

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

### MEETING MINUTES

June 13, 2016 – 9:00-10:30 A.M

3255 Camino Del Rio South- La Jolla Room

+ =Member in Attendance

O =Absent

E =Excused

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

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

**Staffing Support:** Yael Koenig, Edith Mohler, Grisel Ortega

**I. Welcome and Introductions (Delrena Swaggerty)**

- Welcome NAMI/Family Youth Liaison, Renee Cookson- [www.namisandiego.org](http://www.namisandiego.org) under services you will find the CYF Liaison Blog
- Welcome Amanda Lance-Sexton, Behavioral Health Program Coordinator- she will be taking overseeing Pathways to Well-Being component and will be taking the responsibility for a number of contracts primarily day services. Prior to that occurring the contracts will be contacted for changes.

**II. Approval of Minutes- May 9, 2016 (Barry Fox)**

- Approved

**III. Director's Report (Alfredo Aguirre)**

- No Place Like Home Initiative-** State Senate felt more needs to be done to address homelessness and for those with serious mental illness. The California Behavioral Health Directors Association (CBHDA) which is an affiliate of California State of Associates of Counties (CSAC) has some concerns and would like to have it amended. It is a 2 billion dollar bond that will provide capital acquisition and rehabilitation for permanent housing for individual with serious mental illness who are homeless. Most counties like San Diego County are already doing their own initiative toward permanency housing. It has been emphasized to the state that the intent is great but there is concern over lack of local discretion. The bond will set up competitive procurement process and counties will be competing with each other.
- Bill AB2017 College Mental Health Services Trust Fund-** Since MHSA was established there has been campaigns that take money from MHSA and designate it for a particular population. It is well intended but the intent of MHSA is for funding to go to local communities so the county can look at their own priorities and own stakeholder process and set priorities as a community. The bill will take dollars out of MHSA-PEI Programs to establish counseling services for public community colleges and universities. Is seems redundant and as there are already council programs at the higher education level. It is good that community colleges are part of this as most of the population tends to navigate through them. There is not a lot of clarity of how this will be operationalized or how the procurement process will work.
- 10 Year Road Map-** Moving forward with Board Letter in July for MHSA Annual update. In that board letter there will be a 10 year road map frame work.
- Continuum of Care Reform (CCR)-** CCR is looking to ensure foster youth get the level of care they need with an emphasis on permanency and home like settings. The requirement is effective January 1, 2017. There are new standards and regulations which will impact behavioral health services and how they support foster youth. BHS is working with CWS and Probation on CCR Reform.

**IV. Mental Health Services Act (MHSA)- Update (Adrienne Yancey-Collins)**

- Mental Health Services Act FY16/17 Annual update-** went before a public hearing last month. There were a few comments and there were no major changes. It will be taken to the Board of Supervisors on July 19. In the update it has been highlighted that MHSA dollars will be used for a new pilot program of the state has under Medi-Cal for Whole Person Care (WPC). If BHS is able to meet parameters, the pilot will be bring additional dollars under community and some services support with that match. The pilot will impact the Adult System of Care and Transition Aged Youth

(TAY) who are high utilizes of multiple systems, often having incarcerations as result of their mental health and homelessness. They have to have a primary serious mental illness, primary substance used disorder or chronic health medical necessity.

- B. **MHSA Issue Resolution Policy Update-** the new family youth liaison is now NAMI and the contact person is Sue Skubi.
- C. **Community Forums-** The 10 year Road Map frame will be developed through these community forums. They will happen in August and September, 12 total forums, 6 in the morning and 6 in the evening. Due to August being dark for the Council the forum will take place at our September 12 Council meeting. Amended to have BHS Forum in the Central Region on the morning of 9/12/16 in lieu of the CSOC Council to allow for attendance.

## V. Business Items

### A. **Advancing Principles Award** (Delrena Swaggerty)

- Michelle Ly received the award and was nominated by several people. One of the people that nominated her is Mary Ellen Baraceros. Michelle works at UPAC as the Program Manager of the Multicultural Community Counseling (MCC) Program. The following is an excerpt from one of her nominators- Michelle embraces all the Children's System of Care Principles and have implemented them in her clinical work when she worked as a Therapist in the system of care. Now as a Program Manager she leads from experience and structures the operations of the Multicultural Community Counseling Program operations to deliver on all of the principles. Michelle has strong sector collaboration between youth/families, public agencies, private organizations and education through individualized consultations that she provides to ensure that there is a clear understanding of how each sector can maximize their resources and increase understanding for the best outcome for the client and family. These consultations are always done through the cultural lens for the goal of providing accessible and relevant services and support, which for the MCC Program means community-based services. Michelle provides Supervision and training with all levels of staff to ensure that services are individualized, strength-based, youth guided and family driven, with the goal of positive outcomes and continuous improvements as needed. Michelle strives for excellence in her work and uses these principles as her foundation.
- Sandy and Paul Fores received the award and were nominated by Ali Freedman. The following is an excerpt from Ali's nomination form- I am offering this non-traditional nomination I believe to be 100% in line with the spirit of this recognition and the System of Care principles and mission. One Thursday morning I received a call from a former NREFM foster parent with whom I had the pleasure of working in CASS 8+ years ago who was also served by the FFYC Wraparound program. She and her husband went from being informal supports, to being NREFM foster parents, to being adoptive parents. The request was... "You always said if there was anything you could do to help, to call. Well, even if all you can do is listen, I need that. And, if you need to take my family (with 8 kids in her care, at this point!) off the list for Toys for Tots in order to help this other family, please do. I mean, those are just presents, but these are people..." She proceeded to tell me about a single mother of 5 suffering from a serious medical problem who had recently become homeless. She was terrified of losing her children or having them split up. This mom has been clean for 7+ years, has a history with CWS and sees CWS as having saved her life and given her an opportunity to be a mom. Mom remained drug free through becoming homeless and was committed to her children. Even while scrambling to stay in a motel, she made sure her school aged children got to school. After gathering some history and needs, I got to work tapping into the San Diego Children's System of Care. Burning up email, texts, and voicemails, I was able to reach out to more than 30 leads, and those leads led to others, in no time. Within 30 hours I had a donor to pay for the motel for up to a week and longer as needed; food, clothing, toothbrushes, toys from Jewish Family Services and FFYC; transportation and additional resources from the Homeless Liaison at La Mesa Spring Valley School District; additional leads and psychiatry resources from Vista Hill; community resources from the East County Collaborative including Spiritual Support; and transitional housing with counseling and other supportive services for families who have experienced Domestic Violence from South Bay Community Services. I also had a tearful, grateful mom of 5 kids and a tearful, grateful mom of 8 kids expressing their heartfelt gratitude. Mom said, "whatever I can do to pay you back. I'll come work for you as much as I can. Whatever I can do." Because of our System of Care, I was able to respond, "The only thing you have to do to repay us is the one thing you can do better than any of us...be a great mom to your kids." The first morning they woke up in their apartment, mom sent a message to me, "I woke up to five smiling children. It was the best ever. Everybody is so happy. Thank you so much."

- B. **Mental Health Bill of Rights/Questions to Ask** (Yael Koenig)- Pamphlet  
 It is a resource for the system of care partners to make available for families as they enter their program. This resource helps guide not only foster youth but all youth on how they can ensure they have dialog with treating psychiatrist about their medication and how to advocate for themselves and their families can be part of that process. Please order pamphlets through [jane.trogli@css.ca.gov](mailto:jane.trogli@css.ca.gov)
- C. **Private Sector Sub-Committee Recommendations** (Yael Koenig)- Handout  
 A summary of the eight recommendations and responses to them were attached to the meeting packet. Some of these recommendations are already being worked on existing committees and others are committees that may be formed in the future. The private sector will take the response back to their sub-committee to see what they may want to continue working on.
- D. **FY16/17 CYFBHSOCC Sub-Committee Reporting Schedule** (Yael Koenig)- Handout  
 Schedule for new fiscal year sub-committee reporting.
- E. **Documentation Training For Child/Youth, Parent & Peer Support Partners** (Yael Koenig)- Handout- This training is facilitated through County QI.
- F. **JV220 Update** (Dr. Laura Vleugels) - Last year senate bill 238 was passed and led to some changes in the JV220 process. Some feedback was gathered at the council for the Judicial Council. The Judicial Council has made modification to the process:
  - There will be new forms.
  - There will be opportunity for guardian to provide feedback on a dedicated form.
  - There will be a dedicated form for youth to provide feedback.
  - There will be a new form for protective services worker and probation officers to weigh in on the treatment for the youth.
  - The prescribers form has also been modified. In the past prescribers had one form. Moving forward there will be two forms. The first form will be if it's a new prescriber to the youth or if the prescriber is choosing to start a new medication. The second form, which is a new form, if the same prescriber is continuing the same medication.
  - The form has been modified to be longer with more detailed questions.
  - The process for prescribers will remain unchanged, in that the same forms will be submitted to the protective services worker, sent over the Vista Hill Juvenile Court clinic for review and input will be provided to the judge.
  - Vista Hill Juvenile Court clinic will modify their review slightly to incorporate the guidelines, this are the same modifications made on the medication monitoring tool.
- G. **Summary of Second Annual Children's Mental Health Celebration** (Yael Koenig)- Handout  
 There were about 100 individuals that attended the May 4<sup>th</sup> event. There were booths by Fred Finch and Public Health. Had community come together with Drum Circle and Yoga. There were 22 CYF programs that submitted art work. The art work is being displayed at the BHS administration building and some will be distributed to CYF programs that submitted art work.

**VI. Sectors "Hot Topics" from Council Representatives**

**Public Input/Discussion to follow** (Delrena Swaggerty) - Handout

- A. **Warm Handoff Update** (Yael Koenig)- The private sector subcommittee will work on a communication and training plan.
- B. **Postpartum Mental Health Resource Grid Update** (Yael Koenig)- Partners around the community have provided input on resources to add to the postpartum services grid. The grid has been updated with a contact person to input information to this grid. The grid has been shared with the Access and Crisis Line, Adult system of care and TAY workgroup and has been posted in the Optum and 211 website. It is in the process of being posted in the Network of Care website.
  - Optum:  
<https://www.optumsandiego.com/content/sandiego/en/county-staff---providers.html>  
<https://www.optumsandiego.com/content/sandiego/en/community-resources.html>
  - 211:  
<http://211sandiego.org/mental-health-services>
- C. **Limited Psychiatry**- Please see "Hot Topics" handout attached.

**VII. Sub-Committee Update Reports (If time permits)**

- A. **Outcomes** (Angela Chen)- Handout  
 Looked at FY14/15 behavioral health assessment question of "Client Experienced Trauma" yes or no question. Report indicate BHS is doing very well getting this question assessed. 60.4% answered yes and 31.4% answered no, if you combine those two 91.8% of clients are getting a trauma question assessed.

The Outcomes subcommittee is also taking action to help add Help Text to the BHA by using the SAMHSA definition.

- B. **Early Childhood** (Ali Freedman)- None
- C. **Education Advisory** (Mara Madrigal-Weiss)- Handout
  - Heather Nemour provided the Project Cal-Well Newsletter. The newsletter is intended for all stakeholders involved in Project Cal-Well including SDCOE, CVESD, MEUSD, WUSD and key partners in the grant. You will be provided with quarterly updates on the project as well as current information and best practices in behavioral/mental health and wellness.

**VIII. Announcements**

- April 2016 CWS Foster Family Agency/Group Homes Summaries (Barry Fox)- Handouts
- Next Council meeting is the Annual Strategic Planning Meeting- Monday, July 11, 2016 from 9-11 AM at 8965 Balboa Ave, San Diego, CA 92123- Room 1a/b
- Next CYFBHSOCC Exec. Committee Meeting- Monday, June 27 at 10AM (Conference Call)
- Registration is now open for the 7<sup>th</sup> Annual Early Childhood Mental Health “We Can’t Wait” Conference- Where Nature and Nurture Meet- September 22-24, 2016 at Crown Plaza Hotel, San Diego, CA. Register at <http://www.earlychildhoodmentalhealth-sandiego.com/registration-information/>

**IX. Action Item**

Action Items	Action By	Action Due
Post Postpartum Grid to Network of Care	Grisel Ortega	<a href="http://sandiego.networkofcare.org/mh/library/learning-center.aspx?lc=depression">http://sandiego.networkofcare.org/mh/library/learning-center.aspx?lc=depression</a> Complete
10 year Road Map	Alfredo Aguirre	July 11, 2016 Annual Strategic Planning Meeting- Complete
BHS Community Forum	Adrienne Yancey	September Council Meeting was replaced with a BHS Forum on 9/12/16. Complete
Email SmartCare Brochures	Deborah Skvarna	Complete
Have a Federally Qualified Health Center (FQHC) present to the Council	Yael Koenig	November Council Meeting
Compile directory of FQHC	Yael Koenig	Council of Community Clinics is working on it.

**Sub-Committees/Sectors/Workgroups Meetings Information:**

**Outcomes:** Meets the 1<sup>st</sup> Tuesday of the month-La Vista Room from 11:30 A.M. to 1:00 P.M.

**Early Childhood:** Meets after this meeting-La Jolla Room from 10:30 A.M. to 12:00 P.M.

**Education Advisory Ad Hoc:** Meets As Needed.

**TAY Workgroup:** Meets quarterly the 4<sup>th</sup> Wednesday of the month-La Vista Room from 11:30 A.M. to 1:00 P.M.

**CYF CADRE:** Meets quarterly-2<sup>nd</sup> Thursday of the month-Del Mar Room from 1:30 to 3:00 P.M.

**CCRT:** Meets the 1<sup>st</sup> Friday of the month-La Jolla Room from 10:00 to 11:30 A.M.

**Family and Youth Sector:** Meets the 4<sup>th</sup> Thursday of Sept 16, Oct 27, Jan 26, Apr 27 at 8964 N Magnolia St, Santee, CA 92071 from 6:30 P.M. to 8:00 P.M.

**Family and Youth As Partners:** Meets the 3<sup>rd</sup> Thursday of the month- Del Mar Room from 2:00 to 3:30 P.M.

**Private Sector:** Meets the 3<sup>rd</sup> Wednesday of the month- 7535 Metropolitan Dr, San Diego, CA 92108 at 1:00 P.M.