

Minutes
Children's System of Care Committee
March 25, 2021 4:00 p.m. – 6:00 p.m.
Call-in: (669) 900-9128, Meeting ID: 919 3236 4341, Password: 317330

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

Members Absent: Maria Padilla-Castro

4:00 p.m. Welcome
Silvia Rodriguez, Chairperson

- *Chair Silvia Rodriguez convened the meeting at 4:09 p.m. and introductions were made.*

4:05 p.m. Purpose and intent: Focus on solution oriented comments/testimony
Silvia Rodriguez, Chairperson

and

4:15 p.m. Efforts to date- A description of the background of what the Children's System of Care Committee has done to date
Silvia Rodriguez, Chairperson

- *Chair Rodriguez reviewed the agenda for the meeting, as well as background information on the strategic objectives and activities of the Children's System of Care Committee up to the current meeting.*
- *Themes included school based mental health, a qualitative and quantitative research lens, and the goal of including the voices of youth and community members.*

4:30p.m. Presentation of quantitative research from the County of Sacramento

- Youth/Student population
- Suicide statistics

Ann Arneill

- *Ms. Ann Arneill reviewed mental health related data from the California Healthy Kids Survey for Sacramento County school districts.*
- *Topics of the report included children feeling chronically sad or hopeless, seriously considering attempting suicide in the last 12 months. Data was reported for students in the 7th-11th grades.*
- *Highlighted items included a mix of all races feeling chronically sad or hopeless including minorities and non-minorities. Elk Groves Unified students felt the least chronically sad or hopeless of the Sacramento County school districts. Females were chronically sad more often than males. Several demographic groups had over 35% incidence of feeling sad or hopeless (see handout).*

- *Suicidal ideation occurred widely in a mix of all races including minorities and non-minorities. Elk Groves Unified and Folsom Unified students had comparatively less suicidal ideation than other Sacramento County school districts. Females had suicidal ideation more often than males.*
- *11th Graders had the highest incidence of feeling chronically sad or hopeless and suicidal ideation of all of the age groups.*
- *Community member asked if there is a metric included to compare pre-pandemic and post-pandemic data. Ms. Arneill clarified that all of the information in the report is pre-pandemic, from 2017-2019.*

5:00 p.m. Open Youth Forum – Opportunity for youth to provide solutions to improving mental health services for school age children

- *Youth community member discussed the importance of providing a safe place for youth who are having a mental health crisis, including proper cultural training for staff who would be facilitating these programs.*
- *Youth community member discussed her experience with only one person being available at her school to help with students experiencing mental health issues, and that this staff seemed overwhelmed. This youth community member advocated for more mental health staff in schools, especially staff who can speak multiple languages.*
- *Youth community member discussed the stigma in the Slavic community against seeking help with mental health issues, and advocated for outreach to the Slavic community to provide education on this issue.*
- *Youth community member discussed mental health resources available at the Muslim American Society Social Services Foundation, including a youth peer support line, support programs for refugee students, mental health professionals, and peer support specialists on staff.*
- *Youth community member discussed the increased likelihood of youth to seek help from trained peers of their own cultural background and lived experience.*

5:45 p.m. Public Comment

- *Community member discussed the advocacy efforts of a community organization and agreed to email a copy of her report to Ms. Arneill for the committee's information.*
- *Community member discussed the impact that it has on students who receive services at school, which can be stigmatizing when they are pulled out of class to receive those services.*

6:00 p.m. Adjourn

- *Chair Rodriguez adjourned the meeting at 5:08 p.m.*