



YOUTH MENTAL HEALTH FIRST AID

64.1%

of youth with major depression do not receive any mental HEALTH TREATMENT.

Mental Health America

1 in 5

teens & young adults lives with a mental HEALTH CONDITION.

National Alliance for Mental Illness

5.13%

of youth report having a substance use or ALCOHOL PROBLEM.

Mental Health America

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHO SHOULD TAKE IT

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
 - ▷ Anxiety
 - ▷ Depression
 - ▷ Eating disorders
 - ▷ Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT
www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.

WANT TO TAKE THE COURSE?

Where: Central Florida Cares Health System, 707 Mendham Blvd, Suite 201, Orlando 32825

When: Friday, April 10, 2020 from 9:00a - 5:00p

Register Here: ebustamante@cfchs.org



MENTAL
HEALTH
FIRST AID®

Youth Committee Notes

02/11/2020

Welcome

Y.A.S. Updates:

- Still looking for storage space
 - What type of space?
 - Any kind would help
 - Where?
 - Preferably downtown, walking distance from downtown
 - Wants to use the storage space for food, clothing, and hygiene donations.
 - Need t-shirts and tennis shoes (Male clothing)
- Hosting an recruitment event mid-March
- Looking for a more permanent meeting space
- Requesting cell phone donations
- Small Bill Assistance:
 - Budget approved
 - Request form created
 - Guidelines and limits established

Workgroup Updates:

- Todd Carr: (Orange County) Housing for All- 10 Year Action Plan
- Rebecca Leninger: Jobs open at Embrace Families
 - Program Director- Pathways to Home
 - Program Manager- Public Allies
- L. Rashad Haynes: Lived Experience Council
- Jasmin Reyes- OCPS- 2 scholarships available to homeless youth
- Leonard Bass: Valencia- Food Pantry expanded, resource fair April 18th, CRN Host Homes Initiative

PIT Count:

- No data from the count yet
- Feedback is welcome

YHDP:

- YHDP will be rolled out in the coming weeks (was released March 14th in 2019)
- Needs:
 - Needs assessment
 - Previous PIT data

- Involve YAS early
- Include Youth Committee ‘Goals and Objectives’
- Survey to identify gaps
- Probe Legal Aid for possible data
- Valencia food pantry data
 - Also reach out to UCF
- Reach out to CFCH Leadership Council
- Request data points from partner agencies

Letter to Leadership Council

- Request support with information for YHDP
 - Include with request #1 on letter
- Attach Youth Committee ‘Goals and Objectives’
- Include need for increased dedicated funding source
- Letter needs a ‘call to action,’ letter should have more sense of urgency
- MOU? With leadership council
 - Short term
 - Support with YHDP
 - Medium term
 - Dedicate resources
 - Adopt ‘Goals and Objectives’
 - Include financial impact of Youth Homelessness
 - Find citation
 - Why youth homelessness needs preference
- Use a term other than “preferential”
- Timeline for letter: Submit on **February 21st, 2020**

CFCH Youth Workgroup Vision Goals and Objectives 2020

Vision:

Every youth experiencing housing instability should have the opportunity to access the appropriate and unique resource needed in order to successfully prevent and/or transition out of homelessness.

Focus Areas:

Mental Health

Housing Units

Affordable Housing

Mental Health Goals:

Low hanging fruit: Goals within the next 90 days

1. A transparent list of mental health resources and accessibility options
 - a. Identify a resource sharing platform and a person/provider to keep the list updated.

Short Term: Goals within 1 year

1. Required mental health education/training for first responders in order to provide quality services.

Long-Term: Goals within the next 3-5 years

1. Tri-County area to provide all free youth mental health services from public and private sources.

Housing Unit Goals:

Low hanging fruit: Goals within the next 90 days

1. Work with YAS to identify and create a list of youth specific needs/barriers for housing by March 2020.
 - a. Establish list of questions for YAS and have a food and focus group at an upcoming YAS meeting.
2. Work with HLT to develop a separate youth focused housing inventory by March 31, 2020.
 - a. With above outcomes of YAS focus group, work with HLT to create youth housing inventory list.
3. Explore other housing models that meet the needs of youth ex. ROPL at Zebra by March 31, 2020.
 - a. Consult Brett (Zebra) and national models (CRN) regards other possible housing models.

Short Term: Goals within 1 year

1. Identify key players who work youth in the area of housing i.e. providers and case managers by January 31, 2021.
 - a. Identify by possible models who are potential providers and the needed resources.
2. Educate and create awareness within community, providers, and stakeholders working with youth for housing on the understanding of the system flow (coming through CES and process flow), while in turn bring awareness of new/available resources.
 - a. Develop a presentation on system training and discussion at the OCPS Summit in summer of 2020.
3. Work with new communication/community staff (to be developed) and CRN staff to create an on-going platform for continued awareness and education with a housing focus.

Long-Term: Goals within the next 3-5 years

1. 1. With YAS input, develop a list of youth specific trainings that will assist youth in maintaining stable housing by December 2023.
 - a. Research best practices and consider YAS feedback.
 - b. Develop a robust training for case managers who specialize in working with youth on youth needs and youth housing needs by December 2023.
 - c. Develop consistent training to be implemented system wide through HSN.

Affordable Housing Goals

Low hanging fruit: Goals within the next 90 days

1. Establish affordable housing rate based on actual wage of unaccompanied homeless youth/young adults.
 - a. Research data around wage and housing affordability, specific to youth.
 - b. Current (annual) number of youth currently stably housed
 - c. Current estimated number of youth needing housing
2. Develop a message around the data focusing on the unique needs of youth and long-term cost of waiting to address.

Short Term: Goals within 1 year

1. Advocate with housing authority for 10 youth specific vouchers form those currently available.
 - a. Identify contacts on housing authorities and present message
2. Advocate with local employers with capacity to house and employ youth.
 - a. Identify the employers and present message.
3. Raise the level of awareness around youth specific homeless issues.
 - a. Send resolution to CFCH Leadership Council expressing the Workgroups desire for more Youth Specific Initiatives along with data collected to support the need.

Long-Term: Goals within the next 3-5 years

1. To secure double (2X the amount of the documented number of unaccompanied homeless youth) in number of affordable housing units available for young adults.
 - a. Identify data source and track quarterly.

Group: Mental Health

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Group: Affordable Housing

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**Todd Carr, Chair CFCH Youth
Homelessness Workgroup**

**Mike Griffin
Board Chairman
CFCH Leadership Council**

Council Members:

I write to you on behalf of the CFCH Youth Homelessness Workgroup, established in 2017 to address the specific needs of unaccompanied youth, ages 13 to 24, and their providers in our CoC. The workgroup formed around a vision that every youth experiencing housing instability should have the opportunity to access the appropriate and unique resources needed in order to successfully prevent and/or transition out of homelessness.

The *Central Florida Tri-County Youth Count*, published in 2017 by the Chapin Hall at the University of Chicago in partnership with CFCH, found that on a single night, 268 unaccompanied young people were found to be without housing in Central Florida. As with any point-in-time count, we believe this to be an underrepresentation of the actual need. The reasons for their homelessness are varied, but we know that this population is disproportionately impacted by those who have spent time in foster care and/or juvenile detention, who identify as LGBTQ+, are pregnant/parenting, or are Black or African-American.

That same study found very limited resources designated for and/or able to meet the needs of homeless youth. As a workgroup, we hope to partner with CFCH leadership to improve visibility of and resources available for this critical population.

We understand that the issue we are addressing as a community is complicated and multi-layered, but with our workgroups specific vision in mind, we request the following from the Leadership Council:

1. The unique and specific needs of youth are identified and recognized in all strategic planning for the CFCH.
2. In order to end youth homelessness and the potential for its associated long-term cost in our community, that unaccompanied youth are:
 - a. Given preferential and/or designated access to housing.
 - b. Given preferential and/or designated assistance to affordability.
 - c. Given preferential access to mental health services.
3. Youth voice and lived experience is encouraged, supported, and considered in CFCH strategic planning.

We are excited about the new CFCH structure and ready to do our part in the effort to end homelessness in our community.

Thank you for your dedication and continued commitment.

**Todd Carr, Chair CFCH Youth Homelessness
Workgroup**

Date

CFCH Youth Work Group

Tuesday, February 11th, 2020

1pm-2:30pm

AGENDA

1. Welcome
2. YAS Update
3. Workgroup Member Updates
4. Point in Time Count recap
5. YHDP 2020
6. Work Group Goals and Objectives Final
7. Letter to CFCH Leadership Council
8. Next Meeting: Tuesday, March 10th, 2020

NOTES: