

Focus Group: Transition Age Youth

October 17, 2014 at Mariposa, Watsonville, 1:00 p.m.

Facilitated by Dr. Jerry Solomon

Staff in attendance: 1

Number of person in attendance: 8

Question: If you have been in counseling, what was it like?

- In 8th grade had a good experience
- See a psychiatrist and its good because he comes down to Watsonville
- Had a counselor that was mean, but the others have been fine
- Medications make me sleepy. It took two years for them to adjust the medications.
- If I want to see someone it is easy to access the services.
- I don't see a counselor, but I get a lot of help from my coordinator and doctor.
- It was very traumatic and scary going to the behavioral health unit
- Counseling is supposed to be beneficial, and is good overall.
- Counseling was weird, but helpful
- I started counseling because my family was arguing amongst themselves, and it bothered me.
- I got diagnosed and got help at Emeline.

If we could change something about the mental health system, what would it be?

- The way the doctors are run; having to change doctors.
- There would be more funding for coordinators. They do really well, but we need more of them.
- More money for coordinators.
- Lots of activities.
- Every Wednesday we get together for activities. Would like to see this happen more than once a week.
- Would like to use less medication.
- Need more money to be able to live independently.

What are your future plans?

- I have an advocate that helps. I want to get a car and rent a place of my own.
- I will live with my parents for a while.
- I will talk with my coordinator to go talk to social security to adjust my benefits.
- Get a job.
- I want a sponsor for skateboarding. I want to become professional, get famous, and help kids.
- I want to live in Santa Cruz.
- I want to do landscaping.

What has helped you the most?

- My coordinator. He helps me with my problems.
- My dad. He has always been there for me.

- Encompass. They have a lot of programs (counseling, SLEs, residential). Someone donated a bunch of mattresses and I got one.
- 2nd Story. Peer services helped because they understand, and they aren't critical, plus the doors aren't locked.
- MHCAN and Mariposa. They have food, meetings, groups and activities.