



Member of the Coastal Tri-Counties Child Abuse Prevention Coalition

July 18, 2013 ♦ 9:00 a.m. – 10:30 a.m.

Buellton Recreation Center ♦ 301 Second Street, Jonata School ♦ Buellton, CA

MINUTES

1. Welcome and Introductions

Deborah Holmes welcomed everyone and introductions were made.

Attendance: Florene Bednersh, Sandra Copley, Ashleigh Erving, Flo Furuike, Deborah Holmes, Noel Lossing, Alma Marquez, Maria Millsaps, Betina Monterrosa, Judi Nishimori, Refugio Rodriguez, Teresa Rodriguez-Johnes, Dayana Zepeda

Staff: Liz Drake, Barbara Finch

2. Approval of May 16, 2013 Minutes

Teresa Rodriguez-Johnes motioned to approve the June 20, 2013 minutes; Sandra Copley seconded the motion and the minutes were approved unanimously.

3. Public Comment

There was no public comment.

4. Alcohol, Drug & Mental Health Services

- a. **ADMHS System Transformation** – Cuco Rodriguez, Mental Health Services Act Division Chief for Alcohol, Drug and Mental Health Services (ADMHS), gave an update on their system transformation process. Approximately one year ago, the Board of Supervisors put out a Request for Proposal (RFP) for two external contractors: one to assess their psychiatric health facility and the other to look at their internal programming, fiscal and other processes. The reports were submitted to the Board of Supervisors and ADMHS is now in the redesign process.

Cuco stated that the Board of Supervisors has approved a process for assessing whether or not there is potential for privatizing the psychiatric health facility; however, there are concerns about how this will impact the uninsured and undocumented populations who are being served through the facility. Zia Partners and the TriWest Group categorized five areas of needed change and focus within the ADMHS department: systems, clinical operations, administration, finance and compliance. The initial phase of the systems change process included holding three focus groups in Lompoc, Santa Barbara, and Santa Maria. Participants included County partners, clients, family members, staff from community-based organizations and more. In order to encourage candid participation and to ensure confidentiality, Barbara Finch (a neutral party and non-ADMHS employee) was asked to lead the group discussion. Cuco reported that the focus groups were very productive and that the process of quality improvement will be ongoing and allow participation at all levels, not just ADMHS management.

Cuco concluded his presentation by reviewing the next steps in the transformation process. Action teams will be formed to focus on a variety of issues requiring change within ADMHS. Change agents, who include ADMHS and community provider staff, consumers, family members, advocates and community leaders will serve on action teams. Both Cuco and Barbara emphasized the importance of Child Abuse Prevention Council (CAPC) member

a. ADMHS System Transformation (Continued)

participation in this process. Children’s mental health services are a continued need in Santa Barbara County and members can help move the system in a direction where all can benefit. Cuco mentioned that more than likely the model will look something like the former Multi-Agency System of Care (MISC) where services are integrated and co-located. Barbara added that what she likes about this system change is that it will expect complexity in the clients who are served. Additional information (meeting calendars, feedback forms, updates, etc.) about ADMHS Systems Change can be found on www.countyofsb.org/admhs.

- b. Maternal Child Mental Health & Substance Abuse Coalition** – Sandra Copley gave a brief history of postpartum depression education and outreach within the County and how the Maternal Child Mental Health & Substance Abuse Coalition was formed, what they’re working on right now and what they hope to accomplish in the future. Postpartum education and advocacy within Santa Barbara primarily began with Jane Honikman, co-founder of Postpartum Education for Parents (PEP) in 1977. As a result of Ms. Honikman’s advocacy, Public Health began using the Edinburgh screening tool in order to identify symptoms of postpartum depression. In 2005, Alcohol, Drug and Mental Health Services (ADMHS) formed a postpartum depression committee, which included Sandra. Projects included, but were not limited to, conducting Train-the-Trainer workshops throughout the County and funding postpartum depression groups, including Spanish groups in Santa Maria. A lot of progress and movement was being made to address postpartum depression in our County, and then the funding was dropped.

Despite the fact there was no longer a budget, Sandra felt compelled to continue her work in postpartum depression. Because one of her strong concerns is also perinatal substance abuse, and the fact that our County has no infrastructure for addressing this problem (with one exception in Lompoc), Sandra decided to include this in her efforts. Sandra formed the Maternal Child Mental Health & Substance Abuse Coalition, which consists of members of various organizations who are willing to donate their time and work on one project a year in order to keep the momentum going. They are currently working on a resource list which links parents to various health and family related programs within the county; there is a separate list for North, Mid, and South County. The resource lists are in draft form right now; however, when they are finalized Sandra will send copies to Liz for distribution. Sandra added that the resource list was a collaborative effort and thanked those involved in the process.

A future project of the Coalition includes distributing informational flyers to doctors/providers in the County in order increase awareness of perinatal mood and anxiety disorders along with alcohol and illicit drug use during pregnancy. Sandra distributed a copy of the flyers (see attached) and emphasized that they are for providers, not clients. They are also hoping to have a conference in the future and to create a toolkit for advocates which will include valuable information on how to talk to mothers, what questions to ask, what not to say and how to help them prepare for doctor visits and make sure their needs are being met. Sandra stated that she has informational brochures on postpartum depression and assessing perinatal substance abuse, especially alcohol; please contact her if you would like a .pdf copy. Deborah thanked Sandra for all the work she has done in the County, and at the state level, and also acknowledged Florene for being so involved and incorporating the screenings in the Welcome Every Baby program.

- c. Community Resources and Referrals for Parents and Children** – Barbara led a discussion about the screening tools used by family advocates and other agencies in the community to identify mental health and substance abuse issues in clients. She stated that the Child Abuse Listening Mediation (CALM) collaborative reported that four percent of parents or caregivers identified with substance abuse as a risk factor, 12 percent identified parental mental health as a risk factor, and 23 percent identified the child’s mental health as a risk factor. The Santa Maria Valley Youth and Family Center collaborative reported that three percent identified with substance abuse and 17 percent identified with mental health as a risk factor. In Guadalupe, 71 percent of the families assessed identified mental health as a risk factor and Child Welfare Services reported that 58.7 percent of parents with a case plan have substance abuse issues. From looking at these statistics and where referrals are being made, Barbara stated that it is evident that advocates are dealing with these issues on a daily basis. Also, mental health, substance abuse and domestic violence services are consistently identified in the System Improvement Plan as areas of needed improvement.

c. Community Resources and Referrals for Parents and Children (continued)

Barbara asked those in attendance if they feel more should be done in terms of assessment and/or education to meet the needs of families struggling with mental health and substance abuse issues. After a brief discussion about the various assessment tools used to screen clients in these two areas, it was determined that additional substance abuse and mental health information and identification training may be a possible future area of focus for the CAPC. Several members expressed that alcohol and drug abuse are often not divulged until the advocate has established trust with the client, and even then there are factors which keep the client from disclosing. Flo suggested that the Early Care and Education teachers may also benefit from additional training. Barbara concluded the discussion by stating that September's agenda will include discussion on making these topics CAPC priorities.

5. Updates and Announcements

- Barbara mentioned that Probation is interested in using the Supporting Father Involvement curriculum at their Probation Report and Resource Center for clients who receive an early release from state prison. There is a group leader training on August 14th in Oxnard. The training is free and participants don't have to commit to doing the intervention. Registration is available on the Strategies website. Barbara added that this is a good opportunity for people to get trained in this curriculum so that if Probation or other agencies are interested in the program, there will be people available to teach it.
- Barbara also announced that the Child Abuse Prevention Summit is coming up on Oct 16th & 17th and that Building Communities of Hope, a one day event for agencies that serve at-risk families and children will be on July 31st. Deborah is teaching at the Child Abuse Prevention Summit and Barbara will be speaking at the Building Communities of Hope conference.

6. Confirm Agenda for next meeting – September 19, 2013

Suggestions for future agenda items included:

- September – Deborah Holmes on results of Supporting Father Involvement in Carpinteria.
- September – Strategic planning
- October - Presentation from Sandra Brown on illicit drug use in Santa Barbara County.

7. Adjourn for Grants Consortium

The meeting was adjourned at 10:30 a.m.