

**Mental Health Services Act: Prevention & Early Intervention**  
**Work Group: Ages 13-17**  
**August 13, 2008**

**Facilitator:** Dr. Jerry Solomon

**Attendees:** Adam Harrison, Aimée Mangan, Belinda Rubalcava, Carly Galarneau, Carol Williamson, Cecile Mills, Ginny Gómez, Holly Heath, Janet Seminerio, Javier Diaz, Jenny Sarmiento, Kaleo Kaluhiwa, Linda Betts, Martine Watkins, Mary Cross, Michael Paynter, Nora Rahimian, Pam Bartholomew, Ron Indra, and Vanessa Wilson

1. Agenda Review
2. All attendees shared introductions and personal agendas.
3. Old business
  - a. Review of State DMH guidelines, funding allocation and the three age groups for Prevention & Early Intervention.
  - b. Jerry reported on MHSA Steering Committee’s guidance regarding workgroup funding:
    1. 0-25 age group, \$840,000 - \$1,050,000
    2. 26-59 age group, \$210,000 - \$350,000
    3. 60+ age group, \$140,000 - \$280,000
  - c. Priority groups determined by each workgroup:

	Stressed Families	Trauma Exposed	Onset of Serious Mental Illness
0-5	X	X	
6-12	X	X	X
13-17	X	X	X
18-25		X	X
26-59		X	X
60+		X	X

- d. Three evening meetings for all workgroups have been added to the schedule:

August 19, 2008 (6:30-8:30 p.m.) 1080 Emeline Avenue (Large Auditorium)	“Trauma-Informed Services,” presented by Gabriella Grant (the purpose is to expose everyone to evidence based practices). Q&A to follow. At the end, Dr. Jerry Solomon will lead the group to look at outcomes.
August 26, 2008 (6:30-8:30 p.m.) 1080 Emeline Avenue (Large Auditorium)	“Onset of Mental Illness,” presented by Dr. Charles Johnson, with a panel of consumers and family members to share what worked/what

	didn't.
September 3, 2008 (7-8:30p.m.) 85 Nielson St., Watsonville (Pajaro Valley Health Trust)	“Stressed Families,” presenter TBA. Jerry will lead the group to look at outcomes.

4. The group brainstormed a Program Speaker List for the workgroup:
  - i. Barrios Unidos
  - ii. Triangle Speakers
  - iii. Defensa de Meujeras
  - iv. Walnut Avenue Resource Center programs for boys and girls.
  - v. PVSDSA
  - vi. Y.E.S. program
  - vii. Youth Services – Nuestro Futuro
  - viii. Green Body & Mind
  - ix. Stigma & Discrimination
  - x. Suicide Prevention
  - xi. NAMI
  - xii. CRP – Youth in Probation
  - xiii. United Advocates for Children/Families
  - xiv. Protection & Advocacy
  - xv. Green Body Mind
5. Priority Populations
  - a. Onset of serious mental illness
    - i. (26) Exposure to violence
    - ii. (24) Substance use/abuse
    - iii. (12) Genetics
    - iv. (11) Isolation
    - v. (10) Nutrition
    - vi. (7) Homelessness
    - vii. (5) Bullying
    - viii. (4) Sexual behavior
  - b. Youth in Stressed Families
    - i. (26) Sexual/emotional/physical abuse
    - ii. (22) Economics: poverty, employment, housing
    - iii. (22) Criminal Justice involved families
    - iv. (20) Victims of crime/discrimination/stigma
    - v. (10) Divorce/loss
    - vi. (8) Parents with a mental illness
    - vii. (6) Emerging as a LGBT person
    - viii. (5) Neglect and abandonment
  - c. Trauma exposed youth
    - i. Gatekeepers
      1. Extracurricular programs
      2. Community leaders
      3. Peers/friends

ii. Risk Factors

1. Parental distress
2. Witnessing/involved with violence (domestic, abuse, gang, etc.)
3. Substance abusing parents
4. Family with mental illness
5. Incarcerated parents
6. Divorce/loss
7. Poverty
8. Immigration issues
9. Youth incarceration
10. LGBT emergence
11. Homelessness
12. Nutrition
13. Gang involvement
14. Lack of education/awareness of trauma involved practices by service providers
15. Stigma/discrimination
16. Oppression
17. Family history of suicide
18. Inept/wrong diagnosis of mental illness
19. Medication
20. Inadequate parenting skills
21. Difficult peer interactions
22. Difficulty with attention

iii. Indicators

1. Similar to Onset and Stressed families indicators
  2. Inappropriate affect
  3. Kids “under the radar”
  4. Physical issues (sexual milestones, physical complaints)
  5. Self harm
  6. Self medicating
6. A draft of local mental health resources was shared with the workgroup and members were encouraged to send their comments and additions to either Alicia or Linda. Copies of the DMH document describing priority populations were distributed, as were definitions of common mental health terms and acronyms.
  7. Next steps for the workgroup are to identify the top three risk factors for Trauma Exposed Youth; and begin to think about outcomes they’d like to see addressed by programs recommended by this group.
  8. Next meeting will be on 8/27/08 from 9:30 a.m. – 11:30 a.m. at the United Way, located in the Begonia Shopping Center at 1220-C 41<sup>st</sup> Avenue, Capitola.