



## Children's Mental Health Strategic Planning

April 2015

Strategic planning for Children's Mental Health Services was initiated to identify the current mental health needs of children, youth and families in Marin County and to identify strategies to address these needs. Our mission is to effectively meet the mental health and substance use needs of the children, youth and families we serve with child centered, family focused, culturally competent services in the most normative environment possible.

This plan will move us toward a sustainable and evidenced based approach which will guide us over the next several years to make sure we remain client focused and align with local, statewide and federal initiatives.

### Priorities of Strategic Plan

1. Design a sustainable service delivery model that addresses the mental health needs and co-occurring substance use of children and youth living at or below the 200% of the federal poverty level in Marin County (\$38,000 for a family of three).
  - Data: Marin County has approximately 9000 children 0-18 who are Medi-Cal beneficiaries (0-5 yr = 4000, 6-18 yr = 5000). The estimated prevalence rate in any given year for mental health conditions such as a depression or anxiety disorder is 13% for children and youth under 18 years.
2. Increase identification of clients with co-occurring conditions and ensure a collaborative approach with our AOD partners and primary health care that emphasize prevention and early intervention and provide as comprehensive array of services as resources allow.
  - Data: Youth are using alcohol and other drugs too early, too often and too much leading to unintended consequences. First use or early onset has expanded to include e-cigarettes and prescription drugs.
  - Data: Individuals seeking services in the substance use system of care are often complex and often present with mental health & physical health issues.
3. Continue to support and sustain evidence based practices with training and ongoing consultation for clinical staff and family partners as well as on going psychoeducation and support opportunities for parents.

Our website [www.marinhhs.org/childrens-mental-health-strategic-planning-initiative-spring-summer-2015](http://www.marinhhs.org/childrens-mental-health-strategic-planning-initiative-spring-summer-2015) has two general questions posted inviting responses:

1. Do children & youth within Marin County's target population have adequate access to mental health and substance use services? Please describe barriers and your ideas on how to address them.
2. How could Marin county Children's Mental health improve mental health and substance use services to children and youth?