

Mental Health Services Act Prevention and Early Intervention (PEI) Component

“Children and Youth in Stressed Families”

**Sutter-Yuba Mental Health Services
Valley Oak Conference Room
1965 Live Oak Blvd
Yuba City, CA 95991**

Minutes

**Tuesday, April 29, 2008
5:00 p.m. to 7:00 p.m.**

Facilitators:

Chair: Sandra Turnbull, LCSW and Co-Chair Alma Amaya

Committee Participants

**Debra DeAngelis Campbell
Beverly Griffith
Tish Biara
Gina Barnum**

**Rachel Farrell
John Floe
Beverly Siemens**

Call to Order and Roll Call

Meeting was called to order and self-introductions were offered.

Committee Review and Discussion:

A PowerPoint presentation was used to bring everyone up to date.

The DMH/MHOAC definitions of “Children/Youth in Stressed Families” reviewed and the following suggestions were offered:

1. Possible target population to consider is the epidemic of grandparents as caregivers, need for support.
2. Need for programs such as Rollercoasters, and Building Resilience for children who are not with their families, to build self worth.
3. Discussion about how at Harmony Health they are seeing more Mothers and oldest daughters pregnant at the same time.
4. Discussion about how children have a lack of vision of what could be, no hope, no opportunities to experience activities outside of Sutter-Yuba.

5. Use of things like the original TIP team, to use volunteers to go into families' homes to provide practical help. Use of Seniors, juniors and seniors in high schools, Yuba College students, Beale Community Services, and Service Organizations.
6. Need for programs like Strengthening Families to teach coping , resiliency skills.
7. Issues for targeting services: single parents, domestic violence, extended family raising children, underserved cultures, substance abuse, children with a sick parent in the family.
8. Need to establish a surrogate parenting program.
9. Where/how to provide services? Churches, schools, peer programs, paraprofessionals.
10. Need identified for getting information about resources out into the community website, the usual public places, as well as places like Laundromats.
11. In-services help
12. Two levels of services needed: Screening and referral, and providing preventative services. Screenings can take place in doctor's offices, schools etc.
13. A lot of discussion took place about using professional staff to Train the Trainer. Then providing training to other professionals and paraprofessionals to distribute the services throughout communities. Then trainers would provide support and guidance (?reflective practice model? Need for standardized Parent program. Provide in-services to people like teachers on Mental Health Issues like ADHD etc. Some further discussion took place about Strengthening Families, parenting without conflict.

Next Meeting

The Next meeting will be held on Wednesday, May 14, 2008 in the Valley Oak Conference Room from 3:00 pm to 5:00 pm.

Adjourn:

The meeting adjourned at 7:00 p.m.

Respectfully submitted,

Sandra Turnbull
Work Group Committee Chair