Sacramento’s Creating Community Solutions Network
Mind Map from May 2 Meeting
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MIND MAP BRAINSTORM SESSION – MAY 2, 2014

What Assets, Resources, and Activities Can Help Us Implement the Action Plan Strategies?

Participants identified a range of existing resources that could be mobilized to implement Sacramento’s Mental Health Action Plan including collaborative groups, volunteer organizations, individuals and relationships, programs and services, facilities, and funding streams. The group then used “dot voting” to select the most important leverage points or opportunity for quick wins (shown in italics). This information can serve as a starting place to focus the work of the Action Teams, develop activities, and/or engage additional partners.

Cultural Competency
- Faith-Based Groups (5 dots)
- Spanish Speaking Churches
- Sacramento County Refugee Services - Forum Meets Monthly
- California Reducing Disparities Project Reports
- CalMHSA Toolkit for Spanish Speaking Early Intervention
- UC Davis Center for Reducing Disparities
- Mexican Radio
- California Rural Legal Defense

Things to Consider: Cultural Committee Structure for Action Teams (8 dots), Serving Marginalized Cultures (6 dots), Accessibility (2 dots)

Engage Youth (1 dot)
- School Districts (13 dots)
- Tap into non-public schools (2 dots)
- California Youth Empowerment Network (CAYEN)
- Student-led groups focused on Mental Health; Active Minds – Chapters at CSUS and UC Davis
- California Arts Organization sensitive to mental health concerns
- Arts education as it relates to health and wellbeing
- Consolidated School Health Policy: Every district required to have a plan update; This August all students have mental health assessment

More Robust Collaborative of Support (1 dot)
- Youth Advocates (11 dots)
- School Centers (3 dots): Head Start (1 dot); Sac State has a place called “The Well” where students can get mental health services. Good Model (2 dots); Mental Health Services/Center at community colleges

Things to consider: Increase student access to report bullying incidents and to better follow-up. Sacramento County is home to the 2nd largest community college district in the state. Higher education/post-secondary education greatly correlates with health, wellness, and poverty, all of which affect mental health.
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**LGBTQ Youth Programs** *(8 dots)*
- Gender Health Center *(1 dot)*
- LGBTQ Speakers Bureau
- Family Acceptance Project

**Mental Health and Wellness Drop-In Center** *(10 dots)*
- WIND Youth Services *(4 dots)*; Outreach Workers

**Mental Health First Aid Training** *(10 dots)*
- At schools and natural settings *(3 dots)*
- La Familia – Available in Spanish *(1 dot)*
- Address Discrimination *(CiMH & Sacramento County)* *(1 dot)*
- Youth Mental Health First Aid
- Spanish Version of MHFA

**Things to consider:** 13 school districts have staff trained in MH First Aid

**Law Enforcement**
- AB 109 Resources for those released from custody *(2 dots)*
- Sheriff Building a Mental Health Institution
- California Victims Compensation Program: Mental Health Providers; Services for victims of crime
- Sacramento Prisons
- Juvenile Justice Centers

**Things to consider:** Law enforcement needs more education *(16 dots)*

**Local Control Funding Formula** *(1 dot)*
- Restorative Justice *(4 dots)*
- Chronic Absence Study at Sacramento City Unified School District *(3 dots)*
- Parent, Student, and Community Voice *(1 dot)*
- Different way to fund schools that reach out to other groups
- Student Surveys

**Things to consider:** Piloted scaled up early warning program having all school-linked services reach out to chronically absent students (missing > 10% days enrolled) to assess student/family needs including mental health. Chronically absent now to be reached under LCFF.

**Need Access for Youth for Mental Health Services** *(6 dots)*
- Minor Consent Laws: Legislation for all 12-17 youth to seek Mental Health services without parental consent *(2 dots)*
- University of Phoenix – Free counseling – contact Arden Tucker, RPC 916-830-3880
- CA Youth Crisis Line 1-800-843-5200 referrals for mental health services, counseling, drop-in, LGBTQ, homelessness. Email resources/programs to list in database of referrals to cycl@calyouth.org.

**Things to consider:** “Home Within” needs to come to Sacramento *(4 dots)*
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**Housing/Homelessness Issues and Help (10 dots)**
- Affordable Housing (1 dot)
- Veteran Affairs (1 dot)
- Sacramento Steps Forward
- Downtown Partnership
- Pilot Navigator
- Winter Sanctuary
- Loaves and Fishes
- Housing Policy/Systems Change (1 dot): Mixed Income Affordable Housing Ordinance; Single Room Occupancy Ordinance – no net loss. Both potentially being revised and will impact providing homes for those who are hardest to house. Social Safety Net Policy

**Things to consider:** Veterans/Workforce/Rapid Re-Housing developments in pipeline for 18-24 year olds.

**Employment**
- One Stop Career Centers (4 dots)
- AmeriCorps
- Asian Resources for Transition Age Youth
- Funding: CA Victim’s Compensation Program, Mental Health Services Act, Insurance, Grants

**Substance Use**
- SCOE Alcohol Prevention Programs (3 dots)
- Substance Abuse Prevention (Rachel, Prevention Coordinator – works under Uma):
  Environmental Strategies; Education; Alternative Activities – Friday Night Live; Probation ID / Screening (SBIRT Tool); Community Based Alternatives

**Respite Partnership Collaborative (3 dots)**

**Suicide Prevention**
- Supporting Community Connections (1 dot)
- California Youth Crisis Line 1-800-843-5200 (1 dot)
  Email resources/program info to cycl@calyouth.org

**Central Location for Information and Resources (2 dots)**
- 211 – Access to county services and resources (2 dots)

**Social Media (1 dot)**
- Discrimination Reduction: EachMindMatters.com (3 dots); ReachOutHere.com/Spanish Version, Text Support

**Veterans (1 dot)**
- Traumatic Brain Injuries (2 dots)
- STARS Providers (Partnership with UCLA) – Free training for providing mental health services to military family members and personnel
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Mind Map from May 2 Meeting

- Veterans Affairs

**Senior Citizens Raising Teenagers**
- Link to groups
- International Council of Thirteen Indigenous Grandmothers

**Professional Organizations**
- *California Association of Marriage and Family Therapists (2 dots)*
- *National Association of Social Workers (1 dot)*
- 15-20 top Primary Care Providers participating in collaborative Primary Care network

**Local Mental Health Advocacy Groups**
- NAMI Sacramento
- California Coalition for Youth
- Mental Health America
- California Youth Empowerment Network

**Agencies**
- Birth and Beyond
- La Familia Counseling Center
- Ubuntu Green
- Another Choice. Another Chance
- Sol Collective
- Asian Pacific Community Counseling
  - **HML KAN**
- WEAVE
- United Lu-Mien Community Services
- CalMHSA: *Mental Health Matters (May 13) (1 dot)*; Suicide prevention; School, Employer, and Provider Training; EachMindMatters.org; Social Media Campaigns; Student Mental Health Programs

**Additional Things to Consider…**
- *Bring Primary Care to Mental Health (11 dots)*
- Accessibility for unserved/underserved communities
- Transportation
- Federal Money to State Agency (Department of Healthcare Services)
- Built Environments (i.e. Arena)
- UC Davis Center for Regional Change: Regional Opportunity Index – data and mapping tools to identify and measure vulnerable populations and economic and social opportunities.