



**Community Outreach Committee  
Meeting Minutes  
March 14, 2017**

Those in attendance:

Ana Alvarez	Outreach Coordinator, Conejo, Ladera, Weathersfield
Cecilia Aviles	Facilitator, EARTHS
Ana Blasi	Outreach Assistant, Walnut
Laura Dugatkin Roszkin	Facilitator, Colina
Claudia Hughes	Office Manager, Breakthrough
Adriana Pavon	Facilitator, Ladera
Belen Quezada	Outreach Assistant, Acacia
Rebecca Stelmar	BreakThrough
Julie Tan	Facilitator, CVHS
Lidia Zesati	Outreach Assistant, Glenwood
Dr. Deborah Martinez	Coordinator, English Learner Services
Marie Gluck	Recording Secretary

**Welcome:**

- Each attendee introduced themselves; new members and guest speakers were welcomed.

**Guest Speakers:**

**David Deutsch, Executive Director for the National Alliance for Mental Illness**

- Mr. Deutsch presented a PowerPoint entitled *Living with Mental Illness* which outlined the types of mental illness, treatment/recovery, family perspective, and programs and services available through NAMI. He also distributed information related to NAMI services.
- Highlights include:
  - 1% of young people in the world have schizophrenia, 7% of the United States population suffers from depression, and 2% of the US population is bi-polar.
  - NAMI provides emotional support, education, and resources for families affected by mental illness. Family to family programs, education programs, and monthly speakers are some of the serviced provided.
  - NAMI offers a help line (805) 500-NAMI which offers referrals to client support groups.
  - May 6, 2017, there will be a 5-K walk fundraiser.

## **Dotty Santamaria, Calvary Community Church Community Outreach Director**

Ms. Santamaria distributed information relating to Community Care Resources provided by the Calvary outreach program.

- Highlights include:
  - Location of the food pantry
  - Tuesday meal program
  - Winter shelter
  - Blanket and clothing distribution
  - Tutoring partnership with Conejo Elementary School

**Comments:** Rebecca Stelmar, Counselor at BreakThrough, briefly discussed the District's Parent Workshop and Education Series and reminded those present that Spanish translation is available.

The Meeting was adjourned at 10:00 a.m.

**Next Meeting: April 18, 2017.**