

# Documentation

## Comprehensive Strategy and Healthy Siouxland Initiative Quarterly Community Meeting 9:00 – 11:00 AM, June 11, 2015

**Topic: Data Sharing - Mental and Behavioral Health Issues in Siouxland**

**Meeting Objectives:**

- To increase understanding of how to access data regarding youth risk factors
- To raise awareness of current mental health issues and challenges in the Siouxland area
- To network with colleagues and share insights

**Agenda:**

- Welcome/Introductions
- Partner Spotlight – Holly Keegan on the Teen Sexual Health Survey
- “Let’s Go Fishing” - Data search exercise led by Michelle Lewis, Siouxland District Health Department
- Data Booklet Handout: Herb Kuehne and Linda Phillips, Siouxland CARES
- Mental Health Services for School Age Children - Panel:
  - Sheila Martin, Integrated Health Home Initiative
  - Jennifer Gomez, Sioux City Schools Equity Director
  - Jim Rixner, Siouxland Mental Health Center Director
- Round Table Discussions
- Offers and Requests
- Adjourn

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**Welcome and Introductions**

Comprehensive Strategy Chair Barbara Aalfs led brief introductions.

**Partner Spotlight**

Holly Keegan presented data and background information from the Teen Sexual Health Survey she had conducted as part of her social work internship for Briar Cliff University. The Teen Sexual Health Survey may be accessed on the Siouxland CARES website at <http://siouxlandcares.org/wp-content/uploads/Teen-Sexual-Health-full-guide-2015.pdf>

## Let's Go Fishing

Michelle Lewis, Siouxland District Health Department, led an exercise designed to raise awareness among the attendees regarding data sources and how to access data related to positive youth development. Following the presentation, Herb Kuehne and Linda Phillips distributed copies of the **2015 Comprehensive Strategy Data Booklet** and walked the participants through its contents. The members of the Comp Strategy Data Committee (Herb Kuehne, Linda Phillips, Michelle Lewis, Davidson Wissing, Carla Granstrom, and Rita DeJong) were thanked for their continued dedication to collecting, packaging and sharing data the Siouxland community can use in the best interests of positive youth development.

The 2015 Comprehensive Strategy Data Booklet may be accessed electronically on the Siouxland CARES website at <http://siouxlandcares.org/wp-content/uploads/2015-Data-Packet.pdf>

## Mental Health Services for School Age Children Panel

Sheila Martin (Integrated Health Home Initiative), Jennifer Gomez (Sioux City Schools Equity Director) and Jim Rixner (Siouxland Mental Health Center Director) served as guest panelists who provided information related to issues of mental and behavioral health, including existing and emerging services available to youth and families. Following the panel presentation, participants engaged in roundtable discussions regarding the implications of the information shared by the panelists. Some participant insights included:

- The kids getting attention have behavior versus mental health issues.
- There are issues (gaps) with continuity of care.
- Criminalization of behaviors regarding mental health creates self images that predetermine results.
- Diagnosis of ADHD is overly high - much of it is trauma related instead of ADHD - but kids are put on meds anyway.
- There is a need for community education, especially parents and family (NAMI)
- Need to reduce the trauma that can cause mental problems.
- We need money for prevention (Children's mental health waiver).
- Kids in residential services need to "fail" their way into needed services - we instead need to focus on prevention and early intervention.
- Need better collaboration between providers and families.
- Need to keep work out of silos. Need to work with whole child. Schools are getting better at seeing what is happening inside and outside of school.
- Fundamentally important that people work within own expertise.
- Trafficking victims and refugees need special treatment that we need to address.

## Offers and Requests

***The Changing Face of Iowa - Implications of Changing Demographics for the Child Welfare System*** Stark Student Center, Briar Cliff University, 3303 Rebecca, Sioux City, IA, 51104 - June 24, 2015 from 2:00 - 4:00 pm. Presenting information on the disparities in child welfare will be University of Northern Iowa professors, Dr. Mark Grey, Director of the Iowa Center for Immigrant Leadership and Integration and Dr. Michele Devlin, Director of Iowa Center on Health Disparities. Their presentation will be followed by remarks from representatives of the Department of Human Services, Iowa Courts, and others followed by a discussion by participants. Please respond to Richard Closter [rcloster@dhs.state.ia.us](mailto:rcloster@dhs.state.ia.us)

***Siouxland Coalition Against Human Trafficking workshop***, July 26, 1-4 pm at Briar Cliff University. Brochures distributed through Sister Shirley, Briar Cliff.

***Community Health Needs Assessment Community Input meeting*** to identify services, gaps, and ways to improve identified priorities of the community. Aug 27<sup>th</sup>, 11:45 - 2:00 pm. RSVP to [mlewis@sioux-city.org](mailto:mlewis@sioux-city.org) if attending.

***New legislation, July 1, 2015 - "Workforce Innovation & Opportunity" replacing "Workforce Investment Act,"*** focusing on out-of-school youth, ages 16-24. Intent, to prepare disengaged young people for successful employment and training. Call JPT at WIT - 274-6401 with questions.

***Awesome Biker Nights volunteers needed*** Friday, June 19<sup>th</sup> & Saturday, June 20<sup>th</sup>. Call Mary Bertram at 274-1610, ext. 206 at the Community Action Agency. Raising funds for Crossroads Shelter.

***Advice and guidance in applying for health insurance*** (HEALTHCARE.Gov marketplace, Iowa Medicaid, Iowa Health & Wellness) - Education and outreach about rights and responsibilities in having health insurance coverage. Contact Carrie Radloff, Navigator (Western Iowa), 515.414.9166, [carrie.radloff@ppheartland.org](mailto:carrie.radloff@ppheartland.org) any time (evenings & weekends!), in person, on phone, by email or even Facebook Messenger! Why - to eliminate inaction due to ignorance, misinformation or misunderstanding of the ACA and Iowa Medicaid programs.

## Adjournment

The meeting adjourned at 11:00 AM.

## Participant Evaluation Summary

Number of respondents: 56

Average rating listed in ***bold italics***

	<i>Excellent</i>	<i>Adequate</i>	<i>Unhelpful</i>		
	1	2	3	4	5
Topics chosen for discussion:					
	<b><i>1.4</i></b>				
Meeting format:					
	<b><i>1.5</i></b>				

**The following meeting objectives were rated according to the level respondents thought they were met. (1 being “fully met,” 5 being “not addressed at all”)**

To increase understanding of how to access data regarding youth risk factors	1	2	3	4	5
	<b><i>1.8</i></b>				
To raise awareness of current mental health issues and challenges in the Siouxland area	1	2	3	4	5
	<b><i>1.4</i></b>				
To network with colleagues	1	2	3	4	5
	<b><i>1.7</i></b>				

### **An “ah-ha” for me during this session was...**

- Incarceration of mental health problems - Rixner
- How underserved children with mental health issues are in the Sioux City Schools
- How hard it is to find the statistics about the adolescents
- Mental health panel
- Great information - good experience to help “fish” for data
- The number of students struggling with mental health issues
- Community providers lack awareness on services for children regarding mental health.

- The wonderful news that Sioux City Schools has begun to train and has a goal to train 600 staff on youth mental health first aid in 5 years.
- Availability of resources and data.
- Learning about the homeless
- The amount of homeless children in Siouxland
- Need for prevention education.
- Number of homeless kids in school this year.
- Number of students receiving mental health services in school.
- Google isn't everyone's go-to research tool.
- Mental health and still issues receiving adequate care
- Sioux City School District's grant - First Aid Mental Health
- Not enough providers is a major barrier. Collaboration is key!
- Realizing what the school district was doing regarding mental health first aid.
- Importance of early education for teen sexual health
- Mental health needs for young children

**I would suggest that in future sessions we...**

- Review Iowa Medicaid changes; how to reach unserved individuals and clearly communicate services available, including those between dire poverty & middle class.
- Gender identity issues with youth
- I really liked the activity of looking for the data for the book. It was a great example of how hard it can be to find this information and potentially how your ordinary parent may not have information to these statistics and may develop their own mental health problems while dealing with these children and teens due to feeling alone and not knowing the prevalence.
- Longer sessions - really not enough time to ask questions or explore concerns.
- Human trafficking
- Are there additional pieces of data that would be beneficial to a significant # of Comp Strategy partners that should be added to the annual review? (are there data pieces that are being pulled that are no longer relevant/as important)?
- More discussion on available services for children's mental health and what the community can do to prevent.
- Continue children's mental health.
- More networking time
- Trauma
- Discussion that can move to purposeful action, not just talk about what needs to be done. How to make something really change?
- Decline of morals in society. Fatherless children.
- More "highlights" of data in packet.
- Dr. Bill Withers - Wartburg College - Generation X

- How to solve these mental health issues (maybe narrow down specific mental health issues)
- Don't go fishing. The discussion was the most helpful part.
- More specific topics instead of more broad systems.
- Human trafficking
- Explore comprehensive/collaboration efforts/best practices
- N/A
- Funding across jurisdictions, counties, states, etc.
- Sexual abuse
- I would love to hear more personal experience stories
- Alcohol, drug abuse/use for those under age
- Abuse in Siouxland

**Other comments:**

- Great information!
- Great information! Thank you for the data provided.
- Nice facilitation
- Nice session
- Loved the PR share at the end - how can we do more of this more often?
- Do these quarterly.
- I enjoyed all of the information given
- Very good meeting; good information.
- So hard to finish the conversation in so limited time.
- N/A
- Thank you for the data book
- If a packet is sent to parents regarding how to identify with their child's health, send payment options. That's a huge issue. Also, the school's do NOT advertise the mental health help. Tell the students. We need it.
- N/A (smiley face)
- Great information
- Networking time - more around activities - more interaction.
- The mic during the panel discussion was very distracting