

**PEI Tahoe Group**  
**Meeting Notes**  
**3/3/08**  
**Sierra Family Services**

Which of the programs that exist that are evidence based for youth, age 10-18?

Ask about programs that address working with families and youth, and also education on depression and suicide for our youth. Services for youth and teens for suicide counseling. Support group for family members who have lost family to suicide.

Jason foundation- ask Laurie about the curriculum. How to work with the community and get them involved.

A 100% of kids asked for information on suicide/depression and a 100% asked for how to maintain weight in a healthy way (self image, self esteem)? Anxiety is above depression, yoga for kids is a certified program.

Families, safety, and health:  
Target families, and make them feel safe at home.

Are there programs that would help us get to these areas? Yellow ribbon programs? Prevention curriculum?

Root causes for school failure:

Strategies:

- ◆ Screening to identify families in need
- ◆ Intensive case management
- ◆ Support Groups
- ◆ Promote resiliency
- ◆ Skill development
- ◆ Education with parents

Safety:

- ◆ What would safety look like in school:
- ◆ no bullying
- ◆ welcoming environment
- ◆ someone to go to for help
- ◆ respect
- ◆ sense of someone who care
- ◆ engagement with others, both for adults and children
- ◆ understanding for conflict resolution.

Families:

- ◆ Families are involved in goings on at school.
- ◆ Encourage success
- ◆ Fed and rested, education on nutritional needs
- ◆ Families are drug and violence free
- ◆ Model healthy relationships
- ◆ Families feel supported by school and community
- ◆ Basic Needs: shelter, food, clothes, medical care

Health:

- ◆ Disease free
- ◆ Preventive Care
- ◆ Balanced
- ◆ Nutrition and exercise
- ◆ Substance free
- ◆ Early detection/ screening
- ◆ Free from harm, physically abused
- ◆ Appropriate medications
- ◆ No stigma, physical and mental problems.

#### Healthy Community

- ◆ Respect
- ◆ Welcoming
- ◆ Healthy environment
- ◆ Diversity, culturally and economically
- ◆ Work, live in the community
- ◆ Affordable housing
- ◆ Norm is to function without drugs

#### Drugfree

- ◆ More success in school
- ◆ Family involvement
- ◆ Safe
- ◆ Fewer teenage pregnancies and STDs
- ◆ More present / coping skills
- ◆ More positive, better outlook
- ◆ Better communication, positive outlook
- ◆ Manage anxiety in a healthy way
- ◆ Look at challenges in a positive way
- ◆ Healthy choices
- ◆ Say no, less peer pressure
- ◆ Less stress, motivated
- ◆ Confident, self esteem, social skills

#### Depression, suicide

- ◆ Supportive friendships/relationships,
- ◆ Connected and belonging in school, with friends
- ◆ Extracurricular activities
- ◆ Problems are temporary
- ◆ Coping skills, conflict resolution
- ◆ Medicated appropriately
- ◆ Mental health screening and treatment
- ◆ Motivational counseling
- ◆ Education around mental health and families
- ◆ Lack of stigma

Is Career development for older kids, beauty school, upward bound something we can target for workforce development? \$50,000 a year, early in planning, hard to link career planning to prevention, would have to be for mental health workforce. Yes, for social workers, mental

Boys groups, my strength, yellow dino, girls circle.

**Identify priority population, strategies, evidence based programs, how to leverage funds, # served, partners, locations and cost per person service**