

Beach Cities Partnership for Youth

Hybrid Coalition Meeting
Wednesday, November 9, 2022
8:30 – 10 a.m.



Beach Cities Partnership for Youth

Meeting Agenda:

- Beach Cities Health District Welcome
- Cannabis Policy Update in the Beach Cities
- “Youth and Cannabis” Video Presentation
- Fentanyl Health Alert
- allcove Beach Cities Youth Wellness Center



BCHD's Mission

To enhance community health through partnerships, programs and services for people who live and work in Hermosa Beach, Manhattan Beach and Redondo Beach



BEACH CITIES PARTNERSHIP FOR YOUTH COALITION

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



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 environmental and policy change strategies across the community to support youth mental health and substance use prevention
- Educate and inform stakeholders on health impacts of programs and policies impacting youth

COMMUNITY POLICY
WORKGROUP

Steering Committee

- **Stacey Armato**, City Councilmember, City of Hermosa Beach
- **Kerry Riccio Agüero**, Director of Student Services, Manhattan Beach Unified School District
- **Maggie Bove-LaMonica**, Board President, Hermosa Beach City School District
- **Rachel Campbell**, Campus Pastor, Flourishing Church, Hermosa Beach
- **Noel Chun**, MD, President, Beach Cities Health District Board of Directors
- **Jennifer Cochran**, Board of Trustees, Manhattan Beach Unified School District
- **Kina**, 11th Grader, Mira Costa High School
- **Moe Gelbart**, PhD, Executive Director, Thelma McMillen Center for Alcohol & Drug Treatment, Torrance Memorial
- **Sylvia Gluck**, Director of Administrative Services, Hermosa Beach City School District
- **Joan Stein Jenkins**, Esq., Director, Beach Cities Juvenile Diversion Project
- **Alice Kuo**, MD, PhD, MBA, Professor and Chief, UCLA Internal Medicine and Pediatrics
- **Paul LeBaron**, Chief, Hermosa Beach Police Department
- **Kristine Lloyd-Tangermann**, Prevention Program Specialist, Substance Abuse Prevention & Control, Los Angeles County Department of Public Health
- **Laura McIntire**, Founder, South Bay Families Connected
- **Hildy Stern**, City Councilmember, City of Manhattan Beach
- **Anthony Taranto**, EdD, Executive Director of Student Services, Redondo Beach Unified School District
- **Angela Wilson**, LMFT, Director of Mental Health Programs, South Bay Children's Health Center
- **Issac Yang**, Division Chief, Redondo Beach Fire Department
- **Jackson**, 12th Grader, Mira Costa High School



2022-23 Youth Advisory Council



Cannabis Policy Update in the Beach Cities



Retail Cannabis Initiatives

	Hermosa Beach	Manhattan Beach	Redondo Beach
City Ordinances	In August, Council adopted an ordinance lifting ban against cannabis delivery	X	In August, Council adopted ordinance that would allow for two cannabis storefronts
Cannabis Industry Initiative	Measure M: Repeal city's cannabis retail ban and allow for two cannabis storefronts, does not impose a tax	Measure MB: Repeal city's cannabis retail ban and allow for three cannabis storefronts, does not impose a tax	Measure E: Repeal city's cannabis retail ban and allow for three cannabis storefronts, does not impose a tax
City-Sponsored Initiative	Measure T: local business tax on cannabis, \$20/sq. ft. and up to 10% of gross receipts, should cannabis business activities be allowed in the city	Measure V: Maintain the city's existing prohibition on all commercial cannabis activity	X
Date of Election	November 8, 2022	November 8, 2022	Special Election October 19, 2022
Election Results (as of 11/9, 3:35am)	Measure M: No 73%; Yes 27% Measure T: Yes 66%; No 34%	Measure MB: No 78%; Yes 22% Measure V: Yes 68%; No 32%	Measure E fails No: 75%; Yes: 25%

Youth Advisory Council

Cannabis and Youth: What Beach Cities Students Want Parents to Know



Youth Advisory Council

Cannabis and Youth: What Beach Cities students Want Parents to Know

<https://www.youtube.com/watch?v=Aua8DpTtWel>



State of Our Health: Cannabis and Youth Forum

Virtual Panel Discussion and Q&A

Tuesday, December 13, 2022

6 – 7 p.m.

Zoom information coming soon



Fentanyl Health Alert





C.O.R.E. CENTER

**CONNECTING TO OPPORTUNITIES
FOR RECOVERY AND ENGAGEMENT**



The ***Wellness Communities*** throughout LA County offer a place for community members to gather, find resources, or participate in wellness activities. Support includes mental health, substance use, and general health and wellness resources. All activities are **FREE** and open to the community.



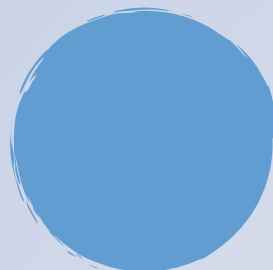
MENTAL HEALTH	SUBSTANCE USE	HEALTH & WELLNESS
		
Healing & Trauma Prevention activities include support groups, healing art workshops, classes, and resources to support the local community. Staff include a mental health expert so visitors can connect to mental health services and resources.	CORE offers a welcoming environment where visitors can ask questions about Substance Use Disorders (also known as addictions) and get connected to prevention and treatment services.	Health and wellness programs are designed to improve connections and health outcomes. In addition, clinic services such as immunizations are offered to those who do not have health insurance or a regular provider.

The C.O.R.E. Center is a part of the Department of Public Health/Substance Abuse Prevention and Control (SAPC). Our main goal is to educate, connect, and provide prevention services to LA County. We are a collaborative program located throughout the county. Services provided are completely free to the public.



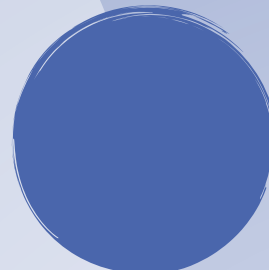
Prevention

Information on alcohol and drug prevention, and community advocacy opportunities.



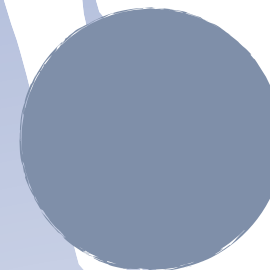
Workshops

Presentations such as preventing teen substance use and vaping, understanding substance use disorders and treatment services, and recognizing signs of relapse.



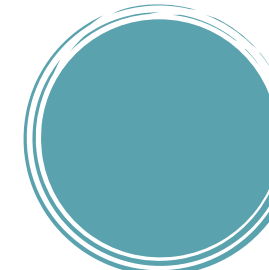
Support

Peer-to-peer support for families of loved ones using alcohol or drugs.



Opioid Overdose

Training on how to administer medication (naloxone) to reverse an opioid overdose.



Screenings & Referrals

Screenings and referrals to no-cost treatment services for Medi-Cal and My Health LA clients.

EDUCATIONAL WORKSHOPS

- SUBSTANCE USE IN YOUR COMMUNITY.
- BEING AT RISK FOR SUD
- HARM REDUCTION AND SYRINGE EXCHANGE PROGRAMS
- HEALTH CONSEQUENCES OF SUBSTANCE USE
- HOW TO TALK TO YOUR LOVED ONES
- RECOGNIZING AND RESPONDING TO AN OVERDOSE WITH NALOXONE
- RELAPSE PREVENTION AND HEALTHY COPING
- STIGMA AND SUBSTANCE USE DISORDERS
- TREATMENT AND HEALTHCARE FOR PEOPLE WITH SUD
- UNDERSTANDING THE CONNECTION BETWEEN SUD AND MENTAL HEALTH
- UNDERSTANDING THE RISKS OF CANNABIS
- YOUR TEEN AND SUBSTANCE USE
- YOUR TEEN AND VAPING.

SPA 8 CORE Center



Curtis Tucker Wellness Community

123 Manchester Blvd
Inglewood, CA 90301

Krystal Mousseau
310-330-1544
kmousseau@ph.lacounty.gov

Steven Cagle Sr.
310-330-1541
scagle@ph.lacounty.gov





Fentanyl Overdose and Naloxone

LA County Dept. of Public Health
Substance Abuse Prevention & Control



CALIFORNIA

1 million pills with fentanyl seized by DEA in Inglewood in record-breaking bust



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LA County Sheriff's Narcotics Agents Seize Fentanyl Pills Hidden in Candy Packaging

LA County Sheriff's Narcotics Bureau Detectives and Drug Enforcement Agency agents seized about 12,000 suspected fentanyl pills at LAX hidden in candy packaging.

Published October 19, 2022 • Updated on October 21, 2022 at 8:05 am



Trending Stories



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PARENTING

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LAX

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LOS ANGELES LAKERS

Lakers Are 2nd Biggest Basketball Brand in the World According to New Report





EMOJI DRUG CODE | DECODED

COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE



XANAX

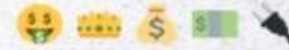


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COCAINE



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COUGH SYRUP



MARIJUANA



This reference guide is intended to give parents, caregivers, educators, and other influencers a better sense of how emojis are being used in conjunction with illegal drugs. Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are often sold on social media and e-commerce platforms – making them available to anyone with a smartphone.



Xylazine

Xylazine is a non-opioid veterinary tranquilizer NOT approved for human use. Research shows Xylazine is often added to illicit opioids like Fentanyl. People are reporting adding Xylazine will lengthen it's euphoric effects.

Also known as “tranq,” Xylazine is a central nervous system depressant that can cause slow breathing, heart rate and blood pressure to dangerously low levels.

In the event of overdose, experts still recommend giving opioid overdose reversal medication, because it is frequently combined with opiates, although the reversal medication does not address the impact of Xylazine on breathing.



National Institute on Drug Abuse
Advancing Addiction Science



US Centers for Disease Control and Prevention Rainbow Fentanyl





Fentanyl Pills are pressed to mimic Xanax, Percocet, Norco, Klonopin, Roxy, Ecstasy, etc.



Opioids



Opioids are psychoactive substances derived from the opium poppy, or their synthetic analogues.

Types of Opioids	Definition	Examples
Semi-synthetic Opioids	Drugs not naturally occurring	Hydrocodone (Vicodin),
Synthetic Opioids	Drugs that are lab-made	Methadone, Fentanyl, Tramadol
Novel Synthetic Opioids	Drugs that are not naturally occurring-found in counterfeit pharmaceuticals/street drugs	Different analogues of Fentanyl (i.e. different types)
Naturally Occurring	Comes from the opium poppy plant	Morphine, Codeine
Illicit Synthesized Opioids		Heroin

Heroin

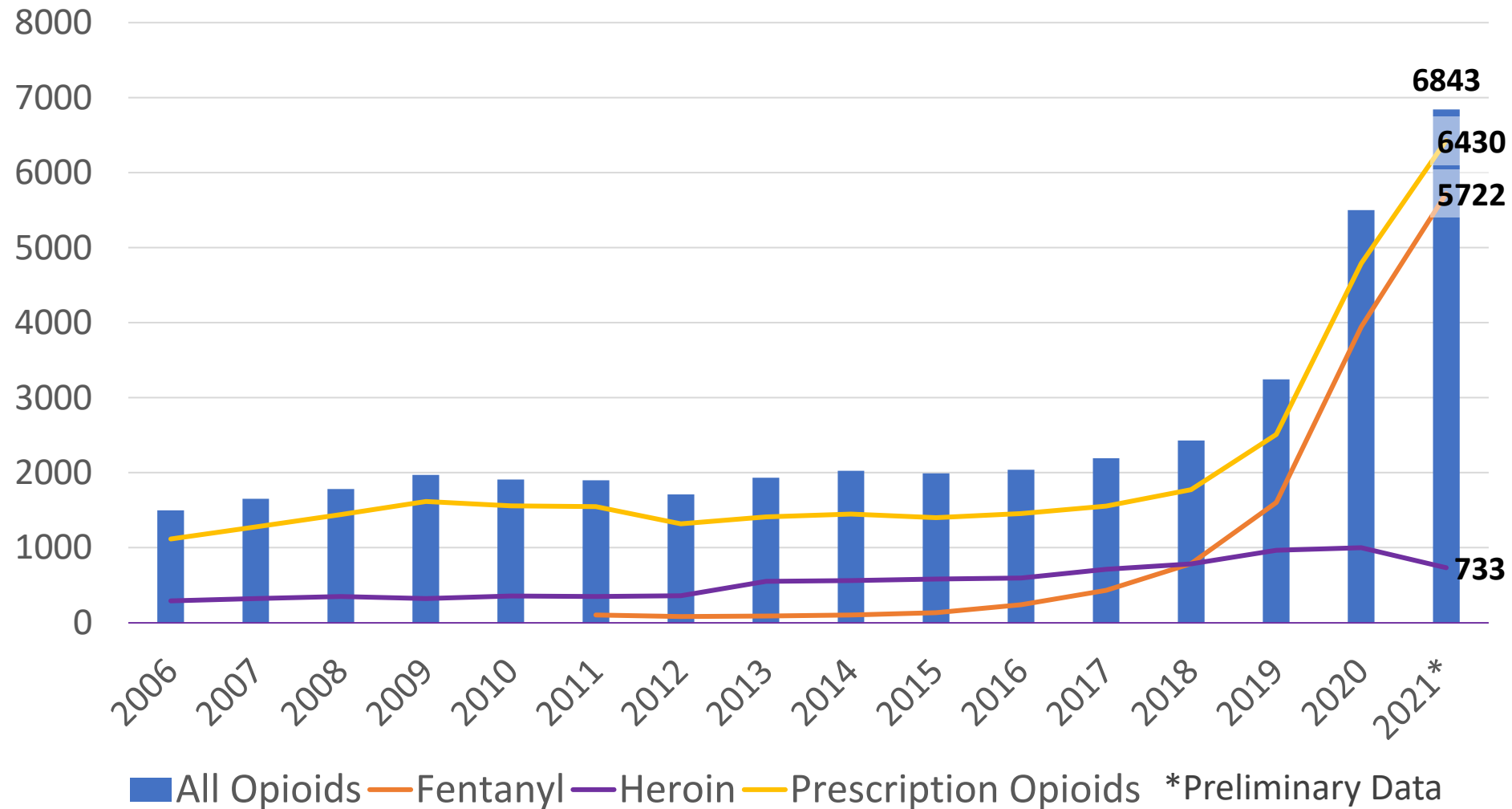
Fentanyl

Carfentanyl



COUNTY OF LOS ANGELES
Public Health

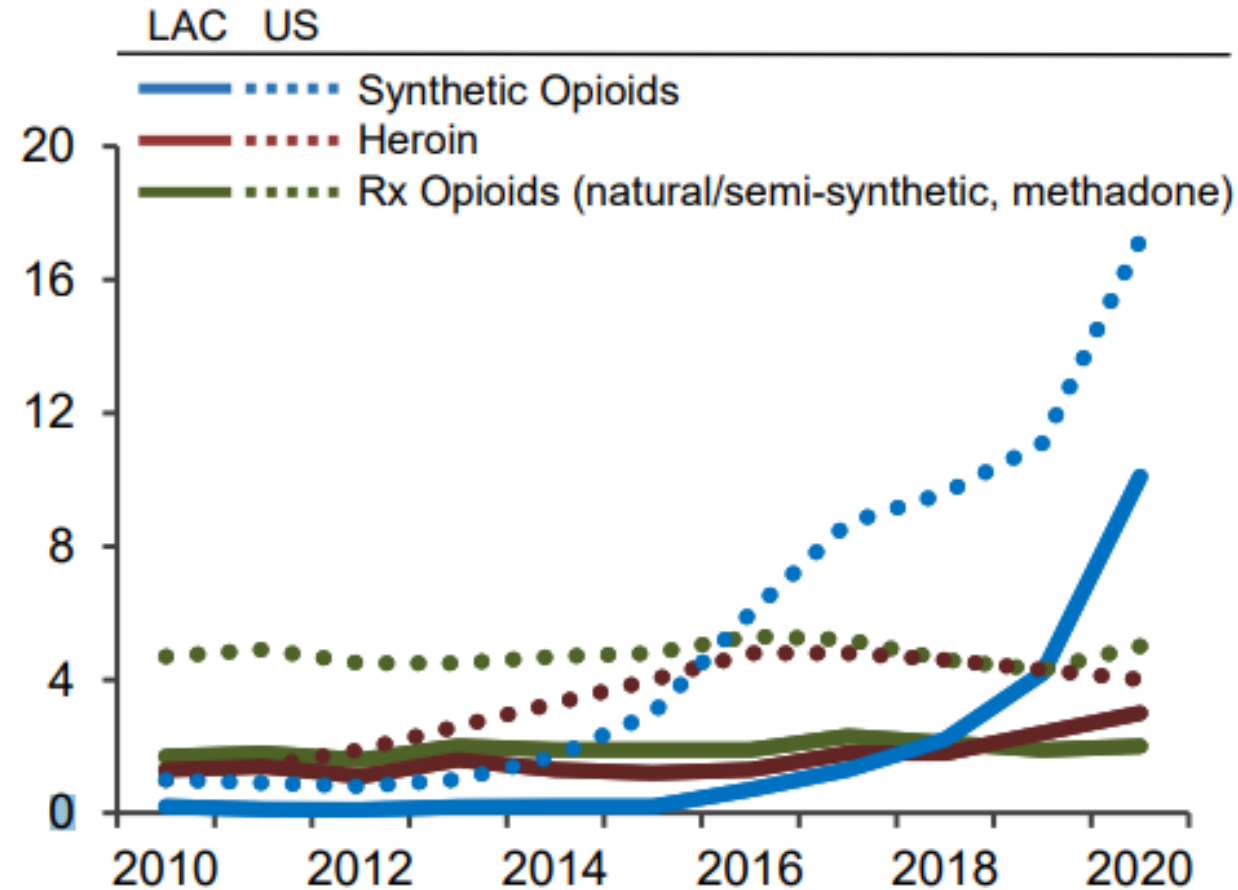
California Opioid Related Overdose Deaths



Overdose in Los Angeles County

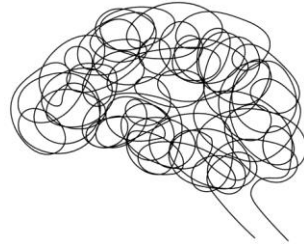


Opioid Death Rates^a by Opioid Type in the LAC and US, 2010-2020⁵

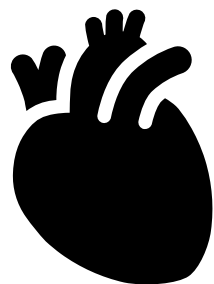
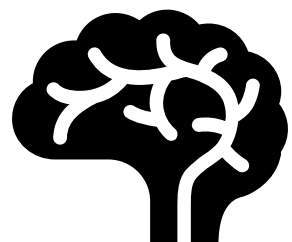
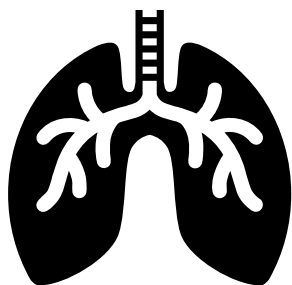


Synthetic opioid death rate increased starting in 2016, while rates for Rx opioids and heroin remained stable.

Intoxication vs. Overdose



Impaired	Overdose
Relaxed muscles	Breathing is very infrequent or has stopped and the pulse is slow.
Slowed or slurred speech	Deep snoring or gurgling
Sleep/fatigue	The skin is pale and clammy
Nodding	Loss of consciousness
Reduced heart rate	Heartrate is slow, erratic or non-existent.
Responsive to stimulation like yelling, sternal rub, pinching	Unresponsive to stimulation



Parts of an Overdose

Decreased Breathing

Breathing Stops

Lack of oxygen may cause brain damage

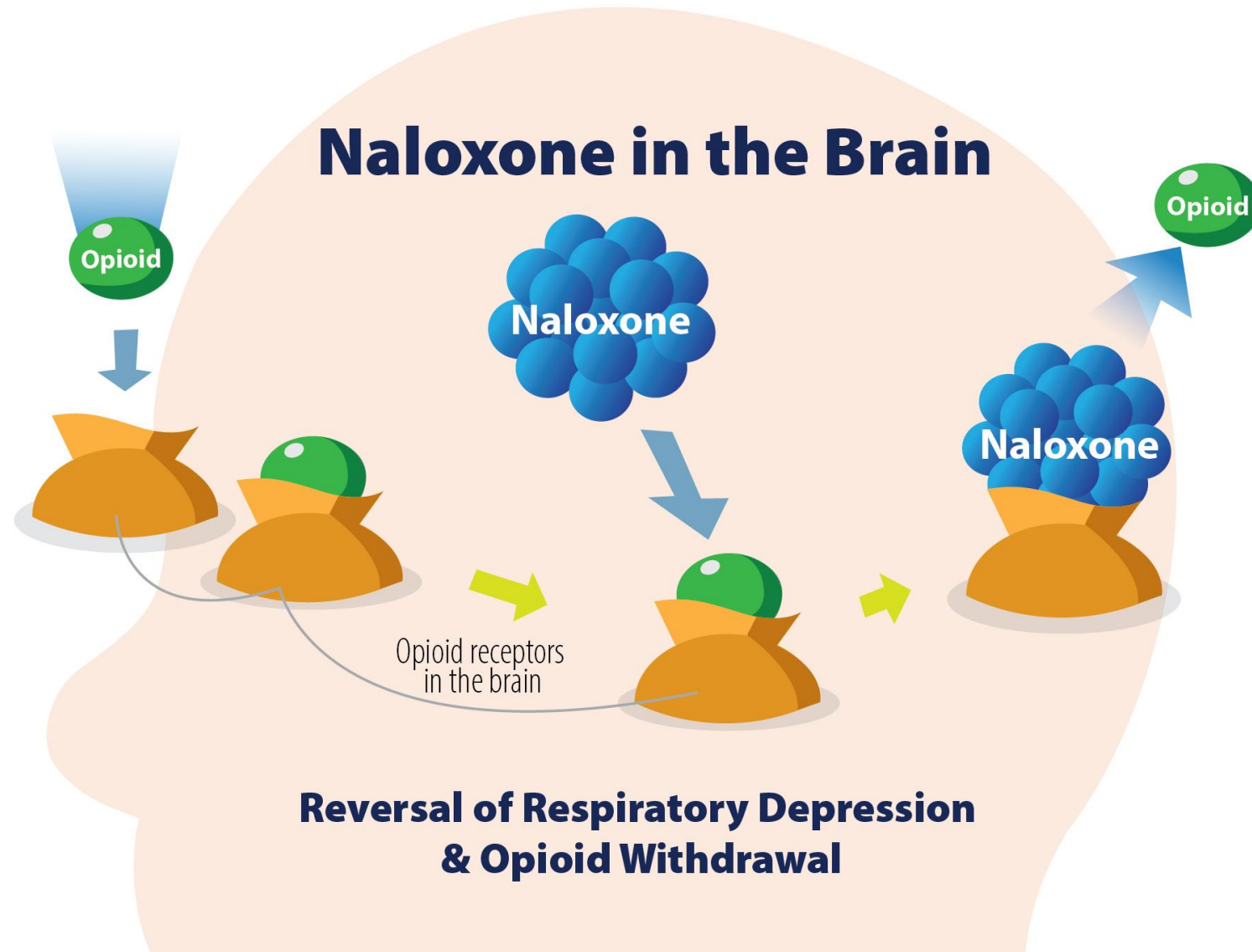
Heart Slows and then...Stops

Seizure, stroke, or even death

What is Naloxone? (SAMHSA Video)



<https://www.youtube.com/watch?v=RcAaZQQqd50>



Naloxone Nasal Spray Instructions



PEEL



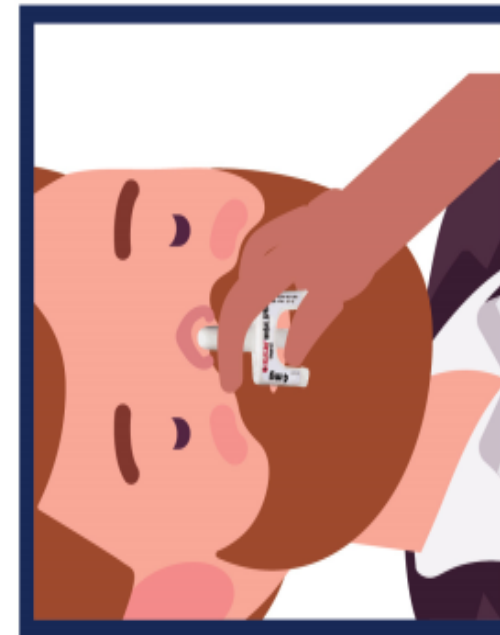
Peel back the package to remove the device.

PLACE



Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

PRESS



Press the plunger firmly to release the dose into the patient's nose.

After Providing Naloxone

Discourage the person from taking more drugs. They might want to use again right away to lessen the withdrawal symptoms.

**THIS MAY CAUSE THE OVERDOSE TO RETURN*

The effects of opioids can last longer than the effects of Naloxone.

This means when the Naloxone wears off in 30-90 minutes, the person may again feel the drugs' effects.

Taking more drugs could possibly cause another overdose when the Naloxone wears off.

AB 472-The Good Samaritan Law

“it shall not be a crime for a person who experiences a drug-related overdose and who is in need of medical assistance to be under the influence of, or to possess for personal use, a controlled substance, controlled substance analog, or drug paraphernalia, if the person or one or more other persons at the scene of the overdose, in good faith, seek medical assistance for the person experiencing the overdose...”

Health and Safety Code (HSC) 1799.102

- acted in good faith (no bad intention)
 - acted not for compensation
 - provided emergency medical or nonmedical care
 - provided the care at the scene of an emergency *
- you cannot be liable for any civil damages from providing emergency care

**Note that “the scene of an emergency” does not include places where medical care is usually provided (e.g., Emergency Room).*



Accessing Naloxone & Harm Reduction Resources

Program	Description	Contact
Next Distro [a program of Next Harm Reduction]	An online and mail-based harm reduction service designed to reduce opioid overdose death, prevent injection-related disease transmission, and improve the lives of people who use drugs.	https://www.Nextdistro.org
Los Angeles County Department of Health Services	Reducing opioid overdose deaths in la county by getting people education, medication & services	https://www.laodprevention.org/naloxone
National Harm Reduction Coalition	National Harm Reduction Coalition creates spaces for dialogue and action that help heal the harms caused by racialized drug policies.	https://www.Harmreduction.org
California Overdose Prevention Network (COPN)	The California Overdose Prevention Network (COPN) is a network for coalitions, organizations, and individuals working at the forefront of the overdose epidemic.	https://www.nopn.org/california
Prevent & Protect	Prevent & Protect can help PEOPLE looking for naloxone and provides tools for ORGANIZATIONS conducting overdose prevention and naloxone advocacy, outreach, and communication campaigns.	https://prevent-protect.org/

Accessing Naloxone & Harm Reduction Resources cont'd

Program	Description	Contact
Shatterproof	Shatterproof is a national nonprofit organization dedicated to reversing the addiction crisis in the United States.	https://www.shatterproof.org
SAFE Project	Stop the Addiction Fatality Epidemic	https://www.safeproject.us
California Department of Public Health-Office of AIDS	Directory of Syringe Services Programs in California- Syringe Exchange Programs offer Fentanyl Testing Strips, Naloxone, Free Syringes, Resources, Referrals, and other services	https://www.cdph.ca.gov/programs/cid/doa/pages/opa_prev_sepdirectory.aspx
Drug Policy Alliance	This page references CVS Pharmacies in California Selling Naloxone-if the CVS is out of stock or you have difficulty purchasing naloxone at CVS there is information to assist	https://drugpolicy.org/california/cvs-pharmacies-california-selling-naloxone
NASEN (North America Syringe Exchange Network)	Saving lives by connecting people and programs with the resources they need to reduce harm (Syringe Exchange locations through out the US)	https://www.nasen.org/map

Syringe Exchange Programs in LA County



[Asian American Drug Abuse Program](#)
(Compton, Lawndale, Lynwood)

(424) 331-5799

[Bienestar Human Services](#)*
(Los Angeles)

(866) 590-6411

[Homeless Health Care, Los Angeles](#)
(Los Angeles)

(213) 617-8408

[L.A. Community Health Project](#)
(Los Angeles, Watts)

(213) 483-5366

[Tarzana Treatment Center](#)
(Sylmar)

(818) 342-5897

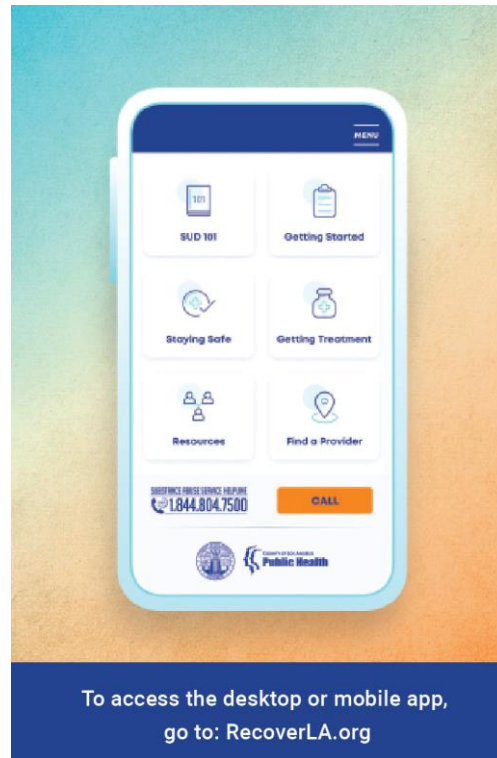
[Venice Family Clinic](#)*
(Venice)- SPY <http://www.safeplaceforyouth.org>

(310) 314-5480

*May accept youth (age 12-17)

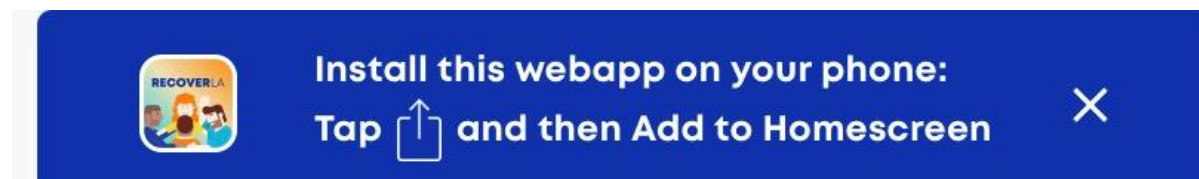
Name and Description	Website
<u>LAC Youth Suicide Prevention Project</u>	https://preventsuicide.lacoe.edu
<u>LAC Crisis Text Line</u>	https://www.crisistextline.org 741741
<u>Trevor Project Lifeline</u> Provide support to LGBTQ youths and allies in crisis or in need of a safe and judgment-free place to talk	https://www.thetrevorproject.org/get-help 800-788-7386
<u>LA-HOP</u> LAC Homeless Outreach Portal	https://www.lahsa.org/portal/apps/la-hop
<u>Operation Prevention</u> SUD resources for Parents and Educators	https://www.operationprevention.com
<u>Naloxone Locator</u>	https://nextdistro.org

Recover LA Mobile App



- Free mobile app
- Provides education and resources for those seeking substance use services for themselves or others
- Available in 13 languages
- RecoverLA.org

QR code can be used to
access the app as well



Where Can I Find More Support?



Name	Description	Call Toll free	Web Address
Los Angeles County Substance Abuse Service Helpline (SASH)	24/7 helpline screening and referral of free substance use disorder treatment services in Los Angeles County	(844) 804-7500 24 hours per day/ 7 days a week	Web based tool of available Substance Use Disorder Treatment Services in Los Angeles County: http://sapccis.ph.lacounty.gov/sbat/
988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline)	988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.	988 Call & Text 24 hours per day/ 7 days a week Línea de Prevención del Suicidio y Crisis 988 For TTY Users: Use your preferred relay service or dial 711 then 988.	Lifeline (988lifeline.org)
Department of Mental Health (DMH) Access Hotline	24/7 Mental Health Services include screening, assessment, referral & crisis counseling	(800) 854-7771 24 hours per day/ 7 days a week	List of Mental Health Services: https://dmh.lacounty.gov/our-services/
Department of Social Services (DPSS)	To apply for Medi-Cal, food stamps and income support for low-income families and individuals	(866) 613-3777 Monday-Friday 7:30am - 5:30pm	http://dpss.lacounty.gov/wps/portal/dpss
Substance Abuse and Mental Health Services Administration (SAMHSA)	National Hotline free and confidential referrals/information about mental and/or substance use disorders, prevention, treatment and recovery	(800) 662-HELP (4357) 24 hours per day/ 7 days a week	www.samhsa.gov

.....Where Can I Find More Support?



Name	Description	Call Toll free	Web Address
Office of Immigration Affairs (OIA)	Connection to free or low-cost attorney if you have questions regarding the “public charge” test and your immigration status	(800) 593-8222 Monday-Friday 8:00am-4:30pm	oia.lacounty.gov
Alcoholics Anonymous (AA)	Peer supported program for people in recovery from alcohol use disorder who meet regularly	(800) 923-8722	www.AA.org
Narcotics Anonymous (NA)	Peer supported program for people in recovery from other illicit substances who meet regularly	(800) 974-0062	www.NA.org
National Alliance on Mental Illness (NAMI)	Provides education support & advocacy to improve the lives of those living with mental illness	(800) 950 6264	www.nami.org
Nicotine Anonymous	Peer supported program for people in recovery or who need support to stop use of tobacco and nicotine products who meet regularly	(877) 879-6422	https://www.nicotine-anonymous.org/
Al-Anon Al-Anon Los Angeles	Members who are worried about someone important to them with a substance use issue	(888) 425-2666 (818) 760-7440 -Los Angeles	www.al-anon.org
Los Angeles Helpline	Central source for providing information/referrals for all health and human services in LA County.	211 24 hours per day/ 7 days per week	www.211la.org

Questions



GettyImage532395665



Thinkstockphoto 464242707

Dead On Arrival (Fentanyl Documentary)



Dead on Arrival

<https://www.youtube.com/watch?v=WzrZ10Tx5jE>



Beach Cities Community Forum on Fentanyl



Film Screening and Panel Discussion

Thursday, February 9, 2023
5:30-7 p.m.

Redondo Union High School Auditorium
1 Sea Hawk Way, Redondo Beach, CA 90277



allcove Beach Cities Youth Wellness Center



Why is allcove Beach Cities important?

We asked the Youth Advisory Group to describe what allcove Beach Cities means to them in a few words. Here is what they said:

Safe	At-home	Teamwork
Welcoming	Accepting	Accessible
Understood	Open	Innovative
Community	Inviting	Empowering
Caring	Revolutionary	Supportive
Comfortable	Love	
Protecting	Passion	





Colin

"Our young adults and teens in our community are the future of the Beach Cities, so strengthening and building a stronger and more welcoming foundation and community in the Beach Cities will inevitably create a brighter future."



Jennalee

"A place where my peers or I can go to find assistance and support for our mental health problems in a way that is much more accessible and easy to access than going through the full mental health system."



Mollie

"allcove Beach Cities will really create a safe place for everyone in the community to come to and get the resources they need whenever they are struggling."



Rani

"I am really excited to hear about something that is outside of school."



Chase

"allcove Beach Cities is needed just as a way to reduce the stigma around regularly using mental health services."



Camille

"A place where people can progress and really learn. I think it is really going to become an integral part of the community, where people can really get the support and understand the people around them and themselves."



John

"The basis of what we are doing is around mental health and what we can do to raise awareness around that concern and it's quickly identified and agreed upon that there needs to be more awareness and there needs to be more attention to detail on the consequences of what might happen if not treated."



Marin

"That atmosphere itself is going to be super helpful for people because it makes it not as scary to go there for help."



Beach Cities Juvenile Diversion Project



The Body Project (Mental Health – Eating Disorder Prevention & Groups)



Clear Recovery Center (Substance Use – Prevention & Group Sessions)



Creative Life Mapping (Wellness & Life Skills – Career & College Prep)

Elham Raker, M.D., Parent coach (Wellness & Family Support – Parent Support Groups)

Emily Enos, MSN, RN (Wellness & Life Skills – Nutrition and Physical Activity)



Indivisible Arts (Wellness & Life Skills – Creative Arts and Culture)



NAMI South Bay (Mental Health – Peer and Family Support Groups)



New Life House (Substance Use – Prevention & Group Sessions)



Richstone Family Center (Mental Health – Counseling and Support Groups)



South Bay Children's Health Center (Mental Health – Counseling and Support Groups)



South Bay Families Connected (Wellness & Family Support – Parent Education & Engagement)



Taking Time (Mental Health – Bereavement Support)



Thelma McMillen Recovery Center (Substance Use – Prevention & Counseling)



UCLA Health (Physical Health)



Venice Family Clinic (Physical Health)



Volunteer Center South Bay (Wellness & Life Skills – Community Impact & Peer Support)

allcove Beach Cities Current Hours*:

Tuesday-Friday from 1pm - 7pm

Saturday from 10am - 2pm

Center Tour Sign-Ups Available:

- Tuesdays & Thursdays from 9am-12pm
- Saturdays from 9am-10am

Sign up by scanning this code on your mobile device:



Save The Date! Community Grand Opening Event -
Saturday 01/28/2023

*2022 Holiday Closures:

11/24-11/26 for Thanksgiving

12/23-12/25 for Christmas

12/30-12/31 for New Years

allcove

find your
moment.

find your
space.

find your
center.

Upcoming Meeting Dates:

Youth Advisory Council – November 15, 2022

School Advisory Board – December 2, 2022

State of Our Health: Cannabis and Youth – December 13, 2022

allcove Beach Cities Community Grand Opening – January 28, 2023

Beach Cities Community Forum on Fentanyl – February 9, 2023

