



Healing and Higher Education: Leveraging Resources to Expand Mental Health Services for Foster Youth in College

Blueprint to Success Conference

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PANELISTS

**Jessica Petrass,
LCSW**

Senior Project Manager,
John Burton Advocates for
Youth

Keri Pesanti, PsyD

Program Head,
Los Angeles County
Department of Mental
Health

**Daniela Chavez,
LMFT**

Community Liaison/
Therapist,
Rio Hondo College

**Dawn Ledesma,
LMFT**

Clinical Director,
Crittenton Services for
Children and Families



JOHN BURTON ADVOCATES FOR YOUTH

A statewide non-profit organization working to improve the quality of life transition-age foster youth in the areas of education, housing and health.

Policy advocacy, technical assistance and training.

Leads the LA OYC Foster Youth College Advancement Project to increase postsecondary educational attainment for current former foster youth in L.A. County.

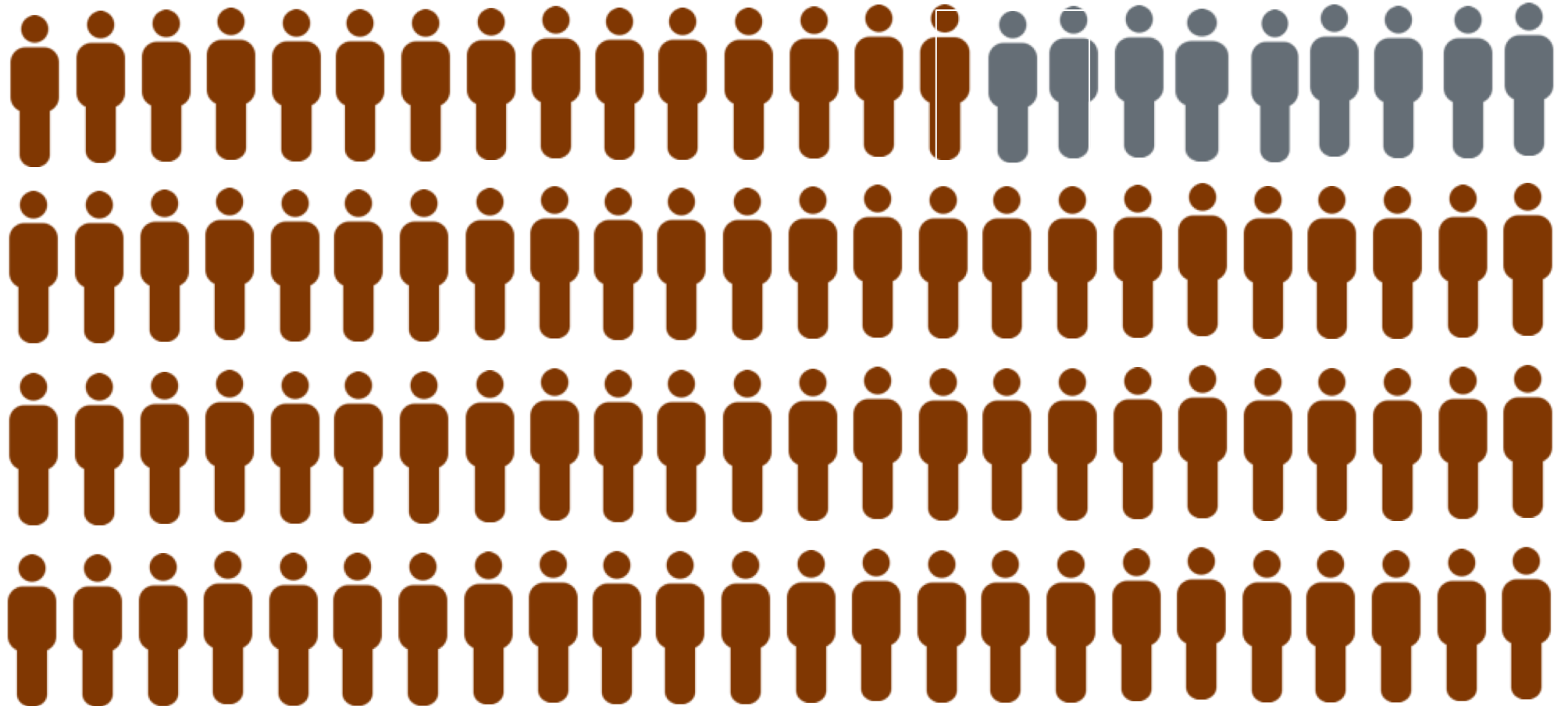


**JOHN
BURTON**
Advocates for Youth



COLLEGE ASPIRATIONS VS. COLLEGE REALITIES

91%
want to
go to
college



43%
enroll in
college



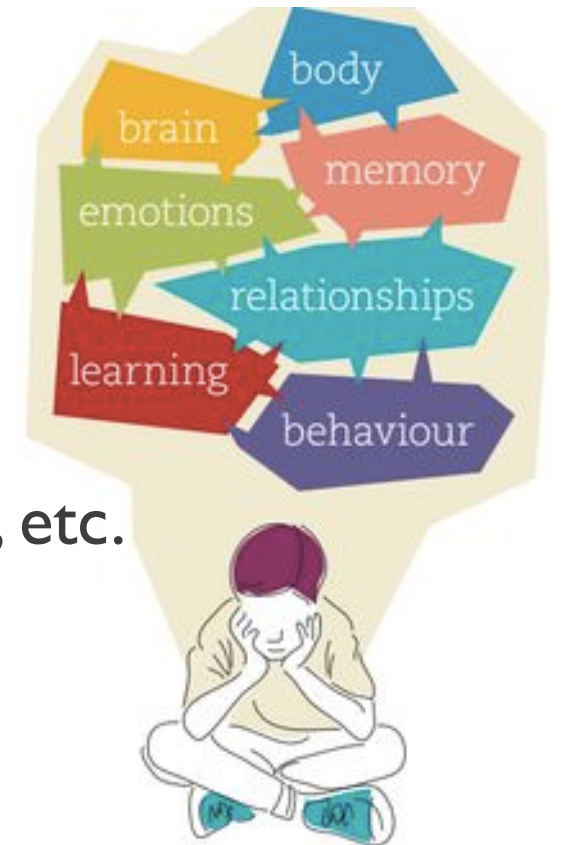
THE ROLE OF TRAUMA

- 90% of children in foster care have experienced a traumatic event, with nearly half reporting exposure to four or more types of traumatic events.
- Foster youth transitioning to adulthood have a greater likelihood of experiencing physical and mental health problems than their non-foster peers



IMPACT OF TRAUMA AT HOME & IN THE CLASSROOM

- Impaired sleeping
- Changes in appetite
- Difficulty focusing or concentrating
- Lower school performance or impaired learning
- Changes in behavior- anger outbursts, irritability, absenteeism, etc.
- Difficulty with authority, redirection or criticism
- Emotional numbing
- Over or under reaction to environment stimuli (sirens, physical contact, doors slamming, bells, etc.)



Trauma can impact on all elements of children's development.

MENTAL HEALTH & COLLEGE STUDENTS

64% of former college students reported they are no longer attending college because of a mental health related reason

More than 45% of those who stopped attending college did not receive accommodations

50% did not access mental health services and supports

COUNSELING SERVICES AT CA COLLEGES

Typically:

- Short-term + Referrals
- Impacted
- Wait-lists
- Lack of coordination with community-based mental health services
- Foster Youth students often prefer on-campus services



ACTION THROUGH COLLABORATION



INCREASING MENTAL HEALTH SERVICES FOR FOSTER YOUTH

Leveraging resources

Connecting 10 community college campuses to existing community-based mental health agencies

On-campus coordination

Campus-based foster youth support programs & student health services

Lessons learned

Developing a learning community and providing technical assistance

NEXT STEPS



10 LA County
community colleges



Sharing
best-
practices
statewide



CASE STUDY: RIO HONDO COLLEGE & CRITTENTON

DIVING DEEPER



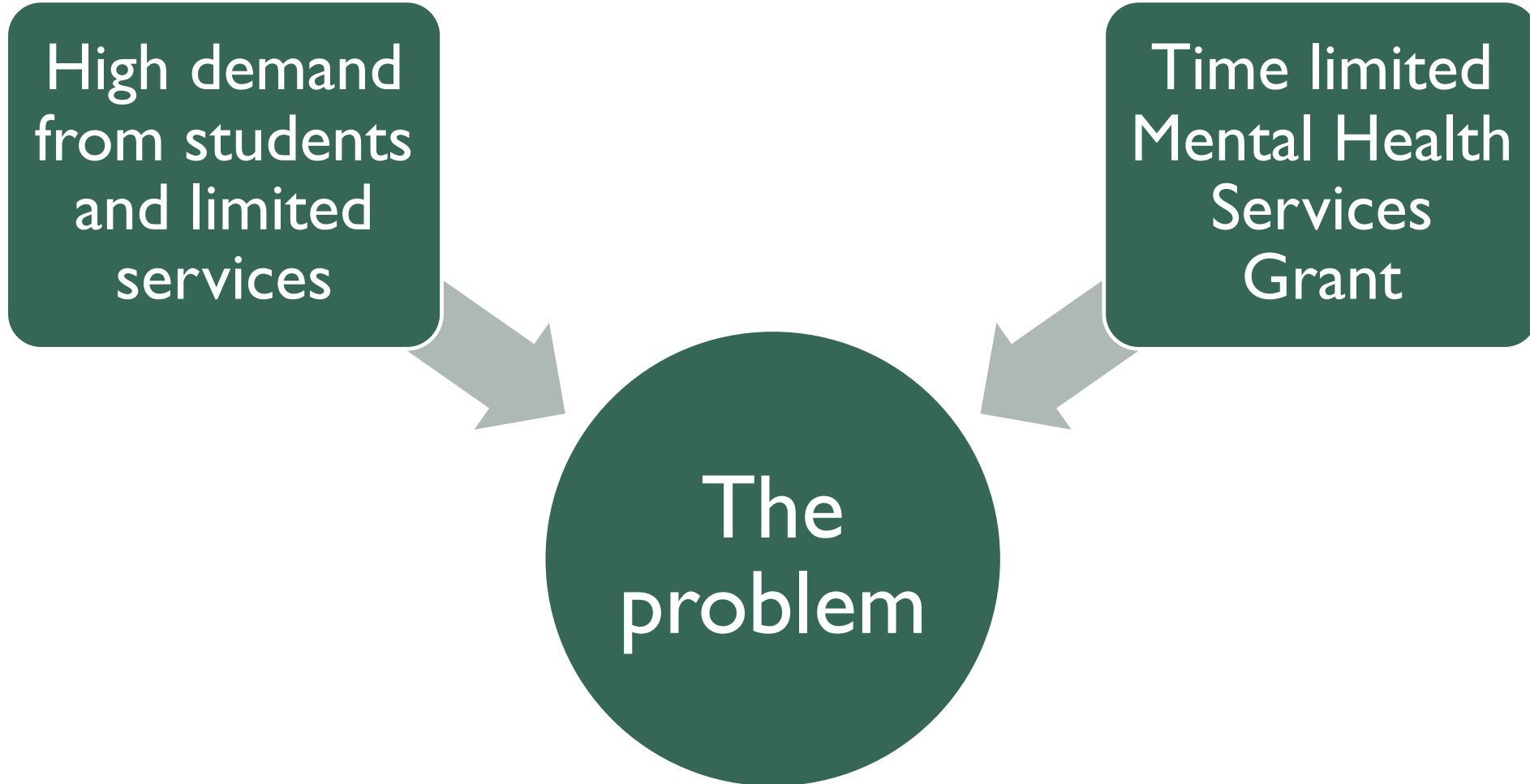
THE NEED AT RIO HONDO COLLEGE



High demand
from students
and limited
services

Time limited
Mental Health
Services
Grant

The
problem



THE SOLUTION AT RIO HONDO



Community Liaisons: Role in
Increasing Services for Students



Partner with Crittenton

THE WHY AT CRITTENTON

**HELPING TO HEAL WOUNDS:
CRITTENTON'S VISION & PASSION FOR
STUDENTS**



THE SOLUTION FOR CRITTENTON

NEIGHBOR PRINCIPLE: CONNECTION TO LOCAL CAMPUS



THE OVERALL PROCESS

Community
College & DMH
Providers
Networking
Meetings

Began partnership
with Crittenton

Developed a
MOU, and internal
processes and
protocols

Began sending
referrals



MEETING THE DEMANDS OF STUDENTS: GUARDIAN SCHOLARS PROGRAM

- Part of meeting objectives of Mental Health Services Grant
- Began collaborating closely with Guardian Scholars Program
- Recognized high need for mental health services
- Developed process for referrals from Guardian Scholars office to Crittenton and trained Guardian Scholars staff

RECIPE FOR SUCCESS: POLICIES, PROTOCOLS AND COMMUNICATION

- Developed MOU
- Release of Information
- Referral Form
- Developed internal office structure to process referrals
- Rio Hondo trained staff
- Crittenton tracked referrals and shared relevant updates
- Strong communication between Rio Hondo and Crittenton



CHALLENGES

Country Road vs. 405/5/605, etc.:

**BARRIERS AND
WORKING
THROUGH PIT
HOLES IN THE
ROAD**



BENEFITS FOR STUDENTS

- Medi-Cal accepted
- Meeting on-campus
- Convenient times
- Long-term services
- Access to other services, including psychiatric services if needed
- Warm hand-off
- Opportunities to build rapport with therapist



SUCCESS STORY

Realizing the Vision: Success Story



NEXT STEPS FOR COLLABORATION

- Incorporate therapists into groups/events for Guardian Scholars
- Resilience Group
- Retreats
- Campus events (Foster Care + Mental Health Awareness Month in May)
- Foster Friendly Ally Training





QUESTION & ANSWERS

THANK YOU!

