



CCS Mental Health Roundtable Description

Background

California Children's Services (CCS) provides comprehensive medical case management and psychosocial support to children and youth living with complex, chronic, disabling and often life-threatening medical conditions. Mental illness is often comorbid for children and youth with special health care needs (CYSHCN) that are not easily met by existing healthcare models. In Alameda County, an estimated 2,500 or more CYSHCN have unmet mental health needs.

With the aid of a grant from the Lucile Packard Foundation for Children's Health, Alameda County CCS created the **Mental Health Initiative (MHI)**. **Phase I** of the MHI focused on organizing an interagency coalition of key stakeholders, streamlining the identification of behavioral health needs in children and youth served by CCS and successfully referring clients/families to mental health services and psychosocial support.

Development of the Mental Health Roundtable

The Mental Health Roundtable was established during **Phase II** of the MHI with the goals of improving access to behavioral health care services for CCS clients and families and enhancing care coordination among key service providers. The Roundtable focuses on highly structured, multidisciplinary, multi-agency, family-centered case conferences. Clients and families partner with attending providers to develop support plans to address their mental health and psychosocial needs. Guided by The Roundtable Executive Committee of CCS staff, peer/parent organizations, County Behavioral Health Care Services, and community providers, the Roundtable engages in continual development to best meet clients' and families' needs.

How Clients and Families Are Referred to the Roundtable

Clients and families may be referred by any CCS staff member. The referral may come from a nurse case manager, social worker, physical or occupational therapist that knows the client and family. One client/family is selected every two months to participate in the Roundtable. However, clients and families can request mental health support at any time from CCS, through a CCS staff member.





Planning Roundtable

The Planning Roundtable meets one month prior to the Family Roundtable to prepare to meet with the client and/or family. The client signs a consent form to give permission for providers to discuss their case. At this meeting, a broad group of CCS staff and providers listen to the case presentation from the referring party providing relevant background information and the presenting concerns of the client/family. Providers may include family navigators, mental health professionals, Regional Center caseworkers, and others. The group identifies possible supports to offer the client/family at the Family Roundtable. A small group of up to five providers are selected to attend the Family Roundtable, prioritizing those with whom the family is engaged or may want to engage for services.

The Family Roundtable

The Family Roundtable is a client driven meeting where clients/families talk with the selected providers. The client/family is given an opportunity to share their interests and needs. Afterward, the attending providers share options for connecting the client and/or family to groups and providers who may provide support in a way that is helpful and relevant to them. The supports to which the client/family agrees are written into a plan that is shared with all who attend. Supports may include:



- Counseling
- Support groups
- Parent and youth peer support
- Referral to community support agencies
- Help navigating health systems
- Substance use

What Happens After the Roundtable?

The providers will connect the client/family with resources and services as identified in the plan. A staff member will follow up to see if the clients' needs are being met and to get feedback on their experience with the Roundtable. CCS staff continue to coordinate care with other providers and provide updates to the Roundtable Executive Committee regarding client outcomes.



For more information, call CCS at 510-208-5970 and ask for the Roundtable coordinator or a social worker.