

**MHAB Children’s Advisory Committee (CAC) APPROVED Minutes – Via Video Conferencing**  
 May 22, 2020 ♦ 10:07 a.m.- 11:30 a.m. ♦ 500 Davis St., San Leandro, CA Suite 120, Room B

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

<b>Attendees:</b>	<b>MHAB Members:</b>	✓	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			
			Lee Davis			
			Gail Steele, <b>Former Board of Supervisor</b>	✓	Joe Rose, <b>NAMI National Alliance on Mental Illness-ACS</b>	✓
	✓	Adriana Furuzawa, Director of <b>Early Psychosis Division, Felton Institute</b> (Family Services Agency of San Francisco)	✓	Neill Penn, <b>Mental Health Advisory Board Member</b>	✓	<b>Boldly Me</b> Alanna Powell, President Caroline Lucas, Walter Cruz Dr. Richard Labelle
	✓	Jessie Slater– <b>East Bay Children’s Law Attorneys</b>	✓	<b>Students</b> Alaysia Bella Camryn Ambur Eileen Riener Hien Sabrina Abong	✓	Kristin Spitz Margaret Rahman Mimi Teri Talauta TM
	✓	Andrea Dacumos, BHCS Recording Secretary	✓	Tanya McCullom, Program Specialist, BHCS Office of Family Empowerment	✓	Damon Eaves, BHCS Assistant Director Child and Young Adult
	✓	Jeanelle Wan, BHCS	✓	Kristin Boer, BHCS Office of the Director	✓	Mariana Dailey, Senior Planner / TIC Coordinator MHSA
	✓	Shannon Banks-Singleton, TAY Coordinator				

ITEM	DISCUSSION	DECISION / ACTION
I. Roll Call	A. LD Louis conducted roll call	
II. Approval of Minutes	A. February 28 <sup>th</sup> minutes were approved B. April 24 <sup>th</sup> minutes were approved	
III. Children’s System of Care Report by Damon Eaves	A. Tanya updated the group on the virtual Parent Café which has occurred for 3 weeks. It has been going very well. It’s a self-care time for parents, recognizing parents are under a lot of stress with work and being a teacher. Looking to do a Spanish speaking Parent Café and an evening parent café for working parents B. 20-21 budget will be very tight moving forward, due to COVID 19	
IV. Chair’s Report	A. Upcoming Mental Health Advisory Board meetings	

	<ul style="list-style-type: none"> <li>a. Amber House will present on the challenges of getting this type of program off the ground why there aren't more transitional housing programs like this and Morgan Baker.</li> <li>b. May is Mental Health Services Act input month dedicated to focus group or community input session so community members can be heard on how these dollars will be spent and prioritized.</li> <li>c. Anticipate October report and everyone will have opportunity to chime in.</li> </ul> <p>B. Letter to Board of Supervisors re: July ACBH &amp; Sheriff Joint Funding</p> <ul style="list-style-type: none"> <li>a. Received info that sheriff and ABHCS asking for \$38 million discussed in closed sessions. There was minimal to no community input.</li> <li>b. Dr. Tribble has agreed to engage in a discussion on the allocation of funds to jail. Members of her team will be presenting</li> <li>c. MHAB and adopted a letter in opposition of these funds.</li> <li>d. Copy of letter was attached to agenda, based on lawsuit.</li> <li>e. Board allocated \$38 million and approved hiring folks at potentially \$104 million.</li> <li>f. There is still ongoing opportunity to be heard. Important to keep attending MHAB meetings.</li> </ul>	<p>LD would like to have budget presentations at future CAC meetings</p>
<p>V. MHSa TAY Focus Group</p> <p>Mariana Dailey, Sr. Planner / TIC Coordinator Mental Health Services Act</p> <p><a href="mailto:Mariana.Dailey@acagov.org">Mariana.Dailey@acagov.org</a></p> <p>510.567.8133</p>	<p>A. Mariana Dailey and Shannon Banks conducted a Focus Group with youth attending the meeting today. The purpose is to solicit feedback how Mental Health Service Act (Proposition 63) funding can expand mental health services in alameda County. LD noted that this meeting is Brown Act compliant and will be transcribed for public viewing</p> <ul style="list-style-type: none"> <li>1. The following agenda items will be reviewed <ul style="list-style-type: none"> <li>a. Introductions / purpose</li> <li>b. Community Agreements</li> <li>c. Consent</li> <li>d. Overview of MHSa</li> <li>e. Large group discussion</li> </ul> </li> </ul> <div style="text-align: right; font-size: small;"> <p>agency, please contact MHSa@acbhcs.org.</p> </div> <p><b>The Five MHSa Components</b></p> <ul style="list-style-type: none"> <li>  <p><i>Community Services and Supports (CSS) uses funds for direct services to adults with severe mental illness and children with severe emotional disturbance.</i></p> </li> <li>  <p><i>Prevention and Early Intervention (PEI) services embrace an approach that engages individuals before the development of mental illness, as well as, provide services to intervene early to reduce mental health symptoms.</i></p> </li> <li>  <p><i>Innovation (INN) involves the funding and evaluation of new approaches to increase access to underserved communities, promotion of interagency collaboration, and increasing the overall quality of mental health services.</i></p> </li> <li>  <p><i>Workforce, Education, and Training (WET) develops a workforce for ACBH that is sufficient in size, diverse, and linguistically capable to deliver services and supports that are culturally responsive to clients and family members.</i></p> </li> <li>  <p><i>Capital Facilities and Technological Needs (CFTN) makes provisions for building projects and improvement of mental health services delivery by increasing technological capacity through funding.</i></p> </li> </ul>	<div style="text-align: center;">  <p>CPM_Eflyer_FINAL (2) 4-16-20.pdf</p> </div> <p>LD will send an email of introduction to form focus group of TAY</p>

**B. Questions for Focus Group**

1. What concerns related to Children / Youth / Transitional Age Youth (TAY) are most important to you and your family member(s)?
  - a. Joe commented there are a number of TAY programs, but many high school students are not aware of mental health services. There is MHSA funding for a navigation system. AB2022 is supposed to notify parents of services twice a year, although there seems to be a lack of accountability in doing so. MHSA funds are to be used to support AB2022
  - b. Since TAY are considered adults, it would be good to have something to include families and youth can work together on their wellness
  - c. Concern about youth on drugs or homeless are supposed to be independent, when not prepared
  - d. Alanna brought up suicide facts from Dr. Labelle at a large HMO
    - i. Suicide is 2<sup>nd</sup> leading cause of death between ages 10-14
    - ii. There has been an increase in 9 years olds
  - e. Alanna finds the school system is not equipped to handle crisis. The thought is if the children are kept quiet, they would not have liability.
  
2. What concerns related to Adults / Older Adults are most important to you and your family member(s)?
  - a. Access to proper nutrition
  - b. Housing
  - c. Healthcare coverage – when children age out from under parent’s insurance
  - d. Need aggressive aftercare once released from acute care facilities
  - e. There is often no parent available to help children, either working or not present
  - f. Parents do not understand the severity of mental health in teens
  - g. As a senior, feel unprepared to be an adult, particularly financial needs
  - h. Unresolved stress from freshman to senior
  - i. Sensitivity of LGBTQIA+ affinities. Need services to support parents
  - j. Culturally, depression is considered a joke or looked down upon
  - k. Need mandatory classes on tolerance and to better prepare young folks
  - l. Joe would like funds for clubs--teens would rather to talk to peers
  - m. Neil commented that staff needs to be educated to recognize adverse childhood experiences and name underlying trauma and depression.
  - n. TAY is supposed to gain vocational and education skills, but sometime does the opposite
  
3. Are there populations of groups of people whom you believe are not being adequately served by the behavioral system of Alameda County?
  - a. Need to address the gap between TAY and 25-35 age who are not being adequately served.

**Further  
comments can  
be posted on  
Mental Health  
Services act  
Website**

- b. Students approach counselors for mental health needs, but they are not accessible beyond academic needs
  - c. Paraphrase text from a former student: Boldly Me helped me get through a suicide of a friend and I was suicidal myself. I felt very depressed until I met Alanna and would never imagined myself graduating from UCSC.
  - d. Need to enforce that mental illness is not something to be frowned upon. Males are supposed to be strong. Bottling up emotions can lead to serious issues in the future.
4. What barriers make it more challenging for individuals and family member(s) with mental health challenges to access mental health services?
- a. It's a common problem that kids aren't able to talk to their family. Need ways a student can get meds/help without parents' knowledge
  - b. Lack of provider ability
  - c. Culturally appropriate services for African American families
  - d. Development of curriculum for practical information seriously mental health ill
  - e. Team for first mental health breaks, like MET
  - f. Prejudice against mental health is an emotional barrier
  - g. Insurance coverage
  - h. One on one peer mentoring program
  - i. Extrapolating from paraprofessionals suicide hotlines get training, determine if transitional or serious. Feel safe for a teen to talk and navigate them for more help.
5. Which services or programs have been effective in addressing our local mental health concerns?
- a. Joe brought up on the difficulty of measuring effectiveness, unless you have specific goals to measure.
  - b. Dr. Ike Silverman has been working for Boldly Me and effectively mentoring kids. Boldly Me has been good at detection and early intervention since 2012.
  - c. Santa Clara County Supervisor Dan Cortese is in the process of making Boldly Me programs mandatory in school district. This will be done online through the Boldly Me Academy, which will be available for staff, administrators and parents to address: distressed tolerance, emotional dysregulation and mental health illness. This model is scalable to other counties.
  - d. NAMI trainings have been effective
  - e. One student saw Boldly Me in a school assembly where Alanna invited students to talk about their feelings. She went up crying and talked about not having friends. Alanna asked if anyone felt the same, and many raised their hands. Boldly Me shows you are not alone in the way you feel.
6. Please brainstorm any innovative ideas which would help improve mental health services in this County.
- a. Helpful to have a group setting, makes you feel you are not alone, and more comfortable to communicate
  - b. Family member
  - c. Partner with companies that hire youth

	<ul style="list-style-type: none"> <li>d. Increase in availability of programs, especially peer support groups</li> <li>e. Fruition of SB906 Certification of Peer Providers</li> <li>f. NAMI</li> <li>g. Caregivers</li> <li>h. Mobile team for first break</li> <li>i. Total WRAP around, crisis residential with intensive outpatient program</li> <li>j. Lived experience</li> <li>k. Open door model, such as Planned Parenthood</li> <li>l. No judgement environment</li> <li>m. Schools should have educational assemblies on mental illness</li> <li>n. Social media platform is powerful</li> <li>o. Breaking barrier with school district, of School being fearful of liability</li> <li>p. Increasing moral support for case workers.</li> <li>q. Bring AB2022 to forefront</li> <li>r. Inviting Ending the Violence and Boldly Me to schools</li> <li>s. Bring programs to elementary and middle schools</li> </ul> <p>7. Which Stakeholders group you primarily identify with?</p> <ul style="list-style-type: none"> <li>a. TAY Population</li> <li>b. Advocate for mental health</li> <li>c. Survivor of trauma of Alopecia Universalis</li> </ul>	
<b>V. Future Agenda Items</b>	<ul style="list-style-type: none"> <li>A. UPDATED Presentation on Children’s Services</li> <li>B. Children who are their own primary advocate (e.g. foster youth or youths without appropriate parental care)?</li> <li>C. Care facilities for youth (Fremont Hospital), Out of County Facilities</li> <li>D. Foster Care Issue</li> <li>E. Anxiety, Stress and Suicide in the TAY Population</li> <li>F. Ask for expansion of services similar to Union City Family Center</li> </ul>	
<b>Public Comment on Items not on Agenda</b>	A.	
<b>VI. Adjourn</b>	Meeting Adjourned 11:35a	
<b>Next Meeting</b>	Friday, June 24, 2020 at 10a at 500 Davis Street, San Leandro	

Minutes submitted by Andrea Dacumos