Consumer Advisory Council Meeting Summary February 17, 2010

Consumer Advisory Council members present:

Anthony	Margaret
Jaclyn	Nancy
Latrice	

Members absent:

Ariyetta
Blue
Daniel

Community present:

Aspen	Kristine	Megan
Bill	Gretchen	Scott

Welcome and Introduction.

The meeting was called to order by Latrice and Anthony, serving as Co-Chairs, at 6:05pm.
The January 20, 2010 minutes and February 17, 2010 agenda were reviewed and approved.

Public Comment

Jaclyn shared that she runs a Step Beyond group at PSKS and has been looking for resources to share with her group. Wells Fargo offers a second chance bank account for people that have trouble opening accounts due to bad credit and/or a bad track record with banking accounts.

Feedback from GB, IAC, Funders Group

Governing Board

Five new members were introduced:

Dow Constantine replacing Kurt Triplett
Mike McGinn replacing Greg Nickels
Nick Licata replacing Tim Burgess
Greg Taylor replacing Keith McGlashan
Mike Cero replacing John Wise

The Board heard a report on the Funders Group work plans. Some members of the Governing Board expressed frustration with Safe Harbors as it is still unable to provide the outcomes data required to determine the success of programs. The Board had a good discussion on ways they can help advance the 10-Year Plan forward in 2010.

Jaclyn stated that she is concerned there are no numbers on youth housing in the pipeline. Bill explained that no new capital (built) housing is in the pipeline for youth. Rather, they are receiving section 8 vouchers.

Jaclyn also brought up that bed bugs are becoming a huge issue with PSKS clients. Bill shared that on March 9th Pioneer Human Services will be giving a presentation on bed bugs at the café at the Starbucks Center, to receive an invitation contact Carol Morgan at carol.morgan@p-h-s.com.

Interagency Council

- IAC heard an update on the Family Homelessness Planning Effort, with particular emphasis on Coordinated Entry, which is a priority of The Funders Group. The discussion of this matter at the IAC were reflected in the IAC minutes of February 1, 2010, which were provide at the CAC meeting.

Housing and Homelessness Advocacy Day

Gretchen gave a recap on HHAD. There was an estimated 450 people that attended all wearing red. LIHI hosted a presentation and panel discussion at a church before going to the Capitol. Everyone was grouped by their districts and since it is a very short session, few were able to have meetings with legislators. The same message was conveyed by everyone: protect the trust fund, more revenue streams, protect GAU and more notice to people living in manufactured homes by landlord before closing the land. On Monday, February 22, 2010 there is a 5,000 person+ pro revenue rally in Olympia.

Membership Recruitment

Kristine gave an update on Sheila who has decided to step down from CAC. She is suffering more bad days than good lately and needs to limit her activities.

Everyone reviewed the membership matrix report which shows the need for representations from ethnicities, LGBTQ, veterans and from the north and east county. Gretchen wondered if we changed the meeting schedule to quarterly if it would entice more participation from the north and east part of the county. Bill said we would be able to get vans to provide transportation to help with the participation. Latrice suggested recruiting like it was done when the CAC was first formed. This is how members for the CAC are currently recruited, however it is no longer working. Nancy believes that we need to add people from different religious backgrounds to our membership because lots of services are through faith-based organizations and there are people that will not seek services through those organizations based on religious beliefs. Jaclyn suggested we think about moving the meeting location around like the IAC.

Youth and Young Adult Housing Model Presentation

Melinda Giovengo, YouthCare, presented a slideshow of a developmental model for ending youth homelessness in our community, describing a system of intervention.

Overview of the developmental model based on the work of Elizabeth McCauley, PHD ABPP.

Adolescence marks a period of increased vulnerability with many problems related to control of emotions and behavior.

Adolescents are experience changes in all spheres of life: physical and cognitive development; school, family peer expectations. It is a period of increased risk taking behavior and a risk period for onset of major mental health problems. Anyone who experiences life with a teenager knows all of this intimately well. You never quite know which personality will be showing up each morning, afternoon or evening. Adolescents are establishing behavioral patterns: exercise, sleep, diet and building the foundation for major life roles in education and relationships. It is also a period of active brain development and plasticity.

The normal developmental challenges include preparing for entry into the adult world of work and romantic partnerships, increased independence from his/her family and increased independence from his/her family and increased ability to make independent decisions and life-style choices. Adolescents live predominantly with fellow young adults and experience instability as reflected in frequent and often normative changes in residence, relationships and work situations. This is normally a time of instability in order to grow – for our kids and homeless kids.

How do Homeless Youth fit in?

The issues of homeless youth typically include family disruption through abuse/rejection/coercion/lack of support. The adolescent response to these issues presents itself in poor emotional regulation, impulsive behavior and emotional immaturity. The result can be homelessness, mental health problems, substance use/abuse and sexual risk taking – which often causes the cycle to begin again.

In today's economic times, there is huge financial stress at home and children are showing up saying "my parent(s) can't afford me anymore." Sdolescents need that "box of security" around them so they have something to push against in order to test their skills and environment. For kids on the street, the box has evaporated.

Knowing the developmental process of adolescents, what are the implications for program development? To begin, providers need to ensure a safe, protective environment – a "safe box" within which the kids can make coached, healthy decisions.

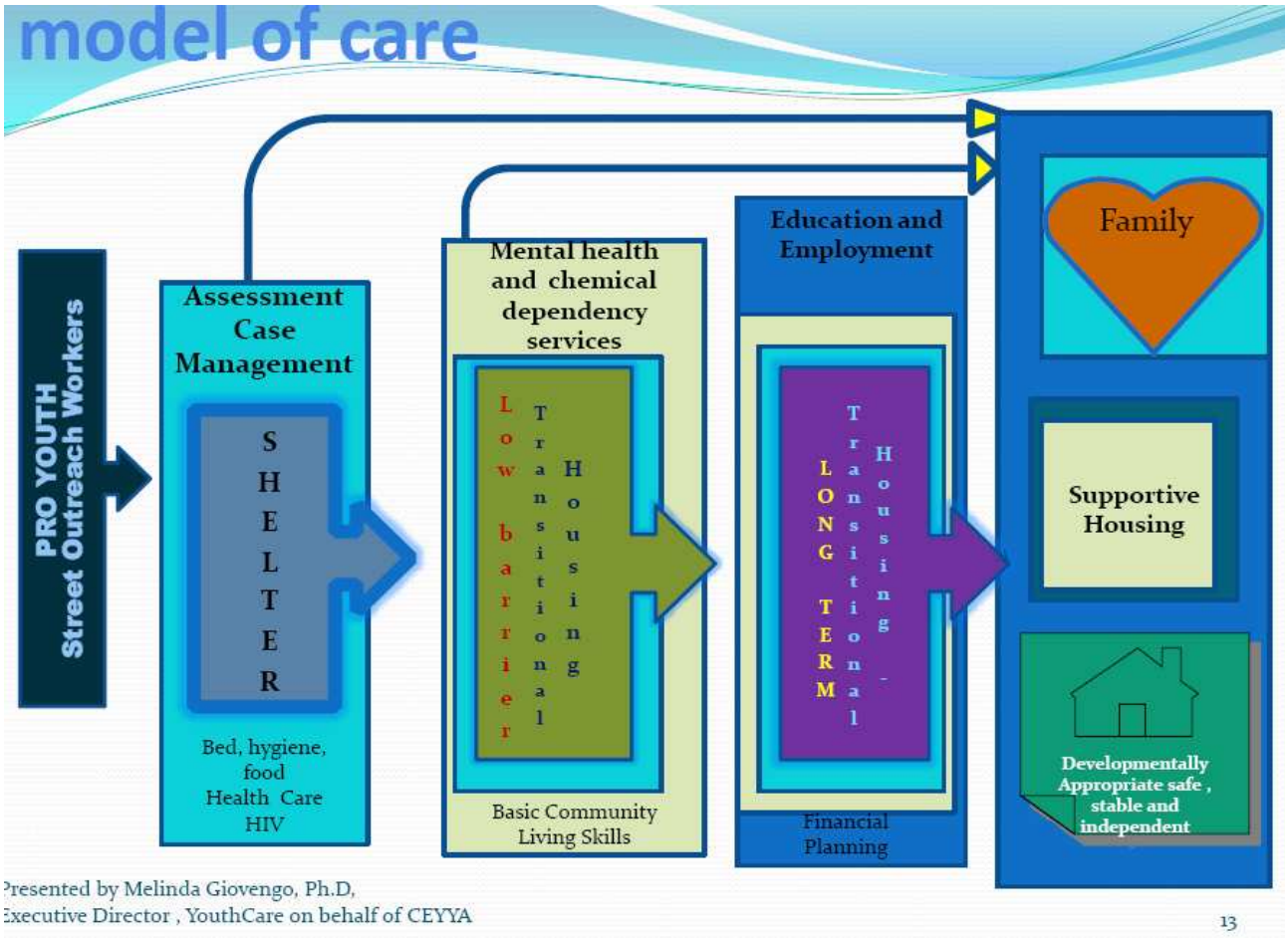
- Provide comprehensive care in a "one stop shopping" environment.
- Provide flexible services that are welcoming to the non-committal and recognize the need to build trust – slowly.
- Include evidenced based approaches like Trauma Focused CBT

- Provide the adolescent the opportunity to have a voice and to play a strong role in the planning and implementation of their future.
- Develop scaffold building of multi-generational relationships and work skills.

Outreach and Drop in care allows us to meet youth where they are and begins the process of developing trust. Never judge behaviors; instead offer safer alternatives. Trust must be built before asking for change.

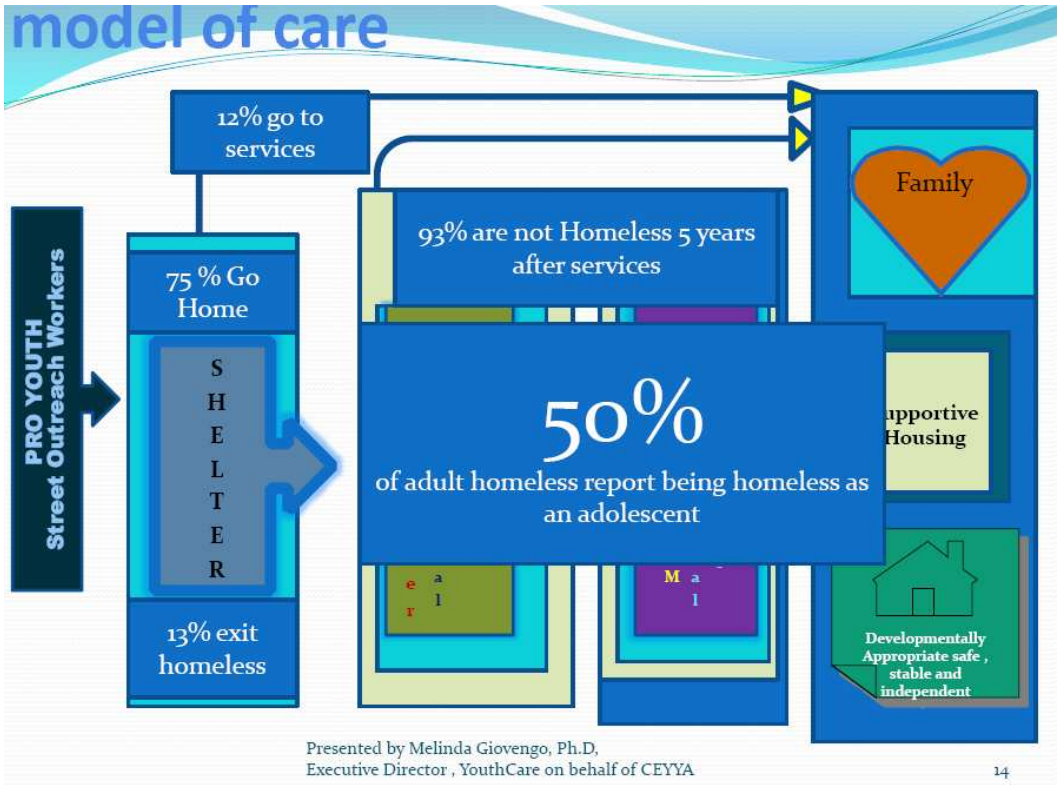
Providing basic needs such as food and clothing helps providers develop credibility and provide safety. Case management provides hope and a vision for the future – which then empowers youth with a sense of self direction and efficacy where they begin the internalization of a locus of control. We work with the youth to help them identify their goals which then empowers them to have the confidence to move forward.

The recommended model of care is below.



This slide highlights many things, but particularly that 50% of individuals who are homeless as adults report being homeless as an adolescent.

We need to get the kids on the very front end in order to decrease the number of homeless individuals in the long run.



Youth and Young adults by the numbers:

- Rising Out Of The Shadows (ROOTS) served 443 unduplicated young adults in 209 and had 1,761 turn-aways.
- YMCA capacity for 18-21 year olds is 43 Transitional Beds and 45 Permanent beds. YMCA determined their need for 524 beds in 2009.
- YouthCare's total unduplicated count in 2008 was 2,057 and 3,037 in 2009; an increase of almost 1,000 kids in one year.
- YouthCare housed 336 youth in 2009 and needed to house 3,037.

Public Comment

Aspen introduced herself; she is living in her truck the last 2 months with her 3 dogs and is on disability. Anthony invited her to join the CAC, but Aspen declined stating that she feels her interests and skills would be more useful working through other avenues, perhaps something more active like the speaker's bureau.

March CAC Meeting

The next meeting, co-chaired by Jaclyn and Anthony, will be **Tuesday**, March 16th at Plymouth Congregational Church, 6pm – 8:00pm. On the agenda:

- IAC Retreat Discussion Ideas/Topics
- Legislative Session Results
- One Night Count Report (if available)

The meeting was adjourned at 7:52pm.

Kristine Gullin, CEH Staff