

2021-2023 • YOUTH LINKAGES NETWORK MEETINGS

HOSTED BY YOUTHWELL, SBCEO, SBC BWELL • [View recorded meetings >](#)

2023

Understand in-patient and out-patient programs [VIEW RECORDING MAY 19 >](#)

- Understand the difference between IOP, PHP, and Residential programs and when to refer to them. The benefits of using a therapeutic educational consultant to assist in making placements outside SB County. Learn about Wilderness programs, therapeutic boarding schools, and transportation/escort services. The importance of connecting youth to aftercare services. Learn from the school district what happens when students leave and how are they integrated back.

SPEAKERS

- TBD

Understand psychiatrist & pediatrician role & medication in treatment plans [VIEW RECORDING APRIL 21 >](#)

- Learn how medication may play a part in treating a mental health challenge. Learn about the benefits of integrated care and the role of the pediatrician and psychiatrist working together. Understand the difference between conventional psychiatry and holistic (integrative) psychiatry and why it matters.
- It can be challenging for parents to navigate when their child has been prescribed medication. How do show respect and educate parents about the benefits of medication if they are against it? We hear anecdotal data from parents who feel like psychiatrists are overmedicating? How do parents navigate if they feel this is happening? How can parents share information with the psychiatrist on how the medication is working from what they are seeing at home?
- Handouts: [Facts For Families Guide \[english\]](#) [Facts for Families Guide \[spanish\]](#) [Parents Medication Guide](#) [American Academy of Child and Adolescent Psychiatry]

SPEAKERS

- Dr Saida Hamdani (Pediatrician), shamdani@sansumclinic.org
- Dr Demma Cabral (Pediatrician), m2cabral@sbch.org
- Dr Agoha (Psychiatrist) BWell Lompoc Children's/TAY, ragoha@sbcbswell.org
- Sebastian Lebeau

Understanding differences between a school or clinical psychologist [VIEW RECORDING >](#)

- A focus on educating our participants on the differences between a clinical psychologist and a school psychologist. It can be helpful when helping a family navigate services to understand when it makes sense for them to get an assessment for their child. It is also important to understand the follow-up for a youth after they have a psychological assessment. Why is it important to have an assessment done by a school psychologist if the child needs special services at school?

SPEAKERS

- Avery Voos, Clinical Psychologist, info@draveryvoos.com
- Skye Stifel, School Psychologist, skye.stifel@gmail.com

Buffering & wellness resources for youth in Santa Barbara County [VIEW RECORDING >](#) • [SLIDES >](#)

- Learn about early intervention and aftercare resources in Santa Barbara County. Learn how buffering/wellness resources benefit youth and especially those struggling with a mental health challenge or those in recovery.

SPEAKERS

- Julia Cushing, A to Z Cooking School, julia@atozcookingsschool.org
- Jess Sherwyn, Amplify (Girls Rock), jess@girlsrocksb.org
- Victor Cortes, Lompoc Teen Center, victor@lompocteencenter.org
- Gabriela Dodson, Mental Wellness Center, gdodson@mentalwellnesscenter.org
- Dr Naino Glantz, SBCEO Promotores, nglantz@sbceo.org
- Karen Lee Stevens, Therapy Dogs of SB, karenleestevens@cox.net
- Sandra Gonzalez, Wilderness Youth Project, naturaleza@wyp.org
- Margo Byrne, YMCA - SYV, SB, SM, Lompoc, Margo.Byrne@ciymca.org

Human Trafficking & Sexual Assault in SB County [VIEW RECORDING >](#) • [Human Trafficking 101 training video](#)

- Learn about the reality of human trafficking in Santa Barbara County, myths & realities about trafficking, local survivor stories, how to recognize the warning signs and respond. A focus on clinical, reporting/legal requirements, stigma, and support around human trafficking and sexual assault in SB County for youth under 25.

SPEAKERS

- Hadisha Person, SBC Dept of Behavioral Wellness, hperson@sbcbswell.org
- Rita McGaw, SBC District Attorney's Office, rmcgaw@countyofsb.org

Trauma-informed referrals & Family Resource Centers [FRC]

[VIEW RECORDING >](#) • [SLIDES>](#)

- Discussion on trauma and how it relates to the type of needed resources for the youth and how to refer. Trauma-responsive approaches require us to meet youth where they are, understand them as unique individuals, and consider the context of the families and communities in which they live. Barb brings a community network perspective to resource navigation that is infused with ACEs science and a few key principles from the field of family support.

SPEAKER

- Barb Finch, Network of Care, bfinch@countyofsb.org

Fentanyl & Narcan Use in SB County

[VIEW RECORDING >](#)

- Trends in usage of Fentanyl & Opioids in SB County. Discussion on recognizing behavior changes associated with "opioid poisoning". Learn about available Narcan trainings, how to obtain Narcan, and accessing resources and services.

SPEAKERS

- Melissa Wilkens, SB County Behavioral Wellness Alcohol & Drug, mwilkins@sbcbbwell.org
- Diana Garcia, CADA, dgarcia@cadassb.org
- Monica Ray, Cottage Health, mray@sbch.org

Navigating & understanding negative coping mechanisms (self harm)

[VIEW RECORDING >](#) • [SLIDES>](#)

- Discuss harmful behaviors such as substance use, cutting, or eating disorders. How to recognize signs & symptoms, when it becomes a crisis, and what interventions can be used with youth 7-12th. Understand the difference between eating disorders vs disordered eating. How isolation is being used as a coping mechanism that can exacerbate risk factors such as increased depression symptoms and suicidal thoughts. Signs and symptoms of substance use and how to address an opioid poisoning or overdose. Behavioral issues parents and teachers are experiencing with youth – interventions that can be used with youth.

SPEAKERS

- Grace Stirling, associate of Andrea Kulberg, Grace@AndreaKulberg.com
- Claire Blakey, SBCAMFT, claire@thrivetherapysb.com
- Genevieve Wilkinson, SB County - (TBS) Therapeutic Behavioral Services, gwilkinson@casapacifica.org
- Melissa Wilkins, SB County BWell, mwilkins@sbcbbwell.org
- Jocelyn Sanchez & Michelle Kerwood, CADA, jsanchez@cadassb.org & mkerwood@cadassb.org
- Meghann Torres & Kimberly Valenzuela, Casa Pacifica, mtorres@casapacifica.org & KValenzuela@casapacifica.org

Violence, Bullying, Understanding Gangs in SBC & supporting families

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- Discussion around how we can support families and what the evolution of where we were 10 years ago up till now. What is the focus of prevention and intervention of our local orgs and law enforcement. This conversation aims at identifying the resources needed.

SPEAKERS

- Megan Rheinschild, DA Office, mriker@countyofsb.org
- Dr. Cherylynn Lee, SB Sheriff Dept, crl5034@sbsheriff.org or cherylynn.r.lee.phd@gmail.com
- Kisha Ojeda, SB County BWell, kojeda@sbcbbwell.org
- Brian Jaramillo, Lompoc Unified School District, jaramillo.brian@lusd.org [Lompoc]
- Rebekah Spicuglia, One Community Action, rebekah@onecommunityaction.org [Santa Maria]

Understanding IEP & 504 plans in schools

[VIEW RECORDING >](#) • [VIEW SLIDES >](#)

- Understanding what IEP, 504 plans, MTSS-Multi-tiered System of Support, and SELPA-Special Education Local Plan Area plans are. When do mental health needs qualify? What are the options available for students?

SPEAKER

- Kirsten Escobedo, Assist Superintendent, Special Education, kescobedo@sbceo.org

Connecting families to therapists, understanding private insurance & MediCal

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- What does it mean to close the loop - warm handoff?
- Understanding private insurance: PPO vs HMO. What is covered? Sliding scales & superbill for out of network.
- Employers who provide EAP services.
- Who is eligible for Medi-Cal? What services does CenCal Health provide? How do people access services?
- How can the SBC BWell Access Line make referrals to therapists? Who is served?
- Differences Between Psychiatrists and Psychologists? When do refer for a psychological assessment?
- Pros & Cons of telehealth? How do we support youth & parents in being successful in this?

SPEAKERS

- Kristi Miller, SB CAMFT, past-President, kristi@solutionsinparenting.com
- Kristen Strong, Acacia Counseling & Wellness, dr.kristen@acaciawellness.com
- Dr. Laura Beltran, Serenity Psychological Services, DrLaurabeltranmedina@yahoo.com
- Victoria Rightmire, Director, CADA SAVE EAP (Employee Assistance Program, vrightmire@cadassb.org)
- Nicole Bennett, Community Liaison CenCal, nbennett@cencalhealth.org

Understanding the challenges of marginalized & underserved populations #2

[VIEW RECORDING >](#)

- **Part 2: Foster youth & TAY & Homelessness - Developmental & Physical Challenges.** What should we know and understand about the various populations we serve? How can we be more sensitive and compassionate with parents and students in these populations who might be struggling with a mental health challenge? What are the local available resources & groups for parents, students, families?

SPEAKERS

- Gina Stabile, Alpha Resource Center, gstable@alphasb.org
- Cynthia Munoz, Dept Of CA Rehab, cynthia.munoz@dor.ca.gov
- Brittany Telegan, Karina Cota Fierro, Peer Buddies, karina@peerbuddies.com
- Dr. Stephen Watson, Teddy Bear Cancer Foundation, stephen@teddybearcancerfoundation.org
- Amy Tovas, Noah's Anchorage, amy.tovas@ciymca.org
- Elizabeth Adams, SBCEO transitional youth, elizabethadams@sbceo.org
- Shana Pompa, Fighting Back, Santa Maria, shana@fbsmv.com
- Matt Pennon, Our County Our Kids
- Michelle Moses, Pathways, mmoses@pfsffa.org

Understanding the challenges of marginalized & underserved populations #1

[VIEW RECORDING >](#)

- **Part 1: Cultural diversity - Gender & Sexual Identity.** What should we know and understand about the various populations we serve? How can we be more sensitive and compassionate with parents and students in these populations who might be struggling with a mental health challenge? What are the local available resources & groups for parents, students, families?

SPEAKERS

- Richard Matens, Santa Ynez Tribal Health Clinic, rmatens@sythc.org
- René García-Hernández, Just Communities
- Adrianna Marroquin, Mi Vida Mi Voz, amarroquin@mividamivoz.com
- Kristin Flickinger, Pacific Pride, kristin@pacificpridefoundation.org
- Stephen Mitchell, PFLAG, pflagsantabarbara@gmail.com
- Kathy Abad, SBTAN info@sbtan.org

2021

Substance use resources in SB County

[VIEW RECORDING >](#)

• [SLIDES >](#)

- Understanding substance use in Santa Barbara County and how to make referrals.

SPEAKERS

- SB County Behavioral Wellness - Josh Woody & Melissa Wilkens, jwoody@sbcbbwell.org & mwilkens@sbcbbwell.org
- CADA - Daniel Bryant Center - Michelle Kerwood, mkerwood@cadab.org
- Coast Valley Substance Abuse Treatment Center - Matt Hamlin
- SB Neighborhood Clinics, Bridge Clinic, allcove/Wellness Center, SB Opioid Safety Coalition - Nancy Tille, Nancy.Tillie@sbclinics.org
- Fighting Back Santa Maria Valley - Gina Cortez and Monica Carillo
- Evolve Treatment Centers - Michelle Gross & Catalina, michelleg@evolvvetreatment.com
- Mission Harbor Behavioral Health - Melissa Flannigan, melissa@sbtreatment.com
- Camino A Casa, Casa Pacifica - Dr Katie Pfeifer

Our crisis hotlines for SB County & when to use them

[VIEW RECORDING >](#)

• [SLIDES >](#)

• [PRINT HELPLINE LIST](#)

- Understanding when and how to use our crisis and helplines.

SPEAKERS

- Cal-FURS Urgent Response System - Kimberly Valenzuela, KValenzuela@casapacific.org
- SAFTY Hotline - Meghann Torres, mtorres@casapacific.org
- 211 line - Elisa Pardo & Arisbel Jasso, EPardo@communifysb.org
- ACCESS Line - SBC BWell, Josh Woody, jwoody@sbcbbwell.org
- Central Coast Hotline - Melanie Barket, mbarket@t-mha.org
- CADA parent line - Lino Celio & Michelle Kerwood, lcelio@cadab.org & mkerwood@cadab.org
- Noah's Anchorage - Amy Buckner, amy.tovas@ciymca.org
- Sheriff Co-Response Crisis Team - Dr Cherylynn Lee, cherylynn.r.lee.phd@gmail.com
- National Hotlines & LGBTQ+ Helplines, Christina Lombard clombard@sbcbbwell.org

OTHER DISCUSSION TOPICS [not recorded]

- What is working currently with connecting families to services? What is not? How do we make the referral process more smooth between schools, orgs, and navigators to create a warm handoff for students
- School districts share mental health programs on campus for 2022-23 and an overview of Resource Directory & Rack Cards. Preparing for the new school year. What mental health resources are available on campuses? What support do the school districts need from the community providers?
- Existing school-based services - learning from organizations who have programs on campus
- Highs and lows from the school year for navigators and school counselors