



**COUNTY OF SAN DIEGO**  
*Child and Family Strengthening*  
*Advisory Board*  
**Minutes of January 30, 2023**

**BOARD OF SUPERVISORS**

NORA VARGAS  
First District

JOEL ANDERSON  
Second District

TERRA LAWSON-REMER  
Third District

NATHAN FLETCHER  
Fourth District

JIM DESMOND  
Fifth District

**Members Present:**

Supervisor Nathan Fletcher, County Board of Supervisors  
Joy Singleton, District 3 Appointee  
Maddy Kilkenny, District 5 Appointee  
Nick Macchione, County Health and Human Service Agency  
Kimberly Giardina, Child Welfare Services  
Chief Tamika Nelson, San Diego County Probation  
Alethea Arguilez, First 5 San Diego  
Jeff Wiemann, Foster Family Agency  
Cheryl Rode, San Diego Center for Children  
Stephen Moore, Voices for Children, Inc  
Carolyn Griesemer, Children's Legal Services of San Diego  
Mara Madrigal-Weiss, San Diego County Office of Education  
Melissa Villagomez, Former Foster Youth  
Simone Hidds-Monroe, San Pasqual Academy  
Jessica Heldman, Polinsky Children's Center

**Members Not Present:**

Aimee Zeitz, District 2 Appointee  
Judge Ana España, Juvenile Court  
Khylan Bolden, Former Foster Youth  
Patty Boles, Straight from the Heart, Inc.  
Adam Reed, Dependency Legal Services  
Sandy Mueller, Children's Health Care Professional  
Sade Burrell, Former Foster Youth

**Staff Present:**

Sandra McBrayer, The Children's Initiative  
Brook Smith, The Children's Initiative  
Emily Lay, The Children's Initiative

### 1. Welcome and Introduction

- Supervisor Fletcher brought the meeting to order at 9:00 am.
- A quorum was present.

### 2. Public Comment

- Supervisor Fletcher asked if any members of the public wished to address the Advisory Board.
  - No members wished to address the Advisory Board.

### 3. Approval for the Statement of Proceeding/Minutes for the meeting of September 9, 2022

- Maddy Kilkenny made a motion to approve the recommendations. Seconded by Nick Macchione.
- The motion passed with all present members voting aye.

### 4. Update on Child and Family Well-Being – ICF

- Supervisor Fletcher introduced the agenda item and turned it over to Kim Giardina. Kim gave a brief introduction of the Child and Family Well-Being (CFWB) department and introduced ICF (Contractor) representative Elliott Hinkle. Elliott gave a brief overview of the Family First Prevention Services Act (FFPSA) and explained that the County of San Diego is transforming from “mandated reporting” to “mandated supporting,” by supporting and strengthening families within the community.
  - Supervisor Fletcher requested any comments from members of the Advisory Board.
    - Simone Hidds-Monroe shared the opportunity to partner with community members aids in supporting the community itself.
    - Maddy Kilkenny suggested access to services when they are needed, not just when a crisis occurs, can help support families.
    - Jeff Wiemann commented that having a stable workforce that is available to deliver services can help to support families within the community.
    - Stephen Moore shared that safety and security are important in supporting families.
    - Alethea Arguilez commented the new department is being developed to decrease redundancy, increase efficiency, and provide greater access in real-time will promote a more positive experience for those involved.
    - Jeff Wiemann commented that checks and balances are important in maintaining transparency and building trust within communities. He shared that many youth and Resource Families have experienced trauma when there are claims of abuse or neglect, and those feelings can reappear years later.
    - Cheryl Rode shared that the workforce is important in this transformation and commented that a larger, more diverse workforce that reflects the population being served would have a positive impact.
    - Jessica Heldman commented that clear communication between service providers and those receiving services will be important to continue within CFWB.
    - Simone Hidds-Monroe shared that lived experience often comes from community members and those community members need to be involved in conversations surrounding changes to CFWB.
    - Supervisor Fletcher commented that in order to make an effective change in policy there needs to be a culture shift that embraces the change.
    - Maddy Kilkenny stated sharing this information with teachers and educators will help decrease unfounded calls of neglect and abuse.
    - Carolyn Griesemer commented that sharing information and communicating with the public will also help decrease unfounded calls of neglect and abuse, as many members of the public are unaware of changes to the laws.
    - Kim Giardina shared that the definition of neglect has changed and sharing information with the public can be helpful.
    - Maddy Kilkenny shared community partners like daycares could also benefit from

- updated information surrounding neglect and abuse.
- Jessica Heldman shared that teachers and educators are given annual training, and updated information during those annual trainings would be beneficial to the public. She asked if community-defined-evidence practices were involved in discussions for CFWB. Kim Giardina shared that the County of San Diego utilizes evidence-based practices and Federal funds to provide evidence-based services, which then allows other funding to support culturally tailored services.
- Maddy Kilkenny asked how the Advisory Board can help get information out to community partners and the public.
- Carolyn Griesemer suggested contacting the YMCA to provide surveys to families who are not currently in the system to see what services they may need to stay out of the system.
- Simone Hidds-Monroe suggested going into the community to share the information would be beneficial. She suggested holding office hours at sites like the YMCA during times when working families would be available.
- Nick Macchione commented that lived experience is an important aspect of CFWB and will be included within the current Health and Human Services Agency (HHS). (Note: The original text says HNSA, but I will correct to HHS based on context).
- Simone Hidds-Monroe shared that many with lived experience would be interested in collaborating if there was some kind of compensation for their time and efforts.
- Supervisor Fletcher encouraged members and the public to participate at the Board of Supervisors meeting on February 28<sup>th</sup>, where there will be a presentation on CFWB.
- Supervisor Fletcher opened the item to public comment.
  - Irene Ekdahl shared that journaling during her time in foster care helped her through some difficult situations. She shared that she has started a journaling business for foster youth and would like to partner with the County to provide these services to youth currently in the system.

## 5. County of San Diego Child Welfare Services Update

- Supervisor Fletcher introduced the agenda item and turned it over to Kim Giardina. Kim gave a brief overview of CWS clinicians broken down by program. She clarified this data is not representative of the full staff but focuses on clinicians only.
  - Supervisor Fletcher requested any comments from members of the Advisory Board.
    - Jeff Wiemann stated there are some clinicians that are not being included in the data, such as licensed foster family clinicians.
    - Alethea Arguilez commented that the number one referral into Healthy Development Services (HDS) is Developmental Screening and Enhancement Program (DSEP), and those referrals should be considered in the data.
    - Nick Macchione commented that another group of clinicians not included in the data are those at the Youth Transition Center (YTC).
    - Joy Singleton asked for information on wait times for services after the initial assessment.
    - Alethea Arguilez commented that the longer wait times are often for specialty services. She stated many services are provided in a timely manner once the DSEP was completed, but specialty services took much longer.
  - Supervisor Fletcher opened the item to public comment.
    - No members of the public wished to address the Advisory Board.

## 6. Subcommittee/Ad-hoc Updates

- Supervisor Fletcher introduced the agenda item and turned it over to Sandra McBrayer, who shared updates from the Race & Equity Ad-hoc Committee that took place on October 12, 2022, and December 14, 2022, and shared the minutes from the meetings (included in the meeting materials). The agenda item was then turned over to Simone Hidds-Monroe, who shared the FAYCES Subcommittee from October 20, 2022, and December 15, 2022. The agenda item was then turned

over to Carolyn Griesemer, who shared the updates from the Child and Family Services Subcommittee that took place on October 27, 2022, and December 15, 2022.

- Supervisor Fletcher requested any comments from members of the Advisory Board.
  - No members of the Advisory Board wished to address to Advisory Board.
- Supervisor Fletcher opened the item to public comment.
  - No members of the public wished to address to Advisory Board.

## 7. Director's Report

- Supervisor Fletcher introduced the agenda item and turned it over to Kim Giardina. Kim gave a brief update on San Pasqual Academy (SPA) and shared that Rite of Passage (ROP) will be assuming operations on March 4<sup>th</sup>. She then gave an overview of the Birth of Brilliance Conference, which is focused on racial disparities and inequities, specifically around mental health services, developmental services, etc. and asked if the Advisory Board is interested in sponsoring the conference. The sponsorship amount is \$1,500.00 and would be drawn from the Children's Trust fund.
  - Supervisor Fletcher made a motion to approve the sponsorship. Seconded by Alethea Arguilez.
    - The motion passed with all present members voting aye.
- Kim then gave a brief overview of the 5 letters going to the Board of Supervisors meetings in February and March.
  - Acceptance of THP, Housing Navigation and Maintenance Program, and THP-Plus Supplemental Funds
    - The item occurred in January and was approved for additional funding to expand traditional housing programs (THP), and housing navigation services. This funding is for a 3-year period.
  - Appointment of Child Care and Development Planning Council (SD CCDPC) Members, Approval of Revised Child Care Plan, and Approval of By-Laws Changes.
    - This item will provide updates and recommendations to the CCDPC and will focus on how to make child care more affordable for families, how to increase quality child care providers, and how to maintain the child care workforce.
  - Creation of the Child and Family Well-Being Department
    - This item will aim to approve the creation of CFWB.
  - PCC Sunset Review and Modification of Ordinances
    - The item will be sent back to PCC for additional updates and will be modified at a later date.
  - System Improvement Plan and County Self-Assessment
    - This item will update the Board of Supervisors on the final System Improvement Plan (SIP) and the adoption of the SIP over the next 5 years.
  - Supervisor Fletcher requested any comments from members of the Advisory Board.
    - Joy Singleton asked what will be different once ROP takes over the SPA campus. Kim shared that SPA is transitioning into a foster family agency, rather than a group home.
    - Simone Hidds-Monroe shared that youth currently on SPA campus are unclear of what is going to happen to them when ROP takes over. She asked for clarification on what the youth and alumni can expect in the next few weeks. Kim shared that ROP and CWS staff are on campus to meet youth and staff currently on campus. She shared that CWS staff and SPA youth have meetings to discuss what is happening and who they can contact if they have questions or concerns.
    - Supervisor Fletcher shared that it is important to keep the SPA youth updated and the transition from New Alternatives to ROP has been difficult.
    - Simone Hidds-Monroe asked for clarification on who is in charge of SPA and the transition. Kim clarified that CWS holds the contracts for both New Alternatives and ROP. She stated CWS staff are on campus constantly to give and receive updates on the transition and to be available for youth who have questions.

- Simone Hidds-Monroe shared that many youth and alumni have expressed concerns over new staff and that there is a lack of communication about the transition. She shared many youth want to know which staff are staying, which staff are leaving, and when ROP staff will be available and on campus to meet with youth and alumni.
- Carolyn Griesemer asked how long it would be before ROP will accept new youth on campus. Kim clarified no new youth would be admitted to SPA until ROP has taken over, but most likely a few weeks after ROP has settled in.
- Cheryl Rode asked who the new provider would be for behavioral health services on campus. Kim stated she would get some updates regarding the behavioral health provider.
- Simone Hidds-Monroe shared there are youth on campus who will be moving to new homes on campus and asked when that move would occur. Kim clarified youth would not be moved until ROP has taken over.
- Supervisor Fletcher opened the item to public comment.
  - No members of the public wished to address the Advisory Board.

### **8. Discussion on Membership Renewal**

- Supervisor Fletcher introduced the agenda item and shared that Advisory Board members with terms ending in April 2023 will need to reapply before the end of their term.
  - Supervisor Fletcher requested any comments from members of the Advisory Board.
    - Sandra McBrayer encouraged members to look at their meeting materials to see when their term expires.
    - Simone Hidds-Monroe encouraged those with lived experience to apply.
  - Supervisor Fletcher opened the item to public comment.
    - No members of the public wished to address the Advisory Board.

### **9. Advisory Board Member Updates**

- Supervisor Fletcher opened the floor to Advisory Board members to share any updates.
  - Simone Hidds-Monroe shared that Just in Time for Foster Youth (JIT) is having a “welcome back” week for current and former foster youth the week of February 6<sup>th</sup> and invite the Advisory Board and members of the public to participate.
  - Carolyn Griesemer shared there are 5 new judges currently being trained in the Juvenile Courts. She shared there is a town hall meeting being planned for those who are interested in learning more about the court system, why media is not involved, etc.
  - Alethea Arguilez shared that the Health Outcomes from Positive Experiences (HOPE) framework would challenge CWS and First 5 workers to find the balance between negative and positive experiences for those who are in the system. She shared that the YMCA is currently being trained in the HOPE framework and collaboration with HOPE could be beneficial for the new CFWB department.

### **10. Adjournment**

- Supervisor Fletcher closed the meeting.

**Next Meeting:** March 10, 2023

Meeting minutes were submitted by Emily Lay. Please call Emily Lay at (858) 581-5892 if you have corrections or suggested revisions. She may also be contacted for agenda items or general information.



# THE CHILD AND FAMILY WELL-BEING DEPARTMENT WITHIN THE HEALTH AND HUMAN SERVICES AGENCY

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Child and Family Strengthening Advisory Board

Nick Macchione, Agency Director, Health and Human Services Agency

Kimberly Giardina, DSW, Director, Child Welfare Services

Alethea Arguilez, Executive Director, First 5 San Diego

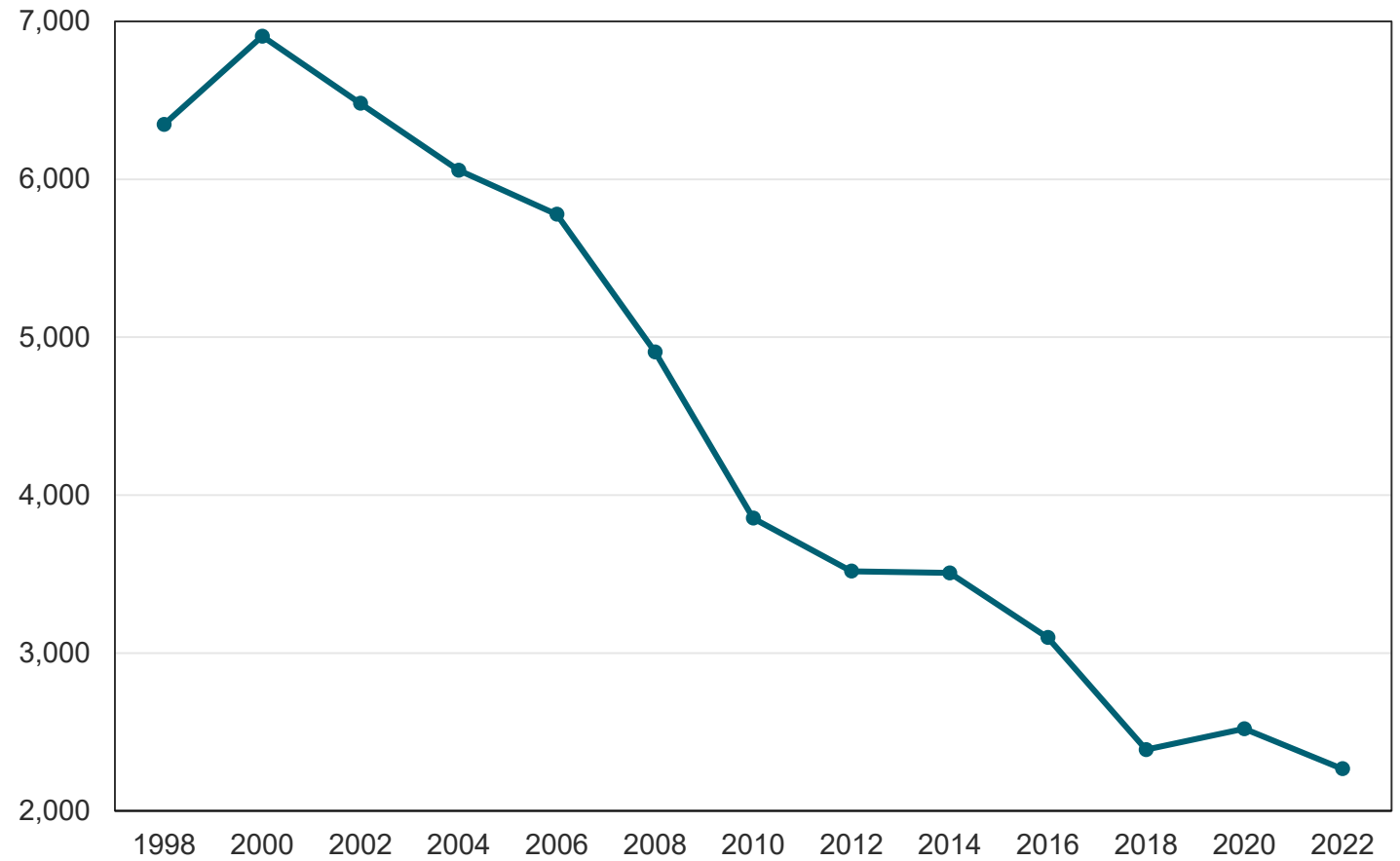
March 10, 2023



# CHILD AND FAMILY WELL-BEING



## Youth in Foster Care



# DRIVERS FOR FAMILY STRENGTHENING AND NEW STRUCTURE



Agenda Item #4



LIVE WELL  
SAN DIEGO





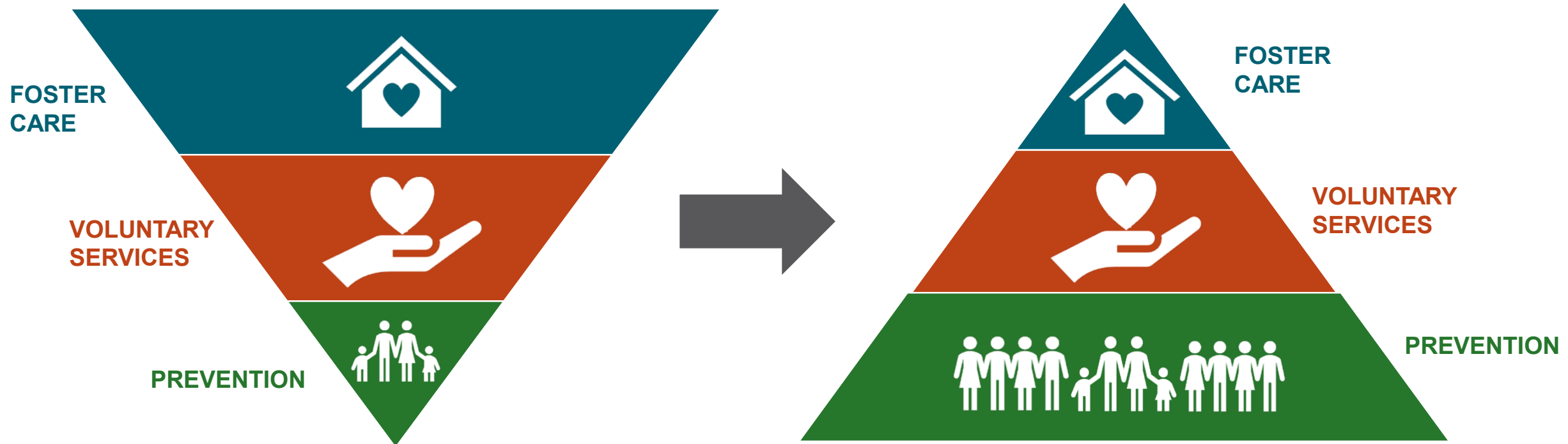
# COMMUNITY ENGAGEMENT



- Information sessions held with:
  - Child Welfare Services & First 5 San Diego Staff
  - Lived Experts
  - Community Organizations
  - Community Members



# FAMILY STRENGTHENING FOCUS



# WHAT IS PREVENTION?



**Prevention means** families thrive in a *connected community* that enhances and restores nurturing and responsive relationships and environments. It involves aligning impact on multiple levels so that all *children* are safe and cherished, all *families* are nurtured to build up protective factors, and *systems/structures* create equitable pathways to wellness.

**Building Better Health, Living Safely and Thriving**

# PREVENTION SERVICES



- Services to children and families throughout San Diego
- Family First Prevention Services Act fundamentally shifts toward prevention
- Services are designed to prevent the need for families to ever make formal contact with the child welfare system



# INTENDED OUTCOMES



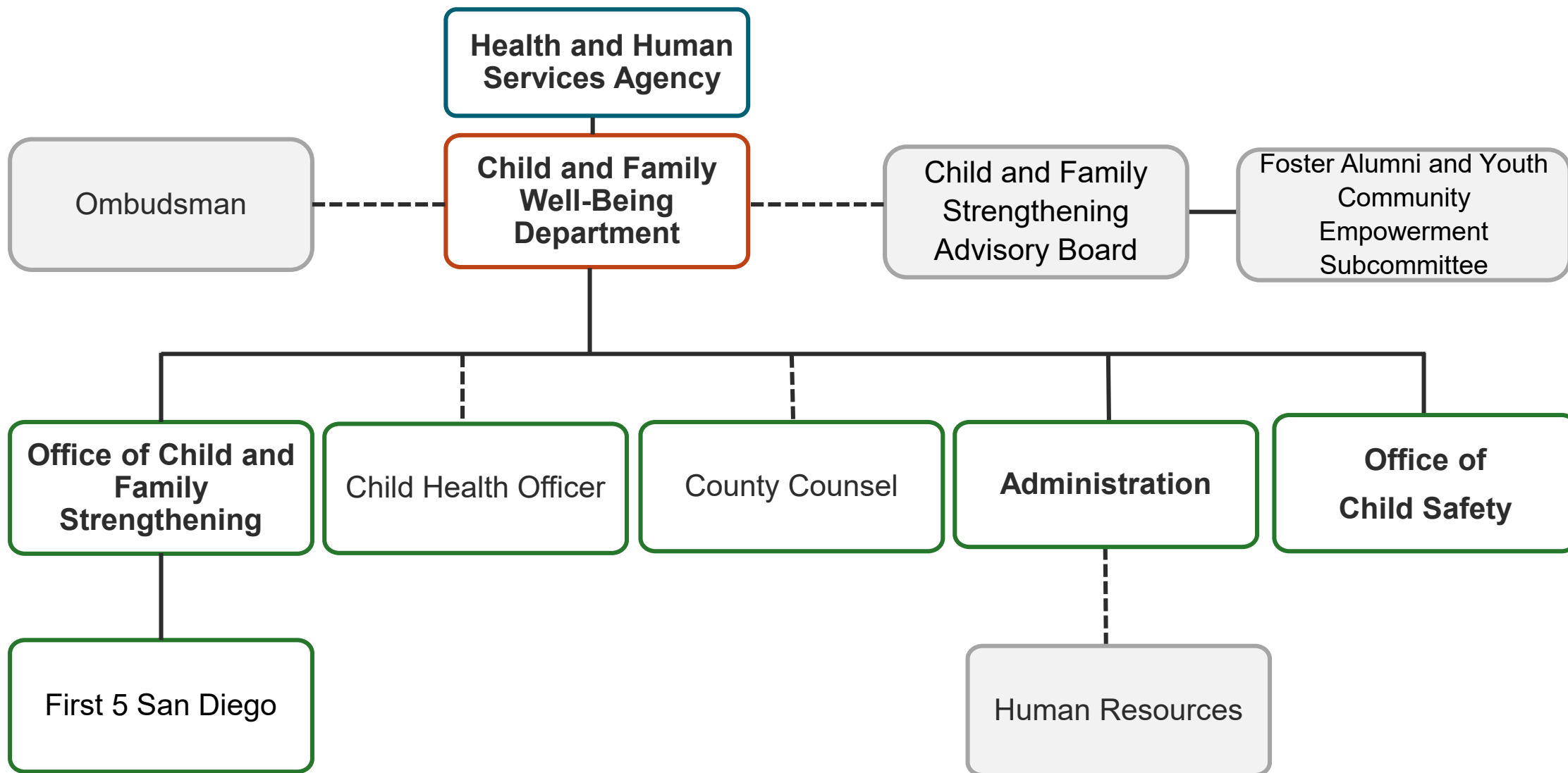
## Short-Term

- Increased collaboration and communication among agencies and community-based organizations to ensure families have equitable access to a continuum of prevention and strengthening services
- Reduced number of individuals on wait lists for services
- Improved protective capacity of parents
- Increased awareness of new processes to receive prevention services
- Increased number of families accessing preventative services

## Long-Term

- Decreased rates of disproportionality and disparities
- Improved health and well-being equity outcomes for children, youth and families
- Increased family strength, resilience and sustainability
- Reduced child maltreatment, entry into foster care, and unnecessary Child Abuse hotline calls
- Enhanced sustainability of funding and programming for prevention services

# ORGANIZATIONAL STRUCTURE





# ORGANIZATIONAL STRUCTURE



# NEXT STEPS



Continue engaging staff and all community stakeholders in the creation and implementation of the new department

Evaluate progress of Child and Family Well-Being Department to ensure family strengthening and thriving families







# Spreading HOPE



**HOPE**

HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES



# Introduction to HOPE





HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES



# Why HOPE Exists

Positive experiences help children grow into more resilient, healthier adults. HOPE aims to better understand and support these key experiences.



# Core assumption

from the Science of the Positive:

The **positive** exists, it is real and worth growing.

**Positive** experiences:

- Promote children's **health and well-being**
- Allow children to form strong **relationships** and connections
- Cultivate positive self-image and **self-worth**
- Provide a sense of **belonging**
- Build skills that promote **resilience**





## Many systems focus on the negative

Screening tools, many of which codify implicit bias, create a presumption of deficit

**HOPE** shifts the narrative: people are defined by their strengths as well as their challenges.

**HOPE** creates a presumption of strength



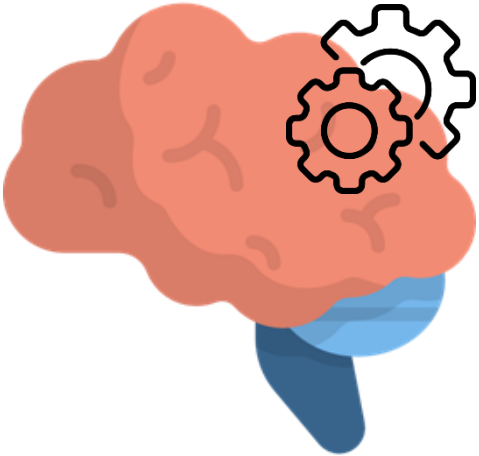
# Type 1 vs. Type 2 thinking

Implicit biases are imbedded in Type 1 thinking



Unconscious, immediate reactions to difference

Type 2 thinking can help us notice and navigate our biases



Slow, conscious strategies to mitigate bias



# ACEs and PCEs

## ACEs

- 1998 study of employed people in Southern California
- Patients answered questions about their childhood
- Correlated with mental and physical health

## PCEs

**NEW**

- 2015 population study in Wisconsin
- Part of the Behavioral Risk Factor Surveillance Survey
- Asked about ACEs
- Asked about Positive Childhood experiences
- Correlated with mental health





# Adverse Community Environments are the root causes of ACEs







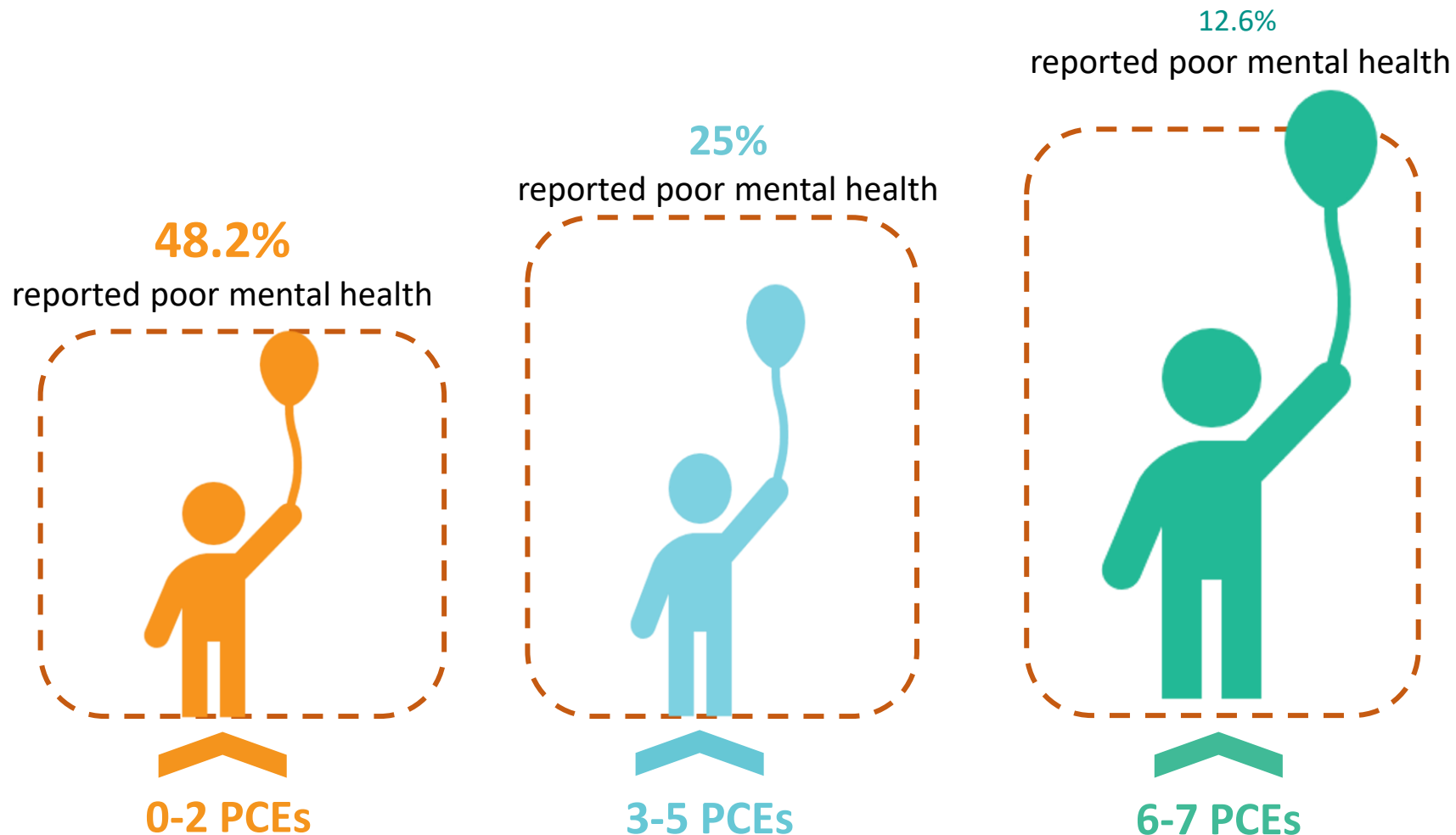
# Positive Childhood Experiences scale questions



*As a child, how often did you ...*

1. Feel able to talk to your family about feelings
2. Feel your family stood by you during difficult times
3. Enjoy participating in community traditions
4. Feel a sense of belonging in high school
5. Feel supported by friends
6. Have at least two non-parent adults who took genuine interest in you
7. Feel safe and protected by an adult in your home

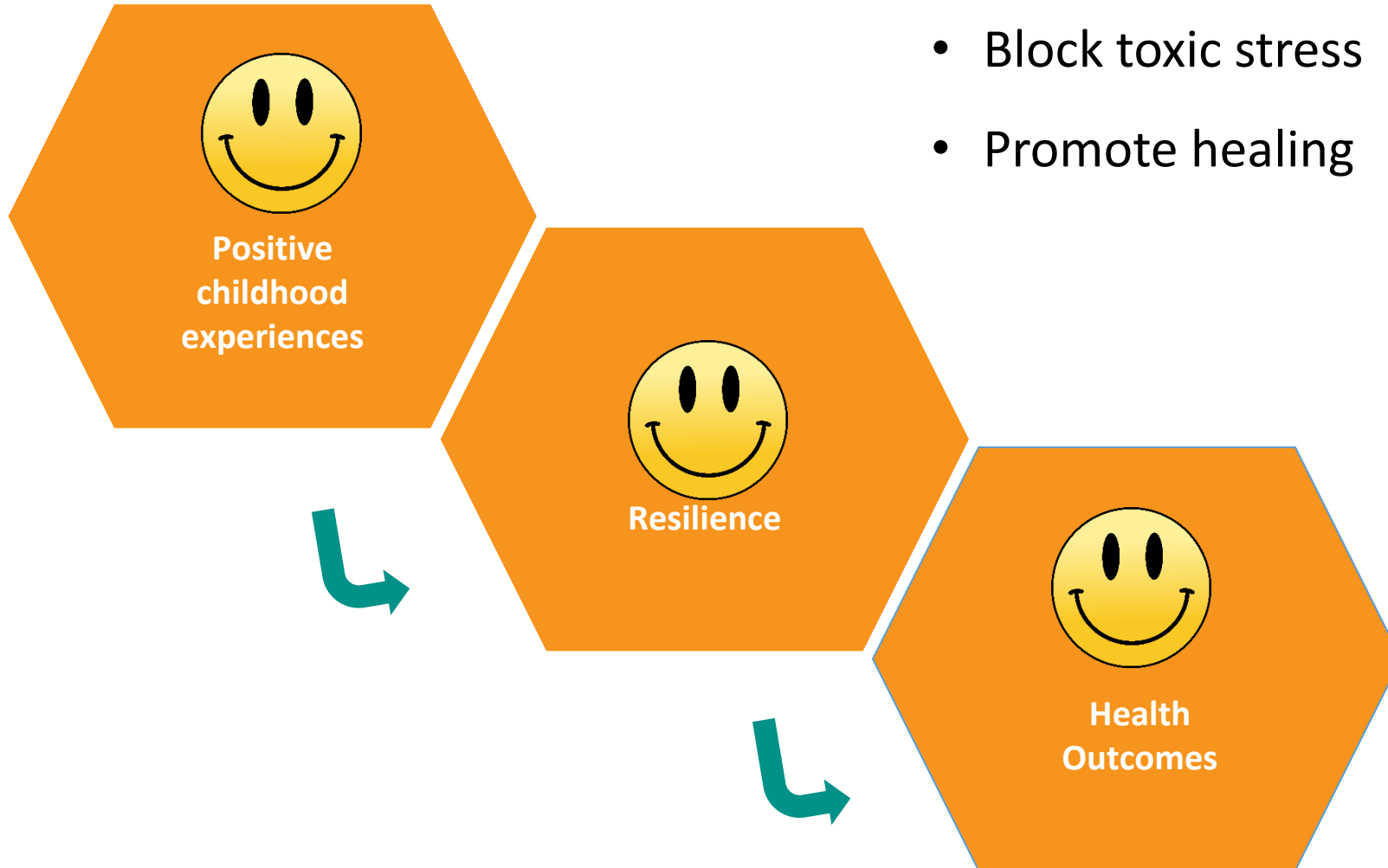
# Positive Childhood Experiences (PCEs) Protect Adult Mental Health





# Positive Childhood Experiences:

- Prevent ACEs
- Block toxic stress
- Promote healing



# The Four Building Blocks of HOPE



**Relationships** with other children and with other adults through interpersonal activities.

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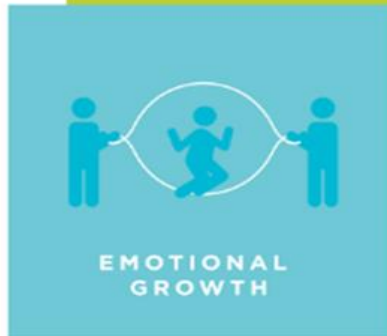
**Safe, equitable, stable environments** for living, playing, learning at home and in school.

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**Social and civic engagement** to develop a sense of belonging and connectedness.

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**Emotional growth** through playing and interacting with peers for self-awareness and self-regulation.

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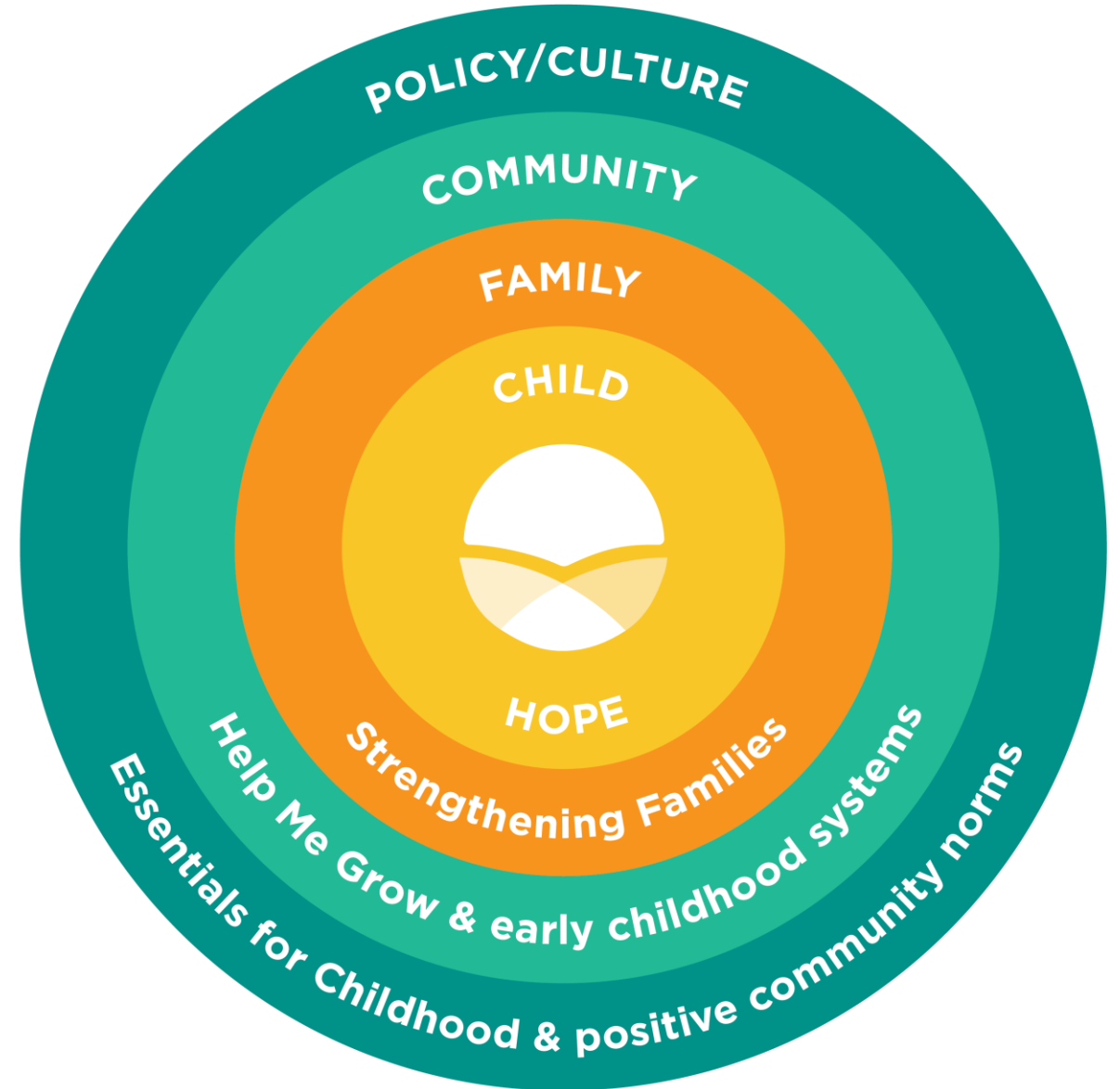
HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES

Strengths-based,  
Child-centered,  
Family-led innovating  
around promoting  
access to the Four  
Building Blocks





# HOPE focuses on the child





## COUNTY OF SAN DIEGO

### Child and Family Strengthening Advisory Board

### Summary of Subcommittee Meeting

**Subcommittee:**

Foster Alumni and Youth Community Empowerment Subcommittee (FAYCES)	6:00 -7:30 pm
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**Date:** Thursday, February 16, 2023

**Location:** Virtual

**Facilitator:** Sandra McBrayer

**Meeting Staff:** Emily Lay

**Foster Alumni and Youth Community Empowerment Subcommittee Summary:**

**16 attendees took part in the Subcommittee.**

Advisory Members Participating: Simone Hidds-Monroe, Stephen Moore

Sandra McBrayer opened the meeting and recapped that the meeting is a subcommittee of the larger Child and Family Strengthening Advisory Board. Sandra encouraged participation via the chat and raise your hand feature for those participating via Zoom. She also reminded current foster youth to turn off their camera for confidentially purposes. Sandra then turned it over to Simone Hidds-Monroe, who reviewed the goals of FAYCES.

**FAYCES 2023 Priorities**

Simone gave a brief overview of FAYCES and shared the vision and mission of FAYCES is to improve the experiences of those impacted by the system through lived experience and expertise. Simone shared the main priorities for 2023 include: enhancing youth engagement, Family First Prevention Services Act (FFPSA), and implementation of youth-centered decisions.

**Update on Child and Family Well-Being – ICF**

Elly Chung from Child Welfare Services (CWS) who shared a brief update on how CWS is transforming into the Child and Family Well-Being (CFWB) department. Elly then introduced ICF representative Elliott Hinkle. Elliott gave a brief overview of the Family First Prevention Services Act (FFPSA) and explained that the County of San Diego is transforming from “mandated reporting” to “mandated supporting,” by supporting and strengthening families within the community.

- Questions and comments on the presentation:
  - A participant commented that mental health and wellness resources are an important part of prevention and these types of services are often only provided when youth and families are in crisis.
  - Simone Hidds-Monroe shared that asking families what they need in order to stay out of the system would be beneficial. She suggested that staff at Prevention Hubs should be reflective of the community being served.

- A participant reiterated the importance of Prevention Hubs being “judgement-free zones” where families can ask for resources without being punished for living paycheck to paycheck.
- A participant shared that childcare should be addressed at the Prevention Hubs. Many families do not think of childcare as a resource, but having partners that can provide childcare services could be beneficial to many community members. He shared that in-person services should be the standard practice at the Prevention Hubs, as virtual services can be difficult for everyone to access and participate in.
- Simone Hidds-Monroe shared that FAYCES included a Prevention Hub as a recommendation for the System Improvement Plan.
- A participant commented that focusing on mandated, active supporting is important to prevention efforts.
- Simone Hidds-Monroe shared that a shift to mandated supporting will empower youth and families that are struggling in the community but aren’t experiencing neglect or abuse. She suggested letting community members decide the name and environment of the Prevention Hubs to encourage use.
- A participant reiterated the importance of community members being involved in the development of the Prevention Hubs.
- Stephen Moore suggested One Safe Place is a great resource for families in the community and Prevention Hubs should look to One Safe Place for ideas and suggestions.

### **Update on SPA Student Experience Survey**

Sandra opened the item and turned it over to Simone Hidds-Monroe. Simone shared that the results of the San Pasqual Academy (SPA) survey have been formally presented to the FAYCES subcommittee, Rites of Passage (ROP), and Dependency Policy Group.

### **Update on SPA**

Valesha Bullock from CWS shared that ROP is transitioning into SPA and will be officially on-campus on March 4<sup>th</sup>. She shared ROP has been able to get on campus and meet with the youth and staff, and many youth have been able to ask questions about the transition. She stated CWS staff are going to be on campus the week before ROP takes over to help the transition and to be available to answer any questions.

- Questions and comments on the presentation:
  - Simone Hidds-Monroe asked how many students are currently on campus and when new youth will be placed on campus. Valesha clarified that there are currently 47 youth on campus. She shared that ROP would like to meet and get to know the current youth before bringing any new youth on campus.
  - Valesha shared that there are staff changes being made while ROP is hiring staff for SPA and there is a little confusion with which staff are staying at SPA.
  - A participant asked what mental health services are in place to help youth during this transition and asked if anonymous services are available for youth on campus. Valesha shared that SPA does currently have clinicians on campus until the end of March, but stated she would look at opportunities for youth to participate in anonymous mental health services.
  - A participant asked how the SPA Grandparents are involved in the transition. Valesha shared the Grandparents are very involved in the transition and have met with ROP to answer questions.
  - Simone Hidds-Monroe asked if ROP is available to meet with SPA alumni on campus who have questions about the transition and housing. She asked for clarification on whether alumni housing is run by ROP or CWS. Valesha shared that the alumni program is



supported by New Alternatives and CWS was not involved with the program. She shared that New Alternatives will continue to operate the alumni program and she is unsure whether ROP will absorb the program from New Alternatives.

- Sandra McBrayer suggested inviting ROP to present at the next FAYCES meeting in April.
- Simone Hidds-Monroe asked if there will be a formal “good-bye” for SPA alumni to say farewell to New Alternatives staff who are leaving. Valesha shared she would look into it and stated a concern that heightened emotions during this transition may disrupt current youth on campus.
- Sandra McBrayer suggested connecting with New Alternatives to find a location that is off-campus to minimize any disruptions to current youth.
- A participant asked what FAYCES can do to support the transition with ROP. Valesha shared that this transition is difficult, but FAYCES is doing a great job keeping current youth and alumni updated and involved in the process. Sandra McBrayer suggested inviting ROP to participate in FAYCES meetings so they can explain their side of the transition and what is happening on campus.

**Date of Next Meeting** – April 20, 2023, at 6:00pm

Sandra concluded the meeting by reviewing agenda items for the April meeting.

- Rites of Passage Presentation
- Update on Child and Family Well-Being



## 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 10<sup>th</sup> at 9:00 am.

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