

Mental Health Services Act: Prevention & Early Intervention
Work Group: Ages 6 to 12
August 25, 2008

Attendees: Tove Beatty, Stan Einhorn, Cecile Mills, Brandy Shaw, Leticia Gomez, Charise Olsen (for Joanne Allen), Guy Grant, Rocio Mendoza, David Bianci (for Rita Flores), Ginny Gomez, Laura Segura, Alicia Nájera, and Jerry Solomon.

1. Agenda Review.
2. Introductions.
3. Speakers: Tove Beatty and Brandy Shaw. Spoke about the Family Resource Centers in Santa Cruz County: La Manzana, Mountain Community Resource Center, Live Oak, Familia Center, and the Davenport Resource Center. Resource centers often try to be a one-stop shopping center for resources for families; services have diminished over time due to cut backs in funding. Some do offer limited case management; Mountain Community resource center offers free mental health counseling. Resource centers do not have the resources to deal with long-term issues of drugs, poverty and housing. The resource centers in our county do collaborate (such as the Parent Education Collaborate that offers parenting education using "Positive Discipline"), but it is a challenge because the needs of each community are unique. Mountain Community and Davenport offer disaster response. Brandy Shaw spoke about "Families Together" which works with families referred by children's protective services. It was noted that there are hardly any resources for children ages 6 to 12.
4. **Evening presentations/meetings announced.**
 - **Tuesday, August 19th** we had a presentation on, "Trauma-Informed Services," by Gabriella Grant (from On Track Program Resources in Sacramento), and Dr. Jerry Solomon engaged 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 Dr. Rivtka Greenberg.
5. **Stressed Families 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, but had to put the rest on other factors.
 - Violence/abuse/neglect [12]

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- Substance use/abuse [14]
 - Parental mental illness/incarceration [0]
 - Economics [8]
 - Foster care [0]
 - Latch key kids [0]
 - Nutrition [8]
 - Socially marginalized [7]
 - Parental skills/supervision [14]
6. **Onset of Mental Illness 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, but had to put the rest on other factors.
- Change of behavior [6]
 - School attendance [7]
 - Somatic symptoms [11]
 - Parents expressing concern [6]
 - Victims of violence [2]
 - Bullying [8]
 - Prodromal emotional/behavioral symptoms [10]
 - Children of parents receiving support/intervention [1]
 - Trauma [11]
 - Nutrition [4]
7. **What are the risk factors** for trauma exposed youth? Group brainstormed the following: poor parenting skills, economics, drugs/alcohol, attention issues, PTSD, lack of support for child, continued exposure to trauma, targeted at school, medication effects (leading to increased suicidality), normalization/desensitization to violence, decreased ability to assess trauma (providers/teachers), increase support for training “incentives”, decreased understanding of mental illness issues, “vocabulary” of trauma.
8. **Outcomes.** Brainstorm about possible outcomes (system wide, by program or by consumer):
- To improve parent-child relationships
 - To increase school success to targeted students
 - To train gate keepers in early detection and appropriate intervention
 - To decrease bullying of targeted students
 - Children to have a satisfactory experience with gate keepers
 - To promote kids abilities and increase their access to strategies for emotional/physical support
 - To reduce exposure to trauma
 - Increase access to mental health services to consumers
 - To offer mental health advocates at each school
9. **Next Steps:** Review Department of Mental Health Resource manual to stimulate thinking; think about what programs we are interested in.

Next Meeting: Friday, September 8, 2008. From 10 to 12 at United Way (in the Begonia Shopping Center), 1220-C 41st Avenue, Capitola, Ca.