



Santa Cruz County Health Services Agency Mental Health and Substance Abuse Services

We Are Serious About Mental Health & Recovery!



August 1, 2016

Santa Cruz County Mental Health & Substance Abuse Services offers a variety of services to the community by County employees, as well as through our contracts with numerous community-based agencies. Our services treat persons across the lifespan, from prevention and early intervention services to being a safety net to persons with serious emotional disturbance and serious mental illness and/or substance use disorders. In an effort to shed light on the variety of services and programs we provide, we endeavor to provide a monthly newsletter about what we do.

News on the Personnel Front:

Robert Annon, LCSW has been promoted to Mental Health Supervising Client Specialist for Jail Mental Health CIT Services. He has 15 years' experience working in Adult Mental Health, 9 of those on the Transition Aged Youth Team and 6 for the FQ Therapy Team. Previous to his county position he worked for 5 years at Transition House (Telos) for Santa Cruz Community Counseling Center (Encompass). Robert has experience providing clinical supervision to interns, is a strong collaborator and an excellent team member. He is incredibly hard-working and proactive. We feel very fortunate to have someone with his level of clinical expertise taking on the challenging position of Supervisor for Jail CIT.

Spotlight: Trauma Informed Services

Acknowledging that trauma is pervasive in our communities and those of our children, youth and families, seven Bay Area counties came together in 2014 to address this national public health crisis through a regional effort. The seven counties: Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara and Santa Cruz, envisioned breaking down silos and coordinating and communicating more effectively across sectors and county lines through a Bay Area Trauma Informed Systems of Care Initiative (BATISC).

The initiative is focused on centralizing and building a regional trauma-informed Bay Area system of care and improving the ways we understand, respond to, and heal trauma. The initiative, called "Trauma Transformed" (known as T2) was awarded a four-year, \$4-million grant in 2015 from the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA).

A trauma-informed system is one that builds awareness and knowledge of trauma to shape policies and practices aimed at reducing the re-

traumatization of youth and families and the professionals who serve them. The T2 overarching goal is to "Transform the regional, overlapping systems into a coordinated, trauma-informed, youth-guided and family driven, evidence-based system of care." T2 is the only regional center and clearinghouse in the Bay Area that promotes a trauma-informed system by providing trainings and policy guidance to systems of care professionals and organizations

As part of the Trauma Transformed (T2) initiative, Children's Mental Health supervisors Cathy Simmons and Holly Heath have been trained to provide "Transforming Stress and Trauma: Fostering Wellness and Resilience" training for all health services staff. Cathy and Holly bring their expertise in the area of trauma to these trainings. Cathy a wealth of knowledge on assessment tools and targeted interventions to our work with foster children, in-utero exposed, and youth and families coping with attachment challenges, as well as informed treatment for our 0-5 year old clients. Holly, a Certified Advanced Practitioner in Sensorimotor PsychotherapySM, has been training staff in methods that integrate the body's wisdom with cognitive and emotional processing in the treatment of trauma, as well as leading the way for the compassionate and effective treatment of our youth involved with the juvenile justice system.

As we work deepening our understanding and expertise in providing trauma informed care, we look forward to see how this can improve services for our clients and improve the workplace for employees.

Have a comment you wish to share?

E-mail us at: mhsa@co.santa-cruz.ca.us

