

***Welcome to the January 2026 Rural Resilience  
Innovation Hub Convening.  
The meeting will begin shortly.***

# **Community Engaged Partnerships**

**January 22, 2026  
1:00pm – 2:30pm PT**

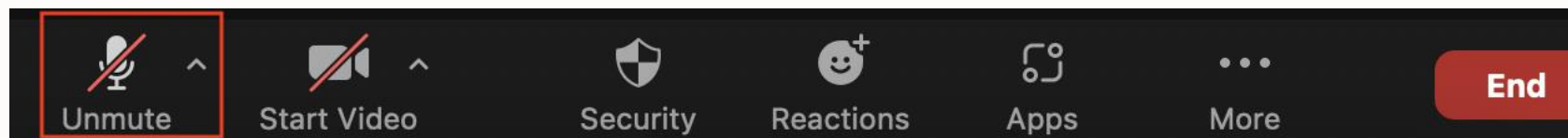


# This event is being recorded and transcribed.

**Why?** PHIL uses the recording and transcription to assess key takeaways, participant needs, and to develop better events for you in the future.

Recordings will be available by request after the event.  
Email [info@pophealthinnovationlab.org](mailto:info@pophealthinnovationlab.org) to request access.

Please mute your microphone during the presentation.



# Community Engaged Partnerships

January 22, 2026  
1:00pm – 2:30pm PT

*January 2025 Rural Resilience  
Innovation Hub Convening*



# Thank You for Your Support!

The Rural Resilience Innovation Hub is made possible through support from the **Office of Youth and Community Restoration (OYCR)**.

OYCR's investment allows rural partners to learn together, strengthen systems, and improve outcomes for youth and families.





# Welcome In & Context

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**Kathryn Stewart, MPP**  
*Population Health Innovation  
Lab (PHIL)*





# ***Beyond Land Acknowledgment***

**The Population Health Innovation Lab team respectfully acknowledges that we live and operate on the unceded land of Indigenous peoples throughout the U.S.**

Acknowledgment is the beginning. Acknowledgment—and the research required to do it with integrity—should be an invitation to deeper analysis, relationship, and action.

Learn more about how to go *beyond* land acknowledgments. Visit [www.nativegov.org](http://www.nativegov.org)



# Welcome & Housekeeping



## Roll Call

Please share your name, location, and organization in the chat.



## Housekeeping

Be present & take care of yourself. Place questions in the chat. Slides will be shared after the meeting



# Agenda

- Welcome and Framing
- Networking
- Community Engaged Partnerships
  - Megan Irgens, UCSF
  - Karen Pautz, First 5 Siskiyou
- Dialogue Groups
- Closing and Next Steps



# Rural Resilience Innovation Hub Resource Doc



[Link to Resource Document](#)

A tilted thumbnail of a document page. The top section has a blue header with the text "Rural Resilience Innovation Hub" and "Updated at 12:32 12/18/2025". Below this is a yellow box with a welcome message. The main content is divided into two green sections: "Rural Resilience Innovation Hub Overview" and "Beyond Land Acknowledgement". The overview section describes the Rural Resilience Innovation Hub (RRIH) as a shared learning community for rural Northern California counties. The "Beyond Land Acknowledgement" section states that the PHIL team respects the land of Indigenous peoples and provides a list of actions to take, such as learning about history and building relationships with Tribal Nations.

**Rural Resilience Innovation Hub**  
Updated at 12:32 12/18/2025

Welcome to the resource page for the Rural Resilience Innovation Hub, an initiative of the Northern ACEs Collaborative at the Population Health Innovation Lab!

### Rural Resilience Innovation Hub Overview

The [Rural Resilience Innovation Hub \(RRIH\)](#), hosted by the Population Health Innovation Lab (PHIL) with support from the Office of Youth and Community Restoration (OYCR), is a shared learning community for rural Northern California counties. It brings together neighbors across behavioral health, education, justice, and community organizations to share what's working, build meaningful partnerships, and learn from one another. Together, participants turn local wisdom and collective learning into practical strategies that strengthen systems of care for children, youth, and families.

### Beyond Land Acknowledgement

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Visit [Native Land Digital at https://native-land.ca](https://native-land.ca) to identify the Indigenous Peoples whose ancestral lands you currently occupy. We also encourage you to go beyond simply knowing:

- Learn about the history and contemporary presence of those nations and the Native people in your community.
- Build ongoing relationships with Tribal Nations, Indigenous communities, and Native people in your area — through intentional efforts to go to where they are, listen, and collaborate in ways that Native people define as meaningful and helpful to them.





# *The Northern ACEs Collaborative's (NAC)* **Rural Resilience Innovation Hub (RRIH):** **2025 - 2026**

- **NAC Vision:** All Northern California residents have everything they need to live resilient and happy, healthy lives.
- **RRIH Purpose:** To strengthen rural Northern California county systems serving children and youth by aligning behavioral health and justice efforts through peer learning, cross-sector collaboration, and shared problem-solving.

*To learn more about the Northern ACEs Collaborative (NAC) and other NAC Initiatives, past and present, visit the [NAC Section of the PHIL website](#).*





# Why the Rural Resilience Innovation Hub?

- **Youth mental health needs are high—and often unmet:**  
**1 in 5 California children** lives with a mental health diagnosis; **66% of youth with depression** receive no treatment.
- **Crisis shows up in hospitals and detention:**  
**Mental health is the #1 cause of hospitalization** for children ages 0–17; **over 65% of arrested youth** have mental health conditions.
- **Justice involvement often reflects service gaps, not serious harm:**  
**Nearly 70% of justice-involved youth** are **detained for non-person offenses**, yet lack of behavioral health supports increases recidivism.
- **Rural and low-income youth are disproportionately impacted:**  
**58% of youth from low-income families** report serious psychological distress, while rural communities face workforce and access barriers.
- **The Hub strengthens rural collaboration before crisis occurs:**  
Building on the Northern ACEs Collaborative, the Hub supports shared learning and cross-sector practices across behavioral health, justice, education, and community systems.





# RRIH Meeting Dates

- February 19, 2026 | 1:00-2:30 pm PT
  - **Focus:** Integrated County Plans ([Link to Register](#))
- March 19, 2026 | 1:00-2:30 pm PT
- April 23, 2026 | 1:00-2:30 pm PT
- May 21, 2026 | 1:00-2:30 pm PT
  - **Question:** *Would you be interested in participating in an In-Person Convening in Redding for our May convening?*

*Additional meeting topics and registration links will be coming soon!*





# What is Community Engagement?

*“Community engagement” is a strategic process to directly involve local populations in all aspects of decision-making, policy development and implementation to strengthen local ownership, capacities and community structures as well as to improve transparency, accountability and optimal resource allocations across diverse settings.*

**Source:** [The United Nations Community Engagement Guidelines on Peacebuilding and Sustaining Peace](#)





# Dialogue Groups

**Join a small group and share:**

- Name
- County and Organization
- What's one community engagement practice that has helped build trust





# Megan Irgens

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**Postdoctoral Researcher**

**UCSF**





University of California  
San Francisco



ZUCKERBERG  
SAN FRANCISCO GENERAL  
Hospital and Trauma Center

# Single Session Interventions

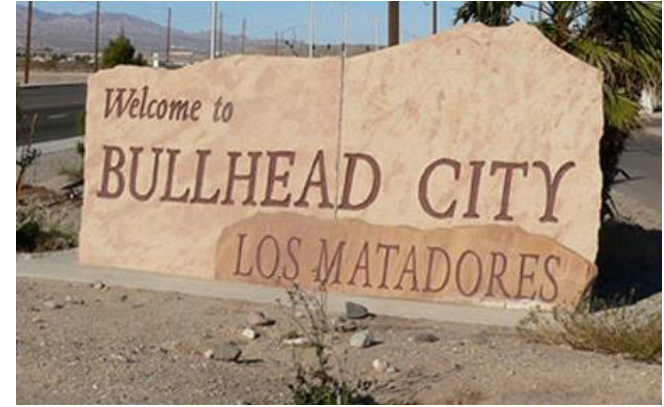
Potential Applications for Legally Involved Youth from Rural Communities

Presented 1/22/26, Slides Updated 1/27/2026



# A bit about me

- Born in Spearfish, SD
- Raised in Bullhead City, AZ
- Personal ties to the legal system
- Attended: Mount Holyoke College and University of Arizona



# Mental Health Crisis for Young People

Approximately 20% of adolescents in the United States indicated they have unmet mental health needs<sup>1</sup>

# Mental Health of Legally Involved Youth

Approximately 60–70% of legally involved youth meet criteria for at least one psychiatric disorder<sup>2</sup>

Nearly 50% report lifetime substance use<sup>3</sup> both of which are associated with increased risk of recidivism<sup>4</sup> poor health outcomes<sup>5</sup> and impaired psychosocial functioning<sup>6</sup>

# Traditional Treatment Options

- Cognitive Behavioral Therapy (CBT)
- Solution Focused Therapy
- Acceptance and Commitment Therapy
- Unified Protocol for Adolescents
- Motivations Enhancement Therapy / CBT
- Trauma Focused Cognitive Behavioral Therapy
- Multisystemic Therapy
- Functional Family Therapy

# Barriers to Care for Rural Communities

Lack of:

- Specialty providers
- Transportation options
- Behavioral health infrastructure<sup>7</sup>

# Limitations to Current Treatment Options

- Require licensed clinicians
- Extensive training
- ~10-20 sessions with the youth
  
- Youth attend fewer than four outpatient sessions<sup>8</sup>

# Call for Action

- Interventions for legally involved youth must match the realities of their communities and families.

# Single Session Interventions

- Grounded in Solution Focused Therapy and Cognitive Behavioral Therapy
- Time-limited therapeutic dose
- Self-guided digitally by Lab of Scalable Mental Health in 8 different languages
  - There are also facilitated versions by **anyone**

# Single Session Interventions

- **Strong evidence base across youth populations**<sup>9-20</sup>
  - SSIs improve youth mental health–related outcomes
- **Demonstrated effects in school settings**
  - Evaluated in classrooms across multiple U.S. states, including rural school districts
- Immediately post-SSI, youth report:
  - ↑ agency
  - ↑ hopefulness
  - ↑ perceived control
- **Sustained benefits**
  - Positive effects maintained at **4–9 month follow-up**

# Single Session Interventions

Four different versions available right now!

- 1) **Project Personality**
  - Growth v fixed mindset
- 2) **Projects Care**
  - Kindness towards self
- 3) **ABC Project**
  - How behaviors are related to mood
- 4) **Project Rise**
  - Minority stress (LGBTQ+) focused

# Single Session Interventions

<https://www.schleiderlab.org/yes.html>

# My Current Research Project

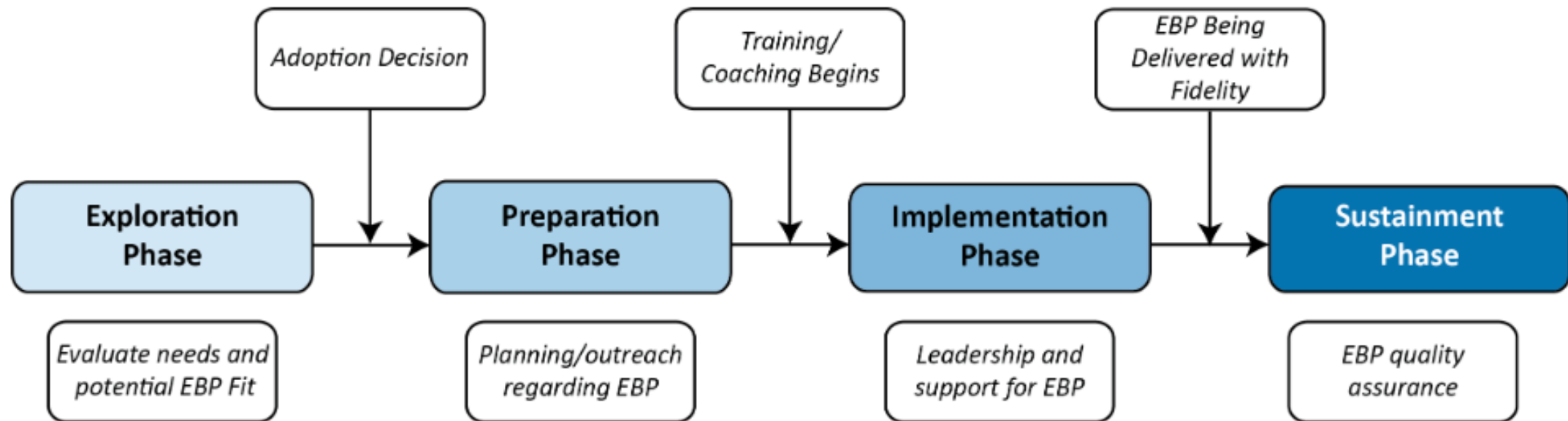
- Went back to my community and asked: *what do your legally involved youth need?*

# Current Project

- 1) Examine barriers and facilitators to implementing brief interventions
  - 1) Probation officers across the county
  - 2) Probation admin and supervisors
  - 3) Youth care workers
  - 4) Detention hall staff
- 2) What interventions material and training are needed?

# Current Project

## Exploration, Preparation, Implementation, Sustainment



# References

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# Questions & Reflections





# Karen Pautz

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**Siskiyou First 5**



# FIRST 5 SISKIYOU CHILDREN AND FAMILIES COMMISSION

*Siskiyou's Child Abuse Prevention Council*



# SISKIYOU COUNTY CA

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- Fifth Largest County Geographically
- 44,000 people
- Less than 500 births
- Frontier County



## FIRST 5 SISKIYOU CHILDREN AND FAMILIES COMMISSION MISSION /VISION

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**Mission:** Increase positive outcomes for Siskiyou children and families through strong partnerships, a common agenda, and collective impact.

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**Vision:** Siskiyou County's children are safe, healthy, and prepared to succeed in school and life as a result of the support and nurturing they receive from their families, caregivers, educators, and communities.



Build long term partnerships by **fostering relationships**

**Focus on contributions of others** rather than our own

Sustain **constructive relationships** based upon mutual respect, candor, and confidentiality

Always promote a tone of **care, joy, passion, compassion, positive attitude and professionalism**

Lead with **care**, foster **unity**, share **knowledge**, work as a **team**

Be **nimble and flexible**. Act with **honesty integrity and kindness**

**Include** the perspectives, opinions, and experiences of the broadest possible sector of the community.

**Be accessible and welcoming**. Listen, communicate clearly and respectfully

Follow **ethical practices** and ensure **transparency** in all aspects of the work

## Guiding Principles



Approaches and Strategies



# FIRST 5 SISKIYOU VALUES

**Collaboration:** work cooperatively to develop common goals, leverage resources and maximize efficacy of services for children and families.

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**Innovation:** work with partners to identify and apply fresh solutions based on evidence and best practice to meet the specific needs of the diverse communities within our county.

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**Excellence:** attain the highest quality outcomes, measured against established best practices and the most credible current research.

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**Accountability:** results-driven, and responsible for the resources the public entrusts in fulfilling its fiduciary, programmatic and legal requirements.

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**Respect:** Centering in equity and unity, First 5 Siskiyou welcomes and embraces input and assistance from families, partners and communities to offer every child and family support and access to resources.

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**Invest Locally:** First 5 understands the importance of community-based investments and is committed to funding services in our communities.

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# BUILDING COLLABORATIVE PARTNERSHIPS

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Work with schools, libraries,  
HHS, tribes, and service clubs,  
community-based organizations,  
health care

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Serve as the Child Abuse  
Prevention Council expanding  
reach to families with children  
birth to 18

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Lead cross-agency initiatives to  
reduce silos





# PARTNERSHIPS FOR FAMILY COMMUNITY EVENTS



*Family fun events are the  
glue that binds a  
community together.*



THURSDAY, NOVEMBER 1ST  
6:00 - 7:30PM

MT. SHASTA ELEMENTARY SCHOOL - CAFETERIA  
501 CEDAR STREET, MT. SHASTA

DELICIOUS FESTIVE FOOD INCLUDED  
NO COST TO PARTICIPANTS

# HANDMADE Crafts

FOR THANKSGIVING

TREAT THE KIDS TO A FUN EVENING OF ARTS AND CRAFTS AND MAKE SOCIAL CONNECTIONS WITH OTHER FAMILIES.

FACILITATED BY -

## MONICA QUINTERO

EARLY CHILDHOOD EDUCATOR  
HOME VISITOR FOR SHASTA HEAD START



Sign-up online or call 530.918.7222 to RSVP over the phone.



For parents of children ages 5 to 12

# Active Parenting

Facilitated by Toby Reusze  
Licensed Advanced Alcohol and Drug Counselor  
Family Educator for more than 15 years  
Certified Domestic Violence Facilitator



Learn strategies to -

- Raise responsible, cooperative children
- Resist negative peer pressure

Family dinner and child care are included

No cost to participants.

THURSDAYS // OCT 10 - DEC 5 // 5:30 - 7:30 PM  
NO CLASS ON OCT 31 AND NOV 28  
EVERGREEN ELEMENTARY SCHOOL, CLASSROOMS 7 & 8  
416 EVERGREEN LANE, YREKA  
REGISTER HERE OR CALL 530.918.7222 TO REGISTER BY PHONE

Active Parenting will give you skills to achieve a fuller, more satisfying family life... and help your children achieve greater happiness and success. Written by Michael H. Papkin, Ph.D. This award-winning course will show you a proven-effective approach to parenting that will lead to more harmony and happiness for you and your children. You'll learn strategies for school success, along with positive discipline and communication techniques, and experience increased JOY as a family.




FOR ENGLISH AND SPANISH SPEAKING PARENTS AND THEIR CHILDREN

# Handmade Gifts for the Holidays

Enjoy a creative and fun evening for the entire family, leaving with Christmas gifts made by you! Parents will learn ideas to make fun homemade toys, activities, and gifts with their children. A family dinner and child care are included. No cost to participants.

Co-facilitated in English and Spanish by

Krista Weagraff and Monica Quintero

MONDAY  
December 16th  
5:30 - 7:30pm  
at the  
Kahtishraam Wellness Center  
1403 Kahtishraam, Yreka  
Register online or call 530.918.7222 to register by phone.




Early Childhood Educator  
Quality Counts Siskiyou Coach  
Playgroup Facilitator

Early Childhood Educator  
Home Visitor, Shasta Head Start  
English/Spanish Translator




FOR PARENTS AND TEENS

Join us for an evening filled with fun!  
Make stronger social connections with your teens and meet up with other families.

RSVP here or call 530.918.7222 and sign-up over the phone.



# GAME NIGHT

CO-FACILITATED BY  
TONYA HERRING AND LORI KEYSER-BOSWELL

THURSDAY, JANUARY 23RD — 5:30-7:30PM

FUN - BOARD GAMES - PRIZES - DELICIOUS DINNER

LOCATION: MT. ZION LUTHERAN CHURCH - 825 KNAPP STREET, YREKA

No cost to participants.



hsj Health & Safety Institute

# PEDIATRIC FIRST AID & CPR AED TRAINING

Facilitated by Darrell Frost, Instructor  
Northern Siskiyou EMS

Get Certified in First Aid & CPR AED for the Child, Infant, and Adult

Saturday, August 24  
Covenant School Chapel  
200 Greenhorn Road, Yreka  
9:00am - 3:00pm  
No cost to participants. Lunch is included.

This course is designed for individuals who desire, or are occupationally required, to be trained and certified in pediatric first aid and/or CPR AED for the child, infant, and adult.

Space is limited - Register today!

REGISTER HERE! QUESTIONS? CALL 530.918.7222




Tuesday  
December 10th  
6:00 - 7:30PM

# GRIEF and Less



LEARN THE MYTHS AND FACTS TO HELP YOU FIND SOLACE IN THE PAINFUL LOSS OF A CHILD

Grief is a natural response to loss and there is nothing more painful. Grieving is a highly individual experience; there's no right or wrong way to grieve. In this session Ce Eshelman, LMFT will offer information about stages of grief to help understand and support oneself and others in the process.

This session can be helpful for those who lost a loved one — and for their supporters.

CE ESHELMAN  
LMFT, Attachment and Trauma Specialist  
ce@attachplace.com

Register here, or call 530.918.7222 to sign-up over the phone.  
No cost to participants.


TUESDAY, AUGUST 13TH

# BECOMING THE WARRIOR

YOUR KIDS NEED

Presented by  
JENN DONAHUE, PHD

Get ready to find your inner warrior and lead with authenticity through stories, lessons, and takeaways from one of the first women Combat Commanding Officers and Navy Commodore.



In this transformative presentation, Jenn shares her five-step method, developed from scientific research and personal experiences, to overcome roadblocks and become a genuine leader others want to follow. Are you ready to do great things?

No cost to participants.

Register online or by phone at 530.918.7222.

ABOUT OUR FACILITATOR  
Jenn Donahue, is a seasoned civil engineer and retired US Navy Captain and former Commodore, with a remarkable career spanning both military and civilian sectors. Throughout her 27 years of service, she undertook extraordinary projects, from constructing bridges in war zones to leading seismic planning efforts for critical infrastructure like the Panama Canal. She is a vibrant speaker and channels her passion for overcoming obstacles into empowering others to reach their fullest potential in both personal and professional endeavors through her keynote speaking.



5:30 - 7:30PM  
Yreka Church of the Nazarene  
415 Evergreen Lane, Yreka  
A family dinner and childcare are included.


SCAN HERE TO LEARN MORE

For Siskiyou County Families — find resources, classes and events for parents, caregivers, and those who live and work with children and youth —

<https://www.surveymonkey.com/r/FY2024-2025>  
For more information, call 530.918.7222.




# Evaluation Data Book

Fiscal Year 2024-2025



## USING DATA AND STORYTELLING

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- Collect community input and evaluation data
- Uses findings to refine programs and partnerships
- Communicates impact transparently and accessibly

29 Funding Partners Help us Make Possibilities Endless  
by Leveraging First 5 Siskiyou Dollars...



## VISION CENTERED COLLABORATION IS KEY TO INNOVATION IN COMMUNITY ENGAGEMENT

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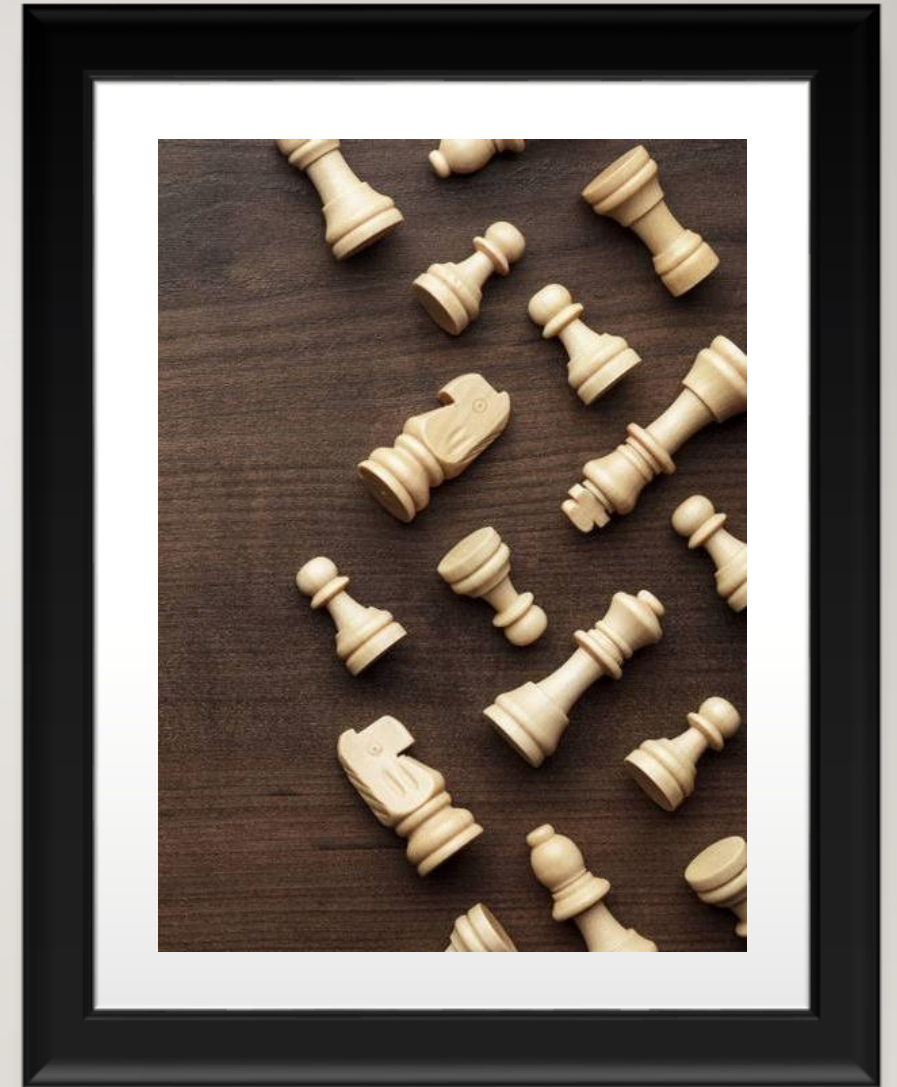
- Ability to create something new,
- Moving away from traditional thought pattern
- Creative and new ideas for old problems
- New actions to improve what we do and how we act



## 45 COLLAPSE OF SHARED FUTURE OCCURS WHEN

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- Liability is Created
- Trust is Lost
- Good Faith Partnership is Impacted
- Perceived Inequity in Contribution or Benefit





POSSIBILITIES ARE ENDLESS WHEN WE WORK TOGETHER WITH GRACE AND MOST GENEROUS OF INTENTIONS

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Karen Pautz – Executive Director First 5 Siskiyou Children and Families Commission –  
Siskiyou County’s Child Abuse Prevention Council

[karenpautz@first5siskiyou.org](mailto:karenpautz@first5siskiyou.org) - 530 261-1297



# Questions & Reflections





# Dialogue Groups

- Reflect on the presentations. What stood out to you about effective community partnership practices?
- How might you engage with community to support behavioral health of youth, including those who are justice-involved?
- Are there any new people or organizations you should involve in your partnership to strengthen support of behavioral health for youth?





# Harvest

The term harvest refers to the process of capturing the essence, insights, and outcomes of conversations to make meaning, support learning, and enable wise action





# Wrap Up

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**PHIL Team**





# Resources to Support Children and Youth Behavioral Health

## EXPANDING ACCESS TO BEHAVIORAL HEALTH RESOURCES IN CALIFORNIA COMMUNITIES

The Children and Youth Behavioral Health Initiative  
& The Northern ACEs Collaborative



Looking to reach youth and their families with critical resources to support their behavioral health? Check out the [FREE resources and connections available here](#) and reach out to [CMohan2@phi.org](mailto:CMohan2@phi.org) to learn more.



# Rural Resilience Innovation Hub Resource Doc



[Link to Resource Document](#)

A tilted thumbnail of a document page. The top header is blue with the text "Rural Resilience Innovation Hub" in white. Below it, in smaller text, is "Updated at 12:32 12/18/2025". A yellow banner contains the text: "Welcome to the resource page for the Rural Resilience Innovation Hub, an initiative of the Northern ACEs Collaborative at the Population Health Innovation Lab!". A green banner contains the section title "Rural Resilience Innovation Hub Overview". The text below reads: "The Rural Resilience Innovation Hub (RRIH), hosted by the Population Health Innovation Lab (PHIL) with support from the Office of Youth and Community Restoration (OYCR), is a shared learning community for rural Northern California counties. It brings together neighbors across behavioral health, education, justice, and community organizations to share what's working, build meaningful partnerships, and learn from one another. Together, participants turn local wisdom and collective learning into practical strategies that strengthen systems of care for children, youth, and families." Another green banner contains the section title "Beyond Land Acknowledgement". The text below reads: "The PHIL team respectfully acknowledges that we live and operate on the unceded land of Indigenous peoples throughout the United States. Acknowledgement is the beginning. Acknowledgement--and the research required to do it with integrity--should be an invitation to deeper analysis, relationship, and action. Visit Native Land Digital at https://native-land.ca to identify the Indigenous Peoples whose ancestral lands you currently occupy. We also encourage you to go beyond simply knowing:" followed by a bulleted list:

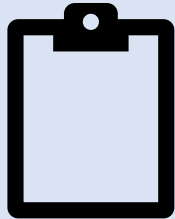
- Learn about the history and contemporary presence of those nations and the Native people in your community.
- Build ongoing relationships with Tribal Nations, Indigenous communities, and Native people in your area — through intentional efforts to go to where they are, listen, and collaborate in ways that Native people define as meaningful and helpful to them.





# Stay Engaged & Share Your Insights

## Evaluation



- Monthly evaluations will be sent out to participants.
- Evaluation help us:
  - Understand your recent participation and engagement with RRIH
  - Capture early outcomes
  - Inform future convenings & improvement efforts



## Why Your Input Matters

Your participation helps us measure effectiveness and guide our work.



## Raffle Incentive

- Earn raffle entries for participating:
  - **2 entries** for baseline and endline survey (up to **4 entries** if both are completed)
  - **1 entry** for each monthly survey (up to **3 entries** if Feb-Apr surveys completed)
- At the end of the project (June 2026), **five \$60 Tango gift cards** will be raffled.





# We want to hear how today went!

Before you go, we invite you to share your thoughts! Please complete our quick survey using the poll or clicking on the link in the chat.



<https://s.zoom.us/j/b9kHP0mAN>

Smart feedback wanted! 🧐  
Your response helps us learn and improve!



**Thank You!**





# POPULATION HEALTH INNOVATION LAB

A Program of the PUBLIC HEALTH INSTITUTE

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