

## Meeting Notes

### AB1808 COE Leads Meeting: April 16, 2021

1. **Welcome:** Mara Madrigal-Weiss welcomed everyone. COEs in Attendance: San Diego, Amador, Butte, Orange, Humboldt, Sacramento, Riverside, El Dorado, San Mateo, Fresno, Kern, Inyo, Contra Costa, Solano, Merced, Los Angeles, Ventura, Tulare, Yuba and CDE.
2. **Current Status of LivingWorks Start Training Licenses:** Heather Nemour shared an update that there are currently 12,888 licensees utilized (9,054 staff licenses and 3,834 student licenses). There are still many licenses available so please continue to encourage schools to use them. A shout to Tulare COE for training over 1,000 staff, Sacramento COE for training over 700 students and San Mateo for training over 800 staff!!!
3. **May Mental Health Month Resources:** Heather Nemour shared the MHA May Mental Health Month Toolkit broken down by topics. She reminded all that is a great month to remind districts/schools about LivingWorks Start.
4. **Mind Out Loud Online Student Event:** Monica Nepomuceno presented on this statewide student event on May 4<sup>th</sup>-6<sup>th</sup> for students ages 13 and over to boldly discuss mental health. Please encourage students to attend and share far and wide. Flyers for parents, students and staff were shared. First 100 students that complete LivingWorks Start will receive incentives! Schools that want to plan a safe watch party just need to fill out form on website and they will get free pizza! There are 23 student ambassadors that were selected to serve on statewide committee and help plan event. Wellness Together is planning to make this an annual event.

5. **Statewide Screenings:** Monica Nepomuceno shared that on May 18<sup>th</sup> a screening of *Trusted Space* will be held on May 18<sup>th</sup>. The film and accompanying curriculum offer tools to mitigate the effects of grief, trauma, anxiety, and other emotional stressors affecting both students and teachers. The screening will be held for school staff and parents and she will send out flyer soon.

Blue Shield of California has committed to sponsoring \$250,000 for *Angst* and the Executive Producer and team are looking for additional sponsors. They need to raise \$1million to make this available to all public schools in the state. We are working to hold a statewide webinar to inform the field about *Angst* and will have more information soon. The program (documentary and curriculum) will be rolled out in fall 2021 once we have sponsorship to make it available to all schools.

6. **Highlights from the Field:** Sheri Hani from Butte COE and Santy Gray from Butte County Behavioral Health presented on their county efforts heir End the Silence event where they held a series of youth focus groups to:

- identify biggest stressors they are facing
- find out if schools are doing a good job in educating youth about mental health
- come up with ideas for “ending the silence”

A visual summary of findings developed by the youth were presented and all were invited to their End the Silence Youth Suicide and Mental Health Summit on April 22 from 8am-3pm where high school students will share their thoughts and feelings about mental health and adults will be invited to listen.

7. **Legislative Updates:** Mara Madrigal-Weiss presented on some bills around suicide prevention and mental health (links are provided on slides to each bill):

- SB14: This bill will address excused mental/ behavioral health absence day and identify an evidence-based training program for LEAs for train classified/certificated school employees having direct contact with pupils on youth mental and behavioral health
- SB224: This bill would require each school district, *county office of education, state special school, and charter school* to ensure that all pupils in grades 1 to 12, inclusive, receive medically accurate, age-appropriate mental

health education from instructors trained in the appropriate courses at least once in elementary school, at least once in junior high school or middle school, as applicable, and at least once in high school.

- **SB21:** This bill would require the State Department of Education to apply to the DMV to sponsor a mental health awareness license plate program. The bill would also establish the Mental Health Awareness Fund in the State Treasury and would require the revenue generated from the license plates to be deposited in the fund for use, upon appropriation by the Legislature to the State Department of Education, for mental health services in public schools.
- **AB 234:** This bill would establish an Office of Suicide Prevention for the state.
- **AB573:** This bill will establish a Youth Mental Health Board at both the State and in each county that advised governor and legislature on challenges facing MH needs and determine improvements (15) each community MH service to have a board at local level

8. **COE Survey Results:** COE Mental Health in Schools Collaborative: Heather Nemour presented on the COE survey results that revealed the following:

- 100% answered yes to wanting to continue to convene after the AB1808 grant ends
- Meeting on a quarterly basis
- Monday mornings are best
- Qualitative comments expressed the need and excitement to have a COE statewide group centered on mental health and wellness and would like opportunities to have break out rooms to make connections and with counties that are similar to each other (e.g., rural, population...)
- **Statewide COE Mental Health & Wellness:** Mara Madrigal-Weiss shared how the natural evolution of the AB1808 network has resulted in various conversations and requests on expanding the group to go beyond suicide prevention and include mental health and wellness. Each COE can determine

which staff will participate and how many to include. The intention of the collaborative is to provide a venue for:

- Sharing Information & resource sharing
- Highlighting COE best practices
- Staying current on suicide prevention and other relevant topics
- Discussing legislative updates
- Providing connectivity through peer sharing & learning
- Other Ideas: Involving County Behavioral Health- it was suggested to keep this COEs at first to build the foundation and create a space for COEs to land but possibly invite them as a guest speaker or spotlighting COE/CBH partnerships. COEs can help with planning and topics.
- A google folder will be created and all participants will be sent the invitation to access.

Based on the survey results the suggested dates were confirmed for the quarterly meetings on Mondays from 9:00-11:00am:

- August 16th, 2021
- November 8th, 2021
- February 14, 2022
- May 9th, 2022