



California Association of Local Behavioral Health Boards and Commissions

E-Update, December 2020

CALBHB/C Meeting:
Statewide Teleconference
January 29, 2021 9 am - 12 pm

Trainings:
Mental Health Board
January 15, 10 am - 12 pm

Chairs Training
January 15, 12:30 pm - 2 pm

Unconscious Bias
January 22, 10:30 am - 12 pm

MHSA Community Program Planning
January 22, 12:30 - 2 pm

Register at: www.calbhbc.org/reg

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For ADA compliant or printed copies of CALBHB/C documents and resources, contact cal@calbhbc.com

[View in PDF Format](#)

CALBHB/C Issue Briefs

[Board & Care \(ARF\) - **Updated!**](#)

[Children & Youth - **New!**](#)

[Criminal Justice](#)

[Disaster Prep/Recovery](#)

[Employment](#)


[Older Adults](#)

[Performance Outcome Data](#)

[Suicide Prevention](#)

Issue briefs address issues impacting communities throughout the state to help boards/commissions in their advisory capacity. Questions: cal@calbhbc.com

ISSUE BRIEF: Children & Youth



November 2020 www.facebook.com/CALBHC www.calbhbc.org

CHILDREN & YOUTH – Schools as Centers of Wellness¹
Integrated school-based mental health (MH) programs for children and youth have a profound and positive impact on individuals, families and communities.

Yet currently, the vast majority of California's students do not receive the services and supports they need. 78% of CA principals report students' emotional and mental health were a moderate or severe problem, 2/3 of teachers report they are unprepared to address students' mental health needs. Up to one in five children—22%—have a diagnosable mental health condition. Approximately 1 in 3 students feel chronically sad and hopeless. Suicide is the second leading cause of death for youth. Unmet trauma and mental health needs are strongly associated with barriers to learning, and by extension, the school-to-prison pipeline.

STATEWIDE SOLUTIONS

Funding
Scale—Ramp up funding to allow CA's mental health system to integrate at scale with CA's educational system.

Sustain

- Identify long-term funding solutions
- Communicate sustainable funding and braiding mechanisms of MHSA, Medi-Cal, LEA BOP, SMAA, ERMES, LCPE, private insurance, and First 5 funds.
- Technical assistance for CA's 59 MH agencies.

Performance Outcome Data²
Establish, collect & report. Suggested outcome data:

- School-based Wellness (Attendance, Grades, Classroom Behavior)
- Standardized Screening/Assessment
- Reporting by Self/Family
- Track culture/race/ethnicity/LGBTQ and age.
- Report trends for very small counties.

Technical Assistance
Communicate successful strategies and programs.

Workforce
School psychologists, counselors, social workers and nurses are the foundation for school mental health. CA's Office of Statewide Health Planning (OSHPD) should work to identify and allocate funding to address school-based workforce needs.³

KEY LOCAL COMPONENTS

All Ages - Integrate mental health programs within schools (K-12) and early learning programs (0-5).

Barriers - Address barriers of parental consent, referrals, transportation, appointment wait times and privacy concerns.

Educators - Attend to educator wellbeing to reduce stress, burnout and attrition.

Families - Connect, communicate, involve and build trust among parents, schools and teachers.

Prevention & Early Intervention - Page 2.

Racial/Ethnic/Cultural - Programs and services that address racial, ethnic and cultural needs (including LGBTQ).

Trauma-Informed Care - Ensure trauma-informed practices, including training for staff, families and youth.

Youth should be integral to planning and implementation, including peer programs.

Models & Strategies on Page 2

CALBHC supports the work of California's 59 local mental/behavioral health boards and commissions - www.calbhbc.org

In Memoriam: Mae Sherman

With sadness, we report on the passing of Mae Sherman, CALBHB/C Secretary/Treasurer and Lassen County MHB Chair.



Warmly, we remember and honor Mae. Her welcoming presence, care and dedicated service touched members around the state. A "[Life Tribute](#)" is in the Lassen County Times.

Many times in words, and sometimes in song, she reminded us that we've got to:

“Accentuate the Positive
Eliminate the Negative
Latch On to the Affirmative
Don't mess with Mr. In-Between”

Mae is very much missed! Email: cal@calbhbc.com for family contact information.

Resources for Boards & Commissions

[Conduct](#)

[Handbooks](#)

[Member Orientation](#)

[Mental Health Services Act](#)

- Role of MHB/C
- Fiscal
- [Community Program Planning](#)

[News/Issues](#)

[Performance Outcome Data](#)

[Recruitment](#)

[Training Modules](#)

- Duties
- Ethics Training
- Mental Health Services Act

[Training Recordings](#)

[Welfare & Institutions Code](#)

- Bylaw Requirements
- Duties
- Expenses
- Membership Criteria
- MHSA Community Planning

Recommended Reading / On-line Media

Children & Youth

[Tips and Tools for Leveraging Trauma-informed Care Techniques to Reduce Stress for Students, Teachers and Providers](#), December 15, 11 am - 12 pm PT

[Strategies for School-based Health Center Providers](#), The National Council

COVID-19

[Engaging Youth & Young Adults during COVID 19](#), Recorded Teleconference

[The Pandemic and Social Isolation: Considerations to Support LGBT Older Adults](#), Washington University in St. Louis Brown School, December 15, 10:30 am PT

[Regulatory, Financial and Workforce Impact of COVID-19 for Behavioral Health](#), Recorded Webinar

Student Mental Health: A County Perspective, [Recording](#)

Disparities

[Eliminating Inequities in Behavioral Health Care Webinar Series](#), CA Institute for Behavioral Health Solutions, 2020

Employment

[Serving Veterans with Mental Health Issues](#), Project E3: Educate, Empower, Employ, December 17, 9:00 am PT

Medication

[Long Acting Medications for Justice Involved Populations](#) CA Access Coalition Recording

Peer Support

[SB 803: Peer Specialist Certification and what this bill means for Peers & BH](#), December 16, 11:00 am

[Implementing Peer Support Services as a CCBHC](#), [Slides](#), [Recording](#)

Prevention & Early Intervention

[Roadmap for Resilience: The California Surgeon General's Report on Adverse Childhood Experiences, Toxic Stress, and Health](#), December 2020

Substance Use Disorder

[Impact of COVID-19 on Alcohol Consumption, Demand, and Access to Substance Use Disorder \(SUD\) Treatment Services](#), CAADPE, Recorded Webinar

Veterans

[Serving Veterans with Mental Health Issues](#), Project E3: Educate, Empower, Employ, December 17, 9:00 am PT

Whole Person Care

Advancing Integration in Community Behavioral Health, The National Council for BH, [Slides](#), [Recording](#)

Grants/Funding

Children & Youth

[Investment in Mental Health Wellness Grant Program for Children and Youth](#) to improve access to MH services through: mobile crisis support teams (MCSTs), crisis stabilization, Children's Crisis Residential Program beds, and family respite care. Due 1/29/21

Digital Technology

- [Individuals](#) - Internet and Devices: www.digitalaccessproject.org
- [Skilled Nursing Facilities+](#) for tablets and accessories

Prevention & Early Intervention

[ACEs Aware Grant](#) - DHCS Network of Care grant to create, augment and sustain formal connections between health care providers, social services systems and community partners to address the referral and response needs of Medi-Cal providers, patients, and families following an ACE screening. Grant submission deadline: December 21, 2020.

Substance Use Disorder

[Value in Opioid Use Disorder Treatment Demonstration](#), RFA Due January 3, 2021.

Meetings (State Councils/Departments)

CA Behavioral Health Planning Council Committee Meetings

- [Performance Outcomes Committee](#), January 19, 2021 2:00 - 3:30 pm
- [Patients' Rights Committee](#), January 20, 10:30 am to 12:00 pm
- [Workforce and Employment Committee](#), January 20, 1:30 - 3:00 pm
- [Legislation Committee](#), January 21, 1:30 - 3:00 pm
- [Housing & Homelessness Committee](#), January 21, 8:30 am - 10:00 am
- [Systems & Medicaid Committee](#), January 21, 10:30 am to 12:00 pm

[DHCS Behavioral Health Stakeholder Advisory Committee](#), February 11, 1:30 pm

Evaluate Us!

CALBHB/C is here to provide resources, support, training, communication and coordinate advocacy for statewide issues. We invite you to evaluate us by taking a few minutes to complete: [Evaluate CALBHB/C](#).

Report to Us!

Let us know your top issues and/or resource needs: [Report to CALBHB/C](#)

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