGO