

Mental Health Services Act: Prevention & Early Intervention
Work Group: 18 - 25
August 20, 2008 meeting notes

Attendees: Jerry Solomon (Facilitator), Alicia Nájera, Carly Galarneau, Tara Fisher, Charise Olson, Fred Koelher, Carol Sedar, Carol Williamson, Mariea Boisa, Chris Hogeland, Lorraine Cahn, Amy Daniels, Paula Communelli, Cecile Mills, Ginny Gomez, and Stephen Dubuious.

1. Introductions.
2. **Evening presentations/meetings announced.**
 - Last night we had a presentation on, "Trauma-Informed Services," by Gabriella Grant (from On Track Program Resources in Sacramento). Jerry Solomon engaged the audience to gather input on desired outcomes for Trauma-Exposed individuals. There will be a follow training by Gabriella tentatively scheduled for Friday, October 24th from 10 a.m. to 3 p.m. Let Alicia or Linda Betts know if you did not attend sign up for this presentation and want to attend.
 - **Tuesday, August 26th** from 6:30 p.m. to 8:30 p.m. in the large auditorium in the basement of 1080 Emeline Avenue, Santa Cruz. We will have a presentation on the, "Onset of Mental Illness," by Dr. Charles Johnson, followed by a panel presentation from consumers and family members who have experienced mental illness and will share their stories about what interventions worked (and what did not), as well as their perspectives on desired outcomes. Presenters include: Carol Williamson and John Wright. Dr. Jerry Solomon will engage the audience to gather their input on desired outcomes.
 - **Wednesday, September 3rd** from 7:00 p.m. to 8:30 p.m. at the Pajaro Valley Community Health Trust, 85 Nielson Street, Watsonville, CA. Topic: "Stressed Families". Presenter is to be determined.
3. **Risk Factors for Trauma-Exposed individuals.** Group did a "dot" exercise to prioritize risk factors brain stormed at last meeting. Number in brackets indicates the number of votes:
 - Family members- addiction, mental illness, violence, gangs, chronic illness, suicide history [24]
 - Foster care – transitions, re-contacting birth family [15]
 - Exposure to early trauma [10]
 - Victim of violence/discrimination, stigma [23]
 - Catastrophic events [0]
 - Immigration issues [1]
 - Teen pregnancy [0]
 - Peer pressure [3]
 - War exposed [0]
 - Economics [3]
4. **Risk Factors: Onset of Serious Mental Illness** Group did a "dot" exercise to prioritize risk factors brain stormed at last meeting. Number in brackets indicates the number of votes:
 - Substance Use/Abuse [21]
 - Domestic violence [4]

- Abuse sexual/physical/emotional [14]
 - Failed relationships – love/family [3]
 - Isolation [4]
 - Lack of support [7]
 - Homelessness [7]
 - Loss/death [0]
 - Discrimination/stigma [1]
 - Emerging lgbt [1]
 - Economics [2]
 - Failure (dreams, school, work) [4]
 - Genetics/family history [10]
5. **Speakers:** Loraine Cahn and Cherise Olson spoke about the services they offer to transition age youth. **Lorraine** works in Children’s Mental Health. Foster youth that are in “permanency planning” and are essentially being “raised by the system” are referred to the Supportive Adolescence Team comprised of mental health clinicians, social workers, independent living program (ILP) and transition housing program THP) staff. This team is staff by two county programs and Santa Cruz Community Counseling Center. ILP helps youth get jobs, obtain drivers license, get into school, etc. THP supplies vouchers to help youth obtain housing. **Charise** works for YEP (Youth Employment Program) to help foster youth obtain jobs, and works on whatever might be the obstacle to employment. Program serves youth age 14 to 21 and offers 200-hour internships, job shadowing, skill development, and guidance counseling focusing on work. Youth are referred by foster care (probation). **Mariea** shared that she works at Community Connection and that agency has family advocates, college connection, and career services for persons over age 18. They get funding from Department of Rehabilitation and provide guidance and work readiness services, help with job applications, have funds for interview clothes and serve persons with serious mental illness. **Lorraine** also shared that Jennifer Greco (also at Children’s Mental Health) works with all 17 to 21 year olds in the system (they don’t have to be in probation or social services). She helps link youth that need to move to “adult” transition team.
6. **Discussion about the services described above.** The challenge is that the capacity of the system is limited. Amy Daniels shared that she is a family advocate, and any one can call her for assistance (whether the person is in the “system” or not). Also discussed the need for better integration of services.
7. **Outcomes.** Outcomes can be system wide, by program or individual. Group brainstormed the following possible outcomes:
- To educate and train gate keepers regarding signs and symptoms
 - To offer lgbt referral support and counseling
 - To offer transitioning services to foster youth
 - To provide education to potential consumers regarding early identification of symptoms
 - To provide paid stipends and work crews (to persons at risk of mental illness)
 - To offer transition age youth service that promote their life goals towards productive independence
 - To create a system that integrates all transition age youth services with transferal and follow up

- To have a current resource guide available that is user friendly (phone and website)
 - Peer outreach workers
 - To support families of transition age youth
 - To create a speakers bureau.
8. **Next Steps:** Group to review the transition age youth programs in the DMH Resource Guide; group to think about “given our priorities, what outcomes would we like to see?”

Next meeting: Wednesday, September 3, 2008 from 10 a.m. to 12 p.m. at MHCAN, 1051 Cayuga Street, Santa Cruz, CA.