



## Community Outreach Committee Minutes March 27, 2019

Those in attendance:

Frida Martinez	Bilingual Facilitator, Madroña
Villalobos, Jaime	Bilingual Facilitator, TOHS
Lerette, Rosana	Bilingual Facilitator, WHS
Berry, Katie	Counselor, Elementary
Adams, Amanda	Intern Counselor, Elementary
McCarthy, Karen	Counselor, Los Cerritos
Rosenthal, Tracy	Counselor, Redwood
Marlens, Shannon	Counselor, Sequoia
Nelson, Emily	Counselor, WHS
Elizabeth Alamilla	Outreach, Walnut
Lilya Flores	Outreach, Ladera, Weathersfield, Conejo
Quezada, Belen	Outreach, Acacia
Molina, Alma	Outreach
Karen O'Mullan	Language and Literacy Support Teacher
Josie Valdovinos	Secretary, English Learner Services

### Welcome:

- Karen O'Mullan welcomed committee members and guest speakers.

### Guest Speaker:

#### Juanita Fierros, New Dawn Counseling and Consulting Services:

Services provided include family and individual therapy. Triple P group and Triple P Individual therapy is offered for children ages 0- 12 and teens. The Triple P program provides simple practical strategies to build strong and healthy parent child relationships. Triple P for children ages 0-5 is free. Parent must have a child under 5 years of age to receive free services. Assist with identifying causes of misbehaviors and strategies on increasing positive behaviors. Managing behavior strategies were introduced, such as establishing clear rules, giving clear instructions and logical consequences. BSFT: Brief Strategic Family Therapy is an evidence based program where the therapist evaluates the current family situation and develops plan to give families tools to reduce problem behaviors. Focuses on communication of the whole family and of changing structural interactions. BSFT therapists observe and directly intervene during the session. BSFT is effective in improving parenting practices while repairing family communication. All our services are offered in both Spanish and English. 3 week span once a week.

Q: What is the best way to refer? R: There is a referral form that is submitted to the office. Requests are submitted to New Dawn by STAR, the Ventura County Behavioral Health program.

Q: Can you explain what Triple P is? R: It is a positive parenting program consisting of 8 sessions, once a week. Individual Triple P is one on one. In group sessions, all families meet in one location, they are given strategies and come together to see what worked. Sometimes it is not only the child with behavior problem but the parents.

Q: How do you decide if a person qualifies for individual or group therapy? R: It depends on the severity of the behavior, if they need more support they are sent to individual therapy.

Q: Is there ever resistance from the parent's part? R: Yes, we do see it sometimes.

In addition to Newbury and Oxnard locations services are also provided in school sites, where at least 2 or 3 parents minimum can participate. Elizabeth Alamilla outreach from Walnut shared that Dawn led a main seminar during one of the Walnut ELAC meetings. A flyer with information on a free workshop tomorrow on depression, and another on May 30<sup>th</sup> for suicide was distributed.

## **Guest Speaker:**

### **Sarah Schouten, Interface Family Violence:**

Programs offered: Mental Health and Trauma Treatment program, Domestic Violence and Child Abuse prevention, Youth Crisis Intervention, Human trafficking, Reentry services, 2-1-1 Information and referral. All trainings are free. Located in Santa Paula, Oxnard, Moorpark, Newbury Park and Camarillo. Ventura has the highest rate of reported domestic violence of any county in California, with a population over 60,000. The most common form of violence experienced by women globally is physical violence. One prevention program includes My Body Belongs To Me, this training is free to any groups that work with children. My Body Belongs To Me is a 30 minute personal safety program for preschool to 3<sup>rd</sup> grade. Parents/educators are encouraged to take the class before it is offered to the children. Another personal safety program is the Teen Dating Violence Prevention. It is offered in 9<sup>th</sup> grade. This is a three part series to help teach what a healthy relationship should look like. This series can be offered once a week for 3 weeks. The Outreach and Public Awareness program contains 6 prevention team members. Some intervention services includes 24/7 DV Hotline 1800-636-6738. Support Group, Safe Heaven Emergency Shelter, Safe Journey Transitional Shelter and Heart. Support group is offered in the Oxnard location in English and Spanish starting at 5:30 or 6:30pm. There is a pro bono lawyer that can offer their services as well. Hearts program is the human trafficking program. Pictures were shown displaying the Safe Heaven domestic violence shelter. Interface also offers a shelter for animals, which includes a pet foster program. Resilience- The human capability to recover, heal and be strong after something bad happens. Interface Children and family services also have Mental Health Services, Mental Health Intake 805-485-6114 ext 662. Other available programs include Triple P (Positive Parenting Program) 0-5 years, Parent Child Interaction Therapy only medical (space limited), Child Abuse Counseling, Program to Evaluate and treat Sexual Abuse (PETA) and Child & Youth Emotional Wellness (0-21 years) includes phone screening. Youth Services include the 24/7 Youth Crisis Line 805-469-5882 offering crisis response, stabilization, medical, conflict resolution and Shelter. Children and Family Services also includes re-entry services.

Q: What if clients do not have medical? R: They would need to call and be screened to see what they qualify for. The services are free, but they can find out what their need is, and what Interface offers, if Interface does not offer the services needed they are provided with information on where to locate them.

Q: What do clients need to do to receive services? Do they have to prove that they have been abused?

R: Clients should keep a paper trail if they can. There are victim advocates that can help clients with the process.

Q: Is the Teen dating program offered to lower grades other than 9<sup>th</sup> grade? R: At this time no, Interface is currently working towards being able to offer it, but depends on the budget. Interface is creating a My Body Belongs To me curriculum for middle school.

Q. Do clients need to be documented to receive support? R: No, we help everyone.

The weekend of mother's day Interface is hosting a fundraising event. My Body Belongs To Me Chant exercise was presented where the Leader leads chant and the group responds.

### **Adjourn:**

- Meeting adjourned at 10:15 am.

### **Next Meeting:**

- Date: April 25, 2019
- Location: District Office, Conference Room B2
- 8:30 – 10:30