

MHSOAC Prevention and Early Intervention Subcommittee Meeting Speaker Biographies

August 12, 2019 | Sacramento, California (Sacramento County)

Adrienne Shilton, Government Affairs Director, with the Steinberg Institute is a recognized expert in mental health policy who has devoted her career to improving the well-being of people living with brain illness and substance use disorders. Adrienne became involved in mental health policy as a key staff person in the campaign to pass the 2004 Mental Health Services Act. In the years since, she has worked in a variety of roles to carry out the vision for services laid out in the law, most recently as director of intergovernmental affairs for the County Behavioral Health Directors Association. Before joining CBHDA, Adrienne was a senior associate with the nonprofit California Institute for Behavioral Health Solutions, and a senior policy analyst with the California Council of Community Behavioral Health Agencies. She has been a champion for culturally relevant program design, incorporating peer support as a crucial piece of recovery, and using evaluation and outcomes-based reporting to drive strategy. Adrienne has served as an adviser on a number of statewide efforts, and currently sits on a task force examining mental health issues in California's LGBTQ community. She has a bachelor's degree in psychology from Knox College, and a master's degree in public policy and administration from California State University, Sacramento.

Julie Freitas, MA, LMFT, is a Clinical Manager with the Adult and Aging Branch of Yolo County Health and Human Services Agency, where she oversees the adult and older adult Full Service Partnership teams, the Transition Age Youth (TAY) unit, two TAY Wellness Centers, the Compass team for conserved adults, the Assertive Community Treatment team, and the Assisted Outpatient team. She has 21 years of experience in the mental health field, with 11 years in clinical supervisory and management positions. Julie has worked with children, youth, young adults and older adults across the lifespan, serving in nonprofit, county, educational, juvenile justice and inpatient settings. She has built and implemented three highly successful programs for transition-age youth and installed the evidence-supported Transition to Independence Process (TIP) model in two counties. She is currently implementing the EDAPT program in Yolo County. Julie was the co-founder of the LGBTQ Youth Space in Santa Clara County, which won the Legal Advocates for Children and Youth (LACY) award in its first year of operation. She was a founding supervisor of the Humboldt County Transition Age Youth division, an integrated mental health care model that incorporated behavioral health, child welfare, public health and other services in a holistic one-stop program for youth and young adults. She has presented at a local, state and national level on issues such as foster youth development and empowerment, LGBT youth initiatives, and transgender equality. Julie received her MA in Counseling Psychology and Holistic Health from John F. Kennedy University and her BA in Psychology and Neurophysiology from Sonoma State University.