Sacramento’s Creating Community Solutions Network
Graphic Notes from May 2 Meeting

**Welcome!**
- **Diane Littlefield, VP**
  - Sacramento Health Foundation
  - Thank you! Happy to host FTC!
  - SAC City One of First Cities to Step Up & Answer President’s Call to Action!
  - Great Partners - Gov’t, City, Philanthropic, Public
  - Check out Artwork in Lobby by Artist

**Kari Lacosta, Dep. Dist. Dir.**
- Office of Congressional Affairs
  - Strong Advocate for Mental Health Service
  - Coordinated Care, Access
  - Present & Active in Day of Dialogue
  - Excellence in Mental Health Act
  - Signed by President on Apr 1
  - Incentives for Providers / Treatment
  - Increased Sub-Price
  - Fighting for All City!
  - Every Mind Matters Event

**Doovan Kutrel, Dep. Dir.,**
- SAC County Behavioral Health Services
  - ACA - Help Make Communities Implement & Set Vision
  - UMA Zykofsky, Incoming Dep. Dir.
  - Thank you Doovan for Your Leadership
  - Very Rewarding Working With Partners

**Cassandra Jennings, Sr. Advisor**
- To Mayor Kevin Johnson
  - Mayor is About Action!
  - Sacramento is Leader in Mental Health Dialogue!
  - This is Part of Making a Great City!

**Dave Gordon, SAC County Superintendent of Schools**
- Powerful Group of Leaders Helping Make Things Happen
  - Committed to Be Available to Move Forward
  - Collaborative Approach

**Patrick MA**
- Personal Experience - Depression, Feeling Lost, Brave
  - Feels of “Outcast” Cultural Stresses as Immigrant
  - Self Stigmatization
  - Built New Support System of Support - Shattered Most Sustained with Youth!
  - Now Regent Scholar
  - Needed Support & Access to Help
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"Stand up if..."
Who is in the room?
Let’s make an impact!!

Sacramento’s Mental Health Action Plan Implementation!
- Matt Cervantes, SHF
  - Please review action plan
  - Urgency
  - More than grant, this is a partnership
  - We are here to build off & create systems

Day of Dialogue - Stephanie Ramos
300 people participants, representing many groups
- Volunteers help ID themes from participants
- Please look @ link to more info

Overview of Plan - Cheryl Raney
8 strategies
- Some work already started...
  - Youth
  - First Aid
  - Bullying prevention
  - Mental health programs

Looking to move needle

Let’s create a vision!

Power Point

Day of Dialogue -> Action Plan -> Implementation
15 months from now
Action Teams
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A NEAR TERM VISION

**PRINCIPLE:**
- Serve marginalized and underserved communities

**PRINCIPLE:**
- Increase awareness of mental health

MH Services for all/Access that is easy
- Mental Health First Aid and Education
  - For adults, educators, students, parents, etc.
  - Cross-training

**PRINCIPLE:**
- Youth involvement & Leadership

**PRINCIPLE:**
- Prevention & Early Intervention Programs
  - Schools, Criminal Justice System
  - Use chronic absenteeism study
  - Substance abuse

Youth development & Safety
- How to get job, cook, resume, etc.
  - After school

Need to ensure cultural & language competencies

Summer 2015

A SHARED VISION

What are your ideas?

Easy Navigation
- Networking
- Good website
- Mobility

Grassroots meet needs where people are at
- Utilize pro bono, private
- Practice therapists
- Future peers
- Mobile services

Are we changing community climate?
- Moving the needle

Sticky Wall

Prevention & Early Intervention Programs
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Considerations for Change:
- Create youth friendly environment
- Each agency invite youth
- Youth & Family Voice - find ways to get them involved
- Focus on getting youth involved! (manageable steps)
- Success measured from youth perspective
- Funding: (Y/N) Resources
- Integrate/coordinate with existing systems
- Communication & Messaging with community (e.g. billboards)
  - Also administrators & boards
- Involve faith-based community
- Engage deaf youth
- Strong support & leadership
- Collective impact
- Shared accountability & readiness
- Consistent participation & partner network

Longer-Term Vision:
2019
What might our vision be?
- Process led by community that is being served
- More homeless youth centers
- Network/website that’s really easy pulls together all info
- Successful & sustainable programs
- Measurable reduction in need for these services (work ourselves out of job)
- Reduced stigma
- Decrease H.S. dropout rate
- School districts have control to integrate non-public schools
- Reduce youth in justice system
- Teachers in training receive HIV training (@ CSOS)
- Requirement: mandatory HIV first aid
- Decrease violence/suicide rates