

National Dialogue on Mental Health

Sacramento Creating Community Solutions Network

In response to President Obama's call for a national conversation to increase understanding of and awareness about mental health, in July 2013 Sacramento held the first National Dialogue on Mental Health — *Creating Community Solutions*. The event launched an effort to develop a mental health action plan for Sacramento County by collecting input from a broad-based, diverse group of 350 community members (30% age 14 to 24), who addressed tough issues about mental health needs, services and supports, especially for young people age 14 to 24.



After that community dialogue, a planning committee developed a mental health action plan for Sacramento County to address the mental health issues that were raised. That plan — ***Sacramento Mental Health Action Plan: Breaking Through Barriers on Mental Health*** — outlines eight strategies to address the needs of transition-age youth and improve mental health outcomes in the community.

Key Action Plan Strategies

1. Capitalize on the momentum from the dialogue to build leadership and support for mental health
2. Continue the mental health conversations through use of media and materials from the day of dialogue in community centers, schools and nonprofit organizations
3. Create a broad-based effort to identify the early signs and symptoms of mental health problems through schools and related community programs
4. Establish reliable and up-to-date systems to navigate access to mental and behavioral services
5. Develop a youth-based social media campaign to encourage youth to get involved in addressing mental health issues
6. Develop a more focused system of care for transition-age youth and ensure greater linkage to the employment and training system
7. Integrate behavioral and mental health more directly into primary health care services at health care clinics, schools and in colleges
8. Ensure all services meet standards for cultural and language competencies



The Network

The Network is facilitated by a partnership of the Sacramento County Office of Education, Mental Health America of Northern California and Converge CRT. In May 2014, more than 75 individuals representing community-based organizations, education, law enforcement and other public agencies, youth and young adults came together using a collective impact model to launch the implementation phase of the Sacramento Creating Community Solutions Network. There now are 140 members in the Network, and 90 of them serve on a Council and four Action Teams, which meet monthly to implement action plan strategies.

Council and Action Teams

The **Council** includes Action Team representatives, diverse stakeholders, content experts and other key leaders who help steer the Network's process, ensure overall coordination and communication, and contribute to policy and systems changes.

Action Team A: Addressing Strategy 3: *Create a broad-based effort to identify the early signs and symptoms of mental health problems through schools and related community programs*

- Increase awareness of available Youth Mental Health First Aid and Trauma Informed Care trainings
- Create a matrix of available community mental health resources/programs/trainings
- Develop proposal with selected school districts to expand early identification efforts, including training



Action Team B: Addressing Strategy 4: *Connecting youth to mental health-focused social media campaigns*

- Develop and administer a youth survey regarding their use of social media
- Develop and promote a hashtag that identifies Sacramento efforts to lead youth to appropriate mental health social media campaigns
- Produce a Youth Panel Segment of Mental Health Matters Public Access TV show
- Develop a Facebook page to share information about local programs, campaigns, training and services

Action Team C: Addressing Strategy 5: *Integrate behavioral and mental health more directly into primary health care services at health care clinics, schools and in colleges*

- Conduct environmental scan and determine training and technical assistance needs
- Strengthen and promote the 2-1-1 system of existing mental health programs/services
- Identify best practices and materials to inform primary care providers
- Prepare a white paper addressing integration of systems and recommendations for next steps
- Identify local champions and examples for integrated mental and primary care services
- Identify training and assistance to clinics willing to work toward integration of services

Action Team D: Addressing Strategies 6 and 7: *Support for Transition Age Youth (TAY) to Navigate Systems and Gain Employment*

- Identify systemic issues, barriers and gaps for TAY
- Develop an online toolkit specifically for service navigators for TAY
- Review best practices for youth in Sacramento County, including training and job opportunities
- Review some existing assessments and focus on solutions
- Coordinate with other activities that are happening through Action Teams and Council

www.shfcenter.org/sacramento-creating-community-solutions

The Center for Health Program Management manages the project, which is funded by The California Endowment, Blue Shield of California Foundation and Sierra Health Foundation. Sacramento County Office of Education facilitates implementation of the action plan, in partnership with Mental Health America of Northern California and Converge CRT.