



CCTT Resource Sharing Meeting

Meeting Summary

March 1, 2022

AGENDA ITEM	DISCUSSION	ACTION
<p>1. Welcome</p> <p>Timestamp: 0:00-0:06:20</p>	<ul style="list-style-type: none"> The Resource Sharing meeting translation and interpretation provided by Sandra Rentas 	<p>Please complete CCTT's Partner Demographic Form: https://forms.gle/zeZcubh9ds45mJbA7</p>
<p>April is Child Abuse Prevention Month</p> <p>Beatriz Schaffert, CAPC Coordinator</p> <p>Timestamp: 0:06:20-0:11:15</p>	<p>April is National Child Abuse Prevention Month. There are several ways you can show your support and raise awareness.</p> <ul style="list-style-type: none"> April 1st: Wear blue day April 1st, 5:30-6:00 PM: Community Walk at Truckee Donner Recreation and Park District Community Arts Center 10046 Church St, Truckee April 8th, 12:00-12:30 PM: Community Walk in Kings Beach Location TBD April 23rd, Outreach and education at Earth Day at Palisades Tahoe. Participate in "Be the One" Campaign anytime during the month. 	<p>Contact Beatriz Schaffert if you and/or your agency can support National Child Abuse Prevention Month activities at tahoetruckeecapc@gmail.com</p>
<p>CCTT Behavioral Health Landscape and Roadmap</p> <p>Alison Schwedner, CCTT Director</p> <p>Timestamp: 0:12:35-0:42:35</p>	<p>We shared the ten key findings and priority areas from CCTT's Behavioral Health Landscape and Road Map report with partners. The report was conducted in partnership with the Katz Amsterdam Charitable Trust to help us understand our region's behavioral health challenges and resources, identify future strategies for improvement, and leverage resources for the region.</p> <p>The Roadmap Priority Areas are summarized in ten key findings here:</p> <ul style="list-style-type: none"> Address Financial & Insurance Barriers - Few local providers accept private or Medi-Cal insurance due to 	<p>Participants were given the opportunity to give their input on the ten key findings by joining up to 3 small groups (one for each priority area).</p> <p>We want your feedback: To give your input on any of the priority areas not included in your small group (or if you missed</p>

cost prohibitive and complicated reimbursement processes

- **Harness Flexible & Responsive Funding** - County government provides mental health services to residents whose income qualifies with the most severe mental health challenges. Public dollars - which vary year to year - are available to support other services along the mental health continuum, yet often don't cover the full cost.
- **Focus on Upstream Prevention Services & Connection** - Upstream programs for children and youth, such as school and community-based family and youth strengthening programs, pay it forward and can reduce the potential harms and cost of treating more severe mental health impacts and trauma down the road.
- **Enhance Substance Use Disorder Services** - Drug and alcohol use and abuse rates are higher in Tahoe Truckee compared to state and national benchmarks. There are not enough local services and programs to meet the current need. Community members must travel out of the area for critical and often life-saving in-patient residential services. Local outpatient services are understaffed and underfunded and residents are forced to navigate complex insurance systems to meet their needs.
- **Explore Mobile Crisis Services** - Calling law enforcement or going to the emergency room are often the only options to provide immediate assistance to individuals experiencing a mental health crisis. At times, it is necessary for individuals in crisis to receive this level of life-saving intervention. However, this can also over-tax emergency rooms and law enforcement personnel and ultimately may not best support the individual.
- **Strategically Collaborate to Create a Regional Behavioral Health System** - The Tahoe Truckee region is bisected by multiple jurisdictional boundaries, including 3 counties, 2 states and 17 special districts. This creates a complex and fragmented system of support making it challenging for community members

the meeting), click on the padlet link below to share your thoughts.

[Address Financial and Insurance Barriers](#)

[Harness Flexible and Responsive Funding](#)

[Focus on Upstream Prevention Services and Connection](#)

[Enhance Substance Use Disorder Services](#)

[Explore Mobile Crisis Services](#)

[Strategically Collaborate to Create a Regional Behavioral Health System](#)

[Address Root Causes of Behavioral Health Challenges](#)

[Address Mental Health Stigma](#)

[Expand Services to Spanish Speaking Community Members](#)

[Improve Workforce Recruitment, Retention, and Development](#)

Contact Alison Schwedner at alison@ttcf.net if you are interested in a

	<p>to navigate and access behavioral health services.</p> <ul style="list-style-type: none"> ● Address Root Causes Of Behavioral Health Challenges - Many external factors impact behavioral health in addition to genetics and pre-existing conditions. Toxic stress caused by poverty, housing, food insecurity, fear of immigration authorities and threat of catastrophic forest fires can lead to anxiety or depression and exacerbate underlying behavioral health issues. Additionally, significant disparities exist in our region and socio-economically disadvantaged residents experience worse mental health outcomes. ● Address Mental Health Stigma - Mental Health is no different than physical health and everyone needs expert support from time-to-time to help ensure optimum mental health. High rates of stigma around accessing mental health services prevents community members from accessing much needed services. ● Expand Services to Spanish Speaking Community Members - Our Spanish speaking population has too many gaps in all behavioral health services. We need more Spanish speaking providers and programs and work to sustain piecemeal funding. ● Improve Workforce Recruitment, Retention, and Development - There are not enough providers to provide a comprehensive system of behavioral health support to the community. 	<p>presentation for your agency.</p>
<p>COVID Update Jazmin Breaux, Tahoe Truckee Homeless Services Timestamp: 0:43:05-0:48:42</p>	<ul style="list-style-type: none"> ● Case rates, hospitalizations continue to go down. However there still is high transmission. Below are resources to help you continue to be vigilant. ● COVID-19 Community Level Tool is a tool by the CDC to help communities decide what prevention steps to take based on the latest data. ● https://covid19.ca.gov/state-dashboard/ to compare county to statewide rates ● Free COVID tests can be ordered here: https://www.covidtests.gov/ 	
<p>Resource Sharing Around the Room</p>		

<p>CCTT Alison Schwedner Director Timestamp: 0:48:42-0:50:15</p>	<ul style="list-style-type: none"> • CCTT is conducting a confidential survey to measure local quality of life, community engagement, and mental health needs. The information collected in this survey will be valuable data to inform the work of many of our partners. It will also measure the impact of the COVID-19 pandemic. The survey is open now until April 3, 2022 and is a follow up to the 2020 Community Engagement & Behavioral Health Survey. 	<p>Share the Community Engagement and Behavioral Health Survey. Survey link: https://www.prcsurvey.com/begin/NorthTahoe2022</p>
<p>Kaela Frank Adventure Risk Challenge</p>	<p>ARC invites applications from current high school students for its immersive summer program. The program develops youth leadership and literacy through outdoor experiences. Students can receive elective credits for their participation.</p> <p>The program is based at Sagehen Creek Field Station in Truckee and runs from July 5 - August 6. Students who complete the summer program are eligible to receive a \$1,000 scholarship through participation in our academic year Community Leadership Program.</p> <p>ARC provides up to full-tuition scholarships based on family income and all equipment is provided. They welcome applications from all current high school students. First-generation students, English-language learners, and all students who are motivated to grow from a challenging, immersive experience are encouraged to apply. Priority will be given to students with financial need.</p> <p>The early application deadline is March 25 and the final deadline is April 22. The application is available on the website: www.adventureriskchallenge.org. To refer a student, schedule a presentation, or request materials contact Kaela Frank at 207-837-9903 or kaela@adventureriskchallenge.org.</p> <p>ARC is hosting a free ski and snowboard trip to Northstar for high school students on Saturday, March 19. Equipment, lunch, and a lesson will be provided. No prior experience necessary. Contact Cristina Cruz Navarro at 530-501-0158 or cristina@adventureriskchallenge.org for more information or to sign up. Deadline to sign up is March 11.</p>	

	<p>ARC is hosting a free college visit for high school students during spring break from April 12-14. We will be visiting four schools in the Bay area. Contact Cristina Cruz Navarro at 530-501-0158 or cristina@adventureriskchallenge.org for more information or to sign up.</p>	
<p>Nataly Zarate KidZone Museum</p>	<p>KIDZONE HIRING: Part Time Guest Services Attendant. Apply at https://kidzonemuseum.bamboohr.com/jobs/</p> <p>KIDZONE EVENT! Puppets with Chris Arth Wednesday 3/16, 4/20, 05/18, 11am at the KidZone Museum.</p> <p>KIDZONE EXTENDED Hours: The KidZone is now open on Tuesday in addition to Wednesday-Saturday, 10:30am-3pm (9-10:30 AM members-only hours). Visitation requirements can be found at https://kidzonemuseum.org/reopening/</p> <p>KidZone Scholarships for annual memberships can be found at https://kidzonemuseum.org/become-a-member/.</p>	
<p>Felicity Beallo, Sierra Community House</p>	<p>Sierra Community House will begin a virtual grief series on March 9th at 6.30pm. The workshop is for Spanish community members. Topics include COVID isolation, depression and substance abuse. To sign up contact Jazmin Karns at Jkarns@sierracommunityhouse.org or call SCH's main line 530-214-5171</p>	
<p>Peter Mayfield, Gateway Mountain Center</p>	<p>The peer-led Mindful Warriors Circle meets for weekly drop in every Wednesday from 3:30pm - 4:30pm. For ages 14-25. Where: Gateway Mountain Center – The 4Roots Wellness Center, 10038 Meadow Way, Unit C Truckee CA 96161 Contact Peer Leader: Zack Wise; zack@sierraexperience.org at (530) 414-4170</p> <p>A new cohort will start Mindfulness-Based Substance Abuse Treatment (MBSAT) on March 15th. The 12 module program will meet Tuesday and Thursday from 3:30-5:30 pm. Contact Michael Piatti, Wellness Operations Manager, michael@sierraexperience.org to enroll in the 6 week program.</p>	

	The wellness center is expected to open for drop in 5 days a week at the end of March.	
Sara Monson, TNT/TMA and	The Lake Tahoe Bicycle Coalition has started accepting bicycle donations to repair and donate to South Lake Tahoe community members. They would like to expand the program to the North Shore.	If you see a need in North Lake Tahoe, or would like to become a partner of the Lake Tahoe Bicycle Coalition, then please contact saratnttma@gmail.com
Sharon Silva, Sierra Community House	<p>Mom's Cafe in Spanish. Ongoing Mondays at 10 AM via Zoom. Mom's café is a space for new moms (or mothers to be) to interact and share their experiences with other moms in our community. There are nurses available to answer questions every other week. Nurses and facilitators are a great resource to help with mothering basics including how to hold, burp, change, breastfeed, bottle feed, and care for their babies.</p> <p>Parent's Cafe coming up. Dates to be determined.</p> <p>The Truckee Family Room is expected to reopen in person soon. (currently via Zoom 10-12, M-F).The Family Room is a FREE, bilingual program designed to encourage pre-school-aged children to learn and socialize in a group setting with their parents/caregivers. Programming includes interactive arts, crafts, music and bilingual learning. The program enables parents to gain knowledge on child development and parenting, while building support networks with their peers. Enrollment is open throughout the school year.</p>	
Jazmin Karns, Sierra Community House	Paula Lauer of Sierra Mental Wellness Group will present an Insomnia Group for Placer County Spanish Speaking residents March 10-April 14. The workshop will be on Thursday from 6-8 PM. For more information or to register contact Paula at paula@sirramentalwellness.org or at 530-581-4054.	
Next Meeting		April 5, 2022

