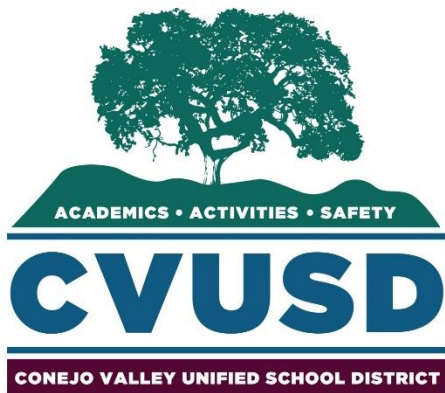


BREAKTHROUGH STUDENT ASSISTANCE PROGRAM



EVERY STUDENT MATTERS

DAC PRESENTATION
TUESDAY, APRIL 18, 2017

Rebecca Stelmar
Counselor

Claudia Hughes
Office Manager

OUR MISSION

The CVUSD Breakthrough Student Assistance Program empowers students and families to navigate our educational system in a safe and successful manner. All students are welcome. Our trained staff takes time to listen carefully to learn about the family's concerns and identify its strengths. In addition to Breakthrough staff's focused and direct service, they are able to link families to resources at students' school sites and within the community. One family at a time is how the CVUSD Breakthrough Student Assistance Program strives to support students, families and staff.

STUDENT ASSISTANCE PROGRAM



SAP provides an “umbrella” of prevention, identification, screening, intervention, and support strategies within a school, often in collaboration with a community support network.

EVOLUTION OF CVUSD SAP

- Grant from Ventura County Behavioral Health, Alcohol and Drug Program in 2012
- Implemented due to success of SAP in Desert Sands and Murrieta Unified School Districts
- Part time bilingual counselor hired in second year
- CVUSD Board Education fully integrated BreakThrough into Instructional Services in 2015 (Golden Bell Award)
- Board Policy stipulates criteria for mandatory referrals

STUDENT TESTIMONIAL

REFERRAL PROCESS

➤ Who can refer?

➤ How?

The screenshot shows the CVUSD website with a navigation menu and a main content area. The navigation menu includes Home, Departments, Board of Education, Community, News, Parents, Schools, and Staff. The main content area features a sidebar with contact information for Lorena and Claudia, a central announcement for a Parent Workshop and Education Series, and a table of workshops for elementary and secondary students. The 'Confidential Referral Form' and 'Confidential Referral Form (Español)' links in the sidebar are circled in red.

CVUSD
CONEJO VALLEY UNIFIED SCHOOL DISTRICT

Home Departments Board of Education Community News Parents Schools Staff

Parent Workshop and Education Series

All parents/guardians of CVUSD students are invited to attend one or all workshops for support, education and a safe place to ask professionals questions.

Join us from 7:00-8:30 PM each month for a new speaker and important topic.

Workshops will be hosted in the
Horizon Hills Multipurpose Room
33 Greta Street
Thousand Oaks, CA 91360

<u>ELEMENTARY</u>	<u>SECONDARY</u>
Parenting Lessons from the Jedi Masters THURSDAY, JANUARY 19	Parenting Lessons from the Jedi Masters THURSDAY, JANUARY 12
Connecting with Your Child THURSDAY, FEBRUARY 23	Connecting with Your Child THURSDAY, FEBRUARY 9
Anxiety: Signs, Symptoms & Strategies THURSDAY, MARCH 23	Anxiety: Signs, Symptoms & Strategies THURSDAY, MARCH 9
Understanding Your Child's Brain THURSDAY, APRIL 20	Understanding Your Child's Brain WEDNESDAY, APRIL 19
Your Child and Technology	Your Child and Technology

Forms

- BreakThrough Brochure
- BreakThrough Brochure (Español)
- Confidential Referral Form**
- Confidential Referral Form (Español)**
- BTSAP Process Flow Chart

FAMILY CONFERENCE

Foundational Component - Brief Risk Reduction Interview and Intervention Model (BRRIM)

- Three phased structured family conference
- 90 minutes of indicated prevention
- Strength based
- Offers recommendations
- Culminates in a family plan

Harris, W. W., & Ryan, J. (2010). Indicated prevention: Bridging the gap, one person at a time. *Journal of Psychoactive Drugs*, 42, 277-285.

WHAT HAPPENS NEXT?


- School counselors coordinate and facilitate counseling and other services to ensure all students receive the care they need, even though school counselors may not personally provide the care themselves
- Examples of referrals to community agencies:
 - Hospice of the Conejo
 - FoodShare
 - California Lutheran Community Counseling Center
 - Interface
 - Westminster Free Clinic
 - Ventura County Behavioral Health, Alcohol and Other Drug Counseling
- Individual and group counseling
- Attend IEPs, 504s, SSTs and SARB meetings
- Follow up as needed

COLLABORATIVE PROCESS

Straight Up – in collaboration with community partners – invites you to a...

Reality Party for Parents

Exposing today's teen party culture



Facing reality
Many adults feel drinking and partying are a rite of passage and think teen parties are the same as when they were young. Straight Up youth want parents to face the current realities and learn why and how we need adults to help change these dangerous social norms.

What you will see
Reality Parties are open to the public (adults only) and are FREE. Participants will tour a home set up to portray a teen party with youth actors voicing concerns expressed by local teens and young adults.

DATE..... Saturday, October 8, 2016
TIME..... 2:00-6:30pm (Reservations required)
One-hour tours start every half hour
PLACE..... A home in Thousand Oaks
Address given when you register for a tour

REGISTER ONLINE
www.straightupvc.org/register

MORE INFO:
info@StraightUpVC.org
805-647-4622



Partners: Conejo Recreation & Park District, Thousand Oaks TNC Teen Center, Engage, CVUSD, City of Thousand Oaks Youth Commission, BreakThrough Student Assistance Program, Straight Up reality improv, Ventura County Behavioral Health, Conejo Schools.

Straight Up is made possible through funding from Ventura County Behavioral Health Department, Alcohol and Drug Programs.




PARENTS WE NEED TO TALK

PARENT MENTAL HEALTH INFORMATION NIGHT

- Hear the personal stories of teens dealing with mental health issues
- Q&A with a board of professionals and experts
- Short Film introduction
- Learn the signs of mental illness in your teens and how to find the right help

- WHERE: Muvico Thousand Oaks The Oaks, 166 W Hillcrest Dr
- WHEN: Feb 6, 2017 7:00 PM to 9:00 PM
- WHO: Parents, guardians, and teens
- Seating is limited. Please RSVP at: www.toaks.org/youth or call 805-381-7362

Partners: BreakThrough Student Assistance Program, City of Thousand Oaks



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Your Child and Technology WEDNESDAY, MAY 10	Your Child and Technology WEDNESDAY, MAY 17

RSVP Recommended
<http://www.conejoschools.org/events/parent-workshops>
Space is limited

We invite you to join the conversation!

Partners: BreakThrough Student Assistance Program, Conejo Schools

PARTICIPANT DATA

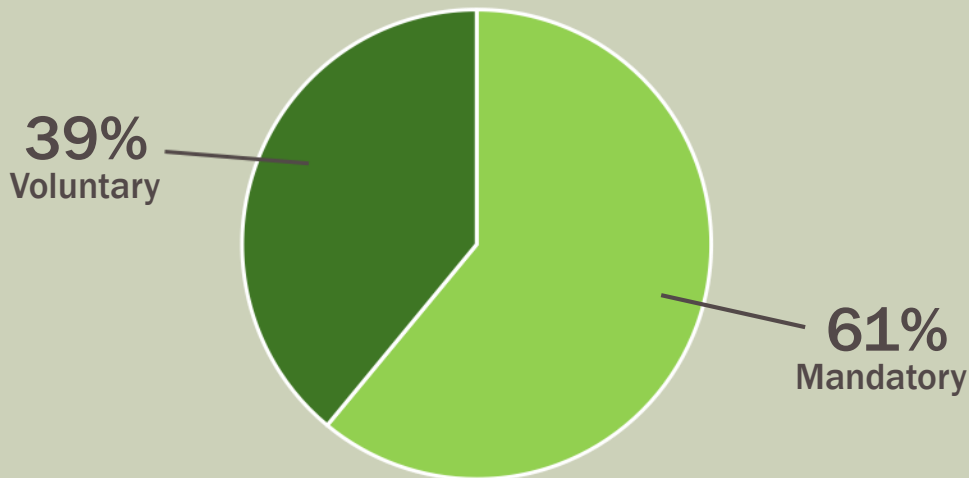
757

Total Family Conferences

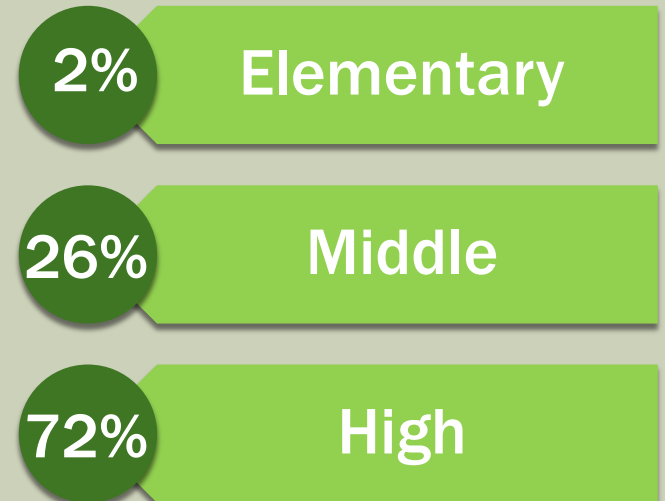
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Family Conferences 2016-2017

Referral Reason

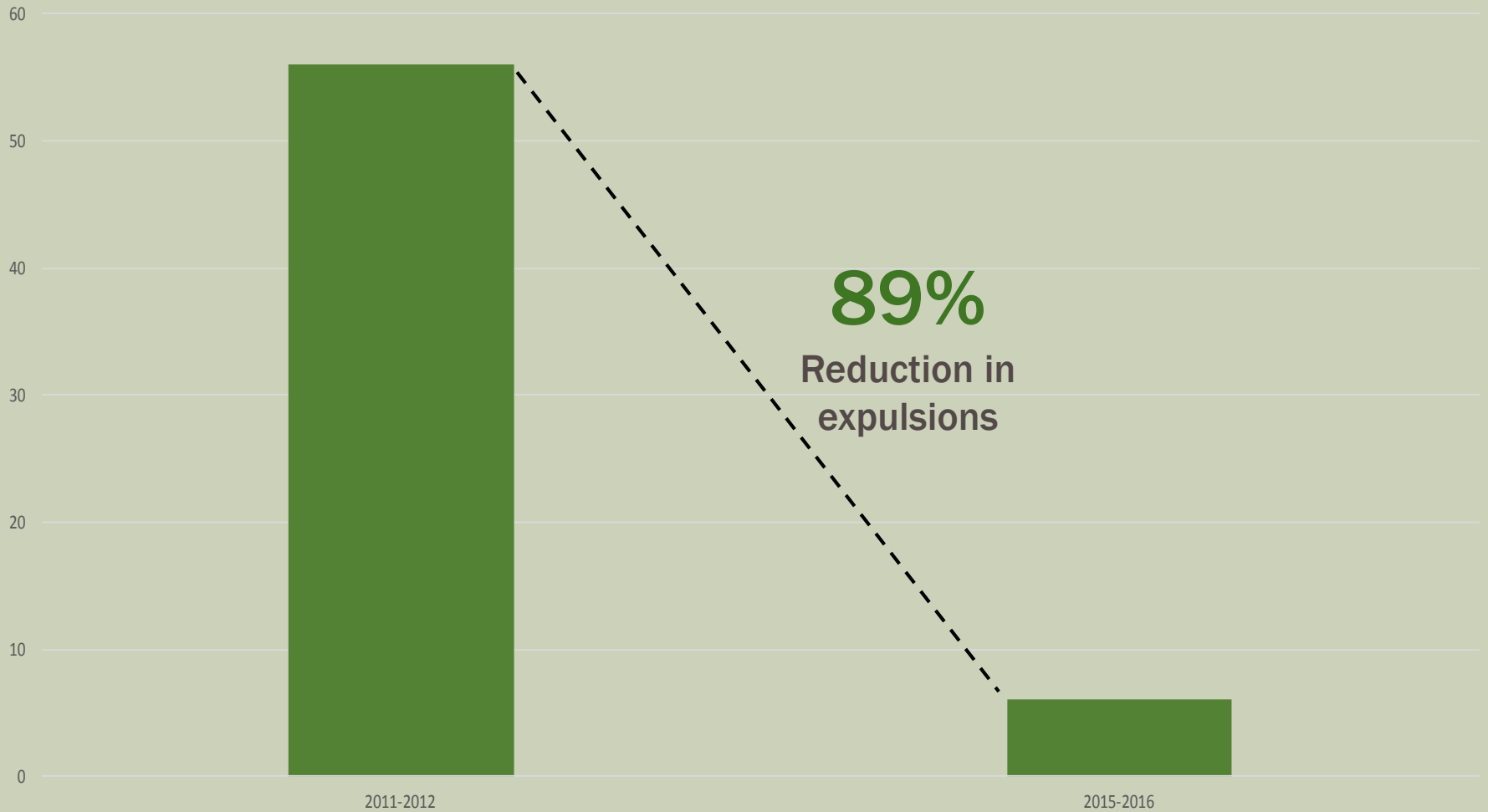


Referrals by Grade Level



KEY FINDINGS

Total Number of Expulsions in CVUSD



KEY FINDINGS

As a result of participating in BreakThrough...



Self management and communication skills



Positive outlook on personal future and positive school performance



Coping and refusal skills

KEY FINDINGS

As a result of participating in the BreakThrough SAP...

9 out of 10 parents/guardians reported:

- **Less family tension**
- **Better relationships with family members**
- **Enhanced parent/caregiving skills**
- **Increased capacity to help their families**

Over 4 out of 5 parents/guardians reported better communication with family members

QUESTIONS

