

Arizona Youth Mental Health Alliance Task Force

Education and Training Task Force

Report

Meeting Date: September 20, 2018

Task Force Leadership and Membership:

Chair: TBD

Attendees: Jane Ballesteros, Robert Clark, Arcelia Cornidez, Heather Fenech, , Jamal Givens , Cindy Godwin, Raquel Goodrich, Oyuki Ornelas, H. Clarke Romans, Emily Rorke, Betty Seery

Task Force Goals:

- Review, vet and disseminate stigma reduction strategies and programs:
- Expansion and implementation of *Ending the Silence (ETS)* and *Text, Talk, Act (TTA)* in the four counties:

Taskforce Objectives:

- Create effective strategies for multidistrict outreach and identify key community stakeholders in schools and health care agencies for mental health training and education
- Expand the Stigma Reduction and Improved Mental Health for Youth Initiative by training new lead and youth presenters for Ending the Silence and incorporating the Text Talk Act mobile app
- Recruit a Taskforce Leader and new members for the Education & Training Task Force of the Arizona Youth Mental Health Alliance (AZYMHA)

Meeting Agenda:

- Review of Taskforce Objectives
- Expansion of Ending the Silence and Text Talk Act
 - Schools and other venues
 - Recruitment of presenters
- Recruitment of other Taskforce members

Accomplishments since last meeting

This was the first meeting of the Taskforce.

Narrative:

The meeting was held at the Lovell Foundation Building from 12:00 to 1:15 PM on Thursday, September 20.

After introductions the group and reviewed the task force scope in regards to the Stigma Reduction & Improved Youth Mental Health Initiative. The National Alliance for Mental Illness Southern Arizona (NAMISA) is the sponsoring agency for the Arizona Youth Mental Health Alliance. NAMISA has hired a Project Director, Arcelia "Arcy" Cornidez, for the Initiative. Arcy will lead the Initiative in strategic planning, work closely with the Arizona Youth Mental Health Alliance task force leaders, and spearhead the Initiative's growth, implementation and evaluation.

There was a brief overview of the nationwide Text Talk Act mobile app that was developed in partnership with the Obama Administration. Text Talk Act is a 45-minute interactive text chat designed to guide conversation about mental illness among youth.

Taskforce members volunteered as presenters of the Ending the Silence in schools and other venues. Volunteer presenters participate in a 3 and ½ hour online training and a one and a half hour in-person presentation training. Seven task force members volunteered as lead presenters for Ending the Silence including Heather Fenech, Jamal Givens, Betty Seery, Robert Clark, Arcelia Cornidez, Oyuki Ornelas, and Raquel Goodrich. Emily Rorke, assistant to Arcy Cornidez will be trained as a youth presenter. Contact information will be shared with Judi Maikoff, Ending the Silence Program Manager at NAMISA who will follow up with resources about the required online 3 and ½ hour training. Members will complete the in person training with NAMISA staff during the next task force meeting.

The group's discussion centered on expanding and connecting stigma reduction strategies and programs within the area of Pima, Pinal, Cochise and Santa Cruz counties in Southern Arizona. The mental illness prevention initiative may benefit from a referral system among local health care providers that provide direct services. A challenge may be disseminating follow up resources and referrals that follow health care regulations and best practices; Access to care may be an issue; Stigma reduction information and resources should also be available so students can access help in the local community if they need it. The group touched on the idea that the presentation would benefit children in 5th and 6th grades.

Some prevention groups who may be key stakeholders for youth based initiatives in Tucson such as the Pima County Youth Violence Prevention Coalition, the Community Prevention Council and South Tucson Youth Leadership Council.

Members of the taskforce provided context about the role superintendents play in education and implementation of new programs in schools reviewed trauma informed care initiatives in Southern Arizona, and noted Pima County Juvenile Court's ACES Center programs and how they may be a good starting point for Ending the Silence presentations in youth detention and diversion programs. There was a brief discussion about juvenile court programs and how they would benefit from stigma prevention programs on mental health.

The group discussed the need to identify a leader for AZYMHA's Education & Training Task Force to create and accomplish task force objectives, monitor progress and communicate effectively with AZYMHA members. A small stipend compensation is included for this role. A meeting time was set up for the next task force meeting and the group agreed to participate in an hour and a half long training for the Ending the Silence initiative.

Goals Not Yet Met:

A chairperson for the Education & Policy task force needs to be recruited from the Arizona Youth Mental Health Alliance.

Assignments for next meeting:

- Complete 3 hour online training for Ending the Silence
- Review task force resources/RSVP for next Alliance meeting
- Follow up with community stakeholders and prospect members of AZYMHA

Responsible Party:

- ALL VOLUNTEER LEAD PRESENTERS
- ALL TASKFORCE MEMBERS
- Prevention: R. Clark
Education: J. Ballesteros
Care Providers: J. Givens

Recommendations to the Alliance: (Optional)

Providing an update for the Arizona Youth Mental Health Alliance meeting on October 15th about the task force's first meeting.

Next meeting:

October 23, 2018 from 10:30 – 12:30 PM

Lovell Foundation 4765 E Camp Lowell Dr, Suite # 1256, Tucson, AZ