



**Community Outreach Committee
Minutes
December 13, 2018**

Those in attendance:

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| Sandra Rodriguez | Bilingual Facilitator, Maple |
| Frida Martinez | Bilingual Facilitator, Madroña |
| Jaime Villalobos | Bilingual Facilitator, TOHS |
| Rosana Lerette | Bilingual Facilitator, WHS |
| Karen McCarthy | Counselor, Los Cerritos MS |
| Barbara Broihier | Counselor, Redwood |
| Kelly Meador | Counselor, Sequoia |
| Nathan Snider | Counselor, Sycamore |
| Catherine Kanney | Counselor, CVHS |
| Jose Ireta | Counselor, NPHS |
| Jenna Davis | Counselor, TOHS |
| Iris Merlos | Outreach, Glenwood |
| Elizabeth Alamilla | Outreach, Walnut |
| Ana Alvarez | Outreach, Conejo, Ladera, Weathersfield |
| Dr. Deborah Martinez | Coordinator, English Learner Services |
| Karen O'Mullan | Language and Literacy Support Teacher |
| Josie Valdovinos | Secretary, English Learner Services |

Welcome:

- Dr. Martinez welcomed committee members and guests to the meeting.
 - Accessing Google Team Drive and information.

LCAP Goals & Superintendent Green Print Plan: Dr. Martinez

- Dr. Martinez reviewed:
 - Recently approved LCAP Infographic and directions on how to access it from CVUSD website.
 - LCAP Goals 1-4 and Green Print Plan.

Guest Speaker:

**Pete Martinez, Youth Outreach Worker, Conejo Recreation and Park District
Rick Tanaka, Thousand Oaks Teen Center**

The Youth Outreach and Teen Center programs, funded through parks and recreation, work with Middle School and High School students (7th-12th grade). These students are referred to the Youth Outreach program by school counselors, teachers and other students already in the program. Some topics covered in groups include life skills, emotional awareness, how to be a successful student, bullying

awareness workshops that typically meet at school sites during lunchtime. Students are encouraged to participate in discussions and games. Page 41 of the Fall/Winter 2018 Conejo Recreation & Park District Program Guide houses information on the program and staff contact information. Some questions **(Q)** and answers **(A)** included:

Q: Are there Spanish-speaking students that participate? **A:** Yes, different ethnicities participate.

Q: Do you only work with students that are referred to you? **A:** Yes, but any interested student can join at any time.

Mr. Tanaka presented overview of the Teen Center. The Teen Center offers programs and leisure activities for all 12 to 17 year olds free of charge helping reinforce social norms. It offers gaming activities through use of the computer lab, a lobby with televisions, game room with pool table and free math tutoring conducted by retired professionals Mondays and Thursdays from 4:00pm-5:30pm. It also provides recreational activities in a non-competitive environment. There are classes provided at an affordable introductory price so that students have greater access to participate. Special events include Holiday Dance (handout distributed), Skaterjam, Battle of the Bands and a Food Drive concert.

Guest Speaker:

Brandon Morisson - Cal Lutheran Community Counseling Services

The Counseling Services work with adults, adolescents, children, families and couples in their Oxnard and Westlake offices. This program provides help with chronic health issues, domestic violence, Anxiety and Depression to name a few. To initiate the process community members must contact the clinic, where a recommendation is made whether a group or individual counseling method is best, or if it is beyond their scope, they can refer the caller to another agency. They dive into cultural, medical history to conduct a full assessment. They have Specialty Tracks like IPV, ACT, DBT clinic (severely suicidal outpatients). They also have a general clinic that handles relationship issues anxiety and grief. Fees are based on family size and income. They offer a sliding scale as well. Group therapy is offered. It includes Empowerment, Mindfulness, Women's, and Relationship & Separation & Divorce groups that community members can attend once a week.

Some questions (Q) and answers (A) included:

Q: Is there an age requirement for the group sessions? **A:** There is no age limit for the groups.

Q: How many therapy sessions does a client receive? **A:** There is no limit. However many sessions are needed.

Q: Is there someone that conducts intakes in Spanish? **A:** Yes. The Supervisor in Oxnard location is bilingual. Spanish calls can be scheduled.

Adjournment:

- The meeting was adjourned at 10:25.

Next Meeting:

- January 16, 2019
- Location: District Office, Conference Room E. with a section on ELlevation.
- 8:30 – 10:30