



"To develop and implement an effective comprehensive community-based mental health plan for overall youth well-being in Palo Alto"

PSN COLLABORATIVE ACTION TEAM (CAT) BREAKOUT NOTES
MAY 24TH 2017
 (rev. 06-26-17)

Goal 2: Community Education, Outreach & Training		
Strategies	Notes	Participants
Strategy 2.1: Foster the coordinated implementation of youth mental health, suicide prevention, and well-being trainings by community partners, especially those who serve most vulnerable.	<ul style="list-style-type: none"> Cultivate more youth leaders and peer to peer leaders in this area 	<ul style="list-style-type: none"> City of Palo Alto, Human Services: Minka van der Zwaag City of Palo Alto, Library: Jenny Jordan City of Palo Alto, Library: Christine Pennington Santa Clara County, Behavioral Health: Zinat Mohammed Palo Alto Family YMCA: Lee Pfab Youth Community Service: Leif Erickson
Strategy 2.2: Define a mechanism to integrate pipeline of student internship placement to develop youth leadership, foster purpose, and accomplish PSN's strategic goals	<ul style="list-style-type: none"> Group felt that many partners were already working with an adequate amount of youth volunteers but what may be missing was a way to be more intentional in the ways we hire, train and supervise these interns <ul style="list-style-type: none"> Developing a common "onboarding" process that includes with information about youth mental health, development assets, etc. 	
Strategy 2.3: Infuse Developmental Assets framework in Palo Alto by achieving benchmarks prioritized based on assessment	<ul style="list-style-type: none"> Discuss on reminder to train (re-train) all youth serving year round staff on Developmental Assets and QPR. Discussion on common training day (CPA, YMCA, JCC, etc) for summer staff that includes information on Developmental Assets and QPR, etc. Have a general calendar for events so agencies don't duplicate each other. 	
Strategy 2.4: Provide professional development to early-career professionals and paraprofessionals serving young people in PA	<ul style="list-style-type: none"> Discussion on common language/training for youth workers that includes information on Developmental Assets and QPR, etc. 	
Strategy 2.5: Strengthen Continuing Education Units (CEU) program for clinical providers serving youth to increase proficiency in youth suicide prevention and youth mental health (emotional and psychological distress)	<ul style="list-style-type: none"> Same as above..... 	

Goal 2: Community Education, Outreach & Training		
Strategies	Notes	Participants
Other Discussion Topics:	<ul style="list-style-type: none"> • Have a general calendar for events so agency's don't duplicate each other • Look at 10 prevention strategies from the Epi-Aid report and see how that influences our work. • Possible additional members to the Action Team – Project Cornerstone, PAUSD, JCC, LBTOQQ rep, Achieve Kids, Asian Parent's Group, AACI, Palo Alto-Menlo Park Parent's Group, Palo Alto Neighborhoods (PAN) rep, faith based, Parent's Place. 	

Goal 3: Youth Mental Health Care Services		
Strategies	Notes	Participants
Strategy 3.1 Gaps in services/access	Short-Term: 3 months to 1 year <ul style="list-style-type: none"> • Demand • Knowledge & linking to services • AOD treatment • Consent 	<ul style="list-style-type: none"> • Children's Health Council: Christine Wang • Palo Alto Unified School District: Lissette Moore-Guerra • SafeSpace: Nan Farley • Stanford Center for Youth Mental Health and Wellbeing: Pam Lozoff • Wellness and Open Palo Alto Community: Peying Lee • Community Member: Marina Niznik
Strategy 3.2 Youth Mental Health Resource Directory	Short-Term: 3 months to 1 year <ul style="list-style-type: none"> • Online • Visual • Organized by helping with diagnoses • App? (But could be shorter-term if use app where providers sign up) 	
Strategy 3.3 Strengthen Navigation of services with linkages	Long-term	
3.4 Coordination Services	Long-term <ul style="list-style-type: none"> • Look at data • Need a coordinator 	

Goal 4: Policy & Advocacy		
Strategies	Notes	Participants
Co-Chair Possibilities	<ul style="list-style-type: none"> • Someone with mental health provider background • Able to be liaison with PAUSD (approach former Board of Ed., Former admin) • Reach & support teachers (approach recent retirees) • Palo Alto Youth Council and young alumni (HS: ASB) • Connect to Santa Clara County and PA city government • Individuals recommended to Co-Chair Action Team: <ul style="list-style-type: none"> ○ Vic Ojakian ○ Gail Price ○ Dr. Joshi ○ Dr. Adelsheim 	<ul style="list-style-type: none"> • City of Palo Alto, Community Services: Rob de Geus • Get Involved Palo Alto: Christina Owen • Lucille Packard Children's Hospital: Diana Bautista • Palo Alto Educators Association: David Cohen • Community Member: Barbara Shufro

Goal 5: Evaluation & Shared Measurement		
Strategies	Notes	Community Participants
None of the participants present at Collaborative Action Team meeting participated in this break-out group		

Additional Community Participants present PSN CAT Meeting:

- Community Member: Sally Bemus
- Community Member: Sigrid Pinsky
- SamTrans, Media Relations: Dan Lieberman
- Stanford Center for Youth Mental Health and Wellbeing: Dr. Steven Adelsheim
- Wellness and Open Palo Alto Community/Paly Alum: Jess Feinberg