



CCTT Resource Sharing Meeting

Meeting Summary

August 1, 2023

AGENDA ITEM	DISCUSSION	ACTION
<p>1. Welcome and Icebreaker</p>	<ul style="list-style-type: none"> ● The Resource Sharing meeting translation and interpretation provided by Sandra Rentas ● Partners participated in a speed networking activity through Twine for Zoom 	<p>Please complete CCTT's Partner Demographic Form here.</p>
<p>3. A New Treatment for Depression</p> <p>Jonathan Lowe, DNP, PMHNP-BC</p>	<ul style="list-style-type: none"> ● Jonathan joined the CCTT today to inform us about Spravato (esketamine), a new treatment that he has spearheaded at the hospital. ● Spravato is the first FDA approved psychedelic medication esketamine approved treatment for (1) resistant depression and (2) major depressive disorder with suicidal ideation. ● Jonathan gave us a high-level overview of how esketamine works as a NMDA receptor site antagonist supporting both rapid onset and long-term antidepressant effects. ● He then described the treatment schedule, dosage, and consideration for intranasal spray and the differences between ketamine and esketamine. ● This treatment is covered by insurance, including mediCAL and medicare. It requires prior-authorization for most insurances and is often not covered under Rx benefits. Without insurance, it is quite expensive at \$800-\$1,100 treatment. Most of Jonathan's patients don't pay anything or pay \$10. ● Results of this treatment have been very promising~7-10 patients will achieve remission, a reduction of at least 50% of symptoms. ● This is the first offering of this medicine in Truckee. ● Patients don't need to be a patient of Jonathan's to receive this treatment. ● 4 years of data- so far no long-term side effects. 	<p>Jonathan shared that he wants access for all and that his patient census doesn't represent the population. If you know someone who needs behavioral health services, please refer them to Jonathan Lowe at Tahoe Forest Hospital.</p>
<p>4. COAD Update</p> <p>Anne Rarick, Manager</p>	<ul style="list-style-type: none"> ● Nevada County was included in the federal declaration for winter storms that occurred in February/March 2023. ● Primary residences can access individual assistance by applying for Fema online, via app, or by calling (800) 621-3362. ● Local assistance centers at Alder Creek Middle School have shut down. ● The deadline to apply for federal assistance has been extended through September 1. ● Applicants are required to file a claim with their insurance company first. Anne shared 	<p>The COAD has been working with a FEMA voluntary agency liaison to assess the need for a long-term recovery group. If you are seeing any needs arise within the community or the</p>

	<p>that some community members are concerned about applying to FEMA over fears of their insurance coverage being dropped.</p> <ul style="list-style-type: none"> Eligibility is strict and the process is a bit complicated so FEMA does suggest that denied applicants apply again. 	<p>clients you work with, please let Anne know at anner@connectingpoint.org so she can report to OES/FEMA.</p>
5. CCTT Report Card	<ul style="list-style-type: none"> CCTT gave an update on report card data and provided an overview on how to access data on its website. <ul style="list-style-type: none"> Alison Schwedner along with partners from Sierra Community House, TTUSD, the COAD, and Tahoe Forest Hospital presented a Report Card overview on May 16th at Good Morning Truckee. You can review the recording here. Over the next six months, we are going to spend time at resource sharing meetings digging deeper into the data to really understand what we are measuring, why we are measuring it, and how we can use the data to impact our programs. Data is collected around three main areas: health, education, and economic well-being. Partners can access updated data (when applicable) in scorecards around each area on CCTT's website here. In addition, partners can download the 2019 issue brief from this webpage. The current issue brief will be published soon. Other data dashboards to reference: California Healthy Kids Survey Behavioral Health 	<p>Watch Alison's presentation to Good Morning Truckee.</p> <p>Review the data in CCTT's scorecards and let us know if anything seems inaccurate or if you would like to see additional indicators tracked.</p> <p>Future data schedule: September: Health data October: Housing data January: Education data February: Health data</p>

Resource Sharing Around the Room

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Sierra Nevada Regional Department of Child Support Services Scott DeWitt	<ul style="list-style-type: none"> Sierra Nevada Regional Department of Child Support Services in collaboration with Sierra Community House would like to announce monthly clinics where a child support representative will be available to answer any questions that you may have. If you have a child support case, case specific information can be provided to you. General information about child support and available services can be provided. Spanish speaking representatives are available on site. These clinics are held the second Wednesday of each month, from 9:30am – 3:30pm, at Sierra Community House. 11695 Donner Pass Road, Truckee 	
Suicide Prevention Coalition	<ul style="list-style-type: none"> Back by popular demand, the Community Collaborative of Tahoe Truckee is partnering with the Tahoe Truckee Suicide Prevention Coalition to provide a second workshop on having mental health conversations. We first held this training at the May 	

	<p>Collaborative meeting. This training will be provided by Shannon Decker and will teach attendees about safety planning and how to support someone who is experiencing a mental health crisis. September is Suicide Prevention Month, visit www.tahoelife.org, to gather more information or to stay in touch with local prevention efforts and resources.</p> <ul style="list-style-type: none"> ● Training: September 29, 12 PM on Zoom 	
Important Housing Meetings	<ul style="list-style-type: none"> ● TBAP Economic Sustainability and Housing Amendments Town Hall Meeting <ul style="list-style-type: none"> ○ Tuesday, August 1 @ 5:30 PM via Zoom ● Truckee Chamber Lunch and Learn: The Truckee Home Access Program (THAP) <ul style="list-style-type: none"> ○ August 9 @ 12 PM, Truckee Town Hall Council Chambers ● TBAP Economic Sustainability & Housing Amendments – Placer County Planning Commission Hearing <ul style="list-style-type: none"> ○ August 10 @ 11 AM in person at North Tahoe Event Center 	
TTUSD, Barbara Kane	<ul style="list-style-type: none"> ● TTUSD school readiness parent workshops ● August 7 12-6 PM @ Truckee Elementary School Gym ● August 8 12-6 PM @ Kings Beach School Gym <ul style="list-style-type: none"> ○ Receive assistance with student data confirmation, free and reduced lunch applications, bus pass sign ups ○ At the event, multilingual staff, chromebooks to utilize, supervised activities for kids, free book for attending students 	
Adventure Risk Challenge (ARC), Kaela Frank	<ul style="list-style-type: none"> ● 12 TTUSD students just graduated from the ARC summer course (30 day course) ● The 11-day pilot short course was so successful that there are plans to continue it next summer. ● Monthly weekend trips during the school year will be open enrollment to any high school including the Incline/Reno area. ● Building out programming with programs at NT and Truckee high schools for 9th grade students. ● Staff changes. ARC has hired another Program Facilitator and Cristina Cruz Navarro will be in the co-director role in the fall. 	
SOS Outreach, Heather Schwartz	<ul style="list-style-type: none"> ● If you are interested in being a mentor with SOS Outreach this winter or if you know someone who would be a great fit, please email Heather Schwartz hschwartz@sosoutreach.org. Training kicks off in October. 30 mentors are needed each season. ● Gary Goldfinger will return as seasonal Program Coordinator and Uriel Montoya will return as Program Assistant. 	
Community	<ul style="list-style-type: none"> ● 211 Wildfire Resource page is live. Check it out regularly for updates and resources: 	

Organizations Active in Disaster, Anne Rarick	https://211connectingpoint.org/wildfire-resources/	
TTUSD, Cindy Maciel	<ul style="list-style-type: none"> ● Save the Date for the 20th Annual Child Development Conference <ul style="list-style-type: none"> ○ Oct 14, 9-12:30 with Jim Gill ○ Music, movement and how to play and learn with children ○ For anyone working with families ● STEPP/infant toddler program has a waitlist; still enrolling for state preschool ● Hiring for Kings Beach family room support and for subs in early learning care. ● Contact Cindy at cmaciel@ttusd.org 	
Sierra Community House, Jazmin Karns	<ul style="list-style-type: none"> ● Tomando Control de mi Vida (Spanish/Espanol) Support group- 8/17-9/28, Thur 5-7 PM at SCH, Kings Beach ● Expres-Arte (Spanish/Espanol), Tues 5-7PM, SCH, Kings Beach. Register in advance. Childcare provided, SCH Kings Beach ● Zumba, Wednesdays and Thursdays, 5:30-6:30 PM, Domus Apts, Kings Beach ● Comite Latino (Spanish/Espanol) last Friday of the month 6-7:30 PM, Domus Apartments, Kings Beach ● Community Outreach meeting, Sept 6, 1-3:30. Contact Jazmin if you'd like to attend. Facilitated in Spanish. ● Jazmin Karns, Sierra Community House - Community Organizing Coordinator jkarns@sierracommunityhouse.org 	
Sierra Community House, Sharon Silva	<ul style="list-style-type: none"> ● Parenting classes and family room will be offered again in the school year. ● SCH also offers support groups for pregnant and breastfeeding mothers. ● Sharon Silva, Sierra Community House Parenting & Early Learning Program Coordinator ssilva@sierracommunityhouse.org 	
Tahoe Forest Hospital, Medication Assisted Treatment Program and Truckee Therapy Ben Savelli	<ul style="list-style-type: none"> ● TFH- several weekly group therapy sessions for those with substance use dependency: <ul style="list-style-type: none"> ○ Wednesdays 3-4 and 4-5 PM ○ Thursdays, 9:15-10:15 AM ○ Fridays for adolescents, 3:30-4:30 PM ● Beginning on 8/10, TFH is offering a Seeking Safety class for those with substance use dependency and trauma ● At Truckee Therapy, Ben has started an autism parent support group, TH, 6-7 PM and a grief therapy group M, 6:30-7:30 PM (insurance or donation based. No one turned away) 	
Kate Marrone, Liberty Utilities	<ul style="list-style-type: none"> ● Federal guidelines can be a challenge for community members to qualify for low-income assistance programs, Liberty has made it easier by extending eligibility to 	

	<p>individuals who qualify for other public assistance programs (WIC, Medical, etc)</p> <ul style="list-style-type: none"> ● If you would like more information, please contact Kate at Kate.Marrone@libertyutilities.com, 530-414-3237 	
<p>North Tahoe-Truckee Homeless Services, Cathie Foley</p>	<ul style="list-style-type: none"> ● For winter, hiring: <ul style="list-style-type: none"> ○ 2 PT staff to open the Emergency Warming Center. Shifts are 5-10:30 PM ○ FT Coordinator for the day center ○ Reach out to Cathie if you, or someone you know, is interested, at cfoley@amihousing.org ● Day Center is open at the Church of the Mountains, T-TH, 1-5 ● Cathie received a large donation of adult-sized socks from Bombas. Please reach out to her if you are serving any community members also in need. 	
<p>Town of Truckee Erica Mertens</p>	<ul style="list-style-type: none"> ● The town of Truckee is donating up to 40 used and in good condition computers. To request a computer, please email Erica at emertens@townoftruckee.com ● Aug 1 is National Night Out. Police and law enforcement will be at the regional park. Game and food.5-7 PM ● Tart Connect is finally available in Spanish (woot woot!) 	
<p>What's up Wellness Nikki Riley</p>	<ul style="list-style-type: none"> ● What's up Wellness provides mental health screenings (primarily with 9th graders) ● Nikki got her AA in therapy and will be working in town in September 	<p>Please share any resources that are specific to our student population with Nikki at nikki@whatsupwellness.com</p>
<p>Tahoe Truckee Community Foundation, Phyllis McConn</p>	<ul style="list-style-type: none"> ● The 2023 Community grant cycle opens on August 15. Written applications will be received through September 15. In addition, organizations can interview instead of submitting a written application. There are 24 slots available. Sign up by 8/9. ● More information here. 	
<p>Next Meeting</p>		<p>September 5, 2023</p>