

Minutes
Children's System of Care Committee
July 23, 2020 4:00 p.m. – 6:00 p.m.

Call-in: (669) 900-9128, Meeting ID: 919 3236 4341, Password: 317330

Members Present: Ann Arneill, Caroline Lucas, Theresa Riviera, Silvia Rodriguez (Jason Richards, staff)

Members Absent: Mark Hoover, Mike Nguy

4:00 p.m. Welcome and Introduction
Mark Hoover, Co-Chairperson

- *Chair Silvia Rodriguez convened the meeting at 4:03 p.m. and introductions were made.*

4:05 p.m. Overview of Meeting
School-based mental health services provided in Sacramento County by community-based agencies
Silvia Rodriguez, Co-Chairperson

- *Chair Silvia Rodriguez provided an overview of the MHB Children's System of Care Committee goals and the meeting's agenda.*

4:10 p.m. HeartLand Child & Family Services
Deborah Hicks, LCSW, Director of Clinical Services (Watt)
Todd Palumbo, LMFT, Director of Clinical Services (Grand)
Khalil Butler, Youth Advocate

- *Deborah Hicks provided an overview of HeartLand Child & Family Services.*
- *Khalil Butler and Todd Palumbo discussed school based services, highlighting proactive engagement of youth who have service needs.*
- *HeartLand is in the process of creating a book which addresses how to engage youth and ensure success in school based services.*
- *All psychiatric appointments are conducted via telehealth at this time. Items such as medication are dropped off in person, with COVID-19 precautions such as social distancing in place, to maintain a human connection.*
- *HeartLand staff showed some videos describing the importance of school-based services, as well as a promotional video used to engage youth.*
- *Chair Silvia Rodriguez asked a question from the chat box about which youth qualify for school based services, as well as how to decide which schools to serve. Deborah Hicks discussed the appropriateness of school-based services for youth who meet program criteria as well as others whose families prefer school-based services, including for children who have relocated and wish to continue services. Referrals are made through the Mental Health Access Team.*
- *Chair Silvia Rodriguez asked a question from the chat box about if housing support is provided. Todd Palumbo confirmed that housing support is provided and gave an overview of the qualification and assessment process.*
- *Chair Silvia Rodriguez asked a question from the chat box about what is being done for youth who do not have internet, since services are currently*

being provided remotely. Deborah Hicks confirmed that HeartLand assists consumers with accessing internet services and that phone services are also available.

- Chair Silvia Rodriguez asked a question from the chat box about which providers service which school districts. Melissa Jacobs, BHS Children's Mental Health Division Manager, described how providers are allocated to different school districts based on location and service needs.*
- Chair Silvia Rodriguez asked a question from the chat box about gaps in service at schools and how those are addressed. Todd Palumbo discussed flexibility in clinicians addressing needs at different schools, as well as flexibility in the Fall due to COVID. Assessments are currently being developed for the Fall in order to identify these needs.*

5:00 p.m. River Oak Center for Children
Amy Fierro, Chief Program Officer

- Amy Fierro, Mary Bush, Anna Kaplan, and Tina Traxler discussed school-based services provided by River Oak Center for Children with school district partners.*
- Amy Fierro showed and described the map of the four geographic areas for school based services in Sacramento County and described River Oak locations and school partnerships.*
- Tina Traxler described River Oak's focus on high quality, trauma-informed, and culturally responsive care that is evidence based. Challenges and efforts associated with COVID-19 were also addressed, as well as how research informs the types of therapy that River Oak provides.*
- Mary Bush discussed family and youth advocates at River Oak, as well as support activities and resources such as housing resources, community donations, and transition planning.*
- Anna Kaplan discussed behavioral health teams that work with students (therapist, case manager, social skills coach, psychiatrist, and family/youth advocate), as well as other benefits to students such as Therapeutic Behavioral Services (TBS), family therapy, and 24/7 crisis support services.*
- Tina Traxler provided an overview of the demographics of the clients served by River Oak, including age, gender, race, ethnicity, and living arrangements. Length of services was also discussed, ranging from 0-3 month to over 12 months. The Child and Adolescent Needs and Strengths assessment is used to assess level of functioning in various domains, as self-reported by the client and caregiver.*
- Chair Silvia Rodriguez asked a question from the chat box about saturating students with mental health services. Amy Fierro shared that mental health needs are currently outpacing available mental health service availability. Chair Silvia Rodriguez requested that the minutes reflect a reminder to put today's presenters in touch with the SCOE presenters from the June meeting.*
- Chair Silvia Rodriguez asked a question from the chat box about changes in service requests due to COVID-19. Amy Fierro shared that service requests have decreased overall during this time, but that families calling directly to request specific services has increased.*

- *Chair Silvia Rodriguez asked a question from the chat box about Adverse Childhood Experiences (ACES). Tina Traxler clarified that ACES are included as part of the assessment process, but that a separate ACES assessment is not included.*
- *Chair Silvia Rodriguez asked a question from the chat box about diversity in hiring staff to reflect the diversity of schools. Mary Bush discussed River Oak's cultural committee and cultural considerations training which help ensure that cultural considerations are taken into account in services as well as hiring practices.*
- *Chair Silvia Rodriguez asked about eligibility for services. Amy Fierro discussed the process of clients being assessed through Mental Health Access, with uninsured and Medi-Cal recipients being eligible for services if they meet medical necessity.*
- *Chair Silvia Rodriguez asked about the specific demographic breakdown of staff and leadership for both presenting providers, in relation to ethnic/cultural diversity. The providers did not have this information readily available and will provide it for the committee at a later date.*
- *Chair Silvia Rodriguez asked about coordination between providers and school psychologists. Deborah Hicks and Anna Kaplan described how interaction with school psychologists varies by school district and client needs.*
- *Chair Silvia Rodriguez asked about the greatest need for school-based services. Todd Palumbo discussed addressing social and emotional needs of students in schools, with more mental health staff and fewer law enforcement staff in schools. Amy Fierro discussed reducing childhood trauma to zero by meeting consumers' basic needs and working up to emotional needs by reducing barriers to care. Mary Bush discussed providing more peer support for students. Jeff Wilkinson discussed providing more mental health focus on caregivers as well as students. Deborah Hicks discussed challenges with providing therapy on a school campus, such as lack of space, and other barriers that could be overcome with adequate funding.*

5:50 p.m. Public Comment

- *Community members made public comments during the presentation, as described above.*
- *Community member encouraged young people on these calls to feel free to speak up about their personal experiences.*
- *Community member asked what DBT is. Tina Traxler described Dialectical Behavioral Therapy as an evidence based therapy practice with a focus on mindfulness.*
- *Community member, a clinician in the community, described concerns related to a response by law enforcement to a mental health crisis that her client had experienced. Erin McClure, Program Coordinator at BHS Mental Health Access, discussed ways that therapists in the community can give feedback to BHS including contacting Quality Management to give feedback to the County or CalVoices for support for the client directly.*
- *Community member asked if clients have been experiencing mental health issues in relation to recent community unrest. Tina Traxler and Todd*

Palumbo confirmed that clients and even mental health staff have been experiencing increased stress and corresponding mental health systems during this time. Amy Fierro discussed that some of the foster youth have had challenges due to differing beliefs with their caregivers during this time.

6:00 p.m. Adjourn

- *Chair Rodriguez adjourned the meeting at 6:16 p.m.*