

Meeting Minutes
Tuesday, May 7, 2019
9:30 AM at Hillcrest Center

Location: 403 W. Hillcrest Drive, Thousand Oaks, CA 91360

Present: Claudia Bill-de la Peña, Councilmember, City of Thousand Oaks
Cindy Goldberg, Board Member, Conejo Valley Unified School District
Susan Holt, Board Chair, Conejo Recreation and Park District
Robin Britt, Executive Director, Community Conscience
Kristina Medeiros, Associate Director of Children Services, Many Mansions
Vanise Terry, Senior Administrative Aide, Office of Supervisor Linda Parks

Staff: Rebecca Stelmar, Counselor, Conejo Valley Unified School District
Rochelle Callis, Administrator, Conejo Recreation and Park District

Guests: Dr. Heather Chamberlin, Mental Health Coordinator, CVUSD

Absent: Francine Sprigel, Program Coordinator, City of Thousand Oaks

1. Called to Order 9:35am

- a. Introductions

2. Public Comments

- a. No Public Comments

3. Approval of Minutes: January 2019

- a. It was moved by Goldberg, seconded by Holt, and carried unanimously to approve the minutes as presented.

4. Dr. Heather Chamberlin, CVUSD Mental Health Coordinator

- a. PhD in Human Development and a License in Clinical Social Work
- b. Discussed the emerging trends and indicators she sees in schools
- c. “Risk Assessment” defined as concern for potential self-harm or harming others
- d. Year-End Report of Conejo Valley Unified School District Mental Health
 - i. Elementary Counselors served almost 600 students for peer conflicts, anxiety, and sadness or feeling emotionally overwhelmed

- ii. Title I Social Workers served 161 families which included outreach in their homes; most referrals were for crisis intervention
 - Title I Schools: Acacia, Conejo, Glenwood, Ladera, and Walnut Elementary Schools
- iii. University Interns (Marriage & Family Therapy; Master's in Social Work) worked at Middle and High Schools and served 216 students
- iv. BreakThrough served 218 families and over 700 parents through outreach and workshops; half of students are referred as a result of a disciplinary suspension and half are referred by a concerned teacher, counselor, administrator, or even their own parents
 - Technology and Social Media; Unstable Home Environments; Anxiety and Depression; Marijuana; Substance Abuse
- v. Special Education
 - 2,000 students are eligible, but only 25% receive support
 - Designated Instructional Services (DIS) – weekly 30-minute sessions with a therapist working on coping strategies; a shot in the arm; 271 students
 - Educationally Related Social and Emotional Services (ERSES) – regular outreach to parents and outside providers; 89 families served
 - Residential Facilities, located in Utah, are the last resort
- vi. Suicide Prevention
 - Rich Lieberman, a national expert on suicide prevention, came to train administration and school psychologists
 - Suicide Prevention Task Force was created in recent years
 - High School Teachers were trained by the Task Force
 - 181 students assessed last year; expecting ~300 this year...
 - 16 Elementary School Students (as of January)
 - 71 Middle School Students – highest risk population
 - 44 High School Students
- e. Sanford Harmony
 - i. A free, evidence-based program designed for Elementary School students which teaches conflict resolution, kindness, and compassion
 - ii. Expanding throughout the District this year after positive results
- f. Other Issues
 - i. National Unplugged Day

- CRPD considering holding a monthly day for unplugging and outdoor recreation, hopefully in partnership with CVUSD

ii. Vaping

5. Business

- a. Youth & Family Summit (February 27, 2019)
- i. Hold twice per year; potentially build up to 4 times per year
 - ii. Need to identify more non-profits to invite to future events
 - Possibly use the Goebel Adult Community Center for a larger space
 - iii. Have staff discuss possible date for second event
 - September/October and January/February are being considered
- b. Welcomed Vanise Terry from Supervisor Linda Parks' Office
- i. Willing to assist with planning for upcoming events

6. Items for Subsequent Agendas

- a. Discussion on how to find more areas for the three organizations (CRPD, CTO, CVUSD) to collaborate and support one another
- b. Continued discussion on mental health and how to help the community
- c. CRPD to provide a status report on the Youth Outreach Program
- d. Have community trainings – partner with the County on the topics

7. Director Reports

- a. Bill de la Peña brought up the topic of bringing CERT Training to High Schools
- i. Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.
 - ii. Her son's high school in Los Angeles County provided it to ~400 students
 - iii. Assemblymember Irwin's Be Prepared Safety Fair training is this weekend
 - iv. Six months have passed since the Borderline shooting
 - v. CRPD does offer First Aid and CRP/AED courses and requires staff to certify
- b. Britt mentioned that her staff went through an Active Shooter Training recently
- i. Discussed GroupMe, an app used by Community Conscience for emergencies
 - Instantly connects and allows staff to notify each other about a situation
 - Callis mentioned the Microsoft Teams app as a similar resource

8. Adjourned 11:07am