

# Be Well

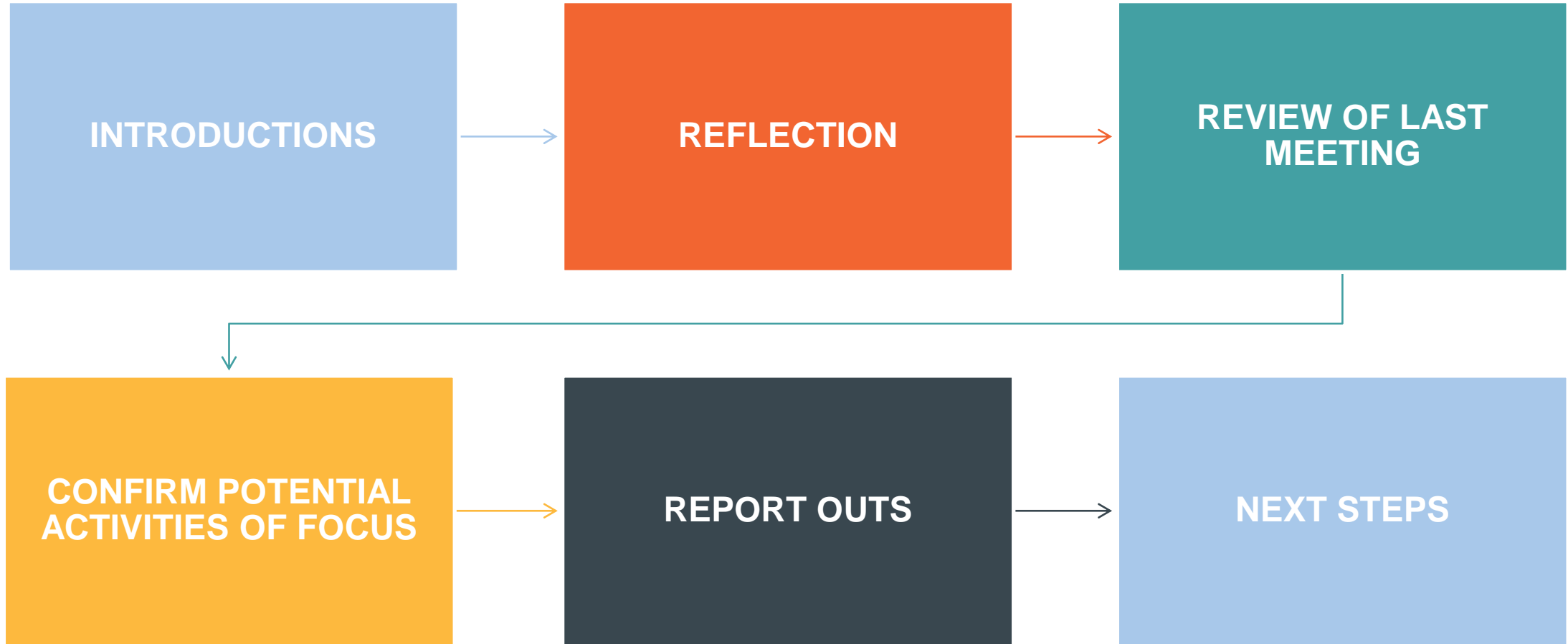
ORANGE COUNTY

TRANSITION AGE YOUTH WORKGROUP

Result Area 2, Prevent & Act Early

Friday, August 28, 2020

# AGENDA






# INTRODUCTIONS

1) Type name and org. in chat window

2) Type one word that brings you to RA# 2: Prevent & Act Early  
(TAY Workgroup)

3) Indicate “1”, “2”, or “3” In Front of Your Name to indicate your Work Session preference:

- **Strategy #1:** Promote resilience, protective factors, and positive support
  - **Strategy #2:** Improve early detection and diagnosis of MH/SU
  - **Strategy #3:** Increase outreach, education, and engagement
- 



# REFLECTION



## Result # 2: Overarching Strategies and Sub-Populations

1. Promote Resilience, protective factors, and positive support of social determinants of health

2. Improve early detection and diagnosis of mental health illnesses and substance use disorders across care settings

3. Increase outreach, education, and engagement for community families, behavioral health and primary care providers, and allied professionals

Prenatal to 5 years old

School-Aged Children

**Transitional Age Youth**

Older Adults

# REVIEW OF LAST MEETING

## JAMBOARD ACTIVITY FOCUSED ON TWO KEY QUESTIONS:

- 1) What other wins or activities do we want to focus on around TAY MH in OC?
- 2) How do we take the early wins and turn them into activities of focus for each overarching prevent and act early strategy?

[https://jamboard.google.com/d/1UjIM5fAS2g3s3wG9Q5DfSL8nuHHLVg5ty\\_ZaeL\\_S5F-M/edit?usp=sharing](https://jamboard.google.com/d/1UjIM5fAS2g3s3wG9Q5DfSL8nuHHLVg5ty_ZaeL_S5F-M/edit?usp=sharing)

# JAMBOARD IDEAS → ACTIONABLE ACTIVITIES OF FOCUS

# Result # 2: Prevent and Act Early-School Aged Children

## Strategies and Activities

### 1. Promote Resilience, Protective Factors, and Positive Support of Social Determinants of Health

- 1.1 Support the development of one-stop drop-in wellness center (“Chill Zone”)
- 1.2 Identify successful school-based evidence-based mindfulness and meditation curriculum
- 1.3 Identify and support trainings to school and “Out of School Time” staff in different approaches for building protective factors

### 2. Improve Early Detection and Diagnosis of Mental Health Illnesses and Substance Use Disorders Across Care Settings

- 2.1 Explore and understand barriers to implementation of universal screenings for each population and culture sub-group
- 2.2 Identify list of evidence-based MH/SUD screenings for each population and culture sub-group
- 2.3 Develop triaging tool(s) such as referral flowcharts for districts and decision-making tree for schools

### 3. Increase Outreach, Education, and Engagement for Community, Families, Behavioral Health and Primary Care Providers, and Allied Professionals

- 3.1 Develop a coordinated access point/pathway (e.g. one phone number) to request for trainings related to MH/SUD via recent MHSA BH training funding allocation
- 3.2 Expand “NAMI on campus” and other MH focused clubs
- 3.3 Work with PTAs to host panel discussions and MH/SUD related film screenings

## Short Term Outcomes

One stop drop-in wellness center created

School employees trained on mindfulness/meditation practices

School employees trained on protective factors

Increased number of youth with MH/SUD identified

Increased access to appropriate MH/SUD services

Identified barriers to universal screenings

Increased awareness of parents, teachers, students, and administrators about MH/SUD

Increased positive and “mental health friendly” school campuses

Increased willingness to discuss MH/SUD topics on campuses

## Long Term Outcome

Effective prevention and early intervention available to all OC residents.



# CONFIRM ACTIVITIES OF FOCUS

- 1) What activities do this workgroup want to focus on for each strategy?
- 2) Think about activities that are achievable in the short-term, mid-term, and longer term.
- 3) Does not need to be “perfect” or figured out how yet

# REPORT OUT

# NEXT STEPS & THANK YOU

**Survey to vote on activities of focus for TAY workgroup**

**Next Meeting:** September 25th 1-2:30 PM (4<sup>th</sup> Friday of the Month)

**Coalition Meeting:** September 24<sup>th</sup> from 1-2:30 PM