



February 16, 2018 * 12:00-1:30pm

Monthly Meeting Notes

12:00 **Welcome and Purpose**

Some email confusion - please let us know if you are *not* receiving the emails!

12:05 **Introductions!**

- *Name and organization*
- *Please save announcements for the end!*

New Members: None

12:15 **Video: [Remembering Trauma](#)**

12:35 **Video Discussion**

- *Does this film feel relevant to you in your professional role? If yes, how?*
 - *The film: it's what a lot of the youth we work with have experienced and easy to forget.*
 - *Slapped with many misdiagnoses: CD, Bipolar Disorder, ADD/ADHD*
- *How does your agency recognize trauma histories and symptoms?*
 - *At Partnerships for Children (YES Mentoring): Working with mentors to teach them that underlying trauma can affect the behavioral manifestations, that are coping strategies that might not be healthy, absence of intent behind most behaviors*
 - *At Goodwill Excel Center: ages 17-50: lots of students in 30's & 40's who start re-experiencing things, and fully understanding how past trauma can come out in older students, offer mental health counseling on-site. Counselors go to the classrooms to do intros, and offer information regularly.*
 - *Utilize opportunities to promote more training within organization & those who work directly with youth (& adults) who may have experienced trauma. Lifeworks & Camille are happy & willing to provide trauma informed care training & help find other available resources.*
- *What have you witnessed that lead to referrals/seeking more resources for a youth:*
 - **Goodwill Excel:** *Specific lessons (more socio-emotional issues), seem to have a higher triggering response, and see conflict with other students, drug use, tears/anger*



- **Goodwill Excel:** Large Immigrant Population - lots of loss and grief expressed, and cultural barriers surrounding counseling available/if counseling is morally/culturally acceptable. Some refugees sharing stories with extreme violence, offering secondary trauma to students hearing the story. (recent news events have also increased the trigger levels of the classroom this week)
- **Lifeworks:** Acknowledging that some experiences can be off-putting for youth (getting sent away if you're in the wrong building, or not feeling validated)
- **Upbring:** Specifically 18-21 - often do reactive referring vs reaching out proactively - how to change to become more proactive with screening, and decreasing stigma for receiving services - wish there was opportunity for more training how trauma affects adult decision making (i.e. Universal Screening?)
- **Camille:** Discussing ways to do psychoeducation with youth so **they** understand how trauma can manifest in their brain/bodies (can be counseling, handouts, websites, group, however the youth can best receive the information), additionally considering screening (like ACES)
- **Lifeworks (Andrew):** Tough to identify between the layers of counselor vs caseworker. Helping staff to be Trauma Informed - but it's a different from providing youth with **counselors**. They need to be separate, but that increases the need for individuals
- **Shannon (UT-TICFAWS?!):** How to set-up a pipeline with counselors and case managers to provide more warm-hand offs to help the connection piece happen
- **Upbring:** Difficult time finding subsidize mental health counseling for students that doesn't have a waitlist or eligibility restrictions
- **Can we come up with a list for the group, that has providers for youth available, to make it a one stop shop for us!**
- How to ensure we are promoting the understanding of trauma?
 - Statistically you're more likely to have mental and physical health diagnoses after having a complex-trauma background
 - Understand that **all** mental health is not caused by trauma, but understand that trauma can affect mental health
 - Trauma is complex to work someone through, and find the root of the issue - it can be easier to "quick fix" but is just treating the symptom, not the cause



- Youth Aging Out -
- Homeless Youth -

Opportunity Youth - Cara Fox **Upbring**, Shannon Mann **UT**, Jelina Tunstill **CAN**, Sam Endress **Peloton U**, Jessica Murry Zellers **Goodwill Excel Center**, Sussan Hunt **Goodwill Excel Center**, Erin Argue **Partnerships for Children (YES Mentoring)**

- **Working to decrease overlap of services, but open up barriers between services**
 - Example: AYOOC providing services needed, and other organizations seeking for the resources and are unaware
 - example: ACC saying they cannot flag youth, but in reality it's an option - how to work together to ensure we all know how to have open communication with child welfare world and opportunity world
 -
- Sam (from Peloton U) toured Goodwill Excel Center School - found a way to work around tuition & fee waiver blockage for "out of state"
 - Can't "technically" use tuition & fee waiver, but can receive a Pell Grant, and ETV
 - Creating a rough draft explaining this information
- Jessica - the ETV specialist, Brandi Pursell, is coming to Goodwill to come talk about the ETV benefits, open to public, please e-mail Jessica Murry Zellers if you're interested in attended (jessica.murryzellers@goodwillcentraltexas.org)
- Jelina Tunstill: Community Advancement Network:
 - 25 partner agencies, leveraging together to make the community better (don't provide direct services, but connect individuals to existing services - the "connection people")
 - currently working on supporting Workforce Solutions with the workforce plan (trying to connect opportunity youth to services)
 - plan to go the schools, but opportunity youth aren't connected that way
 - Offer different types of training for schooling and vocational programs - here to find those specific youth



- o Working on a FAFSA Training - with partner schools to help bring awareness
 - understand that opportunity youth aren't in these areas
- Talking about reaching out to the "Alternative High Schools" to determine what is being done in those environments
- Reach out to the Jeremiah Program to join us - get more information - how to work together (**erin will do this**)
- **Working to see movement - find benchmarks, see if the needle is actually moving - how we can show meaningful outcomes/tracking**
 - o CAN does a lot of data - currently hosting the RB21 dashboard, updating for the first time in a while
- Video: <http://www.rememberingtrauma.org/>

1:15

Announcements

-Shannon is creating a free website for the group, including a calendar, will be sending out a link with the notes!

-Maternal Infant Childafkjasdfjlj DID happen! People called to make it happen. It matters when you call!!!

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1:25

Wrap up:

- Next meeting question?
 - o **March meeting will be March 16th, which is Spring Break**

1:30

Adjourn



Upbring-TAY ATX Workgroups

Youth Aging Out:

Anaya Tegroen, Amy Ponder, Fernanda Santos, Jen Collins, Mary Katherine Matalon, Megan Etz, Jessica McKay, Peggy Cope, Stephanie Bernal, Theresa Medrano, Tym Belseth, Suzanne Hershey

Action:

1. For those of you in this group, the task from the January meeting was to identify an aging out teen issue that is most pressing to you and take one baby step toward an actionable solution.

Small Group Notes from Planning:

- Not good of public transport. Transportation could be indicator.
- Who will be aging out in a year – create a plan – combined coordinated effort in conjunction with partners. Identify population, placement demographics. à group commitment as a whole
- Make housing resources list for those aging out.
- Stronger collaborations, e.g. DFPS and ___school.
- Make SIL a priority



Homeless Youth:

Camille Clark, Casey Soberon, Denise Lange, Gabriella McDonald, Veronica Anaya, Will Rice

Action:

1. Looking into Casey representatives coming to meet with youth in the LifeWorks Youth Resource Center. Or possibly coming to share information on their services to a group of youth.
2. Recommending “warm handoffs” between LifeWorks ACTS Caseworkers and Casey to assist in the rapport and trust building process.
3. Investigate money for basic needs for YAT (Young Adults in Transition) youth. There is money available for CPS youth but not YAT youth. Why not?
4. Create a “warning signs” to homelessness tool – or indicators that may predict homelessness in the near future
5. Working in collaboration with the Austin Youth Collective to End Homelessness.

Small Group Notes from Planning:

- 607 is a good baseline as it is “literally homeless” youth served by the system, would like to also use 1944 number (student data) which is important for prevention. Propose both as baselines.
- Need predictors, connect to those not in school. Peer identify and self-reporting.
- Tool or outreach for youth outside of education/juvenile justice who are doubled up/couch-surfing – how to identify these individuals.
- #'s on LGBTQA – 22% is half the national average – why is this?
- January- bring prevention representatives to the table - YHDP vs TAY (focus on bigger scope for preventive, figure out where prevention rep time is best spent)



Opportunity Youth:

Cara Fox, Carmen Gattis, Erin Argue, Hope Green, Jelina Tunstill, Jessica Murry Zellers, Katie Hansen, Molly Young, Samantha Endress, Susan Hunt, Shannon Sandra

Action:

1. Making sure we are not replicating something already in existence
 - Austin opportunity youth collaborative - 22 community organizations - focused on youth or systems that service youth
 - Surrounded by ACC, texas state, etc, skillpoint alliance, etc
 - Community based organizations - i.e. Peloton
2. Challenge: Connecting 16 - 24 to education and employment pathways with upskilling along the way
 - If _____, then _____ (dream) - categorization (GED/Higher Education resources, mentoring services, etc)
3. Opportunity Youth - not being addressed as a whole
4. Create: One pager for each person at the table
 - What we do (*include a categorization*)
 - What we need
 - How we might overlap

Small Group Notes from Planning:

- AYOY currently working with 22 organizations who report service provision numbers
- Increase alignment
- AYOY will extend targeted invites to February meeting

Defining "Opportunity Youth":

- Barrier: outside systems
- Propose focusing on foster youth within opportunity youth sub set (not larger extrapolated #)
- Propose to flip and increase the # we DO serve
- Propose Austin opportunity youth collaborate with AYOY
- Hold baseline until February