



**DATE:** December 8, 2020

**CATEGORY:** Consent

**DEPT.:** Council Youth Services Committee,  
Community Services

**TITLE:** **Youth Mental Health Council Goal**

### **RECOMMENDATION**

Approve the Council Youth Services Committee's recommendations of short-term and long-term actions related to the City Council's Major Goal to assess gaps in youth mental health services.

### **BACKGROUND**

At the February 4, 2020 City Council Study Session, staff presented various proposed modifications to the Fiscal Year 2019-20 through Fiscal Year 2020-21 City Council Major Goals Work Plan. At this meeting, Council added "Project 1.15: Assess gaps in youth mental health services" to the Council Major Goals Work Plan. Council modified the scope of this project, stating that the Council Youth Services Committee (CYSC) would lead the effort to determine the project scope and engage community partners.

On April 28, 2020, the CYSC discussed the Council goal related to youth mental health and identified organizations to meet with to learn more about the services available in Mountain View. Over the course of several meetings, the CYSC received presentations from local health-care providers and school districts on services currently available to youth. These presentations were provided by Mountain View Los Altos Union High School District (MVLAUHSD), Los Altos School District (LASD), Community Health Awareness Council (CHAC), Project Safety Net, Kaiser Permanente, El Camino Healthcare District, and County of Santa Clara Behavioral Health Department.

On October 20, 2020, the CYSC reviewed the information shared during community partner presentations and recognized the large amount of resources currently available in the community on the topic of youth mental health. Based on information gathered to date, staff shared a list of additional programmatic elements and action steps the Recreation Division could implement to further support youth mental health in the

community. The CYSC provided initial feedback to the list and made recommendations to refine the elements.

## **ANALYSIS**

On November 24, 2020, staff presented to the CYSC a revised list of recommended short-term and long-term action steps and programmatic elements that would support the Council Goal to “Assess gaps in youth mental health services” that included the CYSC’s previously recommended changes. The CYSC unanimously supported and approved the identified short-term and long-term staff recommendations.

The CYSC took an additional step to formally change the focus of these efforts from “youth mental health” to a more broad vision of “youth wellness.” This change was made to recognize that youth mental health is part of the overall umbrella of youth wellness and that efforts should recognize this higher level of support the CYSC and staff can play in the lives of local youth.

The following is the list of programs and action steps approved by the CYSC on November 24, 2020 and includes staff impacts, estimated costs, and timelines for each item. The list is categorized by short-term and long-term efforts. Short-term includes steps that can be completed within one year, and long-term includes items that may take over a year to implement.

### **Recommended Short-Term Actions (To Be Completed Within One Year)**

- Provide educational workshops and trainings geared for teens and parents on topics related to youth wellness. Topics may include, but not be limited to, mindfulness, self-care, how to support your child during distance learning, fitness and nutrition, the warning signs of suicide, how to help someone in crisis, bullying, and substance abuse. Monthly workshops and trainings could be scheduled to begin in January 2021 through The View Teen Center’s existing workshop program. Programs would be virtual offerings until in-person gatherings are permitted again.

**Staff Impact:** Low

**Financial Impact:** \$2,000

**Schedule to Implement:** Workshops will be available by end of January 2021.

- Schedule quarterly meetings between staff representatives from the local school districts and City to share updates on youth mental health issues and to further understand what school staff is experiencing with students throughout the year. These meetings will provide valuable insight to City staff on the mental health status

of teens and may provide opportunities for further collaboration between agencies to support students with new programming. Quarterly meetings would be scheduled beginning January 2021. Staff has begun having conversations with representatives from MVLAUHSD, LASD, and Mountain View Whisman School District (MVWSD) separately, and the intent may be to hold these jointly beginning in 2021.

**Staff Impact:** Low

**Financial Impact:** \$0

**Schedule to Implement:** First meeting to be held January or February 2021, based on schedule availability.

- Invite representatives from the school districts to attend CYSC meetings to provide general school updates and highlight any issues related to youth mental health. This practice could begin with the 2021 CYSC meetings.

**Staff Impact:** Low

**Financial Impact:** \$0

**Schedule to Implement:** First CYSC meeting of 2021.

- Create and maintain Youth Mental Health resource guide or “resource navigator” on the City website. An example of a format that could be followed is the City Manager’s Office webpage for Community Resources. Staff could review quarterly and add/update resources as necessary. In addition, staff could work with the City’s Outreach Coordinator to ensure resources are translated and available to the ambassador groups.

**Staff Impact:** Low

**Financial Impact:** \$0

**Schedule to Implement:** Website updated by March 1, 2021.

### **Recommended Long-Term Actions (May Require More than One Year to Implement)**

- Develop a community training program to create a common language and understanding about suicide prevention in the community. City staff could work with advisory boards, school clubs, and neighborhood associations to promote the program micro-locally in each neighborhood. Staff would need to further research platform delivery options as there are several to choose from. The intent would be

to provide a certificate upon completion. Staff intends to launch the program in conjunction with Mental Health Awareness Month in May.

**Staff Impact:** Medium

**Financial Impact:** \$3,000

**Schedule to Implement:** May 2021

- Conduct a Wellness Retreat for Teens to focus on self-care and resiliency. Topics may include, but are not limited to, meditation, mindfulness, yoga, fitness, techniques to cope with stress, nutrition, etc. Due to COVID-19 impacts, this program may be postponed until in-person gatherings are allowed.

**Staff Impact:** Medium

**Financial Impact:** \$5,000

**Schedule to Implement:** Fall/Winter 2021/2022

### **Additional Considerations for the Future**

The following is a list of additional actions that staff has identified as options to be considered for the future. Based on the information available to date, staff needs more time to review, research, and refine these options. Staff will bring these items forward for consideration to the CYSC on a rolling basis as the items are prepared for formal recommendation.

- Develop a collaborative network of health-care providers, nonprofits, schools, and the City to continue the dialogue on youth mental health programs and services. Staff may recommend utilizing the services of a local nonprofit to implement this action step. Additional staff time is needed to determine level of assistance needed and associated costs.

**Staff Impact:** Medium

**Financial Impact:** To be determined.

- Provide training to City employees who work with youth on youth mental health and suicide prevention. The Recreation Division currently partners with Santa Clara County Behavioral Health Department to provide youth mental health training to summer camp, after-school, and The View Teen Center staff. This could be expanded to having employees participate in “Question, Persuade, Refer” training in addition to the free training received by the County. This option requires

further analysis, including additional internal review with several City departments before a recommendation is forwarded.

**Staff Impact:** Medium

**Financial Impact:** \$4,000 (estimated)

- Collaborate with El Camino Healthcare District and MVLAUHSD staff to review opportunities to develop a program through the school district on youth suicide prevention and/or mental health, similar to a program developed at Fremont Union High School District with El Camino Healthcare District.

**Staff Impact:** Medium

**Financial Impact:** To be determined.

- Review the potential to provide the “Challenge Day” program to high school students and “Expect Respect” to middle school students in the community if the school districts are not planning to implement. Due to distance learning constraints this school year, both school districts are not planning to provide these programs but may bring them back the following school year.

**Staff Impact:** High

**Financial Impact:** \$10,000 (estimated)

- Become further engaged with the County and State related to Youth Mental Health and Suicide Prevention. Both the County and State have strategic plans related to suicide prevention. The County developed the Suicide Prevention Strategic Plan in June 2010 and has stated that this plan is still active and relevant for 2020. The State’s strategic plan is active for 2020-2025 and was developed using the County’s plan as a model. Staff would engage more frequently with both County and State representatives to be aware of best practices and be aware of additional resources that can be implemented at a local level in Mountain View.

**Staff Impact:** Medium

**Financial Impact:** To be determined.

## **FISCAL IMPACT**

The short-term and long-term recommended actions within this report can be absorbed within the existing budget of the Community Services Department, Recreation Division.

**NEXT STEPS**

Staff will begin actively engaging with partners to deliver the recommended programs.

**ALTERNATIVES**

Provide other direction to staff.

**PUBLIC NOTICING** – Agenda posting.

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