

Integrated Behavioral Health Action Coalition (IBHAC)

March 19, 2024 | 10:00 AM - 11:30 AM



10:00 AM	WELCOME & PARTNER ANNOUNCEMENTS	<i>Suzette Reuschel-DiVirgilio, Programs Director Health Improvement Partnership</i>
10:05 AM	COMMUNITY HEALTH TRUST OF PAJARO VALLEY Watsonville Allcove Youth Center	<i>DeAndre' James, Executive Director Community Health Trust of Pajaro Valley</i>
10:25 AM	CULTIVATING UNDERSTANDING & BELONGING: POSITIVELY IMPACTING YOUTH MENTAL HEALTH Gems from the Calciano Memorial Youth Symposium and Highlights of COE Wellness Initiatives	<i>Jen Hastings, MD, Physician Consultant SafeRx & Health Improvement Partnership</i> <i>Julie Norton, LMFT Behavioral Health Program Manager Central California Alliance for Health</i> <i>Michael Paynter, Ed.D., LMFT, Executive Director Student Support Services Department Santa Cruz County Office of Education</i>
11:25 AM	CLOSING & NEXT MEETINGS	<i>Hayley Mears, Sr. Program Manager Health Improvement Partnership</i>

[Access meeting recording here](#)

COMMUNITY WELLNESS PLAN: Watsonville Allcove Youth Center



*DeAndre' James, Executive Director
Community Health Trust of Pajaro Valley*

COMMUNITY
WELLNESS
PLAN



COMMUNITY HEALTH TRUST

MISSION & VISION

Our mission is to foster a healthy and equitable community for all in the Pajaro Valley through leadership in advocacy, collaboration and wellness.

We envision an equitable Pajaro Valley with health, wellness, and a full quality of life for all.

Health Equity

- An equal and fair opportunity for every individual to attain the highest level of health and wellness regardless of socio-economic barriers.

Wellness

- The active pursuit of activities, choices, and lifestyles that emphasize preventing illness and improving quality of life, as opposed to emphasizing disease treatment.

Organization

- Implementing goals and strategies to improve the organization and its operations.



CHT Wellness Center – Program Model

Wellness Management

- **Diabetes Management**
 - Pre-Diabetes
 - Gestational Diabetes Management
 - Diabetes Prevention Program (DPP)
 - Insulin Pump Management
- **Medical Nutrition Management**
 - Nutrition Assessment & Care Plan
 - Obesity Management
 - Hypertension
- **Food Insecurity**
 - Veggie Rx
 - Farmer's Market
 - Community Gardens
- **Workplace Wellness**
 - Health Screenings
 - Risk Assessments

Care Learning Center (CLR)

- **Cooking Classes/Demo**
- **Exercise & Fitness**
 - Yoga / Pilates
 - Body Movement
- **Mind/Body Training**
- **Neurological Function**
- **Support Groups**
 - Healthy Eating
 - Diabetes Management
 - Family Health
- **Childbirth & Parenting**
- **Tobacco/Smoking Cessation**
- **Lifestyle Management**
- **Stress Management**
- **Senior & Veteran Classes**
 - Arts & Crafts
 - Knitting
 - Book Club
 - Tax Preparation
 - Health Speakers

Extended Care

- **Wellness & Preventative Health**
 - Enhanced Care Management
 - Wellness Screenings
- **Healthy Movement**
 - Women's & Men's Health
 - Range of Motion
- **Youth Mental Health**
 - [Allcove](#)

allcove

where every youth belongs, chooses
the support they need and thrives

OUR INITIATIVES

Stanford Center for Youth Mental Health and Wellbeing
Spearheading a new national vision for adolescent and young adult
wellness and mental health support

- [allcove centers - Integrated youth mental health programs](#)
- Media and Mental Health Initiative
- Suicide prevention and postvention
- Tribal youth suicide and mental health
- Youth-led anti-stigma/awareness/ social media efforts
- Early psychosis program (PEPPNET)
- School and community partnerships
- Conference, webinars, community events

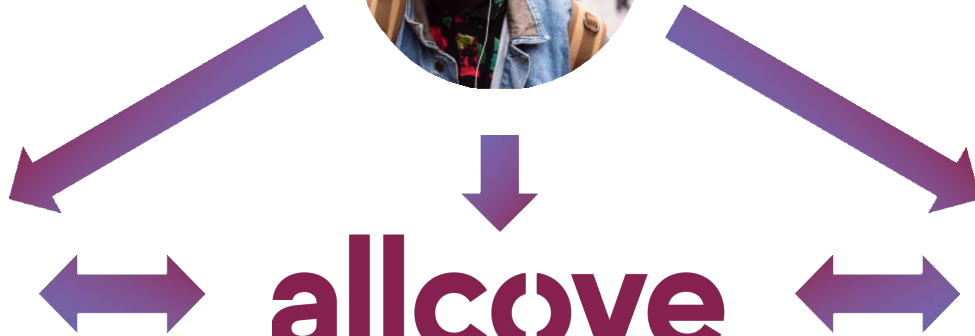
STATE AND NATIONAL POLICY EFFORTS FOCUSING ON YOUTH MENTAL HEALTH

- California budget 2021-22 has \$4 billion focused on school mental health, behavioral health workforce, \$447million for evidence-based practices, and Medicaid restructuring focused on whole child
- Surgeon General's Advisory Protecting Youth Mental Health (December 2021)
 - Broad recommendations for youth, families, schools, communities, health care, social media, funders, and governmental agencies
- White House Unity Agenda (March 2022)
 - Youth mental health focus with supports for increased workforce, school mental health, social media focus, peer specialists and paraprofessionals

International integrated care model

- Integrated youth mental health centers for young people ages 12 to 25.
- Accessible - Location and short appointment wait time.
- Free to low cost -
Serve everyone, regardless of insurance status.
- International partners include:
 - headspace Australia - 150 sites
 - Foundry Canada - 20 sites
 - Jigsaw Ireland - 15 sites
 - World Economic Forum Global Framework for Youth Mental Health
 - International Assn. for Youth Mental Health

A public mental health continuum for young people

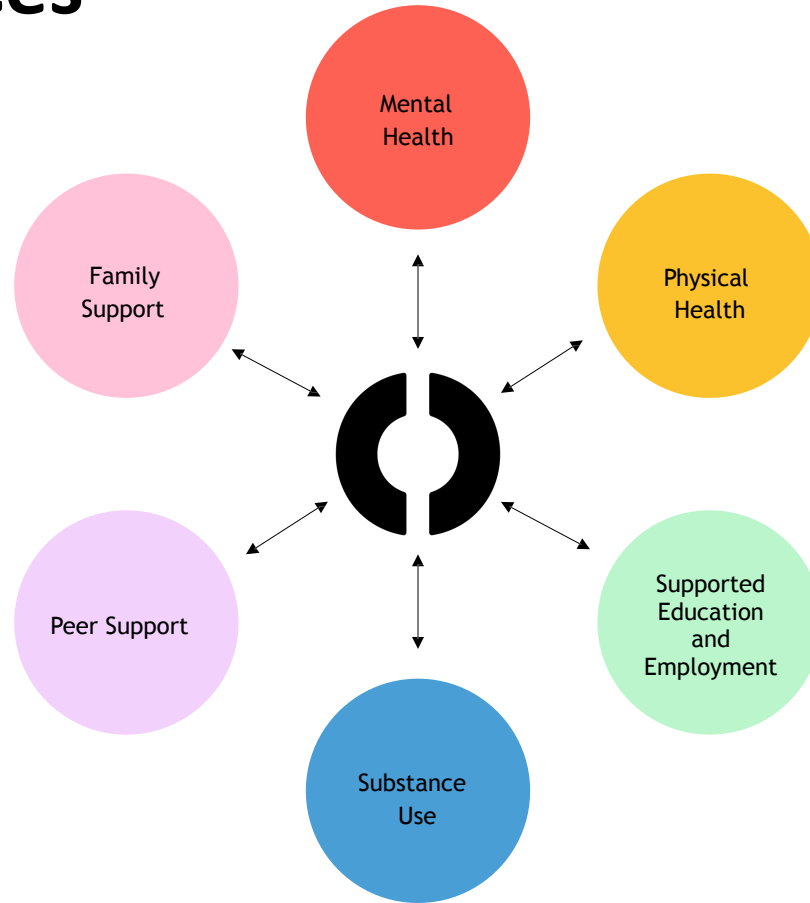


allcove



allcove provides youth-centered, integrated care through prevention and early intervention with easy and affordable access.

Core services



How is this model unique?

- Prevention to early intervention focus.
- Youth-centered and informed design.
- Youth advisory board.
- Stigma-free; normalizes mental health.
- Youth-friendly, engaging and upbeat staff.
- Strong youth outreach and marketing.
- Consortium of youth-serving agencies.
- Integrated care.
- Trusted codesigned brand.

Creating a welcoming, inclusive environment

- allcove centers feel like a welcoming sanctuary you can always come back to:
 - Recognizable in look, feel and experience.
 - Open, airy, nest-like and free of stigma.
 - Welcoming, safe, comfortable and non-judgmental.



Cultivating Understanding and Belonging: Positively Impacting Youth Mental Health

Gems from the Calciano Memorial Youth Symposium
and Highlights of County Office of Education Wellness Initiatives



Integrated Behavioral Health
Action Coalition (IBHAC)

Jen Hastings, MD, Physician Consultant, SafeRx & HIP

Julie Norton, LMFT, Behavioral Health Program
Manager, Central California Alliance for Health

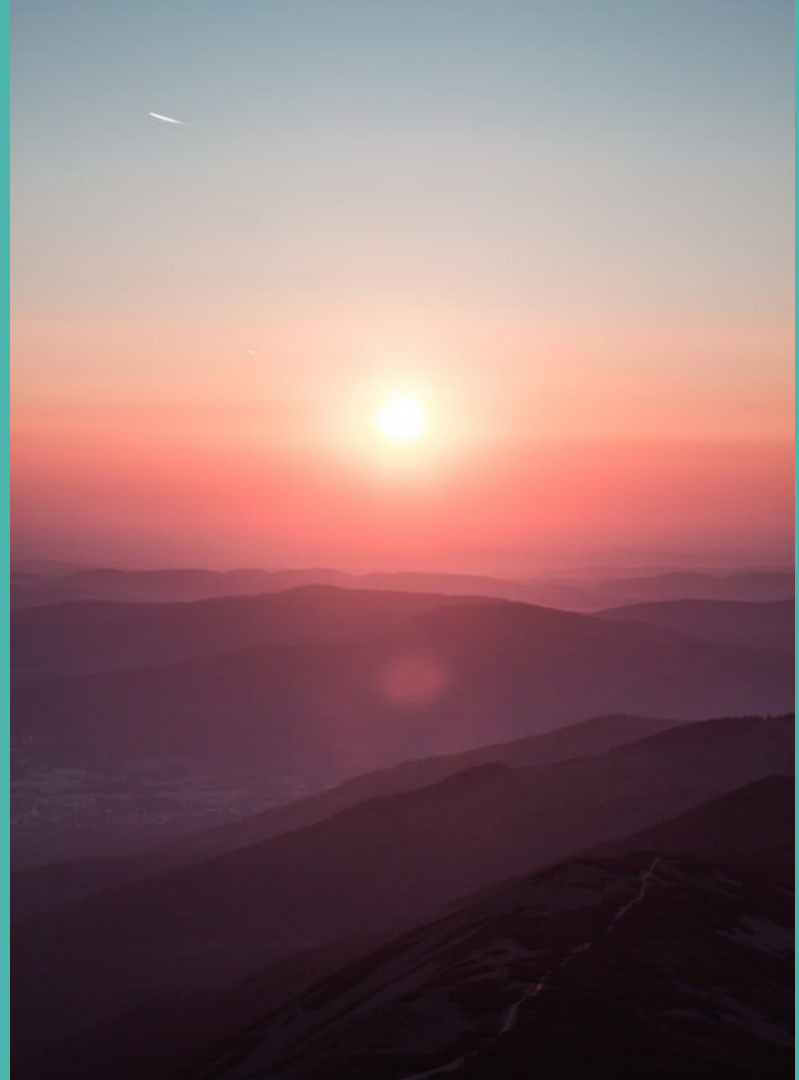
Michael Paynter, EdD, Executive Director, Student
Support Services, Santa Cruz County Office of Education

Arriving

Take a Breath Acknowledging

The land on which we gather is the unceded territory of the Awaswas-speaking Uypi Tribe.

The Amah Mutsun Tribal Band, comprised of the descendants of indigenous people taken to missions of Santa Cruz and San Juan Bautista during Spanish colonization of the Central Coast, is working hard to restore traditional stewardship practices on these lands and heal from historical trauma.



Calciano Gems and Highlights

Meena Srinivasan and Julie Norton



Focus:

Supporting youth mental health

Cultivating cultures of understanding and belonging

Engage in practices that promote compassion, empathy, resilience

Research-based strategies for creating brave, safe and supportive spaces.

Also heard from extraordinary and engaged youth



unité



همگی unidos متحد nagkakaisa اتفاق eenheid 團結 unidade

“Stronger together”: a timeless truth that echoes with immense significance, because togetherness and unity allow us to rise up, foster community, and flourish. *unité*; an initiative founded **for the youth by the youth**, strives to destigmatize mental health to instill emotional resilience in youth. It is time that we replace our silence around mental health with loudness, for **everyone** has mental health but **no one** should have to struggle alone. Through stigma-free mental health education, awareness, accessible resources, and programs, *unité* aims to foster a stronger awareness and understanding of mental health and psychology topics so that everyone has the ability to kindle supportive communities and thrive.



“Why are are our own mental health struggles so universal, yet so stigmatized?”

Niku Sederat

BEING HUMAN

LIVING WELL



STATE OF MIND

RADIO SHOW & PODCAST



Devin Bloom



Guest Host:
Niku Sedarat

Dear Alices: Melissa Marice
Guest Host: Niku Sedarat
Marley Miller Devin Bloom
**Empowering Youth:
Teen-Led Mental Health Support**
Sun 3:15 & Mon 3:15, 6-7 pm PT
on KSQD 90.7, 89.7 & 88.5 fm
(Mountain View) & KCCU 92.7 fm
www.kccu.org & www.kccu.org
Podcast available now!

State of Mind with Debra Sloss

Empowering Youth: Teen-Led Mental Health Support



00:00 / 58:00

SUBSCRIBE

SHARE





An invitation
into GENTLE
CURIOSITY

TRAIN YOUR BRAIN FOR GROWTH

INSTEAD OF...	ASK YOURSELF...
“I KNOW THIS ALREADY.”	“WHAT CAN I LEARN FROM THIS?”
“THIS WON’T WORK FOR ME.”	“HOW CAN THIS WORK FOR ME?”

Forleo, 2019

Some guiding agreements from cultural anthropologist Angeles Arrien in how we can be together in a “full-hearted and mindful way”

THE FOUR-FOLD WAY

1. Show up and choose to be present.
2. Pay attention to what has heart and meaning for you.
3. Tell the truth without blame or judgment.
4. Be open, but not attached, to outcome.



We are not present almost 50% of the time.

47%

Average time spent
Mind-wandering

**PRESENT NOT
PERFECT**



Why do you do what you do?
What's your WHY?

The Way it Is by William Stafford

*There's a thread you follow. It goes
among things that change. But it
doesn't change.*

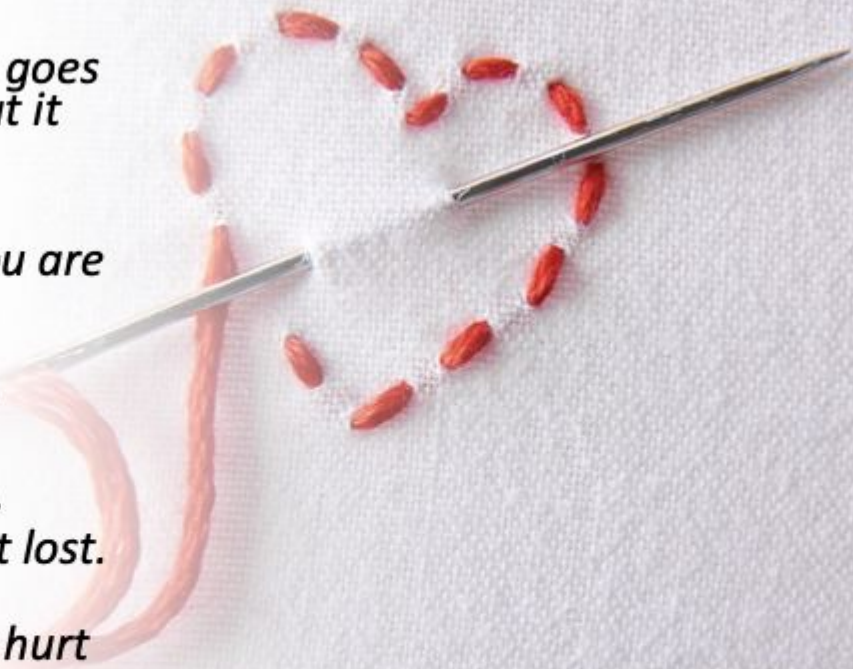
*People wonder about what you are
pursuing.*

*You have to explain about the
thread.*

*But it is hard for others to see.
While you hold it you can't get lost.*

*Tragedies happen; people get hurt
or die; and you suffer and get old.
Nothing you do can stop time's
unfolding.*

You don't ever let go of the thread.



Welcoming Activity: sharing in trios

What is your “thread” or your “why”?

What brings you here today?

How are you arriving today?

Breakout rooms of three: 2 minutes each. Time yourselves.
Person with birthday closest to today goes first.

Return and Reflections

What is your “thread” or your “why”?

What brings you here today?

How are you arriving today?

Please share your reflections in the chat.

We welcome one or two to share very briefly by unmuting





*We all have a role to
play in supporting
youth mental health.*

Learn more at
SurgeonGeneral.gov

PROTECTING
YOUTH
MENTAL HEALTH

The U.S. Surgeon General's Advisory

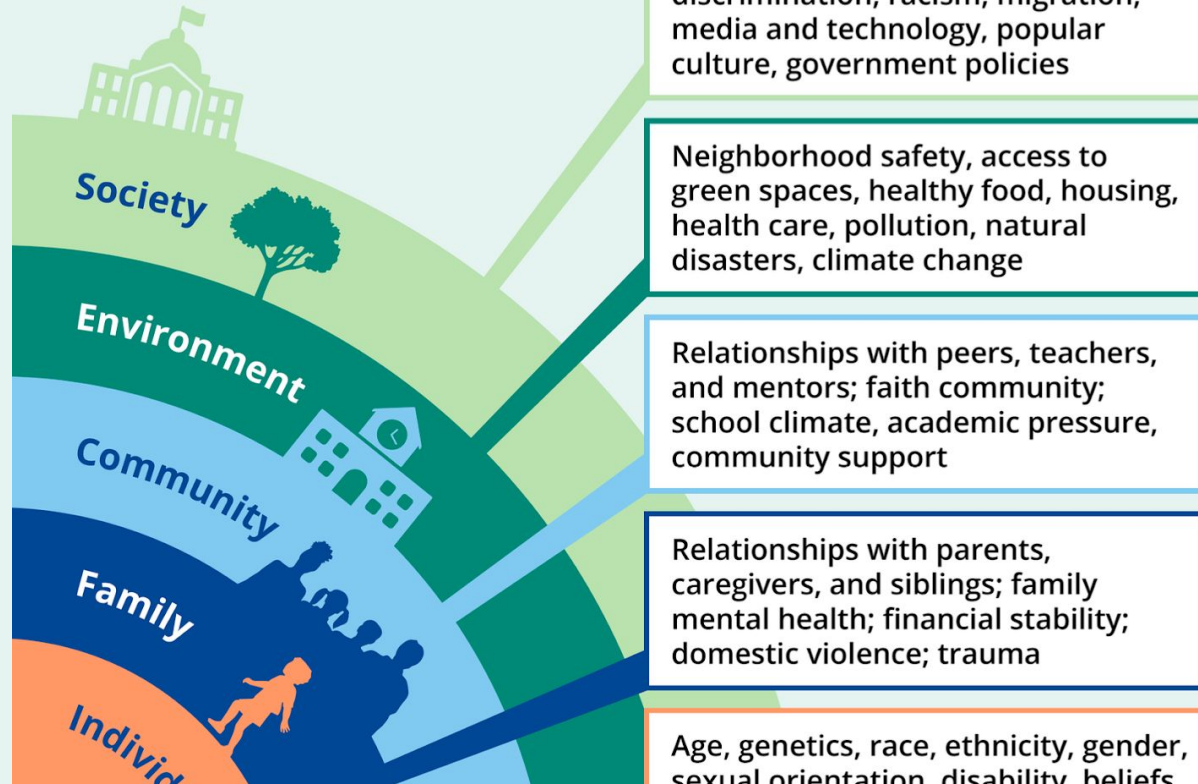
DIRECT MESSAGE

Supporting Youth Mental Health

FACTORS THAT CAN SHAPE THE MENTAL HEALTH OF YOUNG PEOPLE

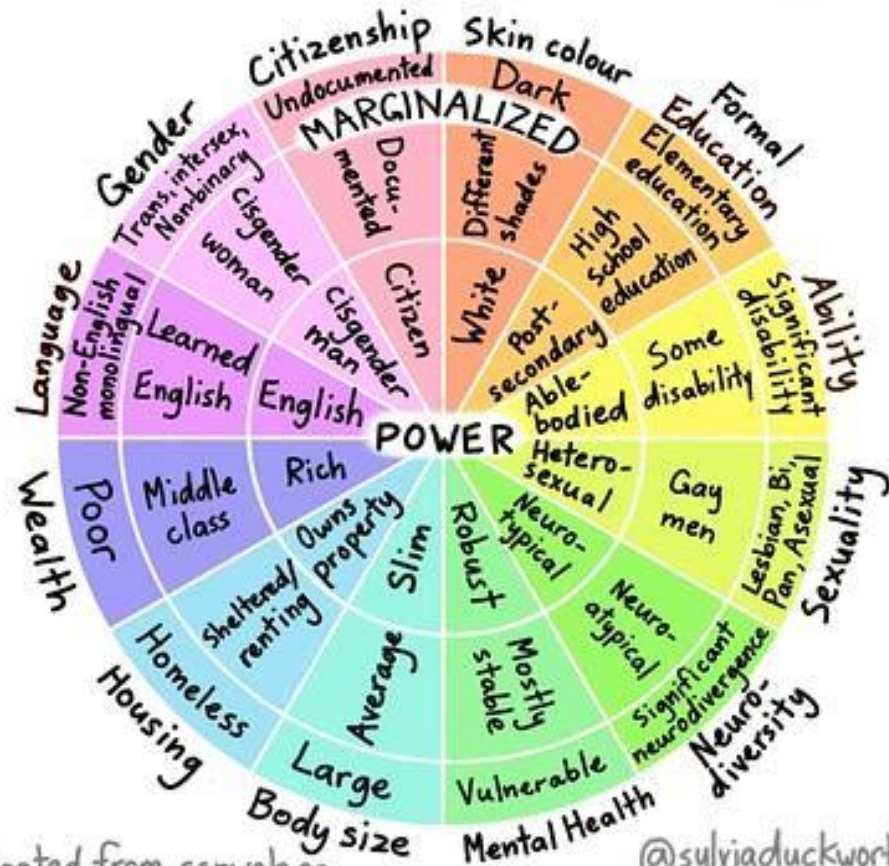


Source: Adapted from WHO's Determinants of Adolescent Health Development: An Ecological Model, 2014 and Bronfenbrenner & Ceci (1994)



**YOU CAN'T TALK ABOUT
BELONGING IF YOU DON'T
DISCUSS POWER.**

WHEEL OF POWER/PRIVILEGE



Adapted from ccrweb.ca

@sylviaduckworth

The image features a quote by Pema Chodron on a textured background with a sunburst pattern. The quote is written in a serif font and is enclosed in quotation marks. The background is a mix of warm colors, including orange, yellow, and brown, with a central sunburst pattern of overlapping petals or leaves. The quote is centered and reads: "COMPASSION FOR OTHERS BEGINS WITH KINDNESS TO OURSELVES."

**”COMPASSION FOR
OTHERS BEGINS
WITH KINDNESS TO
OURSELVES.”**

-PEMA CHODRON

WWW.YOURBEAUTIFULLIFE.ORG

Self compassion
negatively correlated
with depression

Self compassion
significantly mediated
anxiety experienced
by youth harmed by
bullying

Foundational Practice



Posture
Facial Expression
Tone of Voice

Resources:
Compassionate Mind Foundation
Paul Gilbert, Ph.D

www.compassionatemind.co.uk/resource/audio

Notice

Recognize suffering with
nonjudgement

With

Tolerating
uncomfortable feelings

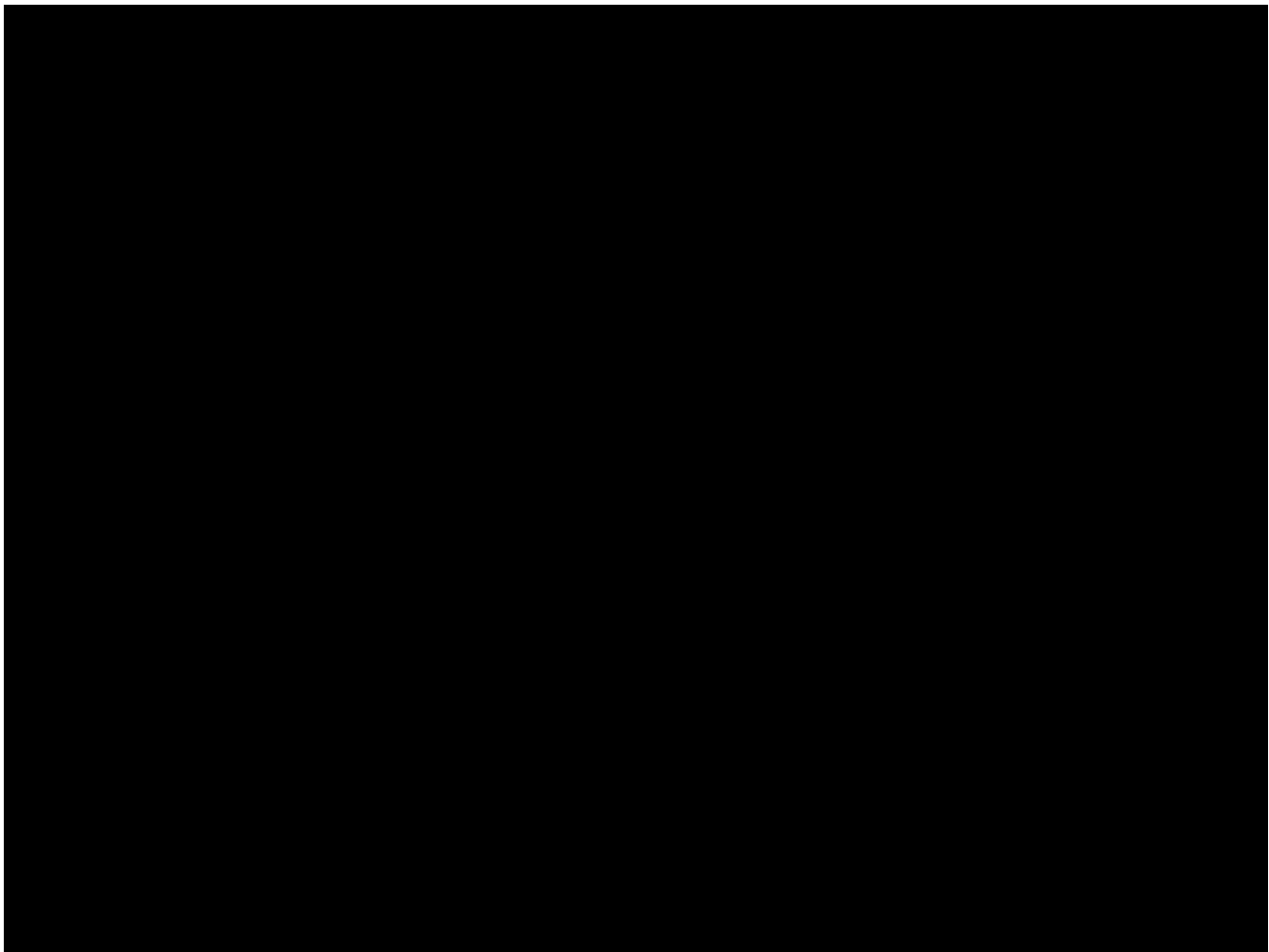


Emotional Resonance

Attunement

Sameness

Universality of suffering.
We all experience hardship.



Four Questions We Unconsciously Ask Each Other at All Times

By Maya Angelou



Quaker, Clearness Committee

Parker Palmer, Center for Courage and Renewal

Participants decide on the following roles while each individual shares and eventually each person assumes all of these roles at some point:

FOCUS PERSON – Person doing the sharing, responding to open, honest questions raised and reflecting at the end of their sharing as well.

FACILITATOR/TIMEKEEPER/COMPASSIONATE WITNESS – Person who assists the group through the structure of the process and the time allotted for each step.

COMPASSIONATE WITNESSES – Those members who are mindfully listening to the focus person and asking honest, open questions and any noticings they had while the Focus Person was sharing.

Breakout 2: sharing in the same grouping

Four Questions We Unconsciously Ask Each Other at All Times
By Maya Angelou



1. Do you see me?

2. Do you care that I'm here?

3. Am I enough for you, or do you need for me to be better in some way?

4. Can I tell that I'm special to you by the way you look at me?

Zoom Breakouts rooms of three: 3 minutes each. Time yourselves.
Person with longest hair goes first.

Breakout 2: return & reflections

Four Questions We Unconsciously Ask Each Other at All Times

By Maya Angelou



Please share your reflections in the chat.

We welcome one or two to share very briefly by unmuting

3 Signature SEL Practices

Welcoming Inclusion Activity	Engaging Practices	Optimistic Closure
<p><u>What</u> - An activity at the beginning that intentionally connects everyone to the work ahead (e.g. check-in or community-builder).</p> <p><u>Why</u> - Sets the tone and invites participation.</p>	<p><u>What</u> - A variety of culturally relevant engagement strategies that encourage active participation.</p> <p><u>Why</u> - It's how we learn best! They give our brains opportunities to pause, make connections and anchor learning.</p>	<p><u>What</u> - Thoughtfully finishing with an activity that honors our work and helps us look ahead.</p> <p><u>Why</u> - Time to celebrate, reflect or motivate towards next steps.</p>

“True liberation is freedom from one's own automatic responses.”

– J. Krishnamurti

CURIOSITY IS THE
ANTIDOTE TO
JUDGMENT

**Education
is at the
heart of
social
change.**

A decorative graphic on the right side of the slide, featuring a light pink background with faint, stylized floral patterns in shades of pink and red. The flowers are soft and ethereal, with some petals clearly visible and others fading into the background.

Transforming education is
how we transform our world.

@HeartOfMeena
www.meenasrinivasan.com



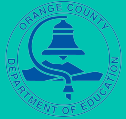
Centering Wellness

The Role of Schools in
Addressing the Mental Health Crisis

3 Programs from High Altitude at the
Santa Cruz County Office of Education



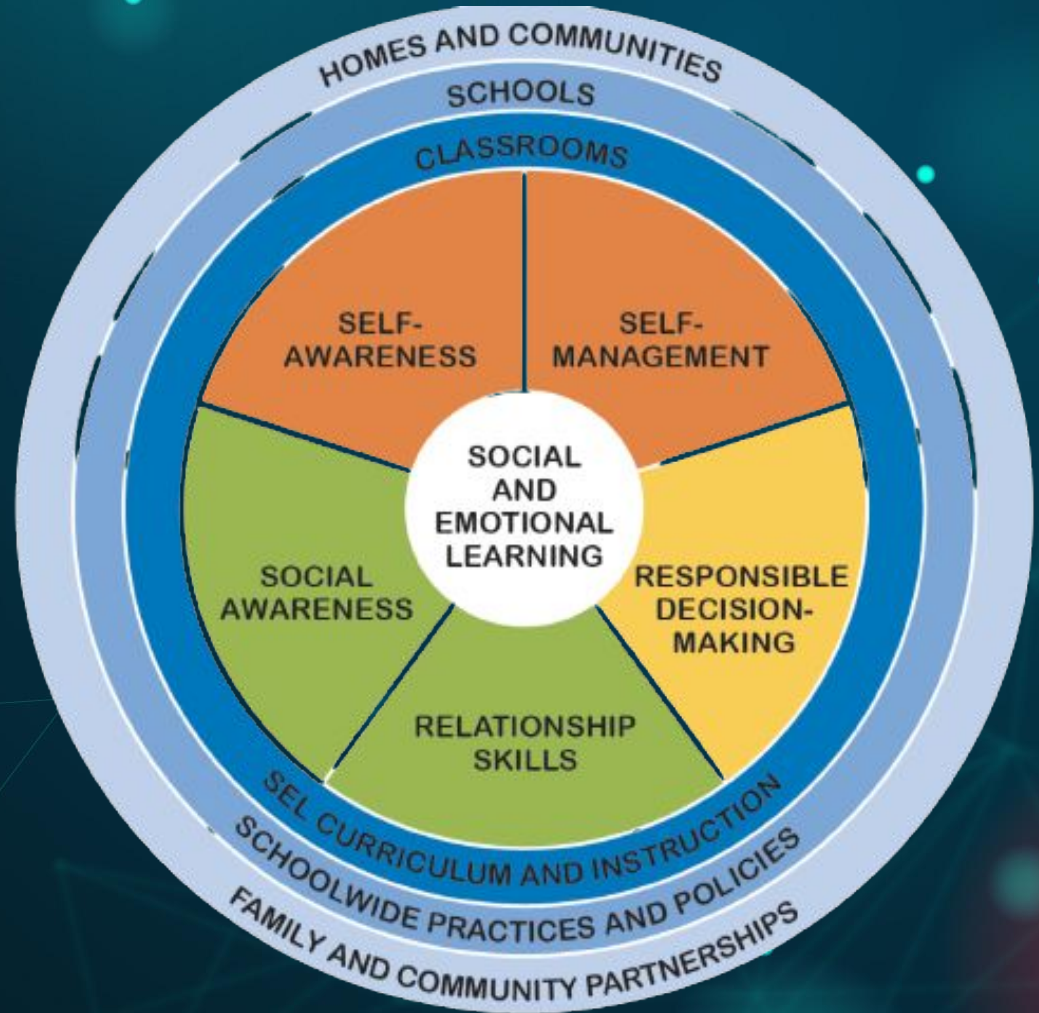
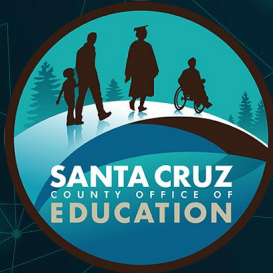
Statewide Systemic SEL and Wellness Goals 2021-2024



- Building a shared understanding/foundation of systemic SEL within the MTSS framework for COEs across California
- Facilitating Communities of Practice for leaders, teachers, counselors, and classified staff to share best practices and build collective capacity
- Creating, vetting, and sharing high quality resources and tools including wellness and mindfulness practices
- Beginning in Fall 2023, providing Kelvin Education Pulse surveys to all CA school districts (free) to engage in continuous improvement cycles

SEL

*Social
Emotional
Learning*



Systemic SEL Implementation



SANTA CRUZ
EDUCATION



CalHOPE

Focus Area 1

Build
Foundational
Support and Plan

Focus Area 2

Strengthen Adult SEL

The 4 Pillars of
Systemic
SEL
Implementation

Focus Area 3

Promote SEL for
Students

Focus Area 4

Reflect on Data for
Continuous
Improvement

School as a Hub



Multi-Tiered Systems of Support

Tier 3

- Individual and Group Therapeutic Services
- Restorative Justice Circles
- Crisis Response and Support
- Enhanced Care Management
- Referrals to Community Partner Services and/or The Companion Project

Tier 2

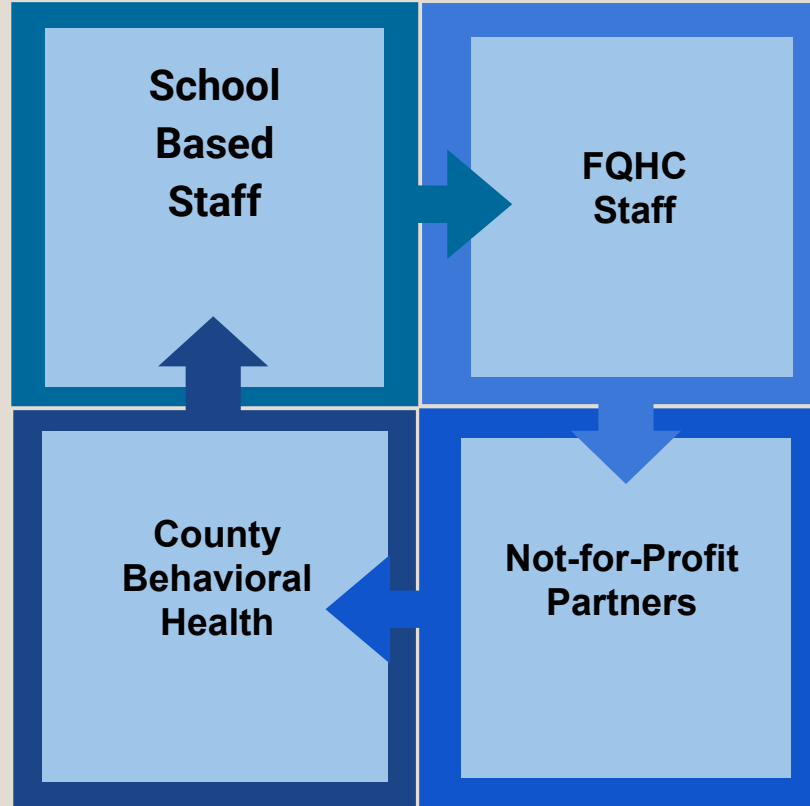
- Group counseling / social-emotional groups
- Tier 2 Behavioral Interventions
- Restorative Mediations / Conflict Resolutions (IIRP Model)
- Individual Solution-Focused Brief Counseling/Motivational Interviewing

Tier 1

- Trauma-Informed, Restorative, and Holistic School Culture and Climate
- Social-Emotional Learning and Mental Health Awareness Campaigns
- Drop-in Access to Wellness Center and Use of Calming Corner
- Staff, Student, Family, and Community Wellness Workshops
- Suicide Prevention
- Restorative Conversations

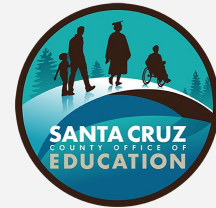


Delivering Services



COE Initiatives - The Companion Project (TCP)

- **Who We Serve:** Vulnerable youth with higher Behavioral Health acuity
- **What We Do:** Navigation focus with flexibility for direct services, and Professional Development, group work, SERP response, transition planning, and more
- **Status:** Over 200 referrals in first year
- **Funding Source:** MHSSA (Prop 63 administered by MHSOAC)
 - 5M over 5 years in partnership with the County



Expected Outcomes



- **Stigma Reduction of Mental Health Care**
- **Open Door to Wellness and Connection to Services**
- **Integrated systems of support that address the social determinants of health**
- **Prevention and Early Intervention**
- **Social and Emotional Skill Building**





Closure Activity



What had heart and meaning for you?

What's one take away/practice you intend to apply to your work/life?

Meena Srinivasan

What is one thing you might share with another after this meeting?



Health Workforce Council Quarterly Meeting

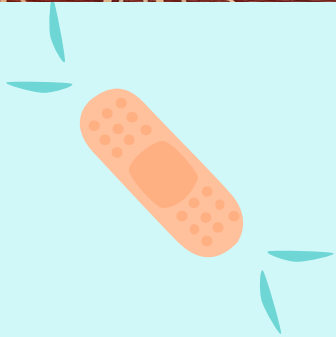
Wednesday March 20th
11am-12:30pm

Zoom Link:

<https://us02web.zoom.us/j/83368935947>

Topics include:

*SCC healthcare labor market data
Primary care workgroup updates
UCSF Nurse Practitioner Programs*

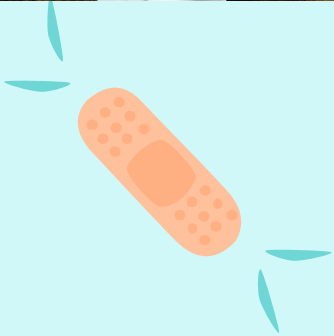




IBHAC Workforce Meeting

Tuesday April 16th
10 -11am
via Zoom

Email Maria Jerezano to join the workgroup
mjerezano@hipsc.org



SAVE THE DATE

Achieving Health Equity: Investing in Diversifying the Healthcare Workforce



01 MAY,
2024

8:15 - 10:15 AM (PST)

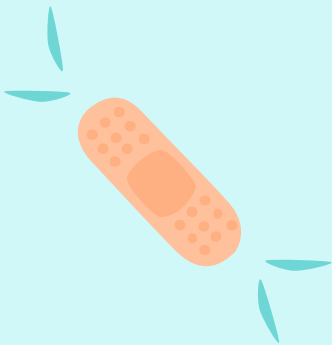
Register Today!

Brought to you in partnership by:



[Click here
to register](#)

[Link to Register](#)





Health Workforce Council Quarterly In-Person Meeting

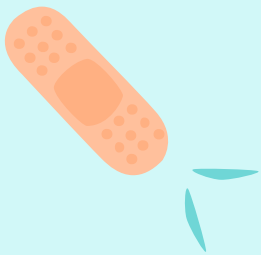
Wednesday June 12th 1:30-3:30pm
Santa Cruz County Community
Foundation

Presentations include:

*Santa Cruz Community Health - Building a
culture of belonging*

*Janus of Santa Cruz - Best practices for
workforce onboarding*

*Networking & refreshments provided by Janus
of Santa Cruz!!!*



Save the Date! 
HIP Community
Forum
Celebrating *HIP's*
20th Anniversary

Thursday September 12th
10am-12pm
Seascape Golf Club - Monarch Room
610 Clubhouse Dr, Aptos, CA 95003





THANK YOU!

Please email pbacio@hipscc.org any flyers, registration links, or resources you would like to share with IBHAC Members