

Mental Health Services Act: Prevention & Early Intervention
Work Group: Ages 0-5
August 4, 2008 meeting notes

Attendees: Jerry Solomon (Facilitator), Alicia Nájera, Dane Cervine, Erika Hearon, Cathy Simmons, Shanna Clinton (for Ellen Timberlake), Susan True, Deborah Vitullo, Desiree Sanchez, Jaime Molina, Diane Oyler, Dorian Seamster, Laura Segura, and Shawn Henson.

1. Agenda was reviewed.
2. Introductions.
3. Reviewed the process so far, and gave information about the funding guidelines. (Between 840,000 to \$1,050,000 for the 0 to 25 groups.) Noticed that all the groups looked at trauma, onset and stressed families. We are working on having 3 training events around these topics; these will be in the evenings. Announced that we will have an evening presentation on August 25th by Gabriella Grant from On Track regarding trauma-informed services. (**NOTE:** this presentation has been rescheduled for Tuesday, August 19th from 6:30 p.m. to 8:30 p.m. in the large auditorium in the basement of 1080 Emeline Avenue, Santa Cruz).
4. **Stressed Families.** Recap of last meeting.
 - **Indicators:** (group added d – g)
 - a. Child Welfare
 - b. Isolation
 - c. Divorce
 - d. Children acting out/in
 - e. Domestic violence
 - f. Substance abuse
 - g. Appear in system with “specific problem”
 - **Risk Factors:** (group added j-n)
 - a. Poverty & homelessness [10]
 - b. Substance abuse [10]
 - c. Scarcity of resources (time & money) [2]
 - d. Parents with mental illness [10]
 - e. Immigration issues [0]
 - f. Domestic violence [10]
 - g. Gang involvement (multigenerational) [6]
 - h. Criminal justice involvement [1]
 - i. Language issues [0]
 - j. Lack of support system [6]
 - k. Chronic disease/disability [12]
 - l. Isolation [2]
 - m. Poor communication skills [2]
 - n. “Kids having kids” [0]
 - **First Responders:**
 - a. Child welfare system

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- b. Primary care providers
 - c. Head Start
 - d. Child care providers
 - e. Substance abuse programs
 - f. Dominican hospital perinatal program
 - g. Family resource centers
 - h. Law enforcement
 - i. Shelters.
5. Group discussed the difference between indicators and risk factors and decided to list **measurable indicators:**
- a. Tox positive babies
 - b. Child welfare (decrease in referrals, substantiated cases, 1st entry into foster care, recurrence, fewer out of home placements)
 - c. Poverty measures
 - d. Service wait lists (e.g., childcare, counseling)
 - e. Pre-school expulsion
 - f. Admission into substance abuse programs
 - g. Witness to domestic violence
 - h. Increased community involvement
 - i. Improved communication skills
 - j. Increased knowledge of child development
 - k. Incarceration rates of parents
 - l. System capacity
 - m. Number of Spanish speaking mental health providers.
 - n. Decrease in homeless youth
 - o. Access to food bank.
6. **What about system changes?** Susan True said that First 5 did a “Service Integration Logic Model” that she will share with the group.
7. **Immigration issues:** noted that group realizes that issues may not be measured adequately.
8. **Risk Factors:** group did “sticky dot” exercise. Each person got 6 “sticky dots” and was able to mark the risk factor that they thought was most serious; each person could put up to three dots on one risk factor, but had to put the rest on other factors. The risk factor that got the most dots was “chronic disease/disability” (12 dots), followed by “poverty & homelessness”, “substance abuse”, “parents with mental illness”, and “domestic violence” (each with 10 dots). Group discussion of these results, including fact that even those that got no dots could still be of concern, and that families that have multiple risk factors really may need help (whether or not they were on this group’s top list). We will look at other County plans to see if they have programs and/or outcomes that include these risk factors.
9. **Speakers.** Group discussion about who could possibly come to speak to this group about services for the zero to 5 populations. A long list was generated, and group acknowledged that we can’t possibly invite them all and it may be problematic to invite

some, but not others. Suggestion was made that everyone do a half page summary of programs that exist or are know about. Suggested speakers/topics were: Triple P; Papás; Cara y Corzón; Positive Discipline; Parent Education Collaborative; First 5; Beth Love of the Child Abuse Prevention Council; Public Heath nurses; Prenatal; SPIN; Voucher Project; Families Together; Nicole Young to provide overview of family support services; Cabrillo College child development department; and pediatricians (Salud Para La Gente and Dr. Magarian).

10. **Resource Document.** Draft of resource document was handed out. This document is for mental health and substance abuse services in Santa Cruz County. Suggestion was made that we add a column that includes the fee schedule and/or eligibility requirements.
11. **Next Steps:** to review the resource document, look at existing programs (and do descriptions).
12. **Evaluation of Meeting.** What worked? What didn't? Not much feedback today. One person stated that he felt like this was a productive to talk about these issues; another said he liked the efforts to define terms we are using.

Next meeting: Monday, August 18, 2008 from 9:30 to 11:30. United Way (in the Begonia Shopping Center), 1220-C 41st Avenue, Capitola, CA