

California Climate Action Team - Public Health Workgroup (CAT-PHWG)

# Mental Health & Climate Change: Community-Led Solutions

CAT-PHWG Meeting | February 8th, 2023  
California Department of Public Health  
California Air Resources Board

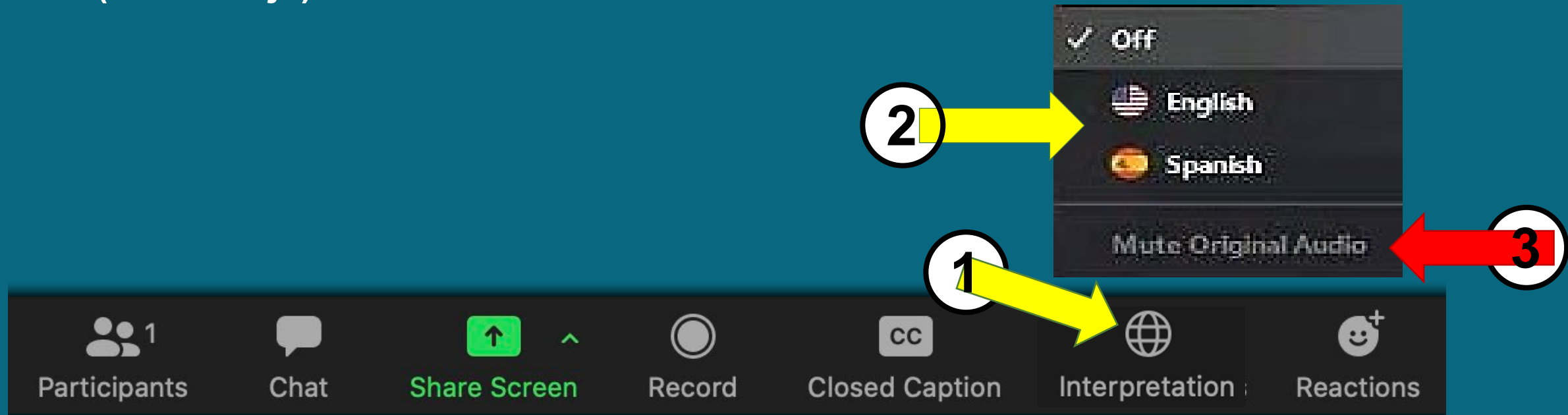
**We'll be starting shortly!**



# Interpretation / Interpretación

To turn on simultaneous interpretation, find the “globe” icon at the bottom of the Zoom screen and select your preferred language (**yellow arrow**). The “Mute Original Audio” option will turn off the overlay of voices for a clearer sound (**red arrow**).

Para activar la interpretación simultánea, busque el icono del “globo” en la parte de abajo de la pantalla de Zoom y seleccione su idioma preferido (**fleche amarilla**). La opción “silenciar el audio original” desactivará la sobreposición de voces para un sonido más claro (**fleche roja**).



# Introduction

## CA Climate Action Team – Public Health Workgroup Meeting



**Trinity Smyth** *(she/her)*  
Program Specialist, Climate  
Change & Health Equity Section  
*Office of Health Equity*  
*CA Dept of Public Health*



**Dan Woo** *(he/him)*  
Team Lead, Climate Change  
and Health Equity Section  
*Office of Health Equity*  
*CA Dept. of Public Health*



**Linda Helland** *(she/her)*  
Manager, Climate Change and  
Health Equity Section  
*Office of Health Equity*  
*CA Dept. of Public Health*

# Participation

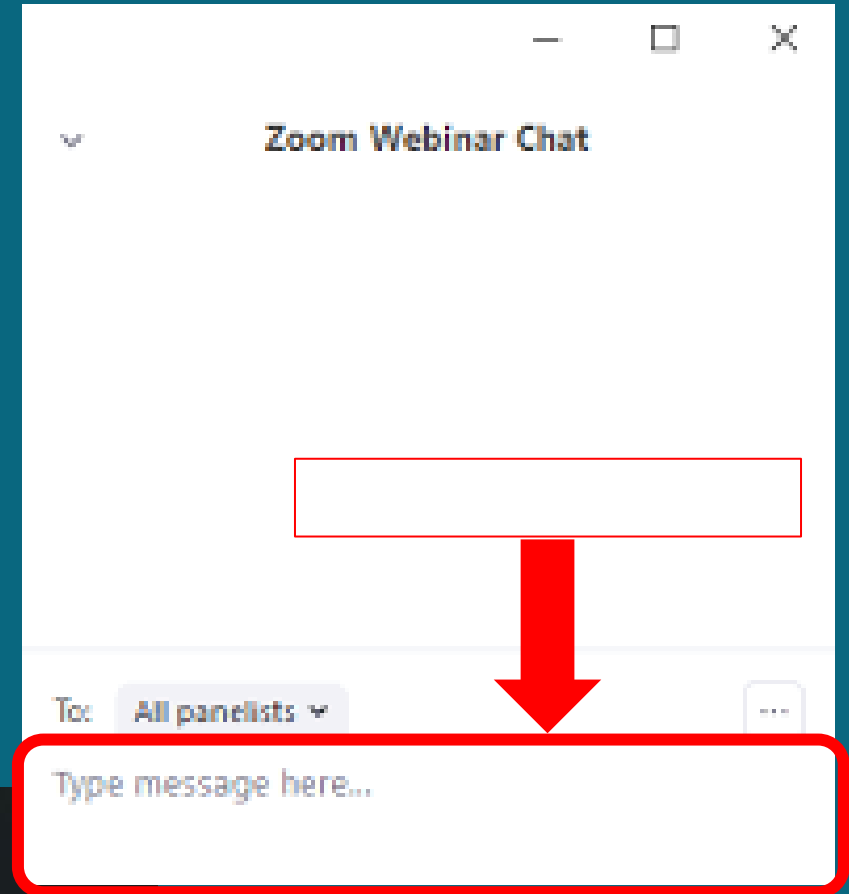
During Q/A and Discussion:

- Use **Zoom Chat** function

Click to open Chat



Click to open captions



# Meeting Recording

Available after the meeting at:

[https://ww2.arb.ca.gov/resources/documents/  
climate-action-team-public-health-workgroup-  
meetings](https://ww2.arb.ca.gov/resources/documents/climate-action-team-public-health-workgroup-meetings)

# Presenter



**Osamu Kumasaka** *(he/him)*  
**Tribal Climate Change Policy &  
Program Specialist,**  
Climate Change & Health Equity Section  
*Office of Health Equity*  
*CA Dept of Public Health*

# Presenter



**Stephanie Welch** (*she/her*)  
**Deputy Secretary, Behavioral Health**  
California Health and Human Services

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*CA Climate Action Team – Public Health Workgroup*

# **Mental Health & Climate Change: Community-led Solutions**

**February 8, 2023**

**Stephanie Welch, MSW, Deputy Secretary of Behavioral Health**

*California Health & Human Services Agency*

*Person Centered. Equity Focused. Data Driven.*





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# Growing Need for Behavioral Health Services

## Pandemic Exacerbated Existing Significant Need – California

- The rate of serious mental illness in California has **increased by more than 50%** from 2008 - 2019.
- **1 in 13 children** in California has a **serious emotional disturbance**, with rates higher for low-income children and those who are Black or Latino, relative to other racial and ethnic groups.
- Rates of suicide among **black youth increased** more than **50% from 2011 to 2020**.
- CA drug-related overdose rates **increased 96%** from 2014 to 2020 and **opioid-related overdoses increased 109%** from 2019 to 2021.

## Nationally

- % of adults experiencing **major depressive episodes** with severe impairment grew by **over 40% from 2010 to 2020**; youth rates more than doubled.

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# Need for Behavioral Health Infrastructure

- Between 1995 to 2017, per capita **psychiatric inpatient beds went down by 42%.**
- California has expanded access to **SUD residential treatment** in recent years, but **more can be done, particularly for youth.**
- It remains **hard to place individuals living with complex conditions** or histories in mental health residential treatment, and some areas have general shortages.
- UC San Francisco estimates California will have **41% fewer psychiatrists** and **11% fewer** psychologists, LMFTs, LPCCs, and LCSWs **than needed** by 2028.
- Behavioral health practitioners (psychologists, counselors, social workers and psychiatrists) are **2-10x less likely to be Latino** than the general population, **1-2x less likely to be Asian** and **1-3x less likely to be African-American.**

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# Need for Housing and Income Supports

- A top priority of counties and other BH stakeholders; most urgently, is affordable housing, housing supports and supported employment.
- **Over 171,000 people experiencing homelessness in CA**
- **23%** of California homeless have **SMI**; **22%** have chronic **substance abuse**
- **% of adult psychiatric clients that are homeless more than doubled from 2010 to 2020**

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# Lessons Learned from the Pandemic

- Individuals diagnosed with an **SUD**, had a **30% increased rate of death due to COVID-19**, compared to those without a diagnosed SUD, and experienced significantly higher rates of hospitalization, ventilator use, and mortality within 21 days of COVID-19 diagnosis.
- Individuals diagnosed with **schizophrenia spectrum disorders** are nearly **3x more likely to die due to COVID-19**, second only to age.
- **1 in 4 Older Adults** reported **anxiety or depression** amid the pandemic. Women reported more significant symptoms.
- One survey found the **women are almost 3x** as likely as men to report suffering from significant mental health consequences including **anxiety, loss of appetite, inability to sleep** and trouble completing everyday tasks.

**After Significant Advocacy - BH workers were prioritized for vaccinations and individuals with significant medical conditions and disabilities, including individuals residing in BH congregate facilities, were prioritized for vaccination**

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# Lessons Learned from the Pandemic

## Challenges to the availability of behavioral health (BH) services due to the COVID-19 pandemic and resulting fiscal and social impacts

### **ACCESS**

- Digital Divide/Telehealth is not working for everyone especially the most vulnerable (older adults, disabled, homeless, justice involved, LGBTQ+, TAY) and black, indigenous and people of color (BIPOC)
- Increased demand with less access & workforce shortages

### **Poverty and Lack of Equity in BH**

- The marginalized have become more disenfranchised
- BH was not prioritized/ lack of understanding how the pandemic impacted systems

### **Lack of Integrated and Coordinated Care**

- Social welfare, health and BH, public safety, education, etc., need to work better together
- The Continuum of Care has significant gaps

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# Lessons Learned from the Pandemic

## The Challenges of Disaster/ Crisis Response for Behavioral Health:

- Must “respond” to the crisis – often “physically” deploying to the scene to provide crisis counseling depleting local capacity to serve community members in a system already operating far under needed capacity
- In a “pandemic” response could not necessarily be physical deployment – looked to “innovative ways” to be responsive – CalHOPE <https://www.calhope.org>
- For individuals with the severe behavioral health conditions, they may either be treated or reside in congregate settings. Barriers in federal guidance through FEMA made it difficult to access priority emergency aid.
- “Responding to save a life or life or death situations” were challenging to articulate for behavioral health settings.

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# Lessons Learned from the Pandemic

*We must continue to diligently work to prevent crisis*

**Warm hand off to  
treatment services**

**CalHOPE Support:**

Crisis counseling via chat,  
phone, virtual, and in-person  
Focused on highest-risk communities

**CalHOPE Peer Warm Line**

**CalHOPE Web:**

Links to resources, including apps

**CalHOPE Media:**

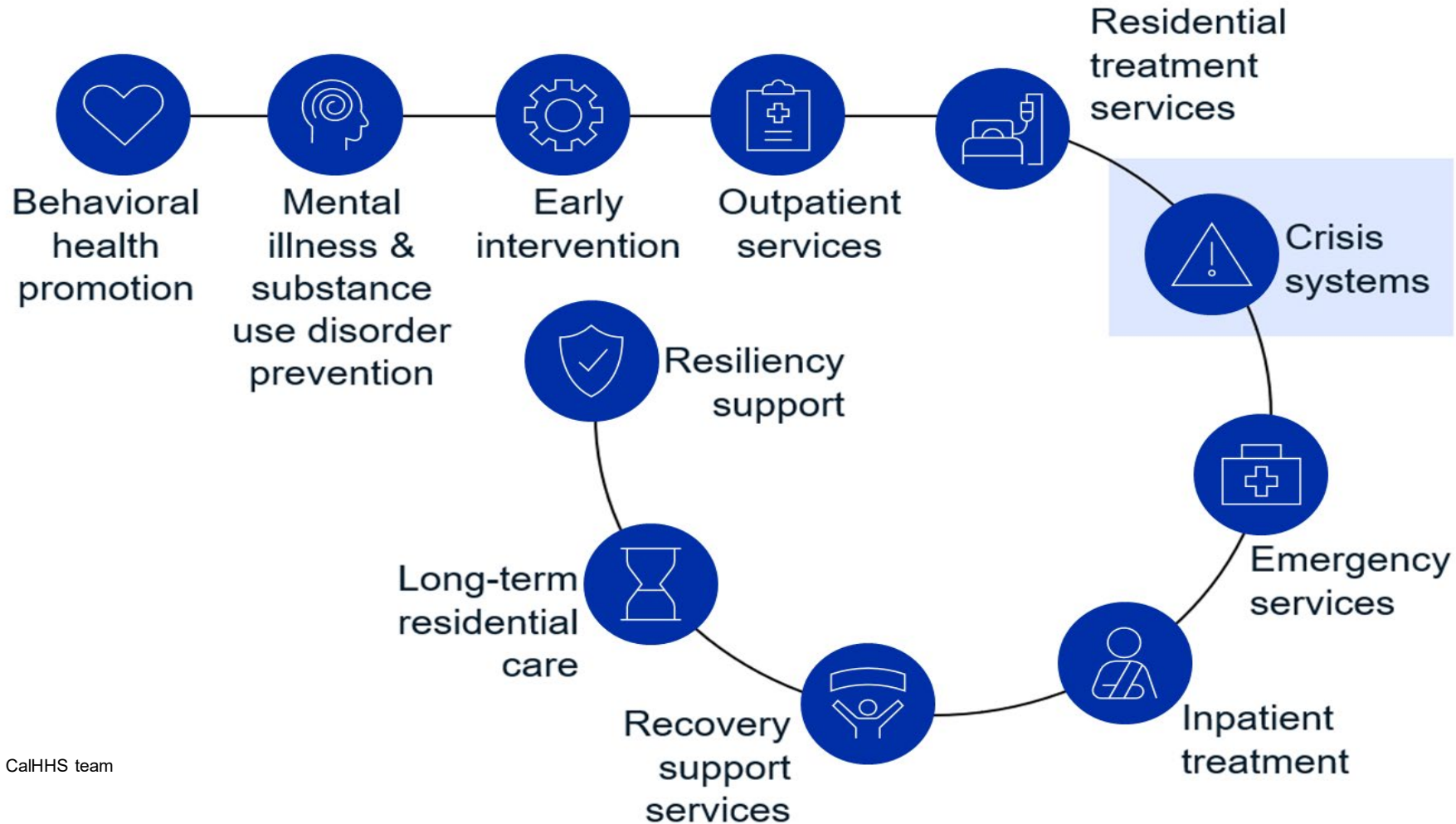
Broad and targeted messaging

## CalHOPE Layers of Intervention and Support

CalHOPE addresses the stress and anxiety that people may feel due to isolation, health challenges, economic uncertainty, food insecurity and other negative consequences of the COVID-19 pandemic.

# Behavioral Health Continuum of Care

*Services from Prevention to Long Term Care*



Source: Discussions with CalHHS team



# Behavioral Health Transformation Goals

## CalHHS Strategic Priorities

- ❖ Create an Equitable Pandemic Recovery
- ❖ Build a Healthy California for All
- ❖ Integrate Health and Human Services
- ❖ Improve the Lives of the Most Vulnerable
- ❖ Advance the Well-being of Children & Youth
- ❖ Build an Age-Friendly State for All



# Context of the Crisis Care Continuum Project (CCC-P)



More than **1 million individuals attempt suicide** each year nation-wide<sup>1</sup>



More than **4,000 individuals died by suicide** in California in 2020<sup>2</sup>



There are **existing challenges to accessing crisis care**, including capacity, coordination, and coverage



To address existing access challenges, **federal and state stakeholders are prioritizing crisis care:**

- **SAMHSA described a 5-year vision for 988**, following July 2022 launch as new 3-digit number to access National Suicide Prevention Line
- **California AB-988 passed Sept. 30<sup>th</sup>, 2022**, which requires CalHHS to develop a detailed implementation plan by end of 2023<sup>3</sup>

<sup>1</sup>.SAMHSA

<sup>2</sup>.CDPH Data on Suicide and Self Harm

<sup>3</sup>.AB-988

# Objectives of the Crisis Care Continuum Project (CCC-P)



Identify the **state-wide vision for full set of services** for individuals experiencing crisis



Define state-wide **essential crisis services**



Provide a **high-level view of resources required, or current investments** that could be used



Outline a **governance model** to support implementation



Identify a **roadmap** to reach major milestones

# Proposed Components of Future State Crisis Care Continuum

BH crisis systems strive to serve anyone, anywhere and anytime and fall along a continuum:

## Preventing Crisis

**Community-based preventive interventions** for individuals at risk for suicide or mental health / substance use crises (e.g., Zero Suicide, harm reduction programs, warmlines, peer support, digital-self help, recovery support services, addressing stigma<sup>1</sup>)



## Responding to Crisis

**Acute crisis response services**, including hotlines, 911 / 988 coordination, mobile crisis teams, social service response, and co-response models



## Stabilizing Crisis

**Community-based crisis stabilization services**, including in-home crisis stabilization, crisis receiving facilities, peer respite, crisis residential services, sobering centers and transitioning individuals to care



1. There are many ongoing efforts across the state focused on stigma reduction that contributes to prevention

# Essential Crisis Services Span the Continuum – Will Achieve Over Time

■ = Near term (by FY 23-24) ■ = Medium term (by FY 26-27) ■ = Long term (by FY 28-29)

## Preventing Crisis

### 1. Peer-based warmlines

### 2. Community-based behavioral health services, such as:

- Community-based social services
- School-based and school-linked services
- Primary care clinics and FQHCs
- Outpatient BH care (e.g., CCBHCs, urgent care clinics, transition clinics, bridge clinics)
- Peer support
- Harm reduction
- Medication for Addiction Treatment (MAT)
- Housing services
- Employment services

### 3. Digital apothecary (e.g., CYBHI digital platform, CalHOPE digital tool)

## Responding to Crisis

### 1. Hotlines

- Operate 24/7/365
- Answer all calls (or coordinate back-up)
- Offer text / chat capabilities
- Be staffed with clinicians overseeing clinical triage

### 2. Mobile crisis services

- Operate 24/7/365
- Staffed by multidisciplinary team meeting training, conduct, and capability standards
- Respond where a person is
- Include licensed and/or credentialed clinicians

## Stabilizing Crisis

### 1. Crisis receiving and stabilization services

- Operate 24/7/365 with multidisciplinary team or other suitable configuration depending on the model
- Offer on-site services that last less than 24 hours
- Accept all appropriate referrals
- Design services for mental health and substance use crisis issues
- Offer walk-in and first responder drop-off options
- Employ capacity to assess & address physical health needs

### 2. Peer respite

### 3. In-home crisis stabilization

### 1. Crisis residential treatment services

- Operate 24/7/365

### 2. Post-crisis step-down services, such as (LT)

- Partial hospitalization
- Supportive housing

### 3. Sobering center

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# Summary of Findings for CCC-P

- CalHHS has been working with State and external stakeholders to develop the **Behavioral Health Crisis Care Continuum Plan (CCC-P)** to articulate the statewide vision for the future state crisis care system
- Based on preliminary research and stakeholder discussions, CalHHS believes that **California's current crisis care system meets select measures of 988 readiness<sup>1</sup>**, but includes geographic variation and opportunities to improve coordination across settings
- The Plan includes **three Strategic Pillars** for the future state crisis care system:
  - Build towards **consistent access statewide**
  - Enhance **coordination across and outside of the crisis care continuum of care**
  - Design and deliver a **high quality and equitable system for ALL Californians**
- Initial implementation considerations to achieve these Strategic Pillars will be **executed over time with near, medium, and long-term milestones** over the next 5 years. The pillars will be measured against metrics that are not yet finalized
- **California has made significant investments in crisis care** over the last few years
- CalHHS **prioritizes inclusion and equity** and will examine best practices and evidence-based strategies to ensure the crisis care continuum meets the needs of diverse populations
- CalHHS has examined the **governance structure outlined in AB-988** as well as approaches used in other states

1. Determined by the 988 Convening Playbook

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# Crisis Care Implementation Activities

- **Crisis Care Mobile Units (CCMU) Project** - (\$205M) Support and expand behavioral health mobile crisis and non-crisis services
- **Medi-Cal Mobile Crisis Services Opportunity** - (\$1.4B) to add qualifying community-based mobile crisis intervention services as a Medi-Cal covered benefit available to eligible Medi-Cal beneficiaries exclusively through the Medi-Cal behavioral health delivery system
- **Crisis Care Continuum Plan** - CalHHS is developing a plan to support connections between prevention efforts like hotlines and peer support services, 9-8-8 mental health crisis call centers, and mobile crisis response at the local level. Expected publish date February 2023.
- **CA Office of Emergency Services** - ~\$6M technology budget granted to CalOES

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# Crisis Care Implementation Activities – Call Centers and Warmlines

- \$30M over 3 years for CalHOPE in addition to \$13M for base operations
- \$20M one-time investment of State General Fund to build call center capacity for 988 implementation
- \$4M per year Mental Health Services Act funding
- \$15M SAMHSA grant to DHCS
  - Support 13 California Lifeline Crisis Centers to maintain and expand the workforce to respond to anticipated increase in Lifeline call volume due to 988 implementation.
  - Increase chat/text capacity
  - Key performance indicators



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# AB 988 Can Help Expand Crisis Care Services in California

- In September 2022, Governor Gavin Newsom signed the **Miles Hall Lifeline Act (AB 988)** into law as one of many recent steps to **ensuring and expanding services for Californians experiencing a behavioral health crisis**
- The Assembly Bill 988 (AB 988) **provides a framework and funding mechanism** for the 988 Suicide and Prevention Lifeline in California, including:
  - Starting in 2023, **establishing a 988 surcharge** at \$0.08 per access line per month. Starting in 2025, establishing a surcharge based on a specified formula that is not greater than \$0.30 per access line per month
  - **Requiring health plan and insurer coverage of 988 center services** when medically necessary and without prior authorization
- AB 988 includes a **preliminary description of state-level agency roles and responsibilities** across CalHHS, DHCS, CalOES<sup>1</sup>, and newly formed advisory bodies
- Based on CalHHS discussions and analysis of other state crisis system infrastructure, the **State may look to examples from other jurisdictions** to inform open questions on:
  - Decision rights, meeting cadence, and additional to roles and responsibilities
  - Role of additional sectors and agencies, including at the county or local level in their crisis care system governance structures

1. California Governor's Office of Emergency Services

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# AB 988 and CalHHS Responsibilities

- CalHHS must create a set of recommendations to support a 5-year implementation plan for a comprehensive 988 system.
- CalHHS must convene a diverse and robust group of stakeholders who meet quarterly as the State 988 Advisory Group. This group will advise CalHHS on the set of recommendations. The recommendations will specify what can be accomplished pursuant to existing administrative authority and what will require additional regulations or legislation for implementation. 15 required topics, include but are not limited to:
  - Comprehensive assessment of the behavioral health crisis services system
  - How to meet federal requirements
  - Strategies to support technology
  - State governance structure
  - Strategies to support 988 infrastructure, including access to crisis receiving and stabilization services, triage and warm-offs
  - Communication strategies and quantifiable goals/ outcome measures
  - Support mechanisms for reimbursement from insurers

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# Questions and Discussion

## Resources

[California Health and Human Services - California Health and Human Services](#)

<https://www.dhcs.ca.gov/CalAIM>

<https://www.chhs.ca.gov/blog/2022/07/18/statewide-988-roll-out/>

<https://www.calhope.org>

[Behavioral Health Task Force - California Health and Human Services](#)

# Presenter

**Dan Woo** *(he/him)*  
**Team Lead, Climate Change and  
Health Equity Section**  
*Office of Health Equity  
CA Dept. of Public Health*



# Mental Health & Climate Change



**Climate Change & Health Equity Section**  
Office of Health Equity  
California Department of Public Health

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Climate Change & Health Equity Section  
California Department of Public Health

## Air Pollution & Increasing Allergens

Asthma, allergies, cardiovascular and respiratory diseases

## Extreme Heat

Heat-related illness and death, cardiovascular failure

## Drought

Water supply impacts, dust storms, Valley Fever

## Environmental Degradation

Forced migration, civil conflict, loss of jobs and income

## Wildfires & Wildfire Smoke

Injuries, fatalities, loss of homes, cardiovascular and respiratory diseases

## Degraded Living Conditions & Social Inequities

Exacerbation of racial and health inequities and vulnerabilities, loss of employment

## Changes In Vector Ecology

Lyme disease, West Nile Virus, hantavirus, malaria, encephalitis

## Food System Impacts

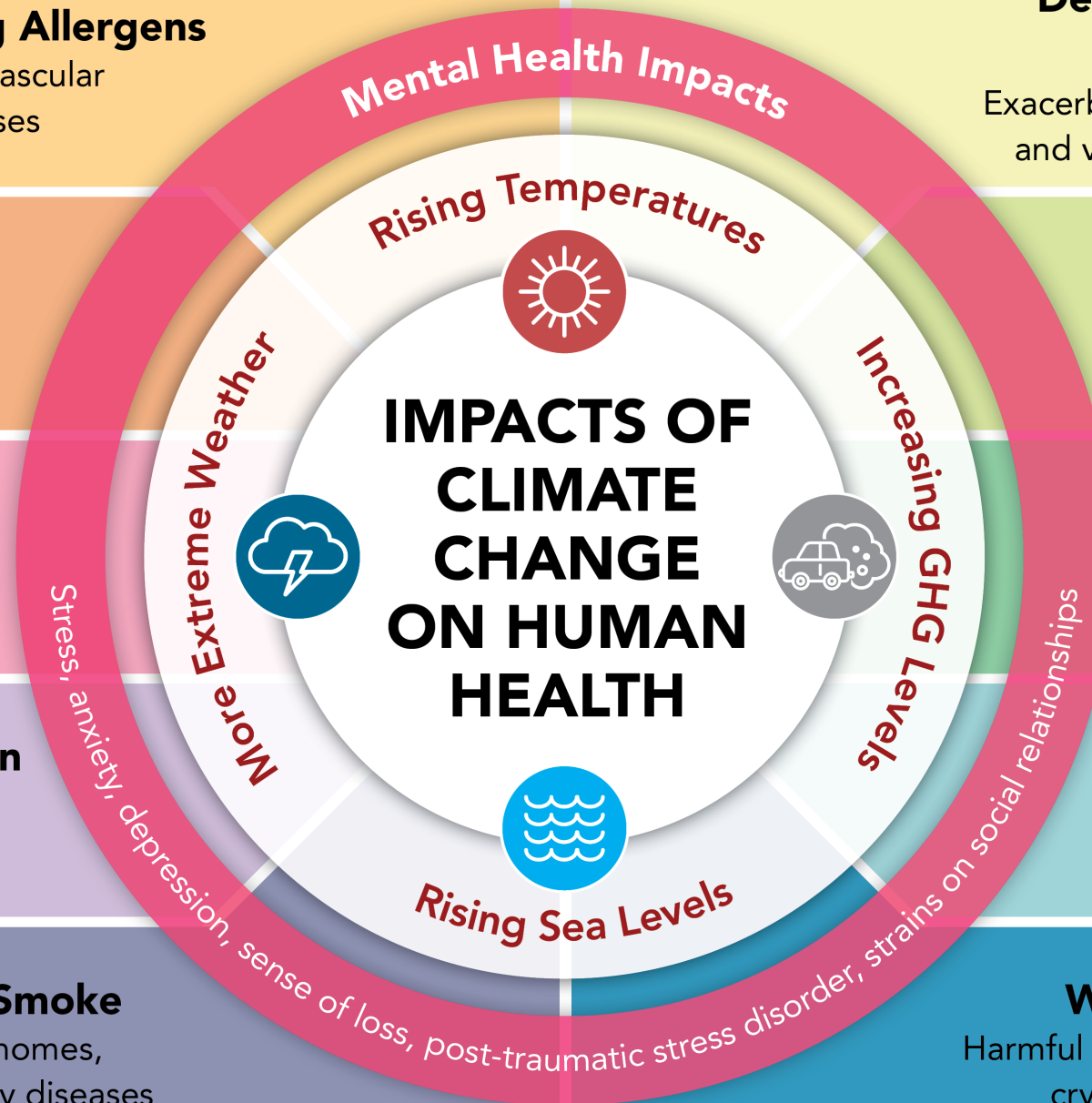
Malnutrition, food insecurity, higher food prices, foodborne illness

## Severe Weather & Floods

Injuries, fatalities, loss of homes, indoor fungi and mold

## Water Quality Impacts

Harmful algal blooms, campylobacteriosis, cryptosporidiosis, leptospirosis



**CLIMATE CHANGE IS  
ALREADY HARMING  
HUMAN HEALTH.**

**PEOPLE FACING  
INEQUITIES HURT  
FIRST AND WORST.**

*Image: Public News Service*



*Image: UC Davis*



*Image: CBS SF/Local*



*Image: US News*



*©Depositphotos.com/zenpi*

# California Health Information Survey (CHIS)

## 2 Questions on Climate Change's Impact on Californians:

- **For adults:** Was your mental health or the mental health of members of your household affected by any of these events?
  - extreme heat waves
  - flooding
  - wildfires
  - smoke from wildfires
  - public safety power shutoffs when electricity was shut off to prevent a wildfire
- **For teens:** Does the issue of climate change make you feel nervous, depressed, or emotionally stressed?



# Support Community-Based Psychosocial Support Systems, Build Social Cohesion

- **Racial and health equity frame**
- Support **mutual aid** and **community-based peer led efforts**, and services and structures that build **social cohesion**
- Enhance skills, strengths, and resources to **prevent** and **heal from trauma**
- Provide community members with tools and skills to **regulate** and **calm mind, body, emotions, increase linkages to social networks**
- Use hardships as **transformational catalyst** to find new source of meaning, purpose, and hope (“presencing” and “purposing”)

# Primary Prevention of Mental Health Impacts of Climate Change

- **Meet peoples' basic needs:** housing, economic security, food, water, safety, clean environment, education, transportation
- **Address existing inequities** that place some people at higher risk of mental health impacts and the health impacts of climate change:
  - **structural racism**
  - **economic inequality**
  - other forms of **discrimination**
- Support policies to **reduce greenhouse gas emissions**
  - Collaborate with public health, emergency services, etc. in **climate change & disaster planning** (Local Hazard Mitigation Plans, Climate Action Plans, Planning Commissions, etc.)

# Mental Health & Climate Change



**Dan Woo**, Team Lead

**[Daniel.Woo@cdph.ca.gov](mailto:Daniel.Woo@cdph.ca.gov)**

Climate Change & Health Equity Section  
California Department of Public Health

*February 8, 2023*

**Thank you!**



Climate Change & Health Equity Section  
California Department of Public Health

# Presenter

**Kanwarpal Dhaliwal** *(she/her)*  
**Associate Director & Co-Founder**  
RYSE



# RYSE: Rooted in Belonging & Liberation



## RYSE's Roots

RYSE was born from BIYOC (Black, Indigenous, Youth of Color) organizing to change conditions in Richmond and beyond. They understood creative expression, centering relationships, and being adaptive and responsive as key tenets of safety, belonging, and healing. They called on systems and adults to build power together with young people to dream and enliven beloved community that is just and affirms their humanity. RYSE Commons was always part of the vision: a campus dedicated to and lifting up youth culture, innovation, creativity, healing and connection.

# RYSE Commons - Liberatory Health Home

- ✓ 45,000 sq. ft campus
- ✓ Expanding age range
- ✓ Expanding partnerships
- ✓ Space for emerging efforts
- ✓ Youth Power Building



## What happens in this home:

- Sanctuary and safe space
- Space to connect, grieve, heal, play, learn, and lead
- Programs in Community Health, Youth Organizing, Media, Arts & Culture, Education & Justice
- Trauma response and triage
- Resilience and Liberation Hub



# RYSE as liberatory public health



## Versed in...

Social Determinants of Health and Health  
Disparities/Inequities, Ecological Model

Conventional social science models of program  
design and evaluation

Cross-sector collaboration/coordination

Resource cultivation and sustainability

## Invested in...

Structural Conditions of (Dis)ease and Liberation;  
Intersectionality, Critical Race Theory, Embodiment

Radical inquiry: proximate, responsive, adaptive; tender  
in our relationships, strident in our values

Beloved community; Truth, Reckoning, Reconciliation

Reparations, redistribution of risk and resources

# Interacting Layers of Trauma and Healing

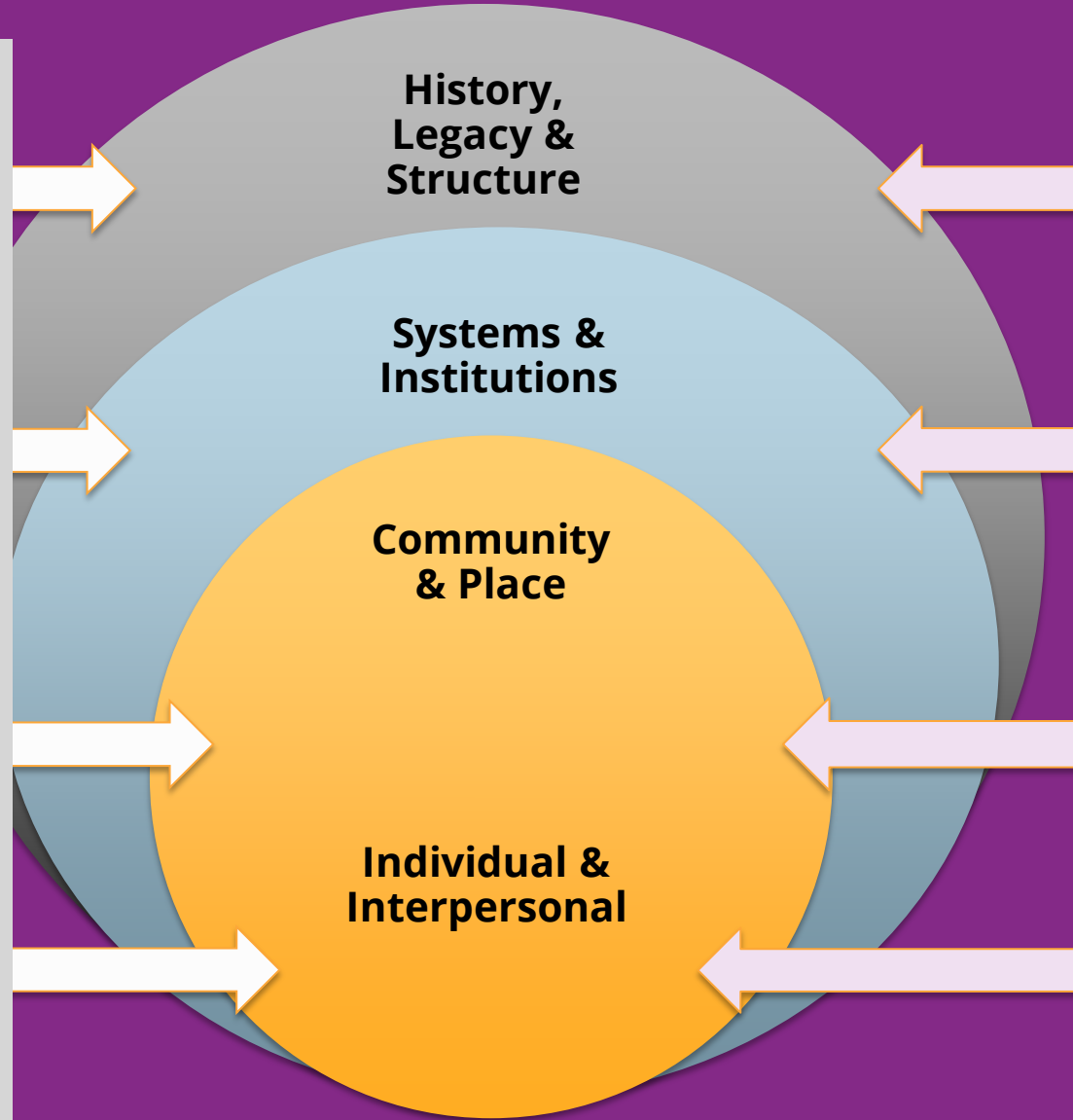
## Dehumanization and Distress

**Nation Building** by Enslavement, Genocide, Colonization, Economic Exploitation, Resource Extraction, White Supremacy, Patriarchy...

**Systemic Subjugation of BIPOC** by Interacting Policies & Systems: (Capitalism): Broken Treaties, Jim Crow, War on Drugs, Mass Incarceration, Criminalization of Poverty & Survival, Anti-Immigrant/Imperialist Policies, Redlining and Gentrification, Climate Violence, Harmful Media Narratives ...

**Atmospheric Distress** that includes Interpersonal, Family, Community Violence & Exposure; Sexual Exploitation/Gender Violence, Displacement, Lack of Safe Passage and Spaces; Lack of Green Spaces, Underinvestment, Oversurveillance...

**Embodiment and Expression of Distress** through Personal Traumatic Experiences; Bullying/Gender Violence, Family Systems Stressors, ACEs, Shame and Blame, Generational Transmission...



## Liberation and Healing

**Collective Liberation** by Truth & Reconciliation, Reparations, LandBack, Redistribution, Open Borders/No Borders, Multi-racial Solidarity, Gender Justice, Just Transitions...

**Lead with Love and Justice** by Healing-Centered & Restorative Practices, Listening Campaigns, Collective Care, Identity Affirming, Adaptive, Responsive, and Proximate, Land and Power-sharing (Nothing about us without us)...

**Build Beloved Community** by Radical Inquiry, Popular Education and Culture Building, Celebration and Affirmation; Healing Spaces, Land Acknowledgement, Arts & Expression, Base & Power-Building...

**Honor Resilience and Fortitude** by Listening & Validating, Processing/Integrating Personal Traumatic Experiences, Family Healing, Tailored Supports & Opportunities, Loving Connections To Each Other and The Land; Loving, Predictable Structure...



# Adult Allyship and Solidarity



We remember we are in service to young people, not the systems

We tend to what young people need, want, hope, and expect. We make space for young people to consider what they need, want...

We build awareness and sensitivity to oppression and privilege and how it shows up in our lives and in the work

We take righteous risks and commit to healthy struggle

We engage in collective learning, unlearning, dreaming, and healing

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California Air Resources Board

**We'll be back shortly!**



# Presenter



**Kyle X. Hill, Ph.D, MPH** *(he/him)*

**Assistant Professor**

Department of Indigenous Health  
*University of North Dakota School of  
Medicine and Health Sciences*

# Presenters



**Patrick Hamilton** *(he/him)*  
**Program Manager**

West Fresno Family Resource Center

**Aleks Rodas** *(she/her)*  
**Program Assistant**

West Fresno Family Resource Center

**Andre Smith** *(he/him)*  
**Program Assistant**

West Fresno Family Resource Center

**Ben Britton** *(he/him)*  
**Program Assistant**

West Fresno Family Resource Center

**Essienia Porter** *(she/her)*  
**Program Assistant**

West Fresno Family Resource Center

**Samad Walton** *(he/him)*  
**Program Assistant**

West Fresno Family Resource Center



TODAY'S HARVEST CHANGING  
TOMORROW'S FUTURE



A member of HUD designated



## WHO WE ARE:

- A Prevention and Early Intervention program (PEI) that aims to prevent and/or reduce high school drop-outs, substance abuse, and gang involvement among youth ages 12-18 years old living in SouthWest Fresno, California.
- The Sweet Potato Project is a part of the California Reducing Disparities Project (CRDP), a first kind Prevention and Early Intervention initiative funded by the Mental Health Services Act (MHSA, OR Proposition 63).
- Philosophy: Our mission provides early prevention and early intervention tools that focus on the emotional and psychological challenges youth may face during their physical development. This program was designed to build strength, resilience, coping skills, leadership, and entrepreneurship skills. By being proactive and anticipating the challenges our youth may encounter, we intend to help maneuver, dodge, and avoid negative consequences.





Sweet Potato Project 2 Youth Quotes

# LESSONS ON RESILIENCE IN THE FACE OF TRAUMA & DAILY STRESSORS

Youth in our program face various types of hardship from family violence, loss of family, poverty, food insecurity, lack of support and safety, intense peer pressure to do drugs and gang initiation.

## 10 Ways to Build Resilience

Our lessons on resilience are used to educate our students on how to maneuver through life without ever giving up. We give them the necessary tools needed to build resilience to become successful in their lives. The following are the top 3 lessons our students enjoyed the most.

- making connections
- accepting that change is a part of living
- nurturing a positive view of yourself



Sweet Potato Project participant, Jay-Lynn Rodriguez with Earl Hall, owner of Hall Management Corp., near a tractor donated by Hall, during the Sweet Potato harvest, Saturday, Oct. 29, 2022. Dympna Ugwu-Oju *Fresnoland*



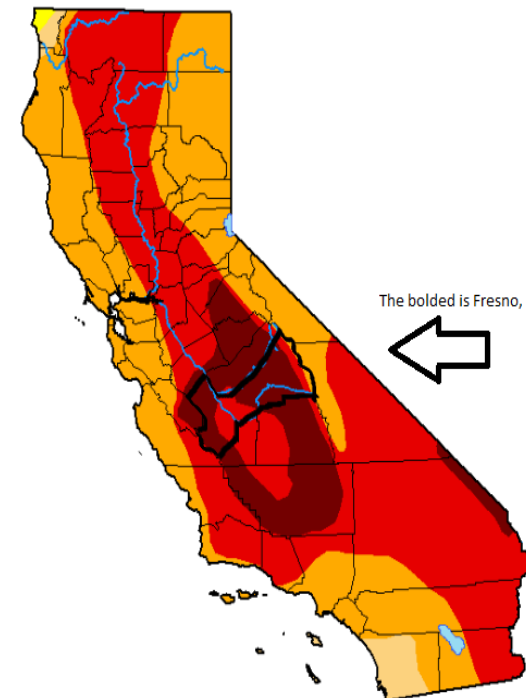
# Resilience training in the field



# CLIMATE CHANGE & MENTAL HEALTH

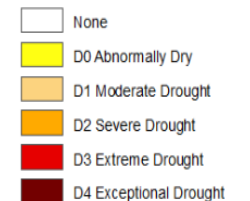
- Climate change has impacted the Central Valley in various ways like extreme heat, wildfires, and drought.
- In Fresno, the most vulnerable and underrepresented communities are impacted by this global phenomenon.
  - Our youth come from these communities.
  - Fresno reaches as high as 115 degrees during the summer.
  - Extreme heat affects our overall well-being as well as our mental health.
  - Extreme heat can have long-term impacts on our youth and their families.
  - **SWEET POTATO PROJECT IS AN ASSET TO THE COMMUNITY!!**

## U.S. Drought Monitor California



July 12, 2022  
(Released Thursday, Jul. 14, 2022)  
Valid 8 a.m. EDT

### Intensity:



The Drought Monitor focuses on broad-scale conditions. Local conditions may vary. For more information on the Drought Monitor, go to <https://droughtmonitor.unl.edu/About.aspx>

### Author:

Brian Fuchs  
National Drought Mitigation Center



[droughtmonitor.unl.edu](https://droughtmonitor.unl.edu)

# Success & Challenges

- Challenge: COVID-19 Pandemic did not allow for us to meet but we created an online platform for us to connect.
- Greater Missionary Baptist Church blessed the program with a safe space for everyone to meet.
- Challenge: During the off-season which is a 2-month break, the youth get disconnected.
- Success: Created a committee for the kids to still have a safe space to go to during the off season and give input on what is needed in the program.
- Success: 1500 Surveys were distributed by the youth to collect data on community needs which was then distributed to various organizations. Those organizations were able to create programs with that data to meet the needs of the community.
- Success: A tractor, a truck, and a trailer were donated by Hall Ag Enterprises. Porta Pottys donated by 28 Ag. Farm implements donated by Al Smith. B&A provided labor crews and storage for farming equipment.
- Success: SPP have various events that are created and put together by the youth in this program.
  - New ways of thinking & thinking outside of the box
  - Shows youth know they can do anything they put their mind to
  - Events allow for the youth to be innovators and entrepreneurs
  - Prepares them to be young leaders in the community



# Future plans

## Copy right SPP curriculum

- Allows us to share our curriculum for others to use.
- A satisfactory attribution is given to us as the original creators.

## Dual enrollment with high schools

- Elective course
- College credit

## Food truck

- Provide employment opportunities and a sense of ownership and pride to the youth in this program



# Sweet Potato Project 2 Creed

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# Sources

- Hannah Seo. (2022, August 19). *How Heat Waves Take a Toll on Mental Health*. The New York Times - Breaking News, US News, World News and Videos. <https://www.nytimes.com/2022/08/19/well/mind/heat-mental-health.html>
- National Drought Mitigation Center. (2022). *Maps*. Current Map | U.S. Drought Monitor. <https://droughtmonitor.unl.edu/Maps.aspx>
- West Fresno Family Resource Center. (2022). *Sweet potato project*. <https://www.wfresnofrc.org/sweet-potato-project>

# Discussion Facilitator



**Linda Helland** *(she/her)*  
**Manager,**  
Climate Change & Health Equity Section  
*Office of Health Equity*  
*CA Dept of Public Health*

***Please ask questions using Zoom chat function***

# Panelists



**Kanwarpal Dhaliwal** *(she/her)*  
**Associate Director & Co-  
Founder**  
RYSE



**Aleks Rodas** *(she/her)*, **Andre Smith** *(he/him)*,  
**Ben Britton** *(he/him)*, **Essienia Porter** *(she/her)*,  
**Patrick Hamilton** *(he/him)*, **Samad Walton** *(he/him)*  
**Program Assistants & Program Manager,**  
West Fresno Family Resource Center



# Discussion Facilitator



**Linda Helland** *(she/her)*  
**Manager**

Climate Change & Health Equity Section  
*Office of Health Equity*  
*CA Dept of Public Health*

***Please ask questions using Zoom chat function***

# Meeting Closing / Wrap-Up

*CA Climate Action Team – Public Health Workgroup Meeting*



**Trinity Smyth** (*she/her*)

California Department of Public Health

**[climatechange@cdph.ca.gov](mailto:climatechange@cdph.ca.gov)**

*Meeting recording will be available at:*

**<https://ww2.arb.ca.gov/resources/documents/climate-action-team-public-health-workgroup-meetings>**

California Climate Action Team - Public Health Workgroup (CAT-PHWG)

# Mental Health & Climate Change: Community-Led Solutions

CAT-PHWG Meeting | February 8th, 2023  
California Department of Public Health  
California Air Resources Board

**Thank you for joining!**

