



# A Conversation on Youth Mental Health: Response, Recovery, Resilience Webinar Information and Q&A from the Chat

**Healthy Mendocino:** [www.healthymendocino.org](http://www.healthymendocino.org) [healthymendocino@ncoinc.org](mailto:healthymendocino@ncoinc.org) and **The League of Women Voters:** [www.lwvmendo.org](http://www.lwvmendo.org)

## Panelist info:

Nanette Barker: Restart Counselor, Mendocino County Office of Education, [nbarker@mcoe.us](mailto:nbarker@mcoe.us)

Anastacia Brodetsky: Youth Advocate, Project Sanctuary

Bonnie Lockhart, MSW: Tribal Youth Diversion Project Coordinator, Sherwood Valley Rancheria, [blockhart@sherwoodband.com](mailto:blockhart@sherwoodband.com)

Ren Ramos: Youth Advocate for transgender and LGBTQ rights

Terri Rathbun, LMFT: Clinical Manager, Mendocino County Youth Project, [trathbun@mcyp.org](mailto:trathbun@mcyp.org)

## Youth MH webinar Q&A:

Q: How are these organizations that are serving underserved communities conducting outreach or showing up for our communities? Mental health is not always at the top of the list for our communities and it can really be difficult for families to reach out for help for many reasons, they may not even know where to start.

A: The Superintendents and Principals in the County have been given the information as to what mental health resources are available in their areas. Through Zoom (though not a perfect solutions), the remote areas are able to receive services. If there are no Internet services for the family, then time is reserved when the student is at school, so that they can access remote mental health services. In addition, emails and flyers have gone out, and will go out this coming fall to the parents of students. Mendo Youth, Tapestry, Redwood, and MCOE are working together to provide mental health services.

Q: Can we talk about how to infuse SEE Learning? I want to facilitate this through ASck and ACEs Community Resilience Team (formerly CTAT) convening our Superintendents. SEE Learning is based in CRM, Elaine consulted on the development. This is our solution!!! I'm not ready to announce this yet because I want to explore it with schools first. The curriculum is free and easy to add in to every day lessons.

A: The SEE curriculum provides a great opportunity to teach SEL skills, and to also work towards community resilience and also the seven components of resilience: competence, confidence,

connection, character, contribution, coping and control. Please keep up informed with your experience with this curriculum.

Q: What role do you see for physical health (exercise, recreation) in the larger picture of mental health and wellness?

A: Physical health is paramount for helping the mind/body connections, the firing and using of neurotransmitters, and parasympathetic and sympathetic communication. It helps to find mind/body find calmness more quickly. We work with teachers and administrators to make sure that movement and exercise is happening throughout the day. Brain breaks have incorporated more movement and connecting with breath. The intrinsic building of sense of self is also very important with physical health.

### Webinar Chat:

- Is the youth project somehow under the umbrella of RQMC?  
Victoria Kelly : RQMC is the Administrative Service Organization (ASO) overseeing and authorizing mental health services for Medi-Cal beneficiaries- adults and children in Mendocino county. MCYP, Tapestry, and RCS are organizational providers contracted with RQMC for these medi-cal services.  
Terri Rathbun : Yes, MCYP is under the RQMC umbrella/sub-contract :)  
Terri Rathbun : We also serve non-Medi-Cal Clients under grants
- Natasha Carter: Thanks, Bonnie. That was very informative.  
From Roseanne Ibarra: Thank you Bonnie for the human connection piece that you shared with us. This is fundamental for building nurturing positive relationships. Thank you for leading by example. We need more of this.  
Patrice Mascolo: Here is a link for a video that Bonnie shared with us on her work:  
<https://youtu.be/GB52FikCEso>
- From Bonnie Lockhart (she/her) : Yah'weh Kanima Roseanne inspired by you!!!
- Natasha Carter: Ren - My son had exactly the same comment about feeling like the odd man out sometimes when he had his camera on! But he did leave it on most of the time.
- From Julie McGovern: Ren, the Queer Prom has been hosted at the ARRC (Alex Rorabaugh Rec Center) in the past and we would be happy to host again if you get something together :) you can contact me [Julie@ukiahrec.org](mailto:Julie@ukiahrec.org)
- From Bonnie Lockhart (she/her) : I know of a youth who would LOVE to help plan too!
- From Ren Ramos : Thank you Julie!
- From Bonnie Lockhart (she/her) : I would also like to add that even if it is challenging to get ahold of Tribes or Tribal Organizations to keep trying. Reach out to Tribal Administrators and Tribal leaders to set up meet and greets and encourage those relationships so space can be made at the table and others feel invited.