



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

[Meeting Link](#)

October 12, 2020

10:00 to 11:30 A.M.

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

Agenda

I	Welcome and Introductions <ul style="list-style-type: none">• Piedad Garcia, Adult Older Adult (AOA) Deputy Director• Yael Koenig, Children Youth and Families (CYF) Deputy Director	5 minutes	
II	Business Items <ul style="list-style-type: none">• Review/Approval October 14, 2019 Minutes-Handout -Pages 3-4• CYF, AOA, and TAY Council Written Updates-Handout-Pages 5-10• MHSA Update (Dr. Danyte S. Mockus-Valenzuela)-Handout-Page 11	5 minutes	
III	Transgender Health Across the Lifespan Panel -Handout-Pages 13-30	50 minutes	
Panel Moderator: Charisma De Los Reyes , MSW (She/Her/Hers)-San Diego County Office of Education			
Panel Member		Area of Focus	
<ul style="list-style-type: none">• L. Tuiletufuga, AMFT, MS (They/Them/Theirs) Staff Counselor, The Center		<ul style="list-style-type: none">• Setting the Stage Introduction and orientation using basic terms	
<ul style="list-style-type: none">• Bixby Marino-Kibbee, LCSW (They/Them/Theirs) Director - Center for Gender Affirming Care Rady Children's Hospital San Diego		<ul style="list-style-type: none">• Pressing Issues for youth	
<ul style="list-style-type: none">• Angelle Maua (She/Her(s)/Ella) Parent and Founder of The Gender Phluid Collective		<ul style="list-style-type: none">• Challenges youth and families face during COVID-19 ✓ “Our New Normal”	
<ul style="list-style-type: none">• Rachel Gianfortune, MD (She/Her/Hers) La Mesa Pediatrics and Assistant Clinical Professor at University of California-San Diego (UCSD)		<ul style="list-style-type: none">• Pressing Issues for youth and families ✓ Medical perspective ✓ Available supports/resources	
<ul style="list-style-type: none">• Pamuela Halliwell, MA, LMFT (She/Her/Hers) Staff Counselor-The Center		<ul style="list-style-type: none">• Transitional Aged Youth (TAY) and Adults	
<ul style="list-style-type: none">• L. Tuiletufuga, AMFT, MS (They/Them/Theirs) Staff Counselor-The Center		<ul style="list-style-type: none">• Supporting Aging Trans/Gender	
<ul style="list-style-type: none">• Nicholas Lagunas, Prevention Assistant Manager, HIV Services-San Ysidro Health Center Gender Affirming Medicine and Sexual Health Clinic		<ul style="list-style-type: none">• San Ysidro Health Center Overview• Prevention Services/GeMS Health Clinic	
<ul style="list-style-type: none">• Kimberly Thomas, (She/Her/Hers), Physician Assistant San Ysidro Health Center Gender Affirming Medicine and Sexual Health Clinic		<ul style="list-style-type: none">• GeMS Health Clinic-Adult Health	
IV	Discussion/Questions/Answers - Charisma De Los Reyes		25 minutes
V	Closing Remarks and announcements <ul style="list-style-type: none">• Piedad Garcia and Yael Koenig		5 minutes

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

National University-Room 114 and 116-9388 Lightwave Ave., San Diego, CA 92123

Monday, October 14, 2019

9:00 – 10:30 A.M.

Meeting Notes

CYF Co-Chairs		TAY Co-Chairs	AOA Co-Chairs
Dori Gilbert Minola Clark Manson		Joseph Edwards Liz Winchell	Jeffrey Najarian David Armstrong

I.	Opening Remarks Dr. Luke Bergmann, Director <ul style="list-style-type: none"> Dr. Bergmann expressed his thanks to everyone for coming and being engaged, especially during this critical time and environment of politics. Dr. Bergmann discussed the idea behind Crisis to Chronic Care, and how it is necessary to flip the pyramid upside down and reshape the cultural conversation. <ul style="list-style-type: none"> This reshaping would mean allocating the majority of resources away from Crisis Services, and towards Chronic Illness Management. 	5 minutes
II.	Welcome and Introductions Piedad Garcia, Adult and Older Adult (AOA) Deputy Director <ul style="list-style-type: none"> Announcement of the following promotions within BHS: <ul style="list-style-type: none"> Cecily Thornton-Stearns has promoted to Assistant Director of Operations/Chief Program Officer. Charity White-Voth has promoted to Assistant Medical Services Administrator. Cara Evans-Murray has promoted to Assistant Medical Services Administrator. Discussion of DMC-ODS Implementation that began 7/1/18. <ul style="list-style-type: none"> DMC-ODS involved Residential Services, Outpatient, Recovery Services, Withdrawal Management, and Opioid Treatment Programs (which were new to the County) Yael Koenig, Children, Youth, and Families (CYF) Deputy Director <ul style="list-style-type: none"> Reminder of all Business Items and Handouts to review in the packet. Introduction of Dr. Patel with BHS-CYF. 	15 minutes
III.	Business Items <ul style="list-style-type: none"> Review/Approval April 8, 2019 Minutes-Handout CYF, TAY, and AOA Council Written Updates-Handout MHSA Written Update-Handout 	10 minutes

IV.	Drug Medi-Cal Organized Delivery System Implementation Updates Case Presentations (Handouts provided): <ul style="list-style-type: none"> • Parentcare East <i>Lisa Salazar, Vista Hill</i> • North Inland Teen Recovery Center <i>Liz Winchell, Mental Health Systems, Inc.</i> • Just Be U and Central East Regional Recovery Center <i>Matt Wood, Urban Street Angels, Inc. & Gwenda Blum, Episcopal Community Services</i> • Overview of Urban Street Angels. • Overview of JBU and what type of program it is. <ul style="list-style-type: none"> ○ 15 beds for homeless/SMI TAY. ○ Receive holistic treatments. ○ Over half of TAY have co-occurring disorders. ○ When SUD is present, these clients are referred to ECS. ○ At ECS, they attend the TAY specific treatment. • Overview of ECS services. <ul style="list-style-type: none"> ○ Approximately 10-15 JBU clients have been through treatment at ECS. ○ JBU/ECS Success Story <ul style="list-style-type: none"> ▪ A 20 y/o homeless TAY was addicted to meth. They were sober, but eventually relapsed, and were referred to ECS. This TAY then went through treatment at KIVA and relapsed once again. When she relapsed, the program didn't hear from her for days. When the program reconnected with her, she said was ashamed to admit her relapse. The importance of providing a welcoming environment for TAY and being supportive was emphasized, because without that, this TAY never would have been successful. • Piedad Garcia <ul style="list-style-type: none"> ○ Discussion of Care Coordination and Whole Person Wellness as well as the relationship between Mental Health and Medication Assisted Treatment programs. ○ Discussion of implementing the Crisis to Chronic Care model by making it understandable and digestible to political leaders. <ul style="list-style-type: none"> ▪ Utilize stakeholders more in working with the County and Board of Supervisors. ○ Recommendations and reports from the Councils do make a difference and are taken into account. • Q&A Panel (All Presenters) • Question/comment from public: School sites (high schools) are in need of psychologists. <ul style="list-style-type: none"> • Building relationships with schools and counselors is key for continuity of care. • How do we advocate for non-County (private) clients to have these same services? <ul style="list-style-type: none"> • Limited funds in County, so they can't provide these services for all. • How/where can they advocate? This needs to be figured out. 	50 minutes
V.	Closing Remarks Piedad Garcia, Adult and Older Adult (AOA) Deputy Director	10 minutes

*****Please note: All three councils will go dark in October in lieu of the Combined Council Meeting*****

Next meetings are scheduled as follows:

CYF Council: Monday, December 9, 2019 from 9:00 to 10:30 A.M

Venue: Scottish Rite Center- 1895 Camino Del Rio South, San Diego, CA 92108

TAY Council: Friday, November 22, 2019 from 3:00-4:30 P.M.

Venue: National University-9388 Lightwave Ave. Room 114, San Diego, CA 92123

AOA Council: Monday, December 9, 2019 from 11:00 A.M.-12:30PM

Venue: Scottish Rite Center-1895 Camino Del Rio South, San Diego, CA 92108

**Children, Youth and Families Behavioral Health System of Care Council
Achievements and Goals Update
October 12, 2020**

Fiscal Year 2019-20 Achievements

- Coordinate Council focus, activities, and membership – delivery of Annual CYF Council Orientation (July 8, 2019)
- Completed Strategic Planning meeting on August 12, 2019 (Addressing School Based Crisis/Threat)
- Presented Fiscal Year 2018-19 Accomplishments and Fiscal Year 2019-20 goals
- Updated the Council bylaws to remove the San Diego Nonprofit Association (SDNA) seat as the this Private Sector organization dissolved and added a second seat to the Alcohol and Drug Service Provider (ADSPA) for parity with the Mental Health Contractors Association (MHCA) numbers of seats (2)
- Participated in the October 14, 2019 Combined Councils meeting with the Adult and Transition Age Youth (TAY) Councils. The meeting focused on Drug Medi-Cal Organized Delivery System Implementation updates. The meeting was hosted by AOA
- Delivered the CYF Framework that looks at goals within the context of social determinants of health. The CYF Framework is now included in the CYF Council meeting packet
- Dedicated the January and February 2020 CYF Council meetings to sub-committee reports
- Maintained Council website
- Created a CYF Council new attendee welcome packet which is available at the website and when meetings are in person
- Made a stronger commitment to share relevant Board of Supervisors action items for CYF Council awareness
- Informed goals and focus areas through the following presentations (Hot Topics):
 - ✓ Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation-Board of Supervisors (BOS) (throughout the Fiscal Year)
 - ✓ Brain XP's System of Healthy Mind, Open Sharing, Positive Coping, Empowerment (HOPE)- Teens Helping Teens (December 19, 2019)
 - ✓ Adverse Childhood Experiences (ACEs)-Panel (March 9, 2020)
 - ✓ COVID-19 updates from Public Health, Child Welfare Services, Juvenile Probation, Family, Education, and the Private Sectors (June 8, 2020).
- Due to COVID-19, transitioned from in-person to virtual meeting format in June 2020

Fiscal Year 2020-21 Goals

- Address transformation of service delivery and system needs due to COVID-19
- Address Equity and Racial Justice
- In collaboration with the Adult and TAY Councils, convene the postponed April 13, 2020 Combined Councils meeting focused of Transgender Health Across the Lifespan
- Inform goals and focus areas which may include:
 - ✓ Child and Family Strengthening Advisory Board
 - CWS Advisory board with three sub-committees; areas of interest to Council
 - ✓ Strong Families, Thriving Communities - Disparities
 - 29 Bold Action items: Which/What would like to discuss as a Council
 - ✓ Mapping the Intersection of Youth and the Juvenile Justice System
 - ✓ Explore Youth Well: <https://youthwell.org/>
 - Areas of interest (Social Determinants of Health)
 - ✓ Health Homes Program
 - ✓ Suicide prevention

**Transition Age Youth Behavioral Health System of Care Council
Achievements and Goals Update
October 12, 2020**

Fiscal Year 2019-20 Achievements

- LGBTQ Recommendations were submitted to Behavioral Health Director.
 - ✓ Improve Data Collection of LGBTQ clients by revising the San Diego County Mental Health Services Demographics Form.
 - ✓ Increase and Diversify training and development opportunities offered within the BHS SOC through RIHS (Responsive Integrated Health Solutions).
 - ✓ Enhance provider environments to ensure they are open, affirming, and welcoming to LGBTQ individuals.
 - ✓ Augment existing contract language to require providers to articulate how they will create affirming and competent services for LGBTQ clients.

Fiscal Year 2020-21 Goals

- Social Justice: Will focus on disparities in TAY accessing Mental Health and Substance Use services. Identify specific needs of TAY facing/impacted by inequity.
- Optimal Service Access: Using TAY perspective to identify blocks to service delivery and the specific needs of TAY affected by COVID related issues. Recommendations for fiscally aware interventions to most effectively provide optimal TAY services.
- Website and Orientation Manual for the TAY Council.
 - ✓ 'Supporting Youth Engagement' in services presentation provided to TAY Council on 9/23/20 in support of collaboration in increasing Youth Engagement throughout all levels of services.

**Behavioral Health Adult Council
Achievements and Goals Update
October 12, 2020**

Fiscal Year 2019-20 Achievements

Director's Report

- The State of California have two significant waivers that structure payment for Behavioral Health Services;
 - ✓ 1115 Waiver (Renewal in December)
 - ✓ 1915(b) Waiver (Renewal in July)
- The 1915(b) waiver allows a state to require Medicaid patients to participate in managed care for some or all their benefits. The 1915(b) enables the 1115 waiver.

Adult Council Membership

- Dr. Garcia Initiated review of membership and Council By-Laws to identify new members/alternates and continuation of standing members for next fiscal year.

MHSA update

- The State, Mental Health Services Oversight Accountability Commission, released their "transparency suite," which are all the MHSA programs that can be found at MHSOAC.CA.Gov

Continuum of Care Update

- Continuing to develop the Continuum of Care, particularly in the North County with Palomar's Hospital by increasing capacity at the Crisis Stabilization Unit.
- Enhancing the emergency department at Palomar Hospital to do screening, triage, and support for the onboarding of Psych patients in EDD.
- Continue to pursue with City officials, the Crisis Stabilization Unit in North Coastal region.
- Design and Development meetings are taking place, specifically regarding workforce development, Non-Law Enforcement, and Crisis Mobile team.
- Continuing to explore design development around care coordination.

Health Homes Presentation

- George Scolari presented on Health Homes Program which assist individuals with primary care and mental health needs and offers services at no additional cost to Medi-Cal members with certain chronic health and/or mental health conditions who have high health care needs or do not have a place to live.

Adult Council/Ad Hoc Program Managers Workgroup

- Cecily Thornton-Stearns presented on the recommendations and work conducted in the past year with members of the Adult Council and members of the Ad Hoc Program Managers meeting.
- The mandate of the joint effort between the Adult Council and the Ad Hoc Program Manager's meeting was to review Clinical, Care Coordination and Administrative structures and functions of outpatient mental health clinics to optimize service delivery and administrative structures to better align service delivery based on community needs.
- Three Sub-Committees were formed: Clinical, Care Coordination, and Administrative and recommendations were presented and submitted to the Executive for their review and input.

Joint Council Meeting with CYF, TAY and Adult Council's membership

- Joint Council focus was on the Drug Medi-Cal Organized Delivery System Implementation to date. Panel presented on various CYF, TAY and Adult Substance Use Contracts and presented on service delivery and clinical care. Programs presented by the panel were:

- ✓ Parentcare East
- ✓ North Inland Teen Recovery Center
- ✓ Just Be U
- ✓ Central East Regional Recovery Center

Introduction of the California Advancing and Innovating Medi-Cal (CalAIM) Initiative

- A multi-year statewide initiative that focuses on overarching policy changes across all Medi-Cal delivery systems.
- The initiative will address payment reform, improvement/quality outcomes, member risk, and population health management strategies.

Adult Council and Ad Hoc Program Managers Workgroups

- Upon the motion to create Time-limited Workgroups to refine the submitted workgroup recommendations, Dr. Garcia moved forward and requested the membership to establish time-limited work groups to refine the recommendations.

Work Well Update

- San Diego Workforce Partnership was awarded the contract for the next five years for Employment Ethical Assistance.

Membership

- Marisa Varond, David Armstrong, Jeff Najarian, and Diego Rogers met as a work group to review and make recommendations for Adult Council membership and the Adult Council bylaws.

Innovation Funding

- Dr. Garcia discussed availability of innovation funding and invited new ideas for potential programs.
- Innovation ideas can be sent to Piedad Garcia via email at piedad.garcia@sdcounty.ca.gov.
- Examples of innovation ideas:
 - ✓ CCRT provided input for clients coming out of jail that are just-in-time – provide short-term stay, case management, CTI over 90 days, and low-level employment.
 - ✓ Dr. Krelstein and the Chair of Housing Council provided input regarding creating a residential, short-term case management for those with serious mental illness coming out of State Hospitals or jail.
 - ✓ Marisa Varond suggested a mobile component to support individuals on psychotropic medication who also need medication- assisted treatment.

Work Well

- BHS will be shifting the current peer support certification training to Intentional Peer Support model over the next year, which will encompass both the Mental Health and Substance Use System of Care.
- BHS introduced the Philadelphia Toolkit model which can assist employers to recruit, retain, and support peer positions.

Cultural Competence Resource Team

- Dr. Garcia reported on CCRT FY 18-19 Accomplishments and FY 19-20 Goals that have been submitted to the executive team for their review.
- Data highlighted demonstrates disproportionality of behavioral health services within certain populations:
 - ✓ Persons accessing mental health services for the first time in jail are predominantly African American and Latino.
 - ✓ 20% of the homeless population in San Diego County are African American, while 23% are Latino.

- ✓ CCRT will review program data on implementation of CLAS Standards and review Cultural Competence Plans to identify areas for further development.

Work Well

- Update on 5-Year Strategic Plan for Supportive Employment which is being reviewed by BHS and will be posted for public comment.
- Statement of work language will be updated to include Individualized Placement and Support (IPS) for Supportive Employment to be effective FY 20-21. Update shared with contractors at the IPS Advisory and Employment Specialist meetings.
- Adult Council continued to discuss and update Membership and By-Law's.
- QI presented on Urgent and Access times.

COVID-19 Update

- Dr. Garcia provided update on Covid-19 and HHSA response plan development.
- Standard information and updates can be found at www.coronavirus-sd.com.
- General questions can be answered by 211.
- HHSA in planning stages for BHS services to include short-term shelters for homeless clients.

CHIP ILA/RRA Presentation

- Elana Soltz and Lana Lo provided an overview of Independent Living Homes Association and Recovery Residential Association.

COVID-19 Updates

- Dr. Garcia gave an update on BHS COVID-19 response:
 - ✓ Substance Use Residential Treatment Programs downsized number of beds to maintain social distance.
 - ✓ Transition to telehealth across programs, with exception of clinical services that require in-person appointments (i.e. walk-ins, screenings, injectables, etc.).
 - ✓ Tele-Working implemented in BHS Administration, regular meetings across the system of care are taking place to maintain communication and address questions.
 - ✓ Board of Supervisors authorized extension of contracts that were to be procured in FY 19-20.
 - ✓ Up to 50% revenue decrease on claims and billing because of COVID-19 pandemic.
 - ✓ Process improvement toolkit in development to increase access to care, productivity, and revenue.
 - ✓ HHSA developing plan for testing, tracking, and treatment (T3) of persons with COVID-19.
 - ✓ BHS Impact Fund for capital funding is available and RFP is posted in BuyNet.

Champion for Health – COVID19 presentation

- Andrew Gonzalez gave an update on COVID-19 information.

Membership and Co-Chair Nominations

- Jeffrey Najarian gave an update on co-chair nominations: nominations are now being accepted for the council to vote on in June.
- Marisa Varond accepted the co-chair nomination made by Diego Rogers.

Cultural Competence Resource Team

- 2020 Cultural Competence Plan reviewed by CCRT and feedback has been submitted to QI.
- Cultural and Linguistic Competence Policy Assessment 2020 Report has been disseminated to the members.

MHSA Update

- Danyte Mockus-Valenzuela gave update and discussed the 3-year MHSA plan and expenditure plan.

- Community engagement series have concluded and working on final summary report.
- Virtual events and activities in honor of Mental Health Month are available via BHS website.

COVID-19 Update

- Dr. Garcia provided an update on BHS COVID-19 Response:
 - ✓ The focus continues to be on Testing, Tracking, and Treatment (T3) of clients
 - ✓ Administration continues to telework
 - ✓ BHS continued at the Convention Center provided by MHS Inc. and at the Crowne Plaza provided by Telecare
 - ✓ At most recent Tele-Town Hall, Dr. Bergmann provided a landscape for revenue mitigation
 - ✓ BHS COR's are working closely with providers to provide technical assistance to increase access, utilization, and documentation of services

Justice System Presentation

- David Mullen provided a broad overview of BHS Justice System programs. Approximately 40% of individuals served by BHS have justice-involvement.
- Justice Involved Services Training Academy (JISTA): Trainings for service providers who serve justice-involved individuals to increase skill set in working with this population.


Fiscal Year 2020-21 Goals

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

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Mental Health Services Act (MHSA) Update

Behavioral Health Services Annual Community Engagement Activities





COMBINED COUNCILS MEETING: TRANSGENDER HEALTH ACROSS THE LIFESPAN

October 12, 2020




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PANEL MODERATOR:



CHARISMA DE LOS REYES, MSW
(SHE/HER/HERS)
SAN DIEGO COUNTY OFFICE OF EDUCATION



2019 Woman of the Year, California 39th District
for her work on the
Commercial Sexual Exploitation of Children (CSEC)

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PANEL MEMBER:



LIVE WELL
SAN DIEGO

L. TUILETUFUGA, AMFT, MS (THEY/THEM,THEIRS)
STAFF COUNSELOR AT THE CENTER

- **Setting the Stage**
 - Overview
 - Terms
 - COVID-19



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PANEL MEMBER:



LIVE WELL
SAN DIEGO

BIXBY MARINO-KIBEE, LCSW (THEY/THEM.THEIRS),
DIRECTOR-CENTER FOR GENDER AFFIRMING CARE
RADY CHILDREN'S HOSPITAL

- **Pressing Issues for Youth**



2020 Champion of Pride Award

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PANEL MEMBER:



LIVE WELL
SAN DIEGO

CHALLENGES YOUTH AND
FAMILIES FACE DURING
COVID19 – “Our New Normal”



Angelle Maua
(She/Her(s)/Ella)



5

RESOURCES



LIVE WELL
SAN DIEGO

- <https://campsite.bio/bdb.sd> - **Breaking Down Barriers** is an outreach program that works with communities of color and the LGBTQ+ community to talk about mental wellness. Through educational presentations and events, we discuss the stigma of mental health and connect participants to helpful resources.
- <http://mxmendoza.ctcin.bio/> - explores living beyond the binary.
- <https://www.rchsd.org/programs-services/gender-affirming-care/> - Provide comprehensive, compassionate, evidence-based care and support to transgender and nonbinary youth and their families.
- <https://urbanrestorationcounseling.org/> - Provide individual, couples, family, and group therapy.
- <https://www.unityfellowshipchurchsandiego.com/> - safe, inclusive space for BIPOC/QTPOC folks to worship.
- <https://www.sdblackcoalition.org/> - Central hub for Queer Black life, connecting the community to resources, events, and outlets that support and enrich QTPOC lives, and providing opportunities to strengthen the community in which we live.
- <https://thegpcollective.wixsite.com/thegpcsd> - Created to empower the QTPOC/BIPOC communities by bringing visibility to the intersectional identities, supporting and centering those identities by creating an environment of healthy narratives of inclusivity, affirmation, love, and mental health support.

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RESOURCES (CONTINUED)



LIVE WELL
SAN DIEGO

- <https://pflag.com/> - PFLAG envisions a world where diversity is celebrated and all people are respected, valued, and affirmed inclusive of their sexual orientation, gender identity, and gender expression.
- https://sandiegounified.org/a-to-z_index/lgbtqia/out_for_safe_schools - This program was created as a way to encourage school staff to publicly identify as supportive LGBTQIA allies.
 - https://sandiegounified.org/a-to-z_index/lgbtqia/lgbtqia_parent_family_support
- <https://www.thinkdignity.org/> - Hands on Advocacy and Activism with the homeless.
- <https://theogbpp.wixsite.com/sdogbpp> - The San Diego Original Black Panther Party is in the business of changing and shaping lives. The work we do at our Non-Profit Organization is aimed at providing food to the most underserved, marginalized communities. We make sure our partners are empowered by creating opportunities for individuals and communities.

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PANEL MEMBER:



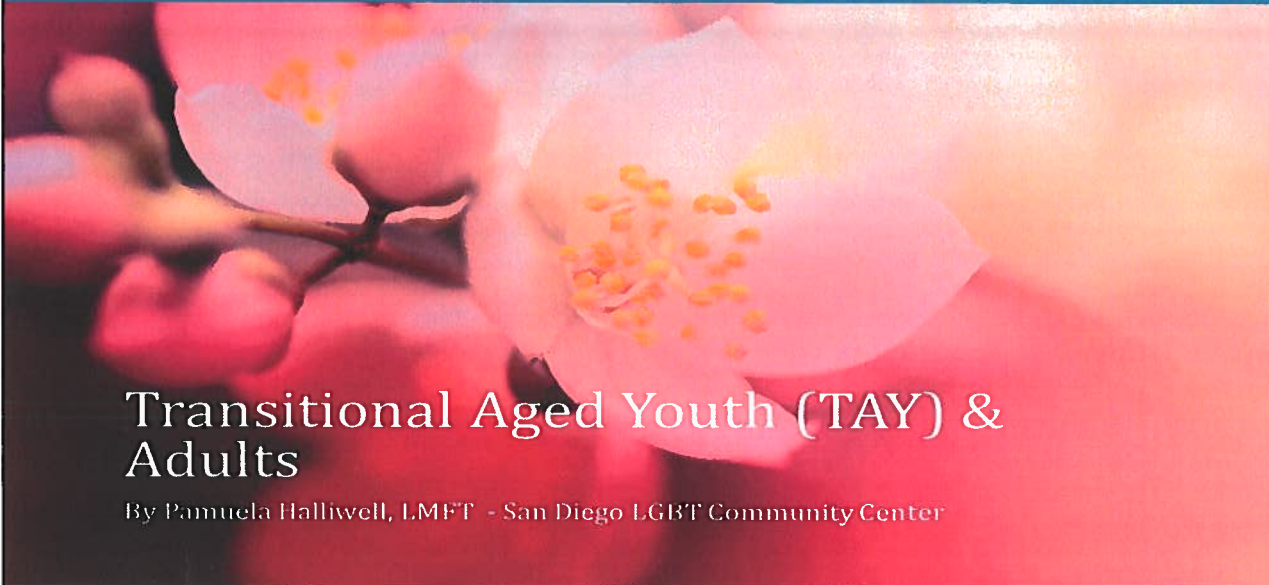
LIVE WELL
SAN DIEGO

RACHEL GIANFORTUNE, MD (SHE/HER/HERS)
LA MESA PEDIATRICS AND ASSISTANT CLINICAL PROFESSOR AT
UNIVERSITY OF CALIFORNIA-SAN DIEGO (UCSD)

- Pressing issues for youth and families
 - Medical Perspective
 - Available supports/resources



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LIVE WELL
SAN DIEGO

Transitional Aged Youth (TAY) & Adults


By Pamuela Halliwell, LMFT - San Diego LGBT Community Center

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PANEL MEMBER:

LIVE WELL
SAN DIEGO

PAMUELA HALLIWELL, MA, LMFT (SHE/HER/HERS)
SAN DIEGO LGBT COMMUNITY CENTER



- Licensed Marriage and Family Therapist
- Approaching 4th year at the San Diego LGBT Community Center
- Provides weekly therapy in addition to single session gender affirmation letter appointments
- Secretary of the San Diego Black LGBTQ Coalition which started First San Diego Emergency Black Transgender Fund
- Member of Gender Fluid Collective which provides resources and weekly support groups for minorities who are LGBTQ including caregivers/families
- Maintains part-time private practice

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TAY & ADULTS

LIVE WELL
SAN DIEGO

Factors Impacting Transitional Aged Youth (TAY) & Adults

- Issues with family support
- Access to medically necessary medical treatment options
- Difficulties exploring identity during transitional part of their lives
- Housing and Employment Discrimination
- All impacting mental health and overall well-being
- Still disproportionately harder for minority communities who may have more traditional, religious mindset

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TAY & ADULTS

LIVE WELL
SAN DIEGO

- 29% of transgender people live in poverty, compared to 14% of the general population
- 30% of transgender people report being homeless at some point in their lives, with 12% saying it was within the past 12 months
- Transgender people experience unemployment at 3x the rate of the general population, with rates for people of color up to 4x the national unemployment rate
- 30% of transgender people report being fired, denied a promotion, or experiencing mistreatment in the workplace due to their gender identity in the past 12 months
- 31% of transgender people experienced mistreatment in the past year in a place of public accommodation, including 14% who were denied equal service, 24% who were verbally harassed, and 2% who were physically attacked because they were transgender
- 40% of respondents reported attempting suicide in their lifetime, nearly nine times the attempted suicide rate in the United States (4.6%)
- Transgender people, particularly transgender women of color, face shockingly high rates of murder, homelessness, and incarceration. Most states and countries offer no legal protections in housing, employment, health care, and other areas where individuals experience discrimination based on their gender identity or expression.

**2015 U.S. Trans Survey:
Report by the National
Center for Transgender
Equality**

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TAY & ADULTS

LIVE WELL
SAN DIEGO

Employment Barriers

- Difficulty securing employment due to differences in preferred name versus legal name
- Barriers in legally changing name if born in different states (\$435 name/gender change fee)
- Actual and perceived rejection and discrimination by gender presentation or practice of "passing"
- Dysphoria related to not "passing" per society's standards of gender practice
- Higher rates of transgender women of color not being able to secure employment by perceived or actual discrimination leading many to turn to sex work
- Sex work increases likelihood of sexual assault, substance abuse, depression, PTSD, trauma and other mental health symptoms
- Annually across the U.S., transgender women, predominantly African American and Hispanic, are sexually assaulted, raped, and murdered by men while doing work to support themselves, many times attempting to save money for trans-related care including surgeries
- Many are killed due to stigma, discrimination, and transphobia
- These are preventable situations that our very systems keep enforcing and repeating by attempting to ignore, question, erase, and challenge the very lives and identities that have highest mental health rates of LGBTQ community and need care and understanding most

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TAY & ADULTS

LIVE WELL
SAN DIEGO

- Rejection, discrimination, abuse and mistreatment of transgender individuals impedes psychological and identity formation
- Gender is used everywhere, opportunities to be misgendered including by audio alone are everywhere
- Gender noise & the discomfort/strength to "socially transition" is surmounting pressure & extreme difficulty for many, particularly transgender women who may not be able to "pass" by society's standards
- Statistics show the dangers across the U.S. for those women who do not "pass" by society's standards
- Increases depression and likelihood of suicide attempts
- News about violence towards transgender individuals can dissuade others from coming out and identifying as the gender they feel they are
- "...it became a question of facing death but feeling alive or being a walking zombie that was dead inside" (Transgender youth)

Psychological &
Emotional Effects of
Continued Barriers

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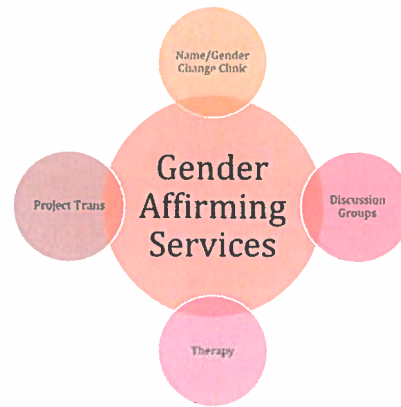
TAY & ADULTS



LIVE WELL
SAN DIEGO

Services at the San Diego LGBT Community Center

- Name/Gender Change Clinic
- Weekly Discussion Groups
- Weekly and Biweekly Therapy Groups
- Individual, Couples, and Family Therapy
- Project Trans (Naya Velazco)
- Hillcrest Youth Center (HYC)
- South Bay Youth Center (SBYC)
- Youth and Emergency Housing Support Services



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TAY & ADULTS



LIVE WELL
SAN DIEGO

Project Trans

- "Project TRANS (Transgender Referrals, Assistance, Networking and Services) offers discussion groups, behavioral health services, HIV prevention services, youth services and more. In addition, the program focuses on advocacy, referrals, outreach, sensitivity trainings, social activities and events, workshops and networking with community agencies."
- "Through a partnership with USD School of Law, Project TRANS also provides assistance with name and gender marker change documents."
- For more information, contact the Project Trans coordinator Naya Velazco at trans@thecentersd.org or 619.692.2077 x162.

Transgender Services October 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6p-8p Transgender Social thecentersd.org	2 Project Trans Activity 6p-8p Transgender Social thecentersd.org	3 Transgender Discussion Group 6p-8p Transgender Social thecentersd.org
4 In Transitions 6p-8p Transgender Social thecentersd.org	5 Transgender Social 6p-8p Transgender Social thecentersd.org	6 Continuing Food 6p-8p Transgender Social thecentersd.org	7 Transgender Social 6p-8p Transgender Social thecentersd.org	8 Transgender Social 6p-8p Transgender Social thecentersd.org	9 Transgender Social 6p-8p Transgender Social thecentersd.org	10 Transgender Social 6p-8p Transgender Social thecentersd.org
11 The Gender 6p-8p Transgender Social thecentersd.org	12 The Gender 6p-8p Transgender Social thecentersd.org	13 Transgender Social 6p-8p Transgender Social thecentersd.org	14 Transgender Social 6p-8p Transgender Social thecentersd.org	15 Transgender Social 6p-8p Transgender Social thecentersd.org	16 Transgender Social 6p-8p Transgender Social thecentersd.org	17 Transgender Social 6p-8p Transgender Social thecentersd.org
18 Transgender Social 6p-8p Transgender Social thecentersd.org	19 Transgender Social 6p-8p Transgender Social thecentersd.org	20 Transgender Social 6p-8p Transgender Social thecentersd.org	21 Transgender Social 6p-8p Transgender Social thecentersd.org	22 Transgender Social 6p-8p Transgender Social thecentersd.org	23 Transgender Social 6p-8p Transgender Social thecentersd.org	24 Transgender Social 6p-8p Transgender Social thecentersd.org
25 Transgender Social 6p-8p Transgender Social thecentersd.org	26 Transgender Social 6p-8p Transgender Social thecentersd.org	27 Transgender Social 6p-8p Transgender Social thecentersd.org	28 Transgender Social 6p-8p Transgender Social thecentersd.org	29 Transgender Social 6p-8p Transgender Social thecentersd.org	30 Transgender Social 6p-8p Transgender Social thecentersd.org	31 Transgender Social 6p-8p Transgender Social thecentersd.org

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TAY & ADULTS

LIVE WELL
SAN DIEGO

Hillcrest Youth Center (HYC)

- "The Hillcrest Youth Center (HYC) is the first drop-in and recreational center in San Diego County dedicated to the needs LGBTQ and non-binary youth, as well as youth living with HIV"
- "The HYC offers programming for LGBTQ+ youth and allies, ages 14-18, with special hours on Tuesdays for youth ages 10-13 and Thursdays for youth ages 18-24. You'll find computer access, health education, basic financial education, youth leadership training, HIV prevention education, life skills training workshops, discussion groups, creative and performing arts programming, and amazing social activities."

**HILLCREST
YOUTH
CENTER**
Virtual and Remote
Support for LGBTQIA+
Young People



INSTAGRAM & FACEBOOK @HILLCRESTYOUTH CENTER Monday-Friday 10:00 AM - 6:00 PM • Check in with staff • Peer updates • Weekly live streams	ZOOM & CALL IN OPTIONS 1:ON-1 CHECK-INS Connect with a member of the youth team Mondays & Wednesdays 1-4:00 PM SIGN UP Email us at: HYC@thecentersd.org
WEEKLY GROUPS GENDER IDENTITY Ages 10-13 Tuesdays 4:30-6:00 PM Ages 14-18 Fridays 4:30-6:00 PM TAY SUPPORT Ages 18-24 Thurs 12:00-2:00 PM SIGN UP Email us at: HYC@thecentersd.org	EMERGENCY SERVICES ARE YOU A YOUNG PERSON IN NEED OF ADDITIONAL SUPPORT OR RESOURCES? CONTACT US FOR: • Food assistance • Housing assistance • Mental Health Support HYC@thecentersd.org

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TAY & ADULTS

LIVE WELL
SAN DIEGO

South Bay Youth Center

SOUTH BAY YOUTH CENTER Drop in with staff This support is virtual/remote Sign up for more info here Virtual and Remote Support for LGBTQIA+ Young People	INSTAGRAM & FACEBOOK @SOUTH BAY YOUTHCENTER Monday-Friday 10:00 AM - 6:00 PM • Check in with staff • Peer updates • Weekly live streams	ZOOM & CALL IN OPTIONS 1:ON-1 CHECK-INS Connect with a member of the youth team Tuesdays & Thursdays 2-4:00 PM SIGN UP Email us at: southbayyouth@thecentersd.org
	WEEKLY GROUPS GENDER IDENTITY VIA ZOOM Ages 10-13 Tuesdays 4:30-6:00 PM Ages 14-18 Fridays 4:30-6:00 PM GENERAL SBYC ALL- AGES ZOOM GROUP Thurs 4:00PM-5:00PM SIGN UP Email us at: southbayyouth@thecentersd.org	EMERGENCY SERVICES ARE YOU A YOUNG PERSON IN NEED OF ADDITIONAL SUPPORT OR RESOURCES? CONTACT US FOR: • Food assistance • Housing assistance • Mental Health Support southbayyouth@thecentersd.org



- "The San Diego LGBT Community Center's South Bay Youth Center (SBYC) in Chula Vista will provide similar programming to The Center's Hillcrest Youth Center, offering a drop-in and recreational center for LGBTQ and non-binary youth, youth living with HIV, and their families and allies."
- "The South Bay Youth Center will be open three days a week from 3-7pm – on Wednesdays for youth ages 18-24, on Thursdays for 14-18 year olds and Fridays for those ages 10-13. In addition, the Youth Center will be open on Monday evenings for Mi Familia, a support group for parents of LGBTQ youth."
- For more information about the South Bay Youth Center, please contact Victor Esquivel, Director of Youth Services, at southbayyouth@thecentersd.org or at 619.692.2077 x207

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TAY & ADULTS

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Youth & Emergency Housing Support Services

- "In January 2005, after more than 3 1/2 years of hard work, The Center announced the creation of an innovative youth supportive housing project. This cutting-edge program is one of the first projects of its kind in the United States"
- "Sunburst Youth Housing Project provides 23 units of affordable, supportive housing for youth between 18-24 years of age, with a special focus on LGBTQ+ and HIV+ youth."
- "These high-risk youth were living in the streets or in public spaces, many after having been ejected from their homes because of their sexual orientation and/or gender identity."

Youth Housing
Services

1-ON-1 SUPPORT AVAILABLE

- Safe STAY Emergency Housing Program (youth ages 18-24)
619.694.6182
- Silvia Mejia 619.692.2077 x 124 smejia@thecenterd.org
- Angel Gonzalez 619.692.2077 x 159 angel@thecenterd.org
- Sunburst Housing
 - Katelyn Daniels 619.692.2077 x 144 kdaniels@thecenterd.org
 - Marc Piccoli 619.692.2077 x 143 mpiccoli@thecenterd.org

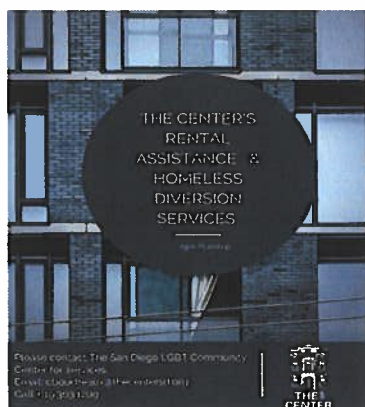


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TAY & ADULTS

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Emergency Housing & Diversion Services



- The Center has access to programs that can be utilized for emergency hotel voucher assistance, funds for helping to pay rent or avoid eviction, assistance in paying for a new apartment to live, and resources for other housing needs.

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Thank you

Pamuela Halliwell

San Diego LGBT Community Center

www.thecentersd.org

619-692-2077

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PANEL MEMBER:

LIVE WELL
SAN DIEGOL. TUILETUFUGA, AMFT, MS (THEY/THEM/THEIRS)
STAFF COUNSELOR AT THE CENTER

Supporting Older Trans/Gender NonConforming (TGNC) Folks

Obstacles in education, employment, government systems,
and housing

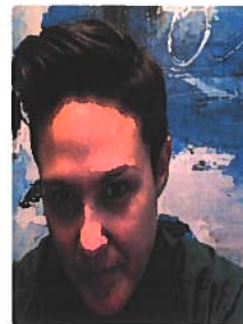
- (Assist TGNC folks in navigating resources. Create a community of care)

Lack of adequate social support networks

- (Connect TGNC folks to supportive community)

Discriminatory policies and practices/ barriers to access in health care
and mental health care

- (Advocate for & implement policy/practice changes that support and affirm individually and as agencies)



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RESOURCES AT THE SAN DIEGO LGBT CENTER



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- Behavioral Health Services
- Diamonds in the Rough Support Group
- Mentoring Program
- Volunteering/ Community Engagement
- Food Bank
- Senior Housing Program
- Transgender Support Services
- <https://thecentersd.org/programs/>

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PANEL MEMBER:



LIVE WELL
SAN DIEGO

NICHOLAS LAGUNAS, PREVENTION ASSISTANT MANAGER-HIV
SERVICES-SAN YSIDRO HEALTH GENDER AFFIRMING MEDICINE AND
SEXUAL HEALTH CLINIC

- San Ysidro Health Center Overview
- Prevention Services/GeMS Health Clinic
 - PrEP/PEP
 - At-Home HIV Testing
 - GeMS Health Clinic
 - LGBTQ Health Services Overview



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PANEL MEMBER:



LIVE WELL
SAN DIEGO

KIMBERLY THOMAS, (SHE/HER/HERS)
PHYSICIAN ASSISTANT-SAN YSIDRO HEALTH CENTER –
GENDER AFFIRMING MEDICINE AND SEXUAL HEALTH CLINIC

- GeMS Health Clinic- Adult Health
 - Medical perspective
 - COVID-19 considerations



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SAN DIEGO

QUESTIONS AND ANSWERS

PLEASE ENTER YOUR QUESTIONS IN THE Q&A

MODERATOR:

CHARISMA DE LOS REYES, MSW
(SHE/HER/HERS)

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RESOURCES

- <https://campsite.bio/bdb.sd> - **Breaking Down Barriers** is an outreach program that works with communities of color and the LGBTQ+ community to talk about mental wellness. Through educational presentations and events, we discuss the stigma of mental health and connect participants to helpful resources.
- <http://mxmendoza.ctcin.bio/> - explores living beyond the binary.
- <https://www.rchsd.org/programs-services/gender-affirming-care/> - Provide comprehensive, compassionate, evidence-based care and support to transgender and nonbinary youth and their families.
- <https://urbanrestorationcounseling.org/> - Provide individual, couples, family, and group therapy.
- <https://www.unityfellowshipchurchsandiego.com/> - safe, inclusive space for BIPOC/QTPOC folks to worship.
- <https://www.sdblackcoalition.org/> - Central hub for Queer Black life, connecting the community to resources, events, and outlets that support and enrich QTPOC lives, and providing opportunities to strengthen the community in which we live.
- <https://thegpcollective.wixsite.com/thegpcsd> - Created to empower the QTPOC/BIPOC communities by bringing visibility to the intersectional identities, supporting and centering those identities by creating an environment of healthy narratives of inclusivity, affirmation, love, and mental health support.

RESOURCES

- <https://pflag.com/> - PFLAG envisions a world where diversity is celebrated and all people are respected, valued, and affirmed inclusive of their sexual orientation, gender identity, and gender expression.
- <https://sandiegounified.org/a-to-z/index/lgbtqia/out-for-safe-schools> - This program was created as a way to encourage school staff to publicly identify as supportive LGBTQIA allies.
 - <https://sandiegounified.org/a-to-z/index/lgbtqia/lgbtqia-parent-family-support>
- <https://www.thinkdignity.org/> - Hands on Advocacy and Activism with the homeless.
- <https://theogbpp.wixsite.com/sdogbpp> - The San Diego Original Black Panther Party is in the business of changing and shaping lives. The work we do at our Non-Profit Organization is aimed at providing food to the most underserved, marginalized communities. We make sure our partners are empowered by creating opportunities for individuals and communities.

South Bay Youth Center

October 2020

Virtual Support Services for
LGBTQIA+ Youth (Ages 10-24)



SUNDAY Closed	MONDAY 10am – 6pm	TUESDAY 10am – 6pm	WEDNESDAY 10am – 6pm	THURSDAY 10am – 6pm	FRIDAY 10am – 6pm	SATURDAY Closed
				1	2	3
				TAY Zoom Chat Ages 18-24; 3pm	High School Zoom Chat Ages 14-18; 2pm Gender Identity Zoom Ages 10-13; 4:30pm	
4	5 Open Hours	6	7 Open Hours	8	9	10
	Chat with SBYC Staff Via Zoom, Phone, Chat, or Email No Appointment Required	Gender Identity Zoom Ages 10-13; 5:00pm Middle School Zoom Ages 10-13; 3pm	Chat with SBYC Staff Via Zoom, Phone, Chat, or Email No Appointment Required	TAY Zoom Chat Ages 18-24; 3pm	High School Zoom Chat Ages 14-18; 2pm Gender Identity Zoom Ages 10-13; 4:30pm	
11	12 Open Hours	13	14 Open Hours	15	16	17
	Chat with SBYC Staff Via Zoom, Phone, Chat, or Email No Appointment Required	Gender Identity Zoom Ages 10-13; 5:00pm Middle School Zoom Ages 10-13; 3pm	Chat with SBYC Staff Via Zoom, Phone, Chat, or Email No Appointment Required	TAY Zoom Chat Ages 18-24; 3pm	High School Zoom Chat Ages 14-18; 2pm Gender Identity Zoom Ages 10-13; 4:30pm	
18	19 Open Hours	20	21	22	23	24
	Chat with SBYC Staff Via Zoom, Phone, Chat, or Email No Appointment Required	Gender Identity Zoom Ages 10-13; 5:00pm Middle School Zoom Ages 10-13; 3pm	Non-Binary and Rad Ages 13-18	TAY Zoom Chat Ages 18-24; 3pm	High School Zoom Chat Ages 14-18; 2pm Gender Identity Zoom Ages 10-13; 4:30pm	
25	26 Open Hours	27	28	29	30	31
	Chat with SBYC Staff Via Zoom, Phone, Chat, or Email No Appointment Required	Gender Identity Zoom Ages 10-13; 5:00pm Middle School Zoom Ages 10-13; 3pm	Chat with SBYC Staff Via Zoom, Phone, Chat, or Email No Appointment Required	TAY Zoom Chat Ages 18-24; 3pm	Halloween Event TBA	

All Programming Host Via Zoom (unless otherwise noted)

Follow us on social media- Facebook: South Bay Youth Center – Instagram: @southbayyouthcenter

Virtual Service Hours: Monday to Friday – 10am to 6pm

October 2020

Hillcrest Youth Center

Virtual Support Services for
LGBTQIA+ Youth (Ages 10-24)



SUNDAY Closed	MONDAY 10am – 6pm	TUESDAY 10am – 6pm	WEDNESDAY 10am – 6pm	THURSDAY 10am – 6pm	FRIDAY 10am – 6pm	SATUR DAY Closed
27.	28. Open Hours Chat with Staff Via Zoom, Phone, Chat, or Email No Appointment Required	29. Middle School Zoom Ages 10-13; 3pm Gender Identity Zoom Ages 10-13; 5pm-6pm	30. Open Hours Chat with Staff Via Zoom, Phone, Chat, or Email No Appointment Required	1. TAY Zoom Chat Ages 18-24; 3pm	2. High School Zoom Chat Ages 14-18; 2pm Gender Identity Zoom Ages 10-13; 4:30pm-6pm	3.
4.	5. Open Hours Chat with Staff Via Zoom, Phone, Chat, or Email No Appointment Required	6. Middle School Zoom Ages 10-13; 3pm Gender Identity Zoom Ages 10-13; 5-6pm	7. Open Hours Chat with Staff Via Zoom, Phone, Chat, or Email No Appointment Required	8. TAY Zoom Chat Ages 18-24; 3pm	9. High School Zoom Chat Ages 14-18; 2pm Gender Identity Zoom Ages 10-13; 4:30pm-6pm	10.
11.	12. Open Hours Chat with Staff Via Zoom, Phone, Chat, or Email No Appointment Required	13. Middle School Zoom Ages 10-13; 3pm Gender Identity Zoom Ages 10-13; 5-6pm	14. Open Hours Chat with Staff Via Zoom, Phone, Chat, or Email No Appointment Required	15. TAY Zoom Chat Ages 18-24; 3pm	16. High School Zoom Chat Ages 14-18; 2pm Gender Identity Zoom Ages 10-13; 4:30pm-6m	17.
18.	19. Open Hours Chat with Staff Via Zoom, Phone, Chat, or Email No Appointment Required	20. Middle School Zoom Ages 10-13; 3pm Gender Identity Zoom Ages 10-13; 5-6pm	21. Open Hours Chat with Staff Via Zoom, Phone, Chat, or Email No Appointment Required	22. TAY Zoom Chat Ages 18-24; 3pm	23. High School Zoom Chat Ages 14-18; 2pm Gender Identity Zoom Ages 10-13; 4:30pm-6pm	24.
25.	26. Open Hours Chat with Staff Via Zoom, Phone, Chat, or Email No Appointment Required	27. Middle School Zoom Ages 10-13; 3pm Gender Identity Zoom Ages 10-13; 5-6pm	28. Non-Binary and Rad Ages 13-18	29. TAY Zoom Chat Ages 18-24; 3pm	30. High School Zoom Chat Ages 14-18; 2pm Gender Identity Zoom Ages 10-13; 4:30pm-6pm	31.

All Programming Host Via Zoom (unless otherwise noted)

Follow us on social media- Facebook: Hillcrest Youth Center – Instagram: @hillcrestyouthcenter

Virtual Service Hours: Monday to Friday – 10am to 6pm