

LAC Suicide Prevention Network



Schools and Youth Workgroup

Next Meeting: Nov 4, 2019

For questions email info@LASuicidepreventionnetwork.org

Notes and Action Item: October 7, 2019

Pacific Clinics – School based services – Cynthia Rodriguez and Rosa Maria Kolts

Schools they work with (on campus): Whittier, Downey, Norwalk, La Puente, Basset Unified – Services SPA 7

Individual psychotherapy, case management, psychiatry services and groups – have 96 clinicians on staff

Students age out of program at age 21

Skill Building workshops – communication, anger management, etc

Parenting groups

Open to all children and parents if enrolled in Pacific Clinics

LPS certified staff: on site staff to help assess when child at risk – 67% of clinicians are LPS certified

Offer on call services for youth and parents for after school hours – a LPS clinician and housing specialist go to the home to do assessment and hospitalize child, if needed; They try a LPS hospital (only 5 children's hospitals) first to find a bed, then use ACCESS – County provides transportation – these services only available for children, but can connect them to the appropriate resources and/or connect them to emergency services

Need to get the families to be a part of the program, which can be difficult due to schedules – helps to have school-based services, since the child is there, but parents don't always engage in services

OPPI (Outpatient services), PEI (Prevention & Early Intervention – evidence-based practices under 18 months) & FCCS/3R (wrap around services) – offer all levels of these services

Latino Suicide Prevention Program – When LYP in La Puente Pacific Clinics – for indigent students and open to all, including non-Latino students

Child discloses to therapist about suicidality and Pacific Clinics discloses to school – school will usually ask Pacific Clinics to assess if PET/PMRT team has delays

If school is the one to disclose about the child's suicidal behavior, same protocol.

Challenges with school-based services – family vacations, school breaks; Undocumented students – fear of using services out of fear of being reported; Clients who have private medical insurance & limit the amount of visits (must enroll household in MediCal and get the card within 30 days of service start)

How do we fill the gaps in terms of transitions with care – for hospitalization, referrals to FSP, graduation to college/high school

Pacific Clinics links students to ongoing services when students are transitioning to college or another community if they are moving – students can stay with their therapists up to age of 21 years old – can provide services beyond that age, in specific instances – they always do a warm hand off with student

Establishing a TAY center for walk in clients at Santa Fe Springs clinic – one case manager and 3 therapists – have a computer center, laundry, showers, kitchen, teach life skills there – will be established by the end of their fiscal year

Wellness Wheel – for the employees to help avoid burnout – reminders of self-care and balance

Strategic Plan – suggest that the eligibility and co-payments regarding MediCal be changed (since eligibility was established in 1960s – CHDP: federal eligibility standards updated annually, but not always tied to state eligibility)

Biggest problems they see with youth: substance abuse, suicidality, bullying (online and face to face) – seeing it younger ages: elementary school

Pacific Clinics therapist in contact with parents and school counselor re: discharge and create a safety plan and increase services once back to campus – creates a circle of support for student: special teacher (has a relationship with), friends – the hospitals don't necessarily include Pacific Clinics when they do discharge planning, but some do, to ensure that the youth have follow up services upon discharge – schools actively collaborate with Pacific Clinics to have a reintegration plan

Approaching relationship building in a different way – setting up tours of hospital so staff from schools/school-based providers can meet hospital staff

Pacific Clinics has community outreach funding – could they work with L.A. Parks & Rec on an event – Family Fun Day with Erica's Lighthouse, promotoras, expression through art & create an art show – DMH could help

Pacific Clinics have a Postvention Plan – Debriefing & collaborating with school & families (latter to provide support, resources and treatment for) – Care fund: when family struggling with situation, Pacific Clinics employees help to fund

Downtown Hollywood, Long Beach, Van Nuys – pilot sites for suicide prevention loss groups – DMH working with Didi Hirsch to establish

Other Updates:

- Olivia Perea – L.A. Parks & Recreation – Girls Empowerment Conference took place on Oct 5th
- Presenters - Innovate Youth: spoke on civic engagement, Teen Line: Let's Talk About Mental Health, Financial Responsibility, panel on women in non-traditional careers
- Bussed in youth from all over the city – many youth are already engaged in the L.A. Parks & Rec programs- 1,000 youth attended
- Young Men's Conference with My Brother's Keeper – Nov 9 – taking place at the Expo Center
- Michelle Carlson – Teen Line – New posters with the Teen Line peer hotline information on it

