

Partnership for a Healthy Durham Mental Health Committee
July 15, 2021
Minutes
Zoom

Facilitated by: Ashley Bass-Mitchell

Present: Ashley Bass-Mitchell, Darnell Simpson, Bria Miller, Jess Bousquette, Alexandra Hails, Tom Clark, Armenous Dobson III, Natalie Rich, Heather Williams, Stephanie Grey

Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Ice breaker and review of July minutes	<p>Ashley Bass-Mitchell asked the group how they caffeinate.</p> <p>Reviewed July minutes- no amendments recommended.</p>		
Presentation <i>Darnell Simpson, Pinnacle</i>	<p>Darnell Simpson is the Director of Program Operations at Pinnacle Family Services. Family Centered Treatment (FCT) is an evidence-based practice they utilize designed for more difficult to manage children and families. Clinicians go to the homes 2 days a week and meet with families 2 hours each meeting. All services utilize medication management.</p> <p>The framework centers hope and empowerment, acknowledging families as experts of their own lives. Strive to match clinicians with families who have similar stories or backgrounds. One challenge they experienced during the pandemic was getting to know families and making sure that people were aware of changes such as Medicaid Transformation. In response to COVID, they now host some of the sessions virtually.</p> <p>Clinicians work hard to keep the child in the home if possible. When children must be removed from the home, they prepare the child and family for reunification. There is a parallel process to ensure transparency with the child and caregivers. They do a lot of work to empower families and encourage them to create natural supports. This model is less expensive than care in foster homes or therapeutic group homes. FCT is funded by Medicaid and is at no cost to the family.</p> <p>Recidivism rates with FCT are about the same as those who are in group homes for one year. After two years, recidivism rates are significantly lower than those who were in a foster home setting.</p>		<p>Several participants requested to receive Tuesday Trauma and Resiliency. Darnell added the emails to his list and will send them to those made the request.</p> <p>Darnell will email the presentation and referral form to Ashley Bass-Mitchell.</p>

FCT staff utilizes specific de-escalation tactics with families by creating plans with them. They create eco maps to identify how stress and support flows in their lives. Clinicians also utilize Family Life Span framework to review the family's history. Every family has a family-centered plan with general goals and goals unique to their family. Those who complete Family Centered Treatment go through all 4 phases in 5-6 months on average.

What is different about this program is the parallel process. They strive to role model the strategies they teach families. They focus on the family as a system, not an individual.

Highlight- 2018 or 2019 they did not place any child out of the home.

Ashlee Harris is the new Alliance FCT Supervisor. Three of the 4 clinicians who serve Durham live in Durham. They are crisis responders stationed close to the areas they serve.

Darnell showed the referral form to the group. Pinnacle offers therapeutic foster care in all the counties they serve.

Tom asked how we can learn more about the processes and how we can collaborate. Darnell suggested reaching out to their team and they can explore options.

Solutions sends Tuesday Trauma and Resiliency tips via email weekly. These are designed to help build resilience and give tips to overcome trauma.

Ashley Bass-Mitchell asked if there are other training they offer. Darnell said they create/customize trainings to fit requests.

Alexandra Hails asked if they offer Dialectical Behavior Therapy (DBT) to folks not in foster care. Darnell will check but is quite sure that they have DBT certified therapists on their roster.

<p>MH Committee action plan!</p>	<p>Ashley Bass-Mitchell shared her screen to show the goals for the committee.</p>	<p>Want to look at how the pandemic impacted access to services and what is still available.</p>	<p>Each person is to come up with ideas of what goals and objectives to keep as a group at the next meeting.</p> <p>Also want to focus on how to include more community members.</p>
<p>Announcements</p>	<p>Ashley Bass-Mitchell and Armeneous Dobson III announced that they will host a community resource fair Saturday, August 14 at 1525 Glenn School Rd. (Walmart) 10am-2pm.</p> <p>Jess Bousquette shared that Durham County Public Health and Together for Resilient Youth recently launched a guide of resources for individuals who use substances and information on housing options.</p> <p>https://www.dcopublichealth.org/services/health-education/opioid-substance-use-and-addiction-services/substance-use-disorder-resource-guide</p>		<p>Ashley Bass-Mitchell will email the flyer for the resource fair.</p>
<p>Next meeting: Thursday, August 19; 2:00 - 3:00 pm</p>		<p>Armeneous suggested having the next meeting in person.</p>	