

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

MEETING AGENDA

January 11, 2016 – 9:00-10:30 A.M.
 3255 Camino Del Rio South- La Jolla Room

I. Welcome and Introductions (Delrena Swaggerty)	2 minutes
II. Approval of Minutes (Delrena Swaggerty)	2 minutes
• December 14, 2015	
III. Director's Report (Alfredo Aguirre)	5 minutes
IV. Mental Health Services Act (MHSA)- Update (Gary Ulmer-Goodrich)	5 minutes
V. Sectors "Hot Topics" from Council Representatives	45 minutes
Public Input/Discussion to follow (Delrena Swaggerty)- Handout	
VI. Business Items	20 minutes
• Family and Youth As Partners Subcommittee (Donna Ewing-Marto)- Handout	
✓ 2/24/16 from 10-11:30am at 5005 Texas St, Suite 104, SD CA 92108	
• CYFBHS Mental Well-Being Celebration 2016 Ad Hoc Committee (Edith Mohler)- Handout	
✓ 1/27/16 from 10-11am at Camino in the Bonita Room	
• The Big Why- Critical Issues in Child and Adolescent Mental Health Conference	
✓ Date: March 12, 2016	
✓ Place: 12400 High Bluff Drive, San Diego, CA 92130	
• Foster Youth Mental Health Bill of Rights- Questions to Ask About Medications- Handout	
• BHAB Suicide Prevention Workgroup- Handout	
VII. Committee Update Reports (If time permits)	10 minutes
A. TAY (Mike Miller/Fran Cooper)	
B. CSOC Training Academy (Rose Woods)- Handout	
• CYFSOC Conference: Let's Talk About Sex: Sex and Sexuality in Children and Adolescents (Rose Woods)- Link: http://theacademy.sdsu.edu/programs/bheta/cyfsoc/	
• Principle to Practice Awards- Nominations Begin (Rose Woods) – Link: https://docs.google.com/a/mail.sdsu.edu/forms/d/1bG00oYB-UXUUUJc-1DbVhk4PSBHtOOSOEly8hIZw6Q/viewform?c=0&w=1	
C. QI (Steve Jones)- Handout	
X. Announcements	1 minute
CYFBHSOCC EXEC. COMMITTEE	NEXT CYFBHSOC COUNCIL MEETING
Monday, January 25, 2016	Monday, February 8, 2016
10:00 A.M. (Conference Call)	9:00-10:30 A.M. in the La Jolla Room

Committees/Sectors/Workgroups Meetings Information:

- Outcomes Committee:** Meets the first Tuesday of the month-Del Mar Room-1:00 to 2:30 P.M.
- Early Childhood Committee:** Meets after this meeting-La Jolla Room-10:30 A.M. to Noon.
- Education Advisory Committee:** Meets quarterly the 4th Tuesday of the month-La Jolla Room-11:30 A.M. to 1:00 P.M.
- TAY Workgroup:** Meets quarterly the fourth Wednesday of the month-La Vista Room-11:30 A.M. to 1:00 P.M.
- CYF CADRE Sub-Committee:** Meets quarterly-2nd Thursday of the month-Del Mar Room.-1:30-3 P.M.
- CCRT:** Meets the first Friday of the month-La Jolla Room from 10:00 to 11:30 A.M.
- Family and Youth Sector:** Meets the 3rd Tuesday of the month-5:00-6:30 P.M. Information at 619-546-5852
- Private Sector:** Meets the 2nd Monday of the month- Bonita Room- 8:15 to 9:00 A.M.

CHILDREN'S SYSTEM OF CARE PRINCIPLES

CSOC Council Vision: San Diego youth are healthy, safe, successful in school, and in their transition to adulthood, while being law abiding, while living in a home and community that supports strong family connections.

Mission: The purpose of the System of Care Council is to ensure that all agencies serving San Diego county youth from age 0 through age 21 have coordinated services resulting in improved youth and family, and system outcomes consistent with System of Care Values and Principles.

1. **Collaboration of four sectors:** The cornerstone of the CSOC is a strong four sectors partnership between youth/families, public agencies, private organizations and education that ensure accountability to achieve System of Care (SOC) goals and quality outcomes consistent with SOC philosophy.
2. **Integrated:** Among the four sector partners services are comprehensive, accessible coordinate behavioral and physical health care, provide seamless transition of care and utilize natural community supports,
3. **Youth guided, family driven:** Youth and families actively participate in service delivery, planning, and program and policy development.
4. **Individualized:** Services are flexible and designed to meet and build upon the unique needs, strengths and potential of each youth, and family.
5. **Strength-based:** Individualized plans and services identify and utilize youth/family strengths to facilitate health and wellness.
6. **Community-based:** Sector partners offer an array of services in each region and strengthen family and youth connections to neighborhood and local community resources..
7. **Outcome driven:** Service delivery systems continuously improve services by measuring and evaluating outcomes and use results to modify practices.
8. **Culturally Competent:** Service providers honor the diversity of cultures; address the complexities within and between cultures, and provide accessible and relevant services.

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

MEETING MINUTES
December 14, 2015 – 9:00-10:30 A.M
 3255 Camino Del Rio South- La Jolla Room

+ =Member in Attendance		O =Absent		E =Excused	
CONSTITUENCY	MEMBER	STATUS	ALTERNATE	STATUS	
PUBLIC SECTOR					
1	Mental Health Board	Rebecca Hernandez	O	VACANT	
2	Behavioral Health Services	Laura Vleugels, M.D.	+	Jean Avila	O
3	Probation	Timothy Hancock	O	Margie Deleon	O
4	Child Welfare Services	Debra Zanders-Willis	O	Barry Fox	E
5	HHS Regional Representative	Dori Gilbert	+	Judy Benson	O
6	Public Health	Dr. Dean Sidelinger	O	Rhonda Freeman	+
7	Juvenile Court	H. Judge Carolyn Caietti	O	Michelle Johnson	O
8	First 5 Commission	Kim Gallo	O	Jennifer Wheeler	O
EDUCATION SECTOR					
9	SELPA	Angela McNeece	O	Carolyn Nunes	O
10	Regular Education Pupil Personnel Services	Mara Madrigal-Weiss	+	Don Buchheit	+
11	School Board	Barbara Ryan	+	Carol Skiljan	O
12	Special Education	VACANT		Aidee Angulo	O
PRIVATE SECTOR					
13	San Diego Regional Center for Developmentally Disabled	Carlos Flores	O	Dan Clark	O
14	Alcohol and Drug Contractors Association	Elizabeth Urquhart	O	Angela Rowe	O
15	Mental Health Contractors Association	Steve Jella	+	Delrena Swaggerty	O
16	Mental Health Contractors Association	Barent Mynderse	+	Dixie Galapon	+
17	SANDAN	Margaret Iwanaga-Penrose	+	Rosa Ana Lozada	+
18	Fee for Service Provider	Mary Clark, Ph.D	+	VACANT	
19	Wraparound Constituency	Delrena Swaggerty	+	Carrie Kintz	+
20	Healthcare Provider	Dr. Pradeep Gidwani	O		
FAMILY AND YOUTH SECTOR					
21	Family and Youth Roundtable (FYRT)	Donna Ewing Marto	O	Melinda Furfuro	O
22	Youth Special Education/Mental Health	VACANT		VACANT	
23	Family Receiving Services	Debbie Stolz	+	Pam Toohey	O

24	Youth-Representing Residential and/or Juvenile Justice	Sarah Pauter	E	Stacey Stevens	O
COMMITTEES (Non-voting members unless a member of the Council)					
-	Outcomes Committee	Angela Chen Chair	E		
-	Executive Committee	Barry Fox Chair			
-	Early Childhood Committee	Ali Freedman Chair	+		
-	Education Committee	Mara Madrigal-Weiss Chair			

Staff Support: Yael Koenig, Edith Mohler, Grisel Ortega

I. Welcome and Introductions (Delrena Swaggerty)

- None

II. Approval of Minutes- September 14, 2015 (Delrena Swaggerty)

- Approved

III. Director's Report (Holly Salazar)

A. Suicide Prevention Workgroup

- The Behavioral Health Advisory Board (BHAB) member Supervisor Dave Roberts proposed that BHAB establish a Suicide Prevention Workgroup (Workgroup)
- BHAB voted and approved the creation of the Workgroup
- The Workgroup developed 12 recommendations of which 10 were approved by the BHAB
- BHS and other County partner will conduct a feasibility review and will share recommendations with BHAB

B. California Health Facilities Financing Authority (CHAFFA)

- Application submitted September 2015 for capital facility dollars to construct a centrally located crisis stabilization unit and expand current ESU from 4 to 12 beds was not approved.
- There will be a fifth round of funding that will be released January 8th and BHS is currently working on identifying a location to re-submit application for the grant.

C. OPS Planning FY16/17 Enhancements

- Mid-Year enhancements going to Board of Supervisors January 26, 2016 for implementation this fiscal year.

D. Drug Medi-Cal

- 3 counties have submitted their plans: San Mateo, San Francisco and Riverside.
- Currently planning internally to have plan ready by February/March.

IV. Mental Health Services Act (MHSA)- Update (Gary Ulmer-Goodrich)

A. The 3 year plan was approved by BHAB for FY 15/16

B. Community Engagement Forum Executive Summary (Handout)

- Held 13 forums in the community and one forum was held during the Peer Liaison Quarterly Meeting on November 24 2015.
- 880 community members participated.
- The top 5 priorities were identified for each discussion area.
- Next steps are to examine regional variation in prioritize needs as well as review of all feedback received.

V. Sectors "Hot Topics" from Council Representatives

Public Input/Discussion to follow (Delrena Swaggerty)

- Please see Sector "Hot Topics" Discussed handout attached.

VI. Business Items

- A. On October 6, 2015 Governor Brown approved Senate Bills No. 238, 319 and 484 which are related to foster youth care including psychotropic medication. (Dr. Laura Vleugels)- Handout**

- SB238- http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201520160SB238
 Requires the state to develop and distribute monthly reports that include data about youth on psychotropic medications. Required trainings on a variety of children's behavioral health topics will be developed and provided to parties involved with the care of children in foster care.
 - SB319- http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201520160SB319
 Will expand the role of the foster care public nurse to include oversight of mental health care of foster youth.
 - SB484- http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201520160SB484
 Will require certain group homes to submit data regarding youth on psychotropic medications. Methodology will be established by the state to review data submitted and the state will visit facilities where psychotropic medication use is determined to be out of line with set measures. Measures will include certain Healthcare Effectiveness Data and Information Set (HEDIS) measures.
 - SB253, which would have increased court oversight of psychotropic medications, was NOT signed. The author (Sen. Bill Monning) plans to re-introduce another version of SB 253 next year.
 - JV220 has been modified to align with the California guidelines. There is a copy available on-line for public comment.
- B. Family and Youth As Partners Subcommittee (Donna Ewing-Martó)- Handout
- 2/24/16 from 10-11:30am at 5005 Texas St, Suite 104, SD CA 92108
 - Chairs: Donna Ewig Martó and Rebecca Raymond
- C. CYFBHS May Celebration Ad Hoc Committee (Edith Mohler)- Handout
- 1/27/16 from 10-11am at Camino in the Bonita Room
 - Chair: Edith Mohler
 - Looking for Co-chair
 - Please RSVP to Grisel.Ortega@sdcountry.ca.gov
- D. "Brief Safety Contact" for high risk clients- Ad Hoc Workgroup (Julie McPherson)- Handout
- Thursday, January 7 from 9-11am in the La Vista Room
 - Purpose of workgroup is to establish a system-wide protocol on how to meet the clinical needs of "high risk" clients.
- E. Pathways ICC/IHBS (Yael Koenig)
- Department of Health Care Services (DHCS) will be issuing a notice to all Counties that Intensive Care Coordination (ICC) and Intensive Home Based Services (IHBS) is a service available to all eligible EPSDT beneficiaries and it is not exclusive to Pathways enrollment.
- F. Senate Bill 75 (Yael Koenig)- Handout
- Full Scope Medi-Cal for all children
 - Come 2016 no earlier than May 1 all children up to the age of 19 that have a non-satisfactory immigration status will be eligible for Full Scope Medi-Cal.

VII. Committee Update Reports (If time permits)

- A. CADRE (Bethany Hansell)- Handout
- One pager tip sheet for clinician/provider who do Behavioral Health assessment to help identifying substance use impacting youth.
- B. CCRT (Edith Mohler)- Handout
- Provided FY 14/15 and FY/15/16 Highlights.
 - Due to holiday there will be no meeting in January. Next meeting scheduled for February 5, 2016.
- C. Early Childhood (Ali Freedman)
- YouTube video- "Kids President- How to change the World (a work in progress)"
<https://www.youtube.com/watch?v=4z7qDsSKUmU&app=desktop>
- D. Education Advisory (Mara Madrigal-Weiss)
- This year they trained 148 youth mental health first aider. Touched 39 districts of the 42.
 - Provided trauma informed practices with partners: SDYS, CWS and Foster Youth Services. Trained 214 educators, touching 22 of the 42 school district
 - Involved with CSEC and Awareness and Prevention Intervention. Have trained 138 individuals representing 15 school districts working in 34 separate sites.
 - In partnership with SDYS have trained 152 educators from San Diego Unified School District.
- E. Outcomes (Amy Chadwick)- Handout
- Discussed the systemwide implementation of the Eyberg Child Behavior Inventory (ECBI) for ages 2-5 instead of the CAMS effective 7/1/16.

- CASRC will provide multiple training about ECBI administration and data entry.
- Please submit feedback to Amy Chadwick at aechadwick@ucsd.edu by January 31, 2016.

F. QI-MIS (Ann Louis Conlow)- None

G. TIS (Jean Avila)

- Behavioral Health has implemented a core implementation team and has developed 12 items they are working at throughout the year.
- At the agency level there is a subcommittee Doris Gilbert is leading where they are developing a power point with note pages for any county employee to be able to present.

VIII. Announcements

- With the San Bernardino shooting and tragedy, the Riverside County reached out to San Diego County for support as they have been deploying clinicians to San Bernardino. Today there is a team of four clinician (two from Mental Health Systems, Inc. and two from San Diego County) traveling to Riverside to do debrief with first responders from Riverside. The county of San Diego is continuing to be available for support and may reach to others if they are called upon.

IX. Action Items

Action Items	Action By	Action Due
Email JV220 public comment link to Council	Yael Koenig	Completed
Email Brief Safety Contact Workgroup invitation to providers	Yael Koenig	Completed
Email SB 75 to Council and provider network	Yael Koenig	Completed
Email ECBI for feedback to Council and provider network	Yael Koenig	Completed
Email invitation to participate in Children's MH Well Being Day Celebration planning committee	Yael Koenig	Completed
Identify substance use within the BHA Tip Sheet to be discussed in January Program Manager's Meetings	COR's	Ongoing in January 2016
Email the Family & Youth As Partners Subcommittee participation invitation to provider network (2/24/16)	Yael Koenig	To be completed February 2016

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Education Advisory Committee: Meets quarterly the 4th Tuesday of the month-La Jolla Room-11:30 A.M. to 1:00 P.M.

TAY Workgroup: Meets the fourth Wednesday of the month-La Jolla Room-3:30 to 4:30 P.M.

CYF CADRE Sub-Committee: Meets quarterly-2nd Thursday of the month-Del Mar Room.-1:30-3 P.M.

CCRT: Meets the first Friday of the month-La Jolla Room from 10:00 to 11:30 A.M.

Family and Youth Sector: Meets the 3rd Tuesday of the month-5:00-6:30 P.M. Information at 619-546-5852

Private Sector: Meets the 2nd Monday of the month- Bonita Room- 8:15 to 9:00 A.M.

**CHILDREN, YOUTH AND FAMILIES BEHAVIORAL HEALTH SYSTEM OF CARE COUNCIL
SECTOR "HOT TOPICS"**

Sector Hot Topics: Trends and concerns; items pertaining/affecting your Sector that the Council can provide input/feedback on or the Council should be aware of. Hot Topics are distinct and separate from informational only or announcements.

SECTOR	CONSTITUENCY	HOT TOPIC	DATE	ADVANCEMENT/ PROGRESS
1 Education	Education	Information sharing across system (GOALS MOU)	9/14/2015	Tabled
2 Education	Education	Trauma Informed Systems	9/14/2015	Tabled
3 Private	Private	Information sharing	9/14/2015	Tabled
4 Private	Private	Increase placement opportunity for disabled adolescent	9/14/2015	Tabled
5 Private	AOD	1115 DMC Waiver	9/14/2015	Stakeholder input w/BHS evaluation on impact
6 Private	Health Provider	Home visiting and parental mental health	9/14/2015	Presentation tabled
7 Private	Private	Increase in Juvenile Justice in youth with disabilities	9/14/2015	Tabled
8 Private	Private	Warm Handoffs: what do they currently look like in general practice and how would we like them to look like in order to strengthen integrated care	12/14/2015	Discussion will be taken back to the Private Sector and report back to the Council. Subcommittee will develop a fact sheet with definition of warm handoff and the goal as well as best practices to achieve successful warm handoff.
9 Public	CWS	Services for non-minor dependents- Access	9/14/2015	Tabled
10 Public	CWS	Continuum of Care Reform	9/14/2015	Tabled
11 Public	CWS	Quality parenting initiative	9/14/2015	Tabled
12 Public	CWS	Best practices for transitioning 0-5	9/14/2015	Tabled
13 Public	Public Health	Address mood/anxiety disorders in pregnant and postpartum women. Collaborate with community organizations to identify strategies/programs that address mood/anxiety disorders in pregnant and postpartum women and assess how screening and resources can be integrated into existing program and community organization processes. Example: Postpartum assessment within pediatric settings.	12/14/2015	New

**CHILDREN, YOUTH AND FAMILIES BEHAVIORAL HEALTH SYSTEM OF CARE COUNCIL
SECTOR "HOT TOPICS"- DISCUSSED**

Sector Hot Topics: Trends and concerns; items pertaining/affecting your Sector that the Council can provide input/feedback on or the Council should be aware of. Hot Topics are distinct and separate from informational only or announcements.

SECTOR	CONSTITUENCY	HOT TOPIC	DATE	ADVANCEMENT/ PROGRESS
1	Family/Youth	Family Youth Advisory Council- minors requesting supportive services without parental consent (ex: food, housing, parenting support)	9/14/2015	Moving to newly formed Family & Youth As Partners
2	Family/Youth	Employed Partners- Progress Notes Training	9/14/2015	Subcommittee to be
3	Public BHS	Commercial Sexual Exploitation of Children (CSEC)	9/14/2015	Discussed at Council. 11/3/15- All PM Mtg presentation on CSEC. Forming a CSEC program w/in the institution Inter-agency protocol established.

CYFBHSOCC - Family & Youth as Partners Subcommittee

The purpose of the Family & Youth as Partners (FYP) committee is to develop policy, program, and practice recommendations that ensure standard efficiencies and advance the value of family and youth as partners at all levels from service recipient to organizational and community leader.

Timing: The FYP committee will furnish a written report at BHSCYF CSOC Council Meetings each month. The committee conducts its business primarily through conference calls and/or in person meetings.

Authority: The FYP committee is established as a standing committee of BHSCYF CSOC Council and shall advise the Council regarding the activities of FYP committee.

Representation: The FYP Committee shall represent the four sector partnership of the BHSCYF CSOC Council.

Membership: The FYP Committee is facilitated by two co-chairs, one representing the Family Youth Sector and one representing the Public/Private Sector. Membership shall include representatives of each sector and shall include at least one direct service provider. FYP Committee decisions/recommendations are generally made by a consensus process, although a more formal process of voting may be employed when necessary.

Chairperson Responsibilities The co-chairs of the FYP Committee are responsible for calling meetings of the committee; setting agendas; tracking activities and assignments as needed; and overseeing communication with members of the committee and with the BHSCYF CSOC.

FY 15-16 Objective:

To review the evolving role of Family and Youth Partners at the direct service level including OPOH manual and CSOC descriptions; to make improvement recommendations, on policies, programs, and practices that ensure standard efficiencies, to CSOC Council.

Co-Chairs:

Public/Private Representative: Rebecca Raymond

Family Youth: Donna Ewing Marto

Meeting: Wednesday February 24, 2015 10 AM to 11:30

In-Person: FYRT 5005 Texas Street Suite 104, San Diego CA 92108

Conference Call: 213-416-1560 PIN 392 2067#

Online: <https://www.anymeeting.com/463-093-178>

Children's Mental Well-Being Celebration 2016 Ad Hoc Committee

Each year, the Substance Abuse and Mental Health Services Administration (SAMHSA) selects a day and a theme within the first full week in May to observe as National Children's Mental Health Awareness Day. The County of San Diego Children's System of Care Council hosted the first official celebration in May 2015:

- ✓ Family and Youth Roundtable families prepared Children's Mental Health and Well-Being poster boards that were showcased at County locations: Rosecrans Health Services Complex, Behavioral Health Services (BHS) Administration building, Southeast Behavioral Health Clinic and BHS Emergency Screening Unit (ESU) during the month of May, 2015.
- ✓ A video project by "Youth Voice" members interviewing local key leaders about children's mental health and well-being.
- ✓ A Children's Mental Health Well-Being Celebration held May 6, 2015 at Cherokee Point Elementary. The celebration included the debut of the video project and a potluck.

You are invited to be part of the

Children's Mental Well-Being Celebration 2016 Ad Hoc planning committee

Proposed Guidelines:

- Inclusive of all four sectors (public, family & youth, and education)
- Focuses on accomplishments and achievements in the advancement of behavioral health in San Diego. It is not an awareness campaign nor focuses on diagnosis
- The theme is in alignment with the SAMHSA theme
- The celebration incorporates the Children's System of Care values

Kick Off Planning Meeting

4th Wednesday of the month from 10-11AM in the Bonita Room: 1/27/16, 2/24/16, 3/23/16 & 4/27/16

Date: Wednesday, January 27, 2016

Time: 10:00 to 11:00 A.M.

Place: 3255 Camino del Rio South, San Diego CA 92108-Bonita Room

RSVP: Grisel.Ortega@sdcounty.ca.gov

County Co-Chair: Edith Mohler

Co-Chair:



S:\BHS\CYF\Children's Mental Health Celebration 2016

12.09.15



Foster Youth Mental Health Bill of Rights

1. I have the right to receive mental health services in California.
2. I have the right to know about my diagnosis and treatment options in a way that I can understand.
3. I have the right to help make all the decisions regarding my mental health, including treatment and services that meet my needs.
4. I have the right to promptly receive mental health services and treatment.
5. I have the right to promptly receive mental health services in a placement that meets my needs.
6. After my 12th birthday, if I am mature enough, I have the right to seek and consent to mental health counseling and treatment on my own (except psychotropic medication).
7. I have the right to only take medication or other chemical substances that are prescribed by a doctor.
8. I have the right to have the risks and benefits of the medication explained to me in a way I can understand. This includes understanding how my medication may interact with other medications or food.
9. I have the right to tell the doctor if I disagree with any medication the doctor recommends for me.
10. I have the right to tell the judge I disagree with psychotropic medication being prescribed to me. To do so, I should ask my lawyer to fill out the JV-222 (Opposition to Application Regarding Psychotropic Medication).
11. I have the right to ask for mental health services, including a reassessment of my diagnosis and my psychotropic medications.
12. I have the right to work with my doctor to safely stop taking my medications.
13. I have the right to contact my doctor and mental health providers.

14. After my 12th birthday, I have the right to confidentiality when talking to my therapist or doctor.
15. I have the right to confidentiality regarding my medical information and diagnoses. This information can only be shared with authorized individuals in order to help me access and obtain treatment.
16. I have the right to see and get a copy of my court records.
17. At the age of 12 and older, I have the right to see and get a copy of my medical and mental health records, unless a doctor or medical professional believes that it would be detrimental to me.
18. I have the right to continue receiving mental health treatment when my placement changes, including when I am moved to a different county.
19. If I am in foster care on my 18th birthday, I have the right to continue to receive health care, including mental health services through Medi-Cal until age 26, regardless of my income level.



This document outlines some of the legal right of California foster youth within the public mental health system. The Rights listed are intended to reflect and support the needs expressed by foster youth in their experience as consumers within the public mental health system.

Office of the Foster Care Ombudsman:

1-877-846-1602

My social worker is: _____

My attorney is: _____

My CASA is: _____

My doctor/pharmacist is: _____

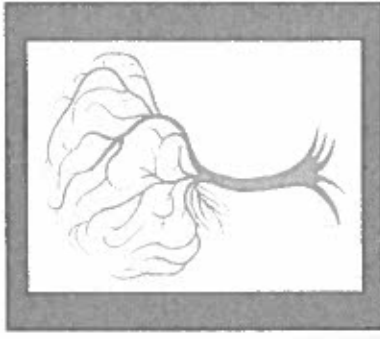
Other: _____



State Of California
Health and Human Services Agency
Department Of Social Services

Foster Youth Mental Health Bill of Rights

Questions to Ask About Medications





Questions To Ask About Mental Health Medication

When you don't feel well, sometimes mental health medication, also called psychotropic medication, can help. If you've tried things like getting better sleep, making changes at school or home, or talking with your therapist and it hasn't helped, then medication may be something for you to consider. But, before taking medication, you should know the following:

- Reason(s) for the medication including your symptoms and diagnoses.
- Alternative treatments instead of medication.
- Risks and benefits of the medication.
- Possible drug interaction(s) with the medication.
- Who to call in an emergency about the medication.

You have the right to understand the benefits and risks to your physical and mental health from taking any medication. You also have the right to agree or disagree with any recommended treatment and to tell your doctor, social worker, probation officer, attorney, and the judge why you agree or disagree. Being informed allows and encourages you to ask questions to help you decide whether or not you agree or disagree with any recommendation to take medication, this brochure will help you know what questions to ask.

Preparing For Your Visit With Your Physician

- Consider asking the following questions before taking psychotropic medication. It is important to be fully informed about the psychotropic medication you are taking.
- If, after asking these questions, you still have questions or doubts about your psychotropic medication or treatment, ask for a second opinion.
- If you need assistance or have questions about this process, you should call your social worker, probation officer, public health nurse, attorney or your CASA (Court-Appointed Special Advocate).
- By asking and writing down the answers to the following questions, you and your caregivers will gain a better understanding of psychotropic medication.

Talking To Your Physician Or Pharmacist

Here are some questions you may want to ask your physician or pharmacist.

1. Can you review the names of the medication that I am currently taking or suggested medication (including over the counter medication such as allergy medication or pain relievers)? Are there possible interactions between any of these medications?
2. What are the common side effects for the medication? If I experience side effects, what is normal and what is not? Whom should I contact if I have questions or concerns about side effects or have an emergency?
3. What are the common side effects for the medication? Is the medication addictive? Can the medication be abused?
4. Are there other activities or treatments besides medication that might help me? What can I do at school or home to help with my mental health besides taking medication?
5. How long will I take the medication? Who should I talk to if/when I am ready to stop taking medication? How will the decision be made to stop the medication?

6. What medical test (e.g. heart tests, blood work, etc) need to be done before starting the medication and continuing the medication? How often should I be tested?
7. Who else in my life needs to be informed that I am taking medication?
8. How long does the medication have its effect? How long does it take to wear off? How long will it be effective in my body?
9. Are there any other medications or food to avoid while taking the medication? Should I eat food with the medication? What happens if this medication is combined with tobacco, alcohol, marijuana, or other drugs?
10. Are there any activities, such as driving a car, to avoid while taking the medication? Are there any precautions recommended for other activities? Are there any weather conditions, such as direct sunlight, to avoid while taking the medication?
11. Can you summarize and write a list of actions I should take before my next follow up appointment with my doctor?
12. Can you give me a list and schedule of when I should take my medication? Can you give me information sheets for all my medications?
13. What happens if I take too much or the wrong amount of medication?
14. Are there any special concerns about this medication and pregnancy (if relevant)?
15. If I stay in extended foster care, will the medication be covered by Medi-Cal? How should the medication be stored or kept? Will there be any changes to my treatment plan when I turn 18, 21, and 25 years old.



Talking To Your Social Worker, Probation Officer, Or Public Health Nurse

Here are some ways that you can start a conversation about your medication.

1. What other supports or information can you give me to help me with my treatment plan?
2. What can people at home and school do to help me with my treatment plan?
3. I'd like to try some other activities such as sports to help me with my treatment plan. Can you help me sign up for _____?
4. The medication is helping me with me with _____. The medication does not help me with _____.
5. When I take my medication, my mind feels like _____ and my body feels like _____.
6. I have been experiencing side effects. I've noticed that _____.
7. Is my height and weight being checked often enough? Is any lab work being done to monitor my medication?
8. I currently take the following vitamins _____ and the following over the counter medications _____. Do you see any risks in combining these medications?

Talking To Your Attorney Or Judge

You can always tell your attorney or judge, I'd like to talk to you about my medication and treatment plan.

1. What rights do I have? Can you review the Foster Youth Mental Health Bill of Rights with me?
2. Are my rights regarding my medication and treatment plan being upheld? What can I do if my rights are not being upheld?
3. I don't agree with the recommendation to take medication. What choices do I have?

Questions to Ask about Medications adapted from: Psychiatric Medications for Children and Adolescents Part III: Questions to Ask and <http://www.ohiomindsmatter.org/P Arenis.html>



**BEHAVIORAL HEALTH ADVISORY BOARD
 FINAL RECOMMENDATIONS OF THE SUICIDE PREVENTION WORKGROUP
 DECEMBER 3, 2015**

Background

In July 2014, the Medical Examiner's (ME) office released a report stating suicides comprised 15% of the nearly 3,000 deaths investigated by the ME's office in 2013. The number of suicides totaled 441, a great loss to the County of San Diego. In April 2015, it was proposed by Behavioral Health Advisory Board (BHAB) member Supervisor Dave Roberts that BHAB establish a Suicide Prevention Workgroup (Workgroup) and on May 4, 2015, BHAB voted and approved the creation of the Workgroup.

The Workgroup met seven times from May-October 2015 to hear from a variety of subject matter experts and develop recommendations to address challenges, identify gaps and develop ways to enhance current efforts toward suicide prevention. On November 5, 2015, the Workgroup presented their final report to BHAB and on December 3, 2015, BHAB voted to move forward 10 of the 12 recommendations which are listed below and presented in no particular order.

1	Immediately adopt the Columbia Suicide Severity Rating Scale (C-SSRS) on a countywide basis and, if possible, encourage and integrate into existing programs on as wide a scale as possible.
2	The San Diego County Sheriff's Department (which administers all adult jails) and the San Diego County Probation Department (which administers all juvenile facilities) should screen each incoming prisoner/juvenile utilizing the Columbia Suicide Severity Rating Scale (C-SSRS) or an alternative validated instrument specifically appropriate for the incarcerated population.
3	Enhance and expand psychiatric emergency response services throughout the County.
4	Expand the availability of child and adolescent psychiatric beds.
5	Expand the funding for facilitation of the suicide prevention advisory council, and its committees, to implement suicide prevention programs and activities.
6	Bolster senior services to reduce isolation and suicide related issues by pursuing expansion of the "village" concept in San Diego County utilizing electronic tools and resources.
7	Create more outreach efforts for veterans, including peer-to-peer support, to reduce suicides within the County.
8	Expand and enhance suicide prevention resources for Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) youth and Transition Age Youth (TAY).
9	Increase funding for transportation programs, serving senior citizens in particular, in order to decrease isolation and improve access to community services.
10	Expand existing crisis intervention services on a 24/7/365 basis using text messaging services (such as CrisisTextLine.org) to provide therapeutic feedback and referrals.

Next Steps

County staff will conduct a feasibility review of the above recommendations and share this with BHAB in early 2016.

REGISTER NOW

Children Youth and Families System of Care Training Academy Presents

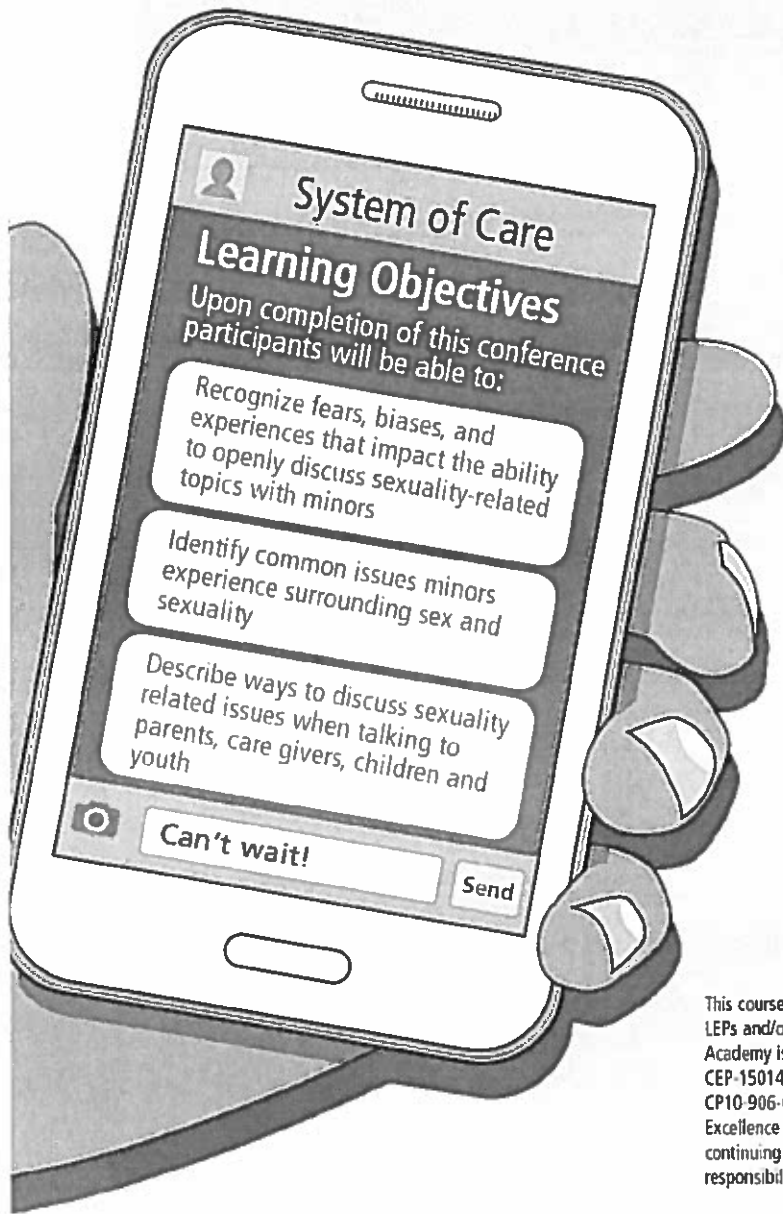
Let's Talk About

Sex and Sexuality in Children and Adolescents

Sex

Have you ever felt uncomfortable when discussing sex and sexuality with children and adolescents?

Have you ever been conflicted about how and when you can discuss these topics?



This conference will help you gain comfort and develop trust, rapport, and skills to discuss sex and sexuality with children and adolescents. Conference presentations will explore the relationship between sex and substance use, the basic elements of providing comprehensive care for transgender youth, and how to talk to children, youth and families about sex and sexuality.

Thursday, March 3, 2016

8:00am – 8:30am Registration & Breakfast

8:30am – 4:30pm Conference

Crowne Plaza Mission Valley

2270 Hotel Circle North
San Diego, CA 92108

Registration Fee: \$75

Fee Includes: Parking, Continental Breakfast, Lunch, CEs

Scholarships available for Family & Youth Support Partners
Contact CYFSOCAcademyBHETA@mail.sdsu.edu

This course meets the qualifications for 7 hours of continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences, PCE 3776. The Academy is approved by the California Board of Registered Nursing, Provider Number BRN CEP-15014; CCAPP-EI, Provider Number 15-98-398-0816, and CAADE Provider Number CP10-906-C0317 for 7 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy maintains responsibility for this program and its content.



Let's Talk About Sex

Sex and Sexuality in Children and Adolescents

Registration Form (a separate registration form is required for each participant)

Please indicate the division of Children's System of Care you work with:

- | | | |
|---|--|--|
| <input type="checkbox"/> Family and Youth Members | <input type="checkbox"/> Probation | <input type="checkbox"/> Community Partner |
| <input type="checkbox"/> Family and Youth Partners | <input type="checkbox"/> Child Welfare | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Children Youth and Families Behavioral Health Services | <input type="checkbox"/> Education | _____ |

Name: _____

Program: _____

Position/Job Title: _____

Phone: _____ Work Email: _____

Work Address: _____

Supervisor: _____ Supervisor E-mail: _____

I am a psychologist. Psychologist license # _____

Vegetarian Meal

Please email your completed registration form to:

CYFSOCAcademyBHETA@mail.sdsu.edu

or FAX (619) 594-1118

Your registration is not complete until payment is processed.

Group payments MUST include a registration form for each participant.

Only payment by check or credit card will be accepted. Payments must be received by February 25, 2016.

PAY BY CHECK

Please make checks payable to **SDSU Research Foundation**,
Mail Checks to: BHETA 6505 Alvarado Rd. Suite 107 San Diego, CA 92120

PAY BY CREDIT CARD

Click or go to the link: <https://era.foundation.sdsu.edu/merchant/default.aspx?pg=listing>

Scroll to the bottom to the dot point that reads *Training above Academy for Professional Excellence*

Click the link that reads *Pay by Credit Card for Training*

Enter the amount you are paying. Registration fee is \$75.00 per person.

Enter the amount with no \$ symbol (for example 75.00).

You will receive an e-mail confirmation upon receipt of your payment.

If you have any questions or trouble processing payment, please e-mail CYFSOCAcademyBHETA@mail.sdsu.edu.

QI Report: January 2016

- There is a new phone number for the Serious Incident Reporting Line 619 641 8800
- BHAs have been updated with new Gender Identity/Sexual Orientation fields
- There is a new 0-5 BHA that should be implemented in CCBH within the next couple of months
- There was a new service indicator added in CCBH (CFT Meeting) for tracking Client/Family Team Meeting for PWB clients
- BHS Databook for FY 14-15 should be available no later than February, 2016
- QM will be having its External Quality Review from Jan 12-14, 2016
- QM is proceeding with plans to implement the Client Plan Workgroup recommendations by end of fiscal year
- QM is developing a regular training for Program Managers, with first some to take place sometime before end of March 2016.

CWS Group Home Placement			
Facility Name	License No	Placement Count	Children Count
ASSOCIATED RESIDENTIAL SVCS INC I	374602285	13	13
CASA DE AMPARO	374603234	14	13
CENTER FOR POSITIVE CHANGES 3	374603292	6	5
CENTER FOR POSITIVE CHANGES 5	374602641	3	3
CHILDHELP MERV GRIFFIN VILLAGE	330902381	2	2
CIRCLE OF FRIENDS	374602611	6	6
CIRCLE OF FRIENDS II	374602603	6	6
DEVEREUX VIERA	602300049	2	2
DEVEREUX-VICTORIA	602300087	1	1
FIRST STEP TREATMENT HOME	374602535	1	1
FRED FINCH YOUTH CENTER-SAN DIEGO	374602631	4	3
GROUP HOME SPECIALISTS	336426796	1	1
JACK & CAROL CLARK ADOLESCENT TREATMENT PROGRAM	374602245	4	4
JASPER MOUNTAIN CENTER	602300050	1	1
KIDSPACE: ORCHARD HILLS CAMPUS	602300048	3	2
LAKESIDE ACADEMY	602300066	1	1
MILESTONE GROUP HOME	372008440	4	4
NEW ALTERNATIVES INC. #18	374600056	23	23
NEW ALTERNATIVES, #15	370808330	8	8
NEW ALTERNATIVES, INC. #16	374600197	18	18
NEW ALTERNATIVES, INC. NO 1	370801541	9	8
PEPPERWOOD HOUSE	374603441	1	1
PROMESA, MILLBROOK HOUSE	107201149	1	0
RANCH CREEK - CALIFORNIA FAMILY LIFE CENTER	374603206	1	0
RIGHT AT HOME	336408395	1	1
RYS: FRONTIER	390310258	1	1
S.A.M.'S	374601272	3	3
S.D.C.F.C.-SAN DIEGO CENTER FOR CHILDREN	370808583	15	15
SAN DIEGO CENTER FOR CHILDREN	374600859	5	5
SOUTH COAST CHILDRENS SOCIETY-CALADIUM	306001333	1	1
STAR VIEW COMMUNITY TREATMENT FACILITY	197803340	3	3
VARSITY TEAM, INC. #2	374603865	3	3
VARSITY TEAM, INCORPORATED #1	374603652	3	3
Grand Total		168	161

CWS FFA Placement			
Agency Name	License No	Placement Count	Children Count
A COMING OF AGE FOSTER FAMILY AGENCY	336424303	2	2
ANGELS FOSTER FAMILY AGENCY	374603866	71	71
CASEY FAMILY PROGRAM, THE	370603103	5	5
FIRST STEPS FOR YOUTH, INC.	197601539	1	1
KAMALI'I FOSTER FAMILY AGENCY	336407693	26	26
KNOTTS FOSTER FAMILY AGENCY	366408258	1	1
KOINONIA FOSTER HOME, INC.	306004812	1	1
KOINONIA FOSTER HOMES, INC	374603502	21	21
KOINONIA FOSTER HOMES, INC.	336426848	24	24
NEW ALTERNATIVES INC FOSTER FAMILY AGENCY(NAI-FFA)	374603503	19	19
OLIVE CREST FOSTER FAMILY AGENCY-SUB-OFFICE	374600985	5	5
SAN DIEGO YOUTH SERVICES	370602725	28	27
SPECIAL FAMILIES: A PROGRAM OF SDCC	370600001	18	17
TOWARD MAXIMUM INDEPENDENCE INC.	370603102	13	13
WALDEN ENVIRONMENT, DBA.WALDEN FAMILY SERVICES	374603095	14	13
WALDEN FAMILY SERVICES	374603410	13	12
(blank)*		1	1
Grand Total		263	259

Probation Group Home Placement			
Facility Name	License No	Placement Count	Children Count
ALPHA CONNECTION-ANOKA RANCH, THE	366401649	1	1
ALPHA CONNECTION-SHOSHONEE PLACE, THE	366402331	1	1
CASA DE AMPARO	374603234	11	11
CENTER FOR POSITIVE CHANGES	374601510	7	7
CENTER FOR POSITIVE CHANGES 3	374603292	1	1
CENTER FOR POSITIVE CHANGES 5	374602641	3	2
CENTER FOR POSITIVE CHANGES II	374601477	5	5
CFLC-HEMET HOUSE	330908393	1	1
CFLC-HEMET RANCH	330908390	1	1
CHARLAN RANCH - CFLC	374602871	3	3
CHILDREN'S THERAPEUTIC COMMUNITIES - ETA	336403976	4	4
CHILDREN'S THERAPEUTIC COMMUNITIES - GAMMA	330908482	1	1
CHILDREN'S THERAPEUTIC COMMUNITIES - THETA	336405675	4	4
CLEAR VIEW TREATMENT CENTER - MONDAMON HOUSE	366409042	2	2
CLEAR VIEW TREATMENT CENTER-DESERT VIEW	366407263	1	1
DEVEREUX VIERA	602300049	2	2
DNA GROUP HOME	107200453	1	1
FIRST STEP TREATMENT HOME	374602535	2	2
GLEN MILLS SCHOOL	602300033	2	2
KIDSPACE: ORCHARD HILLS CAMPUS	602300048	3	3
LAKESIDE ACADEMY	602300066	2	2
MATHIOT-SERAFINO COURT	347001989	1	1
MINGUS MOUNTAIN ACADEMY	602300052	1	1
NEW ALTERNATIVES INC. #18	374600056	11	11
NEW ALTERNATIVES, INC. #16	374600197	1	1
NORMATIVE SERVICES, INC.	602300007	1	1
OAK GROVE INSTITUTE	330911240	2	2
PHOENIX ACADEMY AT LAKEVIEW TERRACE	191222731	4	4
RANCH CREEK - CALIFORNIA FAMILY LIFE CENTER	374603206	3	2
ROP QUALIFYING HOUSE FREEL	27202889	1	1
ROP/ATCS: SIERRA RIDGE	57001447	4	4
RTC	107200940	2	2
S.A.M.'S	374601272	1	1
SAMPLE HOUSE	100406223	1	1
SAN DIEGO YOUTH SERVICES, THE BRIDGE	370808498	3	3
SAN PASQUAL ACADEMY	374601549	1	1
VARSITY TEAM, INC. #2	374603865	1	1
VARSITY TEAM, INCORPORATED #1	374603652	1	1
WOODWARD ACADEMY	602300054	2	2
WOODWARD YOUTH CORP. EAGLE/CRYSTAL/OAK COTTAGES	602300082	1	1
Grand Total		100	98