



COUNTY OF SAN DIEGO

Child and Family Strengthening Advisory Board

Summary of Subcommittee Meeting

Subcommittee Committee:

Child and Family Services	11:00 - 12:30 pm
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Date: Thursday, February 23, 2023

Location: Virtual

Facilitator: Sandra McBrayer

Meeting Staff: Emily Lay, Stephanie Heying

Child and Family Services Subcommittee Summary: 37 attendees took part in the Subcommittee.

Advisory Members Participating: Alethea Arguilez, Judge Ana Espana, Carolyn Griesemer, Joy Singleton, Stephen Moore, Adam Reed

Sandra provided a brief overview of the agenda and the purpose of the subcommittee. Sandra then explained how the meeting was being conducted in-person due to the recent motion made by the Board of Supervisors regarding teleconferencing. Lastly, Sandra encouraged participation from all attendees.

Workgroup Recommendations – Workforce Recruitment and Retention Update

Dr. Babbi Winegarden from Child Welfare Services (CWS) gave a brief overview of the behavioral health team at CWS. She then gave the following update:

- Secondary Traumatic Stress (STS):
 - CE-CERT Model: The Components for Enhancing Career Engagement and Reducing Trauma
 - Evidence-Informed practice
 - Designed to increase employee awareness and understanding of STS in the workplace.
 - CE-CERT has two main goals:
 - How to gain control of symptoms when feeling dysregulated/triggered/activated by STS.
 - How to maintain a state of feeling relaxed and engaged while working.
 - Components of the CE-CERT Model:
 - Experiential Engagement
 - Reducing Rumination
 - Conscious Narrative
 - Reducing Emotional Labor
 - Parasympathetic Recovery
 - CE-CERT Training Overview:
 - 829 staff have been CE-CERT trained.
 - 126 supervisors have been CE-CERT trained.

- Approximately 75% of the workforce has been trained in CE-CERT.
 - Other supports offered for STS:
 - Check-ins to staff related to serious incidents and other requests from individuals and supervisors.
 - Offered every month at the same time and are grouped by program.
 - Briefings to help staff prepare for difficult situations.
 - Individual case consultations and weekly Multidisciplinary Team (MDT) meetings to support staff in navigating mental health needs.
 - Additional trainings:
 - Educational trainings related to mental health:
 - Substance Use
 - Personality Disorders
 - Serious Mental Illnesses
 - STS educational trainings:
 - Social worker initial training
 - Ongoing Resilience Builders for all staff
 - Manager level coaching:
 - Conflict resolution
 - Stress management
 - Restorative Practice Circles:
 - Emphasizes the importance of valuing each other's contributions.
 - Promotes healing by listening and supporting one another.
 - Cross trainings and advanced trainings
 - Challenges:
 - Time: staff feel there is not enough time to work on CE-CERT skills
 - Remote Learning
 - Vacancies
- Questions and comments on the presentation:
 - Carolyn Griesemer asked if Child Welfare Services (CWS) has noticed an impact of CE-CERT on the workforce. She asked if workers are sharing whether CE-CERT has been beneficial to them. Dr. Winegarden stated there is currently no data available, but questions are being developed to send to staff to gather their thoughts on the effectiveness of CE-CERT. She suggested many staff have expressed appreciation for the behavioral health staff and the CE-CERT skills and trainings. Laura Kryzwicki of CWS clarified that CWS is currently working to evaluate the effectiveness of CE-CERT.

Follow-Up from Last Meeting

Stephanie Ortega from Promises2Kids provided information on the Peer Partner Program.

Peer Partners Program

She gave a brief overview of the Youth2Youth Peer Advocates program. She then gave the following update:

- Youth2Youth:
 - Program Goals:
 - Help current foster youth develop strategies for coping with the foster care system.
 - Motivate and help current foster youth to complete high school and pursue career goals, such as obtaining work experience, developing job skills, and broadening their own life skills.
 - Polinsky Children's Center (PCC):

- Youth2Youth mentors work with youth at PCC to support and provide guidance to youth during their stay.
 - Mentors work with PCC staff and youth to encourage open communication.
 - Mentors played a vital role during COVID by helping PCC youth navigate remote learning.
 - Extended Foster Care (EFC):
 - Youth2Youth mentors often work with youth in EFC to help youth set goals and create plans to achieve a path to self-sufficiency after exiting care.
- Questions and comments on the presentation:
 - Joy Singleton asked how many of the Youth2Youth mentors are male. Stephanie stated there are four male mentors currently working in the program.
 - Joy Singleton asked if the Youth2Youth mentors have any ongoing input at PCC. Stephanie clarified the mentors have monthly meetings with PCC staff to share recommendations and issues the mentors have experienced.
 - A participant asked if there are any time limitations to how long a youth can participate in the Youth2Youth program. Stephanie clarified that the timeframe for a youth to participate in the program depends on Promises2Kids partnership with the Guardian Scholars program. She stated the Guardian Scholars program serves many former foster youth in their pursuit of higher education or careers. She clarified that the Guardian Scholars program goes into effect once a youth has graduated high school or exited traditional foster care. If a youth is interested in the program, they are assigned a coordinator who is a full-time staff member at Promises2Kids. Stephanie shared most youth have different needs, and Promises2Kids provides many mentoring opportunities for youth to build those skills.
 - Sandra McBrayer asked what type of support is provided to the Youth2Youth mentors when they are triggered by their experiences at PCC. Stephanie shared mentors are provided with multiple trainings while beginning the program in addition to trainings provided by PCC. She stated that a psychologist is available at PCC for mentors to talk to if they are experiencing triggers.

Length of stays in STRTPs in-county and outside of county

The agenda item will be moved to the April meeting.

Date of Next Meeting – April 27, 2023, at 11:00am

Sandra concluded the meeting by reviewing agenda items for the April meeting. Sandra reminded everyone of the upcoming full advisory board meeting occurring on Friday, March 10th at 9:00 am.

- STRTP Landscape Update
- Healthy Outcomes from Positive Experiences (HOPE) Presentation