OVERVIEW AND OUTCOMES FROM THE SACRAMENTO DAY OF DIALOGUE

WHO attended the SACRAMENTO CREATING COMMUNITY SOLUTIONS MEETING?

MORE THAN 300 PEOPLE ATTENDED THE ALL-DAY EVENT IN JULY 2013
30% OF PARTICIPANTS WERE UNDER THE AGE OF 25
48% OF PARTICIPANTS REPORTED HAVING A DIRECT PERSONAL EXPERIENCE WITH MENTAL HEALTH
64% OF PARTICIPANTS IDENTIFIED AS A RACE/ETHNICITY OTHER THAN CAUCASIAN

WHAT did we find out?

KEY TOPICS FOR YOUTH AGES 12-17:

❖ EDUCATION AND TRAINING IN THE SCHOOLS:
  o MORE CLINICALLY TRAINED PROFESSIONALS
  o TRAINING FOR TEACHERS ON WHAT TO LOOK FOR
  o INTEGRATE MENTAL HEALTH INTO CURRICULUM
  o WORKFORCE TRAINING AND TRANSITION SUPPORT

❖ ACTIVITIES TO SUPPORT MENTAL HEALTH NEEDS OF YOUTH:
  o PEER SUPPORT GROUPS AND SAFE PLACES TO EXPLORE MENTAL HEALTH ISSUES
  o AFTER SCHOOL ACTIVITIES WITH POSITIVE YOUTH DEVELOPMENT, ROLE MODELS, AND DROP IN PROGRAMS
  o SOCIAL MEDIA CAMPAIGNS DISCUSSING MENTAL HEALTH ISSUES

KEY TOPICS FOR YOUTH AGES 18-24:

❖ WORKFORCE AND TRAINING:
  o CAREER COUNSELING, JOB PLACEMENT, INTERNSHIPS
  o MENTORING AND PEER SUPPORT PROGRAMS
  o ENTRY LEVEL JOBS OPPORTUNITIES AND INTERNSHIPS

❖ ACCESS TO SERVICES:
  o ADDRESS ACCESS TO SERVICES AND HEALTH INSURANCE
  o ABILITY TO NAVIGATE SERVICES AS AN ADULT; BETTER HAND-OFFS BETWEEN CHILD AND ADULT SYSTEMS
  o NEED FOR MOBILE CRISIS SERVICES; ADDRESS ISSUES OF HOMELESSNESS

Youth ages 14-24 identified Peer Support as the highest rated specialized mental health need

4 of the TOP 5 themes for services for TAY include employment related services
KEY TOPICS FOR THE COMMUNITY OVERALL:

- **ADDRESS THE TREATMENT GAP AND ACCESS/AFFORDABILITY OF MENTAL HEALTH SERVICES**
  - Create new avenues for early identification and referral
  - Provide a clearer map about how to navigate services
  - Identify the gap in resources for specific types of services
  - Develop a linkage with the Affordable Care Act, Covered California, health insurers, and mental health providers

- **IDENTIFYING THE NEED FOR MENTAL HEALTH SERVICES**
  - Early identification is critical with half of mental illness before age 14 and 3/4 before age 24. Establish clear protocols for identification in primary care settings, schools, and other service providers.
  - Providing clearer guidance about when to seek help for individuals, families, schools, and providers
  - Create an interactive educational tool: “When would you say something?”

- **CONCERNS ABOUT SAFETY AND PROBLEMS WITH UNTREATED ILLNESSES**
  - Educating the public about mental health facts
  - Teaching Mental Health First Aid on a broader basis

- **DISCRIMINATION FOR PERSONS DIAGNOSED WITH A MENTAL ILLNESS CONTINUES TO BE A PROBLEM**
  - Change the reaction to mental health and mental illness so that it is recognized and normalized and that people feel comfortable seeking treatment
  - Acknowledge the barriers and taboos in cultural communities that prevent individuals and families from seeking help
  - Review social media efforts to date and provide recommendations and program ideas to implement new ideas especially for youth

An estimated 355,000 residents of Sacramento County live with mental illness...

And we know that half of all cases of mental illness begin by age 14; three-fourths of cases start by age 24

Additional detailed information regarding this topic can be found at: [http://www.creatingcommunitysolutions.org/event/creating-community-solutions-sacramento-ca](http://www.creatingcommunitysolutions.org/event/creating-community-solutions-sacramento-ca)