



**Campaign for Community Wellness  
Steering Committee Meeting  
November 30, 2007  
10:00 AM – 1:00 PM - Roseville**

**Attendees:** Anno Nakai; Christina Nicholson; Cindy Brundage; Deanne Thornton; Debbie You; Debby Lum; Denise Lindquist; Diane Shively; Isabel Toro; Barbara Hopkins; Maureen Bauman; Mike Blair; Mike Lombardo; Gena Stahl; Eric Branson; Richard Knecht; Sandena Bader; Stephanie Rogerson; Sarah Coolidge; Sam Stodolski; Elisa Herrera; Cheryl Mosbacher; Paul Martini; Tammy Cherry; Jennifer Shelton; Jerry Nevins; Mary Abbott; Anne Staines; Cassandra Luera; Kirstin Blivak; Gordon Armstrong; Elaine Rowen; Esmerita Rivera; and Mary Jo Sweeney

**I. Welcome/Agenda Review/Thank You**

Thank you mugs with chocolate were given in appreciation for the input and participation of the steering committee members over the last 12 months.

Facilitator asked group to reflect on Campaign work in 2007:

*Question: What stands out from the Campaign work in 2007?*

Feedback:

- Appreciate the diversity of people who attend.
- It is exciting that things are moving; in the past things didn't happen
- Things are happening and changing for consumers—it's working!
- Appreciate the consumer voice at every meeting

*What would you like to see in the Campaign do more of in the next year?*

- Training opportunities for the group
- More time for the community to respond at community meetings
- A meeting in Tahoe
- Minimized gap of knowledge between those involved and the community
- A survey and feedback of those using the services (there is some outcome information available – Lynn to bring next time)
- Partnerships within the community and other funding sources
- Information on cultural differences
- Partnership with community events

## II. Consumer Voice

Paul Martini, Senior Peer Care Counseling Volunteer

*"I taught high school juniors and seniors at schools in the Bay Area for 38 years. I was looking for something to do in retirement and heard about the Senior Peer Care Counseling volunteer opportunity. I trained for about 5 months to work with seniors in areas like bereavement, problems with families, and depression. It has been one of the most interesting and rewarding aspects of my life. There are about 30 volunteers, 15 in Auburn, and a group in the Rocklin-Roseville area. The volunteers work under the auspices of Placer County and two psychologists and must follow under certain rules and regulations as defined by the County. I'm currently working at Misty Wood Retirement Home with the "Reminisce Group" where we talk about various topics. I have learned so much from these people; they are just a wealth of information. I learned so much about the depression era and World War II. I have my own clients and am currently working with a gentleman who has difficulty making decisions.*

*Volunteers work with people with serious problems, as well as seniors who have difficulty dealing with change. My goal is to bring in high school seniors to work with seniors, but I have been told I can't do this legally. But these kids would have so much to learn from these seniors. I have been looking into the legal issues surrounding the high school students and the problem seems to be with Placer County. Lynn Tarrant will look into this and will report back at the next meeting on what the staff finds out and where they can help.*

*It is very, very rewarding. I only spend one day a week doing this."*

Question: "You said it was open to the public; would it be okay for me to come and bring my teen daughter? "

Answer: "Yes, that would be fine."

## III. Public Comment

Jerry Nevins (adult consumer) read a poem which is posted on the website under the Voice section. He also talked about his visit to the Mental Health America of Los Angeles MHSA Village and how it is a great model for the Placer MHSA Team.

## IV. Campaign Steering Roster Updates

The following new members to the steering committee were introduced:

- Sam Stodolski as Consumer Youth representative
- Emilio Vaca as Latino, Youth Advocate in the Tahoe area.

- One more consumer is still needed to represent Latino, jail, and Tahoe on the Campaign Steering Committee.

## V. Prevention Planning Review

Lauren (facilitator) reviewed the prevention planning process, and some comments from the discussion are noted below.

*Comment/Question:* Can you clarify whether only evidence-based strategies will be accepted?

*Answer:* The State MHSA Office prefers evidence-based strategies but will consider non-evidence-based strategy as long as there is a good case and a proven track record of success.

For example, the Latino community will need to work with someone to provide the evidence for strategies that are non-evidence based since there are so few of them. Lynn M. might be able to help with this, as there are different types of evidence, and there are different ways to provide evidence.

Lauren asked the group to review the Guiding Principles and reaffirm that the group wants to continue to use them.

The group affirmed that they would continue to use the PEI.

Lynn distributed a handout to the group as a prevention refresher. The handout included the definition of prevention, trajectories and upstream emphasis. For full details please refer to the PowerPoint presentation.

A presentation was made on the question, “Why Intervene Early?” “Effective early intervention is the most effective way to prevent health issues.” Early intervention efforts have demonstrated effectiveness in contributing to the overall mental well-being of children as well as in reducing delinquency, substance abuse, health-risking sexual behaviors and school failure. For more information please refer to the PowerPoint presentation.

## VI. Update: Prevention & Early Intervention: Input Sessions

### Steering Committee

Lauren reviewed the input from the last steering committee meeting on identifying needs. Below is a summary of the steering committee input session.

*Who* is at risk and *what* are they at risk for:

- Children and youth at risk

- Poverty, uninsured, abuse, depression, disability, poor school performance, substance abuse, incarceration
- Adults
  - Trauma, depression, single (divorced, widowed, separated)
- Seniors
  - Depression, drug abuse

### Community Meetings

Seana (facilitator) gave an overview of the community meetings that took place throughout the month in various locations.

Community meeting comments:

- A great mix of people from the Tahoe contributed high-quality session
- We had about 12 people in Auburn, many consumers
- In the future we will count on you (the local community) to help with outreach in your community.

*Comment:* We thought the Kings Beach meeting went really well, and the group appreciated having the opportunity to participate. The assistance of the Latino group was invaluable in both bringing in attendees and having the material in English and Spanish. The issue of gangs came up at the Kings Beach and Lincoln meetings; we are not sure if it came up in Auburn.

### Native Network

A representative of the Native Network did a brief overview of the input received at their meeting. Those at risk and for what were identified as:

- All ages/gender at risk
- Family-centered, community approaches
  - Preservation of cultural knowledge and traditional health practices is top priority.
- At risk for:
  - Historical trauma, discrimination, poverty, homelessness, low educational attainment, lack of access to care

### Summary: Community Needs

Lauren gave a summary of the community needs. Depression is the most commonly occurring mental health problem across all ages and groups. One in five will have a bout of depression. Children and youth are at risk for school failure, juvenile delinquency and stressed families. Underserved cultures are at risk for access to care and stigma/discrimination.

### Data on Risk Factors

Lauren gave a review of the data on risk factors where Placer County rates very high overall in protective factors. Please see the PowerPoint presentation for complete details per this presentation.

In general, the rate of child abuse was a factor of concern; however, it may be that Placer County is more diligent in collecting information.

*Question:* “What is the definition of child abuse?”

*Answer:* It is emotional, physical, and sexual abuse and neglect. Information on child abuse is available from the County.

*Comment:* Last year, focus groups were held in the community and the number one recommendation from those meetings was education for parents.

*Comment:* The youth of Tahoe/Truckee area experienced a higher rate of alcohol and drug use than the County as a whole.

Data: Risk factors included pockets of poverty wherein:

- 8 schools have 65% or more free/reduced lunch participants
- 8 areas were identified
  - North Auburn
  - Lincoln
  - Colfax
  - Central Roseville
  - Foresthill
  - Kings Beach
- Poverty doubled the risk of mental illness in Placer

*Question:* “Does that take into consideration people who have private insurance?”

*Answer:* “What we want to talk about are those people who don’t have access.”

*Comment:* Over the next five years, through the SAMSHA grant, we will be collecting data from children who have a mental health designation and will be able to report on this data every six months. It will be a while before there is enough data to show any significant information.

## **VII. Proposed General Funding Framework**

Maureen Bauman, Director, Adult System of Care, presented a framework for prevention and early intervention funding based on data and input so far:

The most critical areas to choose from are:

- Community needs
  - Disparities in access and suicide risk
- Priority population:
  - Children, youth stressed families
  - Children, youth school failure
  - Children, youth juvenile justice

The following general funding framework was proposed:

- 0-25 years

- Disparities in access
  - Underserved cultures
- Depression/suicide

Some discussion comments on framework of funding priorities follow:

*Question:* Do we want to clarify that 0-25 years includes “their families”? When working with young kids the family dynamic has a significant impact.

*Answer/comment:* As we move forward we need to remember that the SAMSHA also identifies these areas and has significant resources available. We need to utilize other sources of funding and leverage the work group criteria.

Below are some general comments captured during the presentation.

*Comment:* The generic families at risk, children, youth, stressed families and school failure are important issues for us. The work groups will narrow the focus and prioritize who is most at risk given the data and what kind of outcome we want.

*Question:* “How do these recommendations respond to the alcohol/drug abuse and high rates in the data presented?”

*Answer/Comment:* If you look in any of those categories, alcohol/drug abuse is a high part of that outcome. We would hope that would be identified somewhere. There seems to be a lot of denial around that issue. There are a couple of strategies in place where federal dollars must be spent on prevention. We should find out what that prevention is and we may want to identify those other strategies.

*Comment:* If we are going after the kids that are already using and in the judicial justice system, we have missed the boat on prevention. The work groups can identify what strategies and what population to address specifically.

*Comment:* It says suicide risk, but it doesn’t say early identification of depression; it seems like it should stand out. This seems like it could be a whole work group on its own.

*Comment:* They are not mutually exclusive; depression and suicide are related.

*Comment:* The workshop can decide where the focus should be -- it is not just suicide and not just depression. It is not always something like a gun, but it could be gang or alcohol-related activities. As long as we understand that alcohol abuse is an underlying factor in prevention decisions.

## VIII. Work Groups

Listed below. Latino and Native Networks will not form new work groups but work within the context of their already formed councils. Tahoe will also need to form their own group. The goal is that all groups cross-pollinate with each other to get the best set of plans. Lauren asked the group to sign up in one of the following work groups. Information about work group details and meeting logistics will be emailed out to the Steering Committee in the next few weeks.

### Work Groups

Tahoe

Native American

Latino

Depression/Suicide

Children/Youth at Risk

### WORK GROUP SIGN UP

Depression/Suicide	Children and Youth at Risk	Disparities in Access		
		Latino Leadership	Tahoe	Native Network
Chair: Lynn Tarrant	Chair: Tad Kitada	Chair: Elisa Herrera	Chair: Stephanie	Chair: Anno Nakai
Michele Zavoras	Debby Lum	DeAnne Thornton	Sylvia	
Jerry Nevins	Elaine Rowen	Kirsten Livak	Emilio	
DeAnne Thornton	Eric Branson and PCOE	Barbara Hopkins	Sarah	
Kirsten Livak	and Districts		Barbara	
Barbara Hopkins	Anne Staines		Kiersten	
Sandina Badu	DeAnne Thornton			
Sam Stodolski	Mary Abbott			
Jennifer Shelton	Diane Shirely			
Erci Egli	Tony Allinger			
			<b>Who else?</b> TTUSD PHN-Tahoe	

**Next meeting:**

No meeting in December

January 25<sup>th</sup>, 10-1pm

Comments made during work group discussion:

Is there a formal way to have people working with school age children join the table in the work groups? They are at the table.

We need to be aware that schools are asking for a lot of help and have very specific needs.

Assess if you have the right people in your work group. Look at what needs and resources are available.

Keep in mind that there is a small amount of money to move the prevention agenda. Where do you get the best bang for your buck?

When you develop your own programs you might want to confer with the other groups for additional input and resources. Try not to have your meetings at the same time as the other groups.

It might be a good idea to have delegates from each workshop sit in at the other groups meetings.

It might be more work with the six groups but will need to find ways to stay in touch and obtain input from the other groups.

Group work done should be done by January 25, 2008. The kickoff is January 5. Ask for (1) what you want, (2) who is the target, (3) what are the outcomes, and (4) recommendations on prevention strategy. Think about what you do not have and what you will need to move forward. Group participants need to be absolutely clear about what already exists; the group needs to talk about strategies rather than debate programs. Discuss programs but not specific organizations. Identify resources.

Lauren and Seana will coordinate the communication among groups.

Signup sheets were posted and participants could signup for more than one group.

After the lunch break Lauren checked in with everyone and reviewed:

- Formalized funding priorities,
- Focus areas, especially depression/suicide, and
- Clarification of age focus (0-25 years).

When asked how the participants were feeling, there was relief that completion of the tasks did not have to be done by January 5. There was also satisfaction with the work done so far, the anticipation for upcoming work, and the readiness to move to the next step and looking at the data.

When asked about any implications of the work group tasks, the participants had no comments.

#### IX. Public Comment Review

Lauren led a discussion on the public comment review. Some of the comments during the public comment review discussion are noted below.

The public comment review process is working for everyone.

This is an opportunity to listen without a formal response. Everyone is okay with this process.

Are there any comments over the course of the year that need to be revisited? Regarding the CSS funding decision, Sharon Neal (NAMI) said she did not know we were voting, as it was done by consensus. Were other people feeling the same?

This is the first meeting where we have not had a large number of consumer representatives; it may be due to the season.

The next community meeting is in the evening and transportation is an issue. To do outreach, go to where the people are, for example, buses.

Flyers for the Roseville Community Meeting were distributed.

#### Newsletter

The newsletter is to forward to your consistency. Currently the newsletter is not in a user-friendly format for printing. We are working on making the newsletter more compatible with various computer systems, printers and other electronic mediums.

#### X. Next Steps

Next Steering Committee meeting: January 25, 10 a.m. – 1 p.m. in Auburn