





MHAB Children’s Advisory Committee (CAC) APPROVED Minutes
 January 24, 2020 ♦ 10:00 a.m.- 11:30 a.m. ♦ 500 Davis St., San Leandro, CA Suite 120, **Room B**

Meeting called to order @ 10:15 a.m. by LD Louis Deputy District Attorney (Alameda County Mental Health Unit)

MHAB Members:	✓	LD Louis, MHAB Chair, Deputy District Attorney (Alameda County Mental Health Unit), Vice Chair of Mental Health Advisory Board and Head of Mental Health Unit for the Alameda County District Attorney’s Office			
Attendees:	✓	Gail Steele, Former Board of Supervisor	✓	Joe Rose, NAMI National Alliance on Mental Illness-ACS	✓ Alanna Powell, President and Founder of, Boldly Me Kristin Spitz
	✓	Adriana Furuzawa, Director of Early Psychosis Division, Felton Institute (Family Services Agency of San Francisco)	✓	IRVINGTON HIGH QUEST ATTENDEES Natasha Tehran Jasmeet Gill Mary Zhu Irene Geng Kaushal Bobba Camryn Nelson	✓ Bettye Foster, FERC
	✓	Sheldon Koiles, Board Member Board (via phone)			✓ Sarah Oddie, Supervisor Wilma Chan’s Office
BHCS Staff:	✓	Andrea Dacumos, Recording Secretary	✓	Tanya McCullom, Program Specialist, BHCS Office of Family Empowerment	✓ Damon Eaves, BHCS Assistant Director Child and Young Adult

ITEM	DISCUSSION	DECISION / ACTION
I. Roll Call	A. LD Louis conducted roll call	
II. Introductions	B. Introductions made	
III. Approval of Minutes	A. November 22, 2019 minutes were approved	
IV. Children’s System of Care Report by Damon Eaves	A. Damon gave the updates on the Children’s System of Care <ul style="list-style-type: none"> a. The State Triennial Audit will be held next week. Audit is done every 3 years by the State to ensure that Alameda County is operating within Medi-Cal guidelines. b. Alameda County is moving forward to operate as a Mental Health Plan c. Personnel Changes: <ul style="list-style-type: none"> i. Karen Tribble is our new Director, she was previously the Deputy Director for Alameda County Behavioral Health and Alameda Health System ii. New Compliance Officer – Robbie Beta iii. Plan Administrator & Co-Deputy Director –Imo Mohmo iv. Will be hiring a Communications Director who will be able to address changes, updates to both external and internally audiences v. New Critical Care Manager Christine Mukai will work with crisis services, helping kids move them through level of care and find psychiatric help, if necessary. <ul style="list-style-type: none"> 1. For example, if a kid is picked up as a 5150 with a .50 blood alcohol, they would also substance abuse and family support 	

	<p>2. This high-level care would extend to Child Welfare, as well as out of county Foster Youth.</p> <p>d. Mental Health Service Act Audit which started 12 years ago, funded from a millionaire's tax is for demonstration projects for new populations. If project proves to work, it will be become a regular county Program</p> <p>i. Previous projects have been:</p> <ol style="list-style-type: none"> 1. Full Service Partnership 2. Substance Abuse 3. Justice Reform 4. Restorative Justice <p>e. Site Certification is being conducted</p> <p>f. Juan Taizon, Juvenile Justice Director at Guidance Clinic is dealing with a new effort where youth over 18 would be housed in a separate wing of the JJC, having to go to Santa Rita.</p> <p>i. Proposing up to age 20, possibly 22-24.</p> <p>ii. This would provide more opportunities for therapy, family intervention</p> <p>iii. LD asked who are the partners: BHC and Sheriff, DA and Probation. She wants to make sure all players are included.</p> <p>g. Joe asked Damon about AB2022, a mandated state legislature where all high schools must notify parents of available mental health services twice a year. Damon was unaware if Behavioral Health is involved in the school district.</p>	<p>LD would like to bring the topic of AB2022 to the Strategic Planning retreat with Mental Health Board</p>
<p>V. Presentation / Special Guest: Alanna Powell, Boldly ME</p>	<p>http://www.boldlyme.org/</p> <p>A. Alanna Powell is a survivor of Alopecia Universalis for most of her life of 40 years. She has had Alopecia since she was 2 years old and has had to learn coping mechanisms to help her transcend the disease so she could pursue her life goals of marriage, career, and children. She is currently reaching her goals through being the president and founder of Boldly Me, and living with her husband and 3 children in Fremont. She hopes that through Boldly Me, others my share her strength and vision to love themselves for who they are, to set themselves free, and relax.</p> <p>B. Vision: to help people to transcend the emotional trauma caused by differences due to birth conditions, medical treatments, injury, disease, and self-perception. Individuals will embrace themselves and pursue their life dreams confidently and fearlessly.</p> <p>C. Mission: to educate, mentor and support individuals so they can achieve their own unique potential</p> <p>D. Purpose: to build community awareness and individual self-esteem so that feeling or being different is embraced by the individual and society. Boldly Me focuses on creating activities that encourage our communities to relax and enjoy their lives to the fullest despite the disability, disease or other differences they are facing. These differences may include but aren't limited to hair loss, weight issues, burn injuries, physical injuries, birth defects, organ removal, sensory problems, and degenerative disorders. We help people build</p>	<p> Letter of Endorsement.pdf</p> <p> Boldly Me Write Up.pdf</p> <p> Boldly Me Promise Event.pdf</p> <p> Boldly Me Brochure.pdf</p>

	<p>their self-esteem by teaching them how to have self-compassion, be physically well, and also to gain financial stability.</p> <p>E. Boldly Me effectively redirects students who think about hurting others or themselves to healthier behavior socially and emotionally.</p> <p>F. Services Provided:</p> <ul style="list-style-type: none"> a. Leadership Development b. Classes in Self Esteem & Communication c. Physical Well Being d. Financial Stability e. Fun Physical Activities f. Personal, Transitional Consultations g. Recreational Events h. Retreats i. Mentorship j. Award-winning Service <p>G. Students from Irvington High gave their testimony about working with Boldly Me. Topics of study include:</p> <ul style="list-style-type: none"> a. Adolescent Stress b. Bullying and how it effects children in the classroom (e.g. fear, safety, grades) c. Self-Harm in Teenagers (e.g. cutting, attention seeking) d. Mental Health and Social Media (idealizing suicide or making jokes about it) e. Teen Depression Prevalence f. Disbelief in Adolescent Depression (lack of support from parents and adults) <p>H. Boldly Me Promise:</p> <ul style="list-style-type: none"> a. I accept and love myself as I am b. I am responsible for the choices I make in my life c. I will be Boldly Me <p>I. QUESTION: Alameda Unified School District deals with Girls Inc. What are Boldly Me’s dealings with boys?</p> <ul style="list-style-type: none"> a. Boldly Me serves everyone, approach is customized to what anyone needs, at point of contact <p>J. Question: How do you work with parents?</p> <ul style="list-style-type: none"> a. As a parent to teenager, it’s difficult to work with parents. Boldly Me trains kids with a script they can read from at a time they feel is right with parents. Example: I feel _____ when you _____ 	
<p>VI. Chair’s Report by LD Louis</p>	<p>A. Strategic Planning retreat for MHAB to be held on Saturday, February 1st from 10a-3p at Frank Ogawa, next to City Hall in Oakland. Everyone is invited to attend. Topics to be included:</p> <ul style="list-style-type: none"> a. Presentation of for the year b. An effort on reducing silos c. Formalizing an Adhoc committee for annual report d. Adhoc committee for notebook, which goes to State 	

	<p>B. LD asked the group which topics could she bring of informing parents of mental health services legislature to the planning session:</p> <ul style="list-style-type: none"> a. Alanna is working with Santa Clara school District to reach every school in the district to have online access to Academy, as well as coaching teachers, staff and principals to deal with mental health issues. Santa Clara County is allocating money for a school site license for professional development classes b. LD would like to bring the topics the high school students are working on through QUEST c. Damon pointed out how Boldly ME works with the students at point of contact and not waiting for appts, paperwork, bureaucracy etc. d. LD announced MHSA is about to re-plan their dollars. MHAB will start working with Tracy Hazelton for community input to disperse millions of dollars for the next 3 years. State is attempting to reduce money for mental health services. 	
V. Future Agenda Items	<ul style="list-style-type: none"> A. UPDATED Presentation on Children’s Services B. Children who are their own primary advocate (e.g. foster youth or youths without appropriate parental care)? C. Care facilities for youth (Fremont Hospital), Out of County Facilities D. Foster Care Issue E. Anxiety, Stress and Suicide in the TAY Population F. Ask for expansion of services similar to Union City Family Center 	
Public Comment on Items not on Agenda	<ul style="list-style-type: none"> A. Irvington High School Seniors comments: <ul style="list-style-type: none"> a. Student commented that she is aware that of a few teachers who would be interested in hearing from FERC. b. Both parents, guardians and youth are welcome to call FERC. c. LD thanked students and invited them to future meetings. 	
VI. Adjourn	Meeting Adjourned 11:35a	
Next Meeting	Friday, February 28, 2020 at 10a at 500 Davis Street, San Leandro	

Minutes submitted by Andrea Dacumos