

CSN Meeting 5.4.22

Attendees: Melody, Alyssa, Barb-Facilitators. Dana Malakiean; Bobbie McKenzie; Eli Gallup; Jim Amaral; Monica L'Etoile; Susan Sanford; Cori Ove; Courtney Cain; Melissa Parrett; Marah and Sarah; Sue Van Wazner; Nick Ready; Katie Dyer; Cindy Morgan; Amy Rudkin; Christina Cagele; Anne Wolf; Char Weiss Wenzle.

Focus for the meeting is Behavioral Health Services. May is Mental Health Awareness Month.

First presentation from Cindy Morgan of Nevada Children's Behavioral Health (NCBH) Services. Cindy's presentation will be posted on the CSN Website. Highlights below:

- 10 positions, serving 500 children. Currently down 3 positions and struggling with hiring
- Meet weekly with Probation and Child Welfare to coordinate services to families
- Due to work shortage, and high demand, currently experiencing a 5 week wait from referral to services (non-emergency)
- When making a referral, must have parent's consent to treatment
- Crisis Team available to anyone in crisis. Services provided in ER or in office
- CSU (Crisis Services Unit) serves only 18+
- Hosting summer rehab for NCBH youth.

Discussion about resources for youth that are not eligible for MediCal? Community level includes Bright Futures, Big Brothers/Big Sister. For private insurance, call number on the back of the insurance card and ask about the available "Panel of Providers". Parents must be persistent, and may need to call weekly. Also, newly available Community School Funds are being utilized to hire Behavioral Analysts who can supervise school staff with additional training to provide services. Also looking at Telehealth Option, it can be very successful.

The next presentation was Amy Rudkin from Victor Community Support Services. Amy's slide deck will be posted on the CSN website. Highlights of services below:

- Wraparound and Mental Health Services for youth with the most severe and significant mental illness. Goal is to keep kids home. Referral through NBHC
- Rapid Response Team for families with a suspected child abuse report. Has been operating for 18 months and diverted 30 children from child welfare!
- Coming Soon, Early Psychosis Intervention for individuals experiencing their first psychotic episode.
- Services in schools: Penn Valley, Pleasant Ridge, Grass Valley. Can serve MediCal and private insurance.

If you know of a family that does not have MediCal, have them call as Victor will work with families and contact insurance companies on their behalf. It takes time, but it can be successful. Jim also noted that NCBH has an Access Team to triage referrals and help families find services.

The third presentation was from Christina Cagle from Stanford Sierra Youth and Family Services. They provide Family Preservation Services and Foster Family Services. Referrals are made through NCBH. If you do not know where to start to access services, contact NCBH. They also have a SMART multi-

disciplinary team that meets on Wednesdays to discuss services to youth with complex needs. While most referrals are from schools, other agencies can refer children for review by the team.

Courtney Cain from Sierra Therapy Center provided information on their services. Most of the recipients are covered under MediCal, but they also have private pay options. There is a great need for mental health services, it is hard to hire and keep up with demand. Seeing an increase in youth with suicidal ideations. Call 530-913-7221 for intake, or email Intake@sierratherapycenter.com

If a MediCal family does not meet the NCBH requirement of having a severe mental health issue, they can call the 800# on the back of the MediCal card and ask for a referral through managed care. Psychologytoday.com is another resource to search for services by zip code.

Char Weiss-Wenzel shared information about the Moving Beyond Depression Evidence Based program for perinatal depression. This is an in-home program providing 15 sessions and a booster session. Based on need, not income. May 4th is World Maternal MH Day. 75% of those with perinatal depression do NOT seek treatment. This program serves recipients of local home visitation programs, but others can apply if needed.

Jim asked attendees to talk about trends they are seeing in youth mental health:

- Stress about being in school after Covid, shifting back to a structured day
- Oppositional defiance
- Seeing kids succeed with telehealth!
- Video game addiction is off the chart. Kids are up all night, then sleeping in school and anxious about interacting with real people
- Suicidal ideation is at an all time high
- Need for grief support, help dealing with incarcerated parents
- Folks struggling to maintain stable housing, people who have never faced this problem
- Need for therapeutic interventions. County has the highest per capita number of wrap slots

Two great grief books: “The Grief Recovery Handbook” and “When Children Grieve” by John W. James and Russell Friedman.

Jim asked about how we can build bridges in our community and expand the CSN experience to other community agencies?

- Community Data Exchange through 2-1-1 great for helping agencies and families. Suggest Susan share at another meeting
- Orange County example of information sharing: www.socialsolutions.com/blog

Alyssa shared an interaction she had with a family where the child had an addiction issue. The father was frustrated because even with financial resources, he cannot find help for his son. Dena shared Granite Wellness as a resource. Jim noted that just by calling one agency people are usually willing to go the extra mile to collaborate and find help.

The next meeting is June 1st at 3:30, invite a couple of folks to attend. The topic will be father and parent engagement. A few key announcements:

- Christina shared a flyer on free Virtual Support Groups

- Great Summer Youth program June 20th and 27th (I am not sure about this)!
- Raise Them Up program on 5/14
- May 9th there will be a Parenting Summit on Nevada County Media
- Dena announced free summer day camp for kids TK-10th grade