Brief overview of the CYF System of Care
System Updates – Directors Report
Our Safe Place
MENTAL HEALTH

- Prevention and Early Intervention
- Outpatient Treatment
- School Based Treatment – SchooLink
- Short Term Residential Treatment Programs (STRTP)
- Crisis Stabilization
- Inpatient Care

Examples of Specialized Programming
- TBS
- BridgeWays
- KidStart
SUBSTANCE USE DISORDER TREATMENT

- Prevention (outside of CYF)
- Teen Recovery Centers
- Teen Group Homes
- Perinatal Outpatient
- Perinatal Residential
- Dependency Drug Court
- CalWORKS
NAMI – FAMILY YOUTH LIAISON

3 Cloud Based Applications (January 2019)

- Organized Support Companion in an Emergency Situation – OscER
- OscER Jr.
- Accessing and Leveraging Families Rights to Education - AlfrEDU

MAY IS MENTAL HEALTH MONTH CELEBRATION

- 5th Annual Children’s Mental Health Well-Being Celebration
- Friday May 3rd 2019
- A Reason To Survive (ARTS) Center – National City
PROCUREMENTS

- Wraparound
- Incredible Families
- Counseling Cove – with new Shelter Beds
- Southeast Youth Family Support Services
- Perinatal Residential
- Teen Group Home
INNOVATION

- Behavioral Health Connect (Inn 19)
- Accessible Depression and Anxiety Peripartum Treatment (ADAPT) (Inn 18)
PATHWAYS TO WELL BEING
CONTINUUM OF CARE REFORM

- Updated Classroom Trainings
- Revised e-learning
- Focus Groups
- Child and Family Team Facilitation Contract – 9/2018
- 5 Group Homes Accredited as STRTP’s
- Mental Health Program Approval - DHCS Visits
HOUSING

- AMCAL – Permanent Supported Housing Family Units
- San Diego Housing Commission
- Shelter Beds Procurement – 2 Regions
- Crisis Residential through STRTP
TRAININGS

- SDSU – Responsive Integrated Health Solutions (RIHS)
- CYS System of Care Training Academy
  - School Safety: Envisioning Safer Schools 5-30-19
  - Educating Students Experiencing Homelessness
  - Family Compassion and the LGBTQIA Community
  - Sexual Health Conversations with Youth and Families
  - Intersectionality of Identities
  - Working with Justice Involved Families
- 4th Annual Critical Issues in Child and Adolescent Mental Health Conference
- We Can’t Wait
OUR SAFE PLACE

LGBTQ Behavioral Health Services Program
Began September 2017
OUR SAFE PLACE

LGBTQ SERVICES TIMELINE

- In 2016 BHS Community Forums identified a need for LGBTQ services for youth as one of San Diego’s most vulnerable populations.
- BHAB consistently echoed the need for LGBTQ services.
- LGBTQ youth who do not have access to LGBTQ-affirming community environments are at higher risk for negative outcomes.
- Addressing LGBTQ-related stigma, discrimination, and violence; building on the strengths of LGBTQ youth; and fostering supports such as family acceptance and safe, affirming environments will help improve outcomes for LGBTQ young people.
- Federal and local policies and practices increasingly acknowledge and focus on the experiences and needs of LGBTQ youth.
- BHS identified Mental Health Services Act funding for Our Safe Place.
OUR SAFE PLACE

TIMELINE CONTINUED

- San Diego Youth Services (SDYS) was awarded the contract for Our Safe Place – an outpatient clinic and 4 drop-in centers.
OUR SAFE PLACE

PROGRAM DESIGN

- Outpatient Clinic: Services delivered at clinic or in the community countywide
- Drop-in centers: Open 7 days a week, supportive services/resources, be a safe welcoming environment.
- Qualified Staff: Experience as a recipient of LGBTQ services, an active member of the LGBTQ community, or experienced and trained in the sensitivities of providing LGBTQ services.
- Community Outreach/Training: Increase knowledge and acceptance and reduce stigma and discrimination associated with mental health issues as well as stigma and discrimination against minority/LGBTQ youth
OUR SAFE PLACE

PROVIDING SUPPORT FOR:

- Depression, Anxiety & Trauma
- Coming Out
- Gender Identity
- Individualized Support
- Safe Dating
- Building Community & Support Network
- Alcohol & Drug Abuse
- Family Relationships
- Transitioning
- Sexual Health
- Advocacy Services
- School & Work Support
OUTPATIENT SERVICES:

- **Mental Health**: Individual, group, and family therapy utilizing evidenced-based modalities.
- **Psychiatry**: Medication evaluation, treatment, and management.
- **Community-based Outreach and Support**: Community-based services for youth and their families.
- **24-hour Support**: After-hours phone to respond to urgent matters during non-business hours.
DROP IN CENTERS PROVIDE:

- **Screening**: Youth receiving services screened with Columbia Suicide Severity Rating Scale and assessed for other safety concerns or needs.

- **Psychoeducational & Recreational Groups**: Yoga and mindfulness meditation, health and wellness, skill building, expressive arts, social events, educational and vocational support

- **Weekly Peer Support groups**: Topics include identity exploration, safe sex practices, consent, bullying, intimate partner violence, suicide prevention and safety planning. Peer led with topics on:

- **Vocational/educational**: Assistance with college applications, employment applications and resume development
# Our Safe Place—Escondido

## February 2019

**Palomar TAY — 1050 N. Broadway Escondido, CA 92026 (760) 271-4855**

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<td>Round Table</td>
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Monday—Friday 2pm-8pm
Saturday & Sunday 2pm-8pm
### Our Safe Place Group Index

*Our Safe Place is a drop-in center for youth up to the age of 21*

**Palomar TAY Academy | 1050 N. Broadway Escondido, CA 92025 | (760) 271-4855**

<table>
<thead>
<tr>
<th>Round Table/Tea Time</th>
<th>Body Affirmative Yoga</th>
<th>Gender Queeries</th>
<th>Rainbow Talk</th>
<th>Family Chat</th>
<th>Vegan Cooking w/Joey</th>
<th>Y.A.C. (Youth Advisory Committee)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Events where youth get together to learn and discuss topics that impact our lives on the daily.</td>
<td>Everybody is a yoga body! Come join us for some yoga that celebrates the skin you're in!</td>
<td>A safe space for folks who are exploring their gender to receive support and connect with similar identifying people.</td>
<td>A safe place for LGBTQIA+ identifying youth to gain support and to connect with others.</td>
<td>A safe place for family members of LGBTQIA+ identifying individuals to gain support and connect with others.</td>
<td>Where youth learn how to make some of their favorite dishes, vegan. Come cook and eat some tasty food with Joey!</td>
<td>If you want to contribute to the culture of TAY come to our YAC meeting where you can give input on the types of events, workshops, and socials that happen within the center.</td>
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</table>

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<thead>
<tr>
<th>Baking</th>
<th>Reel Queer</th>
<th>Binge Watch: Life DIY</th>
<th>Pathfinder w/ Bek</th>
<th>QTPOC Group</th>
<th>DIY Crafts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where youth can learn to bake a variety of dishes anywhere from sweet to savory!</td>
<td>Come watch films that feature the LGBTQIA+ community, from characters to historic events and culture.</td>
<td>Everyone loves a good binge-watch worthy show. Come watch television series that feature the LGBTQIA+ community, from characters to historic events and culture.</td>
<td>Being an adult is difficult. Come learn some tips and tricks on how to make adulthood a little easier with Dice!</td>
<td>Pathfinder is a tabletop role-playing game that is a variant of Dungeons and Dragons. Come explore a rich universe filled with diverse characters and fantastic creatures for epic adventures with Bek.</td>
<td>A support group led by Angelle Malika Maua that supports People of Color in the LGBTQIA+ community with a focus on transgender, gender nonconforming, and nonbinary folks.</td>
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</table>
WATCHU KNOW ABOUT LOVE?
Our Safe Place

We are partnering with Vista Community Clinic to bring you two special events!

WEDNESDAY, FEBRUARY 27
12:00 p.m. – 2:00 p.m.
Join us for pizza, games, arts and crafts, and a talk with Vista Community Clinic on healthy relationships! Enter for a chance to win a Bluetooth speaker!

HIV testing will also be available by Vista Community Clinic. Each participant will receive a gift card.

LOCATION
YMCA YOUTH & FAMILY SERVICES - TAY OCEANSIDE
215 Barnes St., Oceanside, CA 92057

RATED PG

This is a safe place for parents and caregivers of LGBTQ+ youth to hold conversations about how to support their children

1ST AND 3RD THURSDAYS
6:30PM - 7:30PM
2220 BROADWAY
SAN DIEGO, CA 92102

For questions, contact Alicia Montellanos
amontellanos@sdyouthservices.org
(619) 507-0736
OUR SAFE PLACE

ADDRESSING DIFFERENT NEEDS - MASLOW’S HIERARCHY OF NEEDS AND THE LGBTQ COMMUNITY

- **Physiological**: breathing, food, water, sex, sleep, homeostasis, excretion
- **Safety**: security of body, of employment, of resources, of morality, of the family, of health, of property
- **Love/Belonging**: friendship, family, sexual intimacy
- **Esteem**: self-esteem, confidence, achievement, respect of others, respect by others
- **Self-actualization**: morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts
OUR SAFE PLACE

LGBTQ NEEDS AND MASLOW’S HIERARCHY

Resources and support are provided based on each youth’s presenting needs:

- **Self-actualization**: mental health services/ counseling
- **Esteem**: Individual support, psychoeducation and support groups, mentor program
- **Love/Belonging**: Drop-in Center community/milieu, connecting with other youth, connecting with staff, providing support for the family
- **Safety**: Ongoing safety assessments, crisis intervention, prevention and early intervention, harm reduction, referrals to CWS/Law Enforcement etc., connecting and collaborating with school personnel
- **Basic Needs/Physiological**: Food, housing resources, clothes, physical health care
OUR SAFE PLACE – NORTH INLAND
OUR SAFE PLACE – NORTH INLAND
OUR SAFE PLACE – CENTRAL
PARTNERSHIPS

- All 3 of the Providers have extensive partnerships & collaboration within the community's the drop-in centers are located. As well as being co-located with the TAY Academy's.

- School partnerships are essential and Our Safe Place has provided training and groups at all grade levels – elementary, middle and high school.

- Trained school staff and administrators on what it means to be transgender and assists administrators in creating culture of safety and acceptance

- Partnered with El Cajon library to run weekly group for youth

- Collaboration with The Center and North County LGBTQ Center
OUR SAFE PLACE

EL CAJON LIBRARY GROUP

- Began in February of 2018
- Collaboration with the Library
- Peer lead group is now on Thursdays

LGBTQ TEEN MEET-UP

NEW! A safe space to hang out for LGBTQ teens. For ages 12-18.

EL CAJON LIBRARY
in Partnership with
SAN DIEGO YOUTH SERVICES
OUR SAFE PLACE
WEDNESDAYS, 3:30 - 5:30 PM
STARTING FEBRUARY 21, 2018

El Cajon Library • 201 E Douglas Ave, El Cajon, CA 92020 • (619) 588-3718
CAMP TRAILBLAZERS

- August of 2018 first annual LGBTQ youth leadership camp at the YMCA Camp Marston and Raintree Ranch.

- Camp was the first of its kind to be held in San Diego County for LGBTQ youth and the only camp to be offered free of charge.

- Workshops: Outdoor Mindfulness, Know your Queerstory: an LGBTQ history timeline activity, and Owning our Power; coupled with standard camp activities like Archery, Rock Climbing, Gaga Ball (w/ Lady Gaga), Swimming, and T-shirt Tie Dyeing.

- Campers officially named the camp at the end of the weekend - Camp Trailblazers.

- Our Safe Place awarded $10,000 dollars from the Brian A McCarthy Foundation for Camp Trailblazers Summer 2019.
CAMP TRAILBLAZERS
OUR SAFE PLACE
2nd Annual LGBTQ + Youth Leadership Camp
Ages 16–21

AUGUST 23–25
2019
YMCA Camp Marston
& Raintree Ranch

3 DAY CAMP EXPERIENCE
dedicated to
LGBTQ+ young adults.

CAMP ACTIVITIES INCLUDE:
• Workshops
• Skill Building
• Arts & Crafts
• Bonfires
• Archery
• Gaga
• Rock Climbing
• And More!

“The most impactful thing was the strong friendship I gained from this camp. As well as how empowered I felt after camp. Best camp ever!”

FOR MORE INFORMATION: NAOMI SUSKIND | NSUSKIND@YMCA.ORG

SUMMER CAMP
## Camp OSP: Experience and Pre/Post Self-Assessment

### Pre vs Post Self-Assessment Results

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<th></th>
<th>Pre Score</th>
<th>Post Score</th>
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<td>Made LGBTQ</td>
<td>3.10</td>
<td>4.38</td>
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<td>Friends At Camp OSP</td>
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<td>Campers Expressed</td>
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<td>Feeling Empowered</td>
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<td>Vision of Future</td>
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<td>Know De-stressing</td>
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<td>Techniques</td>
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<td>Confidence in Self</td>
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<td>Engage with Community</td>
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<td>Possess Leadership Qualities</td>
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<td>Know What Resources Exist</td>
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<td>Strong Relationship Skills</td>
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<tr>
<td>I Feel Empowered</td>
<td>n/a</td>
<td>4.13</td>
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Stand Out Quotes and Narratives

"The most impactful thing was the strong friendship I gained from this camp. As well as how empowered I felt after camp. Best camp ever!"

"I had a great time! Can't wait for next year"

"[YMCA staff, instructors, and counselors] all were AMAZING"

“Both Saturday and Friday night, almost all of my fellow campers hung out in my room and included me in conversations. I often don't feel like people actually want to hang out with me, but these people did. That was pretty cool.”
OUR SAFE PLACE

CAMP TRAILBLAZERS WORD CLOUD
OUR SAFE PLACE

PRIDE 2018

#ExistwithPride2018

OUR SAFE PLACE

#persist
with
pride
2018
OUR SAFE PLACE
OUR SAFE PLACE

THE DIFFERENCE AS OF DECEMBER 2018

- **473 youth** have accessed services a total of **2,433** times since the program opened in September of 2017
- **96** trainings have been conducted for over **1,500** people
- **34** community outreach events have occurred connecting with over **3,500** people
- The following quotes have been made about the program and services:

  “The most impactful part were updates about the laws and education codes. I will use this knowledge to help create a safer environment for all students.”

  “The program that did this camp is called Our Safe Place, and it really felt like that the whole time.”

  “Thank you all for being here and doing this. You are saving lives.”
BHS CONTACTS

Yael Koenig, LCSW
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Behavioral Health Services
County of San Diego
Health & Human Services Agency
Yael.Koenig@sdcounty.ca.gov
Phone (619) 563-2773

Fran Cooper, LCSW
Behavioral Health Program Coordinator
Behavioral Health Services
County of San Diego
Health & Human Services Agency
Fran.Cooper@sdcounty.ca.gov
Phone (619) 584-5030

OUR SAFE PLACE CONTACTS

Jacqueline Fajardo, LCSW
Our Safe Place Program Manager
Preferred pronouns: She/Her/Hers
San Diego Youth Services
Office Phone: 619-525-9903
jfajardo@sdyouthservices.org
## OUR SAFE PLACE

### DROP IN CENTERS

<table>
<thead>
<tr>
<th>CLINICAL SITE</th>
<th>DROP-IN CENTER SITES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Our Safe Place Clinic</strong></td>
<td><strong>SDYS – Central</strong></td>
</tr>
<tr>
<td>3427 4th Avenue, 2nd Floor</td>
<td>2220 Broadway</td>
</tr>
<tr>
<td>San Diego, CA 92103</td>
<td>San Diego, CA 92102</td>
</tr>
<tr>
<td>P: (619) 525-9903 F: (619) 525-9908</td>
<td></td>
</tr>
<tr>
<td><strong>YMCA – North Inland</strong></td>
<td><strong>YMCA – North Coastal</strong></td>
</tr>
<tr>
<td>1050 N. Broadway</td>
<td>215 Barnes St.</td>
</tr>
<tr>
<td>Escondido, CA 92025</td>
<td>Oceanside, CA 92054</td>
</tr>
<tr>
<td><strong>SBCS - South</strong></td>
<td></td>
</tr>
<tr>
<td>746 Ada Street</td>
<td></td>
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<tr>
<td>Chula Vista, CA 91911</td>
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QUESTIONS?