



**Community Outreach Committee  
Minutes  
January 16, 2019**

Those in attendance:

Sandra Rodriguez	Bilingual Facilitator, Maple
Frida Martinez	Bilingual Facilitator, Madroña
Jaime Villalobos	Bilingual Facilitator, TOHS
Jen Sheppard	Counselor, Elementary
Karen McCarthy	Counselor, Los Cerritos MS
Tracie Rosenthal	Counselor, Redwood
Shannon Martin	Counselor, Sequoia
Leslie Nedwick	Counselor, NPHS
Robyn Britt	Counselor, TOHS
Alma Molina	Outreach
Elizabeth Alamilla	Outreach, Walnut
Belen Quezada	Outreach, Acacia
Ana Alvarez	Outreach, Conejo, Ladera, Weathersfield
Karen O'Mullan	Language and Literacy Support Teacher
Josie Valdovinos	Secretary, English Learner Services

**Welcome:**

- Karen O'Mullan welcomed committee members and guests to the meeting.

**Guest Speaker:**

**Lisa Safaeinili, Executive Director, Westminster Free Clinic**

Westminster Free Clinic offers various services for the community. Handouts were distributed detailing programs available. They hold sessions with psychologists where community members can either call or walk in on Wednesday nights to receive services. Dr. Leticia Jimenez leads a grief and loss class. They also offer a healthy hearts club for children and adults addressing emotional health, yoga, and Zumba and provide dental services as well. They also distribute fruit and vegetables donated by Food Share to participants. These services are available on a first come first served basis. Westminster has a health advocacy program called SALUD and is composed of 54 students. The mission of Westminster is to ensure that all students have an opportunity and possibility for positive change. Westminster offers a High School Internship program, requiring an application and interview process as well as a 2-year commitment from participants. The application is available on the Westminster website and must be submitted by February 15<sup>th</sup> with interviews taking place in March. The interview consists of a two-minute in person session. Bilingual students are encouraged to apply and they receive extra points toward their score. Westminster collaborates with Ventura County of Education. This is their third year certifying medical assistants with an average of 20-25 students a year. Video available on the Westminster Free Clinic website displaying the type of environment that the students are in. Student

success stories were shared. Community Outreach members shared that their children attended and successfully completed the program

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

**Q:** Do you have an outreach person that can come to the High Schools? **A:** We do have someone.

**Q:** What if a current student is not doing well academically? Does that affect their ability to participate in the program? **A:** No it does not affect them because when they are in the clinic, they are surrounded by other students that excelling and working towards graduating. All interested students are welcomed to participate.

## **Guest Speaker:**

### **David Deutsch, Executive Director, NAMI Ventura County**

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization. Services provided by volunteers offer emotional support, education, and resources for families affected by mental illness. Family to family program: 12 weeks 6 to 8 English 2 to 3 Spanish. Provider education program: 5 weeks, 3 hours each week and it is CEU awarded. Monthly expert speaker meetings occur on the second Tuesday of every month. Programs and services : In Our Own Voice- community education, Ending The Silence- stigma Reduction in high school, Speakers Bureau and Peer to Peer ( once a week for 2 hours). All services are offered free of cost. NAMI hosts a walkathon fundraising event and holiday party. Contact information available on their website.

[www.namiventura.org](http://www.namiventura.org). Schools can refer people to NAMI. Statistics and warning signs on Mental illness were shared. Mental Illness are Schizophrenia, depression, panic disorder, bipolar, obsessive-compulsive disorder, PTSD, deficit/ hyperactivity and anorexia nervosa. Types of mental Illness include mood disorders, psychotic disorders, anxiety disorder, borderline personality and other disorders. The effect on the population is as followed: Schizophrenia affects approximately 1% of the population, Bipolar Disorder 1%, and Depression 7%. Recovery is a reality for those with mental illness. A higher level of success in treatment and recovery can be achieved when it includes medications (possible side effects), therapy and support. The family role is a part of the treatment team and serve as an advocate, providing support and offering empathy. Reviewed the 3 stages of the family perspective predictable stages of emotional responses. Stage 1 deals with catastrophic event, Stage 2 Learning to Cope and Stage 3 is the move towards advocacy.

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

**Q:** Have you noticed an increase with vaping as well? **A:** Yes, we have seen this increase.

**Q:** Are we moving towards diagnosing mental illness at a younger age? **A:** There is more mobility in trying to identify diagnose bipolar disorders at a younger age.

**Q:** Is there one-on-one therapy support? **A:** No, we offer group support and education.

## **Adjournment:**

- The meeting was adjourned at 10:25.

## **Next Meeting:**

- February 14, 2019
- Location: District Office, Conference Room E, with a section on ELlevation.
- 8:30 – 10:30