



**NEVADA COUNTY**  
**HEALTH & HUMAN SERVICES**  
**AGENCY**

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## NEVADA COUNTY BOARD OF SUPERVISORS

### Board Agenda Memo

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**MEETING DATE:** June 19, 2018

**TO:** Board of Supervisors

**FROM:** Phebe Bell

**SUBJECT:** Resolution approving execution of a renewal contract with Shellee Ann Sepko, LMFT, d/b/a What's Up? Wellness Checkups, for the provision of mental health screening services for high school students in eastern and western Nevada County, as a component of the County's Mental Health Services Act (MHSA) Prevention and Early Intervention (PEI) Plan in the maximum amount of \$106,150 for Fiscal Year 2018/19.

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**RECOMMENDATION:** Approve the attached Resolution.

**FUNDING:** Contract services are funded by MHSA (Mental Health Services Act) Prevention and Early Intervention (PEI) dollars. PEI funding is intended to support strategies to help identify and increase prevention efforts and responses to early signs of emotional and behavioral health problems among specific at-risk populations. These services are included in the Department's FY 2018/19 budget and there are no county general fund dollars required in the agreement.

**BACKGROUND:** Every community and school hopes to develop a roadmap for the success of all students, and it has become evident that schools cannot focus solely on the academic success of young people. Both the physical and mental well-being of a young person has direct implications for that youth's ability to be productive as a student and as a member of their school and community. Embracing the concept of the whole child has led schools and communities to integrate systems that address the academic, social, and emotional needs of teens.

Teen Screen Schools and Communities is a national mental health and suicide risk screening program developed by Columbia University's Division of Child and Adolescent Psychiatry in

response to research revealing that 90 percent of youth who die by suicide suffer from a diagnosable mental illness and that 64 percent experience symptoms for at least a year prior to their deaths.

Under this agreement, the Contractor will continue to implement the Teen Screen model to make voluntary mental health checkups available to all of Nevada County's ninth graders in the Nevada County Joint Union High School District and the Tahoe Truckee Unified School District and any other high school students referred by the schools and/or parents.

The Contractor shall establish a Project Team which will include the following core positions: a Project Director and a Community Resource Coordinator who will coordinate efforts to offer screening in participating Nevada County schools. In addition, the Contractor will make available translation/interpretation services to create opportunities for outreach in the Hispanic communities in Grass Valley and Truckee on an as-needed basis and provide Group Facilitation services for on-campus prevention groups including recruitment, coordinating services through student assistance programs, facilitating groups and evaluation of group effectiveness. The program is completely voluntary, and parental consent and youth assent are required for participation in the program. The program involves the following stages:

- Obtaining parental consent;
- Participant Assent:
- Screening Questionnaire
- Clinical/Debriefing Interview;
- Parent Notification.

It is recommended that the Board approve this renewal contract as it provides services that can intervene with at-risk youth and connect them with the mental health services that can help save lives.

**Item Initiated and Approved by:** Phebe Bell, MSW, Interim Director of Behavioral Health