

March 26<sup>th</sup>, 2020 3:15 pm via Zoom  
Career Tech and Olalla Center for Children & Families  
(Dee Teem, Elijah, Rebecca Bahr, Sean Larsen)  
Meeting minutes

Career Tech – What’s your sense of the overall need in Lincoln County? What are some things that we could tap into?

Olalla -- Lincoln County lacks sufficient mental health services and lack of capacity to deliver services. It is a big gap in the community, especially for youth and the LGBTQ+ community.

There is a need for positive places for youth to go after school.

Overall health and well-being is neglected for the LBGTQ+ population.

Solutions to help address the problem could include connecting youth with positive activities and mentors, outdoor activities with mental health component. Olalla uses an effective outdoor therapy model for small groups of youth.

Bravery Center is opening in Lincoln City with services specifically for LGBTQ+ youth. There will be times available for youth.

Career Tech -- need to address space for private and confidential meetings as this was a problem last time we tried to provide counseling at the school.

Are there assessments that could help measure impacts of counseling on youth?

Olalla – there are common assessments to determine what needs are. Tailor the program to the need. Do a pre and post to measure outcomes.

What about general wellness?

Career Tech—do a survey to figure out therapeutic and non-therapeutic sessions that students may be interested in. Combination of group and individual counseling.

Students don’t have a place to hang out before/after school so this may work as a time for mental health services or activities.

What about training teachers and infusing mental health in existing classes to deal with things like math and text anxiety?

Olalla – skills trainers can do this. Counseling staff with different expertise can provide different levels of support, training and individual counseling.

Additional follow-up notes from Ben Williams, Olalla Center, April 3, 2020 in response to Career Tech questions posted via Google drive.

Both students and families will benefit from services, depending on the need assessed. Available services will include individual therapy, family therapy, parental peer support, skills training and case management. Each student and situation is different, so assessment guides the services offered to each.

1. Career Tech already serves a higher percentage of youth who are; in poverty, LGBTQ+, in broken homes, homeless and other metrics defining populations who are traditionally defined as underserved. The mental health need in underserved populations is also significantly higher, often up to 50% higher. The resources can help the students be more successful in the classroom, in the near term, and have positive impacts on long-term health metrics like obesity, high blood pressure and heart disease (see ACES Study). Reducing stress at home also has many obvious impacts. These families will also be connected to other community supports/resources they may not access otherwise.
2. Providing quality mental health services and supports, in a thoughtful way, which respects privacy and is client focused, should result in few, if any, unintended consequences. The ease at which students can access these services eliminates most of the traditional barriers to treatment of underserved populations, including; travel, poverty, lack of insurance, etc.
3. When people are under intense stress, or if they are experiencing any big emotions, their IQ drops 20 to 30 points until their emotions are regulated. Those experiencing chronic stress have production representative of an IQ 15 to 20 below what their normal would be. That is just the benefit mental health services will provide for the student's ability to think in school. The benefits to their overall quality of life include; improved relationships, lower stress, better health, social supports, and improved self-esteem.
4. No translation services.
5. The Olalla Center has specialized in supplying mental health services to underserved populations for over forty years in Lincoln County. It has entire programs dedicated to different underserved or marginalized populations, like; The Bravery Center for LGBTQ+ youth, Psychiatric Day Treatment for youth with more severe mental health conditions, Relief Nursery for new parents identified as high risk for domestic or child abuse, The Walden Project outdoor therapy program providing transport and meals to families, and a certified Oregon Health Plan specialist who helps sign people up for health insurance. The Olalla Center has also work with the Federated Tribes of Siletz Indians for decades to help provide family support and culturally sensitive access to mental health services.
6. The Olalla Center assesses individual, cultural and family systems needs from the very first session. Lifting up the families with the most need in the community will collectively enhance the overall health of the community as a whole.

Mental health outcomes will be measured with the Outcome Rating Scale, a validated outcome measure for mental health services. Capacity can be adjusted according to need. For example, once one clinician's case load fills, another can be added. Services can continue through the

Olalla Center once the student graduates. There needs to be a private room with a private entrance to ensure confidentiality. Social media and email will promote the program and provide updates. The Olalla Center has all the networks and relationships needed already established. Working in some regular healthy mental health exercises and practices into the core routine of each student and teacher's day will need to be accounted for in scheduling and formatting the day.

18% of children in Lincoln County Schools are considered homeless (defined as no stable housing - couch surfing, staying with relatives or no shelter)

Lincoln County's domestic abuse and child abuse rates are 60% higher than any other county in the state (Oregonian 2018)