

# COUNTY OF LOS ANGELES-DEPARTMENT OF MENTAL HEALTH

## Program Support Bureau-MHSA Implementation & Outcomes Division

### SUMMARY FOR: Seeking Safety Learning Network January 21, 2016

**Location:**

L.A. Child Guidance Clinic  
3787 South Vermont Avenue  
Los Angeles, CA 90007

**Facilitator:**

Joshua Cornell, Psy.D., Clinical Psychologist II

**Practice Lead for Seeking Safety:**

Sermed Alkass, Psy.D., TAY Division

**Participants:**

Sandra Aldrete, SSG/APCTC  
Zuleika Andrade, SCHARP/Step Out  
Jacqueline Anthony, Alafia Mental Health Institute  
Maria Avila-Gengenbacher, CBHC  
Lori Bauer, Child and Family Center  
Amanda Bibler, Hollygrove  
Michelle Bilotta-Smith, Amanecer CCS  
Joe Bologna, Trinity Youth Services  
Jacqueline Camacho-Gurierrez, Hillside  
Abby Chappell, Edelman MHC  
Giselle Collins, Didi Hirsch  
Kristine Cox, Social Model Recovery Systems  
Sonal Dani, Long Beach MHC  
George Eckart, MHSA Implementation & Outcomes  
Linnea Fuchs, Exceptional Children's Foundation  
Esmeralda Garcia, Alma Family Services  
Amanda Gentz, Hathaway-Sycamores  
Erin Grierson, Crittenton Services  
Kim Griffin Esperon, LAUSD  
Ani Harutyunyan, San Fernando MHC  
Nili Jacob, Bridges, INC  
Daniel Kaushansky, SCVMHC  
Terry Kjeldgaard, SFVCMHC  
Ivy Levin, MHSA Implementation & Outcomes

Stephen Lovato, Stirling Behavioral Health Institute  
Kalani Makanui, Didi Hirsch MHS  
Amber Marinoff, SPIRITT  
Suzanne Markey, LAUSD  
Casey Meinster, Hathaway-Sycamores  
Wendy Mielke, Crittenton Services  
Danielle Mitock, Bridges, INC  
Azine Neiman, The Village Family Services  
Marianna Oganessian, St. Anne's  
Teri Paulsen, LBCAP  
Frances Pavon-Lara, MHSA Implementation & Outcomes  
Katia Perez, VIP-CMHC  
Ellen Rogelberg, The Help Group CFC  
Gloria Rojas, CHCADA  
Andrea Segal, The Help Group  
Lucian Song, Long Beach API MHC  
Adam Sternberg, LA Child Guidance Clinic  
Jennifer Tamayo, Hillside  
Cynthia Ulloa, ECDA  
Choong Harry Um, Edelman MHC  
Eric Wickliffe, Pacific Lodge  
Ava Williams, Aviva Family and Children's Services  
Sarah Zepeda, Long Beach MHC

- I. Welcome and Introductions
- II. Review of Reports
  - Individual provider reports
  - Aggregate data



*I. Levin walked attendees through a power point presentation that described the provider specific reports in their data packets. She reviewed and explained the usefulness of each report.*

*G. Eckart briefly reviewed the current Seeking Safety aggregate report data.*

*G. Eckart presented “A Closer Look” which highlighted pre-post analysis for the YOQ measures by diagnosis, age group and diagnostic categories of disruptive behaviors/impulse control, depressed mood, and trauma/stress reactions.*

### III. Updates

*S. Alkass provided the following updates: Targeted case management is now considered a non-core service, the Seeking Safety champion training is underway, DMH will continue to offer Seeking Safety trainings in the future, he encouraged providers to participate in the ongoing theme-based calls and he is working to revise the Seeking Safety FAQs to correspond with the current PEI Guidelines.*

*S. Alkass reiterated that per PEI Guidelines, Seeking Safety is an intervention for clients age 13 and above based on evidence of efficacy from the developer. The lowest age of a client receiving the treatment is 13.*

*J. Cornell reminded providers about the transition to new DSMV trauma measures, how to obtain the measures, reviewed the upcoming training dates and referred providers to the PEI Outcomes project website for more details.*

*One provider asked if Seeking Safety is only appropriate for clients with substance abuse and S. Alkass clarified that Seeking Safety is a trauma focused practice and does not require client having a secondary diagnosis for substance use.*

*Another provider inquired if it's appropriate to process a client's trauma while they are in Seeking Safety and S. Alkass emphasized that it is not part of the model.*

### IV. Networking

- Theme Based Break-Out Groups
- Larger group discussion with open forum

*Adaptation group– Discussed using positive self-talk for the compassion topic, empowering clients to choose the session topics, using more colorful or fun materials for younger clients, using the Seeking Safety Cards, and encouraging clients to write their commitments on cards to help them remember. S. Alkass encouraged providers to only make adaptations to Seeking Safety topics that still stay within the framework of the model.*

*Adult/Older group- Discussed strategies to support client engagement and re-engagement, conceptualizing the client's readiness for treatment in the stages of change model, use of validation strategies to shape group member's behavior, and the efficacy of the model with clients who have comorbidity with personality disorders.*

*Sustainability group– discussed strategies to support client engagement like calling clients if they miss a session, providing more outreach and celebrating a client’s termination/graduation from the practice.*

*Child/Adolescent group– discussed challenges to outreaching PEI TAY and some strategies to assist such as working with gatekeepers at schools, developing relationships with community colleges and presenting at schools to generate referrals.*

*Clinical Utility of Outcomes group- discussed the various utility of outcomes measures including determining appropriateness for treatment and progress monitoring. Also discussed struggles with parents and children not understanding questions on the measure. J. Cornell encouraged considering the client or caregiver’s reading level when administering a measure and using the “invalid measure” unable to collect reason if they cannot comprehend it.*

V. Next PPLN Meeting

*Please email proposed future agenda items to: [PEIOutcomes@dmh.lacounty.gov](mailto:PEIOutcomes@dmh.lacounty.gov).*

*Date/Time/location of next meeting TBD*