

Mental Health Services Act: Prevention & Early Intervention  
Work Group: Ages 6 to 12  
September 8, 2008

Attendees: Stan Einhorn, Cecile Mills, Leticia Gomez, Joanne Allen, Guy Grant, Rocio Mendoza, Rita Flores, Ginny Gomez, Mariana España, Lisa Russell, Alicia Nájera, and Jerry Solomon.

1. Introductions.
2. Recap of previous meetings.
4. **Trauma Exposed Individuals 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.
  - Continued exposure to trauma (8)
  - Normalized/de-sensitized to violence (8)
  - Inadequate parenting skills (11)
  - Drug/alcohol exposed (7)
  - PTSD (10)
  - Targeted at school (7)
  - Effects of RX (9)
7. **Speakers:** Joanne Allen and Leticia Gómez on “bullying”. Joanne works for the County Office of Education and Leticia works at Pajaro Valley Prevention & Student Assistance Program. Joanne trains schools about what bullying looks like, how to assess it, and what to do about it. She states that it is necessary to have schools create a culture and climate where bullying behavior is not tolerated. Three things that can be done: identify areas (where it is happening); provide support for the “target” (skills development and counseling); and separation from the bully (awareness, support, counseling). The big thing is for schools to recognize the problem. Leticia talked about the model program that PVPSA is using for PVUSD. It is a very costly (evidence-based) model that they got funding for (but only for 8 more months). After schools get trained the number of reports goes up.
8. **Outcomes Ages 6-12 (also shared the outcomes for workgroup 13-17).** Both work groups address stressed families and traumatized youth. Discussed the ideas this group has come up with and added/edited them:
  - Targeted at-risk youth will be offered trauma-informed services.
    - Strategy: Identify and provide rapid access to school-based counseling and support services for those being bullied and bullying.
    - Evaluation:
      - Utilization data
      - Consumer goal achievement measures
      - Consumer satisfaction measures

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- Strategy: Create and support a mental health advocate program within each school to assist in early detection and prevention of serious mental illness by offering emotional/physical support to targeted youth.  
Evaluation:  
Rates of suspension/expulsion  
Attendance data  
Reduced exposure to trauma  
Utilization data  
Consumer goal achievement measures  
Consumer satisfaction measures
- Strategy: To provide on site advocacy (in a designated space) at all schools
- Strategy: To provide positive role models/mentors
- To improve the quality of life for targeted stressed families in order to decrease the risk of violence, suicide and other family traumas youth might be exposed to.
  - Strategy: Offer professional/peer-to-peer mental health individual and/or group services on-site at all FRCs.  
Evaluation:  
Utilization data  
Consumer goal achievement measures  
Consumer satisfaction measures
  - Strategy: Improve the parenting skills of both mothers and fathers.  
Evaluation: Standardized pre- and post- measures regarding knowledge of parenting strategies and non-violent communication patterns.
  - Strategy: To offer outreach services to families who are hard-to-reach/resistant to services. (Discussed possibility of offering services at different venues, such as probation, ATO, organized sports, faith organizations, parenting groups at schools, and in the home.)
- To educate/train targeted gatekeepers to identify youth exposed to trauma and/or at risk of a serious mental illness and how to effectively assist them.
  - Strategy: Train all medical settings serving targeted groups to identify early signs and symptoms of mental illness and/or trauma exposure. Offer service providers helpful ways to respond to youth/families.  
Evaluation: Referral data from service agencies.

**9. Next Steps:** Need to finalize our list of proposed programs.

**Next Meeting:** Friday, September 22, 2008. From 10 to 12 at United Way (in the Begonia Shopping Center), 1220-C 41<sup>st</sup> Avenue, Capitola, Ca.