

NORTH MARIN COMMUNITY MEETING – 07/22/19
Hamilton Field Community Center, Novato
Monday, July 22, 2019 from 7-9pm

Community Input Received in the Breakout Groups

Prevention and Early Intervention Breakout Groups:

- Discussion in Spanish:
 - Trainings for teachers about bullying and trauma
 - Providing pamphlets and other resources around the communities so people know what services are being offered
 - More education for children about mental health- in Spanish
 - More education and information in churches, bus stops, Mexican restaurants, barber shops, Mexican grocery stores (public services where Latinxs hang out) about services and mental health
 - Creating more family centers in other schools around Marin
 - More resources for people that recently immigrated to this country. North Marin Community Services used to do a support group for new comers where they provided support and guidance to immigrants but no longer do it do to lack of funding. Group was called “*Rompiendo Barreras*”.
 - Need for afterschool activities that are free or low cost, such as sports, arts and support groups
 - More education for parents and children about drugs
 - Financial help for families to be able to access services
 - Low cost or free services
 - More trainings for Promotoras. Hiring more Promotoras. And more trainings for them.
 - Support groups for men
 - More information in schools for parents about services that are offered in the county
 - Programs/ groups for immigrant families in schools
 - Activities for families- such as movie nights, shows, museums
- Discussions in English (2 sequential groups):
 - The historic stigma against LGBTQ seniors is an issue. It was treated as a mental illness and now the population is underserved, invisible, their needs are not considered, and there is a lack of education on how to serve them.
 - Solution should consider cultural competency training for providers to increase service accessibility, as well as reducing isolation through community connection
 - The Surviving The Odds Project (S.T.O.P.) provides creative outlets for transition age youth (TAY) to cope with behavioral health issues
 - Parenting education is needed around media balance and managing screen use for children as well as reducing stigma of behavioral health
 - The education system is ill-equipped to address mental illness in student population. There is an increased need for mental health services at schools. For example, one middle school

has seen an increase of over 100% in the number of 5150s for students, including younger students. The education community feels overwhelmed and under-resourced (many participants echoed this need).

- Staff need education around trauma-informed practices and how to talk to kids about mental illness
- Schools need specialists on campus to address and respond to issues in real time
- Parents need to be involved and educated, given tools to support kids with mental illness
- Intervention is needed earlier
- There should be therapists (MFTs and LMFTs) as district employees based at schools to build trust
- Resources for newcomers are important, especially over the summer and during school breaks and particularly programs that provide creative pathways for newcomer youth to catch up with peers
- Promotoras provide a bridge to services, build trust with communities, and can help break down stigma
- There is a significant need for bilingual therapists (one agency currently has a waitlist; many participants echoed this need)
- There is a need for developmental experts who will work with youth in non-clinical spaces, like already existing after school programs. This would give kids more caring adults to connect and engage with. We should invite these professionals into these spaces in addition to the adult staff who are already serving youth.
- There is a need to figure out ways to get youth to take their medication and to have a place for youth to go when experiencing a crisis (currently there is no adolescent Unit A available)
- The County should continue funding for teen clinics that also do mental health screenings
- There should be more county-provided motivational interviewing trainings that are open to the public; however, the county should consider using a framework that replaces relapse with more of a focus on harm reduction (like medications for addiction treatment)
- North Marin needs more safe spaces for TAY to feel welcomed and not have to pay
- There are noticeable disparities among students' access to engaging experiences during school holidays
 - There should be substantial scholarships for students eligible for free and reduced lunch to participate in these experiences
 - There should be additional low-cost, high quality programming available during breaks
- The County should facilitate a stakeholder summit or convening
- The County needs to build awareness of existing services
- There should be more domestic violence outreach and awareness efforts, trainings for youth and adults. These efforts should encourage restorative practices.
 - We need to identify youth who have witnesses domestic violence at home in order to provide supportive services to reduce the impact of such adverse childhood experiences

- Prevention and awareness efforts should focus on the increased risk for suicide among transgender populations
 - Increased education and outreach is needed
- There is a general need for more conversations to normalize talking about suicide
- Wellness Centers on school campuses are a great dedicated safe space, but we also need to create a culture of wellness campuses with wellness training and practices throughout school culture
- Two primary addictions among youth are to screens and vaping
 - Intervention should happen earlier alongside more parent education
- There needs to be a strategy for improving parent participation in parent education. We should consider bringing kids and parents together for trainings.
- There should be a map of out of school time resources so schools and partners can help support prevention and education throughout the community
- There needs to be more opportunities for systems integration between schools and mental health services for warm handoffs and improved communication.
 - Case managers who can work across systems to facilitate service access would help
- Youth interventions should focus on consent, identifying what is and isn't real online, and media literacy
- Youth shouldn't receive opioid prescriptions
 - RxSafe Marin focuses on prevention of this issue and other opioid-related topics
- Cognitive Behavioral Therapy for substance use can be very helpful, especially for the reentry population
- We need more therapists trained to work with TAY
- There should be a system for all suspended youth to get an adverse childhood experiences (ACES) screening to identify mental health and substance use issues
 - For this to work, schools need qualified professionals to conduct it
- Teachers and school staff need more education about ACES
- Lots of discussion about youth, but we should also consider ways to increase prevention and early intervention services for adults
- One school has a model with psychologist on site so teachers can make referrals and students/families don't have to go somewhere else for care.
 - We should identify ways to share and replicate successful models like this
- We need more prevention programs for the reentry population, both youth and adults
- The County needs to hire more people with lived experience
- Racism is a substantial barrier to accessing services. Youth of color aren't listened to and don't have access to resources.
 - Education is needed immediately, specifically with parents and in homes where youth learn to be racist. There needs to be community-based stigma reduction to break down barriers.
 - This is also a concern with growing anti-Semitism in schools
- We also need to pay attention to the cultural competence of providers and teachers, with race and sexual identity

- Schools should consider ways to lighten the school workload for students with mental health issues, like anxiety and depression
- General need for educational advocacy and training
- Schools need a consolidated plan for addressing mental health from Marin County Office of Education that rolls out to all schools, includes trainings, and is consistently implemented

Treatment and Recovery Services Breakout Groups:

- Discussion in Spanish:
 - MORE SERVICES IN SPANISH
 - More counseling/therapy services (“they don’t exist”) and more Spanish speaking therapists.
 - More programs for adults
 - Support groups in Spanish, especially in Novato
 - Help and support for everyone regardless of their immigration status or lack insurance
 - Services that last longer than 6 weeks
 - Detox clinics for low income people
 - Need support groups for older adults
 - More support for youth interested in therapy.
 - More connection/communication between services so they can provide services faster, instead of having to be added to a waitlist.
 - Need a Spanish speaking counselor in the crisis line
 - More counseling services in schools in Spanish
 - More accessible information about how and where to file claims
 - Need support groups for women/ victims of domestic violence
 - Support groups for single parents
 - More counseling services that include families in treatment
 - Day care services at counseling centers so parents can have access to therapy
- Discussions in English (2 sequential groups):
 - Need more beds for both substance use treatment and for detox
 - Need more staff in schools—starting at Elementary—focused on prevention
 - Parenting programs proving service in the home
 - Targeted Cognitive behavioral therapy (CBT) for young adults
 - “Therapeutic Community Approach” offering long-term support (youth up to 30 years old)
 - Consumer Operated Program (SAMHSA Evidence-Based Practice—similar to San Francisco and San Mateo)
 - Invest in innovative approaches to engage youth early to avoid drugs and incarceration
 - Training for Medical and Emergency Professionals around substance use—move away from shaming
 - Provide alternative options for treatment resistant depression including Electroconvulsive therapy (ECT) /Ketamine/ Transcranial Magnetic Stimulation (TMS), etc.
 - Fun community events around Mental Health and Substance Use Prevention—people are suffering in silence

- Adverse Childhood Experiences (ACEs) screening for suspended students
- Easier navigation and assistance with the system
- Services for people who are above the poverty line, but unable to afford the extremely expensive private pay treatment options
- Reduce the wait time for treatment beds
- Hire more people with lived experience within the behavioral health system and build career ladders for leadership opportunities
- Reduce stigma
- Build awareness around the dangers of Fentanyl
- Increase cultural competence and diversity of staff in schools, clinics, and in other helping professions
- Focus on LGBTQ+ population
- Services or groups geared toward high functioning individuals—Groups based on providing practical coping skills and teaching you the science behind it
- Focus on social integration for older adults
- Need bi-polar/depression groups in Marin that include working professionals who are managing their illness—“seeing others succeed in life gives you hope” (Depression and Bipolar Support Alliance DBSA.org)
- Libraries:
 - Intergenerational programs to build community
 - Embedding mental health and substance use services in libraries
- Develop programs for youth to prepare for transitions (i.e. from Elementary→Middle, High School→College/alternatives, etc.)
- Have Narcan at every single school like an EpiPen
- Provide immigration-related trauma services—support for individuals and families affected by ICE
- Opportunities to help parents listen and really hear the youth
- Harm reduction resources
- Family-friendly programming (child care, evenings, etc.)
- Every time Narcan is administered there should be a referral for services
- Suicide Prevention Resources
- Data tracking on THC overdoses by hospitals
- Rebuild self-esteem of neglected youth including Music Therapy
- Substance Use Recovery residential services for Transitional Age Youth (TAY) and up to age 30
- Recreate 9 Grove Lane—a place where kids could go if they were having trouble at home
 - Need a youth focused homeless shelter
- Need a place to go for respite care for caregivers
- Clinician-facilitated sessions where families can share their stories publicly
- Psychiatric hospital in county designed for youth
- More permanent supportive housing beds

- Culturally competent groups and support for precariously housed to increase quality of life (including at Buckelew housing)
- Invest more in co-occurring mental health and substance use issues—both beds and more programming
- Voyager facility is inadequate and inequitable
- Peer run programs
- Invest in programming for folks re-entering the community from Juvenile Hall and Jail
- Funding for syringe exchange program
- Culturally competent LGBTQ services, especially for seniors—many LGBTQ seniors are not accessing mental health services because of stigma and years of mistreatment by the mental health system
- Medical providers need to be trained in LGBTQ cultural competency—especially around Transgender
- Employment and job/career development support for clients
- Support the mental health of Firefighters
- Inclusion for family members
- Develop a clearer pathway from the “Informal” system of care into the “Formal” system
- Address fear within LGBTQ/Muslim/Immigrant/African-American communities
 - Micro aggressions
 - Helping with fear and anxiety
 - Cultural competence
 - Use explicitly inclusive language
- Address increased access to high potency THC marijuana and educate the community on the dangers
- Have a well-known public speaker talk about self-medication
- Educate community that you can seek substance use treatment without getting turned in to law enforcement
- Invest more in County staff to increase retention
- Create an opportunity for people to turn in drugs for something else beneficial

Community Development Agency Block Grants Break Out Groups:

Community Infrastructure

- Discussion in Spanish:
 - More parks for children in Novato
 - We need a center/ housing for older adults
- Discussions in English (2 sequential groups):
 - ADA accessible park equipment
 - Community spaces for LGBTQ for events, convenings, exhibits

- Public safety, lighting, sidewalks and other pedestrian safety measures (ex: C St., State Access Road)
- Maintenance of Kerner Wellness Center
- Encourage the city and developers to more quickly develop vacant buildings to reduce blight and youth crime (ex: Grant Ave., Pini Hardware, the Square shopping center)
- Bocce center like the Marin Bocce in San Rafael
- Improvements to current Bocce courts at Miwok park
- Pathways for better access to Marin Community Clinic (Redwood Blvd.)
 - Safe access: bikeways, pathways, parking, signage, lighting
 - Transportation to/from MCC (ex: no bus stop at MCC)
- West Marin service hub in Tomales, Point Reyes (better staff new HHS building) and Stinson-Bolinas
 - Hub for information sharing, service provision, and shuttle service to and from
- Tomales High School service center expand hours beyond school day
- Homeless shelter in Novato

Public Services

- Discussion in Spanish:
 - More help/ support/ training for people with small businesses
 - More food banks in different community buildings
 - Afterschool services
 - Places for adults and kids (in Corte Madera) where they can do different activities
 - English classes with child care for adults- in the afternoon or at night
- Discussions in English (2 sequential groups):
 - More equitable services for marginalized groups
 - Sutter Health physicians in E.R. must be trained to assess 5150
 - Culturally sensitive services
 - Language appropriate services
 - Coordination of services for older adults
 - Services to support access to housing and ability to maintain housing
 - Transportation for after-school programs
 - Scholarships for Novato youth athletics
 - More advocates for persons with disabilities
 - Support groups for persons with disabilities
 - Transportation for persons with disabilities
 - Service navigation centers that track outcomes
 - Coaching for youth around independent living
 - Support groups and support in identifying housing
 - Broader support for youth not going to college (ex: trades, etc)
 - Hold school districts accountable to IEP goals post-graduation

- Recreation services for youth outside of school time
- More funds for childcare
- Domestic violence services
- Parent-Child Interaction Therapy (PCIT)
- More community interaction for isolated communities
- Need for something like Enterprise Day Center (San Rafael) in Novato
- Regional online resource platform to know about services
- Transportation in West Marin for youth going to/from school & to/from the 101 corridor
- More case managers to support youth in West Marin
- Community courts in West Marin
- Hamilton shuttle service- expand to serve low-income community members

Housing

- Discussion in Spanish:
 - More housing for homeless
 - Affordable housing for low income families
 - We need a center/ housing for older adults
 - More stipends or helps to pay rent- rent control
- Discussions in English (2 sequential groups):
 - More support from housing groups/providers to make housing ADA accessible
 - More supportive housing options
 - Group homes for young adults
 - More project-based vouchers (x2)
 - More Section 8 vouchers
 - Housing for teachers & first responders
 - More Accessory Dwelling Units (AUDs)
 - Transitional housing
 - Section 8 vouchers and housing that takes it
 - More family housing
 - Rent control
 - More workforce housing
 - More senior housing
 - Making housing more energy efficient