



## Campaign for Community Wellness Meeting

Meeting: October 23, 2020

Tahoe Focus: Jazmin Breaux & Alison Schwedner

- 1) Welcome and Land Acknowledgement.
  - a. WASHOE Land (Loren Nokai, Sierra Native Alliance) – seeds; medicine offering with song offering; NAVAJO Tradition; October/New Year
  - b. MMIWG – Missing and Murder of Indigenous Women & Girls (video tribute)
    - i. *Have you seen my sister (Red Dress tribute)*
    - ii. Tahnee Henningsen – Cal Voices
- 2) Community Voice - America with Peer Support Program; Youth Wellness Center
  - a. COVID Negative Impact –
    - i. Self-Harm relapse; friend with attempted suicide; family depression/suicide attempt
    - ii. Financial Hardship – parental job loss
    - iii. Social – disconnected from friends; Stress from school uncertainty
  - b. COVID Positive experience
    - i. Friend with drug problem had more time at home with parents to time to focus on self and recovery

Alison Schwedner –

- 60% of workforce is employed in service industry
- Housing – shift in economy
- Increase Behavior health referrals
- Increase in safety calls

Cathie Foley – COVID whirlwind opening possibility to serve neighbors

- Expanded Services – warming centers
- Emergency Day Center for Respite Care at Veterans Memorial Building
- Looking forward – Navigation Center; Emergency warming center; shelter options/transitional housing for medically vulnerable homeless neighbors with case management and support (new)

Jennifer Price – AMIH

- Project home key approved by BOS
- Pine hotel in Kings Beach. 13 units into PSH over next 2 years.
- 1<sup>st</sup> PSH project in Tahoe/Truckee region –
- available Dec; hire onsite manager and support staff
- 211 is active in Placer/Nevada county for assistance

- 3) Trends and Issues – COVID-19 Impact
  - a. Highlights from August 2020 CCTT Partner Report (Alison Schwedner)

Next Meeting: December 4, 2020

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- b. Impacts of COVID & Response Efforts: Agency Updates
  - i. Homeless & Supportive Housing
    1. Emergency Warming Center
    2. AMI Housing
  - ii. Youth
    1. Gateway Mountain Center – Peter Mayfield
      - a. Grew capacity – new clinical manager; director Shelby Singer
      - b. *Whole Hearts, Minds, & Bodies*; clinical service provider
        - i. Non-clinical but deep services for youth in WRAP around
        - ii. Continue in-person services by meeting youth outside
        - iii. 40% of caseload Latinx youth
        - iv. YOQSR survey every 3 months – overall reduction 30%
        - v. COVID fund reduction – fundraising to continue serving
    2. Tahoe Truckee Unified School District- Wellness Centers – Jeff Santos
      - a. Transition to hybrid classes to bring students back to school
      - b. Distance Learning – Transition to hybrid classes
        - i. Teacher/staff/student dialog about hybrid
        - ii. Chromebooks; Wi-Fi hotspots; free meals for families
        - iii. Sanitation; protocol
      - c. District wide Social Emotional Learning (SEL) Plan
        - i. Weekly Restorative Circles
        - ii. SEL Curriculumms
      - d. Mental Health Supports – regular check-ins; donations allow continuation of counseling support
        - i. Chrome book security alert – search with sensitive topics to dispatch MH support (MH; suicide; guns)
      - e. Virtual Student Supports – Peer mentor; athletes; Virtual Hope Squad
    3. Boys and Girls Club of North Lake Tahoe – Mindy Carbajal
      - a. Pivoted services to support kids and families in different ways
      - b. Virtual club to continue activities and support
      - c. Implemented a call center – resource referrals
      - d. Meal distribution (400 meals daily/gap in services)
      - e. 3 locations partnering with restaurants to continue serving 32,000 April to July
      - f. June – reopened Kings Beach and Truckee Clubhouses
      - g. summer programming for kids who need us most with modifications/guidelines (300 down to 50 kids per day)

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- h. 4th site Alder Creek (opening pending)
      - i. Support families with Distance Learning
    - 4. Big Brothers Big Sisters – Peggy Martin/Brenda Frachiseur
      - a. Merged organizations with El Dorado County to expand services
      - b. Mentors for at risk youth (enrollment specialist match child with mentor)
      - c. Community Based Mentoring/Site Based Mentoring (school or boys and girls club)
      - d. On target to serve 250 youth
      - e. Pivoting to meet needs of youth in community
      - f. Increase in MH issues due to isolation (children and parents)
      - g. Increase in Drug abuse; alcohol abuse; child abuse
      - h. Challenges revenue stream – 46% revenue came from events
      - i. Positive – community contribution is filling gap left from event cancellations
      - j. 57 kids on waitlist (highest in their history)
    - 5. Sierra Mental Wellness Group – Jazmin reporting for SCH
      - a. Virtual services
      - b. Difficulties Observed – increased anxiety; isolation; income
      - c. Positive Developments – virtual services more accessible; WRAP around services
    - 6. Uplift – Meghan Turgeon
      - a. Started 8/24 have 10 people serving by telehealth and phone
      - b. Beginning to meet people outdoors for in person meeting
    - 7. Sierra Community House – Paul Bancroft/Anibal Cordoba Sosa
      - a. Partnered with TTUSD and Boys and Girls Club
      - b. Hunger Relief – food boxes, no prepared meals at this time
      - c. Crisis Intervention and Prevention; increase in domestic violence (1-2 referrals/day vs. 1-2/week)
      - d. Mediation and legal Assistance
      - e. Increase in demand – rent assistance; services; MH Impact
      - f. Peer Support program
- 4) Behavioral Health Disparities in Tahoe Truckee – Jazmin Schwedner
  - a. Behavioral Health Survey Findings (see PowerPoint slides for specifics)
    - i. Disparities by age; race; income; gender
    - ii. 2020 Community Engagement & Behavioral Health Survey Report
      - 1. Social Dynamics and Party Culture
        - a. Youth and low-income groups report low trust

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- b. Loneliness rated by age, race, and gender
    - c. Young adults, people of color and women report higher rates of loneliness
  - b. Mental Health
    - i. Stigma is widespread
    - ii. Low income and Latinx willing to reach out for help, but unaware of services
    - iii. Inequities of services received
- 5) Vision: Small Break Out (each small group need facilitator and note taker)
- a. What does this data bring up for you?
  - b. How does this play out when working with the community?
  - c. What are you currently doing to address behavioral health disparities in your agency?
  - d. What are your ideas to advance this work at a personal level and in your work?
- 6) Announcements & Close
- a. Minutes posted to CCW website
  - b. Meeting recording started late
  - c. Loren will share SNA video presentation
  - d. Data reports available
  - e. Next meeting 12/4/2020 hosted by PCN collaborative

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