

From: henkinp@earthlink.net
To: [Lawson-Remer, Terra](#)
Cc: [Desmond, Jim](#); [Anderson, Joel](#); [MontgomerySteppe, Monica](#); [Vargas, Nora \(BOS\)](#); [FGG, Public Comment](#); [ABC 10 San Diego](#); [Fox 5 69 San Diego](#); [KOGO Carl DeMaio \(Reform California KOGO DeMaio Report\)](#); [KPBS San Diego](#); [KUSI 51 San Diego](#); [News Mike Slater KFMB](#); [NBC 7 San Diego](#); [News San Diego News Desk](#); [News San Diego reader](#); [News Encinitas Advocate](#); [Rancho Santa Fe Review](#); [Del Mar Times](#); [San Diego UT Senior Editor](#); [San Diego UT Community Op Ed](#); [Times of San Diego](#); [Voice of San Diego](#); [Advocate](#); [Coronado Times](#); [News Coronado Eagle Journal](#); [La Jolla Light Editor](#); [Carlsbad Coast News \(also San Marcos Vista & Oceanside\)](#)
Subject: [External] Re: Closing the gaps on youth mental health (Please include with docs. for agenda item 12.)
Date: Friday, September 20, 2024 3:17:33 PM

Hi Terra,

You want more mental health services for youth. Great idea – Suicide rate is way up. Learning problems are way up. My conclusion, and I'm sure a lot of other people can see it too, is that **you should have flagged this issue during COVID.** But the biggest problem with this, and I should have mentioned it earlier, is that you **apparently have no idea where the money will come from.**

Instead, we get a request for the CAO to come up with strategies in 6 months and a plan in 18 months. So how many more will commit suicide or go crazy while we kick the can down the road?

And maybe BHS should look into causes such as ridiculous demands on our youth, many or mostly imposed by government, as well as focusing on the behavioral health. Or maybe not fully thought out mandates and government impositions is another behavioral health issue.

The board letter itself says BHS already has plans to weave in efforts currently underway through the Community Experience Partnership (CEP). The CEP is a collaboration between BHS and the University of California San Diego to integrate data and community engagement to advance behavioral health equity. So I would recommend that this program be developed and improved as necessary and that the current agenda item be rejected.

Regards,

Paul Henkin

-----Original Message-----

From: Supervisor Terra Lawson-Remer <terra.lawson-remer@sdcounty.ca.gov>

Sent: Sep 20, 2024 1:41 PM

To: Paul Henkin <henkinp@earthlink.net>

Subject: Closing the gaps on youth mental health



Dear District 3 Resident,

As hectic and challenging as our lives are, it's important to remember that being a kid is no walk in the park either.

As a parent and County Supervisor, I know how important it is to ensure our kids have the mental health and addiction treatment resources they need to thrive.

That's why this Tuesday, I'll be asking my colleagues on the Board of Supervisors to approve my plan to make these services easier for parents and children to access.

From Crisis to Care: A Plan for Our Kids

We've made [big investments in mental health](#) for adults over the past four years—**scaling up our County's behavioral health workforce, implementing CARE Court** to get people with mental health problems off the streets and into treatment, and **increasing fentanyl enforcement, prevention and addiction treatment** programs.

While this progress has been impactful, there's still been a gap in making mental health resources easily accessible for young people.

California was recently [ranked 51 out of the 50 states and the District of Columbia](#) for **parents reporting difficulty in accessing mental health care for their children**. This is unacceptable, and it's clear that without action, the problem will only worsen.

That's why I'm urging our Board to **take immediate steps to address this issue and equip our County to meet the growing need for youth behavioral health care**. My plan will:

- Identify gaps in youth care and treatment
- Use data to quantify optimal service levels
- Establish a long-term, comprehensive plan to strategically invest in resources for young people
- Develop the County workforce, infrastructure, and service capacity to better support the mental and emotional well-being of our youth
- Simplify and improve access to funding for these critical treatments

This plan builds upon **the advancements we've made to improve behavioral health services for adults**. Now, by applying the lessons we've learned over the past four years, we're focusing on younger populations, using new tools like Optimal Care Pathways to provide more effective and efficient care for children, youth, and transition-age youth

(ages 0 to 25).



The Urgency Behind the Action

From mental health to addiction, many of our region's young people are in crisis – and **we don't have the infrastructure in place** to give youth the support they need.

There is an urgency to this crisis. If left unaddressed, mental health and addiction issues don't go away; they get worse. A full **50 percent** of adults with behavioral health disorders [developed symptoms around the age of 14](#). Statistics show earlier interventions are needed to ensure kids with behavioral health struggles don't become adults with the same challenges.

With the right tools and strategies, we can ensure that children, young adults, and their families have the resources and support to address mental health and addiction challenges early on.

I hope this kickstarts an important dialogue within our community, and helps more children and young adults gain tools to reach their full potential.

Coastal Care

We continue to intensify our efforts to get more folks off the streets and keep people housed.

Here's a quick update on the County's homelessness work in our coastal communities:

- We made more than 3,100 outreach engagements with individuals experiencing homelessness in Del Mar, Solana Beach, Encinitas, and Carlsbad from 2021 to 2023.
- This outreach led to 435 people getting help from self-sufficiency services – like housing, medical care, and job support programs.
- More than 200 people were connected to emergency and permanent housing in these cities.

The work continues in all of our County District 3 neighborhoods, and I'm committed to continuing to do more to help people get off the streets and into better living situations.

Shh... Definitely Don't Tell Anyone About This Banned Book

You should be able to read what you want, without the government slamming the book closed. It's unfortunate that extremists are trying to silence authors and keep books off shelves, but rest assured that the County Board of Supervisors is ensuring that all 33 San Diego County libraries are a place that protects your freedom to read.



As part of the County's new efforts to highlight the absurdity of banning books during National Banned Book Week (September 22 - 28), I'm co-hosting a special event with [Empowering Latino Futures](#) at the **Encinitas Library on Monday, September 23 from 6 to 7:30 p.m.**

The event will feature San Diego native, [Matt de la Peña](#), a *New York Times* Bestselling, Newbery Medal-winning author of six young adult novels, including [Mexican WhiteBoy](#) (which was banned in Tucson, Arizona!).

Join us for a reading of this "banned book," meet the author, and check out the library's new banned book display!

[RSVP here!](#)

In Service,

Terra



Supervisor Terra Lawson-Remer · 1600 Pacific Highway, 335, San Diego, CA 92101, United States

This email was sent to henkinp@earthlink.net. To stop receiving emails, [click here](#).

Created with [NationBuilder](#), software for leaders.