



Meeting Notes

September 14, 2021

8:30 a.m. - 10:00 a.m.

Via ZOOM Virtual Platform

Attendees:

Sylvia Acosta
Tracy Almanzan
Eric Baray
Gary Blau
Sharon Butterworth
Cathy Gaytan
Gilda Gil
Santiago Gonzalez
Emily Hartmann
Chris Lindner
Christina Lamour
Dr. Sarah Martin
Alejandra Martinez
Roger Martinez
Angelica Mata-Lindstrom
Enrique Mata
Ben Miranda Jr.
Sonia Morales
Dr. Carmen Olivas-Graham
Richard Salcido
Maria Seelig
Ivonne Tapia
Richard Salcido
Isidro Torres
Kathie Valencia
Al Velarde
Arthur Westbrook
Claudia Woods

Representing:

YWCA of Greater El Paso
65th District Court
CASA of El Paso
Meadows Mental Health Policy Institute
Mental Health Advocate
El Paso Child Guidance Center
Paso del Norte Children's Development Center
El Paso Human Services
Paso del Norte Health Information Exchange (PHIX)
Medical Center of the Americas
United Way of El Paso
Texas Tech HSC El Paso Department of Psychiatry
Amerigroup
County of El Paso Juvenile Probation Department
United Way of El Paso
Paso del Norte Health Foundation
Cohen Veterans Network at Endeavors
El Paso Psychiatric Center
Socorro ISD/ El Paso Comm. College Board
Family Services of El Paso
El Paso Human Services
Aliviane
Family Service of El Paso
NAMI El Paso
El Paso Center for Children
Paso del Norte Children's Development Center
YWCA
Emergence Health Network

Welcome and Introductions.

Ivonne Tapia convened meeting at 8:35 a.m. and called for introductions of all online participants.

System of Care Collaboration

Dr. Gary Blau and Ms. Emily Pendleton with the Hackett Center for Mental Health at Meadows Mental Health Policy Institute provided a presentation on the system of care collaborative group. Mr. Blau explained that the group of organizations has been meeting to strengthen collaboration in El Paso to seek a System of Care grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). A grant of this kind would benefit children, youth and families and improve access to timely mental health treatment options. Mr. Blau explained that as part of the 2021 El Paso Behavioral Health System Assessment he led the team completing the children's component of the report.

Dr. Blau then provided a presentation on child mental health. He closed by setting the stage for what the System of Care work group, working on how the Hackett Center and now the Paso del Norte Center as part of the Meadows could do to develop a program grant that provides El Paso with about \$1,000,000 per year for four years. If funded by SAMHSA, the grant would leverage all that the FLC is doing for young people and their families. The PowerPoint slides are included with these notes.

Strong Families- Community Change Initiative

Ms. Valencia provided a brief presentation on the Strong Families Community Change Initiative. She commented that Provider Cafés are now available and asked that any agency interested in hosting a provider cafe reach out and they will organize a presentation.

Ms. Valencia commented that the El Paso Center for Children also received an additional grant for efforts to improve diversity, equity and inclusion and is working with Juvenile Probation, Veterans One Stop Shop, Emergence OSAR, United Way Family Resiliency Center, El Paso Housing Authority, El Paso Child Guidance Center, the 65th District Court, and El Paso Center for Children as lead organization. The D.E.I Project will start on September 30th.

Ms. Valencia thanked all the FLC partners for helping to bring this project to life. She asked that FLC members be on the lookout for an email with a survey link asking that all members please complete the survey as it helps what is needed for the next two years of the Strong Families project.

Ms. Valencia also reminded the group of the importance of the Protective Factors and how parent resiliency goes hand in hand with youth and mental health and where they're at. She added that the attachment sent recently on youth resiliency is available for anybody who needs a copy her email is kvalencia@epccinc.org .

Work Group Reports

- **Drug Trafficking Prevention Task Force** – Chief Roger Martinez provided an update on the task force efforts. He commented that the West Texas High Intensity Drug Trafficking Area (HIDTA) provided approximately \$36,000 in support that was allocated to help prevent youth and young adults from falling victim to cartels trying to get them to cross drugs into the United States. The funding, and a partnership with Clear Channel will provide electronic billboards that will have messages to make parents and caregivers aware of the risks for being recruited to traffic drugs. A team at JPD is working with kids who have experienced such situations to develop messaging that would have deterred them from crossing drugs over. Within the next week or so it is expected that Commissioners Court will move forward with contracting for a target to start this campaign between mid-October through the end of the holidays.
- **CPAN/TCHAT** – Dr. Sarah Martin reported that the CPAN/TCHAT programs are getting a lot busier. For the new biennium the programs got an increase in funding which is a good thing across the whole Consortium. She stated some key school districts have not signed on to the programs. The increase in demand has Texas Tech hiring another two therapists for the school programs and two more child psychiatrists for the CPAN side. One Child Psychiatrist that is a graduate of the El Paso program and one that is coming from Chicago. The Consortium will also apply for new projects through the American Rescue Plan Act. The TCHAT Program still has some concerns with the limit of only five visits. That is a challenge in El Paso but even more of a concern with rural areas, it is just not enough because of the challenges with referring patients to available providers.
- **Help Me Grow** – Gilda Lopez-Gil provided an overview of Help Me Grow system model that works to promote integrated prospective collaboration to build efficient and effective early childhood systems that mitigate the impact of adversity and support protective factors. She explained that through the model implementation in communities and states across the country Help Me Grow advances optimal healthy development and supports early detection referral and linkage to community-based services so that all children can grow and rise to their full potential. The model has 4 Core components, including a Centralized Access Point, Family & community outreach, Child health care provider outreach, and data collection to support evaluation and help identify systemic gaps. Ms. Gil was pleased to announce that the program has completed its first year. With support from the Center for Children's Strong Families Initiative they hosted a planning session with guests' speakers both virtual and in person. There were 31 participants that attended in person. She commented about how exciting it is to implement this model system of care project. - presented a pp presentation. They officially received the HMG logo. She introduced the Help me grow program.
- **Community Collaborations** - Cathy Gaytan provided an update for Kathy Revtyak. Ms. Gaytan reported that the group met on August 12th with six partner agencies present. Enrique Mata presented on the role of the new PdN Center at MMHPI in our region. There was also an active collaborative presentation provided by Viridiana Sigala of ysleta del sur Pueblo and partners

shared updates from each agency. The next meeting is scheduled for Thursday, October 14th at 8:30.

- **Family Advisory Committee** – Ms. Kathie Valencia reported that the Family Advisory Chair was in a training for Parent Café hosting. She commented that the family Advisory Council is moving and growing. They are working to create a meaningful group that gets out there in the community and asks tough questions to bring valuable information to the Family Leadership Council. The committee completed a survey to submit to the five zip codes that are with the strong families grant the survey will be promoted on bookmarkers so that they could put them in school libraries with the QR code. The Committee is also wanting to plan community events each quarter to bring education on prevention and survey people who are coming to the events. They also want to hold a town hall meeting. This is a good group likely to act in the next couple of months.
- **Strong Families** – Ms. Alejandra Martinez provided an update on the Strong Families Work Group. She commented that she is the Chair of Strong Families and works with Amerigroup in Community Relations. She explained that for July Strong Families presented on child safety services. Statistics showed that 87 kids drowned in Texas in 2020 approximately 35 to 40 people attended that meeting. In August Strong Families presented on helping mothers in West Texas counties combat substance use disorder. About 30 to 35 attended that meeting. She added that if anyone is looking into becoming a foster parent, please contact Sonia Avila. The next meeting is scheduled for September 23rd at 1:00 pm.
- **School Mental Health** – Ms. Alejandra Valdez reported that they are trying to stay engaged with the schools and listen to what parents need. A support group was started at one of the schools to see if parents would participate. Socorro ISD will take the lead on this project. They are looking at mid-October to start offering support groups inside the schools for parents that are going through a lot of changes and a lot of readjusting.
- **Foster Care** - Santiago Gonzalez with El Paso Human Services reported that they were recently awarded a grant for \$100,000 through the Texas Center for child and Family Services on August 3rd. These funds will be allocated to foster youth who have aged out at the age of 18. The assistance will benefit youth between the ages of 18 up to 26 and the focus of this funding is for reimbursement for our youth service from April 30th to September 30th, 2021. Any expenses during the pandemic are eligible. For example, medical expenses, laptops anything that that they had to use during this pandemic will be reimbursed if they register with El Paso Human Services. If they register, they automatically receive \$500 pretty much like a stimulus to help and if they show that they used or expensed some of their own money that can be reimbursed also up to \$1500. As of today, they registered 37 and will likely go over 40 individuals in need. The monies must be spent by December 31st.

September 23rd and October 27th Planning Sessions

Ms. Tapia asked Mr. Mata to address the group on the upcoming Strategic Planning Session. Mr. Mata commented that all are welcome, but the meeting is planned to be in person at Paso del Norte Health Foundation, so space is limited. Please reach out and let him know that you will be able to attend. A Zoom link will be available, but mostly for out-of-town presenters from Meadows Mental Health Policy Institute. The hope is that during the September 23rd meeting priorities and strategies could be identified and prepared for presentation to the FLC at a second meeting planned for October 27th.

Other Business

Ms. Tapia thank the FLC members who supported the first Aliviane Gala. The funds raised are going to help the women and children's residential center. She commented that Ms. Cathy Gaytan and El Paso Child Guidance Center will be hosting their annual roast. John Barela with the Border plex will be roasted. The funds raised will go toward their capital campaign.

Adjourn

Ms. Tapia thanked everyone for participating and adjourned the meeting at 10:02 am.

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THE HACKETT CENTER
FOR MENTAL HEALTH

The Case for System of Care in El Paso, Texas

September 14, 2021



PREVALENCE DATA

Mental Health Prevalence Estimates

1 in 5

children/adolescents
have a diagnosable
mental disorder

50%

adult mental illness
occurs by age 14

75%

by age 24

more than **50%**
of children/youth do not
receive services

10%

of children suffer from a
serious emotional
disturbance (SED)

El Paso Prevalence Data

60,000 children and youth with a mental health condition (37.5%)

- 10,000 experiencing a serious emotional disturbance (SED)
- 8,000 living in poverty

800 of youth with SEDs have the most severe conditions

- Higher risk for out-of-home placement
- Involvement in child welfare or juvenile justice

Trauma and grief experienced by El Paso youth

- COVID-19, mass shootings, immigration issues, racial injustice

COVID-19 and Mental Health: Impacts

COVID-19 has dramatically *increased* mental health needs.

- The CDC reported that...
 - The number of people seriously considering suicide **doubled** in 2020
 - Mental health-related ED visits **increased** 24% among children aged 5–11 and 31% among adolescents aged 12–17 (March-Oct. 2020)
- Kaiser Family Foundation found that in Jan. 2021, **4 in 10 US adults reported anxiety/depression symptoms**, up from one in ten from Jan.-June 2019
- *The Lancet* found that mental illness **increases** the risk of COVID-19 by 65% and COVID-19 causes more mental illness.

COVID-19: Racial and Ethnic Disparities

A 2020 analysis of 50M patient health records found:

- Black, Hispanic/Latino, and Asian patients had **significantly higher rates of COVID-19 infection, hospitalization, and death** than white patients.
- Adults with low incomes are more likely to have higher rates of chronic conditions, which increases the risk of serious illness if infected with COVID-19.

Where people live, work, learn, and play affect a wide range of risks and health outcomes.

In sum: Health inequities drive disparities.



THE SYSTEM OF CARE PHILOSOPHY

What is a System of Care?

System of care is, first and foremost, a **set of values and principles** that provides an organizing framework for systems reform on behalf of children, youth and families.



What is a System of Care?

A spectrum of effective, community-based services and supports for children and youth with or at-risk for mental health or other challenges and their families...



...is organized into **coordinated networks**



...builds meaningful **partnerships** with families and youth



...addresses **cultural and linguistic needs**

...in order to help families function better at home, in school, in the community, and throughout life.

The Impact of Systems of Care



Reduced behavioral & emotional problems



Improved functioning in school & the community



Increased behavioral & emotional skills



Reduced suicidal ideation & attempts



Reduced substance use problems



Improved ability to build relationships

“Healthy at home, in school and out of trouble.”



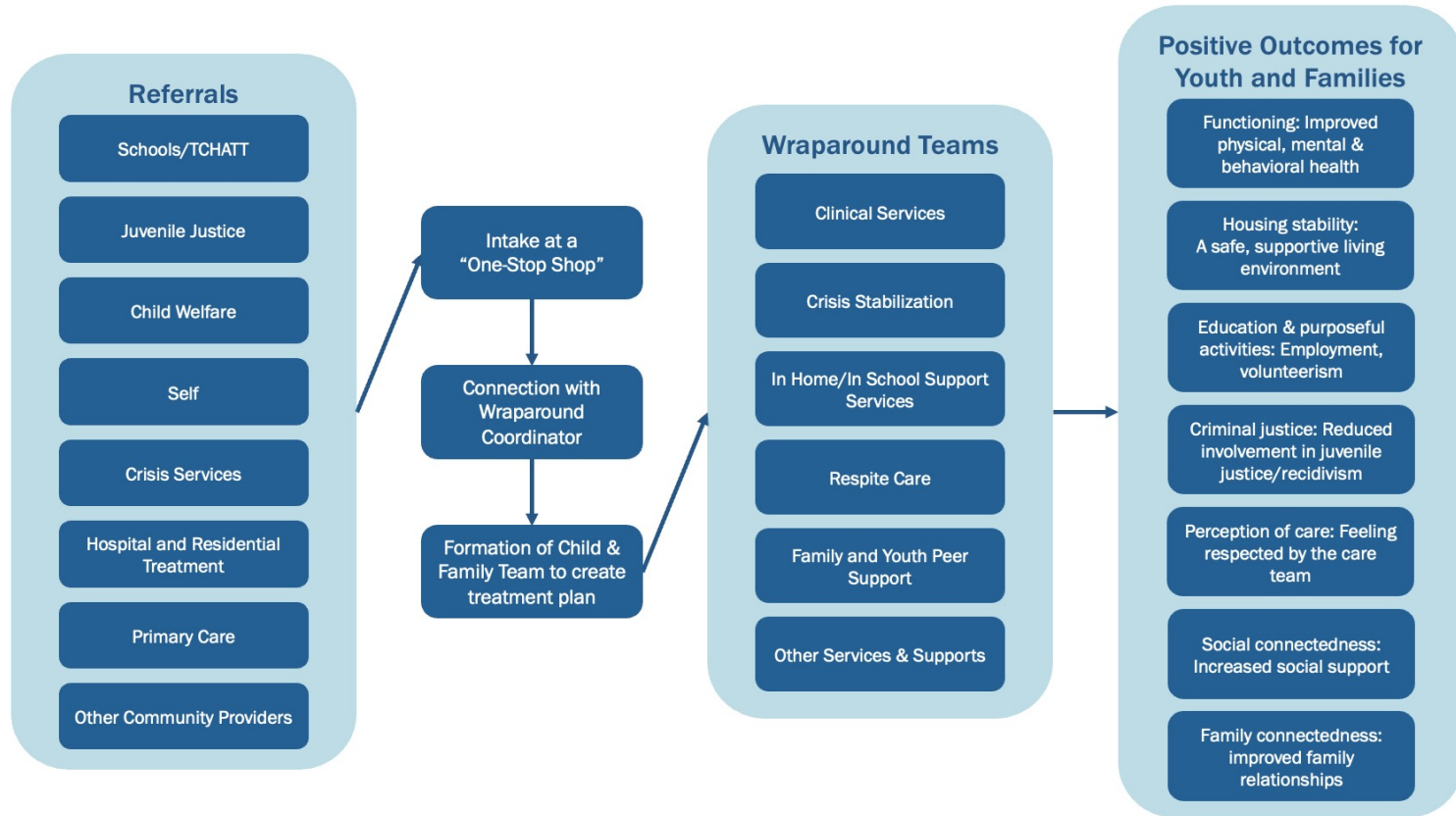
CRITICAL JUNCTION TO ENHANCE AND EXPAND THE SYSTEM OF CARE FOR YOUTH IN EL PASO WITH SED

Purpose Statement




To create an approach to develop and implement a comprehensive ‘system of care’ for youth in Greater El Paso who are experiencing a serious mental health challenge and are either in, or at risk to be placed in, a restrictive treatment setting.

This approach will **prioritize the development, expansion and enhancement of trauma-informed, community-based services** to reduce the need for hospitalization, residential and other out-of-home treatment and/or incarceration.




System of Care Implementation Approach



Stay connected with The Hackett Center

-  @hackettcenter
-  @HackettCenter
-  The Hackett Center for Mental Health

Stay connected with Gary Blau, PhD.

-  @GaryBlauPhD
-  Dr. Gary Blau
-  garyblau@mmhpi.org



Questions?

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The truth is: mental illness affects more people than you may think, and we need to talk about it. It's Okay to Say... okaytosay.org

Strong Families Grant Update

October 1, 2020 – September 30, 2021

- Parent Café Workshop – 53 Cafés/ 342 participants
- Agency Partnerships – 4 (Juvenile Probation, Veterans One Stop, El Paso United Family Resiliency Center, El Paso Housing Authority)
- Diversity, Equity, and Inclusion Project – United Way of El Paso, Aliviane, El Paso Children Guidance Center, Juvenile Probation Department, 65th District Court and Emergence – Veterans One-Stop
- All partners are part of the Family Leadership Council – Thank you for your support.
- Abt Associates and Child Trends are conducting a cross-site study. You will receive a annual collaborative survey later this month.