

# LOOKING BACK & MOVING FORWARD Healthcare Reform - Proposed Realignment

## *M*oving Forward – Toward What?

Toward National Healthcare Reform. Toward California Realignment. Changes in Healthcare are already taking root. Governor Brown's proposal to realign state responsibilities and funding to the counties is likely to happen. Key questions for mental health advocates: Will Mental Health and Alcohol and Drug Programs, *ie.* Behavioral Health, be genuinely integrated into Healthcare Reform? Will Behavioral Health Services gain real parity with physical health? Will counties be required to assure that children and youth services are given a fair share of new resources? Will the California children's system of care (CSOC), nurtured at CMHACY conferences, be even a blip on the planning radar screen? Very little is being said about how these reforms will affect children and youth. We need to become informed and ask these questions in forums that are shaping the structural, fiscal and program reforms in California.

## *L*ooking Back – At What?

Some may look back and see the children's system of care as a relic of the past. We see the lessons learned from the years of hard work, constituency discussions and leadership that it took to construct the CSOC. The signature accomplishment was the formation of partnerships across agencies, providers and families. The lessons learned during those years can and should be applied now as Healthcare Reform becomes the new system of care and as Realignment is implemented. One lesson was that children are not "mini" adults. Services for children and youth cannot become a round peg forced into the square hole of Healthcare Reform. In building CSOC we also learned that parents, along with multiple child serving agencies, including education, needed to come to the same table. Together, these agencies agreed on common outcomes. Along with parents, they created an integrated system that established a culture of innovation and responsiveness to the individual needs of children and youth. Now, within Healthcare Reform and Realignment, many new players are involved. Primary care physicians, pediatricians, public health nursing, developmental professionals, private insurance providers, adult and children's behavioral health providers, parents and youth will need to learn each other's language. Child and youth leaders, parents, advocates and providers will need to have their voices heard and, once again, form essential partnerships in this new integrated system of care.

In this year's conference there are many workshops that reflect the attributes, the principles, of Children's System of Care: family and youth voice, no blame - no shame, strength-based, child-driven, family-focused, evidence-based... you know the values, you helped develop and implement them, and these are the attributes that we should be thinking about as we jockey for our position in Healthcare Reform. We must take leadership roles to keep children and youth in the foreground of Healthcare Reform.

## *Marty Giffin*

President, CMHACY Board of Directors

## *Youth In Mind*

Youth In Mind (YIM), a Statewide Nonprofit striving to improve the lives of young people impacted by the mental health system through education, advocacy, and collaboration, has led the Youth Leadership Academy during the conference for the past five years. YIM and CMHACY are taking the next steps in participation and partnership, moving from a freestanding Academy to fully integrated youth workshops in the conference. YIM will continue to present the Youth Plenary during the opening session on Wednesday, and present several workshops on Thursday - **open to every conference attendee**. In addition, YIM is opening its phenomenal annual Talent Show, where all youth, families and participants are enthusiastically invited to support the voices of young leaders in mental health! YIM looks forward to this significant expansion of the opportunities offered to all who attend the conference. For more information please check out the Youth In Mind website at [yimcal.org](http://yimcal.org), or contact the Board President, Susan Manzi, at [susan.youthinmind@gmail.com](mailto:susan.youthinmind@gmail.com)

# *Two Pre-Conference Institutes*

## *Family / Caregivers Pre-Conference Institute*

### *Child Protective Services - A Public Forum Discussion*

*Tuesday, May 10, 3:00 p.m. – 5:00 p.m.*

**Facilitator, Janay Swain, Youth Advocate Social Worker, Sacramento Child Advocates, Inc, Foster Care Alumnus and prior CPS agent**  
Child Protective Services (CPS) is the major system of intervention of child abuse and neglect in California; Sometimes referred to as Department of Children & Family Services. Existing law provides for services to abused and neglected children and their families. In California, CPS is operated by counties who are the major systems of intervention.

Probably no other public agency leaves victims and advocates more perplexed than Child Protective Services. On the one hand, people think of CPS with appreciation as they envision a selfless agency rescuing innocent children from horrific conditions. Indeed, CPS workers across the country do this routinely. The gratitude is deserved.

At the same time, the agency seems to be perpetually marred by a steady drumbeat of nightmare stories about CPS emanating from the very families CPS is supposed to serve. The objective of this forum is to address these questions: Is there a need to reform, restructure or overhaul CPS? If so, where and how? Panel invitations have been extended to judges, social workers, families, CPS agents, advocates and youth.

This session is open to those who are attending the Providers and Children's Chiefs Pre-Conference Institute, which does not start until Wednesday morning.

### *UACF Annual Membership Meeting Tuesday, May 10, 7:00 p.m. – 9:30 p.m.*

The United Advocates for Children and Families (UACF) is hosting its annual membership meeting. All CMHACY attendees are invited to attend, get updates on new initiatives, to include public policy developments and learn more about the benefits of becoming a member of our statewide network. A special presentation will be made on the 'Family and Youth Movement: History of Mental Health Services for Children, Youth and their Families in California' by Pam Hawkins, California Mental Health Institute, and Carmen Diaz, UACF Public Policy Chair. UACF looks forward to feedback and hearing what issues are important to our membership and how we can move forward addressing the needs of families, children and youth in California.

Tina Mata, UACF membership chairperson, and the UACF public policy conduit, the Regional Family Network, looks forward to meeting you and sharing our common cause. Door prizes will be given, but you must attend!

### *Building a Community of Support for Military Families and Children: Available Mental Health Diagnosis and Treatments*

*Wednesday, May 11, 9:00 a.m. - 10:30 a.m.*

**Cindy Claflin, Director of Training and Education, UACF. Donald Clark, Veteran Advocate, Mental Health Advocate**

Current and returning vets and their families are experiencing at an alarming rate mental health challenges. The Associated Press stated from 2007 to 2008, 20 percent more children of active duty troops used inpatient mental health services, many of them under age 14, the documents show. Since the 2003 invasion of Iraq, inpatient visits among military children have increased 50 percent. This workshop will examine the Impact of PTSD and other mental health challenges military families may incur.

### *Building a Community of Support for Military Families and Children: Available Resources*

*10:45 a.m. – noon*

**Cindy Claflin, Director of Training and Education, UACF, Donald Clark, Veteran and, Mental Health Advocate**

According to the Associated Press the total number of outpatient mental health visits for children of those on active duty doubled from 1 million in 2003 to 2 million in 2008. During the same period, the total yearly bed days for children of active duty personnel 14 and under increased from 35,000 in 2003 to 55,000 in 2008, the documents show. Efforts are under way to encourage the military, the Department of Veterans Affairs, as well as state and local agencies, to share mental health resources. Also, there have been incentives offered to encourage military spouses to enter easily transferable fields such as health care. Participants and service providers will receive information on reducing and eliminating stigma of mental health. They will also receive resources they can provide to the families they may come in contact with.

## *Providers and Children's Chiefs Pre-Conference Institute*

Education is fundamental for all children and youth and therefore is an essential partner for any human service agency. Many children and youth have mental health challenges which may or may not interfere with their education. Providing mental health services at school is less stigmatizing for many young people and is often convenient for them. This pre-conference will offer two workshops on possible structures for mental health services provided in school settings, relevant challenges and strategies for resolving such challenges.

*Wednesday, May 11*

### *Public School and County Mental Health EPSDT Partnership - The San Bernardino Model*

*8:30 a.m. - 10:00 a.m.*

Michael Schertell, Deputy Director, County of San Bernardino Department of Mental Health, Jenae Tucker, Director, Desert Mountain SELPA Children's Center

San Bernardino County Mental Health working in partnership with their SELPA has developed three different models in which the public schools and county mental health agencies can provide EPSDT services. This workshop will illustrate how to develop the relationships, contracts, monitoring tools and other critical components to successfully integrate the Local Education Area in offering EPSDT services.

### *Lessons Learned: Mental Health and Special Education's New Partnerships*

*10:00 a.m. - 11:30 a.m.*

Henry Tarke, San Diego, Dane Cervine, Santa Cruz, Michael, Schertell, San Bernardino, Vern Wallace, Contra Costa, Sid Smith, Monterey

Since this last October 2010, County Mental Health departments and their SELPA partners have been attempting to solve the problems stemming from the Governor's "suspension" and subsequent de-funding of the AB 3632 services in California. Who has the responsibility to fund and/or provide this service has become a topic of much debate. One encouraging result has been the new arrangements developed by the local county mental health departments and their SELPAs to provide this special education mental health service. These panel members will present their experiences of the past six months as they created new partnerships with their local educational partners.

*11:30 - 1:30 p.m. Children's System of Care May Meeting*

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## Conference

*Wednesday, May 11*

1:45 p.m. *San Jose Taiko*

The powerful and propulsive sounds of San Jose Taiko, whose excellence has been recognized by the National Endowment for the Arts and the Multicultural Advancement Program from the California Arts Council.

2:00 p.m. *Critical Choices for Children and Families in Health Care Reform – Chris Koyanagi, Bazelon Center*

Chris Koyanagi will address the opportunities and challenges in implementing Healthcare Reform for children and families with mental health needs and what steps advocates can take to make sure that the needs of this population are not forgotten.

Ms. Koyanagi is the Policy Director at the Bazelon Center for Mental Health Law in Washington, DC, where she is responsible for the legislative and policy advocacy agenda. With more than 25 years of experience as a government affairs specialist in the mental health and disabilities fields, she is one of the nation's leading experts on mental health policy.

3:00 p.m. *Youth Panel*

Presented by Youth In Mind.

7:00 p.m. **Keynote Speaker – Note to Youth Care Workers: Hope Required When Growing Roses in Concrete**  
**Jeff Duncan-Andrade**

What are the material conditions that effect youth before they even set foot into our classrooms or programs? What does it mean to develop educational/therapeutic environments that are relevant and responsive to these conditions? How should these places define success for youth and youth care workers or teachers?

This keynote focuses on developing youth care workers and educators to be better equipped to create educational/therapeutic environments that understand and respond to the social toxins that emerge from racism and poverty. The session closely examines the types of social toxins that young people face in the broader society and discusses the impact of these conditions on student identities. Inside of this framing, Duncan-Andrade draws from his 18 years as an urban educator to explore the concept of hope, as essential for nurturing youth. He first identifies three forms of “false hope” —hokey hope, mythical hope, and hope deferred—pervasive in and peddled by many urban schools. Discussion of these false hopes then gives way to Duncan-Andrade’s conception of “critical hope,” explained through the description of three necessary elements of educational practice that produce and sustain true hope. Through the voices of young people and their teachers, and the invocation of powerful metaphor and imagery, Duncan-Andrade proclaims critical hope’s significance for an education that relieves undeserved suffering in communities.

Jeff Duncan-Andrade is Associate Professor of Raza Studies and Education Administration and Interdisciplinary Studies and Director of the Educational Equity Initiative at the Wangari Maathai Institute for Sustainable Cities and Schools at San Francisco State University. In addition to these duties, he continues to teach English at Mandela High School in East Oakland, where he directs the East Oakland Step to College Program.

## Thursday, May 12

9:00 a.m. **Upside Down Organization**  
**Frank Kros**

*“Making Good Brains Great: How Neuroscience is Changing Parenting And the Youth-Serving Professions”*

Neuroscience discoveries offer parents, teachers, child-care professionals and mental health care workers incredible insights into the brains of our children and youth. Some of these discoveries confirm the historical effectiveness of certain child-rearing practices and organizational approaches to meeting children’s needs. But many of these discoveries turn our traditional understandings “upside down” and provide a powerful scientific foundation for a revolution in our practices, policies and organizational approaches to serving children in need.

This keynote address identifies seven strategies for developing powerful brains in our children and youth. These strategies are based on our improved understanding of the developing brain. Using these strategies will result in children who learn more effectively, have greater resiliency, are emotionally intelligent, live healthy lifestyles and are creative, successful problem solvers. But in several cases, brain research strategies are in direct conflict with existing policies and practices. This address highlights these “brain antagonistic events” and urges parents and professionals to re-evaluate our use of these approaches in light of what we have learned about the developing brains of our children. Understanding the brains can lead us directly to better strategies to make those good brains great – if we have the vision and fortitude to take advantage of this knowledge.

*Workshops will be presented in three time slots:  
10:30 a.m. – noon, 1:15 p.m. – 2:45 p.m., and 3:00 p.m. – 4:30 p.m.,  
with 11 workshops in each time-slot.*

## Workshops

### 1 **Clinical Supervision: The MI (Motivational Interviewing) Way**

**Colleen Marshall**, Mental Health Systems Inc., Trainer and Consultant at UC San Diego  
**Mary Hubbard**, Mental Health Systems Inc., Director of Training and Education

An overview of clinical supervision definitions, principals and models of supervision and the need for this structured supervision to improve counselor skills and why clinical supervision is one aspect of a comprehensive approach to workforce development. It will focus on MI techniques in the use of supervision.

## **2** *Promoting Mental Health through Online Youth Engagement*

*Anastasia Goodstein*, Director of Digital Programs, Inspire USA Foundation

*Nicholas Dugan*, Member, ReachOut.com Youth Council

The Inspire USA Foundation's strategy for engaging with youth virtually using social media and other technologies as part of their ReachOut.com mental health information and support initiative. Presenters will include members of the ReachOut.com Youth Council and will describe Inspire's national Youth Ambassador program.

## **3** *Understanding TAY and Talking Medications: From Push to Partnership*

*Mary Taylor Fullerton*, San Mateo County Behavioral Health and Recovery Services

*Katie Scherrman*, Caminar Young Adult Independent Living (YAIL) Program

*Douglas Fong*, San Mateo County Behavioral Health and Recovery Services Youth to Adult Transition Program

*Deval Shab*, San Mateo County Youth to Adult Transition Program Psychiatrist

Increase your understanding and appreciation of transitional age youth and why their brains really aren't like ours. With perspectives from a TAY client and Psychiatrist learn how harm reduction techniques can be useful even when co-occurring conditions complicate medication issues. Identify meaningful clinical and systemic interventions to benefit TAY.

## **4** *Trauma 101: Understanding Trauma for a Youth and Family-Friendly Trauma-Informed System of Care*

*Abbie Endres*, Director of Education and Training at Caminar – San Mateo

*Ellen Goldstein*, Assistant Director for Redwood House at Caminar

*Kristin Dempsey*, Director of Workforce Development, San Mateo County Behavioral Health and Recovery Services,

*Mary Taylor Fullerton*, San Mateo County Behavioral Health and Recovery Services

*Toni DeMarco*, Clinical Services Manager, Behavioral Health and Recovery Services' Juvenile Probation, Child Welfare, and Prenatal to Three Behavioral Health and Recovery Services Teams

*Ziomara Ochoa*, Program Specialist, Behavioral Health and Recovery Services' South/Central Youth Team

Practical ways to address trauma, emphasizing the importance of laying the groundwork for understanding the lived experience of clients from a place of compassionate "being" and by really listening first to prevent re-traumatization. Specific issues in screening, assessing and treating trauma and trauma-related disorders in children, youth and TAY youth; intergenerational trauma; the special dynamics and needs of the traumatized family; treatment interventions that address the developmental needs of youth and families. The Trauma Learning Collaborative of San Mateo County

## **5** *LA County Department of Mental Health Military Family Resilience Enhancement Training Program: Planning and Implementation*

*Carl P. McKnight*, Clinical Program Head, Veteran's Services Office, Adult System of Care, LA County

*William R. Saltzman*, Associate Director, Family Resiliency Training Program at UCLA

*Cathy Warner*, Deputy Director, LA County Department of Mental Health

Military children and families are significantly affected by a parent's combat-related mental health problems and physical injuries resulting from multiple wartime deployments. This panel will discuss planning and implementation of an adaptation of the FOCUS Program (Families Over Coming Under Stress) for military and veteran families at LACDMH sites.

## **6** *Perinatal Mood Disorders Impact Mother, Child and Family*

*Karen Clemmer*, Perinatal Services Coordinator, County of Sonoma

*Charlene Bocca*, Mental Health Consultant

*Grace Harris*, Director of Programs, California Parenting Institute

Routine screening of women during the perinatal period and use of validated screening tools significantly increase identification. Effective treatment requires multiple modalities including home visiting to overcome stigma associated with mental health disorders. Community collaboration helps to leverage existing resources and increase access to care.

## **7** *“Camp Hollygrove: Where Fun and Games Change Lives”*

*Mary Brougber*, Associate Director of Community Services, Hollygrove, an EMQ Families First Agency  
*Hugo Chacon*, Certified Gang Prevention and Behavior Specialist, Community Resource Specialist, Hollygrove

A program that offers structured experiences with individualized attention to campers' special needs and strengths for children who may not be able to attend mainstream community camps due to their emotional and behavioral challenges. Includes assessing needs and outcomes, creating curriculum and staff training

## **8** *Threading the Needle: Meeting the Challenge of “High-Integrity” Therapeutic Reunification Services*

*David Channer*, Clinical Director, A Better Way – Berkeley, San Francisco

The intricacies of Therapeutic Reunification Support Services (including Therapeutic Visitation) considering perspectives of the child/youth, family, caregiver, county-worker, attorneys, judge and therapy team – perspectives that can harmonize or clash. One model is offered for understanding and navigating these challenges with integrity to family and community.

## **9** *Beyond SB 163: Wrapping a New Generation*

*Angela Shields*, Program Head, Wraparound Program, LA County Department of Mental Health  
*Michael Rauo*, Division Chief, Wraparound Director, LA County Department of Children and Family Services  
*Gwen Slattery*, Parent Partner Coordinator, Star View Community Services

In 2008 the Katie A. Strategic Plan was developed to systematically address mental health services for foster youth that were not receiving the appropriate level of services. A cornerstone is a significant expansion of the County's Wraparound program via a two-tiered model in order to improve access to intensive home-based services. This presentation will discuss the interagency collaboration necessary to ensure the creation and implementation of this larger scale effort.

## **10** *Running Forward, Learning and Looking Back: Early Childhood Wraparound*

*Kim Stokem*, Wraparound Coordinator/Facilitator, Lynn Center  
*Kathy Davison*, Wraparound Family Partner/Facilitator, Lynn Center  
*Melinda Dendinger*, Wraparound Family Partner, Lynn Center  
*Irene Guerrero*, Wraparound Family Partner, Lynn Center  
*Jennifer Thompson*, Wraparound Facilitator, Lynn Center  
*Oscar Martinez*, Wraparound Family Partner/Facilitator, Lynn Center

The transformation of using Wraparound strategies in serving the birth - 5 populations. Families are often times grieving over newly discovered developmental delays and/or mental health challenges in their young children, requiring extra support. Lynn Center uses unique strategies that integrate other systems to provide services to meet both the child's and the caregiver's needs. We are able to work with pregnant/young mothers to promote bonding, prevent challenges from occurring and create lifelong supports and partnerships.

## **11** *W.T.F. man I'm so S.O.L. (Youth Engagement Strategies)*

*Angel-Lee Woolsey*, Mental Health Services Consumer/Provider, Advocate  
*Sarah Sanchez*, Mental Health Service Provider, Community Integration Specialist for TAY FSP, Orange County

Youth engagement strategies; the positive effects and outcomes of understanding their lingo, communication styles, likes, and interests; meeting them where they are at. The youth likes cooking - engage them while cooking a meal; Music - expose them to a free outdoor concert; A strength-based approach turning what the youth does well into a tool for engaging youth in their environment, while being comfortable being yourself working with them. A section will focus on identifying cultural and social barriers to LGBTQ engagement and strategies of engagement in this community.

## **12** *Engagement From the Youth's Perspective*

*Lorall Hann*, Youth In Mind  
*Nina Travis*, Youth In Mind  
*Susan Manzi*, Youth In Mind, Bay Area Academy, Consultant

A workshop for professionals involved in formally facilitated meetings that affect transition aged foster youth - TDMs, GOALS meetings, TILP meetings, and Permanency Team meetings. The goal is to sensitize participants to youth's experiences in such meetings. Youth trainers who have crossed multiple systems will share personal experiences and outline effective strategies that reconstruct adult spaces to make meaningful inclusion of youth possible. Fast-paced, interactive, with skills practice, lecturette, group activities, case scenarios that are youth constructed, and hybrids of challenging, real life situations.

### **13** *Tales of T.I.P. Transformation (in Two Cities)*

*Adam Sanchez*, FSP-TAY Coordinator, Starlight Community Services

*Chatani Miller*, Peer Mentor, STARS Community Services, Transitional Age Youth program

*Vanessa Garcia*, Program Supervisor, STARS Community Services, Transitional Age Youth program

How Starlight (San Jose) and STARS (San Leandro) Transition Age Youth programs transformed themselves by implementing the evidence-supported Transition to Independence Process (TIP) model. The TIP system guidelines and core competencies, such as Strength-Discovery will be shared and specific applications provided.

### **14** *Coordinated Services Response Teams: LA County's Plan for Mental Health Screening, Referral and Services for Children Receiving Child Welfare Services*

*Adrienne Olson*, Child Welfare Mental Health Services Division Chief, LA County DCFS

*Gregory Lecklitner*, Mental Health Clinical District Chief, LA County Dept of Mental Health

*Lesley Blacher*, Acting Senior Manager, Los Angeles County Chief Executive Office

The mental health screening, referral, and service delivery systems set up in LA County in response to the Katie A. class action lawsuit. These systems are intended to ensure that DCFS involved children who need mental health services are quickly identified and linked to intensive home-based, trauma-informed treatment.

### **15** *The New IQ: Understanding and Teaching Executive Function Skills, In and Out of the Classroom*

*Frank Kros*, President, The Upside Down Organization; Executive Vice President, The Children's Guild

*James Freeman*, Casa Pacifica Centers for Families and Children

Teaching children to think clearly and efficiently is a universal goal of parents and professionals alike. Thinking skills such as planning, goal setting, organizing, prioritizing, self-monitoring, accessing working memory, inhibitory (impulse) control and sustaining focused attention are critical to academic success at every age. Most important, the development of these skills allows children to mature into independent, healthy and functional adults.

Despite the importance of these "executive function" skills, they are not systemically taught at home or in schools and are not the focus of the curriculum. Rather, schools emphasize the content or the "what" of learning. Executive function skills are the "how" of learning. When a student has poor or underdeveloped executive function skills, they can appear disorganized, unprepared and unmotivated. By providing explicit instruction in executive function processes, parents, teachers and youth care workers can significantly elevate the thinking abilities in their children and students.

This is a highly interactive workshop incorporating brain imaging video, music, art, movement and manipulative to insure engagement, extended attention, and deepens memory. The strategies, techniques, and model are accompanied by rubrics and tools for "take home" use by participants.

### **16** *Lessons in Youth Engagement: Humboldt County Transition Age Youth Collaboration (HCTAYC) and Humboldt County Department of Health and Human Services (DHHS)*

*Shelley Nilsen*, Deputy Director, Children and Family Services, Humboldt County Dept of Health and Human Services

*Kathy Piber*, Supervising Psychiatric Nurse, Humboldt County Dept of Health and Human Services

*Tia Richardson*, Humboldt County Transition Age Youth Collaboration Advisory Board Member

In 2008, HCTAYC and DHHS created a venue for youth voice, impacting systems of care for TAY who are foster or former foster youth and/or have behavioral health challenges. Lessons learned from youth, staff and agency perspectives can help organizations interested in replication to build on strengths and address challenges from the beginning.

### **17** *Different Approaches to Housing TAY*

*Jose G. Ocampo III*, Edgewood Center For Children and Families/Turning Point Program

Could you live on your own when you turned 18? Did you have a steady job that helped you pay for rent? Were you able to create a budget for your monthly expenses? Did you know how to make your own meals, do chores, and know how to handle a personal emergency? It is difficult enough being on your own as a Transitional Age Youth and even more challenging when you don't have the skills to pay the bills. This workshop will focus on our approach to housing TAY, the challenges of teaching independent living skills while supporting mental health needs, and exploring limited resources for those who need a more supportive setting.

## **18** *Juvenile Justice Diversion and Treatment Program - An MHSA-Funded Full Service Partnership involving Division of Behavioral Health Services – Child and Family Mental Health, Juvenile Probation, and River Oak Center for Children in Sacramento*

*Kristy Schwee*, River Oak Center for Children

*Probation Officer*, Sacramento County Probation, Juvenile Division

*Program Monitor*, Division of Behavioral Services – Child & Family Mental Health

*Youth/Peer Mentor or Parent*

This program is a collaborative effort with Juvenile Probation, Mental Health, and a mental health provider in Sacramento County. We will discuss: processes of securing MHSA funding, deciding on referral processes, services to be rendered and lessons learned and recommendations for others interested in Full Service Partnerships.

## **19** *Breaking the Addiction to Being Helpful*

*Jeff Cotton*, founder, Jeff Cotton Trainings

Being helpful is often driven by the fear of being helpless. As much as any drug, helpfulness IS an addiction. This means there will be a withdrawal component that must be understood if we are to break this addiction. This pragmatic and inspirational workshop is about cultivating a balanced non-reactive and non-enmeshed inner stance, allowing us to witness situations in a new light and thrive, rather than survive, being helpful.

## **20** *Measuring Stick, Models, Mode, and Motivators*

*Paityn Masters*, TAY-PACT program in Costa Mesa, Youth In Mind

When friends are in college, getting married, and having the picture of a successful life, what is the measuring stick of success for a young person with a mental health concern? Vast possibilities can open when positive role models help young people envision the possibilities that exist, when there is help in learning the steps to build the models that inspire them, and when there are Motivators - mentors who validate youths' potential and encourage them to work toward their dream while being honest about limitations.

## **21** *Improving Child Welfare and Mental Health Practice Through the Use of the Quality Service Review Process*

*Bryan Merabon*, Acting Deputy Director, Children's System of Care, LA County Dept of Mental Health

*Brian Bruker*, Program Manager, Quality Improvement Section, LA County Dept of Children and Family Services

The Quality Service Review (QSR) Process being implemented in Los Angeles County is an important tool in tracking and improving child welfare and mental health systems integration and client outcomes. The workshop will include a description of the QSR process as well as initial findings.

## **22** *Transformation from Service Receiver to Peer Advocate*

*Cedric Fotso Tagny*, Mental Health Consumer Intern, Asian Americans for Community Involvement

*Jennifer Lee*, Mental Health Internship Program Manager, Asian Americans for Community Involvement

The development and implementation of the Mental Health Consumer Internship Program at Asian Americans for Community Involvement (AACI). A current Consumer Intern will share his personal story of how the program has been helping him with his own recovery and training him to help others.

## **23** *System of Care Collaboration – Partnership Between Wraparound, School-Based Mental Health, and County Mental Health*

*Monica Gadda Hendrix*, San Mateo County Clinical Program Supervisor, Edgewood's ISIS Program

Are you a clinician finding yourself doing more than just therapy? Need help with case management, after-hours crises, and in-home support needs of families? Do you see youth during school hours but know they and their families need so much more support outside of school? This workshop will focus on a unique approach to collaboration and integration of Wraparound teams with established County Mental Health and School Based Mental Health services in order to provide comprehensive and intensive supports to families and youth in schools, clinics, and at home. This approach has helped to decrease incidence of acute emergency hospitalizations, incarcerations, and the need for higher levels of residential care.

## **24** *A Narrative Approach to Group Work with Adolescents in Residential Programs*

*Mike Mertz*, Director of Circle & Facilitation at Seneca Center for Children and Families,  
*Daren Dickson*, Residentially-Based Services Division Director at Seneca Center for Children and Families

An interactive group process founded on the narrative ideas of community of concern, externalization, re-authoring, and definitional ceremony. Through a carefully designed progression of exercises we invite the youth to connect with what they give value to and to separate their identities from the problems that influence them. Group members serve as witnesses to the emerging stories that reflect a preferred way of being. Ideas to carry these preferred identity claims outside of the group will also be discussed.

## **25** *Opening the doors to Higher Education for TAY in the Mental Health System & Beyond*

*Nicole Demedenko Lehman*, Executive Director, Youth In Mind; Educational Director- Recovery Education Institute

Stories of youth transitioning from the youth mental health system to the adult mental health system and their parallel journeys to pursue higher education, their successes, struggles and models for engagement and resources for youth perusing their dreams according to their own definitions.

## **26** *Who's In the Driver's Seat, Anyway?*

*Roger Daniels*, Program Director, STAY and Transitions Programs, Fred Finch Youth Center  
*DeVera Jackson Garber*, Clinical Supervisor for the Transitions Program, Fred Finch Youth Center

This workshop allows Youth to examine ways to advocate and increase a sense of power and direction regarding their own well-being. It aims to place Young Adults at the forefront of the services that they receive, so that they have the main say in how others provide them help.

## **27** *Navigating Collaborative Success During a Challenging Fiscal Crisis*

*Eugene Whitlock*, Deputy County Counsel, County of San Mateo.  
*Roxanne Dean*, 26.5 Compliance Coordinator, San Mateo County Behavioral Health and Recovery Services  
*Suzanne Aubry*, Director of Family Services and Support in the Office of Consumer and Family Affairs, San Mateo County

On October 8, 2010, Governor Schwarzenegger signed the State Budget bill and line item vetoed all county funding for complying with the AB 3632 mandate, declaring that he had suspended the California mandate that requires county mental health departments to provide or pay for mental health services for children and youth in special education whose Individual Education Plan contains mental health services. This workshop will discuss the effects of that decision and San Mateo County's efforts to maintain successful collaboration with 26 school districts in order to ensure the best services possible at a time of great uncertainty.

## **28** *California's Partnership to Reduce Long-Term Foster Care*

*Pat Jordan / Beverly Abbott – Consultants*, CFPIC Child Welfare/Mental Health Collaborative Partnership Project  
*Karen Gunderson*, CDSS, Project Director  
*Kate Welty*, Strategic Consulting Manager

Representatives from child welfare, partner agencies and foster care youth and/or caregivers from Planning Committees in Humboldt, Fresno, Santa Clara and Los Angeles Counties.

The California Department of Social Services has received a 5-year federal grant to test new approaches to reducing long-term foster care placements. Workshop participants will learn about grant activities, and become familiar with conducting an Institutional Analysis and developing a practice model for working with child welfare youth and families to improve outcomes across child-serving systems.

## **29** *How to Simultaneously Implement 25+ Evidence-based Programs, Promising Practices, and Community-defined Evidence Programs without Collapsing the Mental Health System—Lessons Learned*

*William Arroyo*, Regional Medical Director, LA County Department of Mental Health, CMHACY Board of Directors  
*Lillian Bando*, District Chief, MHSA Prevention and Early Intervention Unit, LA County Department of Mental Health

L.A. County's MHSA Prevention and Early Intervention Plan included a systematic implementation of 51 different programs. What happens when the economic downturn impacts the mental health system and a fast track PEI implementation plan is needed? This workshop identifies steps involved in transformation of services, mental health system changes, collaboration with providers, critical role of youth/family members/other stakeholders and EBP developers, and outcomes requirements.

### **30** *After the Court Leaves - Therapeutic Behavioral Services (TBS) in California*

*Jim Preis*, Executive Director, Mental Health Advocacy Services, CMHACY Board of Directors

The aftermath of the Emily Q litigation, focusing on structures that are being created to ensure ongoing access to and quality of TBS, with particular focus on the work of a family and youth collaborative as well as the state Department of Mental Health to facilitate ongoing access to quality TBS throughout California.

### **31** *Evidence-Based Practices in Child Welfare Systems: Struggles and Successes*

*LaTonya Wood*, Mental Health Clinical Program Head, LA County Dept of Mental Health

*Karin Capodanno*, Quality Assurance Psychologist, LA County Multidisciplinary Assessment Team

*Joaquin Castor*, Psychiatric Social Worker, Trauma-Focused Cognitive Behavior Therapy Team

An overview of Trauma-Focused Cognitive Behavior Therapy as one Evidence-Based Practice to address the mental health needs of children involved in child welfare systems who have been exposed to chronic abuse and trauma. The challenges encountered by administration and clinicians in implementing an EBP in a community based, real world setting as well as successful strategies to build a self-sustaining, effective and rewarding intervention program.

### **32** *AB 3632: What Does the Future Hold?*

This workshop will feature a panel discussing the fallout from Governor Schwarzenegger's veto of the AB 3632 mandate and the responses by advocates, counties and education agencies to address how mental health services to children and youth in special education will be provided.

### **33** *Children and Healthcare Reform*

*Jeffrey Rowe*, Supervising Psychiatrist, San Diego County Behavioral Health Services

How can the lessons from the development of the Children's System of Care contribute to the our current efforts of healthcare reform? Clinicians, consumers, families and advocates can START NOW to incorporate CSOC accomplishments and values into new medical and developmental services terminology so that what has been gained over the past 15 years will not be lost. Most of the current discussions related to healthcare reform have focused on funding and legislative aspects; this workshop will address some of the clinical issues that need to be preserved and incorporated as the nation moves forward with reform.

### **34** *Workforce Development of Healthcare Reform*

*Gwen Foster*, Director, Mental Health Program, California Social Work Education Center Mental Health Program, UC Berkeley School of Social Welfare

The California Social Work Education Center Mental Health Program educates and supports Masters in Social Work students who are planning careers in California's mental health system. This session will introduce Mental Health Program as a model for training diverse multidisciplinary practitioners for recovery-oriented setting, and explore some of the challenges and opportunities of healthcare reform for behavioral health workforce development.

## **Friday, May 15**

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#### **7:00 a.m. UACF Parent Partner Coalition 3rd Annual Breakfast**

UACF Parent Partner Coalition invites all Parent Partners to attend our annual networking breakfast meeting in the Asilomar Dining Room. Parent Partners will enjoy an exchange information and support from other Parent Partners from across the state. There will be a brief presentation on tips for distressing your life in your Parent Partner role. Door prizes will be given, but you must attend!

#### **9:00 a.m. Realignment: New State Developments**

What are the implications of the proposed Realignment for services for children and families?

#### **10:00 a.m. The New Director of the Department of Mental Health – Cliff Allenby**

#### **10:30 a.m. Legislative/Policy Panel**

This informative panel will follow last year's format, with questions focusing the panel's attention on the difficult problems and possible solutions facing the state.