

Mental Health Services Act: Prevention & Early Intervention
Work Group: Ages 26 to 59
August 8, 2008

Attendees: Emily Marsh (Suicide Prevention), Kristie Clemens (Walnut Avenue Women's Center), Darrie Ganzhorn (Homeless Person's Garden Project), Will O'Sullivan (Santa Cruz Community Counseling Center), Karen Dawson (SCCCC- mental health housing), Sandra Sandoval (for Jim Brown) (Diversity Center), Norma Paige (NAMI, family member), Joanne de los Reyes (Defensa de Mujeres/Women's Crisis), Bonita Magnani (Survivors Healing Center), Pam Barthalemew (MHCAN, consumer), Dorian Seamster (Safety Clinics), Bonnie Jay (El Dorado Center), Carol Williamson (NAMI), Betsy Clark (SCCCC), John Wright (Counseling Center, and Mariposa), Cecile Mills (educator and consumer), Rocio Mendoza (consumer), Alicia Nájera (MHSA Coordinator), and Jerry Solomon (consultant/facilitator).

1. Introductions. People also stated the agency/group they represent; several hoped to receive funding from the PEI programs.
2. **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.
3. **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.
4. **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.
5. **Trauma-Exposed Individuals.** Recap of last meeting.

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- **Risk Factors:** (group added k-l)
 - a. Veterans [5]
 - b. Survivors of sexual abuse [14]
 - c. Domestic violence [10]
 - d. Homeless [10]
 - e. LGBT (coming out) [5]
 - f. Substance dependence [8]
 - g. Incarcerated [5]
 - h. Untreated mentally ill [16]
 - i. Victims of discrimination [4]
 - j. Violence/hate crimes [3]
 - k. Diagnosed as mentally ill [12]
 - l. Immigrants [4]
- **First Responders:** (group added i-s)
 - a. Emergency Room
 - b. Diversity center
 - c. Detox center
 - d. Substance abuse programs
 - e. Homeless services
 - f. Jail
 - g. The streets
 - h. Survivor's Healing Center
 - i. Parents/family
 - j. School teachers/counselors
 - k. Mental health programs
 - l. Dominican Behavioral Health Unit
 - m. Police
 - n. EMT (1st response)
 - o. Family resource centers
 - p. Crisis line
 - q. Primary care providers
 - r. General public
 - s. Faith based communities

6. Trauma: Risk Factors Exercise. 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, but had to put the rest on other factors. The risk factors that got the most votes (noted in brackets above) were: survivors of sexual abuse, domestic violence, homeless, untreated mentally ill, and diagnosed as mentally ill. Group discussion of the results. Noted that some risk factors may be subsets of other risk factors.

7. Onset of Serious Mental Illness. Group did brain storm of risk factors: genetics, nutrition, lack of support, stress, lack of education, low socio-economic status, substance use/abuse, “just folks”, family trauma, exposure to physical/sexual/emotional abuse, loss (death, divorce, foreclosure of home), isolation, victim of crime, racism, discrimination, military, predisposition. Discussion during the brainstorm included the need to look at risk factors at earlier age groups and intervene earlier. Group talked about possibility of

- 8. Resources.** Draft resource list was handed out. Group asked to review, add or edit information to keep this up to date.
- 9. Program speakers?** Group made list of possible speakers to come to this work group to do a 10-15 minute presentation. List included: Delphine Brody, Dr. Pat Teverbaugh, Ms. Mariposa –acupuncture. At September 9th meeting Women’s Crisis Support/Defensa de Mujeres, Walnut Avenue Women’s Center, and Survivor’s Healing Center will do presentation about their services.
- 10. Next Steps.** Need to review resource guide; attend the evening meetings; will finish up risk factors.
- 11. Reaction to meeting:** Liked getting up and moving around; it is hard to sit for two hours!

Next Meeting: Friday, August 22, 2008. From 9:30 to 11:30 at United Way (in the Begonia Shopping Center.) 1220-C 41st Avenue, Capitola.