

STARK COUNTY SYSTEM OF CARE EXPANSION PLANNING

MARCH 31, 2015

MARCH UPDATE: WHAT'S NEW WITH THE SYSTEM OF CARE?

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Welcome to our monthly e-newsletter! The Mental Health and Recovery Services Board (MHR SB) of Stark County will issue an update every month about what is happening here in Stark County with our System of Care Expansion Planning Grant.

What is the System of Care Expansion Planning Grant?

MHR SB has been awarded a one-year Planning Grant for the Expansion of the Comprehensive Community Mental Health Services for Children and their Families

by the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services. This grant is being used to involve youth, families, child and family organizations, and the community in creating a culturally and trauma-informed comprehensive strategic plan (or map of coordinated services and supports) for children, youth, and families with or at risk for mental health challenges in Stark County.

What is a System of Care?

Youth, families, and the community coming together to assist youth with behavioral health issues and their families by:

1. Improving the existing services available to them.
2. Improving access to these services.
3. Expanding services to reflect their cultural, racial, ethnic, and linguistic needs.



GRANT LEADERSHIP

Grantor:
Substance Abuse and Mental Health Services Administration
Grantee:
Mental Health and Recovery Services Board of Stark County
Grant Facilitator/Evaluator:
The College of Public Health at Kent State University
Grant Director:
Patti Fetzer
Grant Coordinator:
Jessica Zavala

RECENT AND UPCOMING PLANNING EVENTS

RECENT

March 12
Ethics and Cultural Competence presentation at the MHR SB Annual Conference

March 12
Cultural Competence Subcommittee Information Distribution

March 13
#youthvoice video premiere at the MHR SB Annual Conference

March 5
First Treatment Subcommittee Meeting

March 19
First Prevention and Resiliency Subcommittee Meeting

March 26
Youth and Young Adult Leadership Meeting

UPCOMING

April 1 (11:30-1:00PM)
Cultural Competence Webinar on National Standards for Culturally and Linguistically

Appropriate Services in Health and Healthcare

April 2 (3:30-5:00PM)
Treatment Subcommittee Meeting

April 9 (2:00-3:30PM)
Cultural Competence Subcommittee Meeting

April 9 (3:30-5:00PM)
Social Marketing Subcommittee Meeting (3:30-5:00 PM)

April 16 (3:30-5:00PM)
Prevention and Resiliency Subcommittee Meeting

April 23 (2:00-3:30PM)
Youth and Young Adult Subcommittee Meeting

May 27 (Save the Date!)
Georgetown National Center for Cultural Competence On-site Planning to Reduce Behavioral Health Disparities All-day Forum (Details Forthcoming)

May 28 (Save the Date!)
Executive Discussion Forum (Details Forthcoming)

YOUTH AND YOUNG ADULT LEADERSHIP (UPDATE)

We are currently seeking youth and young adult participation in our Expansion Planning Subcommittees. If you know of anyone who may be interested in joining, please have them contact StarkSOC@gmail.com

for more information.

In addition, youth and family members are encouraged to share their ideas about how to improve the current System of Care at any

time by using the Facebook hashtag #youthvoice.

 www.facebook.com/mhrsb

PREVENTION AND RESILIENCY * TREATMENT (UPDATES)

We had our first subcommittee meetings for the Prevention & Resiliency committee as well as for the Treatment committee this month! Thank you to all who have participated in the meetings thus far.

At their first meeting, the Prevention and Resiliency subcommittee discussed different ways that they could improve prevention within Stark County while remaining youth and family focused. Topics that were discussed include:

Stigma and Increasing Awareness of signs and symptoms. Also, the committee discussed factors and barriers that maybe encountered during the process. Our next meeting will be held on April 16th, 2015.

The Treatment Subcommittee also discussed ways that treatment could be improved in Stark County while remaining youth and family focused. Topics explored during the meeting include: Tele-Psychiatry, Reimbursement in all aspects, a disconnect between mental and

physical health, and examples from other states that combine mental and physical health. Our next meeting will be held on April 4th, 2015.

The Prevention and Resiliency subcommittee as well as the Treatment subcommittee hit the ground running! We are excited to see what is going to become of these committees and how they are going to improve the system of care! If you are still interested in joining either committee please email starkSOC@gmail.com for more information.

SOCIAL MARKETING (UPDATE)



Pictured above: Lauren Mitchell (local poet)

The Social Marketing dimension of this grant is continuing to blast off with creative new ways of recruiting youth, young adults, and family members to solicit feedback

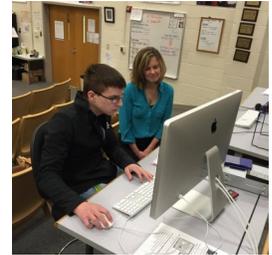
about ways to improve the current Stark County System of Care.

Youth Audience
Local college student, Lauren Mitchell, performs spoken word poetry about lived behavioral health experiences in a compelling new video filmed by Bumble Media of Stark County. This video was premiered at the MHR SB Annual Conference on March 12 and is the first of a series of marketing tools that will be used to destigmatize mental illness and

invite youth and family members to share their ideas about the System of Care using the Facebook hashtag **#yourvoice**.

Family Audience
A second video that describes the experiences of local mother, Kim Knight, will be released in the near future, as well as an informative video about our Expansion Planning subcommittees, which was filmed by Alliance High School students of Channel 11.

Pictured below: Michael Woodson (Channel 11) and Patti Fetzer (MHR SB) making video edits



Special thank to Bumble Media, Lauren Mitchell, Kim Knight, and Alliance High School for making these videos possible!

TRAUMA-INFORMED CARE (UPDATE)

The 12 child- and family-serving organizations that have applied to participate in the Stark County Trauma-Informed Care Learning Community are continuing to work with Cheryl Sharp and Karen Johnson from the National Council for Behavioral Health on improving the 7 domains of trauma-informed care within their own organization.

According to the National Council, The 7 domains of trauma-informed care are: early screening and assessment, consumer-driven care and services, nurturing a trauma-informed and responsive workforce, evidence-based and emerging best practices, creating safe environments, community outreach and partnership building, and

ongoing performance improvement and evaluation.

To date, the Learning Community has participated in one collective face-to-face kickoff meeting and one coaching call per organization with the National Council. Webinars presented to the Learning Community have included

the kickoff of the Learning Community; engaging and listening to children and adolescents; culture and trauma; community outreach and partnership building; and ongoing performance improvement and evaluation.



CULTURAL COMPETENCE (UPDATE)

April is National Minority Health Month! During National Minority Health Month, the Office of Minority Health (OMH) and its partners join together to raise public awareness about health and health care disparities that continue to affect racial and ethnic minorities and efforts to advance equity.

Please join us in a webinar titled *"An Overview of the*

National Standards for Culturally and Linguistically Appropriate Services (CLAS) in Health and Health Care", presented by The National Center for Cultural Competence, Georgetown University Center for Child and Human Development on April 1, 2015 -11:30am-1pm EST. This webinar is designed specifically for all organizations involved in the Stark County System

of Care Expansion activities and, additionally, is applicable to all health and mental health service providers. This webinar is of particular value to executives and managers of service providing organizations. The National CLAS Standards focus on **policies, practices and structures** that promote and sustain culturally and linguistically appropriate

services. **(Every professional should be aware of best practices in service delivery; and, to this end, the webinar will be of value to supervisors, direct service practitioners, family members, young adults and youth advocates).** You may register for this webinar by clicking here. Please note if you are unable to attend, still register, and then a copy of the webinar can be sent to you.



DID YOU KNOW...

- ...attitudes about mental illness and mental health services can affect the use of services? Among Hispanic Americans with a mental disorder, fewer than 1 in 11 contact a mental health specialist, while fewer than 1 in 5 contact general health care providers. Even fewer Hispanic immigrants seek these mental health services.
- ...poverty level affects mental health status? African Americans living below the poverty level, as compared to those over twice the poverty level, are 3 times more likely to report psychological distress. African Americans are 20% more likely to report having serious psychological distress than Non-Hispanic Whites.
- ...mental health problems in the Asian American community are alarmingly high, yet its services are inadequate? For example, Asian American adolescent girls reportedly have the highest rates of depressive symptoms compared to girls of other ethnicities. In addition, many Southeast Asian refugees are at risk of Post-Traumatic Stress Disorder (PTSD) associated with trauma experienced before and after immigration to the United States.

For more information, including sources cited, please contact Project Coordinator, **Jessica Zavala**, at jzavala@starkmhrs.org.

Sources:

<http://www.aahiinfo.org/english/asianAmericans.php>
www.psychiatry.org/.../DiversityResources/Fact-Sheet--Latinos.pdf
<http://www.cdc.gov/minorityhealth/populations/REMP/black.html>

ADDITIONAL RESOURCES

The following resources are provided by the Technical Assistance Partnership for Child and Family Mental Health and Georgetown National Technical Assistance Center for Children's Mental Health.

Articles

- **"It Really Might 'Get Better' for LGBT Teens"**

Examines behavioral health outcomes of 231 racially diverse LGBT young adults (ages 16-20) from Chicago. [Click here](#) to read more.

- **"Surviving the Streets of New York"**

Examines the experiences of 283 LGBTQ youth, YMSM, and YWSR from NYC engaging in survival sex. [Click here](#) to read more.

Listserves

- **LGBTQI2-S National Workgroup**

To sign up for this listserv, send an email with "LGBT Youth" in the body and a blank subject line to:

LISTSERV@LISTSERV.AIR.ORG

Webinars

- **Cross Agency Support and Participation in the SOC Approach** (Thursday, April 16, 1:00-2:30PM)

[Click here](#) to register.

- **Monitoring of Psychotropic Medications in Children and Youth** (Thursday, April 16, 2-3:30 PM)

[Click here](#) to register.

- **Effective Supervision Strategies for Parent Support Providers** (Monday, June 8, 2:00-3:00 PM)

[Click here](#) to register.

- **Community of Practice for Young Adults Utilizing Lived Experience Professionally** (Thursday, April 9, 1:00-2:30PM)

[Click here](#) to register.

STARK COUNTY SYSTEM OF CARE EXPANSION PLANNING HUB

The College of Public Health at Kent State University is facilitating and evaluating this Expansion Planning. For more information about the Stark County System of Care Expansion Planning Grant, including access to subcommittee resources, events, and research, please visit their website hub at:

<http://www2.kent.edu/publichealth/starkcountySOCgrant.cfm>