



## Bay Area Health Funders Group | The Next Generation: Youth Mental Health

May 7, 2020 | 1pm -2:30pm

### Resources

#### Speakers Contact Info.

- Giovanni Tricerri: [jtricerri@nvcf.org](mailto:jtricerri@nvcf.org)
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- Elizabeth Hawkins: [hawkins.elizabeth@gene.com](mailto:hawkins.elizabeth@gene.com)

#### Shared on the Call

- [Ace Interface](#)
- [YouthTruth](#)
- [The Center for Mind-Body Medicine](#)
- [La Plaza](#)
- [Trauma Transformed: Frontline workers counseling project](#)
- [California Children's Trust](#)

### Meeting Goals

- Learn how Bay Area communities that have experienced disaster have been supporting resilience and addressing mental health needs for youth.
- Learn about work in the Bay Area to address trauma and resilience for low income youth, and how that can inform our strategies for responding to the impact of COVID-19.
- Funders will understand the roles they can play to support resilience and mental health needs of youth during the COVID-19 crisis.

#### Jovanni Tricerri, Vice President, Regional Recover & Partnerships, North Valley Community Foundation

- North Valley Community Foundation became the hub for recovery after the Camp fire and was able to raise \$71M for recovery and has granted \$33 million so far.
- What they learned:
  - Disasters don't discriminate but the recovery process often does, particularly for those with mental health needs.
  - People recover in many different ways, including arts, gardening, etc. Wanted to hear from the community what they needed to recover.
- The Process:
  - Ask – What are you learning? What are you hearing?
  - Go to the edges – Created a team of people on the edges and asked them for what language to use when creating the grantmaking program.
  - Expand & integrate – Expand the group of folks that are typically at the table for mental health.
  - Important to have collaborative competence – Be curious, be gracious, seek to learn, create a level playing field, and promote creativity.
- Building Partnerships



- Sought out partners that wanted to participate with the foundation on this innovative work and shared collaborative competence listed above.

### **Karin Demarest, Vice President for Community Impact, Community Foundation Sonoma County**

- When funds come in for a disaster, they often go out quickly. Decided to focus on more medium to long term impact. Long term work is difficult and expensive, especially when talking about mental health.
  - Dispersed 75-80% of funds raised for recovery from the fires in the first six months, but having the funds go out so quickly put nonprofits on a constrained timeline to get services out the door.
- Partnerships and good data are vital to this work. Some projects and partners the foundation is working with include:
  - Youth Truth – During recovery from the fire, was able to go to schools and survey students, teachers, and parents. Have added questions around COVID, and have seen an increase in suicide thoughts and depression. Those most affected by the fires, LGBTQ students and middle school students seem to be more vulnerable at this time.
  - The Center for Mind body Medicine– Trained 250 people in the community self-healing techniques, with the caveat that they would go out and teach these techniques in their community.
  - Family Resource Centers and nonprofits that already work in school districts to help know where funding is most needed.
  - La Plaza - Part of the LatinX community, have found that culture cures (la cultura cura). Currently looking out for students via Zoom to provide any support the student or parents may need.
  - Wildfire Mental Health Collaborative- Points to the need for meeting youth where they are at and providing mental health services.
  - Paid for teachers to attend a three day institute where presenters shared trauma informed techniques that teachers were able to bring back to their communities.
- As the school systems is in disruption, there's a lot of potential for funders to bring in creative thinking and foster new ways of being in partnership.
- **Q & A**
  - What are data? It's not just numbers, but experiences of folks in the community - how do we ensure that these experiences carry as much weight as numbers from scientists?
    - In the field of mental health, stories are how we can effectively engage others.
    - Community Foundation Sonoma County – Stories from listening circles were used to inform grantmaking but also to inform donors, and have been very influential.
    - Important to look for organizations that are staffed bi-lingually, who are trying to address disparities and address a community's diversions to mental health conversations.
  - How did you identify those with most pressing needs?
    - Youth Truth- This was a partnership with Hewlett, who realized that funders needed more authentic data, so they partnered with various organizations to launch Youth Truth.



- Cross sector partnerships built on trust are key.

### **Elizabeth Hawkins, Senior Manager, Corporate Giving, Genentech**

- View of corporate giving aligns with the corporation, in wanting to improve the health and wellbeing of all its patients.
- Few years ago, began thinking about how they can prevent people from having to take their medicine. Which eventually led to a fundamental question about how they can support kids and parents and provide buffers that will aid them thrive.
- Entered this space through mental health as overall health. Adversity affects our brains and bodies.
- Launched the Resilience Effect three years ago, which focuses on Bay Area kids from 0-5, their parents, and their caregivers. It has five components:
  - Clinical Care Improvement
  - Family Engagement & Support
  - Research & Innovation
  - Sustainability & Scale
  - Collective Action
- Grappling with the following questions and happy to connect with others to discuss further:
  - How do we bridge the silos that exist among the different systems that serve families?
  - With many services and interventions having to be done online, how do we create meaningful virtual check-ups?
  - Investing in basic needs vs. mental health, what's the role of philanthropy in this?
  - Prenatal stress- How do we support mom's and kids who are facing this trauma?
  - How do we care and support healthcare workers who experience a higher amount of trauma than the rest of the population?

### **Q & A**

- What are buffers for mental health that we should consider supporting?
  - Need to think about the larger ecosystem of funding and the different types of investments that are being made to support kids and families. Need to be able to integrate mental health services and trauma informed practices in all these different services.
    - Need to expand who we are training trauma informed practices to. i.e. those who work at the library, grocery store, any role that interacts with youth.
  - Setting up buffers is an upstream approach, how are we meeting the needs of youth and families early?
  - There is a difference between mental health and treating a mental illness, but the system is currently set up to respond to the latter.
  - Need to identify opportunities for philanthropy to partner with government and leverage funds to implement systems change.
- Are there opportunities funders can support to address upstream structural barriers?



- California Children’s Trust (CCT) is working on funneling billions of dollars from the federal government into the state, which hasn’t been able to access these resources in the past due to the Medicaid process being so cumbersome and counties being risk adverse. Currently have a partnership with Safe and Sound in San Francisco, who represents 26 family resource centers and working on support for dyadic programs.
- What is something you are proud of that your foundation is doing around mental health?
  - Ashley McDevitt, Peninsula Health Care District – Created a youth advisory group, which is providing a group of young women space for them to process everything that’s going on. Also worked on the Gardener Report, which looked at quantitative and qualitative data around transitions for young people in grade school and where the opportunities are to ensure smooth transitions.
- Have any of the panelists heard any stories on how their investments from the Camp fire have prepared folks for COVID?
  - Have seen how relationships built during that time have adjusted and as teachers reach out to students at home, they are now also building relationships with parents.
- Laurie Kappe, Consultant – Need to balance concrete needs and investment in systems. A couple anecdotes to share, now that health care providers are allowed to offer telehealth visits, many more kids are showing up for therapy, the no show rate has gone down dramatically. While this is great, also presents a concrete need of laptops and cell phones for families that are under resourced.

## Closing

- Next BAHFG Program: August 6<sup>th</sup> – Successful Funder Collaborations