

Mental Health Services Act: Prevention & Early Intervention
Work Group: 18 - 25
August 6, 2008 meeting notes

Attendees: Jerry Solomon (Facilitator), Alicia Nájera, Carly Galarneau, Tara Fisher, Diana Carpenter, Susan Paradise, Charise Olson, Fred Koelher, Richard Fairhurst, Carol Sedar, Carol Williamson, Mariea Boisa, Steve Ruzicka, Denise Wyldbore, Kathy Martínez, Bill Manov, Ivan Diamond, Chris Hogeland, Lorraine Cahn, and Dianne Avelar.

1. Brief update/overview on the process so far.
2. Introductions.
3. **Funding Guidelines:** The MHSA Steering Committee decided on funding guidelines for the PEI work groups as follows: 0-25 \$840,000 to \$1,050,000; 26-59 \$210,000 to \$350,000; 60+ \$140,000-\$280,000. These amounts are guidelines only; not set in stone.
4. **Priority Populations for all groups** have been identified, as follows:
 - 0-5: Children & Youth in Stressed Families, and Trauma-Exposed Individuals;
 - 6-12: Children & Youth in Stressed Families, and Trauma-Exposed Individuals; Onset of Serious Mental Illness;
 - 13-17: Children & Youth in Stressed Families, and Trauma-Exposed Individuals; Onset of Serious Mental Illness;
 - 18-25: Onset of Serious Mental Illness, and Trauma-Exposed Individuals;
 - 26-59: Onset of Serious Mental Illness, and Trauma-Exposed Individuals;
 - 60+: Onset of Serious Mental Illness, and Trauma-Exposed Individuals.
5. **Evening presentations/meetings announced.**
 - **Tuesday, August 19th** 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, "Trauma-Informed Services," by Gabriella Grant (from On Track Program Resources in Sacramento), and Dr. Jerry Solomon will engage the audience to gather input on desired outcomes for Trauma-Exposed individuals.
 - **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.
6. **Risk Factors: Onset of Serious Mental Illness.** Group brainstormed the following as risk factors for "onset":
 - Substance Use
 - Domestic violence
 - Sexual abuse/abuse
 - Isolation
 - Homelessness

- Genetics/family history
- Failed relationships
- Life transitions
- Lack of support
- Loss/death
- Failure (dreams, school, work)
- Different/discrimination/stigma
- Sexual orientation
- Socio economic status

7. **Who are the first responders to persons with “onset”?** Group brainstormed the following:

- Parents/family
- Peers
- Schools
- Criminal justice, police
- Counseling centers
- Primary care providers
- Family and children services, mandatory reporters
- Emergency room
- Employers
- Bus drivers
- Neighbors
- Crisis lines, hotlines
- Dorm resident assistants (college)
- Alcohol & drug treatment providers
- Dominican Behavioral Health Unit
- Communities of faith
- Activity programs (sports, etc)
- “the mall”

8. **Risk Factors for Trauma-Exposed individuals.** Group recognized that many of the risk factors noted above would be included here. Brainstorm by group came up with the following:

- Substance Use
- Domestic violence
- Sexual abuse/abuse
- Isolation
- Homelessness
- Failed relationships
- Life transitions
- Lack of support
- Loss/death
- Failure (dreams, school, work)
- Different/discrimination/stigma
- Sexual orientation
- Socio economic status
- Addicted family member

- Leaving the foster care/youth care/initiation of contact with birth family
- War torn (multigenerational)
- Immigration issues
- Family gang involvement
- Parent with mental illness or chronic/catastrophic physical illness
- Person with mental illness or chronic/catastrophic physical illness
- Exposure to earlier trauma
- Cost of living in Santa Cruz
- Teen pregnancy
- Witnessing violence
- Victim of crime
- Peer pressure
- Catastrophic events

9. **First Responders for Trauma-Exposed?** Will get to this item next time.

10. **Program Speakers?** Group had discussion about who, if anyone, we would like to have come talk to the group. Idea is that since we don't want to create a whole new program it would be useful to have better idea of what services already exist for this age group. Ideas include: Barrios Unidos, UCSC and Cabrillo (regarding mental health services), NAMI, and a system overview, which could include County Mental Health (children and adult), COE (Charise), fostercare (Susan P.). Group liked the idea of a system overview.

11. **To at our Next Meeting:** complete the first responders (for Trauma), do an exercise to hone in on the risk factors, have a program speaker. Jerry also encouraged everyone to attend the evening meetings (mentioned above).

12. **Feedback about meeting.** Comments (not exactly verbatim) included the following:

- "I like doing stuff, having an activity"
- "I like the windows, the natural light"
- "Thank you for the prodromal information you sent me; can you send research on 1st break research?" (Was referred to resource document and google site.)
- "I Appreciate the way you facilitate; you are always respectful"
- "This was confusing, especially the onset and trauma risk factors; it feels like we are moving slowly"
- "I appreciate the way you facilitate, always in control. It helps me relax."
- "I like that you convey information about what happens in other groups."
- "I appreciate everyone's voice".
- "I got confused. We said we were going to do just a brainstorm, but then began discussing things."
- "I don't want to lose sight of the first break issues."
- "The discussion between one and another (priority groups) didn't seem necessary."

Next meeting: Wednesday, August 20, 2008 from 10 a.m. to 12 p.m. at MHCAN, 1051 Cayuga Street, Santa Cruz, CA.