

Mental Health Services Act: Prevention & Early Intervention  
Work Group: Ages 6 to 12  
August 11, 2008

Attendees: Mariana España (Defensa de Mujeres/Women's Crisis, in charge of children/youth programs), Pam Barthalomew (Peer to Peer for Nami, family member and consumer), Tove Beatty (Executive Director of Mountain Community Resource Center, family member), Cecile Mills (Teacher, consumer), Stan Einhorn (Program Manager at Children's Mental Health, family member), Lisa Russell (ETR, researcher, family member), Alicia Nájera (MHSA coordinator), Jerry Solomon (facilitator, family member).

\*Note: There was a mix up on the agenda as to the location and start time of the meeting, so the group had a slight delay. (The location was incorrectly listed as the United Way, instead of the Mountain Community Resource Center, and the time was listed as starting at 9:30, instead of 10.)

1. Introductions.
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. **NOTE:** Alicia shared that there has been

August 11, 2008

- some difficulty in lining up a presenter; one resource stated that the Governor has told them not to work (due to budget). Tove mentioned that ASR may be able to do presentation; she saw them do one a couple of weeks ago on family profiles.
5. **Data.** Cecile presented a letter with a request that we start gathering data about the services in Santa Cruz County (including number of people served, number of people eligible for services, types of treatments, etc). Stan mentioned that there is a 17 year report that is available at the County website that gives this time of information for this age group. With PEI we will be able to set up our system ahead of time to gather the data we want to collect. Discussion focused on what are we doing, is it working, and what do we need to do to make them better (instead of “re-inventing the wheel”).
  6. **What are the risk factors** for children and youth in stressed families? Group brainstormed the following: domestic violence; exposure to violence, including emotional/physical/sexual abuse; parental involvement with the criminal justice system; parent with a mental illness; lack of access to basic needs (food, clothing, shelter); socially marginalized (not engaged with parents, extra curricular activities, fun); not having adequate adult supervision; latch key children; lack of transportation; residential and/or school instability; foster/kinship care; parental literacy; poor parenting skills; reactive (not proactive) in seeking services; poor self care (including nutrition).
  7. **What are indicators for children and youth in stressed families?** (Indicators differ from risk factors in that they are measurable.) Group came up with the following: school attendance; school failure; school expulsion; prodromol (behavioral acting out/in); lack of social; substance abuse (huffing, smoking, etc); “virtual” lives; anti-social behavior; cruelty; late developmental milestones; body weight; increased risk taking.
  8. **Who are the gate keepers for children/youth in stressed families:** parents;family members; primary care providers; emergency services; day care centers; home school providers; teachers and other school personnel; coaches; social services (family resource centers, ymca, etc); faith-based communities.
  9. **Speakers?** Group talked about having speakers come to this meeting for the purpose of who is doing the work for this age group already, and what are the needs? Ideas for speakers includes: Cecile Mills (what is not available); family resource centers panel (to include family advocates, and discuss what services are being provided and what are the needs); Nicole Young; Jaime Molina (Cara y Corazón); Defensa (domestic violence and sexual assault response); Family Services; Families Together; Parents Center; juvenile justice. Tove Beatty agreed to pull together a panel of the family resource providers, as well as contact the juvenile justice contact she has.
  10. **Resource Document.** Handed out the draft resource manual and asked people to look it over and inform us about any corrections/changes.
  11. **Next Time:** think about what trauma exposed individuals look like.
  12. **Feedback about meeting:** Pam said she would like to do more outreach to families. Jerry reminded group that we will do focus groups to get additional feedback.

**Next Meeting:** Friday, August 25, 2008. From 10 to 12 at United Way (in the Begonia Shopping Center), 1220-C 41<sup>st</sup> Avenue, Capitola, Ca.