

MEETING MINUTES

Wednesday, November 13, 2019, 9:30am
CRPD Administrative Offices at Hillcrest Center
403 W. Hillcrest Drive, Thousand Oaks, CA 91360

1. CALL TO ORDER

Meeting called to order at 9:32am by Chair Holt.

2. ROLL CALL & INTRODUCTIONS

a. Present

Susan Holt, Board Member, Conejo Recreation & Park District
Claudia Bill-de la Peña, Councilmember, City of Thousand Oaks
Cindy Goldberg, Board Vice President, Conejo Valley Unified School District
Francine Sprigel, Community Services Coordinator, Thousand Oaks Library
Rebecca Stelmar, Counselor, Conejo Valley Unified School District
Robin Britt, Executive Director, Community Conscience
Kristina Medeiros, Associate Director of Children Services, Many Mansions
Kirsti Thompson, Director, Give an Hour California
Michael Morisette, Outreach Coordinator, Give an Hour California

b. Absent

Rochelle Callis, Administrator, Conejo Recreation & Park District

3. PUBLIC COMMENTS

None

4. PRESENTATIONS

a. Give an Hour California

Kirsti Thompson, Director of Give an Hour California, presented on the history of Give an Hour, the organization's efforts to heal the community in the wake of the Borderline shooting and brushfires.

Give an Hour was founded in 2005 in Washington DC, originally to serve veterans, military and their family members. At a national level, licensed clinicians (MFT, SW, PSYCH) volunteer one hour per week. Over 7,000 clinicians serve throughout the country today. After natural and man-made disasters, the network opens to serve anyone who needs mental health care at no cost. A total of 270,000

volunteer hours have been offered to date. Give an Hour California is the only *boots on the ground* office (everywhere else is primarily virtual).

Mental health statistics:

- 1-in-5 adults have serious functional impairment due to mental illness
- 20% of kids have (or have had) a seriously debilitating mental disorders
 - By comparison, just 8.3% have asthma and 0.2% have diabetes
- 1 million adults attempt suicide each year
- 1-in-6 students nationwide have contemplated suicide

In 2014, Give an Hour began focusing on promoting emotional wellness through the Change Direction Campaign, which encourages people to pay attention to their emotional well-being and understand the signs of emotional suffering. An outcome of these efforts is small community peer networks in which people living in the same area can provide support to each other. Clinicians are offered a stipend and attend a 2-day training on the curriculum. Delivering emotional life skills through trainings is the current focus of the organization.

Ventura County Community Foundation and California Community Foundation both funded Give an Hour California with a total of \$500,000 to offer clinics to survivors and family members of the victims to help them through the application process for the Conejo Valley Victims Fund and offer case management and free mental health care. Weekly support groups are held for the family members of the Borderline victims as well as the survivors who were in attendance that night.

Looking to the future, there is a need for Give an Hour's services in CVUSD high schools. A "Trauma 101 Training" is available and can be offered to the leadership staff of community organizations. Give an Hour will also be further developing a partnership with Ventura County Behavioral Health and their substance abuse prevention project focusing on opioid use. Educational classes are available at no cost, including NARCAN Kit training and distribution.

5. CONSENT CALENDAR

a. Approval of September 17, 2019 Committee Meeting Minutes

It was moved by Bill-de la Peña, seconded by Goldberg, and carried unanimously to approve the minutes as presented.

6. ITEMS FOR DISCUSSION

a. Youth & Family Summit 2020

Coordinator Sprigel presented an outline of the event, including a detailed timeline for the day. Discussion ensued about refining the structure to create the best outcome given the short window of time allowed. Each Board Member would be responsible for conducting a portion of the event, which would include

introductions, small group discussions, and an opportunity for each group to share their most important ideas. The immediate focus for the committee is to finalize the invitation list and send a Save the Date in the near future.

b. **Future Guest Speakers**

Executive Director Britt will reach out to Dichele Harris, Area Director of Lutheran Social Services, and ask if she is able to speak at the next meeting.

7. **AGENCY REPORTS & ANNOUNCEMENTS**

BreakThrough is hosting a trauma and resilience workshop called “Bouncing Back” tonight, November 13, which is offered in both English and Spanish.

BreakThrough is hosting a parent-student workshop on *Vaping and Cannabis* that will be held on December 14 in partnership with Ventura County Behavioral Health and the Thousand Oaks Police Department.

The Community Conscience Mardi Gras Ball will be held on February 29, 2020.

8. **ITEMS FOR SUBSEQUENT AGENDAS**

There is a serious issue in schools with excessive homework for Advance Placement (AP) and Honors students in High School. Some students spend as many as five hours per night trying to complete their assignments, losing out on sleep, family time, and social interaction with their peers. A discussion among parents and counselors has begun to brainstorm solutions.

9. **NEXT MEETING DATE**

The next meeting will be Wednesday, January 8 at 9:30am at Hillcrest Center.

10. **ADJOURN**

It was moved by Goldberg, seconded by Bill-de la Peña, and carried unanimously to adjourn at 10:52am.