



# Tuolumne County Behavioral Health Advisory Board (BHAB) (Minutes of the meeting of February 1, 2023) **FINAL**

| <u>2022 BHAB Membership</u>      | Jan                      | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|----------------------------------|--------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Jaron Brandon - BOS              | <b>Meeting Cancelled</b> | ✓   |     |     |     |     |     |     |     |     |     |     |
| Anaiah Kirk – BOS Alt            |                          | E   |     |     |     |     |     |     |     |     |     |     |
| Mary Anne Schmidt, Chairperson   |                          | ✓   |     |     |     |     |     |     |     |     |     |     |
| Sherry Bradley, Vice-Chairperson |                          | ✓   |     |     |     |     |     |     |     |     |     |     |
| Heather Farris, Secretary        |                          | E   |     |     |     |     |     |     |     |     |     |     |
| Cynthia Halman                   |                          | E   |     |     |     |     |     |     |     |     |     |     |
| Elizabeth Marum                  |                          | ✓   |     |     |     |     |     |     |     |     |     |     |
| Jenn Salazar                     |                          | ✓   |     |     |     |     |     |     |     |     |     |     |
| Maureen Woods                    |                          | ✓   |     |     |     |     |     |     |     |     |     |     |
| Valerie Shuemaker                |                          | ✓   |     |     |     |     |     |     |     |     |     |     |

Present = ✓ Absent = A Excused = E

9 MHAB Members, 1 BOS Alternate

| <u>Tuolumne County Staff in Attendance</u>                                          |
|-------------------------------------------------------------------------------------|
| Tami Mariscal, Director – Behavioral Health Department                              |
| Jenn Guhl, MHSA Agency Manager – Behavioral Health Department                       |
| Pandora Armbruster, Administrative Assistant – Behavioral Health Department         |
| <u>Others in Attendance</u>                                                         |
| Terri Alford, Mental Health Coordinator – Tuolumne County Superintendent of Schools |
| Morgan Rain, Founding Director – LGBTQ+ Rural Resource Center                       |
| John & Mary Leamy – Nat'l Alliance for the Mentally Ill                             |
| Cathi Ruiz, Chaplain – Adventist Health Sonora                                      |
| Jen & Estrella Torres and several other community members                           |

## I. CALL TO ORDER

- Behavioral Health Advisory Board Chairperson, Mary Anne Schmidt, announced to attendees that the meeting was being recorded.

The meeting was called to order at 4:05 pm. Seven of the nine members were present and accounted for at the time of roll call to complete a quorum for the Board. Behavioral Health Advisory Board members introduced themselves as roll call was taken. Those present were Jaron Brandon, Mary Anne Schmidt, Sherry Bradley, Elizabeth Marum, Jenn Salazar, Maureen Woods, and Valerie Shuemaker. Heather Farris, and Cynthia Halman were not in attendance.

- The Chairperson read the Behavioral Health Advisory Board Vision and Mission Statements into the meeting record.

## II. INTRODUCTIONS

Introductions were made by Tuolumne County staff in attendance, as follows: Tami Mariscal – Director, Behavioral Health Department, Jenn Guhl – MHSA Agency Manager, and Pandora Armbruster – Administrative Technician.

Others in attendance introduced themselves as follows: Terri Alford, Mental Health Coordinator – Tuolumne County Superintendent of Schools. Several other community members were in attendance, either in person or virtually, but did not introduce themselves.

## III. AGENDA REVIEW PERIOD

There were no suggested changes to the order of agenda items.

## IV. CORRESPONDENCE

Pandora Armbruster noted that an email had been received from Cynthia Halman, announcing her resignation from the Behavioral Health Advisory Board effective January 31, 2023.

Behavioral Health Advisory Board members recommended forwarding her letter of resignation to the Board of Supervisors for acceptance and posting a notice of vacancy for the position. A letter acknowledging Cynthia for her time and efforts serving on the Behavioral Health Advisory Board will be sent out.

## V. APPROVAL OF MINUTES

Jaron Brandon moved, and Sherry Bradley seconded to approve the December 7, 2022, Behavioral Health Advisory Board Regular Meeting Minutes and the September 19, 2022, Special Meeting Minutes as presented. Motion passed unanimously.

(Ayes: 7 – Jaron Brandon, Mary Anne Schmidt, Sherry Bradley, Elizabeth Marum, Jenn Salazar, Maureen Woods, and Valerie Shuemake. Nays: 0 Abstentions: 0 Members Absent: 2 – Cynthia Halman, and Heather Farris)

## VI. PUBLIC COMMENT:

Members of the public may be heard on any item not on the Board's Agenda. A person addressing the Board will be limited to **three minutes**. Comments by members of the public on any item on the agenda will only be allowed during consideration of the item by the Board.

No public comments were received.

## VII. NEW BUSINESS & ACTION

### A. COMMUNITY COMMITTEE ASSIGNMENTS FOR BEHAVIORAL HEALTH ADVISORY BOARD MEMBERS – Mary Anne Schmidt, Chair

Mary Anne Schmidt shared a breakdown of suggested Community Meeting details and potential assignments for Behavioral Health Advisory Board members. The group discussed potential meetings and who would be able to attend. Assignments were made based on that discussion. A list of those assignments and additional meeting details will be shared at the next regular Behavioral Health Advisory Board meeting.

### B. VOLUNTEER FAIR in MARCH 2023 – Mary Anne Schmidt, Chair

Mary Anne Schmidt shared details of the Behavioral Health Advisory Board's participation plans for the upcoming Volunteer Fair scheduled for Thursday, March 30<sup>th</sup>, at the Motherlode Fairgrounds. A table has been reserved and promotional supplies are being ordered and printed for use at the event. Mary Anne Schmidt will be lead, with Jenn Salazar, Maureen Woods, and Pandora Armbruster providing support for the Behavioral Health Advisory Board booth.

### **VIII. AD HOC COMMITTEE REPORTS & ACTION**

A. BOARD MEMBERSHIP: Training/Recruitment - Heather Farris, Secretary

Due to Heather Farris absence, this report will be continued to the next regular meeting. It was noted that the flyers Heather designed for recruitment of youth and veteran members will be used at the Volunteer Fair.

B. EVENT PLANNING: Ken Burns Screening of "Hiding in Plain Sight" – Mary Anne Schmidt, Chair

Mary Anne shared that since discussing this with Tami Mariscal, it appears that Sonora Arts Foundation is coordinating an event for May which will be focusing on Mental Health issues in community youth. Tami recently participated in the initial work group for this event. A decision was made to postpone the proposed screening until late April as the Behavioral Health Advisory Board may be collaborating with Tami on this new event. More information will be shared once received.

C. SITE VISIT PLAN – Sherry Bradley, Vice Chair

Sherry Bradley informed the Behavioral Health Advisory Board that she would work with Pandora to schedule time for the Site Visit Plan Ad Hoc to meet with Tami to discuss next planning steps for the Site Visits. More information to come.

### **IX. REPORTS**

A. BOARD MEMBER REPORTS/ANNOUNCEMENTS

Sherry Bradley shared written reports on her attendance at the California Behavioral Health Boards and Commission Meeting and Training sessions on January 20-21, 2023. A copy of those reports will be incorporated into these minutes [here](#).

Valerie Shuemake shared information on CAL Bridge, a new grant funded program which places a Substance Use Disorder/Mental Health Navigator on site at Adventist Health Sonora for one year. More information can be provided at a future meeting.

B. SUPERVISOR'S REPORT

Supervisor Brandon shared that he has been appointed as the Behavioral Health Advisory Board representative for another year. He feels that increasing membership on County Commissions and Committees is the best way for the public to be heard and assure that the community's priorities are being taken into consideration.

Jaron highlighted three important things that are on the immediate horizon which will impact mental health services – CARE Court, Opioid Coalition, and CalAIM. He informed the group that housing and mental health awareness continue to create challenges as well.

**C. DIRECTOR'S REPORT**

Tami updated the group on staffing vacancies. The department continues to have a high vacancy rate for Behavioral Health clinicians. The department is looking at a classification modification for the Peer Specialist III.

The Crisis Mobile Unit (CMU) grant is moving forward with much of the equipment already purchased or ordered. The CMU has a “go live” date of December 23, 2023.

There are two workgroups currently meeting to focus on the Felony Incompetent to Stand Trial (F-IST) program. The department continues to collaborate with other county partners.

CARE Court funding is something that the department is preparing for. There is hope that any funding available could be used for housing.

The opioid litigation which Tuolumne County partnered in may be reaching settlement soon. Even though the county is unsure of just how much that \$\$\$ might be, planning meetings continue to determine what it could best be used for. Some suggestions are sober living environments, board and care facilities, etc.

**D. BEHAVIORAL HEALTH ADVISORY BOARD CHAIRPERSON REPORT**

Mary Anne Schmidt provided her report within the agenda packet. A copy of that report will be incorporated [here](#).

|                                               |
|-----------------------------------------------|
| <b>X. SUGGESTIONS FOR NEXT MONTH'S AGENDA</b> |
|-----------------------------------------------|

No new items identified.

|                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------|
| <b>XI. SPECIAL SPEAKER: Terri Alford, Mental Health Coordinator – Tuolumne County Superintendent of Schools</b> |
|-----------------------------------------------------------------------------------------------------------------|

Terri Alford, Mental Health Coordinator, delivered a PowerPoint presentation on the Mental Health Student Services Act Grant - Accessing Wellness and Resiliency in Education (AWARE). A copy of that presentation is incorporated into these minutes [here](#).

|                         |
|-------------------------|
| <b>XII. ADJOURNMENT</b> |
|-------------------------|

The February 1, 2023, Behavioral Health Advisory Board meeting was adjourned at 6:07 pm.

The next Tuolumne County Behavioral Health Advisory Board meeting is scheduled for March 1, 2023, at 4:00 pm at the Tuolumne County Behavioral Health Enrichment Center, 105 Hospital Road, Sonora, CA 95370. Detailed meeting information will be posted on the March 2023 Agenda.

Tuolumne County Behavioral Health Advisory Board

Memo To: BHAB Members

From: Sherry Bradley, Vice Chair, Behavioral Health Advisory Board

Subject: CALBHB/C Meeting – January 20, 2023

I attended the Quarterly meeting of the California Association of Local Behavioral Health Boards/Commissions, hereinafter known as CALBHB/C on Friday, January 20, 2023. The following items below were discussed.

Jenn Bayardo, Executive Officer, California Behavioral Health Planning Council

Just completed their Quarterly Meeting. Have several committees based upon their selected goals for the coming year.

Data Notebook: Have received feedback that the information in the tool book has been useful. The 2021 Data Notebook – Racial and Ethnic Disparities. The 2022 Data Notebook, focused on efforts around COVID. Received thirty-nine counties' reports, and five others pending. The 2023 Data Notebook will be coming out in the next few months. Focused on Stakeholder Engagement.

Have received feedback to get it out as soon as possible, hopefully within the next few months.

Data – Performance Outcomes committee has decided to bring the matter of performance outcome to the full council. What they are, who is collecting them, etc.

Question from Liz Warren, Ventura BHAB: Challenge of stakeholder participation, and the counties getting input from actual BHAB members and what the stakeholder participation is. Encouraged input from the membership. Some of the frustrations with the Data Notebook are redundancies and some of them not utilizable. Asked that the questions be more targeted and to the point, and not redundant.

Tom Orrock, Chief of Commission Operations & Grants – Mental Health Services Oversight and Accountability Commission (hereinafter MHSOAC):

- A new youth drop-in Center by ALCOVE is being opened in Redondo Beach. Nurses, case managers, peer providers, SU referral, all in one center. Designed by youth for youth. This was initially an Innovation Project. Youth leadership is important.  
<https://mhsoac.ca.gov/initiatives/allcove-youth-drop-in-centers/>
- Recently three-year contract to youth empowerment network, provide advocacy, training and education, and outreach and engagement. To go to the legislature and share about TAY, and that planning includes the voice of TAY.
- SB82 (used to be Triage Grants) – one of the limitations of the grant was that it was to cover expenses for personnel. However, COVID created a problem, counties were not able to fully spend their dollars. (Limited staff available, shrinking). Now with some flexibility, exploring allocating the funds to five different efforts this year.

- Plan to support EMPATH, Crisis Stabilization Units, linked to hospital emergency rooms. Funding available for six, one in a rural community/hospital. These crisis stabilization units connected to an ER.

<https://mhsoac.ca.gov/connect/grant-funding-opportunities/request-for-applications-emergency-psychiatric-assessment-treatment-and-healing-empath-units-rfa-empath-001/>

Mr. Orrock has visited several EmpATH units around the state. It is an open area, with lounge chairs, an open nursing station, quiet room, televisions, snacks, one can walk around instead of being linked to a bed. EmpATH has already seen outcomes.

The RFA was issued to hospitals, and for hospitals to get into collaboration with BH Departments. Worked with Hospital Association, HCA, etc.,

- AGEWISE for Older Adults.
- Can FSP dollars help with Care Court, will be taken up by the Commission for discussion.
- Several public outreach events on prevention and early intervention. Commission to make recommendations regarding PEI. Will look at how PEI funds spent, what areas, etc.

#### CALBHB/C Crisis Care Continuum Issue Brief

Teresa Comstock provided an overview of the CALBHB/C Crisis Care Continuum Issue Brief.

Health Management Associates: This consultant is working with CBHDA (California Behavioral Health Directors Association) to launch the new Mobile Crisis Project/Benefit. They are seeking input from us as stakeholders. Information regarding the effort can be found at:

<https://www.calbhbc.org/crisis-care-continuum.html>

This effort is for eligible Medi-Cal recipients. Health Management Associates are focusing only on developing toolkits for the following subjects:

1. Staffing Models/Tools
2. Financing Models
3. Collaboration with Law Enforcement

Everything they are doing is around the size of counties, recognizing that one size does not fit all.

#### Andrea Leger – Interim Executive Director for CAMHPRO (California Association of Mental Health Peer-Run Organizations):

Made recommendations to DHCS and those are included in Information Notice 21-041. CalMHSA has been enlisted as the Certifying Agency. Ms. Leger provided Issue Ban overview of the Certification of Peers. Scholarships have been offered for Peers who want to train and test for a Certified Peer. Now have 130 Certified Peer Specialists in California and they are listed in the Registry. Testing sites for Peer Certification seems to be in more urban areas, so individuals will have to travel to get the testing done. There is a Certifying Entity and a Training Entity.

NAMI CA got a grant to train some peers:

Issue Based Discussion:

- Wellness Café's for Teens being developed
- Urged to attend BHAB's in other Counties – a good learning process
- Working as a group with volunteers that don't meet regularly and being able to implement the W&I Code.
- Yolo County – Mental Health Diversion Court – used community correction funding dollars to fund it. Did not use MHSA dollars, but could have – maybe Innovation dollars? Also have Department of State Hospitals Grant (because State doesn't have enough beds). Have had a challenging time implementing Board and Cares. However, having problems with jail – worst place for Mental Health clients to be incarcerated. Noted that with this Board, there is a lack of representation from Law Enforcement.
- San Bernadino has 2 Club Houses in their county. Peer operated Club Houses.
- San Luis Obispo County has a shortage of staff, including pediatric psychiatrist. Will continue to research solutions to problems.

January 21, 2023

Memo To: Tuolumne County BHAB Members

From: Sherry Bradley, Vice Chair, Behavioral Health Advisory Board

Subject: CALBHB/C – Behavioral Health Board Training - January 21, 2023  
**How to Be an Effective Mental/Behavioral Health Advisory Board/Commission – Meeting Rules, Duties & Tools**

Sharon Burns, formerly Santa Barbara BHAB Chair, was the trainer today. The following subjects were covered:

**MEETING RULES AND CONDUCT:**

Conduct During Meetings:

1. Active Listening
2. Focus on Issues
3. Person First Language
4. No Swearing
5. No Personal Attacks or Criticism (of self or others)
6. One person speaks at a time – no side bars
7. Keep Comments Short if possible – don't monopolize
8. Limit Acronyms - When in doubt, spell it out
9. Silence Cell Phones

Review and Evaluate

1. Speakers/Panels/Community Forums
2. Liaisons to other commissions/committees
3. Site Visits (Santa Barbara uses a standardized form, alternates participants, their county contracts out a lot of services, so while sometimes difficult, they did travel out of county)
4. Ad Hoc Committees
5. Performance Outcome Data

**DUTIES (WIC 5604.2) & TOOLS:**

Review any County Agreements – EQRO reports, MHSA Update and every three years, SAMHSA Grants (PATH, Block Grants), RFP's/RFA's.

Site visit – there should be an internal process (no surprises), Be careful to NOT have a quorum assembled at a Site Visit. Some smaller counties conduct their meeting (with notice) at the location of the site visit (if there's a room that can be used) – the public can, therefore, attend the visit as well and be part of the tour. Determine the role of the commissions/board and the role of the staff. What are the deliverables? CALBHB/C recommends having a standardized stock form used for site visits. Can do site visits to jails. Utilize Patient's Rights Advocates for input and information.

Ensure citizen participation – our BH meetings qualify, encourage public to attend, encourage questions.



Review and approve the procedures – staff make presentations about what their planning process is. When the department is audited (state orgs), if needed, the department will create a Performance Improvement Plan; BHAB's are encouraged to be a part of the conversation as well. Prompt staff to give us a plan of what their procedures are and APPROVE those procedures. BHAB's are charged with that responsibility under the WIC Code.

Brown Act (rural areas have large geographic area) – so there needs to be a way for remote residents to attend. Santa Barbara rotated their BHAB meetings because of the distant locations. It's easier to do in the ZOOM world. Doing this with conferencing can work. We are going to have to get better at doing this in a post-pandemic world.

Annual Report: Is it a calendar year? Yes, usually the start of it.

In some counties, the MHSA Coordinator is the point person with the BHAB.

Link to this information:

[https://www.calbhbc.org/uploads/5/8/5/3/58536227/best\\_practices\\_-\\_duties.pdf](https://www.calbhbc.org/uploads/5/8/5/3/58536227/best_practices_-_duties.pdf)

**MENTAL HEALTH SERVICES ACT (MHSA)** – some counties get the presentation right before it is approved by the Board of Supervisors. The BHAB should be making recommendations on the approved plan.

Additional duties may be transferred to the BHAB. Realignment 1991 and Realignment 2011 need to be assessed by the BHAB.

Substantive recommendations can be made after the plan/update has been approved by the Board of Supervisors.

CPP (Community Planning Process) – state mandated; collaboration required. Should include stakeholders, underserved participants, demographic diversity. What is the community outreach process, review, and BHAB approve that. Ask the staff what their planning steps are, and ask them to keep the BHAB informed about what's happening. Some counties keep "CPP" on the agenda on a standing basis.

Link for information on CPP:

[http://www.calbhbc.org/uploads/5/8/5/3/58536227/community\\_program\\_planning\\_cpp.pdf](http://www.calbhbc.org/uploads/5/8/5/3/58536227/community_program_planning_cpp.pdf)

Performance Outcome Data – over the last year, counties now required to report performance outcome data to the state. FSP data must now be reported. There is no standard template available yet to report, but this is being advocated for by CALBHB/C.

Link to more information on Performance Outcome Data:

[https://www.calbhbc.org/uploads/5/8/5/3/58536227/issue\\_brief\\_-\\_performance\\_outcome\\_data.pdf](https://www.calbhbc.org/uploads/5/8/5/3/58536227/issue_brief_-_performance_outcome_data.pdf)

**REVIEW & EVALUATE:**

Ad Hoc Committees: A meeting without posting, less than a quorum, short term, cannot be ongoing. Define the purpose, the timeline, short description of what it is that the Ad Hoc is trying to accomplish. .Ad Hocs are an effective way to do reviews and evaluating based upon subject matter, issue, etc.

Behavioral Health Continuum:

There are three areas:

1. Engagement tools
2. Comprehensive Community Services
3. Inter-Agency Collaboration

Link to Issue Brief on this subject

[https://www.calbhbc.org/uploads/5/8/5/3/58536227/behavioral\\_health\\_continuum.pdf](https://www.calbhbc.org/uploads/5/8/5/3/58536227/behavioral_health_continuum.pdf)

Board & Care – now must use ARF Adult Residential Facility. For more information on this change, see the following link:

[https://www.calbhbc.org/uploads/5/8/5/3/58536227/issue\\_brief\\_-\\_adult\\_residential\\_facilities\\_2022\\_rev.6.pdf](https://www.calbhbc.org/uploads/5/8/5/3/58536227/issue_brief_-_adult_residential_facilities_2022_rev.6.pdf)

## **Chair's Report**

**January 4, 2023**

Dear Behavioral Health Advisory Board,

This last month has gone by fast and with the holidays upon us, life is busy.

Four BHAB members attended the training on contracts offered by the Behavioral Health Department on Dec. 12 and 13, 2022. Lindsay Lujan, the Quality Improvement Agency Manager, presented the material. She was great. It was nice to get to know this knowledgeable staff member. On the first day, we were introduced to Medi-Cal managed care health plans (MCPs) and what responsibilities and services these plans must provide. We received a well-organized three-ringed binder with over 20 tabs. We have our reading cut out for us for the next few months. It was nice to have 3-4 staff members present also to help us with our questions.

On the second day, we were introduced to Stephen Roos, Full-Service Partnership Supervisor, Betty Hoskins, Crisis Supervisor, Donna Villanueva, Substance Use Services Supervisor, and Lindsay substituted in for Rayanne Tamayo, Adult Services Supervisor. All these Supervisors made presentations to us. It was great to meet these hard-working leaders who care for our vulnerable populations.

Lindsay plans to have an audio copy and notebook available for those who could not make this training. Please contact her when you are ready to learn more about the BH department and its contracts.

Tracie Riggs, the Tuolumne County Administrator, contacted me and said she will contact County counsel and Tami Mariscal, BH Director, to help resolve the issues that she and I discussed last month: executive meeting, bylaws, quorum, and budget.

In the next few months, we as a board have the opportunity to be in contact with the public through the Volunteer Fair, the Ken Burns film—Hiding in Plain Sight screening, the monthly BH Coffee Talk, and the assigned community meetings. Please consider volunteering for these events. These are ways for us as board members to help evaluate the community's mental health needs.

With a new year upon us, we are off to a great start with our newly approved goals and duties guiding us forward.

Happy New Year!

Sincerely,  
Mary Anne Schmidt  
Chair of the BHAB



# AWARE

## Mental Health Student Services ACT

Accessing Wellness and Resiliency in Education

# Goals of the Program

- ▶ To establish additional mental health partnerships between behavioral health departments and local education entities.
- ▶ To provide case management and referrals to private therapists and local community groups.
- ▶ To increase connection to mental health services for students and families.
- ▶ To provide outreach to high-risk youth.
- ▶ To provide assistance to education staff, families, and students to access primary health services, higher levels of mental health support, and other services in the county.

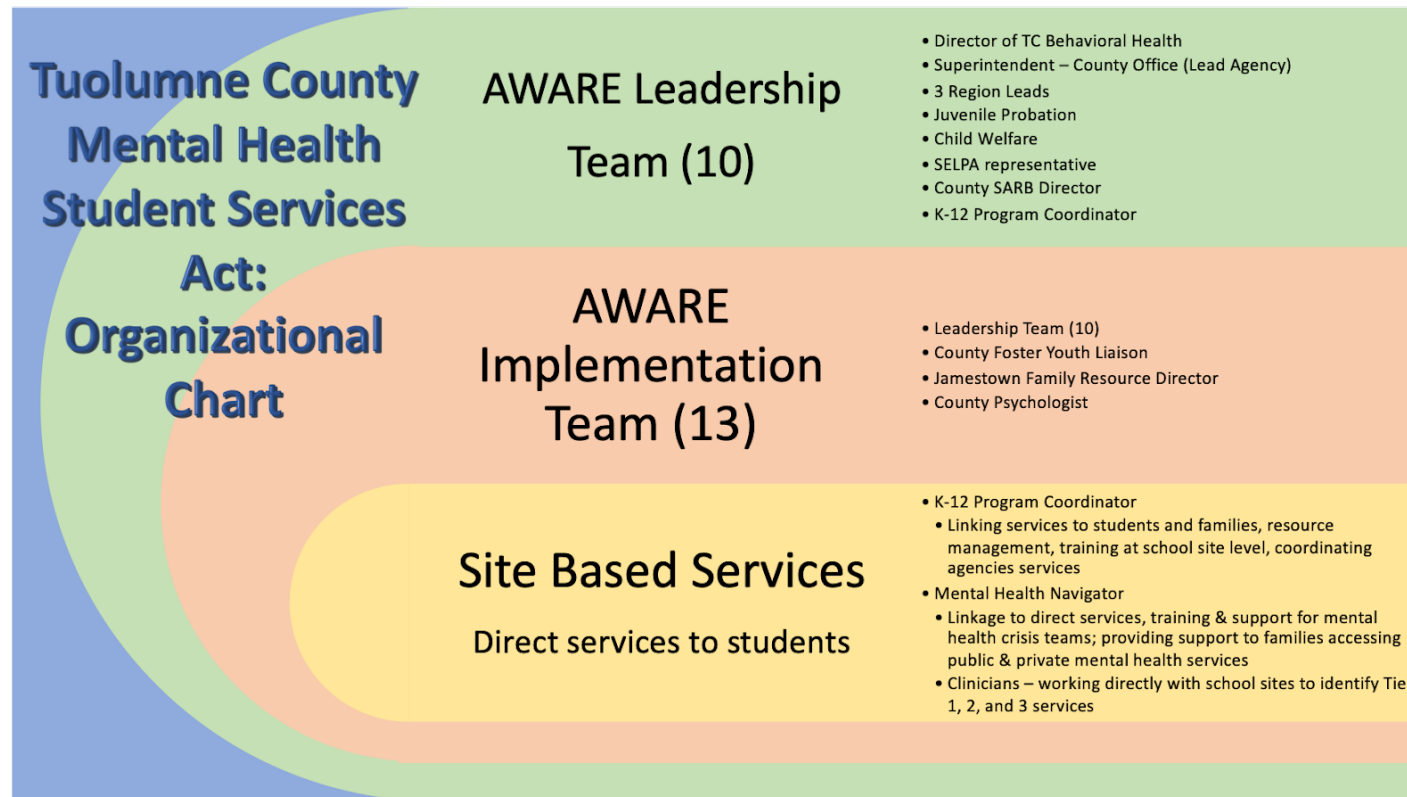
# Services Provided through MHSSA grant

1. The MHSSA grant is funded for four years to provide expanded services on site at Tuolumne County schools. These services include:
  1. Three full time licensed Mental Health Clinicians
  2. One full time Mental Health Navigator to provide tier one and two services to schools and to help connect families to mental health services and resources within the community
  3. One Mental Health Coordinator to oversee the program and develop and expand partnerships between community agencies, LEAs and Behavioral Health

# AWARE Mental Health Staff

- ▶ Terri Alford-Mental Health Coordinator
- ▶ Liz Beutter-Mental Health Navigator
- ▶ Maria Barajas-Mental Health Clinician- Jamestown Elementary, Belleview Elementary, Sonora High, Gold Rush Charter
- ▶ Miko Allen-Mental Health Clinician-Summerville Elementary, Summerville High, Columbia Elementary, Soulsbyville Elementary, Twain Harte
- ▶ Sergio Marron-Mental Health Clinician- Sonora Elementary, Columbia Elementary, Big Oak Flat/Groveland, Curtis Creek Elementary

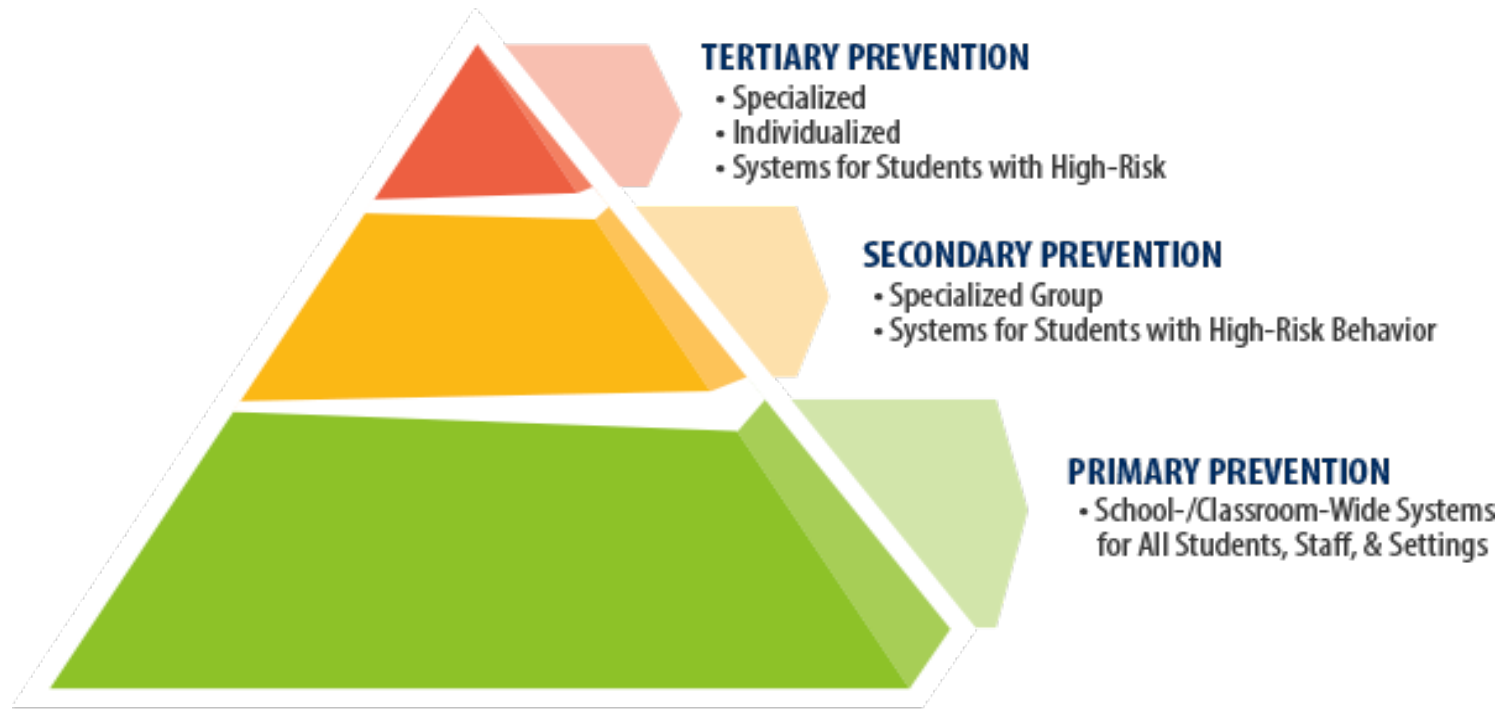
# Governance Teams





# Positive Behavioral Interventions and Supports

Image Source: 3-Tier Pyramid – <http://www.koi-education.com/>



# MHSSA Community Partnerships

## **Center For a Nonviolent Community**

1. Collaborating on Girls Circles and Boys Councils
2. Partnering on the Epic Steering Committee

## **Tuolumne County Behavioral Health**

1. Full-Service Partnership and other Behavioral Health referrals
2. Collaboration on AWARE Leadership and Implementation teams
3. Children's System of Care (CSOC) Advisory Team meetings
4. Behavioral Health Advisory Board

## **Jamestown Family Resource Center**

1. Referrals for Spanish speakers at Jamestown Elementary
2. Jamestown Wellness Fair

## **Tuolumne County Public Health**

1. Tobacco Coalition
2. Youth Forum/Summit collaboration
3. Empowering Peers and Inspiring Community (EPIC)
4. Red Ribbon Week and other outreach activities on campuses.

## **Blue Zones**

1. EPIC Steering Committee
2. Community Wellness Outreach Events

# Other School Based Mental Wellness Services

- ▶ School Counselors/Grade Level Coordinators
- ▶ School Psychologists
- ▶ Educational Related Mental Health Services
- ▶ Positive Behavioral Interventions and supports (PBIS)
- ▶ Social/Emotional Learning
- ▶ Mental health outreach events in school (Red Ribbon Week, Drug Store Project)
- ▶ Tobacco prevention curriculum and programs (TUPE)
- ▶ Youth leadership opportunities (EPIC, Friday Night Live)
- ▶ Sonora High Wellness Center
- ▶ Groups (Girls Circle, Boys Council, Trails to Wellness)
- ▶ ACES trainings and groups at Cassina and Tioga

# Questions?

