

**BEHAVIORAL HEALTH ADVISORY BOARD
TRANSITIONAL AGE YOUTH (TAY) COMMITTEE
MINUTES ■ Thursday, July 27, 2017**

<p>Present Cmdr. Ron Nelson, Chair Anna Colangelo, Casa Pacifica David Vahidi, Human Services Agency Sharon Espinosa, Department of Rehabilitation Erin Locklear, Interface Monica Vergara, Interface Vanessa Cortez, TAY Tunnel Georgia Perry</p>	<p>VCBH Staff Present Sara Sanchez, Transitions Clinic Administrator Pam Roach, Transformational Liaison Edith Pham, BHAB Assistant</p> <p>NEXT MEETING: Thursday, September 28, 2017, 10:30 – 12:00 p.m. Ventura County Behavioral Health 1911 Williams Drive, Lake Cachuma Room (second floor), Oxnard</p>
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Note: The committee has not yet approved these minutes. There may be additions/deletions or corrections before the minutes are accepted in final form.

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	Call to Order Chair Cmdr. Ron Nelson called the meeting to order at 10:35 a.m.		
II.	Approval of the Agenda Cmdr. Nelson asked the Committee to review and approve today's agenda. Pam Roach moved to approve. The motion passed unanimously.	The agenda was approved as written. M/S/C	
III.	Approval of the Minutes Cmdr. Nelson asked the committee to review and approve the minutes of the June 22, 2017 meeting. Pam Roach moved to approve, Georgia Perry seconded. The motion passed unanimously.	The minutes were approved as written. M/S/C	
IV.	Welcome and Introductions Cmdr. Nelson welcomed everyone and asked for introductions.		
V.	Chair Announcements A. Researchers from New York University's Patient Centered Outcome Research Institute (PCORI) are working locally. They are focusing on the needs of those who are in both the justice and mental health systems. They will soon hold a stakeholder meeting. B. As of July 1 st the Behavioral Health Advisory Board (BHAB) has a new Chair: Jerry Harris. He plans to strengthen the working relationship between the BHAB and its various committees, including the TAY Committee. C. As agreed during the May meeting, the Committee will go dark in August.	Go dark in August	
VI.	Public Comments None.		
VII.	Presentation: Casa Pacifica's Services to TAY – Anna Colangelo, Clinical Supervisor Transitional Housing Placement Plus Foster Care (THP+FC) is a licensed placement for youth ages 18 to 21 who are in extended foster care. The program provides housing and supportive services. The primary referral source is the Human Services Agency. Residents can also be placed through the schools (SELPA) or Probation, or are fee for service placements. The two houses on campus have a resident house advisor. Residents can do internships, e.g. shadow Casa Pacifica's maintenance worker or chef. Two more houses are located in Ventura and Oxnard; they do not have a resident house advisor. Transitional Youth Services (TYS) provides outpatient services to Non-Minor Dependents (NMD) ages 18 to 21, and sometimes up to age 24. Some of the services provided are individual therapy, psychiatric and medication management support. The Independent Living Skills Group, on campus, is a 20-week program for youth ages 16 to 20. It helps them transition to independence. Models of care include Transition to Independence Process (TIP) Model, Motivational Interviewing, and the Person-Brain Model. The Infant Parent Mental Health model	Information	

	<p>helps staff support the residents who might be parents.</p> <p>Challenges facing this population include housing needs, substance abuse and recovery, and job maintenance.</p> <p>See attached for details.</p>		
VIII.	<p>Discussion – BHAB TAY Annual Report</p> <p>A discussion took place regarding the challenges for the upcoming year: the move from fee-for-service to managed care, the lack of affordable housing, particularly for Non-Minor Dependents, and possible cuts due to a reduction in MHSA funding. Some strategies were proposed, such as creating an app for accessing information on TAY resources, and educating staff in partner agencies.</p> <p>The Committee reviewed the draft 3 of its 2016-17 Annual Report. Under the Challenges, the word goal will be replaced with objective. Under 2017-18 Objectives, add: Identify strategies to address gaps in services for the TAY population related to mental health and substance abuse treatment, housing options, work and volunteer opportunities, and the justice system. The Committee voted unanimously to approve the Annual Report as amended.</p>	Draft 3 of TAY Annual Report was accepted with amendment	
IX.	<p>Committee Meetings in November and December 2017</p> <p>The November meeting falls on Thanksgiving Day, and the December meeting falls between Christmas and New Year. The committee agreed to go dark in November and December rather than rescheduling one or both of these meetings.</p>	Go dark in November and December	
X.	<p>VCBH Transitions Update – Sara Sanchez, Clinic Administrator</p> <p>A. Many Transitions clients attended the TAY picnic that was held on July 20th. This event is held annually to recognize clients' achievements.</p> <p>B. On August 16th staff will take clients to UCLA to attend the Voice Awards put on by Substance Abuse & Mental Health Services Administration (SAMHSA).</p> <p>C. On August 8th staff will take clients to the Ventura County Fair.</p>		
XI.	<p>VCBH Alcohol & Drug Program Update – Anna Flores</p> <p>No representative from Alcohol & Drug Program was in attendance.</p>		
XII.	<p>Providers Update</p> <p>A. Vannessa Cortez noted that the 2nd annual barbeque birthday celebration for members will take place on August 1st. The ten-year open house will take place on September 29; flyer to follow. Clients will go to the county fair on August 8.</p> <p>B. Sharon Espinoza noted that the Department of Rehabilitation has made some changes to its documentation to comply with regulations. This does not impact the services to the consumers.</p> <p>C. Anna Colangelo noted that on July 19th Casa Pacifica held a successful barbeque for current and former residents. On October 21st it will hold its Road to Independence event for youth age 14 to 21.</p>		
XIII.	<p>Committee Members' and Participants' Comments, Activities</p> <p>A. Monica Vergara invited all to attend the next quarterly meeting of the Continuum of Care Youth Collaborative on Monday, August 7th from 1:30 to 3:00 p.m. at VCCF, 4001 Mission Oak Blvd in Camarillo. This group focuses on housing and homelessness.</p>		
XIV.	<p>Items for Next Meeting Agenda</p> <p>The Committee expressed an interest in having a presentation on managed care.</p>	Arrange presentation	E. Pham
XV.	<p>Adjourn</p> <p>The meeting adjourned at 11:55 a.m.</p>		

Transitional Youth Services

Anna K. Colangelo, Psy.D.
Casa Pacifica Centers for Children and Families

Overview

1. Brief Overview of Casa Pacifica Centers for Children and Families
2. Overview of Transitional Youth Services (TYS)
3. Models of Care
4. Looking Ahead
5. Questions, Comments

Casa Pacifica Background



- 1994: Residential services and emergency shelter
- 2000: Community-based services
- 2011: Transitional Youth Services (formerly known as CITY)
- 2013: Licensed as THP+FC provider
- 2014: Expanded to complete Developmental Model (DM)
 - Added a scattered site
- 2016: Additional scattered site

Transitional Youth Services

1. THP+FC: Stepping Stones Single and Scattered sites
 - a) Developmental Model of Care
2. Outpatient Mental Health Services
3. Alumni Services
4. Independent Living Skills Group
5. Extended Foster Care Presentations

Transitional Housing Placement Plus Foster Care (THP+FC)

- A licensed placement for youth ages 18-21 who are participating in extended foster care (AB12). May also include SELPA and Fee for Service placements.
- Provides housing and comprehensive supportive services
- Providers are certified by Community Care Licensing (CCL)
- Remote, single and scattered sites

state
set of laws
legislation. no
making or
rules made
legislati

Developmental Model of Care

- Vicki and Baker's Place – single sites
 - 8 people occupancy, Shared Rooms
 - Resident House Advisor, Case Manager and Clinicians on site
 - Access to animal assisted therapy, psychiatrist, on-site internships, AA and NA groups
 - ILP meetings
 - Access to resource center
- Tess and Otis' Place
 - Single rooms
 - Located in community
 - Titrated down meetings with case manager, mastery of 3 domains



Outpatient Mental Health Services for Non-Minor Dependents (NMDs)

TYS provides client-centered, strength-based approaches in assisting young adults navigate the transition to adulthood.

Services may include:

- Individual Psychotherapy
- Psychiatric and Medication Management Support
- Case Management
- Linkage to Mentors and Community Resources
- Psychological Testing; including, vocational interest assessment
- Access to Alumni Services
- Recovery Work

Independent Living Skills Group



GOAL: To provide opportunities for adolescents and young adults to learn skills through hands-on experiences that build mastery and readiness for independent living.

20-week curriculum that services 16-20 year olds and referred by CP clinician

Sample activities:

1. Learn about car financing, down payments, insurance; Take a trip to Budget
2. Practice filling out a resume and job application; In vivo coaching at the outlets

Alumni Services

Extended Foster Care Presentations

Alumni Services:

- *“Once a Casa kid, always a Casa kid.”*
- TYS operates a scholarship fund for those interested in higher education and vocational training.
- Alumni are also welcome back to Casa Pacifica to participate in holiday events and volunteering through serving on panels for current Casa Pacifica residents.

EFC Presentations:

- Youth Advocates present information about EFC to youth 15-18 years old.
- Presentations educate potential participants about eligibility, benefits, and living options. Presentations occur individually, in group homes and at the Independent Living Program (ILP) classes in the community.

Models of Care

1. Transition to Independence Process Model
2. Motivational Interviewing
3. Person-Brain Model

TIP Model Main Constructs

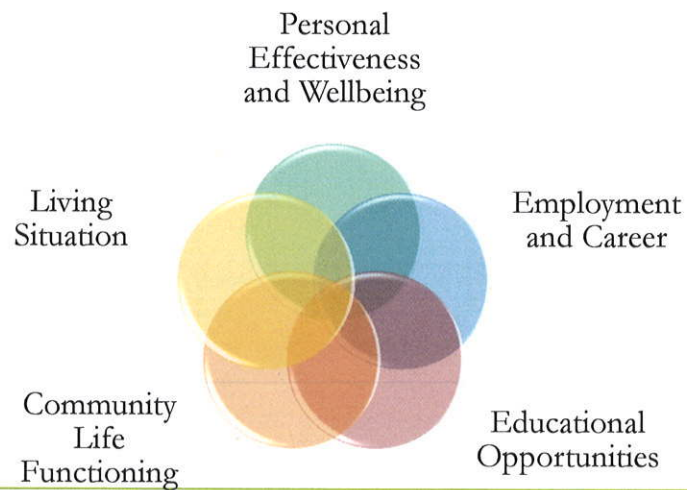
TIP Model practices include engaging the young person through relationship development, young person centered planning, individualized programming, and tailored collaboration and support to help youth focus on their future (Clark & Unruh, 2009)

“TIP” Interventions:

- Independent Living Plan and Futures Planning
- Strengths Discovery and Needs Assessment
- Prevention Planning and Social Problem Solving
- Mediation and Shared Living Agreements
- In-Vivo Teaching

Transition to Independence Process Model (TIP)

(Clarke & Unruh, 2009)



Motivational Interviewing

What is MI?

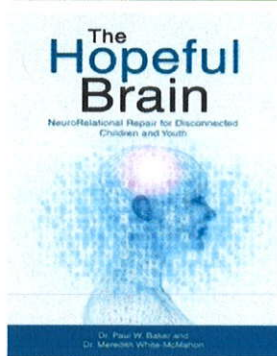
- A person-centered counseling style for addressing ambivalence about changing
- Collaborative
- Goal oriented
- Begin by focusing on language of change
- Acceptance and Compassion
- Eliciting person's reasons for change

MI is not....

- Theory Laden
- A Technique
- A Trick....haha
- A sub-class of CBT
- Easy to learn
- What you are already doing....just because it makes sense to you
- A fix all

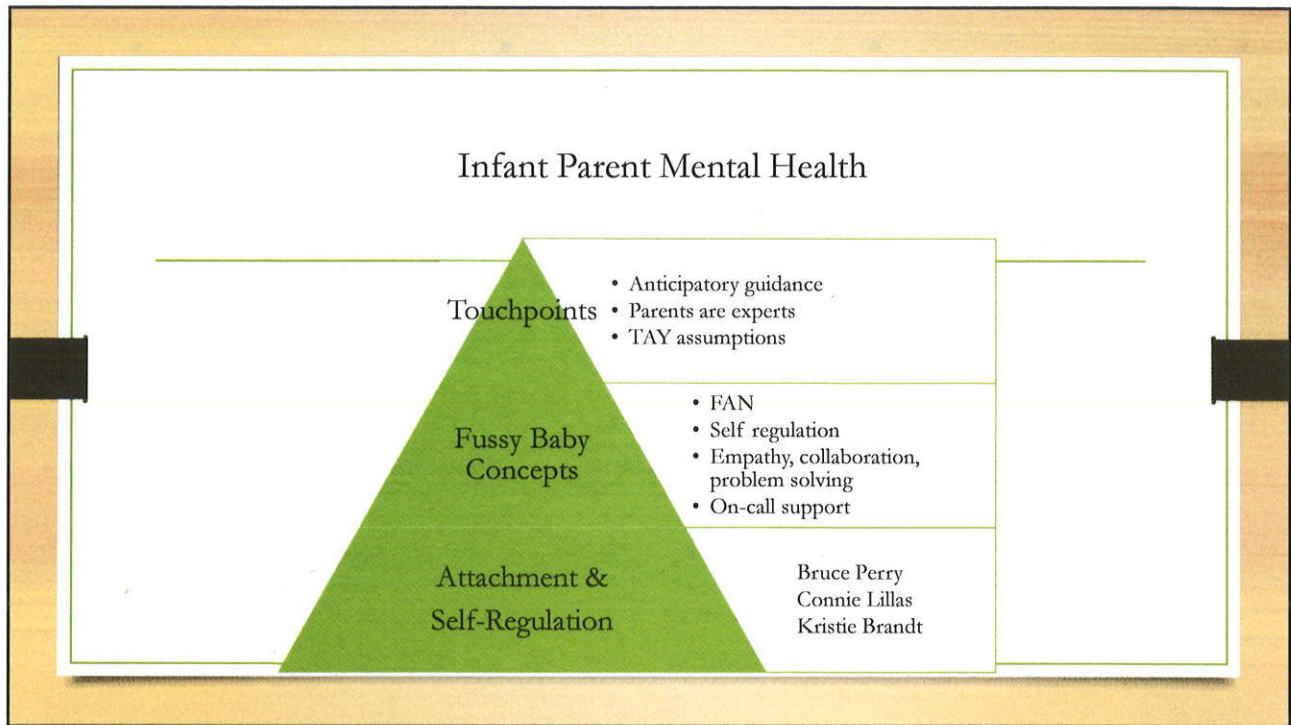
(Naar-King & Suarez, 2011)

Person-Brain



The PersonBrain Model™ is a powerful, trauma informed strength-based training that provides essential positive behavior support skills within a NeuroRelational Model

(Baker & White-McMahon, 2011)



TASK	SUPPORT	DATE COMPLETED	COMMENTS
Infant-Parent Assessment: Interview re: your baby and his/her development.	Clinician		
Initial Ages and Stages Questionnaire	Clinician		
Review "why babies cry" and "how to soothe your baby"	Clinician/TF		
Review Shaken Baby Syndrome	Clinician/TF		
Discussion about children and television	Clinician/TF		
Review the "no spanking" policy	Clinician		
Discussion on post-partum depression	Clinician		
Enroll in infant/child First Aid and CPR within 90 days	TF		
Review of Baby Proofing	Clinician/TF		
Learn & Practice Installing a Car Seat w/ TYS staff present	TYS Staff		
Create a self-care plan	Clinician/TF		
Discussion about feeding	Clinician/TF		
1. How is the child feeding?			
2. Transition to Solids			
3. Healthy Snack Options			
4. Food and Culture			
5. Create a sample meal plan for your child			
Discussion about hygiene	Clinician/TF		

Sample Parenting Checklist

Looking Ahead

1. Removing Barriers Individualized Plans
2. Psychological Assessment and Recommendations

Questions?

Anna K. Colangelo, Psy.D.

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