Community Action Plan for Student Mental Health & Substance Use Prevention

Presented by the Beach Cities Partnership for Youth

Beach Cities Health District (BCHD) partners with the Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District to deliver programs that measurably improve the health and well-being of students and families. These programs increase physical activity, improve nutrition, reduce substance use and encourage social-emotional wellness in our schools.

While physical health in the Beach Cities continues to improve, there is a growing need in the student population to address mental health and well-being. The statewide California Healthy Kids Survey (CHKS) found that Beach Cities students, in many ways, are struggling more than their statewide peers. According to the survey, when compared to students throughout California, Beach Cities teens reported:

- Higher than average rates of alcohol and drug use for 11th graders – with use doubling as students transition from 9th to 11th grade
- Higher than average rates of reported chronic sadness or hopeless feelings within the past 12 months for 7th, 9th and 11th grade
- Higher than average rates of 11th graders engaging in binge drinking (five or more drinks in one sitting) in the past 30 days

The Beach Cities Partnership for Youth Coalition was created by BCHD in 2017 through establishing five stakeholder committees: 1) Students, 2) Parents, 3) Health Providers, 4) School Administrators and 5) Community Members in implementing strategies to reduce youth substance use in a comprehensive and long-term manner.

In October 2019, the Coalition was awarded a FY 2019 Drug-Free Communities Program (DFC) grant in the amount of $125,000 by the White House Office of National Drug Control Policy, in cooperation with the Substance Abuse and

Mental Health Services Administration. The grant term is five years with total funding expected to be $625,000. The Beach Cities Partnership for Youth Coalition joins more than 700 community coalitions across the United States working to increase community-wide collaboration and decrease youth substance use. Recognizing that local problems need local solutions, DFC-funded coalitions engage multiple sectors of the community and employ a variety of environmental strategies to address local substance use problems.

The Community Action Plan for Student Mental Health & Substance Use Prevention outlines key programs, partnerships and policies that are addressing these key health indicators. BCHD is just one of more than 200 local partners in the Beach Cities Partnership for Youth Coalition that are collaborating to achieve measurable outcomes.

KEY INDICATORS

The Community Action Plan relies on multiple data collection strategies to identify the greatest health needs of the youth population. In addition to the statewide California Healthy Kids Survey, data collected from Stanford's Challenge Success program and additional school-based surveys identify stressors and pressures facing students as they balance academics and extracurricular activities. Parents are polled through an ongoing survey conducted by BCHD, and key informant interviews and focus groups are also convened to determine risk and protective factors.

The following CHKS key indicators are aggregated across the Beach Cities. Hermosa Beach City School District is a K-8 district, so data from 7th grade is included below. Data from 9th and 11th grades are aggregated across Manhattan Beach and Redondo Beach schools.

** Due to COVID-19, CHKS data was unable to be collected in Spring 2020 in MBUSD and HBCSD. In order to account for this gap, survey data was collected twice throughout the 2020-2021 school year in these school districts. Data displayed as "2020" was collected in Spring 2020 (RBUSD) and Fall 2020 (HBCSD and MBUSD), with data to be collected again in all three districts in Spring 2021.*

Chronic Sadness/Hopelessness: Percentage of Beach Cities students who reported experiencing chronic sadness/hopelessness in the past 12 months

	2018	2019	2020
7th Grade	20%	23%	31%
9th Grade	29.5%	28%	39.5%
11th Grade	35%	40%	45%

Suicide: Percentage of Beach Cities 11th graders who reported seriously considering attempting suicide within the past 12 months

	2018	2019	2020
11th Grade	16%	18%	15.5%

Alcohol and Other Drugs: Percentage of Beach Cities students who reported using alcohol or drugs in the past 30 days

	2018	2019	2020
7th Grade	4%	3%	1%
9th Grade	24.5%	17%	9%
11th Grade	41.5%	37%	24.5%

Vaping: Percentage of Beach Cities students who reported using e-cigarettes or other vaping devices in the past 30 days

	2018	2019	2020
7th Grade	1.3%	1%	1%
9th Grade	13%	13%	3.5%
11th Grade	24.5%	25%	9.5%

Marijuana: Percentage of Beach Cities students who reported using marijuana in the past 30 days

	2018	2019	2020
9th Grade	11%	11%	3.5%
11th Grade	24%	24%	15.5%

RISK AND PROTECTIVE FACTORS

According to the National Institute on Drug Abuse, prevention programs should enhance "protective factors" and reverse or reduce "risk factors." The more the risks in a child's life can be reduced, the less vulnerability that child will have to substance use and other maladaptive behaviors.

Early intervention targeting risk factors (e.g., aggressive behavior, poor self-control and lack of stress management) often has a greater impact than later intervention by directing a child's life path away from problems and toward positive behaviors. There is clear evidence supporting the implementation of social-emotional well-being programs and substance use prevention curricula in the school environment as a risk-reduction strategy to prevent substance use and improve mental health in the student population.

The Community Action Plan strives to reduce the following risk factors identified in the Beach Cities student population, and increase protective factors so students are healthy, happy and able to thrive – both in and out of school.

RISK FACTORS	PROTECTIVE FACTORS
Factors that increase the likelihood of student substance use and decrease overall mental health and well-being	Factors that decrease the likelihood of student substance use and improve overall mental health and well-being
Inability to cope in stressful situations	Resilience to change and ability to adapt to stressful events in healthy and flexible ways
Apathy towards recreational and social activities	Opportunities for youth involvement in purposeful activities
Low self-esteem	Cultivation of a sense of well-being and self-confidence
Lack of commitment to school	High connection to peers and adults on campus
Lack of perceived risk of drug and alcohol use	Awareness of short- and long-term health and social impacts of drug and alcohol use
Lack of parental involvement and supervision	Close and nurturing family relationships
Parental attitudes favorable to substance use	Clear expectations and limits regarding alcohol and other drug use
Visible and widespread alcohol and drug availability in social and community settings	Public policies that reduce youth access to drugs and alcohol

EVIDENCE-BASED PROGRAMMING

Many of the strategies included in this Community Action Plan are not new. They have proven to be effective in DFC community coalitions across the country. One grantee, Franklin County, Massachusetts' Communities That Care Coalition, was able to decrease youth alcohol use by 36%, cigarette smoking by 52% and marijuana use by 24% during a decade-long intervention. The Beach Cities Partnership for Youth Coalition continues to learn from other Coalitions and emulate these success stories. By utilizing evidence-based practices as well as locally-supported innovations, this Community Action Plan strives to meet the greatest community need and enhance the policies, systems and environmental changes necessary to create lasting health improvements.

CREATING A HEALTHY BEACH COMMUNITY TOGETHER

Across the Beach Cities, schools are prioritizing the social and emotional well-being of their student populations. Character and skill-building programs including MindUP, Second Step and WEB (Where Everyone Belongs) are being expanded at schools. Social-emotional wellness committees are addressing student stress and supporting healthy coping strategies. Staff are being trained to "Know the Signs" to recognize students who may be struggling. Students are exploring their purpose, identifying not only what they want to be, but who they want to be. In the community, several local organizations have been instrumental in gathering support for these topics:

- Behavioral Health Services, a Los Angeles County Department of Public Health and grantee, has led the Prevention Community Council, comprised of local substance use prevention advocates, for the past five years.
- For more than 15 years, local nonprofit Freedom4U has provided school-based counseling services to at-risk youth and their parents, and helped teens connect to their purpose in life.
- South Bay Children's Health center has provided onsite school counseling and other supportive social services to children, adolescents and families in the Beach Cities.
- South Bay Families Connected was created in 2015 in response to the high level of community concern regarding the social-emotional wellness of South Bay youth, including self-reported levels of high stress and anxiety, as well as higher than average alcohol and drug use.
- Torrance Memorial's Thelma McMillen Center has been committed to supporting students and families overcome patterns of alcohol and drug abuse and addiction for several decades.

KEY MILESTONES IN CREATING THE BEACH CITIES PARTNERSHIP FOR YOUTH

DATE	ACTIVITY
October 2015	Beach Cities Health District (BCHD) site visit to Franklin County, Massachusetts' Communities That Care Coalition
January 2016	BCHD identifies substance use prevention, social-emotional well-being and bullying prevention as top health priorities for youth
January 2016	Social-Emotional Wellness districtwide committee established in Manhattan Beach
2016	BCHD conducts more than 100 key informant interviews with various stakeholders in the Beach Cities
August 2016	BCHD partners with South Bay Families Connected on the Families Connected Speaker Series
February 2017	Social-Emotional Wellness districtwide committee established in Redondo Beach
April 2017	School Advisory Board convened by BCHD and Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District to align school efforts to address mental health and substance use prevention
June 2017	BCHD recruited student committee members for the community health, strategic planning and finance committees and due to overwhelming response, the Youth Advisory Council was launched
September 2017	Families Connected Parent Chat launched with Torrance Memorial's Thelma McMillen Center
September 2017	First meeting of Families Connected Parent Advisory Group
September 2017	Social-Emotional Health Coordinator hired by BCHD
October 2017	First meeting of Youth Advisory Council
February 2018	First meeting of Student Mental Health Provider Task Force
April 2018	Presentation by Denise Pope of Challenge Success and Parent Resource Expo
May 2018	Coalition received CalMHSA Grant for Health and Wellbeing from the Los Angeles County Department of Mental Health for the Student Stress & Substance Use Summit
May 2018	State of Our Youth's Health: Student Stress & Substance Use Summit featuring keynote speaker Hon. Mary Bono
August 2018	Manhattan Beach Unified School District staff trained in Introduction to Mental Health First Aid
September 2018	Social-Emotional Wellness districtwide committee established in Hermosa Beach
October 2018	First meeting of the Community Workgroup
October 2018	Coalition received CalMHSA Grant for Health and Wellbeing from the Los Angeles County Department of Mental Health for Cyber Safety education events
January 2019	Official launch and first meeting of the Beach Cities Partnership for Youth Coalition
February 2019	More than 50 new resources and referrals for youth and families added to bchd.org/resources

April 2019	Visit by Steven Adelsheim, M.D., from the Stanford Center for Youth Mental Health and Wellbeing to explore Youth Wellness Center
May 2019	Coalition received CalMHSA Grant for Health and Wellbeing from the Los Angeles County Department of Mental Health for Mental Health Awareness Month activities
May 2019	Mental Health Awareness Month activities including Mental Health First Aid and Mental Health Week at local high schools
June 2019	Tri-Agency Study Session on Youth Health Issues – Hermosa Beach
June 2019	Youth Advisory Summer Workgroup convenes and begins working on the PhotoVoice project
June 2019	Beach Cities Partnership for Youth Coalition applies for Drug-Free Communities Grant and solicits support from cities, school districts and key community partners
August 2019	Second meeting of the Beach Cities Partnership for Youth Coalition
September 2019	BCHD appoints 85 students to Youth Advisory Council
September 2019	Youth Advisory Council members kick off focus groups to explore bringing a Youth Wellness Center to the Beach Cities
Fall 2019	Youth Advisory Council and community partners advocate for tobacco control policies to reduce youth access to vaping
October 2019	Hermosa Beach City School District staff trained in Introduction to Mental Health First Aid
October 2019	Vaping Town Hall with Assemblymember Al Muratsuchi
October 2019	Coalition Steering Committee convenes for the first time with key stakeholders
October 2019	Tri-Agency Study Session on Youth Health Issues – Manhattan Beach featuring a fishbowl discussion with Mira Costa High School students and members of Youth Advisory Council
October 2019	Beach Cities Partnership for Youth Coalition Awarded National Drug-Free Communities Grant by White House Office of National Drug Control Policy, in cooperation with the Substance Use and Mental Health Services Administration
November 2019	Second Visit by Dr. Adelsheim to meet with students, local mental health providers, school leadership, health deputies from the office of Supervisor Janice Hahn and Assemblymember Al Muratsuchi
January 2020	Beach Cities Partnership for Youth hosts full coalition meeting and shares Youth Wellness Center concept
February 2020	Coalition members provide letters of support for Mental Health Oversight & Accountability Commission grant opportunity for Youth Mental Health Drop-in Centers
March 2020	Los Angeles County Safer at Home Health Officer Order goes into effect—all Coalition activities conducted virtually
May 2020	BCHD awarded Mental Health Services Act grant to establish Youth Drop-in Center
August 2020	Youth Advisory Council supported COVID-19 education with youth-led campaign, "How to be a Health Leader" video and presented their Summer Engagement Workgroup safety strategies at Beach Cities Partnership for Youth Coalition meeting

October 2020	In partnership with prevention partners and South Bay Families Connected, BCHD created opioid awareness video which has been viewed more than 1,000 times
January 2021	Youth Advisory Council curated and produced PhotoVoice campaign addressing youth alcohol use in the Beach Cities entitled "Youth Perspectives of Alcohol Use in the Beach Cities" and were featured at Beach Cities Partnership for Youth Coalition meeting
February 2021	Beach Cities Partnership for Youth Coalition recognized for completing training requirements and graduating from the National Coalition Academy during CADCA's Virtual 31st Annual National Leadership Forum
Spring 2021	Youth Advisory Council continued promotion of PhotoVoice campaign by presenting at the Mothers Against Drunk Driving (MADD) PowerTalk21 event, the Los Angeles County Office of Education (LACOE) Annual Youth Conference and the Redondo Beach Youth Commission meeting

A COLLECTIVE IMPACT MODEL APPROACH

The Community Action Plan for Student Mental Health & Substance Use Prevention uses the Collective Impact Framework, which involves collaboration across an entire community – youth, schools, parents, community leaders, cities, business and local organizations – working together to achieve measurable improvements in health and well-being.

GOALS OF THE COMMUNITY ACTION PLAN

Decrease prevalence of alcohol, tobacco and other drug use in teens

(measurement: California Healthy Kids Survey data)

Decrease stress and bullying and improve social-emotional well-being of youth

(measurement: California Healthy Kids Survey data)

Increase number of parents having conversations with their children about alcohol and drugs, social media, mental health and bullying

(measurement: BCHD Community Health Survey)

Increase community collaboration with engagement of local policymakers and participation of parents/caregivers currently underrepresented

(measurement: participation metrics in Tri-Agency meetings and community events)

Strategies

- Activate peer-to-peer student strategy to decrease substance use and improve mental health
- Expand capacity of school programs and services
- Convene community partners and build coalitions
- Educate, engage and enhance the skills of parents and the community at large
- Change the physical design of the community
- Engage policymaker champions to change local policy around substance use
- Enhance access and reduce barriers to mental health services for youth
- Change consequences for youth caught using substances

KEY STAKEHOLDERS OF THE BEACH CITIES PARTNERSHIP FOR YOUTH

The Beach Cities Partnership for Youth Coalition includes more than 200 community partners who are improving student mental health and well-being, while reducing substance use and bullying.

STEERING COMMITTEE

Workgroups

STUDENTS

- Reduce teen substance use
- Decrease stress & bullying
- Improve social-emotional well-being
- Provide more opportunities for youth involvement in purposeful activities

YOUTH ADVISORY COUNCIL

PARENTS

- Increase number of parents talking with their kids about alcohol, drugs, social media, mental health and bullying
- Educate and empower parent community about substance use and mental health

FAMILIES CONNECTED PARENT ADVISORY GROUP

SCHOOLS

- Enhance student & staff connections on campus
- Improve students' resilience to change and ability to adapt to stressful events in healthy and flexible ways
- Increase knowledge of short and long-term health and social impacts of drug and alcohol use

SCHOOL ADVISORY BOARD

PROVIDERS

- Grow network of community partners
- Bridge gaps between schools, community needs and service delivery

STUDENT MENTAL HEALTH PROVIDER TASK FORCE

COMMUNITY

- Explore strategies to impact the mental health and happiness of all Beach Cities residents
- Educate and inform elected officials on health impacts of programs and policies impacting youth

COMMUNITY WORKGROUP

Mission:

A community-wide effort to decrease substance use and improve mental health among Beach Cities youth by activating students, educating parents, expanding school programs and services, convening community partners, building coalitions and engaging the community at large.

Vision:

Where each student is empowered to create a purposeful path for themselves, and given the opportunity to be healthy, happy and to thrive – both in and out of school.

BCHD Beach Cities Health District – A Public Agency

Drug-Free Communities – Local Problems Require Local Solutions

South Bay Families Connected

Hermosa Beach City School District

MBUSD

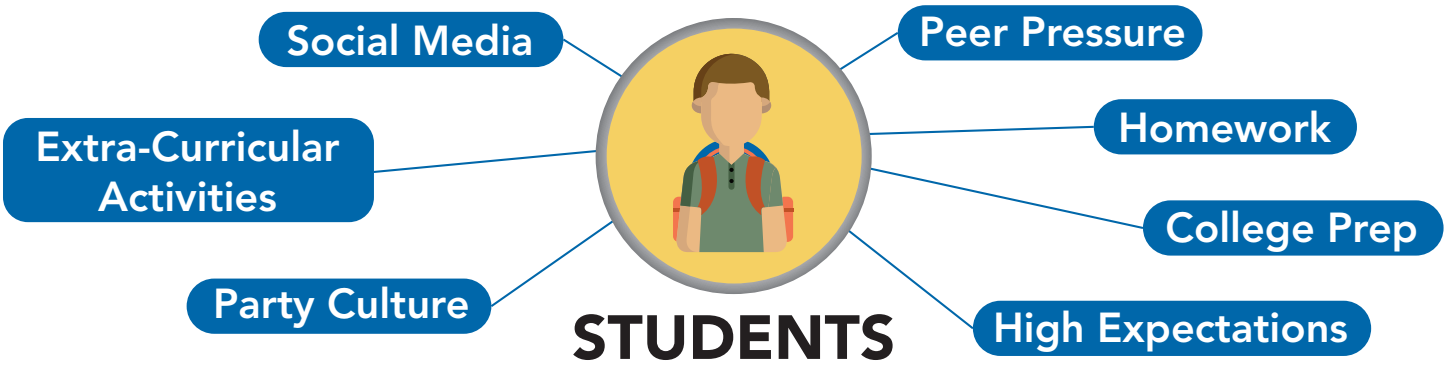
Redondo Beach Unified School District

GET INVOLVED

More than 200 local partners have joined the Coalition.
Go to **bchd.org/partnership** for more information.

YOUTH ENGAGEMENT STRATEGY

Things are different for today's youth. On top of the pressure of going to college, it's going to the right college with the right resume. Social media, extra-curricular activities and a fast-moving party culture are all making it harder than ever to be a teenager. The Community Action Plan will engage students in peer-to-peer strategies that are designed and implemented by youth.



Purpose:

- Reduce alcohol and substance use*
- Decrease bullying*
- Increase social connection*
- Increase volunteer opportunities for students
- Increase education and engagement around student mental health and substance use prevention

Key Fact: 67% of teens who start drinking before the age of 15 will try other illicit drugs.

"A lot of my stress comes from expectations that I put on myself, along with expectations that I feel like others are putting on me." – Student participating in Youth Wellness Center focus group

Workgroup Goals:

- Create and promote substance use prevention campaign
- Decrease stigma and increase peer-to-peer awareness of mental health, along with community resources available

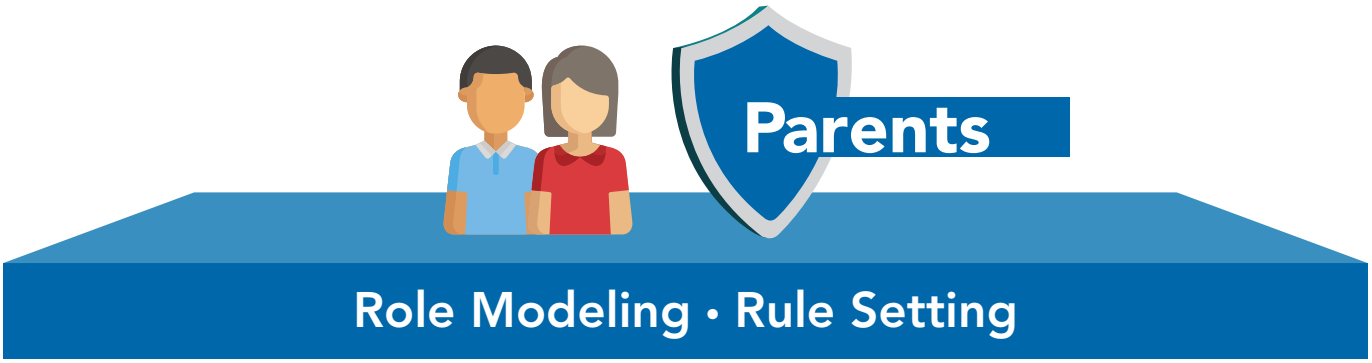
Key Outcomes To Date

- Created peer-to-peer anti-vaping campaign #EscapeTheVape
- Designed and contributed to COVID-19 health education campaign including how-to videos, posters and public service announcements
- Maintained a Youth Advisory Council comprised of 85 students ranging from grades 8-12 with representation from all Beach Cities schools
- Appointed a student leadership team consisting of the following positions: Health Promotions & Communications Leads, Community Engagement & Public Speaking Representatives, School Representatives from each school and

Co-Chair Leads representing each high school

- Youth Advisory Council members contributed 1,115 hours to community events, speaking engagements and meetings over the course of the 2020-2021 academic year
- Curated and produced a PhotoVoice campaign addressing youth alcohol use in the Beach Cities entitled "Youth Perspectives of Alcohol Use in the Beach Cities"
- Presented the PhotoVoice Project at Beach Cities Partnership for Youth Coalition Meeting, the Mothers Against Drunk Driving (MADD) PowerTalk21 event, the Los Angeles County Office of Education (LACOE) Annual Youth Conference and the Redondo Beach Youth Commission meeting

**Outcomes are measured using the California Healthy Kids Survey and Panorama Education data*



BCHD Resources & Referrals • South Bay Families Connected Website Resources • Families Connected Speaker Series • Families Connected Parent Advisory Group • South Bay Mommies and Daddies

PARENT ENGAGEMENT STRATEGY

Research shows that parental monitoring and supervision are critical for alcohol and drug use prevention. According to the Substance Abuse and Mental Health Services Administration, children are less likely to drink when their parents are involved in their lives and have set clear boundaries and conveyed disapproval of underage drinking. Even a small amount of perceived parental acceptability can lead to substance use.

In addition to setting clear boundaries for their children, it is important to shift social norms around parental peer expectations. BCHD and South Bay Families Connected engage and empower parents about crucial parenting topics, while also creating a space for parents to learn from a community of supportive peers.

The Community Action Plan will continue building parents' skills with training on rule setting and establishing boundaries, managing stress in the household, creating and enhancing family bonding and relationships, and developing a support network in the parent community.

Key Fact: A survey given to Beach Cities parents found that nearly 20% of parents are okay with occasional underage alcohol use.

"Everything we can do, every positive change we make, big and small. They all diminish the need for coping mechanisms like substance abuse and bullying, and they all increase our students' potential for joy and flow." – Parent attendee at the Student Stress & Substance Use Summit

Purpose:

- Increase number of parents having crucial conversation with their children about drugs, alcohol, social media, bullying and other topics*
- Educate and empower parent community about substance use and mental health

Workgroup Goals:

- Enhance communications system for parents regarding events and resources
- Establish ambassador role at each school site and create a consistent presence at school and online
- Create parent activation one-sheet

Key Outcomes To Date:

- Since 2017, BCHD and South Bay Families Connected have partnered with the Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District to expand the reach of Families Connected Speaker Series and other parent education events to more than 6,000 parents on topics including stress, substance use and social media with national and local experts
- In partnership with the Thelma McMillen Center at Torrance Memorial and South Bay Families Connected, BCHD continued the Parent Chat weekly support group for parents and caregivers
- Following the Los Angeles County Safer at Home Health Officer Order in March 2020 due to COVID-19, all parent activation events, including the Talk About It Workshop Series and Families Connected Parent Chat, were able to pivot and be hosted virtually
- Recruited and convened Families Connected Parent Advisory Group with representatives from schools in the Beach Cities
- Launched parent meet & greet events at Beach Cities schools to increase awareness of and connection to the Parent Advisory Group representatives
- Established partnership with South Bay Mommies and Daddies and co-produced Parents' Guide to Raising Happy, Healthy and Resilient Children, a five-part video series designed for parents of children ages 0-6. Each session featured subject-matter experts to approach each topic in an easy-to-digest manner for parents of young children.

**Outcomes are measured using BCHD's Community Heath Survey and Parent Survey*

Social-Emotional Learning • Skill-Building Programs

Panorama Education • California Healthy Kids Survey • Tobacco Use Prevention Education (TUPE) • Link Crew • BCHD Purpose Series • WEB (Where Everyone Belongs) • MindUP • Social-Emotional Wellness Committees • Know the Signs • Mental Health Awareness •Project Alert• Challenge Success • Positive Behavioral Interventions & Supports • Second Step

SCHOOL ENGAGEMENT STRATEGY

There is a growing body of research that shows mental health issues and mental illnesses have their roots in childhood, particularly in adolescence, when physical and physiological changes add to the chemistry of ongoing brain development. Nearly one in five children and adolescents suffer from some form of mental illness – including stress, anxiety, bullying, depression or substance use – yet nearly 60% won't receive any treatment, due to stigma or other barriers.

According to the National Education Association, schools offer an ideal context for prevention intervention, positive development and regular communication between school and families around mental health and substance use prevention topics. School health and student support services are critical components of a comprehensive approach to student health and well-being.

Purpose:

- Increase connection to peers and adults on campus*
- Increase opportunities for youth involvement in purposeful activities
- Increase resilience to change and ability to adapt to stressful events in healthy and flexible ways*
- Increase knowledge of short-and long-term health and social impacts of drug and alcohol use*

Key Fact: Suicide is the second-leading cause of death among youth ages 15-19 in the United States. Source: National Vital Statistics System – Mortality data (2019)

Workgroup Goals:

- Conduct an environmental scan of all social-emotional wellness efforts and programs at all three school districts
- Take an inventory of all assessment tools used by school districts to diagnose the social-emotional wellness needs of students
- Prepare a Parent Readiness Checklist for new parents that includes volunteer opportunities, engagement opportunities, recommended reading and resources; Kindergarten Roundup was identified as an ideal time to distribute the checklist to parents

Key Outcomes To Date:

- Expanded mental health support for students and families, including implementation of the Panorama Education social-emotional learning survey and Panorama Playbook at the secondary level
- Implemented Tobacco Use Prevention Education (TUPE) program including substance use prevention curriculum, student and family assemblies and education events, and the Juvenile Diversion Project
- Launched a School Well-Being Line to provide enhanced mental health support and to help navigate questions related to health and safety at school
- Implemented Panorama Education social-emotional wellness screening tool at the secondary level and rolled out Panorama Playbook
- RBUSD's Worksite Wellness program, "WorkWell LiveWell," presented in partnership with BCHD, completed its second year. To support all employees during COVID-19, the program expanded in the 2020-2021 school year to include all RBUSD schools and employees.
- Expanded Juvenile Diversion Project to all three school districts
- Prioritized equity, diversity, social justice and inclusion efforts across Beach Cities school districts

Resources & Referrals

Student Mental Health Provider Task Force • Grief Support • Medical Advisory Board • Juvenile Diversion Program • Prevention Community Council

PROVIDER ENGAGEMENT STRATEGY

In the Beach Cities, a vast network of providers including mental health professionals, substance use prevention experts, law enforcement, grief counselors, cancer support, domestic violence prevention and mindfulness specialists are part of the Student Mental Health Provider Task Force, forming the foundation of support available to students and families. By bringing this network of community partners together, this Task Force and the larger Beach Cities Partnership for Youth Coalition will contribute to outreach, education, prevention, service delivery, capacity building, empowerment, community action and systems change – all tenets of the DFC program.

Key Fact: For each $1 invested in early treatment and prevention programs for addictions and mental illness programs, there is up to $10 in savings in health costs, criminal and juvenile costs, educational costs and lost productivity.

"Every community in America could benefit from a forum similar to what you all hosted."- Mary Bono, Former U.S Representative from California and Substance Use Prevention, Treatment and Recovery Advocate, following the Student Stress & Substance Use Summit

Purpose:

- Grow network of community partners and bridge gaps between community needs and service delivery
- Create opportunities for providers to share expertise and resources with larger Beach Cities community

Workgroup Goals:

- Attend, support and promote school and community events related to mental health and substance use prevention
- Share and create content related to substance use prevention and destigmatizing mental health issues
- Submit resources, referrals and calendar updates through Beach Cities Health District to increase the resource database for youth and families and make connections with other support providers in the Beach Cities

Key Outcomes To Date:

- Supported Redondo Union and Mira Costa High School's Signs of Suicide Screening Days in 2018-19
- Named one of five grantees from across the state of California to bring an allcove Youth Drop-In Center (Youth Wellness Center) to the Beach Cities, supported by community collaboration partner letters of support by Task Force members
- Co-produced "Prescription Drugs and Opioids: What Beach Cities Students and Parents Need to Know" in partnership with South Bay Families Connected as an effort to raise awareness of trending local substance use concern
- Established consortium to create the Beach Cities Juvenile Diversion Project to serve as a pre-arrest intervention and a restorative path for youth

Community Workgroup • Community Events • Study Sessions • City Policies

COMMUNITY ENGAGEMENT STRATEGY

The community at large plays an essential role in supporting students in their efforts to grow up healthy, happy and able to thrive – both in and out of school. By keeping youth at the center and actively involved in the conversation, it is becoming easier for the adult community to recognize that a legacy of excessive alcohol and substance consumption will not benefit the next generation.

Purpose:

- Explore strategies to impact the mental health and happiness of all Beach Cities residents
- Educate and inform elected officials on health impacts of programs and policies impacting youth

Workgroup Goals:

- Create opportunities for intergenerational learning and support, with community organizations providing opportunities to curate experiences, skill building and mentorship for youth
- Disseminate and share Youth Advisory PhotoVoice project with community organizations
- Support strategies that address mental health, substance use and stress reduction across the lifespan

Key Outcomes To Date:

- Hosted a Tri-Agency Study Session on Youth Health Issues in collaboration with elected officials from the City of Manhattan Beach, Manhattan Beach Unified School District and Beach Cities Health District Board of Directors
- Advocated and provided technical assistance for local tobacco control ordinances resulting in the adoption of smoke-free public places and tobacco retail license ordinances in Redondo Beach, restrictions on the sale of electronic smoking devices and enhancement to the existing retail licensing program to include a the ban of the sale of all flavored tobacco products in Hermosa Beach, and the ban of the sale of any tobacco products and electronic smoking devices in the city of Manhattan Beach
- Manhattan Beach was the second city in the United States to implement these endgame tobacco retail policies and has been recognized by the World Health Organization with the "World No Tobacco Day Award" for their accomplishments in tobacco control
- Created the Mental Health and Happiness Organization Starter Kit to support organizations in incorporating programs, policies and placemaking into action plans and launched the LiveWell Pledge to support individual commitments to body, mind and community
- Launched the Mental Health and Happiness initiative targeting stress and loneliness reduction for adults and older adults

COMMUNITY ACTION PLAN FOR STUDENT MENTAL HEALTH & SUBSTANCE USE PREVENTION PARTNERSHIPS

The Beach Cities Partnership for Youth is comprised of representatives from the following sectors:

- Youth
- Parents
- Businesses
- Media
- Schools
- Youth serving organizations
- Law enforcement
- Civic and volunteer groups
- Health care professionals
- State, local or tribal agencies
- Other organizations involved in reducing substance abuse
- Religious or fraternal organizations

STEERING COMMITTEE

- Stacey Armato, Councilmember, City of Hermosa Beach
- Michelle Bholat, MD, MPH, President, Beach Cities Health District Board of Directors
- Rachel Campbell, Campus Pastor, Wave Church, Hermosa Beach
- Jennifer Cochran, Vice President, Board of Trustees, Manhattan Beach Unified School District
- Kevin Cody, Publisher, Easy Reader
- Moe Gelbart, PhD, Executive Director, Thelma McMillen Center for Alcohol & Drug Treatment, Torrance Memorial Medical Center
- John Gran, President, Redondo Beach Kiwanis and Councilmember, City of Redondo Beach
- Joan Stein Jenkins, Director, Beach Cities Juvenile Diversion Project
- Keith Kauffman, Chief, Redondo Beach Police Department
- Alice Kuo, MD, PhD, MBA, Professor and Chief, UCLA Internal Medicine and Pediatrics
- Paul LeBaron, Chief, Hermosa Beach Police Department
- Laura McIntire, Founder, South Bay Families Connected
- Hildy Stern, Mayor Pro Tem, City of Manhattan Beach
- Kelly Stroman, CEO, Manhattan Beach Chamber of Commerce
- Anthony Taranto, EdD, Executive Director of Student Services, Redondo Beach Unified School District
- Gary Tsai, MD, Medical Director and Science Officer, Substance Abuse Prevention & Control, Los Angeles County Department of Public Health
- Angela Wilson, LMFT, Director of Mental Health Programs, South Bay Children's Health Center
- *Student Representative to be appointed with Youth Advisory Council 2021-22

YOUTH GROUPS

Youth Advisory Council
Stress Less Club at Redondo Union High School
HEART Club at Mira Costa High School

PARENT GROUPS

South Bay Families Connected
Families Connected Parent Advisory Group

SCHOOL, CITY AND PUBLIC AGENCY OR PARTNERS

Beach Cities Health District
City of Hermosa Beach
City of Manhattan Beach
City of Redondo Beach
Hermosa Beach City School District
Hermosa Beach Police Department
Manhattan Beach Police Department
Manhattan Beach Unified School District
Redondo Beach Police Department
Redondo Beach Unified School District

SUBSTANCE USE PREVENTION

Addiction Pros
American Foundation for Suicide Prevention
Asian American Drug Abuse Program, Inc.
Behavioral Health Services and Beach Cities Prevention Community Council
Blankets of Love, South Bay
Clear Recovery Center
Freedom4U
Kaiser Permanente Addiction Medicine
Los Angeles County Department of Public Health
Reach Out Against Drugs (ROAD)
South Bay Families Connected
Thelma McMillen Alcohol & Drug Treatment
William E. Kim, MD, BCHD Chief Medical Advisor

MENTAL HEALTH

1736 Family Crisis Center
Abby Withee, LMFT
Beach Cities Family Therapy
Beach Cities LGBT Therapy
Beach Cities Psychotherapy
Cancer Support Community Redondo Beach
Connecting Mental Health & Education, Inc.

Didi Hirsch Mental Health Center
Evelyn Jacobson, MFT
Insight Treatment Centers
Iris Lee Knell, LCSW, CAS
Kevin Sousa, LMFT
L.A. County Department of Mental Health
Leah Niehaus, LCSW
Life Lab
Manhattan Beach Community Counseling
One Heart Counseling Center
Pacific MFT Network
Papadakis Therapy
Peninsula Center for Children and Families
Project Touch
Randy Hillier Counseling
Richstone Family Center
Shauna B. Letvin, LCSW, Inc.
South Bay Children's Health Center
South Bay LGBT Center
Stillwater Family Therapy
The Gathering Place: Center for Loss & Transition
Walk With Sally

MINDFULNESS/SOCIAL-EMOTIONAL LEARNING

Breathe & Learn
Compete to Create
Fusion Academy South Bay
Helen Codron, Independent College Counselor
Integrative Minds and Parent Pump Radio
Manhattan Beach City Attorney
Mindful Yoga Therapy
P.S. I LOVE YOU FOUNDATION
Positive Coaching Alliance
The SMART Drum
The Volunteer Center South Bay-Harbor-Long Beach Cities Health District
We are Evergrowing
Yoga for All-All for Yoga, Inc- YAAY

OTHER COMMUNITY PARTNERS

The Beach Reporter
Easy Reader
El Camino College
Kiwanis Club of Redondo Beach
Hermosa Beach Chamber of Commerce
Manhattan Beach Chamber of Commerce
NAMI – National Alliance on Mental Illness
Redondo Beach Chamber of Commerce
Sidewalk Talk- Los Angeles Chapter
Wave Church

LIST AS OF AUGUST 2021

Words of Wisdom
inSpired 365

STAMPEDE
HOLLISTER

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Los Angeles County Department of Mental Health. Access at http://dmh.lacounty.gov/wps/portal/dmh.

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What Schools Can Do: Creative ways Franklin County and North Quabbin Schools are implementing DESE Guidance on Substance Use Prevention, Communities that Care Coalition, 2017. Franklin County, MA.