

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

MEETING AGENDA

January 13, 2020 – 9:00-10:30 A.M.

Scottish Rite Center-Shell Room- 1895 Camino Del Rio South, San Diego, CA 92108

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|--|-------------------|
| I. Welcome and Introductions (Minola Clark Manson) | 2 minutes |
| II. Approval of Minutes (Dori Gilbert) | 3 minutes |
| <ul style="list-style-type: none"> • December 9, 2019 minutes-Handout-Pages 3-8 • Review Action Items from December 9, 2019 | |
| III. Business Items (Yael Koenig) | 10 minutes |
| <ul style="list-style-type: none"> • Board of Supervisors (BOS) Letter-December 10, 2019-Agenda Item 8
Strong Families, Thriving Communities-Handout-Pages 9-11 • Critical Issues in Child and Adolescent Mental Health Conference-March 12-13, 2020
(Dr. Jeff Rowe and Dr. Anoop Karippot)-Handout-Page 12 • Combined Councils meeting is tentatively scheduled for April 13, 2020 | |
| IV. Mental Health Services Act (MHSA) Update (Dr. Danyte Mockus-Valenzuela) | 10 minutes |
| <ul style="list-style-type: none"> • Community Engagement Forums: January and February 2020-Handout-Pages 13-14 | |
| V. Sectors “Hot Topics” (Minola Clark Manson) | 60 minutes |

Bi-Annual Sub-Committees’ Updates/Reports-Handouts	
January 13, 2020 Meeting	February 10, 2020 Meeting <i>Update due Thursday January 30, 2020</i>
<ul style="list-style-type: none"> ✓ Executive-Pages 15-16 ✓ Early Childhood-Pages 17-27 ✓ Education-Pages 29-31 ✓ CADRE-Pages 33-34 ✓ TAY Council-Pages 35-36 	<ul style="list-style-type: none"> ✓ Family and Youth ✓ CCRT ✓ Outcomes ✓ Private ✓ Training

- | | |
|---|------------------|
| VI. Announcements (Dori Gilbert) | 2 minutes |
| <ul style="list-style-type: none"> • Critical Issues in Child and Adolescent Mental Health Conference-March 12-13, 2020. Register at https://cicamh.com/ • Save the Date: May 8, 2020: Youth Mental Health Well Being Celebration | |
| VII. Director’s Report (Yael Koenig) | 3 minutes |

Next Executive Committee Conference Call:

Date: January 27, 2020

Time: 10:00 to 10:30 A.M.

Location: Via Conference Call

Next CYF Council Meeting:

Date: Monday, February 10, 2020

Time: 9:00 to 10:30 A.M.

Location: Shell Room- Scottish Rite Center

Sub-Committees/Sectors/Workgroups Meetings Information:

CCRT: Meets the 1st Friday of the month-6367 Alvarado Court Ste. 105, San Diego, CA 92120 from 10:00 to 11:30 A.M.

CSOC Academy: Meets the 1st Wednesday of the month-6505 Alvarado Road, Suite 107, San Diego, CA 92120 from 9:00 to 10:00 A.M.

CYF CADRE: Meets quarterly 2nd Thursday of the month- 5095 Murphy Canyon Rd, San Diego 92123-Suite 320 from 1:30 to 3:00 P.M.

Early Childhood: Meets the 2nd Monday of the month- 3160 Camino Del Rio South Suite 101, San Diego, CA 92108 from 10:45 A.M. to 12:15 P.M.

Education: Meets as needed.

Family and Youth As Partners: Meets the 3rd Thursday of the month at 5095 Murphy Canyon Rd – Suite 320, San Diego, CA 92123 from 1:30 to 3:00 P.M.

Family/Youth Sector: Meets quarterly the 4th Thursday of the month at 5095 Murphy Canyon Rd - Suite 320, San Diego, CA 92123 from 6:30 to 8:00 P.M.

Outcomes: Meets the 1st Tuesday of every other month-La Vista Room from 11:30 A.M. to 12:30 P.M. Next meeting is February 4, 2020.

Private Sector: Meets as needed.

TAY Council: Meets the 4th Wednesday of the month-National University, 9388 Lightwave Ave. Room #118, San Diego, CA 92123 from 3:00 to 4:30 P.M.

For Council materials go to:

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

**County of San Diego
Children, Youth and Families Behavioral Health
System of Care Council
Vision, Mission, and Principles**

Council Vision:

Wellness for children, youth and families throughout their lifespan.

Council Mission:

Advance systems and services to ensure that children and youth are healthy, safe, lawful, successful in school and in their transition to adulthood, while living in nurturing homes with families.

Council Principles:

1. **Collaboration of four sectors:** Coordination and shared responsibility between child/youth/family, public agencies, private organizations and education.
2. **Integrated:** Services and supports are coordinated, comprehensive, accessible, and efficient.
3. **Child, Youth, and Family Driven:** Child, youth, and family voice, choice, and lived experience are sought, valued and prioritized in service delivery, program design and policy development.
4. **Individualized:** Services and supports are customized to fit the unique strengths and needs of children, youth and families.
5. **Strength-based:** Services and supports identify and utilize knowledge, skills, and assets of children, youth, families and their community.
6. **Community-based:** Services are accessible to children, youth and families and strengthen their connections to natural supports and local resources.
7. **Outcome driven:** Outcomes are measured and evaluated to monitor progress and to improve services and satisfaction.
8. **Culturally Competent:** Services and supports respect diverse beliefs, identities, cultures, preference, and represent linguistic diversity of those served.
9. **Trauma Informed:** Services and supports recognize the impact of trauma and chronic stress, respond with compassion, and commit to the prevention of re-traumatization and the promotion of self-care, resiliency, and safety.
10. **Persistence:** Goals are achieved through action, coordination and perseverance regardless of challenges and barriers.

May 1, 2018

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

MEETING MINUTES

December 9, 2019 – 9:00-10:30 A.M.

Scottish Rite – Shell 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	+
5	HHSA Regions	Dori Gilbert	+	Jennifer Sovay	O
6	Public Health	Dr. Thomas R. Coleman	+	Adrienne Yancey	O
7	Juvenile Court	H. Judge Kimberlee Lagotta	O	Beth Brown	+
8	First 5 Commission	Alethea Arguilez	O	Dulce Cahue-Aguilar	+
EDUCATION SECTOR					
9	Special Education Local Plan Area (SELPA)	Cara Schukoske	+	Jamie Tate - Symons	O
10	Regular Education Pupil Personnel Services	Violeta Mora	+	Heather Nemour	O
11	School Board	Barbara Ryan	O	VACANT	
12	Special Education	Yuka Sakamoto	+	Aidee Angulo	O
PRIVATE SECTOR					
13	San Diego Regional Center (SDRC) for Developmentally Disabled	Peggy Webb	E	Therese Davis	+
14	Alcohol and Drug Service Provider Association (ADSPA)	Angela Rowe	+	VACANT	+
15	Alcohol and Drug Service Provider Association (ADSPA)	Marisa Varond	+	VACANT	
16	Mental Health Contractors Association	Julie McPherson	O	Minola Clark Manson	+
17	Mental Health Contractors Association (MHCA)	Michelle Ly	+	Michelle Hogan	O
18	Fee- For-Service (FFS) Network	Dr. Sherry Casper	O	VACANT	
19	Managed Care Health Plan	George Scolari	+	Kathleen Lang	O
20	Healthcare/ Pediatrician	Dr. Pradeep Gidwani	O	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	+	Sue McCoy	+
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 Sub-Committee	Dori Gilbert/ Minola Clark Manson	+/+		
-	Cultural Competence Resource Team (CCRT)	Rosa Ana Lozada	+		
-	CYF CADRE	Julie McPherson/ Marisa Varond	E/+		
-	Early Childhood Sub-Committee	Aisha Pope/ Autumn Weidman	+/+		
-	Education Sub-Committee	Heather Nemour/Violeta Mora	O		
-	Family and Youth as Partners Sub-Committee	Renee Cookson/ Valerie Hebert	O/+		
-	Outcomes Sub-Committee	Emily Trask/Eileen Quinn-O'Malley	+/+		
-	Training Sub-Committee	Rose Woods	+		

CYF Council Staff: Yael Koenig, Edith Mohler, and Darwin Espejo

I. Welcome and Introductions (Dori Gilbert)

- Welcome new CYF Council members
 - ✓ ADSPA: Marisa Varond transitioned from member alternate to member
 - ✓ Outcomes Sub-Committee Co-Chairs: Emily Trask and Eileen Quinn-O'Malley are the new Co-Chairs of the Outcomes Sub-Committee (Ex-Officio members)
 - ✓ Family and Youth Sector: Sue McCoy is the new alternate for the Caregiver of child/youth served by the Public Health System constituency.

II. Approval of Minutes (Minola Clark Manson)

- September 9, 2019 meeting minutes – Approved
- Review of action items from the September 9, 2019 meeting. See meeting minutes.

III. Business Items (Yael Koenig)

- January and February 2020 Sub-Committee Updates
 - ✓ The January and February 2020 CYF Council meetings will be dedicated to presentation of CYF Council Sub-Committees updates
 - ✓ A template for the update will be provided to the Sub-Committees' co-chairs via e-mail
 - ✓ Summaries due to Darwin Espejo at Darwin.Espejo@sdcounty.ca.gov and Edith Mohler at Edith.Mohler@sdcounty.ca.gov as follows:

January 13, 2020 Meeting <i>Update due Thursday, January 2, 2020</i>	February 10, 2020 Meeting <i>Update due Thursday January 30, 2020</i>
<ul style="list-style-type: none"> o Early Childhood o Education Advisory o CADRE o TAY Council 	<ul style="list-style-type: none"> o Family and Youth o CCRT o Outcomes o Private

- CYF Framework-Handout
New document created to convey the CYF's vision, principles, priorities, and their alignment with Live Well San Diego areas of influence and social determinants of health. Feedback to the document is welcome.
- October 29, 2019 Drug Medi-Cal -Organized Delivery System (DMC-ODS) Board of Supervisors (BOS) Meeting Annual Update-Handout
 - ✓ First Year DMC-ODS implementation highlights:
 - o Over 12,500 unique individuals were served
 - o Quality of services improved through the expansion of network capacity and services, improved access, alignment with evidence-based practices and standardized level of care assessment, and enhanced care coordination
 - o Financial investments were made by granting access to advance funds devoted specifically to the building of program capacity resulting in a 42% increase of facilities certified to bill for DMC-ODS services.

IV. Mental Health Services Act (MHSA) Updates (Dr. Danyte Mockus-Valenzuela)

- October 29, 2019 BOS MHSA Annual Update Presentation-Handout (Yael Koenig)
 - ✓ A summary of the presentation was provided, including an explanation of the MHSA Looking Ahead-flow of funds chart
 - o Currently, projected expenditures are larger than projected revenues
 - o Unspent funds, which are one-time funds, have been dedicated to fund programs
 - o Many of the CYF programs are supported by MHSA funds and it is important to be aware that it may be necessary to make funding adjustments in the future while ensuring services continue to be provided
 - o Authorization is needed before using Prudent reserves to cover projected expenditures
- Annual Forums: January and February 2020 (Yael Koenig and Dr. Danyte Mockus-Valenzuela)
 - ✓ San Diego State University (SDSU) Institute for Public Health is partnering with the County of San Diego in the coordination/facilitation of the Fiscal Year 2019-20 Community Forums and focus groups.
 - o Background: Community Forums started as MHSA Forums and have evolved to Behavioral Health Services Community Engagement Forums and Focus Groups
 - o Topic: Mental Health and Substance Use Disorder Prevention, Innovation, and Meaningful Engagement
 - o There will be six forums (one per County region), two have been scheduled.
 - o Community Forums Audience: Everyone is welcome as each person has input to share
 - o Advertisement and outreach: The Community Engagement Forums Coordination contract includes marketing services. The forums will be advertised through many sources, including but not limited to, Live Well, schools, press release, community newspapers
 - o Fliers will be available in all threshold languages
 - o All forums will be held at schools
 - Three forums will take place on weekdays from 6:30 to 8:00 P.M.
 - Three forums will take place on Saturday mornings from 10:00 to 11:30 A.M.
 - Meals will be provided
 - Community attendees will be eligible to receive a \$10.00 gift card
 - o Focus groups are also being planned, including:
 - Youth Transitioning or who have transitioned from the Foster Youth System
 - BHAB
 - ✓ Input/Feedback/Questions
 - o Advertisement/Outreach
 - Promotora model was recommended for outreach

- It was recommended to report/document how the input collected in the forums is incorporated so participants can see the value of their participation
- Use of a more “accessible language” was recommended as many individuals may not be very familiar with community engagement language (Mental Health and Substance Use Disorder Prevention, Innovation, and Engagement)
- How the Annual Community Forums fits in the MHSA Looking Ahead-flow of funds chart?
 MHSA has different components with separate funding. The MHSA Innovation component currently has available funding to plan for Innovation related programming
- ✓ Additional information about the Community forums and to register can be found at:
<http://www.listentosandiego.org/>

V. Sector “Hot Topics” (Dori Gilbert)

- Strategic Planning/Continuum of Care Update
 - ✓ October 29, 2019 BOS Letter, Minute Order, and Advancing Continuum of Care Presentation-Handouts (Yael Koenig)
 - Vision for CYF Services
 - Rady Children’s Hospital Hub
 This project plans to make different services available to children and youth beyond Medi-Cal eligibility
 - Youth Crisis Response
 Psychiatric Emergency Response Team (PERT) in schools. CYF Council advocated for whenever possible have a clinician led response whenever appropriate
 - Threat Assessments Evaluations
 This project includes enhancing the skill set of Treatment and Evaluation Resource Management (TERM) providers and forensic psychologists that would allow to complete evaluations around school threats.
 - School Safety program
 A new program not currently available that seeks providers with a high level of expertise to provide specialized evaluation and treatment for children and youth identified as high risk. The program is in the planning process and has various components, including education and training, and consider:
 - Support for school administrators
 - Reintegration of children to school in a thoughtful manner
 - Ensuring family involvement
 - Support for children and youth that were victimized
 - The role of social media
 - ✓ Memo to BHS Director-Handout (Yael Koenig)
 - Through the CYF Council Strategic Planning, feedback was collected and used to draft a letter for the BHS Director.
 - Special thanks to the Early Childhood Sub-Committee for submitting a statement representative of the overall discussion and position of the Council membership:
 - “While crisis response intervention services may be indicated, thoughtful consideration should first be given to ensuring a strong prevention continuum that can be achieved by assessing the current capacity of school personnel to respond to mental health situations, building school personnel capacity to appropriately respond, and creating school environments that nurture safe and positive relationships to minimize mental health crisis situations”
 - The draft of the letter was presented to the CYF Executive Sub-Committee for input and feedback, finalized, and sent to the BHS Director
 - ✓ Discussion/Recommendations/Next Steps
 - Positive feedback from meeting attendees was provided
 - Council members and meeting attendees were invited to continue attending the meetings and sharing ideas
 - Cross threading efforts with other systems need to continue
 - Social media was highlighted as one of the areas of focus

- **Brain XP's System of H.O.P.E. (Healthy Mind, Open Sharing, Positive Coping, Empowerment)-Teens Helping Teens** (Christine Marie Frey)-Presentation Highlights
 - ✓ Christine Marie Frey, is the founder of Brain XP, a mental health advocate, award winner author, mental health blogger, song writer, public speaker, but most of all, she describes herself as a mental health survivor
 - ✓ Brain XP is an educational service that teaches hands-on practices to improve lives of teenagers
 - ✓ Brain XP means "Brain Expanded". The term originated from Debbie Dennison (Christine Frey's mother) to describe Christine's diagnosis in a positive manner
 - ✓ Christine started noticing her mental health challenges symptoms in 6th grade which peaked in 8th grade. She received treatment, but feelings of loneliness motivated her to create the XP Community-System of Hope which is based on: "Teens relate to each other more than to adults"
 - ✓ Brain XP addresses the mental health stigma using a positive language approach.
 - ✓ Brain XP: Living with Mental Illness, A Young Teenager's Perspective is a book written by Christine Frey and published on April 12, 2018
 - ✓ Brain XP Community: Includes resources for teens, the newsletter. More information can be found at: <https://www.brainxp.org/>
 - ✓ Discussion/Feedback:
 - Christine Frey and her mother, Debbie Dennison were commended for their contributions to the Behavioral Health systems of care:
 - Representing the Family Sector in the CYF Council as alternate and member respectively
 - Bringing the youth voice to the systems cares (Including, but not limited to the CYF and TAY Councils)
 - Providing input to improve service delivery
 - Providing hope to families facing mental health challenges.
 - Attending the 2019 annual California Mental Health Advocates for Children and Youth (CMHACY) conference and sharing and applying the information learned with the systems of care
 - ✓ CYF Council Bylaws Reminder
 - As per the Article Three of the CYF Council Bylaws: "Council members from the Youth served by the public health system constituency, who complete an application for the annual CMHACY conference scholarship, shall be given priority status for scholarship award".

VI. Announcements (Minola Clark Manson)

- Change Agents Developing Recovery Excellence (CADRE) XX is scheduled from February 6, 2020 to May 14, 2020. Registration closes January 10, 2020-Submit application(Handout) to: Yvonne Gage at: Yvonne.Gage@sdcounty.ca.gov or via fax to (619) 563-2775
- 5th Annual Critical Issues in Child and Adolescent Mental Health (CICAMH) "Managing Change in a Changing World" Conference is scheduled for March 12-13, 2020 at the Double Tree Hotel. Register at: <http://cicamh.com/>

VII. Director's Report (Yael Koenig on behalf Dr. Luke Bergmann)

- ✓ California Advancing and Innovating Medical (CalAIM) is a multi-year initiative by the Department of Health Care Services (DHCS) to improve the quality of life and health outcomes of the population served. It seeks to implement a broad delivery system, program and payment reform across the Medical program.
 - It addresses Whole Person Care, Health Homes, and the Coordinated Care Initiative, among other initiatives
 - Five workgroups have been established. Dr. Jennifer Tuteur and Andy Pease are representing the County of San Diego in the CalAIM workgroups
 - More information can be found at: <https://www.dhcs.ca.gov/calaim>
- ✓ The Mental Health Services Oversight and Accountability Commission (MHSOAC) will be releasing Mental Health Student Services Act grant opportunities for Counties to partner with the Education Sector for services at school campuses. This is the second wave of grant opportunities. More information is available at: <https://www.mhsoac.ca.gov/what-we-do/request-proposal>
- ✓ Health Homes Program (update by George Scolari): This program is designed to serve eligible Medical beneficiaries with complex medical needs and chronic conditions, who are homeless or at risk of being homeless who may benefit from enhanced care management and coordination. The program started in July 2019 and has been very successful; almost 1000 individuals have been enrolled since the program started

- Healthy San Diego is hosting a Health Homes Program Behavioral Health Roundtable scheduled for December 20, 2019 at the County of San Diego Operations Center. Everyone is welcome to attend and provide input.

VIII. Action Items

Action Item(s)	Action By	Action Due
<ul style="list-style-type: none"> Revise the Framework document: Replace the word "Food" with "Nutrition". 	<ul style="list-style-type: none"> CYF Council staff. 	<ul style="list-style-type: none"> Completed December 13, 2019. Link to Framework document: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children.html
<ul style="list-style-type: none"> Distribute the Annual Forums information. 	<ul style="list-style-type: none"> CYF Council staff. 	<ul style="list-style-type: none"> Completed December 13. All Forums information flier sent to the CYF Council electronic distribution lists.
<ul style="list-style-type: none"> Send flier announcement of the Health Homes Program Behavioral Health Roundtable scheduled for December 20, 2019. 	<ul style="list-style-type: none"> CYF Council staff. 	<ul style="list-style-type: none"> Completed December 12, 2019. E-mail sent to the CYF Council electronic distribution lists.
<ul style="list-style-type: none"> Ensure there is Family Sector representation at the Education Sector Ad-Hoc meetings. 	<ul style="list-style-type: none"> Education Sub-Committee and CYF Council staff. 	<ul style="list-style-type: none"> Completed December 12, 2019, E-mail sent to the CYF Council electronic distribution lists for the December 17, 2019 meeting.

Next CYF Council Meeting: January 13, 2020
Scottish Rite Center, Shell Room
9:00 to 10:30 A.M.

Sub-Committees/Sectors/Workgroups Meetings Information:

Outcomes: Meets the first Tuesday of every other month at- 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 second 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 fourth 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 on the second 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 the first 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 third 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.



COUNTY OF SAN DIEGO

2019 DEC -2 AM 10:48

CLERK OF THE BOARD
OF SUPERVISORS

GREG COX
VICE-CHAIRMAN
SUPERVISOR, FIRST DISTRICT
SAN DIEGO COUNTY BOARD OF SUPERVISORS

AGENDA ITEM

DATE: December 10, 2019

08

TO: Board of Supervisors

SUBJECT:
STRONG FAMILIES, THRIVING COMMUNITIES (DISTRICTS: ALL)

OVERVIEW

Disproportionality in the nation's child welfare and juvenile justice system has been prevalent for decades. According to the U.S. Department of Health and Human Services, Administration for Children and Families, more than 437,283 children spent time in U.S. foster care in 2018. Of that total, one third of those youth were children of color. In San Diego County, African American and Native American youth are 5% and 0.3% of our population but make up 19% and 3% of our youth in care respectively. One in five youth that exit the foster care system becomes homeless, one in four will be involved in the justice system within two years of leaving the foster care system, and only half are employed at the age of 24.

In 2017, I began working with The San Diego Foundation (TSDF), our Health & Human Services Agency (HHSA), and the Clinton Health Matters Initiative (CHMI) to try and address this issue, amongst others. Together, we created the *Strong Families, Thriving Communities* coalition comprised of a multitude of community stakeholders to talk openly about the disparities present in the system. The *Strong Families, Thriving Communities* coalition came together to create a plan for improving health inequities and reducing disproportionality in the child welfare and juvenile justice systems.

Now that the three-year partnership is coming to completion, I am requesting that the Chief Administrative Officer report back to the Board of Supervisors within 90 days with an update on the *Strong Families, Thriving Communities* initiative and provide a list of recommendations for implementation.

RECOMMENDATION(S)
VICE-CHAIRMAN GREG COX

Direct the Chief Administrative Officer to report back to the Board within 90 days with a presentation and update on the *Strong Families, Thriving Communities* initiative and provide a list of recommendations for implementation.

SUBJECT: STRONG FAMILIES, THRIVING COMMUNITIES (DISTRICTS: ALL)

FISCAL IMPACT

There is no fiscal impact associated with this action.

BUSINESS IMPACT STATEMENT

N/A

ADVISORY BOARD STATEMENT

This report will be presented to the Child and Family Strengthening Advisory Board as an informational item.

BACKGROUND

Disproportionality in the nation's child welfare and juvenile justice system has been prevalent for decades. According to the U.S. Department of Health and Human Services, Administration for Children and Families, more than 437,283 children spent time in U.S. foster care in 2018. Of that total, one third of those youth were children of color. In San Diego County, African American and Native American youth are 5% and 0.3% of our population but make up 19% and 3% of our youth in care respectively. One in five youth that exit the foster care system become homeless, one in four will be involved in the justice system within two years of leaving the foster care system, and only half are employed at the age of 24.

In 2017, I began working with The San Diego Foundation (TSDF), our Health and Human Services Agency (HHSA), the Clinton Health Matters Initiative (CHMI) to try and address this issue, amongst others. Together, we created the *Strong Families, Thriving Communities* coalition comprised of a multitude of community stakeholders to talk openly about the disparities present in the system. The San Diego Foundation, the County of San Diego HHSA and Probation Department, and a multitude of community leaders and nonprofits met to improve the health of children and families who interact with the child welfare and juvenile justice systems. Building on the successful regional collaboration developed through the County's *Live Well San Diego* Initiative, these partners have aligned regional efforts and programs toward the end goal of achieving equitable outcomes among African American, Native American, and Latino families, who are disproportionately involved with child welfare and juvenile justice agencies in San Diego.

This process began with preliminary meetings and stakeholder interviews, and continued as *Strong Families, Thriving Communities* coalition members participated in in-person working groups. After the three-year partnership concludes in December 2019, leadership for the work will transition to partners who have been identified from each working group as well as partners working with the Health and Human Services Agency (HHSA).

Today's action requests the Chief Administrative Officer report back to the Board of Supervisors within 90 days with an update on the *Strong Families, Thriving Communities* initiative and provide a list of recommendations for implementation.

**SUBJECT: STRONG FAMILIES, THRIVING COMMUNITIES (DISTRICTS:
ALL)**

LINKAGE TO THE COUNTY OF SAN DIEGO STRATEGIC PLAN

This action supports the Living Safely Initiative in the County of San Diego's 2019-2024 Strategic Plan, as well as the County of San Diego's Live Well San Diego vision, by ensuring services are provided that strengthen families and that children and families are healthy, safe and thriving.

Respectfully submitted,

A handwritten signature in black ink, appearing to read "Greg Cox". The signature is fluid and cursive, with the first name "Greg" and the last name "Cox" clearly distinguishable.

GREG COX
Vice-Chairman, First District



Critical Issues in Child
and Adolescent
Mental Health Conference

MANAGING CHANGE IN A CHANGING WORLD

Please join us
March
12th & 13th
2020

who?

WHO SHOULD ATTEND:

Mental Health Professionals, Psychologists, Therapist, Social Workers, Professional Counselors, Psychiatrists, Pediatricians, Nurses, Educators, Students, Probation Officers, Child Welfare Workers, Case Managers, Advocates and Parents will all find this meeting of importance and value in enhancing their effectiveness in serving children in need.

where?

DOUBLE TREE HOTEL

Hazard Center Mission Valley
7450 Hazard Center Dr.,
San Diego CA 92108

how?

Thursday: \$65 - Students \$25

Friday: \$100 - Students \$50

Attend Both: \$165 - Students \$75

*(must present valid Student ID
at registration desk)*

Early Bird
Registration
will end
February 28th!

Fees Include:
Parking, Food and Continuing
Education Credits

REGISTRATION:
CICAMH.COM



Behavioral Health Services Community Engagement Forums

Supporting healthy, safe, and thriving communities.

Share Your
Ideas!

Everyone
Welcome!



Forum Discussion Topics: Mental Health and Substance Use Prevention, Innovation and Engagement

Date: Wednesday, January 8 Time: 6:30pm to 8:00pm	Lemon Grove Academy Elementary School 7885 Golden Ave, Lemon Grove, 91945	Check In: 6:15pm Dinner Provided
Date: Thursday, January 9 Time: 6:30pm to 8:00pm	Kearny Senior High School, Room 301 1954 Komet Way, San Diego, 92111	Check In: 6:15pm Dinner Provided
Date: Saturday, January 11 Time: 10am to 11:30am	Country Club Senior Center 455 Country Club Lane, Oceanside, 92054	Check In: 9:45am Breakfast Provided
Date: Wednesday, January 22 Time: 6:30pm to 8:00pm	Normal Heights Community Center 4649 Hawley Blvd, San Diego, 92116	Check In: 6:15pm Dinner Provided
Date: Saturday, January 25 Time: 10am to 11:30am	Woodland Park Middle School, PAC 1270 Rock Springs Rd, San Marcos, 92069	Check In: 9:45am Breakfast Provided
Date: Saturday, February 1 Time: 10am to 11:30am	Bonita Vista High School, Library 751 Otay Lakes Rd, Chula Vista, 91913	Check In: 9:45am Breakfast Provided

Community members will be eligible to receive a
\$10 gift card for participating.

Register at: ListenToSanDiego.org



Behavioral Health Services North Inland Region Community Engagement Forum

Share Your
Ideas!

Supporting healthy, safe, and thriving communities.

Everyone
Welcome!



Forum Discussion Topics

Mental Health and Substance Use Prevention,
Innovation and Engagement

North Inland Live Well Center, Rooms C & D

649 W. Mission Avenue,

Escondido, 92025

Wednesday, January 29, 2020

3:30pm to 5:00pm

(3:15pm Check-In)

Light snacks will be provided.

**Community members will be eligible to receive a
\$10 gift card for participating.**

Register at: ListenToSanDiego.org

County of San Diego
Children, Youth and Families Behavioral Health System of Care Council
January 13, 2020

Submitted by: Edith Mohler

Executive Sub-Committee			
Co-Chairs: Dori Gilbert and Minola Clark Manson			
Purpose			
<p>The Executive Committee is a “standing” sub-committee of the CYF Council. The CYF Deputy Director and administrative staff support the Council by leading the Executive Sub-Committee which is comprised of the co-chairs and sub-committee chairs of the CYF Council. This subcommittee is tasked to:</p> <ul style="list-style-type: none"> • Coordinate CYF Council activities • Inform on current issues relevant to the CYF System of Care (SOC) • Ensure follow through on CYF Council action items. 			
Fiscal Year 2019-20 Active Sub-Committee Members			
Public	Private	Family	Education
Dori Gilbert (Co-Chair) Yael Koenig (County staff) Grisel Ortega-Vaca (County staff) Darwin Espejo (County staff) Edith Mohler (County staff)	Minola Clark Manson (Co-Chair) Rosa Ana Lozada (CCRT) Julie McPherson (CYF CADRE) Marisa Varond (CYF CADRE) Aisha Pope (Early Childhood) Autumn Weidman (Early Childhood) Renee Cookson (Family and Youth as Partners) Valerie Hebert (Family and Youth as Partners) Emily Trask and Eileen Quinn-O’Malley (Outcomes)	Valerie Hebert (Family and Youth as Partners)	Heather Nemour (Education)
Fiscal Year 2019-20 Goals/Focus Area			
<ul style="list-style-type: none"> • Continue to coordinate Council focus, activities, and membership • Manage the logistics of the Council • Maintain the Council website • Inform goals and focus areas which may include: <ul style="list-style-type: none"> ✓ Brain XP: Living with Mental Illness A Young Teenager’s Perspective Presentation ✓ Housing opportunities via CYF ✓ Nile Sisters Development Initiative Presentation ✓ Preventing Child Maltreatment • Consider other initiatives to explore joint goals with the intention of leveraging synergy when appropriate 			

- ✓ Invite representatives from the newly formed Child and Family Strengthening Advisory Board to learn about areas of focus that are in alignment with the CYF Council.

Update

- The Council Bylaws were amended to add one additional Alcohol and Drug Service Provider (ADSPA) seat to replace SDNA seat and be in alignment with the MHCA number of seats (2) was approved by the voting CYF Council membership in the August 12, 2019 meeting
- Dedicated the September 9, 2019 meeting to CYF System of Care and CYF Council sub-committees report on Fiscal Year 2019-20 Goals and Fiscal Year 2018-19 Accomplishments
- Continue to advance the integration across the systems through the coordination of the October 14, 2019 Combined Councils meeting. Meeting focus: Update on the Drug-Medi-Cal Organized Delivery System Implementation
- Completed the Fiscal Year 2019-20 Strategic Planning meetings and forwarded the recommendations to the BHS Director
- Informed goals and focus areas through:
 - ✓ MHSA updates
 - ✓ Brain XP: Living with Mental Illness A Young Teenager's Perspective presentation (December 9, 2019)

☒ Sub-Committee has 4 sector representation

☐ Sub-Committee is recruiting for 4 sector representation and specifically looking for committee members to represent:

- ☐ Private Sector
- ☐ Public Sector
- ☐ Education Sector
- ☐ Family/Youth Sector

This Sub-Committee meets via conference call the fourth Monday of the month.

County of San Diego
Children, Youth and Families Behavioral Health System of Care Council
January 13, 2020

Submitted by: Aisha Pope/ Autumn Weidman

Early Childhood Sub-Committee Co Chairs: Aisha Pope and Autumn Weidman			
Purpose			
The Early Childhood Mental Health Subcommittee supports the CYFBH continuum of care by ensuring early childhood mental health is integrated, key issues are addressed, and topics are addressed to support age relevant system improvements. ECMH Subcommittee ensures that the BHS CYFSOC considers the unique needs of the 0-5 population and their caregivers when making decisions on programming, policy, and training.			
FY 2019-20 Active Sub-Committee Members			
Public	Private	Private	Private
Dulce Cahue-Aguilar Shannon Jackson Shelly Paul Nohemy Terrazas Ana Mendez	Ginger Bial Sherry Casper Christine Cole Terri Cook-Clark Lisa Linder	Sarah Franco Kim Flowers Pradeep Gidwani Jeanne Gordon Jennifer Kennedy	Stephanie Smith Rose Woods Desiree Shapiro Rosa Ana Lozada Aimee Zeitz
Private	Private	Family	Education
Marisela Molina Aisha Pope Ashley Rambeau Angela Rowe Nikoo Sadatrafiei	Izzy Shine Bobbi Smylie Carole Steel Erin Taylor Autumn Weidman	Linda Ketterer Emma Eldridge	Evette Callahan Linda Ketterer Lisa Linder Rose Woods
Fiscal Year 2019-20 Goals/Focus Area			
1) PROMOTE AND EDUCATE <i>Provide information to improved systemwide understanding of early childhood mental health and integrate throughout the system of care.</i> OBJECTIVES: <ol style="list-style-type: none"> develop key talking points to advance priority messaging ensure ECMH voice is represented during SOC discussions, hot topics, ad hoc committees Etc. provide brief informational videos, handouts, etc. to the CSOC council to promote relevant ECMH information Provide suggestions for training topics to BHETA and the We Can't Wait Conference regarding ECMH issues and hot topics 			
2) ADVOCATE <i>Prioritize service/program areas for a united voice to have a "ready to go position" for funding opportunities.</i> OBJECTIVES: <ol style="list-style-type: none"> Ensure system priorities include ECMH Prioritize ECMH areas for MHSA funding opportunities Provide funding and programming suggestions at annual BHS Community Forums Consider advancement of current practices/programs vs new practices/programs 			

3) PROMOTE SYSTEM CHANGE

Improve and promote system efforts by increased understanding of services currently available **OBJECTIVES:**
Identify ECMH (and related) programs/services funded by MHSA
b) Identify ECMH (and related) programs/services funded by System Partners
c) Improve collaboration with other system, initiatives, and current efforts/initiatives to identify common efforts, influence the work and present with a united voice when advocating for ECMH system change

Update

1) PROMOTE AND EDUCATE

Provide information to improved systemwide understanding of early childhood mental health and integrate throughout the system of care.

Accomplishments:

- a) Submitted proposals for 3 RIHS trainings focusing on ECMH and 1 training was accepted (Implicit Bias)
- b) advocated for childhood track for Rady's Maltreatment conference which will be successfully implemented in January
- c) Present ECMH Hot-topic to CYFBHSOC at the January meeting
- d) ECMH participating in ad-hoc committee "teen substance use and treatment" for RIHS
- e) Representative from Child Welfare presented to ECMH on CANS assessment

2) ADVOCATE

Prioritize service/program areas for a united voice to have a "ready to go position" for funding opportunities.

Accomplishments:

- a) Submitted a response from ECMH regarding CYFBHSOC strategic planning to CYFBHSOC leadership which was included in letter to Luke advocating for priorities of ECMH subcommittee
- b) ECMH members are participating in ECMH Leader's Collaborative which is currently working on ECMH best practice one-pagers

☒ Sub-Committee has 4 sector representation

☐ Sub-Committee is recruiting for 4 sector representation and specifically looking for committee members to represent:

- ☐ Private Sector
- ☐ Public Sector
- ☐ Education Sector
- ☐ Family/Youth Sector

To join the sub-committee please contact: Aisha Pope at apope@centerforchildren.org

Or Autumn Weidman at autumnw@jfssd.org

Committee meets on the second 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



Early Childhood Mental Health Subcommittee

1/13/2020

1

Behavioral and emotional disorders among our youngest children, particularly birth – 3 years, often go unrecognized.



THE WORLDWIDE BURDEN OF INFANT MENTAL AND EMOTIONAL DISORDER: REPORT OF THE TASK FORCE OF THE WORLD ASSOCIATION FOR INFANT MENTAL HEALTH (Liming & Grube, 2018)

2

Rates of disorders in young children are comparable to those of older children and youth.



THE WORLDWIDE BURDEN OF INFANT MENTAL AND EMOTIONAL DISORDER: REPORT OF THE TASK FORCE OF THE WORLD ASSOCIATION FOR INFANT MENTAL HEALTH (Liming & Grube, 2018)

3

“The lack of widespread recognition of disorders of infancy is particularly concerning due to the unique positioning of infancy as foundational in the developmental process.” (p 696)

THE WORLDWIDE BURDEN OF INFANT MENTAL AND EMOTIONAL DISORDER: REPORT OF THE TASK FORCE OF THE WORLD ASSOCIATION FOR INFANT MENTAL HEALTH (Liming & Grube, 2018)

4

Research shows that exposure to adversities in early childhood, perhaps more than any other childhood developmental stage, disrupts brain development, structure, and functioning.

Infant Mental Health Journal. Wellbeing Outcomes for Children Exposed to Multiple Adverse Experiences in Early Childhood: A Systematic Review. (Lyons – Ruth et al, 2017)

5

Early Childhood CANS

Most of the CANS tool is evidence informed. Research consistently shows that if you score a 0 or 1 in the need areas, you are functioning better than if you score a 2 or 3

However, the Strengths are evidence based – research shows that if you can score a 0 or 1 in these areas of strengths, you are more resilient in the face of childhood adversity (ACES)

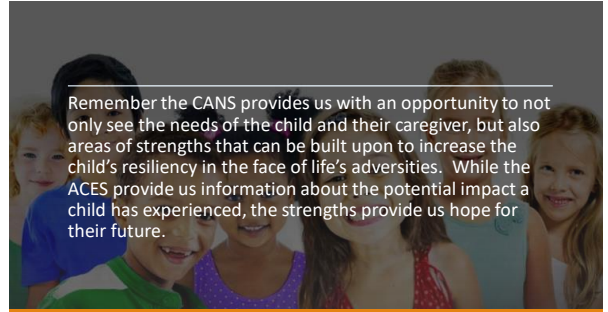
While many of the children and families we serve have experienced ACES and have needs, by focusing on the Strengths we improve their overall resiliency and the ability to bounce back from adversity

6



As professionals we can focus on helping children to have a centerpiece strength (score of 0) which means that strength automatically happens and they draw from it when they need support.

7



Remember the CANS provides us with an opportunity to not only see the needs of the child and their caregiver, but also areas of strengths that can be built upon to increase the child's resiliency in the face of life's adversities. While the ACES provide us information about the potential impact a child has experienced, the strengths provide us hope for their future.

8

EC – CANS Strengths Domain

Categories and Action Levels

0 Well-developed centerpiece strength

1 Identified and useful strength

2 Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan.

3 An area in which no current strength is identified

- Family Strengths
- Interpersonal Strengths
- Talents and Interests
- Natural Supports
- Resiliency
- Relationship Permanence
- Playfulness
- Curiosity
- Family Spiritual/Religious

9



BUILDING
RESILIENCE

10



The 7 Crucial C's of
Resilience

Ken Ginsburg, MD

11

12



Competence

The ability to do something successfully or efficiently.

13



Confidence

A feeling of self-assurance arising from one's appreciation of one's own abilities or qualities.

14



Connection

People with whom one has social or professional contact or to whom one is related, especially those with influence and able to offer one help.

15



Character

The mental and moral qualities distinctive to an individual.

16



Contribution

The part played by a person or thing in bringing about a result or helping something to advance.

17



Coping

To face or deal with responsibilities, problems, or difficulties, especially successfully or in a calm or adequate manner.

18



Control

To exercise restraint or direction over.

19



Engaging with Families – Supporting their journey from ACES to 7 Cs

Strength-based dialogue – take the time

Acknowledge family **ACES** and **trauma** – and impact on young children

Introduce **Resiliency** – the **7Cs**

When young children are identified as having needs, provide **actionable** and **practical** information to address the needs

Provide **timely referrals** to agencies that are competent in working with young children to support family journey to 7Cs

Follow up and **celebrate** reaching each of the 7Cs

Follow up to address barriers

20



Challenge to programs...

Self-assess your program's practices around supporting the 7 C's

Start with the Essential 2 questions:

1. Within our walls, do we believe in every young person unconditionally and hold them to high expectations?
2. Do we sincerely believe that every child can succeed?

http://fosteringresilience.com/pdf/7cs_professionals.pdf

21

The Resilience-based Philosophy: Reflections on Our Program

The Essential 2 questions:

1. Within our walls, do we believe in every young person unconditionally and hold them to high expectations?
2. Do we sincerely believe that every child can succeed?

Competence

- Do we see what a young people have done right? Or do we focus on their mistakes?
- Do we help our youth recognize what they have going for themselves?
- Do we help them focus on those strengths and build on them?
- Are we helping to build the authentic skills that make them competent in the real world?

Educational Skills • Work Skills • Social Skills • Interview Skills
Anger Management Skills • Stress-reduction Skills

- Do we communicate in a way that empowers them to make their own decisions, or do we undermine their sense of competence by lecturing them, thereby giving them information in a style they cannot grasp? Rather than talking down to them, do we instead deliver information in a manner they understand?
- Do we let them make safe mistakes so they have the opportunity to right themselves, or do we protect them from every bump and bruise?
- Do we praise in a way that notices effort more than it rewards the product?

Confidence

- Do we see the best in our youth so that they can see the best in themselves?
- Do we clearly express that we expect the best in them?
- Do we help them recognize what they have done right? (Confidence comes from knowing that one has competence.)
- Do we help them understand that they have authentic survival skills?
- Do we treat them as incapable children or young adults learning to navigate a difficult world?
- Do we catch them when they are doing the right thing?
- Do we encourage them to strive just a little bit further because we believe they can succeed?
- Do we avoid instilling shame?

Connection

- Do we recognize that adults' unconditional belief in a young people— and holding them to high expectations—is the single most important factor determining whether those young people will be able to overcome challenging circumstances?
- Do we enter young people's lives without permission, or do we give them time to understand we are worthy of their trust?
- Do we build a sense of safe community within our walls?
- Do we encourage young people to take pride in the various ethnic, religious, or cultural groups they belong to?
- Do we recognize that for many of our most troubled youth, the firm attachment to a stable family might be missing? Further, do we know that our role as stable caring adults takes on an even greater importance?
- Do we have a television and self-contained entertainment system in every room, or do we create a common space so people share time together? Does everyone exist in their own world hiding behind earphones, and texting distant friends, or is communication happening here?

Character

- Are we helping our youth to recognize themselves as caring people?
- Do we allow them to clarify their own values?
- Do we allow them to consider right versus wrong and look beyond immediate needs?
- Do we help them understand how their behavior affects others?
- Do we help them develop a sense of spirituality that fits into their (not our) belief system?
- Do we value them so clearly that we model for them how important it is to care for others?
- Do we value each other so clearly that we demonstrate the importance of community?
- Do we value each young person, and promote the understanding that when all reach their potential, every child benefits?
- Do we notice the character traits of grit--integrity and tenacity?

Contribution

- Do we make clear that we believe our youth can make the world a better place?
- As we create programs that serve youth, do we include them in the planning process, appreciating that they are the experts on themselves and their own needs?
- Do we create opportunities for each youth to contribute to the community?
- Do we share how important a value it is to serve others?

- Do we help our young people recognize that precisely because they have come through difficult times, they are positioned to guide others in how to improve their lives?
- Do we search in each person's life for another individual for whom they might serve as a role model? Do we use this to encourage them to be the best person they can possibly be?
- Do we help them to understand that if they have messed up in their past, their recovery serves as a model?

Coping

- Do we recognize that so many of the risk behaviors youth engage in are attempts at reducing the stress or pain in their lives?
- Do we condemn young people for their behaviors? Do we increase their sense of shame and therefore drive them toward those behaviors?
- Do we believe that telling youth to "just stop" the negative behaviors will do any good?
- Do we guide youth to develop positive, effective coping strategies?
- Do we help young people understand when their thoughts are magnifying problems? Do we help them to make realistic assessments?
- Do we model positive coping strategies on a daily basis?
- Do we encourage caring for our bodies through exercise, good nutrition, and adequate sleep?
- Can children safely play and exercise outdoors or in recreational centers in our community?
- Do we encourage creative expression? Does our community offer resources and programs in which children and teens are able to learn and practice creative expression?
- Do we encourage written and verbal expression in a way that allows each youth to reveal thoughts in a comfortable manner, whether through talking, journaling, poetry or rap?
- Do we create an environment in which talking, listening, and sharing is safe and productive?
- Do we model relaxation techniques?
- As we struggle to compose ourselves so we can make the fairest, wisest decisions, do we model how we take control rather than respond impulsively?

Control

- Do we help young people understand that life is not purely random?
- Do we help them to understand that they are not responsible for many of the bad circumstances that may have plagued them?
- Do we help them think about the future, but make it less overwhelming by helping them learn to take one step at a time?
- Do we help them recognize their mini-successes so they can experience the knowledge that they can succeed?

- Do we help youth understand that while no one can control all his circumstances, each person can shift the odds by choosing positive or protective behaviors?
- Do we understand that youth who have been hurt emotionally or physically may think they have no control and therefore have no reason to take positive action?
- Do we understand that discipline is about teaching *not* punishing or controlling. Do we use discipline as a means to help someone understand that their actions produce consequences (in other words, life is not random)?
- As we work to build trauma-informed practices, do we understand that traumatized children lost control over portions of their lives, and, therefore, our giving them back a sense of control is key to their healing?

Take Home Handout:

The 7 Cs: The Essential Building Blocks of Resilience

Bottom Line #1: Young people live up or down to expectations we set for them. They need adults who believe in them unconditionally and hold them to the high expectations of being compassionate, generous, and creative.

Confidence: Young people need confidence to be able to navigate the world, think outside the box, and recover from challenges.

Competence: When we notice what young people are doing right and give them opportunities to develop important skills, they feel competent. We undermine competence when we don't allow young people to recover themselves after a fall.

Connection: Connections with other people, schools, and communities offer young people the security that allows them to stand on their own and develop creative solutions.

Character: Young people need a clear sense of right and wrong and a commitment to integrity.

Contribution: Young people who contribute to the well-being of others will receive gratitude rather than condemnation. They will learn that contributing feels good, and may therefore more easily turn to others, and do so without shame.

Coping: Young people who possess a variety of healthy coping strategies will be less likely to turn to dangerous quick-fixes when stressed.

Control: Young people who understand privileges and respect are earned through demonstrated responsibility will learn to make wise choices and feel a sense of control.

Bottom Line #2: What we do to model healthy resilience strategies for our children is more important than anything we say about them.

From Ginsburg KR, Jablow MM. Building Resilience in Children and Teens: Giving Kids Roots and Wings. 2nd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2011

Please feel free to copy this handout or download from www.fosteringresilience.com or the American Academy of Pediatrics Web site for parents, www.HealthyChildren.org.

County of San Diego
Children, Youth and Families Behavioral Health System of Care Council
 January 13, 2020

Submitted by: Heather Nemour

Education Sub-Committee Co-Chairs: Heather Nemour & Violeta Mora			
Purpose			
The purpose of the Education Sub-Committee is to build and/or enhance relationships between mental health providers and education resulting in resource development, needs identification, relationship building, and partnerships with stakeholders in efforts that promote youth mental health, positive school climates, and trauma informed delivery of school-based services/activities.			
Fiscal Year 2019-20 Active Sub-Committee Members			
Public	Private	Family	Education
<u>Fran Cooper</u> County of San Diego	<u>Pam Hansen</u> San Diego Center for Children <u>Mareeh Marquez</u> Pathways Cornerstone Program	<u>Christina Frey</u> -Youth <u>Debbie Dennison</u> -Parent	<u>Heather Nemour & Violeta Mora</u> SDCOE-Student Support Services <u>Cara Schukoske</u> SDCOE Special Education <u>Barbara Ryan</u> California School Board Association <u>Yuka Sakamoto</u> San Diego Unified School District <u>Aidee Angulo</u> San Diego Unified School District

Fiscal Year 2019-20 Goals/Focus Area	UPDATE
SDCOE will offer a third workshop with Dr. Lisa Boesky on “Assessing Suicidal Students” in September 2019 for the 42 school districts and charter schools.	Completed
SDCOE will continue to provide monthly trainings for the 42 school districts, charters and private schools on mental health & well-being, positive school climate and suicide prevention. From July-December 2019, 32 trainings were held with 696 participants.	Ongoing:
SDCOE will develop & implement a trauma informed care training continuum for the 42 school districts.	In progress
SDCOE will update and disseminate the suicide prevention resource guide to the 42 school districts and explore adding to SchoolLink.	In progress
SDCOE will disseminate the SchoolLink BHS one-pager with school districts and schools. This one-pager contains information on how to access pupil mental health services on campus (if they are a SchoolLink campus) and/or in the community to share with parents/guardians as part of AB 2022 Pupil Mental Health Services: School Notification.	Completed
SDCOE will coordinate and/or promote at least one screening on Screenagers-Growing Up in the Digital Age on stress, anxiety & depression.	In progress
SDCOE will promote an online suicide prevention training for students, teachers and staff to all middle and high schools in the county.	In progress
SDCOE and HHSA, LIVE WELL San Diego will host the SDCOE’s Annual Summit on Student Engagement and Attendance in October 2019.	Completed
SDCOE will continue to chair the San Diego Suicide Prevention Council’s Education Sub-Committee.	Ongoing
The Ad-Hoc Education Sub-Committee will provide a mid-year and end of the year update to the CYFBHSOCC.	In progress
Ad-Hoc Education Sub-Committee will continue to meet as needed.	Ongoing

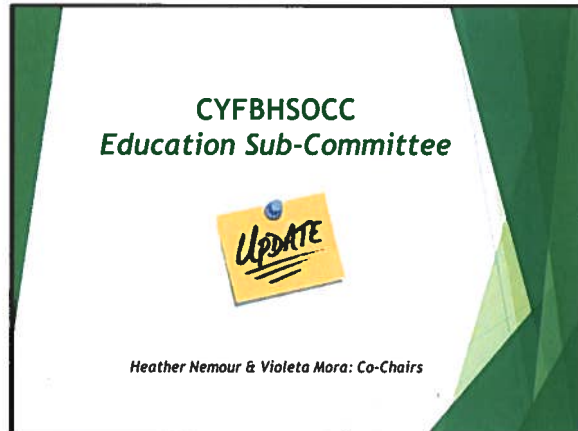
☒ Sub-Committee has 4 sector representation

☐ Sub-Committee is recruiting for 4 sector representation and specifically looking for committee members to represent:

- ☐ Private Sector
- ☐ Public Sector
- ☐ Education Sector
- ☐ Family/Youth Sector

To join the Sub-Committee please contact: Heather Nemour at: heather.nemour@sdcoe.net

This Sub-Committee meets as needed.



1

Education Sub-Committee Members

Public	Private	Family/Youth	Education
Frances Cooper: County of San Diego	Pam Hansen: San Diego Center for Children	Christina Frey: Youth Debbie Dennison: Parent	Heather Nemour & Violeta Mora: SDCOE Student Support Services Cara Schukoske: SDCOE Special Ed. Barbara Ryan: California School Board Association Yuka Sakamoto & Aldee Angulo: San Diego Unified School District

2

2019-20 Goals in Progress

- From July-December 2019, 32 trainings were held with 696 participants on mental health & wellness, positive school climate and suicide prevention
- Suicide Prevention Resource Guide for Schools will be updated and released in early 2020
- Screenagers-Growing Up in the Digital Age
- Online Suicide Prevention Training Program for ALL middle and high school students and staff in the state

LIVINGWORKS

3

Trauma Informed Care Training Continuum

TRAINING	2019/2020 Goals	2020/2021 Goals	2021/2022 Goals
Screenagers-Growing Up in the Digital Age	✓	✓	✓
Online Suicide Prevention Training Program for ALL middle and high school students and staff in the state	✓	✓	✓
Suicide Prevention Resource Guide for Schools	✓	✓	✓
Screenagers-Growing Up in the Digital Age	✓	✓	✓
Online Suicide Prevention Training Program for ALL middle and high school students and staff in the state	✓	✓	✓
Suicide Prevention Resource Guide for Schools	✓	✓	✓
Screenagers-Growing Up in the Digital Age	✓	✓	✓
Online Suicide Prevention Training Program for ALL middle and high school students and staff in the state	✓	✓	✓
Suicide Prevention Resource Guide for Schools	✓	✓	✓

4

Thank You!

ANY QUESTIONS?

5

County of San Diego
Children, Youth and Families Behavioral Health System of Care Council
January 13, 2020

Submitted by: Julie McPherson and Marisa Varond

CYF CADRE Sub-Committee			
Co-Chairs: Julie McPherson and Marisa Varond			
Purpose			
<p>The purpose of the CADRE CYF subcommittee is to strengthen the Comprehensive, Continuous, Integrated System of Care (CCISC) initiative in its vision to deliver wide-ranging services for children, adolescents, and families. We serve as a forum for service providers to enhance treatment for children and adolescents experiencing or impacted by co-occurring disorders in order to promote health and resiliency within our youth. The subcommittee aims to:</p> <ul style="list-style-type: none"> • Develop integrated co-occurring training and technical assistance in accordance with the CCISC and Co-occurring Center for Excellence standards • Support the implementation of evidence-based practices to support effective interventions for youth impacted by co-occurring disorders • Provide a vital link between systems, consumers, and families • Increase access to needed behavioral health services • Promote collaboration and develop meaningful relationships between providers to ensure that youth and their families receive the right services at the right time in the right setting. 			
Fiscal Year 2019-20 Active Sub-Committee Members			
Public	Private	Family	Education
Shannon Jackson	Mental Health and SUD BHS-contracted providers		
Fiscal Year 2019-20 Goals/Focus Area			
<ul style="list-style-type: none"> • Facilitate discussion surrounding training and education for medication for youth who are dually diagnosed. • Continue to strengthen knowledge of and relationships between CYF SUD and Mental Health programs for ease of referrals, warm handoffs and admissions for youth. • Invite TAY and AOA SUD and Mental Health programs to the CYF CADRE Sub-Committee to increase awareness of programs, services and referral processes to support the ease of transition from the CYF system of care to the TAY/AOA system of care. 			
Update			
<ul style="list-style-type: none"> • July's meeting included a presentation from the Center for Child and Youth Psychiatry (CCYP). In addition to learning about CCYP's services and referral processes, the group explored how the resource can help: <ul style="list-style-type: none"> > Increase access to needed medication services > Leverage telepsychiatry to address cultural, linguistic, geographic and other barriers > Fill gaps and enhance the capacity of SUD programs, most of which are not able to prescribe > Support continuity of care, especially as youth transition between various systems and levels of care (i.e. PCPs not comfortable managing medication regimen) > As an action item, CCYP is investigating how they can help integrate and/or address Medication Assisted Treatment (MAT) for youth 			

- Our October presentation was an adaptation of Cardwell Nuckols' Understanding and Treating Cannabinoid Addictions. The subcommittee discussed:
 - > New trends and prevalence of youth cannabis use
 - > Interactions between cannabis use and mental health conditions
 - > Symptoms of cannabis withdrawal
 - > Evidence-based interventions and curricula for youth who use cannabis
 - > Working with families, especially when there is adult cannabis use in the home
 - > Self-help resources for youth
 - > Challenges around drug screenings in mental health programs and opportunities to collaborate with SUD programs
- The meeting on January 9th will include a discussion about the Personal Experience Screening Questionnaire (PESQ) used by mental health programs, as well as a presentation by the Department of Public Health on youth vaping.

☐ Sub-Committee has 4 sector representation – **N/A**

☐ Sub-Committee is recruiting for 4 sector representation and specifically looking for committee members to represent:

- ☒ Private Sector
- ☒ Public Sector
- ☐ Education Sector
- ☐ Family/Youth Sector

To join the Sub-Committee please contact:

Marisa Varond: Marisa.Varond@mcalistterinc.org

Julie McPherson: JMcPherson@comresearch.org

This Sub-Committee meets quarterly in January, April, July, and October on the 2nd Thursday of the month from 1:30 to 3:00 pm at NAMI San Diego (5095 Murphy Canyon Road, Suite 320, San Diego, CA, 92123).

County of San Diego
Children, Youth and Families Behavioral Health System of Care Council
January 13, 2020

Submitted by: Michael Miller

TAY Council			
Co-Chairs: Joseph Edwards and Elisabeth Winchell			
Purpose			
The purpose of the TAYBHSC is to facilitate the design and implementation of TAY (ages 16-25) services in the Children, Youth and Families (CYF) and the Adult and Older Adult (AOA) systems of care by providing feedback and recommendations to the Behavioral Health Director.			
Fiscal Year 2019-20 TAY Council Members			
Public	Private	Family	Education
Peggie Webb (San Diego Regional Center for the Developmentally Disabled) Stephanie Morehead (Public Safety Liaison / Juvenile Probation) Steven Wells (Child Welfare Services)	Joseph Edwards , Co-Chair (Mental Health Prevention and Early Intervention) Elisabeth Winchell , Co-Chair (Substance Use Disorder Services/Co-Occurring) Vianey Del Real Ochoa (Employment Services) Laura Tancredi-Baese (Pregnant or Parenting Youth Provider) Cheyenne Bartram (Peer Support Specialist in TAY Program) Katherine Torres (Underserved Communities/CCRT) Vanessa Arteaga (Housing) Serena Terrones (TAY Recreational and/or Social Support Activities Provider) Courtney Simone-Clements (LGBTQ) Devon Boone (Homeless Services / Outreach) Miriam Adam (Refugee and Immigrant Populations) Stephen Carroll (Commercial Sexual Exploitation of Children) Micaela Cunningham (Client Advocacy) Mat Wood (Open seat)	Christine Frey (Transitional Age Youth) Ursula Hardianto (Transitional Age Youth)	Flora Barron (Education)

Fiscal Year 2019-20 Goals/Focus Area
<ul style="list-style-type: none"> • Social Connectedness, • Care Coordination - Treatment of Co-Occurring Disorders, • LGBTQI TAY, • School Based Crisis Response • Fill remaining open Council Seats
Update
<ul style="list-style-type: none"> • The TAY Council held an annual Strategic Planning Meeting at the beginning of the fiscal year to identify goals and priorities for the new fiscal year. • The TAY Council has grown from when it was established in 2018. 10 members and 2 Co-Chairs were initially elected. 20 of the 25 council seats are now filled. • Two new Co-Chairs elected in August: Joseph Edwards and Liz Winchell. • Seeking to fill remaining seats: <ul style="list-style-type: none"> ○ Primary Healthcare ○ Law Enforcement ○ Foster Youth ○ Hospital Partner ○ Open seat • TAY Council work group for School based crisis response has been completed. Determinations of recommendations are congruent with Behavioral Health Director recommendation to the County Board of Supervisors. • Work groups established and currently working on findings and recommendations in each of the priority areas (Social Connectedness, Care Coordination and LGBTQI). • Presentations made to the TAY Council have included: Supported Employment and Psychiatric Emergency Response Team (PERT) • Upcoming presentations to include: Opioid Treatment Provider (OTP), MHS Steps, NAMI, Center for Community Solutions, Southern Indian Council, San Diego Metropolitan Transit Services

☒ The TAY Council has 4 sector representation

☒ The TAY Council is recruiting for 4 sector representation and specifically looking for individuals to represent:

☒ Private Sector

☒ Public Sector

☐ Education Sector

☒ Family/Youth Sector

For more information about the TAY Council, please contact: [Alisha Eftekhari](#) at:
858-514-3229

The TAY Council meets the fourth Wednesday of the month at National University-Room #118 located at 9388 Lightwave Ave, San Diego CA 92123 from 3:00 to 4:30 P.M.