

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	HHS 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"> ○ Early Childhood ○ Education Advisory ○ CADRE ○ TAY Council 	<ul style="list-style-type: none"> ○ Family and Youth ○ CCRT ○ Outcomes ○ 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:
 - Over 12,500 unique individuals were served
 - 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
 - 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
 - Currently, projected expenditures are larger than projected revenues
 - Unspent funds, which are one-time funds, have been dedicated to fund programs
 - 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
 - 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.
 - Background: Community Forums started as MHSA Forums and have evolved to Behavioral Health Services Community Engagement Forums and Focus Groups
 - Topic: Mental Health and Substance Use Disorder Prevention, Innovation, and Meaningful Engagement
 - There will be six forums (one per County region), two have been scheduled.
 - Community Forums Audience: Everyone is welcome as each person has input to share
 - 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
 - Fliers will be available in all threshold languages
 - 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
 - Focus groups are also being planned, including:
 - Youth Transitioning or who have transitioned from the Foster Youth System
 - BHAB
 - ✓ Input/Feedback/Questions
 - 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

- o 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.