

**Children, Youth and Families Behavioral Health System of Care,
Transition Age Youth, and
Adult Behavioral Health System of Care
Combined Councils Virtual Meeting**

April 12, 2021
10:00 to 11:30 A.M.

CYF Council Co-Chairs	TAY Council Co-Chairs	AOA Council Co-Chairs
Minola Clark Manson Valerie Hebert	Joseph Edwards Vanessa Arteaga	Jeffrey Najarian Marisa Varond

Agenda

I	Welcome and Introductions <ul style="list-style-type: none"> Piedad Garcia, Adult Older Adult (AOA) Deputy Director Yael Koenig, Children Youth and Families (CYF) Deputy Director 	5 minutes				
II	Business Items <ul style="list-style-type: none"> Review/Approval October 12, 2020 Minutes-Handout -Pages 2-3 CYF, AOA, and TAY Council Written Updates-Handout-Pages 4-9 MHSA Update (Dr. Danyte S. Mockus-Valenzuela)-Handout-Page 10 	5 minutes				
III	COVID-19 Impacts on our Systems of Care-Handout-Pages 11-39	50 minutes				
<p>Panel Moderator: Christine Frey</p>						
<p>Each panel member will discuss items listed below as it relates to COVID-19:</p> <ul style="list-style-type: none"> Provider Challenges Cultural/Ethnicity/Race Factors What adaptations have you/your program made during this time? Success/Positive Story 						
Panel Members						
<table border="0"> <tr> <td> <u>Community Research Foundation (CRF)</u> <ul style="list-style-type: none"> Julie McPherson, LMFT -Vice President of Child, Youth, & Family Services Sarah Welsh, LMFT-Service Line Director of Child, Youth, & Family Services, Program Director of Douglas Young Youth & Family Services </td> <td> <u>San Diego Youth Services</u> <ul style="list-style-type: none"> Melanie Morones, MFT, ATR, ECMHS -Program Manager of Our Safe Place Dung King-Youth Support Partner </td> </tr> <tr> <td> <u>Pathways Community Services</u> <ul style="list-style-type: none"> Joseph Edwards, LMFT -Clinical Supervisor/Assistant Program Director-KickStart Elise Blanton-Hubbard, MOT, OTR/L-Occupational Therapist </td> <td> <u>McAlister Institute for Treatment and Education, Inc.</u> <ul style="list-style-type: none"> James V. Dunford MD, FACEP-Medical Director </td> </tr> </table>			<u>Community Research Foundation (CRF)</u> <ul style="list-style-type: none"> Julie McPherson, LMFT -Vice President of Child, Youth, & Family Services Sarah Welsh, LMFT-Service Line Director of Child, Youth, & Family Services, Program Director of Douglas Young Youth & Family Services 	<u>San Diego Youth Services</u> <ul style="list-style-type: none"> Melanie Morones, MFT, ATR, ECMHS -Program Manager of Our Safe Place Dung King-Youth Support Partner 	<u>Pathways Community Services</u> <ul style="list-style-type: none"> Joseph Edwards, LMFT -Clinical Supervisor/Assistant Program Director-KickStart Elise Blanton-Hubbard, MOT, OTR/L-Occupational Therapist 	<u>McAlister Institute for Treatment and Education, Inc.</u> <ul style="list-style-type: none"> James V. Dunford MD, FACEP-Medical Director
<u>Community Research Foundation (CRF)</u> <ul style="list-style-type: none"> Julie McPherson, LMFT -Vice President of Child, Youth, & Family Services Sarah Welsh, LMFT-Service Line Director of Child, Youth, & Family Services, Program Director of Douglas Young Youth & Family Services 	<u>San Diego Youth Services</u> <ul style="list-style-type: none"> Melanie Morones, MFT, ATR, ECMHS -Program Manager of Our Safe Place Dung King-Youth Support Partner 					
<u>Pathways Community Services</u> <ul style="list-style-type: none"> Joseph Edwards, LMFT -Clinical Supervisor/Assistant Program Director-KickStart Elise Blanton-Hubbard, MOT, OTR/L-Occupational Therapist 	<u>McAlister Institute for Treatment and Education, Inc.</u> <ul style="list-style-type: none"> James V. Dunford MD, FACEP-Medical Director 					
IV	Discussion/Questions/Answers – Christine Frey	25 minutes				
V	Closing Remarks and announcements <ul style="list-style-type: none"> Piedad Garcia and Yael Koenig 	5 minutes				



**Children, Youth and Families Behavioral Health System of Care,
Transition Age Youth, and
Adult Behavioral Health System of Care
Combined Councils Virtual Meeting Summary**

October 12, 2020

10:00 to 11:30 A.M.

ITEM	SUMMARY
<p>I. Welcome/Introductions</p> <ul style="list-style-type: none"> • Piedad Garcia, Adult Older Adult (AOA) Deputy Director • Yael Koenig, Children Youth and Families (CYF) Deputy Director 	<ul style="list-style-type: none"> • Welcome by Piedad Garcia and Yael Koenig
<p>II. Business Items</p> <ul style="list-style-type: none"> • Review/Approval of October 14, 2019 Meeting notes-Handout-Pages 3-4 of meeting packet • CYF, Adult, and TAY Councils Written Updates-Handout-Pages 5-10 of meeting packet • Mental Health Services Act (MHSA) Update (Dr. Danyte S. Mockus-Valenzuela)-Handout-Page 11 of meeting packet 	<ul style="list-style-type: none"> • Meeting notes approved via virtual review process. • Written councils' updates were included in the meeting packet. • Written MHSA update was included in the meeting packet.
<p>III. Transgender Health Across the Lifespan-Handout-Pages 13-30 of meeting packet</p> <ul style="list-style-type: none"> • Panel Moderator: Charisma De Los Reyes, MSW (She/Her/Hers)-San Diego County Office of Education • L. Tuiletufuga, AMFT, MS (They/Them/Theirs) Staff Counselor, The Center • Bixby Marino-Kibbee, LCSW (They/Them/Theirs) Director -Center for Gender Affirming Care-Rady Children's Hospital San Diego • Angelle Maua (She/Her(s)/Ella)-Parent and Founder of The Gender Phluid Collective: https://thegpcollective.wixsite.com/thegpcsd • Rachel Gianfortune, MD (She/Her/Hers)-La Mesa Pediatrics and Assistant Clinical Professor at the University of California-San Diego (UCSD) • Pamuela Halliwell, MA, LMFT (She/Her/Hers)-Staff Counselor-The Center • L. Tuiletufuga, AMFT, MS (They/Them/Theirs)-Staff Counselor-The Center • Nicholas Lagunas, Prevention Assistant Manager, HIV Services-San Ysidro Health Center Gender Affirming Medicine and Sexual Health Clinic • Kimberly Thomas, (She/Her/Hers), Physician Assistant-San Ysidro Health Center Gender Affirming Medicine and Sexual Health Clinic 	<ul style="list-style-type: none"> • Charisma De Los Reyes provided the context for the panel with relevant information about the transgender community. • L. Tuiletufuga discussed providers' responsibility to provide resources to the community being served. • Bixby Marino-Kibbee talked about how COVID-19 affected transgender youth; including that many youth feel safer attending school virtually. • Angelle Maua discussed the array of challenges parents of transgender youth face, including understanding medical insurance and finding services needed for their children. • Rachel Gianfortune mentioned the importance of supporting the child/ youth "where they are"; many times children/youth feel that they need to conform to their parents'/society expectations. • Pamuela Halliwell described the array of services available at the Center for the TAY transgender population: https://thecentersd.org/programs/transgender-services/ • L. Tuiletufuga described the array of services available at The Center for the older adult transgender population: https://thecentersd.org/programs/transgender-services/ • Nicholas Lagunas and Kimberly Thomas provided an overview of the services available at the San Ysidro Health Center Gender Affirming Medicine and Sexual Health Clinic (opened in 2019): http://www.syhc.org/services/adult-medicine/

ITEM	SUMMARY
IV. Discussion– Charisma De Los Reyes	<ul style="list-style-type: none"> • Highlights: <ul style="list-style-type: none"> ✓ The importance of using pronouns ✓ There are health plans available for the transgender population that include transportation to appointments and other services. ✓ Due to regulations related to consent to treat, many individuals have had to wait until reaching 18 years of age to get that next level of medical care related to sex change surgeries etc.
<p>Next Combined Meeting: Date: Monday, April 12, 2021 Time: 10:00 to 11:30 A.M.</p>	

Committees/Sectors/Workgroups Meetings Information:

Due to COVID-19, Councils meetings are occurring virtually

Please reach out to the specific Council staff member or lead or Executive Subcommittee member to obtain location/link

Behavioral Health Advisory Board (BHAB) meeting: Meets the first Thursday of the month from 2:30 to 5:00 P.M.

CYF Council: Meets the first Monday of every month from 9:00 to 10:30 A.M.

TAY Council: Meets the fourth Wednesday of the month from 3:00 to 4:30 P.M.

Adult Council: Meets the first Monday from 11:00 A.M. to 12:30 P.M.

Children, Youth and Families Adult Behavioral Health System of Care Council

Achievements and Goals Update

Fiscal Year 2020-21 (October 2020-March 2021)

April 12, 2021

Achievements

The CYF System of Care Council continues to meet via WebEx to ensure safety during the pandemic. Detailed information about the CYF Council can be found at:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/CYFBHSOCCouncil.html

The following have been the CYF Council areas of focus for Fiscal Year 2020-21 (beginning October 2020):

- October 12, 2020-Combined Councils Meeting focused on Transgender Health Across the Lifespan (Coordinated by CYF)
- November 9, 2020-Supporting Youth Engagement: Live Well Youth Sector
- December 14, 2020-Dark
- January 11, 2021-Best Practices for Outreach During the Pandemic (Part 1)
- February 8, 2021
 - ✓ Best Practices for Engagement During the Pandemic (Part 2)
 - ✓ Fiscal Year 2020-21 Mid-Year CYF Council Sub-Committees Written updates
 - ✓ Education Sector Update Presentation focused on
 - San Diego County Office of Education Student/Staff Wellness and Positive School Climate- July-December 2020 highlights
 - Student Challenges During COVID-19
 - Resource Guide for Schools (Assembly Bill 1767)
 - Suicide Prevention Guide for High Priority Youth Groups (Assembly Bill 2246)
 - LivingWorks Start Training (Assembly Bill 1808)
- March 8, 2021
 - ✓ Best Practices for Outreach During the Pandemic-Summary of Recommendations discussion (Part 3)
 - ✓ Cultural Competence Resource Team (CCRT) update and discussion
 - Interactive presentation on Personal Commitment to achieve inclusion and equity with intent to reach out and provide a summary document to the Council and the CCRT
 - ✓ Live Well Schools: <https://www.livewellsd.org/toolsforschools/>

Sub-Committees Accomplishments Highlights:

- **Family and Youth Sector**
 - ✓ Recruited CYF System of Care staff to participate in the planning the May 2021 Youth Mental Health Well-Being Celebration
- **Early Childhood**
 - ✓ Addressed Equity and Justice through the Birth of Brilliance Virtual conference on February 25, 2021
- **CYF Change Agents Developing Recovery Excellence (CADRE)**
 - ✓ Hosted a presentation from the San Diego County Office of Education (SDCOE)
- **Outcomes**
 - ✓ Developed a handout on engaging families and youth in teletherapy
 - ✓ Developed Clinician Telehealth Checklist of teletherapy best practices
- **Training Academy**
 - ✓ Bridges Out of Poverty training was delivered on October 6, 2020
- **Education**
 - ✓ Delivered training and resources to all 42 School Districts
- **CCRT**
 - ✓ Develop Recommendations to the BHS Director based on feedback and discussion throughout CCRT general meetings. These recommendations are intended to inform the BHS Director about strategies to address racism and disparities modeled after State identified best practice domains for effective change

Goals

- Continue to address transformation of service delivery due to COVID-19
- Continue to address Equity and Racial Justice
- Continue to advance the system of care

Sub-Committees Goals Highlights:

- **Family and Youth Sector**
 - ✓ Coordination of the May 7, 2021 Youth Mental Health Well Being Celebration
- **Early Childhood**
 - ✓ Promote and Educate; Advocate; Promote System Change
- **Outcomes**
 - ✓ Continue to review data and provide recommendations
- **Training Academy**
 - ✓ Racial and Cultural Disparities and Access to Healthcare is scheduled for April 30, 2021
 - ✓ Understanding our Own Biases and Assumptions is scheduled for May 12, 2021
 - ✓ Missed Cues in Service Delivery-To be held in June 2021
 - ✓ Supporting People of Color in Treatment-To be held in June 2021
 - ✓ CYF System of Care Training Academy Annual Conference scheduled for May 27, 2021: Youth Substance Use: Risk, Resilience, Reconnection.
The direct link to register is:
<https://youth-substance-use-risk-resilience-reconnection.eventbrite.com>
- **Education**
 - ✓ Be responsive to the changing needs of schools with COVID-19 and distance learning, including but not limited to virtual trainings, resource identification, and student and staff wellness resources.
- **CCRT**
 - ✓ Continue to convene discussions that address racial and ethnic disparities, specifically during COVID-19 pandemic
 - ✓ Finalize strategies to address racism and disparities recommendations for BHS Director.

**Transition Age Youth Behavioral Health System of Care Council
Achievements and Goals Update
Fiscal Year 2020-21 (October 2020-March 2021)
April 12, 2021**

Attention: Alisha Eftekhari and Eula Ramirez

Please submit this update to Eula Ramirez at: Eula.Ramirez@sdcounty.ca.gov no later than **March 30, 2021**.

Achievements

- Website and Orientation Manual Subcommittee reviewed Council Bylaws and created a draft orientation manual to help orient new members. Orientation manual to possibly provide the outline of what the website for the council will consist of.
- Social Justice subcommittee brainstormed avenues to research how diverse and culturally sensitive our workforce is and how this correlates with TAY engagement and retention in services.
- COVID 19 presentation by Champions for Health which is in collaboration with HHSA.
- TAY Council hosted a roundtable talk with providers about the impacts of COVID 19 within their programs and service delivery.
- Youth Engagement in Services (YES) Initiative presentation to educate our TAY focused programs and community members about what the County has proposed.
- Combined Council Meeting in October had a panel discussion about Transgendered Health across the Lifespan.

Goals

- Social Justice: Will focus on disparities in TAY accessing Mental Health and Substance Use services. Identify specific needs of TAY facing/impacted by inequity. Will also address the service providers and our/their diversity.
- Optimal Service Access: Using TAY perspective to identify blocks to service delivery and the specific needs of TAY affected by COVID related issues. Recommendations for fiscally aware interventions to most effectively provide optimal TAY services.
- Website and Orientation Manual

Adult and Older Adult Behavioral Health System of Care Council
Achievements and Goals Update
Fiscal Year 2020-21 (October 2020-March 2021)
April 12, 2021

Attention: Piedad Garcia and Andrea Duron

Please submit this update to Eula Ramirez at: Eula.Ramirez@sdcounty.ca.gov no later than **March 30, 2021**.

Achievements and Updates

Director's Report

- Recent Board Action regarding healthcare inequities and declaring racism as a public health crisis.
- Updates on January's Board Letter and procurement actions scheduled in the coming months.
- Various DMC and Mental Health programming updates as it pertains to COVID-19.

Adult Council Membership

- The Council welcomed new representatives to fill the Persons Served (3), Prevention and Early Intervention (1), Community College (1), and Long-Term Care (1) constituencies.

Continuum of Care Updates

- Continuing to develop Continuum of Care related to the Mobile Crisis Response Teams (MCRT) and Crisis Stabilization Units (CSUs).
 - MCRT pilot in North Coastal became operational January 2021 and RFP for remaining five (5) regions are currently posted with anticipated start date in June 2021.
 - Paradise Valley CSU – tenant improvement completion anticipated by March 2021 and services to begin April 2021.
 - Additional updates on North Coastal CSU projects.

Public Health Updates

- Public Health updates were provided at each meeting updating the Council on current events related to COVID-19.
- Updates included:
 - Ongoing updates on COVID-19 pandemic, including CDC guidance, CARES Act, and vaccination updates.
 - BHS involvement at the Convention Center and County temp lodging.
 - BHS Surge plan to include additional ACT and SBCM (125) treatment slots added to respond to acute care and IMD needs and up to 100 ASP Board & Care beds.

MHSA Updates

- Updates provided regarding BHS Community Engagement Activities and Mental Health Services Oversight and Accountability Commission (MHS-OAC) community listening sessions.
- In Q2 of FY 20/21, MHSA conducted a fentanyl warning campaign.

Adult Council/Ad Hoc Program Managers Workgroup

- Council members were provided with draft report in November 2020 with additional follow up tasks.
- Tasks and updates provided to Council.

Healthcare Disparities

- Healthcare Disparities FY 16-20 Report provided to Council and ongoing discussions.
- Healthcare disparities items were added to Adult Council's goals for the year.
- Discussed Culturally and Linguistically Appropriate Services (CLAS) standards.

Housing Council Presentation

- Simonne Ruff and Jason Miller provided an overview and history of the Corporation for Supportive Housing, the Behavioral Health Services Housing Council Priorities, and various housing initiatives.
- The Housing Council will conduct community input sessions and return to the Council to seek feedback on its new 5-Year Plan.

Cultural Competence Resource Team (CCRT)

- CCRT is continuing to share its work to address healthcare disparities and working with a consultant to define a framework for cultural responsiveness across behavioral health services.
- Dr. Garcia presented at the Cultural Competency Academy Capstone graduation.
- The County is recruiting for diversity and inclusion positions for new Equity Diversity and Inclusion division.

Consumer Update

- Recovery Innovations International (RII) created "Boots on the Ground" to provide peer support to individuals throughout the County.
 - Boots on the Ground assists with identify and navigating community resources, emphasizes self-care, and provides information on COVID-19, including how to access care utilizing telehealth.
 - Toolkits with resources, face masks, hand sanitizer, water bottle and additional useful items are available.
- RII classes are available via Zoom.

Work Well Update

- Discussed strategy implementation to successfully fulfill the requirements of the fidelity scale for all employment specialists in San Diego.
- Program continuing to look for ways to collaborate with providers.

Supports for Individuals with Highest Needs and Their Families

- The Council had a robust discussion about the continued and unmet needs of individuals, including those who are unable to voluntarily seek treatment or engage in care and instead cycle in and out of institutions.
- While IHOT, FSP, and ACT programs have helped many individuals, additional family supports and system capacity is needed. Future presentations will include updates on available supports, including potential resources that may become available through CalAIM.

Goals

Adult Council developed, reviewed, and finalized the goals noted below and prioritized the bolded ones:

- **Collaborate with CCRT to examine and address health disparities in communities of color, particularly around access to care, social determinants of health, and workforce goals.**
- **Work with the County, system partners, and the Housing Council to address social determinants of health, to include technology needs.**
- Continue to receive updates on Continuum of Care reforms, providing recommendations to the BHS Director from the Adult Council's cross-disciplinary membership.
- Better understand and make recommendations regarding recent increases in overdose deaths.
- Work with system partners to respond to decreases in access to care and to explore new opportunities for collaboration.

**Children, Youth and Families Behavioral Health System of Care Council
Achievements and Goals Update
April 12, 2021**

MHSA and Prevention Update

May Is Mental Health Month 2021

Planning continues in preparation for May Is Mental Health Month 2021, with this year's theme being *Hope for Change*. Once again, activities in recognition of the month will be held virtually. Additional plans include a webpage with an events calendar, list of activities, resources, and highlights about physical activity opportunities and positive mental health impacts and information about the Directing Change opportunities for youth.

Providers, faith-based organizations, partners and community organizations are encouraged to submit planned activities in recognition of May Is Mental Health Month to Nancy Page (Nancy.Page@sdcounty.ca.gov) for inclusion on the events calendar.