

Mental Health Services Act: Prevention & Early Intervention
Work Group: 13 - 17
August 27, 2008 meeting notes

Attendees: Jerry Solomon (Facilitator), Alicia Nájera, Martine Watkins, Stuart Rosenstein, Bonita Magnoni, Rita Martinico, Guy Grant, Emily Marsh, Belinda Rubalcava, Patricia Shroeder, Janet Seminerio, Pam Bartholomew, Ginny Gomez, Vanessa Wilson, Javier Diaz, and Yolanda Pérez-Logan.

1. Agenda review.
2. Introductions.
3. **Speakers:** Stuart Rosenstein and Vanessa Wilson on the subject of LGBT services and issues in Santa Cruz County. Stuart is from the Queer Youth Task Force (and they sponsor the Queer Youth Leadership Awards every year). Services include the Gay Straight Alliances (GSA) which function like a club at several of the high schools (with strong programs at Watsonville High and Santa Cruz high); LGBT Task Force (which function on an ad hoc basis at PVUSD and Santa Cruz City Schools; Strange (at Youth Services); the Scene (at the Diversity Center); and Triangle Speakers (panel of people that speak about their lgbt/queer experience. Law AB537 states that schools have to be safe, but some schools are not very welcoming (e.g. Triangle Speakers are not welcome at 2 schools). There is a small number of youth that are being reached, based in large part because programs are not fully funded. Issues for this age group include dealing with schools (from students to administrators) that are not queer friendly; coming out (even with “liberal” parents; suicide; homophobia & harassment; drug/alcohol issues; bullying; and homelessness (30% of homeless youth are queer). Issue of bullying and homophobia also affects straight kids who are called names; it is especially problematic when youth complain to adults and nothing is done about it. Suggestions for prevention include having support groups (not just social groups) that have licensed therapist facilitating them (e.g. a “coming out” support group), and trainings on queer issues required for teachers and staff at youth programs.
3. **Trauma Risk Factors.** Group did “sticky dot” exercise. Each person got 6 “sticky dots” and was able to mark the risk factor that they thought was most serious; each person could put up to three dots on one risk factor, put had to put the rest on other factors.
 - Economics – poverty, homeless [11]
 - Stigma, discrimination, oppression [2]
 - Nutrition [5]
 - Medication [3]
 - Difficulty with peer interactions [2]
 - Difficulty with attention [0]
 - Family issues (mental health, substance abuse, history of suicide, child sexual abuse) [20]
 - Parent issues – distress, inadequate parenting skills [5]
 - Immigration issues [4]
 - Incarceration of youth or parent [4]

- LGBT emergence [17]
 - Gang involvement [4]
4. **Recap from PEI “101”:** **Universal Prevention:** risk free for everyone; low cost, desirable and accepted. **Selective Prevention:** targeted to high-risk groups; moderate costs; minimal effects. **Indicated Prevention:** targeted at high-risk individuals (showing signs, but not in the system), currently showing signs of a mental illness. **Early Intervention:** addresses early manifestation; low intensity/short duration; supports well being; avoid the need for more extensive/intensive mental health services; may include individual screening for potential mental health needs.
 5. **Brainstorm on possible outcomes.**
 - To increase high school graduate rates
 - To improve parent-child interactions
 - To train gate-keepers to recognize early signs
 - To decrease suicide risk in targeted group
 - To decrease family factors which put children at risk (immigrant families, kids at risk of suicide)
 - To improve parent-child relationships (in families with issues mentioned above, in LGBT)
 - To provide universal information/education regarding suicide prevention, substance abuse, domestic violence, child sexual abuse, lgbt.
 - To provide user-friendly information regarding mental health services for consumers, providers, and families.
 - To provide services to violence exposed targeted groups (child sexual abuse, children with incarcerated parents)
 - To provide education and training regarding trauma exposed, lgbt emergence, suicide, and immigration issues.
 6. **Next Steps:** We will finish up desired out comes next time. Before next meeting review State Department of Mental Health Resource Guide. Link to PEI Resource Materials link: http://www.dmh.ca.gov/DMHDocs/docs/notices07/07_19_Enclosure6.pdf

Next meeting: Wednesday, September 10, 2008 from 9:30 to 11:30. Career Center, 18 West Beach Street, Room 2, Watsonville, Ca.