

Washoe County Children’s Mental Health Consortium
Main Meeting Minutes
November 17, 2022

1. Call to order

- a. Chair called meeting to order at 10:09 am.

2. Introductions

- a. **Voting Members Present:** Jacquelyn Kleinedler, Rhonda Lawrence, Jessica Goicoechea-Parise, Sarah Dearborn, Chris Empey, Stephanie Brown, Ana De la Maza, Britney Young, Rebecca Arvans, Misty Allen, Katie Metz
 - i. Quorum Met
- b. **Non-Voting Members Present:** Kristen Rivas, Troy Jorgensen, Kary Wilder, Laura Yanez, Maria Trujillo, Tracy Ceragioli, Rosa Hall, Shannon Hill, Nicole Mara, Joshua Fitzgerald, Amna Khawaja, Steve Hedrick, Katie Rosachi, Beverly Burton, Bill Wyss, Krystal Pyatt, Jorge Montano, Don Butterfield, Emily Fasching, Taylor Morgan

3. Public Comment and Discussion- No action may be taken on a matter raised under this item of the agenda until the matter itself has been specifically included on the agenda as an item upon which action can be taken.

- a. Nicole Mara announced NVPEDS is sponsoring free Ripple Effect Trauma Informed Care training at the end of the month (8 CEUs). She put her contact information in the Chat. Rhonda Lawrence recommended the training as an outstanding opportunity for anyone in the community.

4. For possible action: Review and Approval of outstanding minutes

- a. September 15, 2022 Main Meeting

5. For information only: Presentation on NAMI Western Nevada Warm Line, Teen Text Line, and Caring Contacts – Laura Yanez

<p><u>Motion:</u> Brittney Young motioned to approve the September 15, 2022 Main Meeting Minutes. <u>Seconded by:</u> Katie Metz <u>Vote:</u> Unanimous; motion carried</p>

- a. The Teen Text Line program is a mental health peer support text line available for ages 11+ which handles inbound, outbound, and referral-based contacts. The

program is marketed to ages 14 -24 and is open noon to midnight, 7 days a week, 365 days per year (no youth or adults are turned away). Peer Wellness Operators are ages 18 to 27 and share authentic lived experience, social and emotional support, and non-clinical information to assist in early intervention, harm reduction and to inspire hope for recovery. They encourage engagement to talk with therapists, counselors, and trusted adults. Operators are trained and certified and receive continuing education, monthly cultural competency and other training in addition to one-on-one mentoring and coaching. Ongoing escalations are managed through supervisor support, direct conversations of suicidal ideation, follow-up phone calls, use of the Columbia Suicide Severity Rating Scale (C-SSRS), and partnership with 988. Outcomes as of October 10th showed 18,159 total text messages were received with main concerns of family relational issues, bullying, mental health, and suicidality. For information or to make a referral email nvteentextline@gmail.com.

- b. The Caring Contacts Program is a 60–90-day program serving youth that have been screened by a licensed professional. Referrals are contacted within 2-24 hours and weekly individual status reports are sent back to the referring provider. The program goal is pre/post-intervention and youth empowerment through authentic peer support and connection to additional services and treatment. 128 Referrals were received in the first year and 73% engaged in the service. Collaborative partnerships are in place with Washoe County organizations including the Mobile Crisis Response Team.
- c. Laura Yanez put her contact information in the Chat and will send program data results to Rhonda Lawrence at DCFS to help improve programs and workforce development. The Consortium will also include and share this information in the WCCMHC Annual Report.

6. For information only: Presentation on Project ECHO – Troy Jorgensen

- a. Project ECHO is a nationwide program connecting urban-based specialists with primary care providers in rural and under-served areas through telehealth. The ECHO program provides a professional development educational platform and case reviews to increase health care capacity. Continuing education is also offered

with free CMEs, CEUs and other certification credits. ECHO Telehealth employs the Hub and Spoke Model through multidisciplinary subject matter experts interacting with community-based primary care providers treating remote patients in a real time, confidential environment. Case review requests and presentation submissions can be made at: <https://med.unr.edu/echo/programs>. Links and contact information are in the Chat.

- b. The NAVIGATE First-Episode Psychosis program offers treatment to individuals who have experienced a first episode of psychosis. The program offers four clinics (diagnosis/assessment, psychopharmacology treatment, psychotherapy modalities, health/wellness and co-occurring medical disorders). The program includes consultation, coordinated specialty care, and a 2-year wraparound treatment program for ages 15 to 25. Available sessions for clinicians to meet with experts are listed at <https://med.unr.edu/echo/programs/navigate-first-episode-psychosis> and links were posted in the Chat.
- 7. For information only:** Family Voice – A time to hear from families and those in attendance who work with families about their successes, challenges, and themes.
- a. Katie Metz shared challenges Head Start is having with increasing behavioral issues and needs in obtaining free educational services for children ages 0-5. The wait for evaluations through the Child Find partnership with school district is now Spring of 2023. Maria Hall said Washoe County School District teachers aren't equipped to provide special needs services and since the waiting list is so long, parents do not know where to go. Katie Metz asked for support from the Consortium to possibly to help find additional resources. Rhonda Lawrence reported DCFS Early Childhood Mental Health is providing training for school district staff. DCFS Workforce development also continues to be a challenge and with six new interns, Northern Nevada Child and Adolescent Services (NNCAS) is working to build resources and clinicians skilled in early child/parent mental health services. Brittney Young also reported Nevada PEP is hearing from families who don't know what to do or where to get services. School District staff are overwhelmed and don't know what to do so they call parents to pick up their child from school.

- b. Brittney Young said access to autism diagnosis and behavioral health care in Northern Nevada are hard to find for individual therapy and residential treatment. Nevada PEP is seeing increased need for family supports (similar to COVID-19's impact) due to compounding factors of increasing gas prices and inflationary costs of housing and food. Ana de la Maza said the Reno Children's Center opened recently which specializes in Applied Behavioral Analysis Therapy and offers pediatric autism services. She will forward the information to Jacquelyn Kleinedler for group distribution.
- c. Jacquelyn Kleinedler announced the Youth Mental Health Summit was successful and they are working on follow-up activities. A core message was about strengthening and creating the sense of connection to one another. She said no single person or organization can move the needle on mental health. She noted that since so many people participating in the Consortium have agreement about community concerns, there is hope for movement toward solutions.

8. *Discuss Consortium progress and plans for the remaining year:*

- a. ***For possible action:*** Review, Discussion, and Approval of recommendations of Washoe County Children's Mental Health Consortium 2022-2023 Budget.
 - i. Jacquelyn Kleinedler said at the last meeting a decision was made to transfer administrative support funds no longer needed to pay for a contractor to revise the insurance information brochure for families and create provider information and video resources. She recommended Dr. Megan Weller, MA to do the work, however consortia budgets are not yet approved by DCFS Fiscal and WCCMHC does not have access to funds. 2023 Funds are being held up, with some invoices not yet processed. Kristen Rivas is working with DCFS Fiscal to resolve the issues. Plans are on track to spend the funds and budget updates will be available at the next meeting.
- b. ***For possible action:*** Review, Discussion, and Approval of workgroup to write 2022 Annual Report:

- i. January 31st is the deadline to send the Annual Report with a cover letter to the Director of DHHS (and the Governor’s office). Jacquelyn Kleinedler shared a table of report sections needing to be created and voting members and meeting participants volunteered to be responsible to write their assigned content. The 2021 Report will be used as the report template and are related documents are available on the Google Drive. Jacquelyn will email the report outline and assigned section information to everyone. Voting members and community partners were asked to contribute a summary of their collaborative 2022 accomplishments. The plan is to for everyone to draft their section content to be sent in email to Jacquelyn by December 14th for review at the December Main Meeting. A workgroup meeting will be scheduled in early January to complete the work.
 - c. ***For possible action:*** Review, Discussion, and Approval of website updates.
 - i. Jacquelyn Kleinedler said WCCMHC’s website information is outdated and asked everyone to review the current content and send suggestions and updates to her at wccmhconsortium@gmail.com. The website address is <http://wccmhc.com/wccmhc.com>.
- 9. *For possible action:*** Consortium Member Announcements to give Voting Members a chance to share any updates they may have and discuss issues important to the Voting Members.
- a. Katie Metz and Jacquelyn Kleinedler said they would contact Katherine Loudon to discuss possible support that WCCMHC might provide to Child Find for additional staff and resources for assessment. This may be a future meeting agenda item
 - b. Brittney Young reported Youth M.O.V.E released an ADHD podcast and she will put the link in the Chat.
 - c. Ana De la Maza reminded everyone that Quest is a Narcan distributor. Narcan kits are available for free on request. A community conversation event will be hosted with Dr. Jose Cucalon on December 11th.
- 10. *For possible action:*** Date for next meeting and agenda items

- a. The next meeting is on Thursday, December 15th at 10:00 am and will focus on the Annual Report.

11. Public Comment and Discussion: No action may be taken on a matter raised under this item of the agenda until the matter itself has been specifically included on the agenda as an item for which action can be taken.

- a. None

12. Adjournment:

- a. Chair adjourned meeting at 11:51 am

Chat Comments

- 00:38:17 Rhonda Lawrence: Rhonda Lawrence, DCFS Voting Member
- 00:38:34 NOSP: Good Morning, sorry about that. I was caught up in another meeting.
- 00:38:39 Jessica Goicoechea: Jessica Goicoechea, WCHSA, voting member
- 00:38:40 Bev Burton: Bev Burton, DCFS/SOC
- 00:38:52 Britt Young-(She/They)- nvpep.org: Britt Young - Parent & NV PEP - Voting Member
- 00:38:52 Shannon hill: Shannon Hill - DCFS System of Care Grant Unit
- 00:39:05 Amna Khawaja: Amna Khawaja - DCFS System of Care Grant Unit
- 00:39:08 NAMI Western Nevada: Laura Yanez, NAMI Western Nevada-
laura.namiwnv@gmail.com
- 00:39:10 Joshua Fitzgerald: Joshua Fitzgerald, UNR-Med/Renown
- 00:39:14 Rosa Hall: Rosa Hall - RHA Youth WFD Coord
- 00:39:21 Bill Wyss: Bill Wyss, DCFS, System of Care
- 00:39:22 Steve Hedrick-NVUI: Steve Hedrick, Native Connections, Nevada Urban Indians,
- 00:39:22 Emily Fasching Nevada Urban Indians, Inc.: Partnership for Success Program Coordinator. My Mic and Camera are not working.
- 00:39:22 Tracy Ceragioli: Tracy Ceragioli - Washoe County School District
- 00:39:33 Chris Empey-WCDJS: Chris Empey , Washoe County Juvenile Services, Treasurer, Voting Member
- 00:39:38 Maria Trujillo CSA Head Start Hello My name is Maria Trujillo and I WORK FOR CSA Head Start

00:39:41 Ana De la Maza: Ana De la Maza, Quest Counseling, voting member

00:39:56 Kristen Rivas: Kristen Rivas PEU DCFS

00:40:03 Sarah Dearborn, Nevada Medicaid: Sarah Dearborn, DHCFP aka Nevada Medicaid, Behavioral Health Unit, Voting Member

00:40:59 Katie Metz: Katie Metz, Community Services Agency - Head Start/Early Head Start. Voting Member

00:45:08 Emily Fasching Nevada Urban Indians, Inc.: My mic isn't working

00:45:22 Emily Fasching Nevada Urban Indians, Inc.: Thank you! I am happy to be here!

00:46:10 Nicole Mara, NVPeds: Nicole Mara - DCFS Nevada Pediatric Psychiatry Solutions

00:46:11 Krystal Pyatt: Sorry, I had to step away, but like Jacquelyn said I am Krystal Pyatt at The Children's Cabinet!

00:49:23 Jacquelyn Kleinedler: Meeting Materials and Information
<https://drive.google.com/drive/folders/12a1253bchIe9mzmdp09Oy9xl-j-WbxSr?usp=sharing>

00:51:33 Nicole Mara, NVPeds: To join the NVPeds Listserv to receive information about upcoming trainings, professional development opportunities, and educational materials, please email NVPeds@dcfs.nv.gov Thank you!

00:56:05 NOSP: Rhonda, thank you so much for sharing the info about the Ripple Effect. I appreciate your guidance.

00:56:37 Taylor Morgan, NOSP: yes

01:05:34 Nicole Mara, NVPeds: @Rhonda- I appreciate you championing The Ripple Effect and Dr. Ghosh Ippen! I'm excited that NVPeds has the opportunity to help sponsor (& attend) the webinar, as well.

01:23:53 NAMI Western Nevada: Laura Yanez- laura.namiwnv@gmail.com

01:36:14 Troy Jorgensen, Project ECHO: <https://med.unr.edu/echo/programs/navigate-first-episode-psychosis>

01:40:37 Troy Jorgensen, Project ECHO: <https://unr.us12.list-manage.com/subscribe?u=97a1a73bb5d22f94592b0ec53&id=a0d515f97a>

01:47:55 Joshua Fitzgerald: Thank you for the meeting. I have to jump off and head to another meeting. I appreciate the work everyone is doing.

01:48:10 Nicole Mara, NVPeds: Thank you Dr. Fitzgerald!

02:09:45 Troy Jorgensen, Project ECHO: Need to run to start a session, thanks for the opportunity to speak today! Take care everyone

02:11:34 NOSP: I will need to wait until January so I can see the updated draft for the conclusion.

02:17:12 Jacquelyn Kleinedler: wccmhc.com

02:17:21 Jacquelyn Kleinedler: wccmhconsortium@gmail.com

02:19:43 Britt Young-(She/They)- nvpep.org: <https://anchor.fm/youthmoenv>

02:21:52 Emily Fasching Nevada Urban Indians, Inc.: Thank you so much!

02:21:53 Tracy Ceragioli: Thank you!

02:21:55 Nicole Mara, NVPeds: Thank you!