



DEPARTMENT OF  
HEALTH AND HUMAN SERVICES

DIVISION OF CHILD AND FAMILY SERVICES  
*Helping people. It's who we are and what we do.*



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WASHOE COUNTY CHILDREN'S MENTAL HEALTH CONSORTIUM  
MAIN MEETING MINUTES  
MAY 19, 2022

**1. Call to order**

- a. Chair called meeting to order at 10:07 am.

**2. Introductions**

- a. **Voting Members Present:** Jacquelyn Kleinedler, Chris Empey, Sarah Dearborn, Katherine Loudon, Brittney Young, Steve Reagan, Rebecca Arvans, Lexie Beck, Dr. Jose Cucalon, Misty Allen, Rhonda Lawrence, Ana De la Maza, Katie Metz
  - i. Quorum Met
- b. **Non-Voting Members Present:** Meighan Einsel, Bill Wyss, Boonyarit Gorsakul, Vivana Vargas, Tami V., Amna Khawaja, Shannon Hill, David Boire, Nick Mannering, Katie Rosachi, Kristen Rivas, Tomasa Kizer, Nicole Mara, Joe Dibble, Roger Bahten, Keeli Killian, Jessica Goicoechea

**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. Jacquelyn Kleinedler announced that the letter to the Washoe County School Board of Trustees and Superintendent Kristen McNeil was sent. A copy of their return communication is available in the Google Drive subfolder.
- b. This is Meghan Einsel's last day providing administrative support to WCCMHC. Everyone thanked her for her excellent efforts.
- c. Tomasa Kizer, NV Peds Program, announced publication of the "Mental Health Acceptance Month Telegram" on April 29<sup>th</sup> and the "Integrating Mental Health in Your Practice" Infogram on May 16<sup>th</sup>. Issue Brief #4, "Youth Suicide and Prevention" will be distributed soon. She encouraged everyone to email

suggestions for future publications, training topics, behavioral health training providers, and requests to be added to the mailing list to [nvpeds@dcs.nv.gov](mailto:nvpeds@dcs.nv.gov).

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

- a. April 21, 2022 Main Meeting
- b. April 12, 2022 Budget Workgroup
- c. April 1, 2022 Social Media Workgroup
- d. April 22, 2022 Social Media Workgroup
- e. April 29, 2022 Social Media Workgroup

Motion: Katie Metz motioned to approve all outstanding meeting minutes as written.

Seconded by: Lexie Beck

Vote: Unanimous; motion carried

**5. For possible action:** Review, Discussion and

Approval of recommendations of Washoe County Children's Mental Health Consortium Membership and Vacancies including:

- a. Representative of the agency which provides child welfare services; nomination of Jessica Goicoechea-Parise (WCHSA)
- b. Representative of the local juvenile probation department; nomination of Chris Empey, LCSW (Washoe County Juvenile Services)
- c. Representative of youth wellness and prevention. Katie Metz is still part of Safe Kids Washoe County and she will have more information at the June meeting about her new agency and position. Jacquelyn Kleinedler proposed Katie stay in her current role on the Board in the position. No concerns were voiced and no vote was needed.

Motion: Misty Allen motioned to approve both nominations as presented.

Seconded by: Rhonda Lawrence

Vote: Unanimous; motion carried

**6. For possible action:** Bi-annual Election: Discussion and Approval of elected officers of the Washoe County Children's Mental Health Consortium including:

- a. Chair, Jacquelyn Kleinedler
- b. Vice-Chair, Katie Metz
- c. Secretary, Misty Allen
- d. Treasurer, Chris Empey

Motion: Chris Empey motioned to approve the slate of officers.

Seconded by: Ana De la Maza

Vote: Unanimous; motion carried

**7. For information only:** A time to hear from families and those in attendance who work with families about their successes, challenges, and themes.

- a. Brittany Young: NV Pep is receiving an influx of calls about bullying at school. Lexie Beck is also noticing a similar increase on themes of bullying in social media and cyber bullying. Rebecca Arvans said it is difficult to monitor children's online activities. Misty Allen is looking forward to opportunities and recommendations from the Social Media Workgroup and put a link to Health and Human Services National Center on Social Media and Mental Wellness in the Chat. Jacquelyn Kleinedler will put a press release from NAMI announcing a statewide Teen Text Line in the Google Drive folder. Magdalena Ruize, NV PEP, commented on a trend they're seeing with schools not following student IEPs and let everyone know that NVPEP will help support families who are struggling with this situation.

**8. For information only:** Presentation and Report on Nevada Children's System of Care (SOC) grant activities

- a. Bill Wyss gave a PowerPoint presentation providing an overview of the System of Care work and SAMSA grant status which extends until September 2023, with an option to apply for a no-cost, one-year extension (a copy of the presentation and quarterly SOC Newsletter are posted in the Google Drive subfolder). SOC partners with Nevada PEP, Community Chest, Pacific Behavioral Health, UNLV, Nye Community Coalition, Mobile Crisis, and others on direct services projects, training and technical assistance, consultations, and other goals in support of rural and frontier communities. SOC support services are available for Flex Funds and self-directed Respite Care. A survey on outpatient programs in southern Nevada was started to evaluate how providers embed core SOC values. Jacquelyn Kleinedler noted that this is a great time to jump-start SOC values. Rhonda Lawrence thanked the SOC Team for championing funding and training on evidence-based practices in child therapy models for community providers in rural areas and programs, specifically Safe Babies Court.

**9. For information only:** Presentation by Nevada Office of Suicide Prevention on most recently available youth suicide related data

- a. Misty Allen presented updated nationwide and Nevada 2022 suicide data and statistics, showing Nevada as 13<sup>th</sup> in the US with suicide as the leading cause of death for ages 8-34. Community engagement and early intervention/prevention-awareness programs have had a positive impact on Nevada's rates. Firearms homicides and suicide deaths are increasing. Suicide demographics data showed increases across categories. Increases for ED encounters and inpatient care for ages 10-17 can be attributed to lack of providers. There is a need to make our environment safer and more accepting to prevent LGBTQ youth suicide. Prevention programs include Project AWARE, multi-tiered training, Youth & Family Voice, Safe Messaging, toolkit and resource development, and creation of a youth suicide prevention coordinator position. Work and partnerships continue across agencies with Mobile Crisis Response, school districts, NAMI, the American Academy of Pediatrics, American Foundation for Suicide Prevention, pediatric health providers, and families. There are collaborative opportunities for WCCMHC to participate in prevention outreach activities at gun shows and gun shops. Misty Allen and Emma White put links in the Chat to Suicide Prevention Resource Center training for healthcare providers on how to talk about gun safety and access to additional resources.

**10. 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 2021-2022 Budget.
  - i. Discussion of Budget Workgroup Recommendations. Jacquelyn Kleinedler reported that all Consortia funds will be spent for 2021-2022 (annual allotment is \$15K).
- b. **For possible action:** Review, Discussion, and Approval of recommendations of Washoe County Children's Mental Health Consortium 2022-2023 Budget. The draft budget was reviewed and line items discussed. Budget development details are available in the Budget Workgroup meeting minutes on Google Drive. Jacquelyn Kleinedler highlighted outreach funds designated for supporting Washoe School District and Juvenile Justice mental health/trauma related training, the mental health summit, and printing Youth MOVE activity books. It's possible

to establish a general budget line item and then form a workgroup to identify specific ways to implement and spend funds. One suggestion was a project/training for reducing access to lethal suicide means. Dr. Cucalon would like funding for resources to address reducing mental healthcare stigma (cultural and literacy issues for Latino communities). There may be opportunities to amplify an already existing anti-stigma endeavor. Other suggestions were sponsoring mini-psychiatric fellowships for primary care pediatricians, funding a psychiatric consultant for pediatricians, and a WCCMHC brochure. Kristen Rivas reported the PEU/DCFS office has a supply of Washoe County Consortia brochures available. Anna De la Maza is involved with Spanish-speaking community conversation events and will put flyer links in the Chat. Jacquelyn Kleinedler asked everyone to think about 2023 budget goals for discussion and final approval at the June meeting.

c. ***For possible action:*** Review, Discussion, and Approval of Workgroups and workgroup recommendations

i. Social Media and Information Workgroup Recommendations/Updates.

Lexie Beck reported that youth developed mental health awareness posts for May Mental Health Acceptance month were distributed in partnership with the Northern Nevada Speak-Out youth group. She asked other Washoe agencies to amplify and support these joint messages which are created and driven by Washoe youth. She reminded everyone about the general message that can be posted throughout the year (available on Google Drive) and encouraged everyone to join the June Workgroup meeting.

**11. *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. Dr. Cucalon was elected to the American Academy Executive Board for Tobacco Control and collaborative work continues to contribute bi-lingual online materials regarding risks and mental health issues of vaping and tobacco use by youth. Resource links will be posted in the Chat.

**12. For possible action:** Date for next meeting and agenda items

- a. The next meeting is on Thursday, June 17<sup>th</sup> at 10:00 am.
- b. FY 2023 Budget
- c. Mental Health Workforce Development (Rhonda Lawrence)
- d. UNLV/Nevada PEP School Refusal Program (Brittany Young)

**13. 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. Meighan Einsel expressed her thanks and well wishes to everyone during her tenure as Admin Consortia Support.

**14. Adjournment:**

- a. Chair adjourned meeting at 12:03 pm.

**15. Chat Comments**

- 10:06:18 From Jose Cucalon Calderon MD: Hello all, the last calendar invite didn't have the zoom meeting invite
- 10:06:34 From Chris Empey- : Chris Empey- Washoe County Dept. of Juvenile Services- guest
- 10:06:44 From Jose Cucalon Calderon MD : Jose Cucalon Calderon MD, UNR MEd, Renown Childrens Hospital, NV NHMA. Voting member
- 10:06:48 From Brittney Young-nvpep.org : Brittney Young- Nevada PEP - Voting Member
- 10:06:57 From Rebecca Arvans : Rebecca Arvans, SRC, Voting Member
- 10:07:00 From Misty Allen : Misty Vaughan Allen, Office of Suicide Prevention
- 10:07:08 From Jessica Goicoechea : Jessica Goicoechea- Washoe County Human Services Agency- guest
- 10:07:08 From Katherine Loudon : Katherine Loudon WCSD- Voting Member
- 10:07:10 From Nicole Mara NV : Nicole Mara, DCFS NVPeds
- 10:07:14 From Lexie Beck - Youth MOVE Nevada : Lexie Beck, Youth MOVE Nevada, Voting Member
- 10:07:15 From Amna Khawaja : Good morning. Amna Khawaja from DCFS System of Care Grant Unit

- 10:07:16 From Tomasa Kizer : Tomasa Kizer, NV Peds, DCFS
- 10:07:22 From David Boire (Senator Rosen) : David Boire, Senator Rosen, Casework Manager/Regional Rep, david\_boire@rosen.senate.gov
- 10:07:24 From Ana De la Maza : Ana De la Maza, Quest Counseling, Voting Member
- 10:07:32 From nick manning : nick manning safe kids Washoe
- 10:07:40 From Shannon hill : Hi all - Shannon Hill, DCFS System of Care Grant Unit :-)
- 10:07:40 From Sarah Dearborn, Nevada Medicaid : Sarah Dearborn, Nevada Medicaid, Behavioral Health Unit, Voting Member
- 10:08:15 From Rhonda Lawrence : Rhonda Lawrence, DCFS Children's Mental Health - Northern Nevada Child Adolescent Services - voting member
- 10:09:21 From Bill Wyss : Bill Wyss, DCFS, System of Care
- 10:09:42 From Steve Reagan : Steve Reagan Reagan Home Voting member
- 10:09:42 From Jose Cucalon Calderon MD : I will be back immediately
- 10:10:32 From Boonyarit Gorsakul : Boony Gorsakul - UNR Clinical Mental Health Grad Student
- 10:10:41 From Magdalena Ruiz-NV PEP : Magdalena Ruiz-Family Peer Support services director at Nevada PEP
- 10:12:25 From Katie Rosaschi (she/her) : Katie Rosaschi, DCFS, Clinical Program Manager over Wraparound in Nevada. krosaschi@dcfs.nv.gov
- 10:16:52 From Ana De la Maza : I second that, thank you for your dedication Meighan!
- 10:18:32 From Tomasa Kizer : Nevada Pediatric Psychiatry Solutions  
Nvpeds@dcfs.nv.gov
- 10:19:15 From Rhonda Lawrence : Yay! Jessica - great to have you here.  
[https://drive.google.com/file/d/1eUu9HR\\_cQTKXYGNcakZN9714j0xMxOyu/view?usp=sharing](https://drive.google.com/file/d/1eUu9HR_cQTKXYGNcakZN9714j0xMxOyu/view?usp=sharing)
- 10:26:30 From Jacquelyn Kleinedler : Meeting Handouts  
[https://drive.google.com/file/d/1eUu9HR\\_cQTKXYGNcakZN9714j0xMxOyu/view?usp=sharing](https://drive.google.com/file/d/1eUu9HR_cQTKXYGNcakZN9714j0xMxOyu/view?usp=sharing)
- 10:38:16 From Katherine Loudon : It's a great working group- Thank you Lexie
- 10:38:32 From Misty Allen : Youth Suicide Report 2020 data  
[https://dhhs.nv.gov/uploadedFiles/dhhsnv.gov/content/Programs/Office\\_of\\_Anal](https://dhhs.nv.gov/uploadedFiles/dhhsnv.gov/content/Programs/Office_of_Anal)

ytics/Youth%20Suicide%20Behaviors%20and%20Circumstances%20Nevada%202020.pdf

- 10:38:38 From Misty Allen : [https://www.samhsa.gov/newsroom/press-announcements/20220518/hhs-announces-2m-funding-opportunity-establish-national-center-excellence-social-media-mental-wellness?utm\\_source=SAMHSA&utm\\_campaign=9a9baa697a-SAMHSA\\_Announcement\\_2022\\_05\\_18\\_1601183&utm\\_medium=email&utm\\_term=0\\_ee1c4b138c-9a9baa697a-167807101](https://www.samhsa.gov/newsroom/press-announcements/20220518/hhs-announces-2m-funding-opportunity-establish-national-center-excellence-social-media-mental-wellness?utm_source=SAMHSA&utm_campaign=9a9baa697a-SAMHSA_Announcement_2022_05_18_1601183&utm_medium=email&utm_term=0_ee1c4b138c-9a9baa697a-167807101)
- 10:57:08 From Katherine Loudon : The consortium is such a great connection group!
- 11:06:55 From Jose Cucalon Calderon MD : any breakdown on ethnicity of these children or if they enrolled in Medicaid
- 11:09:21 From Joshua Fitzgerald : We have concern that numbers of hospitalization might be skewed lower due to access to inpatient hospitals. We have children on a regular basis in the Emergency Department where recommendation is hospitalization but due to bed availability we safety plan home after several days of sitting in the Emergency Department awaiting a bed. While we provide some treatment it is not to the same level of care.
- 11:11:14 From Brittney Young-nvpep.org : I agree Joshua. I also have families that have youth that are under the age of even accessing any inpatient treatment and in the moment of crisis it is a hopeless feeling for them.
- 11:19:48 From Jacquelyn Kleinedler : Families Love Support at Rise Wellness
- 11:21:22 From Misty Allen : CALM <https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>
- 11:21:51 From nick manning : The American college of surgeons is focusing on firearm safety; they have resources to for physicians. Dr. Deb Kuhl's from UNLV is one of the leads in the program
- 11:22:15 From Magdalena Ruiz-NV PEP : [https://nvpep.org/wp-content/uploads/2022/05/Webinar\\_May-June\\_2022\\_v4.pdf](https://nvpep.org/wp-content/uploads/2022/05/Webinar_May-June_2022_v4.pdf)
- 11:25:04 From Misty Allen : I am so grateful for the partnership with WCSD. You all are so willing to work with us always.
- 11:26:17 From Misty Allen : EmPATH our of Sacramento.



- 11:26:26 From Misty Allen : out of Sac
- 11:27:16 From Emma White, OSP :  
[https://www.mnpsychsoc.org/uploads/1/3/7/0/13709464/empath\\_mps-lh\\_handout\\_2pp.pdf](https://www.mnpsychsoc.org/uploads/1/3/7/0/13709464/empath_mps-lh_handout_2pp.pdf)
- 11:28:26 From Joshua Fitzgerald : I have to jump off. Thank you for letting me join in.
- 11:37:55 From Katherine Loudon : THANK YOU YES EMMA
- 11:38:33 From Tami V. : Investing in communication coaching so professionals can learn techniques on how to advocate for gun safety safely and effectively.  
Communication training might save lives.
- 11:41:07 From Tami V. : Preventative care that include family group meetings, classes and events maybe.
- 11:41:11 From Misty Allen : [https://nvbh.org/wp-content/uploads/2022/03/ParentsGuideforYMH\\_S4-1.pdf](https://nvbh.org/wp-content/uploads/2022/03/ParentsGuideforYMH_S4-1.pdf)
- 11:41:26 From Misty Allen : Has this Parent's Guide been helpful at all?
- 11:42:57 From Brittney Young-nvpep.org : I agree Jose. I feel like there definitely is a stigma and a need for more resources. There is always a need for more resources in Spanish.
- 11:43:23 From Magdalena Ruiz-NV PEP : @Misty-Yes, it has. We have been sharing it with many of our families at PEP
- 11:44:02 From Brittney Young-nvpep.org : Yes Misty, I love that resource and love that it is in Spanish.
- 11:44:09 From Misty Allen : Great news Magdalena! What else is needed that this guia might be missing?
- 11:45:54 From Jose Cucalon Calderon MD : <https://thereachinstitute.org/>
- 11:46:39 From Jose Cucalon Calderon MD : <https://thereachinstitute.org/training/#online-training>
- 11:48:29 From Brittney Young-nvpep.org : Misty, I wish there was maybe a section that talks about stigma and some facts that are in there to educate parents that might have that stigma about mental health.
- 11:49:05 From Misty Allen : Thank you Brittney, I have some thoughts and will sit with Emma and Jacquelyn to flush them out a bit.

11:49:41 From Jose Cucalon Calderon MD : be back in a second

11:49:42 From Jose Cucalon Calderon MD : d

11:49:47 From Brittney Young-nvpep.org : Thanks Misty

11:49:54 From Boonyarit Gorsakul : I gotta hop off. thank you everyone for the presentations and discussions! be well!

11:52:01 From Misty Allen : And Brittany, I will come visit you at PEP to hear your ideas.

11:52:37 From Brittney Young-nvpep.org : Thanks Misty, I appreciate that

11:54:02 From Misty Allen : Congratulations!!!! You make NV proud.

11:54:17 From Tami V. : Congratulations!

11:54:34 From Rhonda Lawrence : Congratulations!

11:56:05 From Jose Cucalon Calderon MD : Thanks everyone!

11:57:59 From Chris Empey- : take everyone, see you next month.

11:59:10 From Misty Allen : Meighan we will miss you!!! Thanks for all and best wishes on your next adventures.

11:59:42 From Lexie Beck - Youth MOVE Nevada : Thank you for all you've done, Meighan! You will be missed!

11:59:43 From Keeli Killian- NV : Thank you Meighan- best of luck on your new adventure!

12:00:01 From Emma White, OSP : Congratulations and good luck!

12:00:03 From Katherine Loudon : You are such a gift- thanks so much - we will miss you!

12:00:04 From Magdalena Ruiz-NV PEP : @ Misty- maybe adding a link to short inspiring videos, self-care ideas, empathy, etc.

12:00:12 From Katie Metz : Thank you Meighan! You will be missed and appreciate all you have done for the consortium

12:00:44 From Misty Allen : Will look into that Magdalena. Thank you so much. Great ideas