

Overview of Behavioral Health Services & Youth Optimal Care Pathways Focus Group

**Live Well San Diego, Youth Sector
Wednesday, June 4th, 2025**

Daniel Romero, MA, Agency Program & Operations Manager,
County of San Diego, Behavioral Health Services – Communication & Engagement Unit



**LIVE WELL
SAN DIEGO**

Today's Presentation



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- **Behavioral Health Services(BHS) Department Overview**
 - Who We Are – Communication & Engagement (C&E) Team
 - C&E Community Efforts
- **LWSD Youth Sector Focus Group**
 - Facilitated by UCSD
- **Youth Centric Resources from BHS C&E**
 - (Should time permit)
- **Wrap up by LWSD Youth Sector Leadership**

Ice Breaker



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- **Let's Break the Ice**
- **Summer is on the horizon...**
 - In the chat, please share
 - Your Name
 - Part of the County you support
 - Your Favorite Summertime Treat to Eat!!!



Communication & Engagement (C&E)



OVERARCHING FUNCTION

To facilitate connections and knowledge sharing with community and county stakeholders.

- Non-clinical, centralized team established in November 2022.
- Staff provide subject matter expertise, planning and coordination support for departmental messaging and community engagement efforts.

Departmental Communications

Countywide Public Messaging Campaigns

Community Health Education and Promotion

Community Health Worker Coordination

Local BH Board/Commission Coordination

Stakeholder Engagement for BH Legislation

Public BH Workforce Development Efforts

Special Projects (*ad-hoc*)

C&E Efforts & Projects



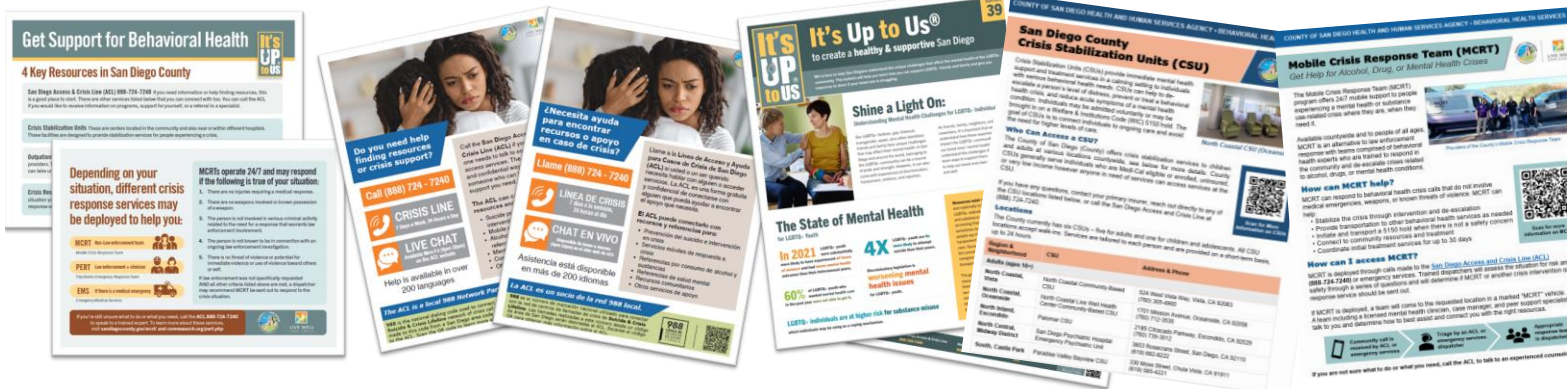
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HEALTH PROMOTION TEAM

Serves as a connection hub for community members to lift their voices while gaining access to information, resources, & services to improve their overall wellness.

- 30-Day Mental Wellness Practice
- Check Your Mood
- Mobile Crisis Response Team (MCRT)
- Access & Crisis Line (ACL)/9-8-8 Lifeline
- Contracts (3): Non-Clinical; Public Messaging/Education

- It's Up to Us
- San Diego Opioid Project
- Own Your Mindset



C&E Recent Community Engagements



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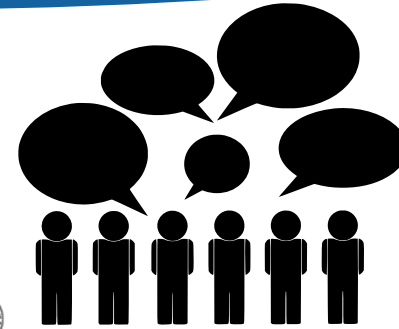
- "Let's Talk About..." Community Listening Sessions, Data Sessions, etc.
- Behavioral Health Services (BHSA) Input and Planning Sessions
- Youth Optimal Care Pathways (OCP) Focus Groups
- NAMI Walks Event – April 26, 2025, NTC Liberty Station
- Tabling and event support as requested



Youth Optimal Care Pathway



- Request from the Board of Supervisors
- Improve how youth access care
 - Informed by youth and those serving youth
- **Goal**: Support individuals who may be experiencing mental health & substance use challenges get the help people need, when they need it, with the best possible outcome
 - Make sure services and resources are designed to have the greatest impact
 - Improve youth access to care



County of San Diego

KIMBERLY GIARDINA, DSW, MSW
DEPUTY CHIEF ADMINISTRATIVE OFFICER

HEALTH AND HUMAN SERVICES AGENCY
1600 PACIFIC HIGHWAY, SUITE 200, MALDEN, CA 92121-3417
(619) 515-6555 • FAX (619) 515-6555

PATTY KAY DANON
CHIEF OPERATIONS OFFICER

March 24, 2025

To: Supervisor Terra Lawson-Remer, Vice-Chair
Supervisor Joel Anderson
Supervisor Monica Montgomery Steppe
Supervisor Jim Desmond

From: Kimberly Giardina, DSW, MSW, Deputy Chief Administrative Officer
Health and Human Services Agency

UPDATE ON CREATING A CHILDREN, YOUTH, AND TRANSITIONAL AGE YOUTH BEHAVIORAL HEALTH CONTINUUM FRAMEWORK

Our nation's decline in youth mental health was identified to be a public health crisis requiring immediate action and attention in the 2021 U.S. Surgeon General's Advisory, "Protecting Youth Mental Health", citing studies demonstrating major increases in certain mental health symptoms, including depressive symptoms and suicidal ideation. Across the nation, the influence of social media continues to play a significant role in worsening mental health. Recent polls show that teens in the United States (U.S.) spend an average of 4.8 hours per day using seven popular social media apps, with more than a third saying they use social media "almost constantly". While 13 is a common required minimum age for social media platforms in the U.S., nearly 40% of children ages 8-12 use social media. Additionally, local data of suicidal ideation mirrors national trends, with most recent data showing a 19% increase in emergency department visits for suicidal ideation and a 28% increase in suicide attempts/intentional self-harm from 2018 to 2022, among San Diego County youth ages 10 to 24.

To address needs among our youth, the San Diego County Board of Supervisors (Board) approved actions on September 24, 2024 (12) to create a behavioral health continuum framework for

Board of Supervisors
Recent Board Letter

Youth Optimal Care Pathway



- Your Expert Opinion Matters
 - Please be vocal
 - Please inform the Mentimeter
 - Ask if you need clarification on any question
 - Questions will offer you a chance to share your lived experience or the experience of those within your network
 - Remember...
These are complex questions;
There are no perfect answers



Welcome University of California, San Diego & Facilitation Team

Session Facilitated By:
Krystal Lira, PhD
University of California, San Diego

With Support From:
Jami Rund
Community Health Improvement Partners



Stay Tuned to BHS C&E for... Mental Health & Substance Use Prevention Brands and Websites

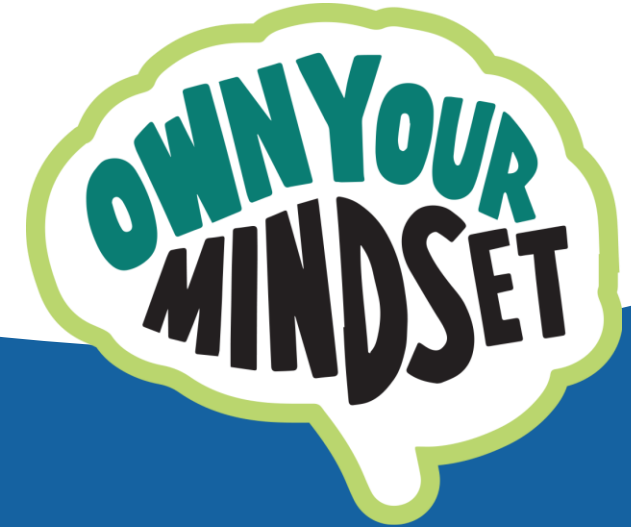


Originally designed to address adult mental health



ACTION AGAINST
THE EPIDEMIC

Designed to promote
harm reduction



Talk It Out SD

Uniquely tailored brand
designed to address
youth mental health

San Diego Opioid Project Naloxone Postcard



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Download and share naloxone information cards:

ENGLISH SPANISH ARABIC TAGALOG VIETNAMESE

Why the concern over fentanyl?

Fentanyl hides in more illegal opioids than you think, and those opioids are deadly. Opioid-related deaths involving synthetic opioids like fentanyl have more than tripled in the last decade and account for 82%** of all opioid overdose deaths in the United States. Any opioid that doesn't come from a doctor could be laced with fentanyl.

SCROLL FOR MORE ↓



Help so Carry nal

Having naloxone, an opioid medication, can help prevent overdose. Know where to get it and



Scan here for more information and naloxone locations

Why should you carry naloxone?

- Naloxone is a fast-acting medication that can reverse the effects of fentanyl and other opioids and helps quickly restore breathing.
- It can save lives and is important to have when around people using pills, powders, or other types of opioids.
- More than one dose of naloxone may be required to revive someone if fentanyl or another strong opioid is involved.

What are the "ABCs" to recognize an overdose?

- A. **Awareness** – person is unresponsive and won't wake up.
- B. **Breathing** – person's breath is slow or absent, or they are making choking or gurgling sounds.
- C. **Color** – the person's lips, skin, or fingertips are pale or blue.

What should you do if you suspect an overdose?

1. **Call 9-1-1 immediately.** California Good Samaritan laws can protect a person who is overdosing, or the person helping them, from legal trouble.
2. **Administer naloxone.** Use the medication on the person as soon as you can.
3. **Start rescue breathing or hands-only CPR*.** The emergency dispatcher can give you CPR instructions if you need them.
4. **Stay with them.** Monitor the person until help arrives.

*Perform rescue breathing if you have a pocket mask/face shield or the person is known to be non-infectious.



naloxone
nasal spray



administer
through nose

COMING SOON: Fentanyl
Testing Strips Postcard



Own Your Mindset Spotlight



[Tips and Activities](#)
[Resources and Support](#)
[Suicide Prevention](#)
[Call Crisis Line](#)

STRENGTHEN YOUR MENTAL HEALTH

No matter where you're at with your mental health, it can always get stronger. Find tools to help you explore your feelings and #OwnYourMindset.

[Get Tips and Activities](#)

MENTAL HEALTH CHECK-INS

It's common to need mental health support. But sometimes it's hard to tell when you do. Struggles show up differently for everyone and don't always look like panic attacks or wanting to stay in bed all day. Even stuff that seems small can add up and mess with your daily life.

NOT SURE WHERE TO START?

[San Diego Autism & Crisis Line](#) →
Call 24/7 to talk to someone local or get help for yourself or a friend. You can also connect with someone on live chat at [jhd55.org](#).

[Call](#) [Chat](#)

NEED CRISIS SUPPORT?

988 Helpline & Crisis Lifeline

→
If you or someone you know is thinking about suicide or in crisis, text or call 988 to connect with a trained crisis specialist 24/7. Specialists can also help you figure out what to say to someone you're worried about if you're not sure how to start the conversation.

[Call](#) [Text](#)

Crisis Text Line

→
Volunteer Crisis Counselors are here to 24/7 if you're stressed out, feeling bad, could use some support. Text "HOME" to 741741.

[Text](#) [Chat](#) [WhatsApp](#)

WANT SOMEONE TO LISTEN?

San Diego County WorriSpace

→
If you're having a hard time and want someone who'll listen, call the WorriSpace. Talk to volunteers who have experience with mental health issues, 8:30 p.m. – 11:00 p.m.

[Call](#)

Teen Line

→
If you want to talk to someone your age, text or call a teen counselor at Teen Line. It's confidential and anonymous and available every night, 8:00 p.m. – 10:00 p.m.

[Call](#) [Text](#)

It's About Your Project

→
If you identify as LGBTQ, text or call for free. Counselors understand unique challenges LGBTQ young people face & available 24/7.

[Call](#) [Text](#)

LOOKING FOR MENTAL HEALTH APPS?

Johnson App

→
Chat 1:1 with a professional coach and get wellness tips and tools. It's completely private, and you don't need parent permission to use it. Plus, the California Department of Health Care Services covers all the costs, so it's 100% free.

[Learn More](#)

RebootLife Kids App

→
Made for kids ages 0-12, this app helps families deal with everyday stress and worry. Everything RebootLife Kids offers is fully paid for by the State of California.

[Learn More](#)

If you or someone you know is in life-threatening danger, call 911

I NEED SUPPORT

REACHING OUT IS ONE WAY TO START

There's no wrong way to start. It's not easy, but talking with someone can help you work through whatever you're feeling. Your feelings are valid, and you're not alone.

ASK FOR WHAT YOU NEED

Opening up about what you need can be difficult, but your needs matter. Tell friends if you want them to just listen, talk, or help you get professional support.

I WANT TO SUPPORT A FRIEND

CHOOSE SOMEONE YOU TRUST

Talk to someone who makes you feel safe and seen. This could be a friend, family member, or mentor you trust and feel comfortable with.

FIGURE OUT NEXT STEPS TOGETHER

Sometimes it's hard to know what you need—especially when you're working through heavy emotions. Be open to exploring what you might want or need.

MEET UP, CALL, TEXT, OR VIDEO CHAT

Reach out your way. Do whatever feels comfortable. Even if it's a text asking to chat.

12

Talk It Out SD Youth Suicide Prevention Resources



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Conversation Starter

"You seem off lately. What's up?"

It's hard to find the right words to open up about suicide. But chatting with someone you trust is a way to connect and not feel so alone. See how you can make it easier to talk, and learn what to say.

Ways you can help:

- Ask directly about suicide. It won't make things worse—in fact, it can save a life by showing you care.
- You won't have all the answers. Talking about it helps—let them know this is a safe space, and listen.
- Encourage openness by listening without judgment, dismissiveness, or minimizing their feelings.
- Explore and discuss what resources feel right for them.

Resources:

- Lifeline**
If someone is thinking about suicide or calling 911, call Lifeline at 1-800-273-8255.
- The San Diego County Suicide Prevention Council (sdchip.org)**
The San Diego County Suicide Prevention Council (SDCPC) is a collaborative community-wide effort focused on realizing a vision of zero suicides in San Diego County. Our mission is to prevent suicide and its devastating consequences in San Diego County.
- Survivors of Suicide Loss (sosulsd.org)**
Peer-led San Diego-based support groups for anyone who has lost a loved one to suicide and is looking for support, comfort, resources, and hope in a judgment-free environment.

TalkItOutSD.org

Logos for County of San Diego, Live Well San Diego, and NAMI San Diego.

Youth Materials

Conversation Starter

"You know we can talk about anything"

Suicide can feel like a scary topic to discuss with your teen, but honest dialogue is how you can help prevent suicide. Knowing where to start can still be hard. If you need help talking it out, find free tools, tips, and resources to get the conversation started at Up2SD.org.

Ways you can help:

- Ask directly about suicide. It won't make things worse—in fact, it can save a life by showing you care.
- Have regular, open conversations about feelings and mental health to build trust.
- You won't have all the answers. Talking about it helps—let them know this is a safe space, and listen.
- Encourage openness by listening without judgment, dismissiveness, or minimizing their feelings.
- Explore and discuss what resources feel right for them.

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- NAMI San Diego (namisanadiego.org)**
Free, safe, and confidential information, referrals, and support for individuals and their loved ones.

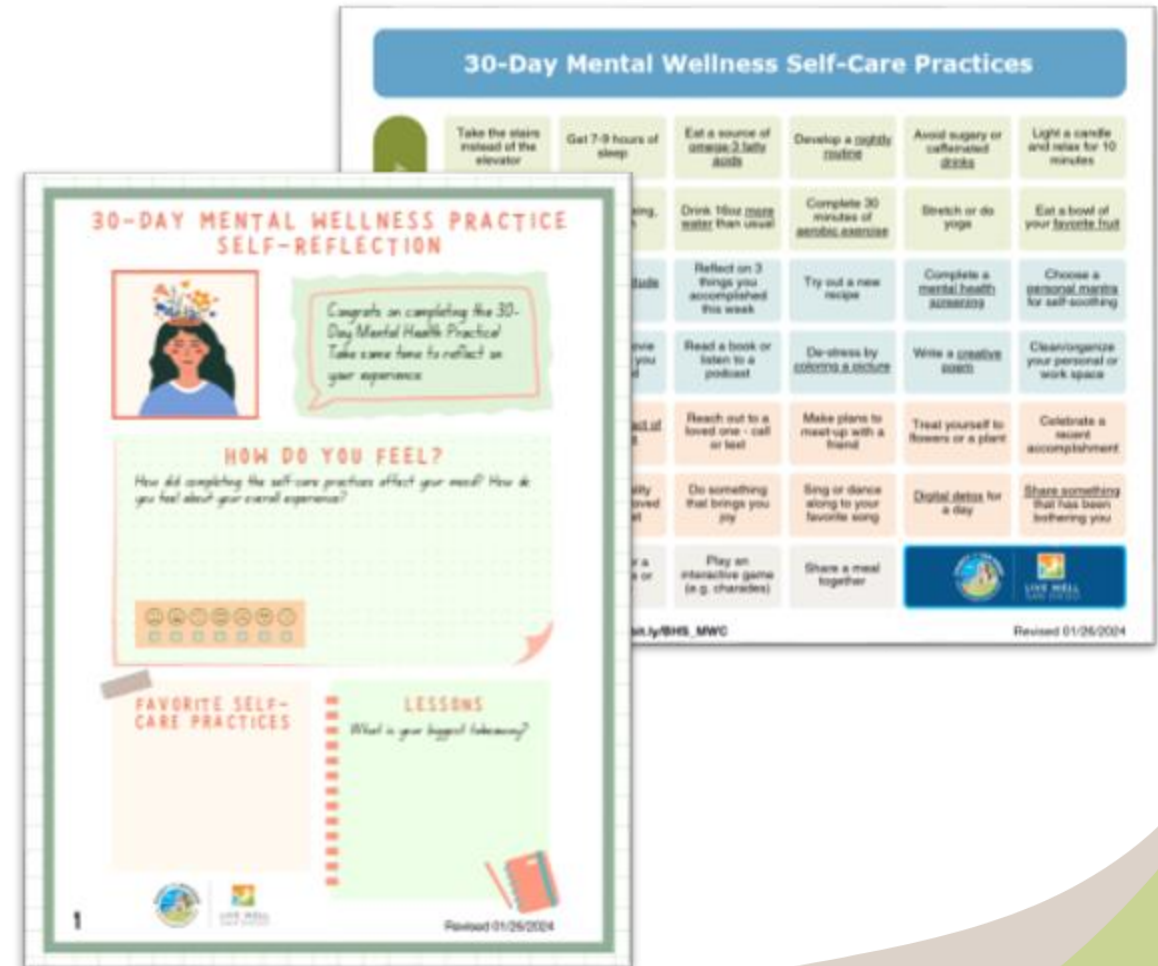
Logos for County of San Diego, Live Well San Diego, and NAMI San Diego.

Parent Materials

30-Day Mental Wellness Practice



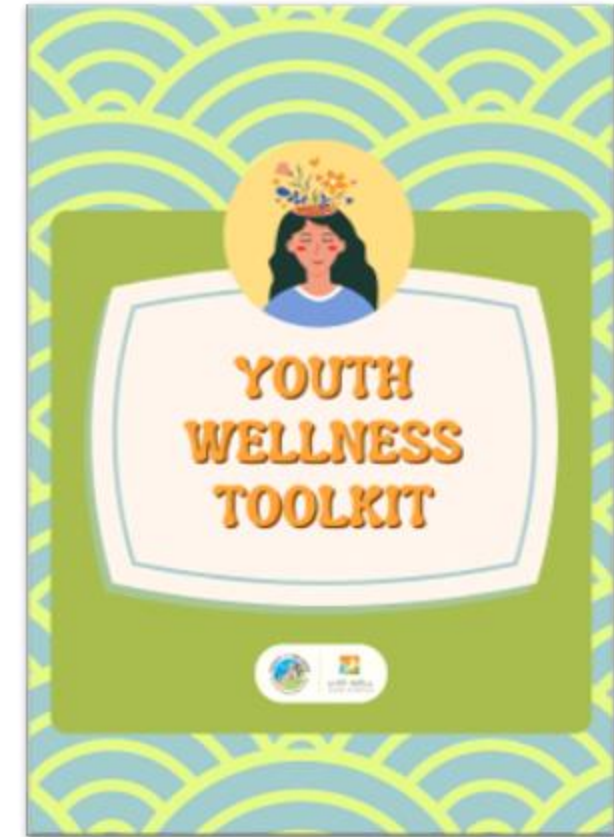
- The **30-Day Mental Wellness Practice** is a fun, free, and accessible way for you to engage in daily self-care activities that support your unique mental wellness needs and goals.
 - Provides a list of Self-Care Practices and a Calendar template to track activities.
 - Fully customizable experience that you can do on your own or with your loved ones



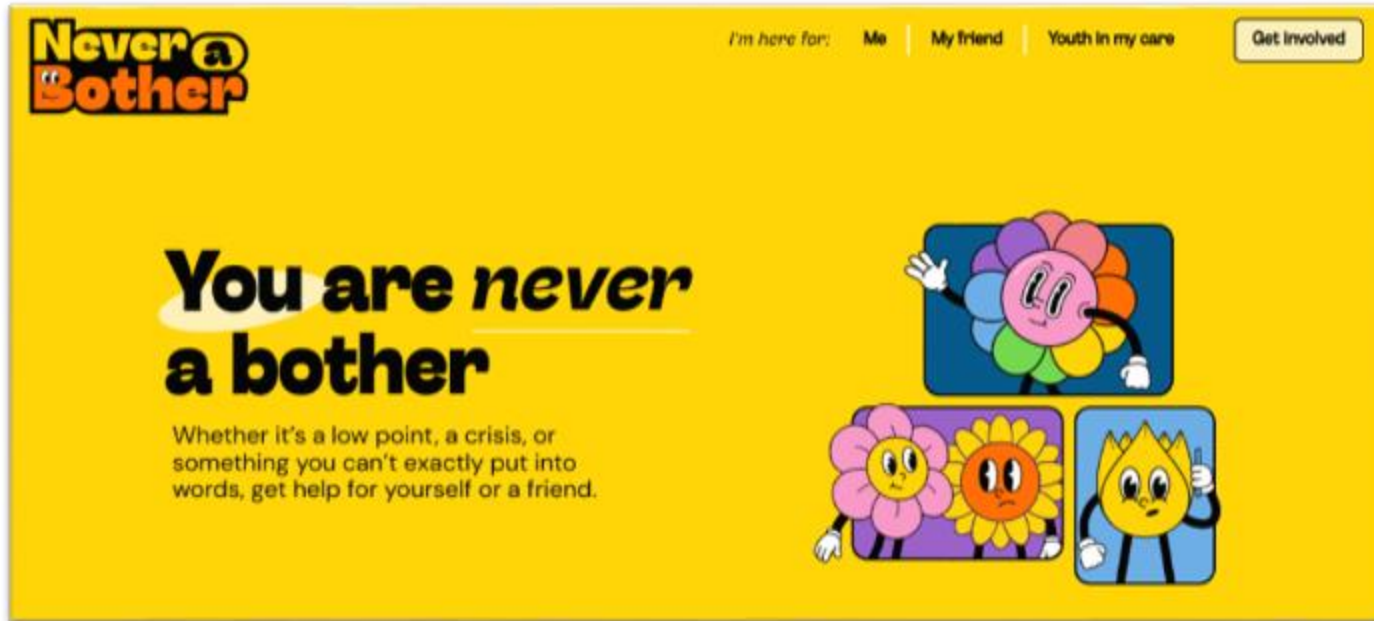
30-Day Mental Wellness Practice Youth Extension Pack



- The **Youth Extension Pack** is a tailored wellness toolkit that expands on the 30-Day Mental Wellness Practice
 - **COMING SOON: Early June 2025**
 - Includes Self-Care & Routine Checklists, Self-Esteem Journal Pages, How-To Guides, Teen Wellness Resource Page, School Advocacy Tips, and Next Steps to help youth take charge of their mental wellness journeys
- Join the [BHS Youth Engagement Distribution List](#) to be notified of this resource's launch!



Community-Based Mental Health Resources



Thank You!



- Communication & Engagement Unit:
Engage.BHS@sdcounty.ca.gov
- **Danny Romero** (he/him/his)
Agency Program & Operations Manager
Danielm.Romero@sdcounty.ca.gov
- For updates regarding youth engagement efforts, subscribe to youth distribution list through
bit.ly/BHSYouthEngagement



Request a presentation, outreach event participation, or materials about our services and resources through our [Community Request Form](#) – Open to anyone in the community!