

San Miguel Behavioral Health Collaborative Meeting Minutes

8.17.23 | 330-5p - 17 attendees

Guest Speaker- Stucka from [Rainbow Youth Center](https://www.rainbowyouthcenter.org) in Durango
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- *What kind of infrastructure is essential for creating safe spaces?*
 - Education
 - Culture shift through having people understand that you don't have to understand everything to have compassion for another human being. We can make peace with not always understanding, everyone's experience is different. Just affirm who they say they are.
 - Compassion > Understanding. The details aren't important
 - Having one good adult who has your back can mean everything
 - GSAs
 - High School Gender and Sexuality Alliance Clubs
 - San Miguel Resource Center facilitates
 - New health educator incoming/school nurse could be a good contact
 - Gay Straight Alliance at the Telluride High School
 - Schools
 - Essential to have support there, positive impact is created by working with the schools and helping schools create more infrastructure for how they will support the youth
 - This is a long game
 - Need to be more affinity groups
 - Coordination of these efforts at the schools (easily accessible there for youth)
 - Lots of issues still with the school districts- bullying
 - School workers are also community members and it is more likely that it will have a positive effect in the community
 - Teacher and staff education, how to be an effective ally, what to do when students want to change their names/pronouns (illegal in the state of Colorado)
 - Collaborative partner in getting speakers, lunches, actual resources for the clubs
 - Coping skills, navigation when bullying, working through a Gender Support Plan
 - If schools feel safe, the community will feel safer
 - Finding a balance of being supportive but not overwhelming
 - Helping out with these things aids teachers, check-in with the admin on what they need
 - Parent-School Volunteer Support Group (in-person in Durango)

- The culture is scary, homicides and suicides have gone up, LGBT youth and adults feel unsafe
 - Support the supporters for when they go home after school
 - LGBT Parent Support Groups
 - Creating more safety for both the youth and adults, especially in small communities
 - Information for families of adolescents who are looking to see who they are, what can local families do (substance abuse, identify, suicidal ideation) painful and lonely for parents who feel they are doing a lot
- *Rainbow Youth Center offerings*
 - Afterschool three days a week, Mondays and Thursdays for anyone, Wednesday for trans and non-binary youth
 - Teens = >12 years
 - Private Discord Server (can create their own server for communication) control over who is added to the group, moderated by peer advisors and supervised staff. Various channels (animals, meme, peer to peer support, family support channel, places for teens to chat)
 - *Email Stucka if you have a client interested!*
 - When someone joins, you see rules and norms and then complete an intake form and verify information via phone call
 - Peer modifiers can take down anything that is unsafe, could be triggering, vision is to help create a safe online platform virtual drop-in center that anyone can access
 - Virtual across Colorado DND campaign (queer adults and youth, create own character backstory and identity) way to experience and explore different identities- gender, pronouns
 - *Email Stucka if you have a client interested!*
 - In the schools, gender and sexuality alliance club facilitation
 - Mentorship program can be available virtually- can be connected to a queer adult (some available and willing to mentor online)
 - Weekend activities (maybe not always accessible but open to everyone, one to two weekend events a month)
 - September will be movie nights, October has a Halloween lock-in for 12 hours
 - Youth of Color program in schools, not currently virtual (not necessary LGBT)
 - *Suggestions*
 - Once a month hold a safe space (library) GSAs, etc. Have something consistent. Every student fairs better when there is a GSA club
 - In rural areas, have other professionals brainstorm with the youth themselves and other organizations that serve youth in the community. Focus groups with youth and then some with families & professionals. Held a soft community gathering where they could talk about the results.
 - *Recommended Resources*
 - Gender Spectrum <https://genderspectrum.org/>

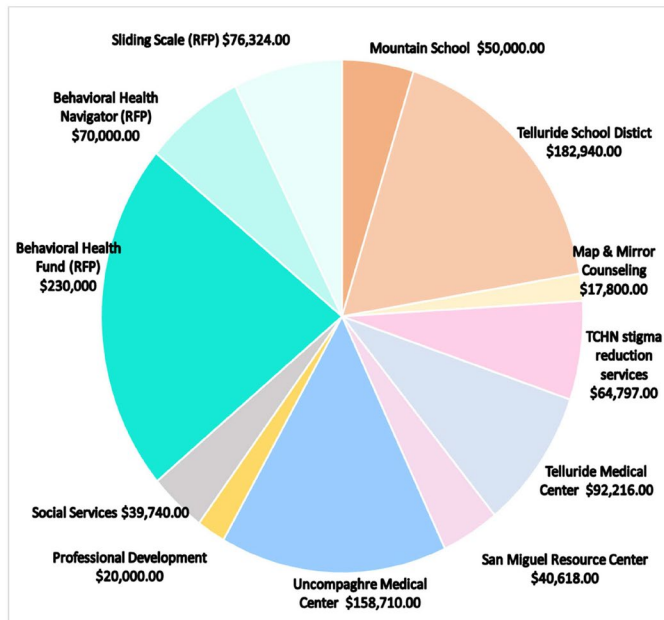
- Imi Guide <https://imi.guide/>
- Q Chat Space <https://www.qchatspace.org/>
- The Trevor Project <https://www.thetrevorproject.org/>

Roundtable:

- Randi- CC Team at TCHN, working with some adults over the age of 60 through Region 10 and Medicaid, grateful for funding
 - Grace- 6 counties in the middle of process improvement plan, behavioral health and mental health are the main goals for the next 5 years, goal to have all staff through MHFA
 - Clea, Bright Futures - about to put out parenting class calendar for the next school year and will share with the group
 - Lindsay, Telluride Med Center, Andrew Brown starting in primary care, Grief Group that Ray Shattner and Lindsay run begins next month and has a full group (no space for this month but will start taking names for winter group)
- San Miguel Behavioral Health Solutions Panel
 - 2023 Grant Detail Funding Map- mill levy to support behavioral health programming and services. Small portion of property taxes set aside for this fund

SAN MIGUEL BEHAVIORAL HEALTH **SOLUTIONS**

2023 Grants Detail



- Solutions funding grant period open- <https://www.sanmiguelbehavioralhealth.org/funding-areas>