Call to Order & Introductions: Chair Colunga called the meeting to order at 12:17 p.m. All who were in attendance stated their names and organizations.

Agenda Approval:

Moved by Commissioner Manchester and seconded by Commissioner BurtonBurke, the agenda, as amended, was approved unanimously.
Public Comments/Oral Petitions: None.

Approval of Minutes:

Corrections to the minutes:

Page 5, under Reports/Presentation, third paragraph, change Mr. Mottao to Mr. Motta
Page 6, under Announcements/Correspondence, third paragraph, change date from April 19th, to April 19, 2017.

Moved by Commissioner Manchester and seconded by Commissioner BurtonBurke to approve the April 4, 2017 as amended, was approved unanimously.

Presentation: “An Introduction to Adolescent Development and the Stress Response: An Evidence Based Approach.” Dr. Shelley Aggarwal, Medical Director, SCC Juvenile Custody Institutions.

Dr. Aggarwal gave an overview of the report, covering what is considered normal puberty, brain and social development, and response to stress. She explained that this complex biodynamic period is not specifically driven by chronological age, and many factors leading to later health issues and morbidity begin in adolescence. Research now shows that body fat may be a puberty trigger, with improved nutrition leading to earlier start of puberty. Psychological and sociological growth can vary widely during puberty, and due to brain development. Stress stimuli tend to release more dopamine, and its impact on the brain can lead to higher tendency toward risk-taking. At the same time, brain development may not keep pace to distinguish appropriate risks from inappropriate risks. Similarly, other brain functions that help adults handle peer relationships or peer rejection may not be as well developed, also affecting decision-making. Stress responses are geared toward survival, and generally diminish with hours or within a day. Chronic stress keeps the body in a heightened state for an extended period of time and leads to other individual and collective impacts. Studies are now showing response to stress can change neurons in the brain depending on experiences. In short, our thoughts change the way our brain is wired. When stresses happen more frequently, it can lead to increased neuron development in the brain leading to regular heightened anxiety, hyper-alertness. This can be overcome through regulating breathing by lowering the breathing rate, in turn slowing heartbeat, relaxing. The ancient disciplines used meditation, now being validated by science, offer results to easing potentially destructive behavior due to stress experiences.

Dr. Aggarwal added that the latest Charlie Rose Brain Series is about children with adverse events. There is some wonderful lecture series that goes back a few years with a top experts in the field discussing these issues, adding that it is a fascinating series to listen to look at in reference to how development and how the experiences in life evolve.

Commissioner Gonzalez asked if there is any way to reverse these things. Dr. Aggarwal said in reference to early childhood events, one of the things they are looking at is that close caregiver relationships can actually undo some of the experiences. The question remains at what time to intervene. Some people say that younger than 2 years of age is the best time to intervene. As kids get older, what interventions do they need that would potentially be healing for these kids. With adolescents and young adults, it is understanding developmental trajectory and understanding where a child is in reference to their developmental stage, which may not gel with their chronological age. Learning how to gather and communicate information in a way that is understandable to a kid could potentially change what it is you get investment on for a positive outcome.

Commissioner Thiele asked Dr Aggarwal’s thoughts on the idea of medicating kids because if they are producing too little of the chemical response or too much of the chemical response do you think the medication is something that is needed to get to baseline or is that actually re-wiring the brain so that future generations will be dependent on the medication. Dr. Aggarwal was not sure if she would able to answer the question … First she would ask what is going on with the individual, what is the process, is it anxiety, bi-polar? If you have kids who are chronically exposed to stress who are wired to be anxious, they may need support to help take the edge off so that they may settle their system. The reality is that the kids they deal with aren’t necessarily able to do that. It doesn’t mean the solution lies in a bottle, and we emphasize that point, but the truth of it is in terms of recruiting regulatory sort of mechanisms. If you have no skill set, then using something that helps settle your system so then you can explore the process and engage in therapy or engage in the process is significant. Mr. Putney added that there is a lot of
research that ties into doing guided imagery, guided meditation for PTSD, and adolescent traumatic events and ways that we can replicate that in our institutions would help the students to re-pattern and re-learn their responses to stress.

**REPORTS**

**Chair’s Report:** Chair Colunga reported on the following:

- Several Commissioners met with Assembly Member Mark Stone to talk about the appearance of an exclusion of the Juvenile Justice Commissions from having a role in inspecting Group Homes or the new term, Short Term Residential Treatment Program (STRTP) and he said it was never the intent to do that and will look into how it might be corrected. There is a pending conference call schedule for May 3, 2017 with Assembly Member Ash Kalra to work along with Assembly Member Mark Stone and also an email was sent to Senator Jim Beal’s office. They are hoping to make some changes by either amending the language in the Welfare and Institutions Code or the original Bill.
- By-Law changes that were discussed at the April 4, 2017 meeting will be approved at today’s Executive Session.
- Met with Francesca LeRue from DFCS and it is hope to continue that relationship and figure out how we work best together

Commissioner Blake reported on the following:

- With the help of Nick Birchard and IT, the JJC phone number that is listed on the business cards and on the website is now functional and messages now can be left.

**Juvenile Justice Court:**

Judge Lucero reported on the following:

- Judge Lucero thanked Supervisor Cortese’s Office for getting their third batch of parking validations for parents, saying it really does make a difference and is on the BoS agenda to make it a permanent function.
- The Art of Yoga program was featured in a national study on Sematic Interventions (when you treat physical to get to the mental) and was forwarded to Commissioner Hansen who will forward to JJC Commissioners.
- Judge Johnson will fill in for the bulk of the vacations this summer.
- Juvenile Court Educational Partnership is meeting on Friday, May 5, 2017 from 1:30 to 3:30. All are welcome.

Judge Bonodanno reported on the following:

- Judge Bonodanno complimented Behavioral Health on the twenty-nine (29) psychological evaluations adding that all arrived on time.
- Judge Bonodanno learned from Supervisor Cortese’s Office that the efforts to get Dr. Yang re-coded have been discussed with Jeff Smith and waiting for the results from that discussion.

Judge Silva reported on the following:

- Judge Silva went to Juvenile Hall to watch the Living and Change presentation. Three (3) youth, who have been in Juvenile Hall for a significant amount of time, were paired up with three (3) other youth to teach dogs how to behave. Judge Silva said it was a very positive program for these kids. The youth that spoke out about their experience were appreciative of the program and she applauds Probation for bringing the program to the youth. She encourages all to observe the program next time it is available.

**Dependency Court:** No report.
Probation Department Juvenile Program: Kathy Martinez reported on the following:

- The population report for April 2017 was distributed. Population at Juvenile Hall is 97, with 84 males and 13 females. The Ranch population is at 34, with 29 males and 5 females.
- Giap Le, Probation Manager, changed assignments and is now in the Adult Division and; Jill Ugalde is the new Probation Manager assigned to the Juvenile Probation Services Division.

Nick Birchard reported on the following:

- Juvenile Hall established a “Second Helpings for Dinner” program and has been successful for the past 3-4 weeks.

Department of Children and Family Service/Children’s Receiving Center (DFCS): Francesca LeRue reported on the following:

- They are working on some technological solutions regarding data collection for the RAIC. Data was previously captured manually on a white board. A system is being developed not only track who comes into the RAIC but also whether are they non-dependents or dependents, with the hope of having a better understanding about results with group homes or foster homes, where these children are or are not succeeding, and what the RAIC can do.
- The CAN Center is now one of the national models in terms of answering telephone calls. Last week they had zero abandoned calls.
- There are currently fourteen (14) vacancies which computes to a 4% vacancy rate and is better than many of the Bay Area counter parts.

Chair Colunga asked about the status of the conversions of the classifications at RAIC. Ms. LeRue said it is a “grandfathered” type of situation adding that they are down to two (2) selter counselors being switched over to Social Worker I.

Behavioral Health - Mental Health Services: Lauren Gavin reported on the following.

- Behavioral Health contacted the present PHD evaluators to determine whether they are willing to work with interns and thereby increase the number of available examiners.
- Dr. Yang has accepted 4 new interns for academic year 2017-2018. They are also exploring being able to keep some of the current interns on a contractual basis.
- BHSD is open to accepting Palo Alto University (PAU) interns into Dr. Yang’s program, however no one from PAU has applied.
- BHSD proposed that Probation fund a post-doctorate provider who has been under Dr. Yang’s supervision in the past. Probation has approved this request and the post-doctorate is now under contract.
- BHSD received another application for a new panel member with the interview being held today, May 2, 2017.

Ms. Gavin introduced Chelsea Russell, Data Coordinator for the Prevention Programs at the Indian Health Center’s Counselling Department who reported on the following:

- Back in February 2017 Ms. Russell reported to JJC about their project call Future Generations. The program was developed to improve the system of care for Indian youth in Santa Clara County. What they found from the needs assessment was that American Indian youth in the system were not being actively identified for receiving appropriate culturally competent services. Ms. Gavin reached out to them and wanted to learn about their services and their community. Ms. Gavin was provided with an American Indian Ancestry questionnaire tool which Ms. Gavin successfully implemented on her team who were able to identify four (4) American Indian youth within the last couple of months. Ms. Russell thanked JJC and Ms. Gavin.

Behavioral Health - Alcohol and Drug Services: No report.
Law Enforcement: No report.

District Attorney’s Office, Juvenile Justice: No report.

Public Defender’s Office: Nisreen Baroudi reported on the following:

- Katarina Pena has replaced Amanda Snyder.
- Lauren Gavin and her team will conduct a training on Thursday, May 4, 2017 from 2:00 to 3:00 p.m. in Dept. 83. All are invited.
- Court Systems training on Child Welfare 101 will be held on Wednesday, May 10, 2017 from 12:00 to 2:00 p.m. at the Santa Clara County Crime Lab.

Independent Defender’s Office: None.

Alternate Defender Office: No report.

Legal Advocates for Children & Youth (LACY): No report.

Medical Services: No report.

Commissioner Hansen announced that Chai-Chin Lee is attending a National Corrections Conference in Atlanta, GA and will be giving a presentation on the Court Clinic.

Alternative Schools Department, COE: David Putney reported on the following:

- With the end of the school year upon them, they will be redeveloping a more blended learning in preparation for next school year to meet educational needs for every level of student they are serving.
- Tiny House:
  - was completed with a celebration at San Jose State University.
  - Still looking for a partnership in the community. If anyone is interested in partnering, the Tiny House is available for $1.00. They will be working towards hopefully serving an identified need in the community and are targeting homelessness. They are also exploring budgetary ways to support additional Tiny House projects.

Victim Witness Assistance Center: None.

YWCA Support Services: None.

Due to time available the following people provided the following:

Stephanie Gregory from the Indian Health Center reported on the following:

- Copies of the Tool to Implement Behavioral Health have been provided for JJC. It was adapted from Alameda County, which Child Welfare created for inquiries in response to the Indian Child and Welfare Act.

Commissioner Gonzalez said when he toured the Ranch he dined with the kids and commented on the generous portions of tasty food provided to the youth at the Ranch. Mr. Birchard said that it is a smaller group of kids and they have more flexibility with food.

Announcements/Correspondence:

Chair Colunga asked Mr. Birchard if the President’s roll back on nutrition requirements is going to affect any of the institutions and do they have to abide by the roll back. Mr. Birchard said they were abiding by the current lunch program adding that he does not think the State has mandated any changes.
Old Business: None.

New Business: None.

Adjourn to Executive Session: Chair Colunga adjourned the meeting to Executive Session at 1:13 p.m.

Next Meeting: June 6, 2017, DA Crime Lab Conference Room, 250 W Hedding St., San Jose, CA.

Respectfully submitted,

Barbara Crump