

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

ANNUAL STRATEGIC PLANNING MEETING, PART II - MEETING MINUTES

June 10, 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	+	VACANT	
3	Public Safety Group/ Probation	Dr. Geoff R. Twitchell	O	Chrystal Sweet	O
4	Child Welfare Services (CWS)	Kimberly Giardina	O	Norma Rincon	O
5	HHS Regions	Dori Gilbert	+	Jennifer Sovay	+
6	Public Health	Dr. Thomas R. Coleman	O	Adrienne Yancey	O
7	Juvenile Court	H. Judge Kimberlee Lagotta	O	Beth Brown	+
8	First 5 Commission	Alethea Arguilez	O	Dulce Cahue-Aguilar	O
EDUCATION SECTOR					
9	Special Education Local Plan Area (SELPA)	Cara Schukoske	O	Jamie Tate - Symons	O
10	Regular Education Pupil Personnel Services	Heather Nemour	O	Corrie McCarthy	+
11	School Board	Barbara Ryan	O	Sharon Whitehurst-Payne	+
12	Special Education	Aidee Angulo	O	Yuka Sakamoto	+
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	Mental Health Contractors Association	VACANT	O	Steven Jella	O
16	Mental Health Contractors Association	Michelle Ly	O	Michelle Hogan	O
17	San Diego Nonprofit Association (SDNA)	Margaret Iwanaga Penrose	+	Rosa Ana Lozada	+
18	Fee- For-Service (FFS) Network	Dr. Sherry Casper	+	VACANT	
19	Managed Care Health Plan	George Scolari	O	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	Violeta Mora/Dori Gilbert	+/+		
-	Cultural Competence Resource Team	Rosa Ana Lozada	+		
	CYF CADRE	Julie McPherson/Marisa Varond	O/O		
	Early Childhood	Aisha Pope/Autumn Weidman	O/O		
	Education	Heather Nemour			
	Family and Youth as Partners	Renee Cookson/Valerie Hebert	O/+		
	Outcomes	Julie McPherson	O		

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

I. Welcome and Introductions (Yael Koenig)

II. Approval of Minutes (Yael Koenig and Violeta Mora)

- May 13, 2019 meeting minutes –Approved
- No pending action items from May 13, 2019.

III. Business Items (Yael Koenig)

- Christine Frey, alternate Council member representing the Youth served by the Public Health System constituency, received the 2019 Indie Reader Discovery Award for her book Brain XP: Living with Mental Illness, A Young Teenager’s Perspective (Handout). A presentation for the CYF Council of her book and her experiences is projected for Fiscal Year 2019-20
- The Drug Medi-Cal Organized Delivery System (DMC-ODS) External Quality Review took place on May 21 through May 23, 2019. The results of the review will be posted on the BHS website: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/technical_resource_library.html and disseminated to the Council as soon as they are released
- The Annual Council New Member Orientation led by the CYF Liaison (NAMI San Diego) is scheduled for July 8, 2019 from 9:00 to 10:30 A.M. in the Scottish Rite Center (Handout). Everyone is welcome to attend the orientation. For more information or to register, please contact Grisel Ortega: Grisel.Ortega@sdcounty.ca.gov
- Due to the Veteran’s Day Holiday, the November 11, 2019 CYF Council will be dark
- Part 3 of the CYF Council’s Annual Strategic Planning is on August 12, 2019 to allow more time for small group discussion and input.

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

- The Annual MHSA Fiscal Year 2019-20 Update is being finalized. It is scheduled to be presented to the Board of Supervisors in September 2019. The document will be available at: <https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/NOC/mhsa.html>

V. Strategic Planning Meeting - Part 2: CYF System of Care Intersection with the Justice System/School Threats (Yael Koenig)

A. May's Meeting and Input Summary

Context provided at the May 13, 2019 Strategic Planning meeting:

- Community concerns related to Inpatient and Crisis Stabilization availability
- Identified the CYF system's landscape throughout San Diego County communities
- Highlighted existing methods that work, the gaps in the system and opportunities for innovation

Context at the May 13, 2019 meeting was provided through:

- Recent Board Letters (Handouts provided in the May 13, 2019 meeting packet):
 - ✓ July 24, 2018 (2), Assessing the State of People in Psychiatric Crisis in San Diego County-Board of Supervisors Minute Order
 - ✓ October 30, 2018 (3), Board Conference: Caring for People in Psychiatric Crisis in San Diego County-Board Letter
 - ✓ December 11, 2018 (25), Advancing the Behavioral Continuum of Care Through Regional Collaboration and Innovation-Board of Supervisors Minute Order
 - ✓ March 26, 2019 (5), Update on Advancing the Behavioral Continuum of Care Through Regional Collaboration and Innovation-Board Letter
- A portion of the video from the October 30, 2018 Board Conference: Caring for People in Psychiatric Crisis in San Diego County was presented (Handout). The full presentation is located at: <https://www.sandiegocounty.gov/content/sdc/general/board-meeting-video.html>
- Landscape of Behavioral Health Crisis Services for Kids overview (Handout)
- Overview/Demo of New MHSA Innovation Program: Vista Hill BH Connect-PowerPoint (Handout).

Meeting attendees had small group discussions on Caring for People in Psychiatric Crisis in San Diego County/Advancing the Behavioral Continuum of Care Through Regional Collaboration and Innovation by discussing systems strengths, gaps, innovations, and next steps in response to the context provided. The groups recorded their recommendations and submitted them to the CYF Council staff. The input submitted, was disseminated back to the Council at the June 10, 2019 meeting (See meeting packet pages 10-13) and it will be discussed at the August 12, 2019 meeting.

B. Context through Recent Board Letters and relevant documents (June 10, 2019):

- ✓ March 26, 2019 (2), Strengthening the Bridge Between Behavioral Health Services and the Criminal Justice System (Handout):
 - Recommendation/Highlights:
 - Develop a timely follow-up care and case management system for individuals involved in a Psychiatric Emergency Response Team (PERT)/law enforcement crisis call
 - 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. This recommendation it is more adult focused. However, CYF relocated the Emergency Screening Unit from Chula Vista to Hillcrest and increased beds from 4 to 12
 - 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
- ✓ May 21, 2019 (1), District Attorney-Regional Crisis Intervention and De-Escalation Training for Law Enforcement and Single Source Procurement-Board of Supervisors Letter (Handout)
 - Recommendation/Highlights:
 - Proposes that the Board of Supervisors provide funding to establish a Regional Crisis Intervention and De-escalation training programs for law enforcement directly aligned with the District Attorney's Blueprint's recommendation
- ✓ Office of San Diego County District Attorney Blueprint for Mental Health Reform: A Strategic New Approach Addressing the Intersection of Mental Health, Homelessness and Criminal Justice in San Diego County (Handout):
<https://www.sdcda.org/Content/Preventing/Blueprint%20for%20Mental%20Health%20Reform.pdf>
 - Blueprint Highlights:
 - Released February 2019

- The Blueprint was developed to make recommendations for improving existing systems and creating new avenues for change in how to approach mental illness and substance use when it intersects with the criminal justice system in San Diego
- Symposiums were held on April 30, 2018 and October 22, 2018 to garner input from 200 stakeholders and subject matter experts to create the blueprint
- Seeks to identify gaps, improve upon the current system of care and develop/change to a new approach to address mental illness and substance use within the justice-involved population
- Although geared more towards adults, the blueprint contains a children's component
- Recommendations categories (4):
 - Mental Health Prevention and Intervention
 - Acute Crisis Response and Stabilization Management
 - Mental Health Diversion
 - Data, Outcomes and Information Sharing
- Recommendations (10)
 1. Develop a system of timely follow-up care to connect a person to appropriate services and levels of care after a mental health crisis involving law enforcement or other first responders.
 2. Build regional Crisis Stabilization Centers, or Mental Health Urgent Care Centers, using a "no wrong doors" approach that can provide walk-in mental health and substance use disorder services, efficient law enforcement drop-offs when appropriate as a healthy and safe alternative to jail or emergency departments, and step-down care coordination with case management services.
 3. Support the creation and expansion of crisis/de-escalation training for law enforcement and 911 dispatchers countywide.
 4. Address barriers to obtaining housing by creating common sense regulations that account for public safety but allow for flexibility.
 5. Invest/create data systems that can match appropriate information across different systems to provide care coordination information to criminal justice and health care data.
 6. Support and expand existing programs and processes that coordinate releases from custody by providing a warm handoff of an individual leaving custody to appropriate services and resources in the community.
 7. Increase capacity for Behavioral Health Court and consider a specialized track for those with co-occurring mental health and substance use disorders. Screen and assess certain classes of non-violent crimes for potential alternatives to custody early in the criminal justice process.
 8. Create guidelines and structure for mental health diversion which ensures public safety, as well as equal access and equitable treatment for all participants.
 9. Increase access to walk-in urgent mental health services by expanding hours of availability.
 10. Work collaboratively with community partners to expand outreach and prevention programs and encourage the utilization of peer support.

Feedback from the Council attendees:

It appears that disparities are not addressed in the document, which would provide an opportunity to advance the system.

- C.** Introduction to School Threat Assessments in San Diego County (Dr. Laura Vleugels and Barbara Higgins, San Diego County Office of Education (SDCOE), Director, Student Attendance Safety and Well-Being)- "The Power of Threat Assessment in Today's Schools" PowerPoint and San Diego County School Threat Protocol presentation (Handouts).

This presentation was originally presented at the CYF System of Care School Safety: Envisioning Safer Schools annual conference on May 30, 2019. A father of one of the victims of the Sandy Hook Elementary shooting was also a guest speaker at this annual conference.

Context:

- The U.S. has had 57 times more school shootings than any other industrialized nations combined.
- School shooting is reported as the primary fear of persons ages between 14-29

- The School Threat Assessment Team (STAT) is led by the San Diego County District Attorney's with representatives from the SDCOE, Law enforcement/PERT and BHS. Forensic Psychologists (Dr. Manny Tau and Dr. Glenn Lipson) also attend STAT meetings, offering a unique perspective regarding youths and school shootings
- SDCOE proactively researches for best methods for youths that have expressed threats of violence.

The Power of Threat Assessment in Today's Schools presentation – Barbara Higgins

SDCOE provides Safety Assessment and Intervention training, guidance and support to 780 schools, 42 school districts, 142 charter schools, 5 community college districts and approximately 500,000 students. Guidelines from the University of Virginia/ Dr. Dewey Cornell threat assessment model is practiced in San Diego County. The "Cornell Model" features:

- The only research validated threat assessment model in the country
- Primarily employs school staff - yet allows rapid law enforcement involvement
- Attempts to avoid two critical errors:
 - ✓ Over-reacting to numerous non-serious threats
 - ✓ Under-reacting to rare, serious threats
- Categorizes targeted violence in the order of escalation:
 1. Grievance – Getting upset or angered by an event
 2. Ideation – i.e. plot, revenge, but quickly disperses
 3. Preparation – Actual planning of an attack
 4. Breach – Express intentions to others
 5. Attack
- Follows 6 principles of Threat Assessment:
 1. Prevention is possible
 2. Consider the context – Differentiate making a threat versus posing a threat
 3. Adopt an investigative mindset – Avoid preconception/prejudices
 4. Rely on facts, not profiles
 5. Gather information from multiple sources
 6. Focus on determining the potential for violence
- Employs a dedicated Threat Assessment Team within a school and attended by:
 - ✓ Administrator (team leader/lead investigator)
 - ✓ School Psychologist
 - ✓ School Resource Officer/Juvenile Services Officer
 - ✓ School Counselor/ School Social Worker
 - ✓ Internet Professional (social media)
- Utilizes a School Threat Decision Tree:
 - ✓ Step 1: Evaluate the potential threat
 - ✓ Step 2: Decide if the threat is transient or substantive
 - ✓ Step 3: Respond to a transient threat
 - ✓ Step 4: Decide whether the substantive threat is serious or very serious
 - ✓ Step 5: Respond to a serious substantive threat
 - ✓ Step 6: Respond to a very serious substantive threat (conduct a safety evaluation)
 - ✓ Step 7: Implement a safety plan
- SDCOE's current school threat assessment protocols are posted online: <https://www.sdcoe.net/student-services/student-support/Pages/Threat-Assessment.aspx>.

D. Input/Feedback

- Student (self) crisis is separate from the threat assessment model (designed for external threats)
- There is no national standardized threat assessment model
- Not all San Diego County schools have an active Threat Assessment team. Training and guidelines implementation (Cornell Model) are ongoing
- Last year, the District Attorney's Office investigated 70 separate student threats and prosecuted 41.

E. Next Steps

- Group discussions will continue at the next CYF Council meeting (Strategic Planning Part 3) on August 12, 2019.

VI. Announcements

- Responsive Integrated Health Solutions (RIHS) will be conducting a live webinar: Overview of the Risk Assessment and Safety Plan for Substance Use Disorder (SUD) programs on June 13, 2019 from 10:00 to 1:00 A.M. The trainer is Dr. Kseniya Yershova, Deputy Scientific Director of the Columbia Lighthouse Project. Dr. Yershova along with Carrie Binam will discuss the new County of San Diego Risk Assessment and Safety Plan form which has the Columbia Suicide Severity Rating Scale
- CYF Training Academy: Intersectionality of Identities is scheduled for June 14, 2019. Register at: <https://academy.sumtotal.host/>
- The June 20, 2019 Youth and Family Support Partner Sub-Committee meeting will be held at San Diego Center For Children located at 3002 Armstrong Street, San Diego CA, 92111
- Children, Youth & Family Liaison-Principles of Family Youth Professionals Partnerships-One Hour on-line training. Register at: http://bit.ly/PFYPP2018_19.

Next CYF Council Meeting-Strategic Planning Part 3: August 12, 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.