



Presented by:

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Author of "Living with Peer Pressure and
Bullying"

Who Am I? (Part 1)

- ▣ Born and raised in San Jose, CA
- ▣ UC Berkeley for undergraduate school
- ▣ University of Michigan for Master's in Public Health
- ▣ Wayne State University in Detroit, MI for Medical School
- ▣ Maricopa Integrated Health System in Phoenix, AZ for Adult Psychiatry Training
- ▣ Stanford University, for Combined National Institute of Mental Health (NIMH) Research and Child Psychiatry Fellowship

Who Am I? (Part II)

- ▣ Research Area: Bullying and Victimization
- ▣ Developed, tested and validated Peer Interactions in Primary School (PIPS) Survey
- ▣ Wrote a book for teens “Living with Peer Pressure and Bullying”
- ▣ American Academy of Child and Adolescent Psychiatry (AACAP) spokesperson on bullying
- ▣ *Developed and preparing to test the Teacher Interactions in Primary School (TIPS) Survey*

- ▣ All that being said.....

Who I Really Am

- ❑ Frustrated with bureaucracies and broken system of care for bullying/victimization and mental health
- ❑ Started BACA in 2007 to provide evidence-based, compassionate care to all children suffering from bullying, victimization or mental health issues
- ❑ Our clinics integrate care in one setting so parents get the needed support for schools, therapies and psychiatry in one place, decreasing our 'fragmented' mental health care system
- ❑ The Bay Area needs clinics delivering the best mental health care possible, free from discrimination based on ethnicity, sexuality or socio-economic status

BACA Locations

- ▣ BACA San Jose
 - Currently about 10% of our clients commute “treacherous” highway 17 to come to our clinic
- ▣ BACA Oakland (Opened May 2014)
 - Struggles with extremely high rates of mental illness in children and lacks integrated care
- ▣ BACA Santa Cruz (Early 2015?)
 - Coming Next....

Why BACA is Unique

- ▣ Continuity of Care
 - IOP – Outpatient Clinic – School – Home
- ▣ Treat Family System
 - Primary clients are ages 0-25 - but we do treat adults (Must be parents of youth in treatment)
- ▣ Stop Over-Prescribing!!!!
 - Our physicians run teams, do therapy, and will not pull out their prescription pad inappropriately. We pride ourselves on taking children OFF medicine.

Unlimited Demand

Year	Patient Visits	Staff	Website Visitors
2007	122	1	129
2008	1010	3	2292
2009	1436	7	2251
2010	3341	9	4399
2011	4549	15	8370
2012	5495	16	18839
2013	8294	28	35386
2014*	10950	>40*	52782*

316 Requests for Services in 2014

Programs at BACA

- ▣ Outpatient clinic
- ▣ Minecraft™ Social Skills Group
 - via Technology Therapists
- ▣ Adolescent Intensive Outpatient Programs (IOP)
- ▣ Young Adult IOP
 - Starting Summer 2014
- ▣ Latency Age IOP
 - Resuming Fall 2014

Challenges BACA faces...

- ▣ Funding
 - County Issues, Insurance Issues, Loans and Lines of Credit
- ▣ Staffing
 - Finding staff that will work for lower salaries but who are dedicated, compassionate, caring and good clinicians
- ▣ Correcting Bad Practices
 - Training schools, other clinics and mental health providers on proper treatment methods
- ▣ Demand
 - Trying to meet unprecedented demand to help all children and families in need of services; especially children involved in bullying or victimization

Advice for Parents

- ▣ Ask questions
 - Speak to your mental health providers about best scientific methods to treat your child's symptoms
- ▣ Challenge Insurance Companies
 - Become familiar with the term Evidence-Based Medicine (EBM). Challenge your care providers to deliver the best EBM possible – this means scientific, integrated care in one setting
- ▣ Advocacy
 - It is morally and ethically wrong for youth with mental illness to not receive the same quality and level of care as youth with other illnesses
- ▣ Schools
 - Fight against old policies and demand that schools provide harassment-free environments for learning as required by law

2011 Suicide Data

- ▣ Centers for Disease Control (CDC) data from 2011:
 - Suicide is now the second leading cause of death for 15-24 year olds, (passing homicide) with a rate of 10.7 per 100,000 individuals
 - For comparison, deaths from cancer for this age range were 3.7 per 100,000

Differences in Funding between Suicide and Cancer

- ▣ St. Jude Children's Research Hospital received \$475 million dollars in 2011 from contributions, grants and gifts
- ▣ The National Alliance for the Mentally Ill (NAMI), which serves adults and children, received \$8 million dollars in 2011 from contributions, grants and gifts

There is Hope!

- ▣ Collaborative Approach to Children's Mental Health (CATCH) www.catchservices.com
- ▣ As we grow and have good outcomes, we are more successful at helping families get good care for their children, and in negotiations with insurance companies
- ▣ Stigma (slowly but surely) is decreasing
 - Health care equality for mental illness is now mandated

Thank You for Your Time!



Merci



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