Community Action Plan for Student Mental Health & Substance Use Prevention

Presented by the Beach Cities Partnership for Youth

Beach Cities Health District (BCHD) partners with the Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District to deliver programs that measurably improve the health and well-being of students and families. These programs increase physical activity, improve nutrition, reduce substance use and encourage social-emotional wellness in our schools.

While physical health in the Beach Cities continues to improve, there is a growing need in the student population to address mental health and well-being. The statewide California Healthy Kids Survey (CHKS) found that Beach Cities students, in many ways, are struggling more than their statewide peers. According to the survey, when compared to students throughout California, Beach Cities teens reported:

- Higher than average rates of alcohol and drug use – with use doubling as students transition from 9th to 11th grade
- Higher than average rates of missing school in the past 30 days due to feeling very sad, anxious, stressed or angry
- More than 1 in 4 regularly smoke or vape marijuana
- More than 20% of 11th graders have engaged in binge drinking (five or more drinks in one sitting) in the past 30 days
- Higher than average rates of cyberbullying, peaking in 7th grade

The Beach Cities Partnership for Youth Coalition was created by BCHD in 2017 through establishing five stakeholder committees: 1) Students, 2) Parents, 3) Health Providers, 4) School Administrators and 5) Community Members in implementing strategies to reduce youth substance use in a comprehensive and long-term manner.

In October 2019, the Coalition was awarded a FY 2019 Drug-Free Communities Program (DFC) grant in the amount of $125,000 by the White House Office of National Drug Control Policy, in cooperation with the Substance Abuse and Mental Health Services Administration. The grant term is five years with total funding expected to be $625,000.

The Beach Cities Partnership for Youth Coalition joins more than 700 community coalitions across the United States working to increase community-wide collaboration and decrease youth substance use. Recognizing that local problems need local solutions, DFC-funded coalitions engage multiple sectors of the community and employ a variety of environmental strategies to address local substance use problems.

The Community Action Plan for Student Mental Health & Substance Use Prevention outlines key programs, partnerships and policies that are addressing these key health indicators. BCHD is just one of more than 100 local partners in the Beach Cities Partnership for Youth Coalition that are collaborating to achieve measurable outcomes.

KEY INDICATORS

The Community Action Plan relies on multiple data collection strategies to identify the greatest health needs of the youth population. In addition to the statewide California Healthy Kids Survey, data collected from Stanford's Challenge Success program and additional school-based surveys identify stressors and pressures facing students as they balance academics and extracurricular activities. Parents are polled through an ongoing survey conducted by BCHD, and key informant interviews and focus groups are also convened to determine risk and protective factors.

The following CHKS key indicators are aggregated across the Beach Cities. Hermosa Beach City School District is a K-8 district, so data from 7th grade is included below. Data from 9th and 11th grades are aggregated across Manhattan Beach and Redondo Beach schools.

** In the 2019-20 school year, due to COVID-19, the CHKS was not completed by all three school districts. Data from the 2018-19 school year is included below.*

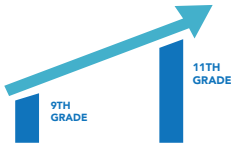
Mental Health

20% of 11th graders reported missing school due to not getting enough sleep in the past 30 days

18% of 11th graders reported seriously considering attempting suicide in the past 12 months

26% of 7th grade girls reported experiencing chronic sadness compared to **19% of 7th grade boys**

Substance Use



The percentage of students reported **using alcohol or drugs in the past 30 days doubles** between 9th and 11th grades

37% of 11th graders have used **drugs or alcohol** in the past 30 days, on average

25% of 11th graders reported using **electronic cigarettes or other vaping device** in the past 30 days

Social Connection

34% of 7th graders reported **experiencing harassment or bullying** within the past 12 months

70% of 7th graders reported that they experience a **sense of connectedness at their schools**

RISK AND PROTECTIVE FACTORS

According to the National Institute on Drug Abuse, prevention programs should enhance "protective factors" and reverse or reduce "risk factors." The more the risks in a child's life can be reduced, the less vulnerability that child will have to substance use and other maladaptive behaviors.

Early intervention targeting risk factors (e.g., aggressive behavior, poor self-control and lack of stress management) often has a greater impact than later intervention by directing a child's life path away from problems and toward positive behaviors. There is clear evidence supporting the implementation of social-emotional well-being programs and substance use prevention curricula in the school environment as a risk-reduction strategy to prevent substance use and improve mental health in the student population.

The Community Action Plan strives to reduce the following risk factors identified in the Beach Cities student population, and increase protective factors so students are healthy, happy and able to thrive – both in and out of school.

RISK FACTORS	PROTECTIVE FACTORS
Factors that increase the likelihood of student substance use and decrease overall mental health and well-being	Factors that decrease the likelihood of student substance use and improve overall mental health and well-being
Inability to cope in stressful situations	Resilience to change and ability to adapt to stressful events in healthy and flexible ways
Apathy towards recreational and social activities	Opportunities for youth involvement in purposeful activities
Low self-esteem	Cultivation of a sense of well-being and self-confidence
Lack of commitment to school	High connection to peers and adults on campus
Lack of perceived risk of drug and alcohol use	Awareness of short- and long-term health and social impacts of drug and alcohol use
Lack of parental involvement and supervision	Close and nurturing family relationships
Parental attitudes favorable to substance use	Clear expectations and limits regarding alcohol and other drug use
Visible and widespread alcohol and drug availability in social and community settings	Public policies that reduce youth access to drugs and alcohol

EVIDENCE-BASED PROGRAMMING

Many of the strategies included in this Community Action Plan are not new. They have proven to be effective in DFC community coalitions across the country. One grantee, Franklin County, Massachusetts' Communities That Care Coalition, was able to decrease youth alcohol use by 36%, cigarette smoking by 52% and marijuana use by 24% during a decade-long intervention. The Beach Cities Partnership for Youth Coalition continues to learn from other Coalitions and emulate these success stories. By utilizing evidence-based practices as well as locally-supported innovations, this Community Action Plan strives to meet the greatest community need and enhance the policies, systems and environmental changes necessary to create lasting health improvements.

CREATING A HEALTHY BEACH COMMUNITY TOGETHER

Across the Beach Cities, schools are prioritizing the social and emotional well-being of their student populations. Character and skill-building programs including MindUP, Second Step and WEB (Where Everyone Belongs) are being expanded at schools. Social-emotional wellness committees are addressing student stress and supporting healthy coping strategies. Staff are being trained to "Know the Signs" to recognize students who may be struggling. Students are exploring their purpose, identifying not only what they want to be, but who they want to be. In the community, several local organizations have been instrumental in gathering support for these topics:

- Behavioral Health Services, a Los Angeles County Department of Public Health and grantee, has led the Prevention Community Council, comprised of local substance use prevention advocates, for the past five years.
- For more than 15 years, local nonprofit Freedom4U has provided school-based counseling services to at-risk youth and their parents, and helped teens connect to their purpose in life.
- South Bay Children's Health center has provided onsite school counseling and other supportive social services to children, adolescents and families in the Beach Cities.
- South Bay Families Connected was created in 2015 in response to the high level of community concern regarding the social-emotional wellness of South Bay youth, including self-reported levels of high stress and anxiety, as well as higher than average alcohol and drug use.
- Torrance Memorial's Thelma McMillen Center has been committed to supporting students and families overcome patterns of alcohol and drug abuse and addiction for several decades.

KEY MILESTONES IN CREATING THE BEACH CITIES PARTNERSHIP FOR YOUTH

DATE	ACTIVITY
October 2015	Beach Cities Health District (BCHD) site visit to Franklin County, Massachusetts' Communities That Care Coalition
January 2016	BCHD identifies substance use prevention, social-emotional well-being and bullying prevention as top health priorities for youth
January 2016	Social-Emotional Wellness districtwide committee established in Manhattan Beach
2016	BCHD conducts more than 100 key informant interviews with various stakeholders in the Beach Cities
August 2016	BCHD partners with South Bay Families Connected on the Families Connected Speaker Series
February 2017	Social-Emotional Wellness districtwide committee established in Redondo Beach
April 2017	School Advisory Board convened by BCHD and Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District to align school efforts to address mental health and substance use prevention
June 2017	BCHD recruited student committee members for the community health, strategic planning and finance committees and due to overwhelming response, the Youth Advisory Council was launched
September 2017	Families Connected Parent Chat launched with Torrance Memorial's Thelma McMillen Center
September 2017	First meeting of Families Connected Parent Advisory Group
September 2017	Social-Emotional Health Coordinator hired by BCHD
October 2017	First meeting of Youth Advisory Council
February 2018	First meeting of Student Mental Health Provider Task Force
April 2018	Presentation by Denise Pope of Challenge Success and Parent Resource Expo
May 2018	Coalition received CalMHSA Grant for Health and Wellbeing from the Los Angeles County Department of Mental Health for the Student Stress & Substance Use Summit
May 2018	State of Our Youth's Health: Student Stress & Substance Use Summit featuring keynote speaker Hon. Mary Bono
August 2018	Manhattan Beach Unified School District staff trained in Introduction to Mental Health First Aid
September 2018	Social-Emotional Wellness districtwide committee established in Hermosa Beach
October 2018	First meeting of the Community Workgroup
October 2018	Coalition received CalMHSA Grant for Health and Wellbeing from the Los Angeles County Department of Mental Health for Cyber Safety education events
January 2019	Official launch and first meeting of the Beach Cities Partnership for Youth Coalition
February 2019	More than 50 new resources and referrals for youth and families added to bchd.org/resources

April 2019	Visit by Steven Adelsheim, M.D., from the Stanford Center for Youth Mental Health and Wellbeing to explore Youth Wellness Center
May 2019	Coalition received CalMHSA Grant for Health and Wellbeing from the Los Angeles County Department of Mental Health for Mental Health Awareness Month activities
May 2019	Mental Health Awareness Month activities including Mental Health First Aid and Mental Health Week at local high schools
June 2019	Tri-Agency Study Session on Youth Health Issues – Hermosa Beach
June 2019	Youth Advisory Summer Workgroup convenes and begins working on the PhotoVoice project
June 2019	Beach Cities Partnership for Youth Coalition applies for Drug-Free Communities Grant and solicits support from cities, school districts and key community partners
June 2019	Substance Use Prevention Coordinator hired by BCHD
August 2019	Second meeting of the Beach Cities Partnership for Youth Coalition
September 2019	BCHD appoints 85 students to Youth Advisory Council
September 2019	Youth Advisory Council members kick off focus groups to explore bringing a Youth Wellness Center to the Beach Cities
Fall 2019	Youth Advisory Council and community partners advocate for tobacco control policies to reduce youth access to vaping
October 2019	Hermosa Beach City School District staff trained in Introduction to Mental Health First Aid
October 2019	Vaping Town Hall with Assemblymember Al Muratsuchi
October 2019	Coalition Steering Committee convenes for the first time with key stakeholders
October 2019	Tri-Agency Study Session on Youth Health Issues – Manhattan Beach featuring a fishbowl discussion with Mira Costa High School students and members of Youth Advisory Council
October 2019	Beach Cities Partnership for Youth Coalition Awarded National Drug-Free Communities Grant by White House Office of National Drug Control Policy, in cooperation with the Substance Use and Mental Health Services Administration
November 2019	Second Visit by Dr. Adelsheim to meet with students, local mental health providers, school leadership, health deputies from the office of Supervisor Janice Hahn and Assemblymember Al Muratsuchi
January 2020	Beach Cities Partnership for Youth hosts full coalition meeting and shares Youth Wellness Center concept
February 2020	Coalition members provide letters of support for Mental Health Oversight & Accountability Commission grant opportunity for Youth Mental Health Drop-in Centers
March 2020	Los Angeles County Safer at Home Health Officer Order goes into effect—all Coalition activities conducted virtually
May 2020	BCHD awarded Mental Health Services Act grant to establish Youth Drop-in Center

A COLLECTIVE IMPACT MODEL APPROACH

The Community Action Plan for Student Mental Health & Substance Use Prevention uses the Collective Impact Framework, which involves collaboration across an entire community – youth, schools, parents, community leaders, cities, business and local organizations – working together to achieve measurable improvements in health and well-being.

GOALS OF THE COMMUNITY ACTION PLAN

Decrease prevalence of alcohol, tobacco and other drug use in teens

(measurement: California Healthy Kids Survey data)

Decrease stress and bullying and improve social-emotional well-being of youth

(measurement: California Healthy Kids Survey data)

Increase number of parents having conversations with their children about alcohol and drugs, social media, mental health and bullying

(measurement: BCHD Community Health Survey)

Increase community collaboration with engagement of local policymakers and participation of parents/caregivers currently underrepresented

(measurement: participation metrics in Tri-Agency meetings and community events)

Strategies

- Activate peer-to-peer student strategy to decrease substance use and improve mental health
- Expand capacity of school programs and services
- Convene community partners and build coalitions
- Educate, engage and enhance the skills of parents and the community at large
- Change the physical design of the community
- Engage policymaker champions to change local policy around substance use
- Enhance access and reduce barriers to mental health services for youth
- Change consequences for youth caught using substances

KEY STAKEHOLDERS OF THE BEACH CITIES PARTNERSHIP FOR YOUTH

The Beach Cities Partnership for Youth Coalition includes more than 200 community partners who are improving student mental health and well-being, while reducing substance use and bullying.

STEERING COMMITTEE

Workgroups

STUDENTS

- Reduce teen substance use
- Decrease stress & bullying
- Improve social-emotional well-being
- Provide more opportunities for youth involvement in purposeful activities

YOUTH ADVISORY COUNCIL

PARENTS

- Increase number of parents talking with their kids about alcohol, drugs, social media, mental health and bullying
- Educate and empower parent community about substance use and mental health

FAMILIES CONNECTED PARENT ADVISORY GROUP

SCHOOLS

- Enhance student & staff connections on campus
- Improve students' resilience to change and ability to adapt to stressful events in healthy and flexible ways
- Increase knowledge of short and long-term health and social impacts of drug and alcohol use

SCHOOL ADVISORY BOARD

PROVIDERS

- Grow network of community partners
- Bridge gaps between schools, community needs and service delivery

STUDENT MENTAL HEALTH PROVIDER TASK FORCE

COMMUNITY

- Explore strategies to impact the mental health and happiness of all Beach Cities residents
- Educate and inform elected officials on health impacts of programs and policies impacting youth

COMMUNITY WORKGROUP

Mission:

A community-wide effort to decrease substance use and improve mental health among Beach Cities youth by activating students, educating parents, expanding school programs and services, convening community partners, building coalitions and engaging the community at large.

Vision:

Where each student is empowered to create a purposeful path for themselves, and given the opportunity to be healthy, happy and to thrive – both in and out of school.

BCHD Beach Cities Health District – A Public Agency

Drug-Free Communities – Local Problems Require Local Solutions

South Bay Families Connected

Hermosa Beach City School District

MBUSD

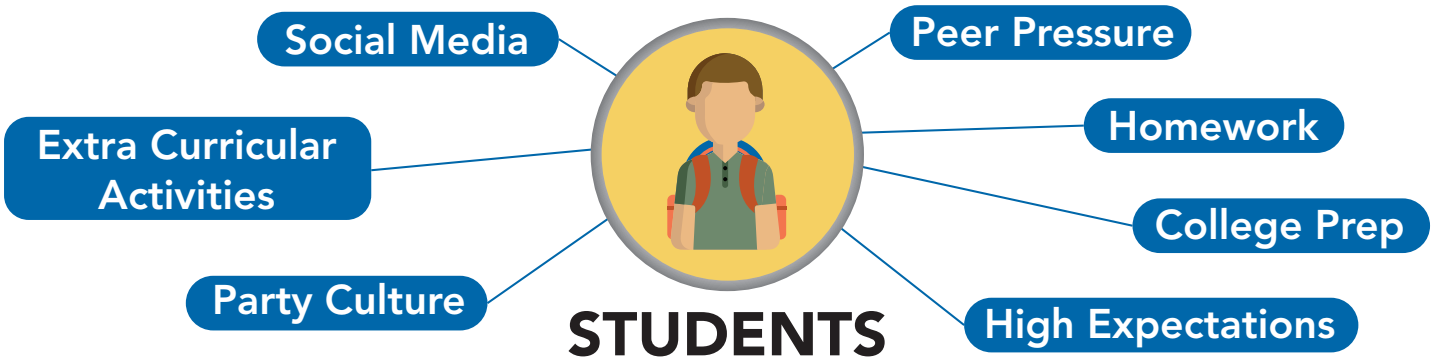
Redondo Beach Unified School District

GET INVOLVED

More than 200 local partners have joined the Coalition.
Go to **bchd.org/partnership** for more information.

YOUTH ENGAGEMENT STRATEGY

Things are different for today's youth. On top of the pressure of going to college, it's going to the right college with the right resume. Social media, extracurricular activities and a fast-moving party culture are all making it harder than ever to be a teenager. The Community Action Plan will engage students in peer-to-peer strategies that are designed and implemented by youth.



Purpose:

- Reduce alcohol and substance use*
- Decrease bullying*
- Increase social connection*
- Increase volunteer opportunities for students
- Increase education and engagement around student mental health and substance use prevention

Key Fact: 67% of teens who start drinking before the age of 15 will try other illicit drugs.

"A lot of my stress comes from expectations that I put on myself, along with expectations that I feel like others are putting on me." – Student participating in Youth Wellness Center focus group

Workgroup Goals:

- Coordinate high school job fair with clubs and include internship opportunities for teens
- Create and promote substance use prevention campaign

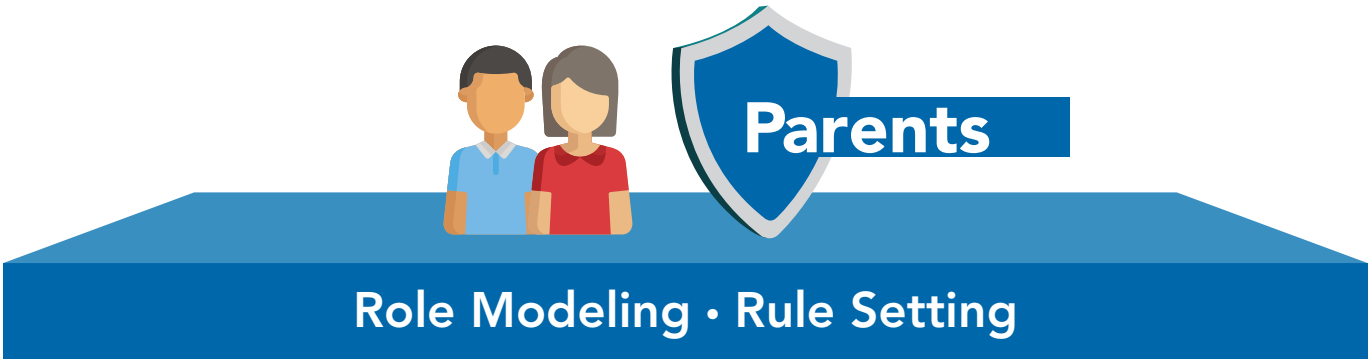
Key Outcomes To Date

- Created Peer-to-Peer Anti-Vaping Campaign #EscapeTheVape
- Designed and contributed to COVID-19 Health Priority Campaign including How-To Videos, Posters and Public Service Announcements
- Youth Advisory Council members participated in 10 focus groups for the Youth Wellness Center
- Created new leadership opportunities for students within Youth Advisory Council

(School Year 2019-20)

- Increased student participation from nearly 50 to 85 members in 8th – 12th grades with representation from all Beach Cities schools
- Youth Advisory Council members contributed 500 hours to community events, speaking engagements and meetings
- Presented PhotoVoice Project at Beach Cities Partnership for Youth Coalition, Vaping Town Hall presented by Assemblymember Al Muratsuchi and Youth Advocacy Leadership Conference presented by Los Angeles County Office of Education's Tobacco Use Prevention Education Program
- Collaborated with community partners to advocate for tobacco control policies to reduce youth access to e-cigarettes (vaping devices) and flavored tobacco products
- Participated in a vaping "myth-busting" video
- Convened workgroups to develop peer-to-peer substance use campaign

**Outcomes are measured using the California Healthy Kids Survey and Challenge Success data*



BCHD Resources & Referrals • South Bay Families Connected Website Resources Families Connected Speaker Series • Families Connected Parent Advisory Group • Parent Book Club

PARENT ENGAGEMENT STRATEGY

Research shows that parental monitoring and supervision are critical for alcohol and drug use prevention. According to the Substance Abuse and Mental Health Services Administration, children are less likely to drink when their parents are involved in their lives and have set clear boundaries and conveyed disapproval of underage drinking. Even a small amount of perceived parental acceptability can lead to substance use.

In addition to setting clear boundaries for their children, it is important to shift social norms around parental peer expectations. BCHD and South Bay Families Connected engage and empower parents about crucial parenting topics, while also creating a space for parents to learn from a community of supportive peers.

The Community Action Plan will continue building parents' skills with training on rule setting and establishing boundaries, managing stress in the household, creating and enhancing family bonding and relationships and developing a support network in the parent community.

Key Fact: A survey given to Beach Cities parents found that nearly 20% of parents are okay with occasional underage alcohol use.

"Everything we can do, every positive change we make, big and small. They all diminish the need for coping mechanisms like substance abuse and bullying, and they all increase our students' potential for joy and flow." – Parent attendee at the Student Stress & Substance Use Summit

Purpose:

- Increase number of parents having crucial conversation with their children about drugs, alcohol, social media, bullying and other topics*
- Educate and empower parent community about substance use and mental health

Workgroup Goals:

1. Enhance communications system for parents regarding events and resources.
2. Establish ambassador role at each school site and create a consistent presence at school and online.
3. Create parent activation one-sheet.

Key Outcomes To Date:

- Since 2017, BCHD and South Bay Families Connected have partnered with the Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District to expand the reach of Families Connected Speaker Series and other parent education events to 6,000 parents on topics including stress, substance use and social media with national and local experts
- Following the Los Angeles County Safer at Home Health Officer Order, all parent activation events, including the Talk About It Workshop Series and Families Connected Parent Chat, were hosted virtually

(School Year 2019-20)

- Recruited and convened Families Connected Advisory Group with representatives from schools in the Beach Cities
- Launched parent meet & greet events at Beach Cities schools to increase awareness of and connection to the Parent Advisory Group representatives

**Outcomes are measured using BCHD's Community Heath Survey and Parent Survey*

Social-Emotional Learning • Skill-Building Programs

Link Crew • BCHD Purpose Series • WEB (Where Everyone Belongs • MindUP • Character Development Programs Social-Emotional Wellness Committees • Know the Signs Mental Health Awareness • Project Alert Challenge Success • Positive Behavioral Interventions & Supports • Second Step

SCHOOL ENGAGEMENT STRATEGY

There is a growing body of research that shows mental health issues and mental illnesses have their roots in childhood, particularly in adolescence, when physical and physiological changes add to the chemistry of ongoing brain development. Nearly 1 in 5 children and adolescents suffer from some form of mental illness – including stress, anxiety, bullying, depression or substance use – yet nearly 60% won't receive any treatment, due to stigma or other barriers.

According to the National Education Association, schools offer an ideal context for prevention intervention, positive development and regular communication between school and families around mental health and substance use prevention topics. School health and student support services are critical components of a comprehensive approach to student health and well-being.

Purpose:

- Increase connection to peers and adults on campus*
- Increase opportunities for youth involvement in purposeful activities
- Increase resilience to change and ability to adapt to stressful events in healthy and flexible ways*
- Increase knowledge of short-and long-term health and social impacts of drug and alcohol use*

Key Fact: Suicide is the second-leading cause of death among youth ages 10-19 in the United States.

"One of our highest priorities is to create an environment that encourages health, balance and resilience for our students. When teachers, counselors, administrators and board members work together to prioritize the social-emotional wellness of every student, we give them the tools to succeed at school… and in life."- Dr. Michael Matthews, Superintendent, Manhattan Beach Unified School District

Workgroup Goals:

- Conduct an environmental scan of all social-emotional wellness efforts and programs at all three school districts
- Take an inventory of all assessment tools used by school districts to diagnose the social-emotional wellness needs of students
- Prepare a Parent Readiness Checklist for new parents that includes volunteer opportunities, engagement opportunities, recommended reading and resources; Kindergarten Roundup was identified as an ideal time to distribute the checklist to parents

Key Outcomes To Date:

- Expanded mental health support for students and families
- Provided technical assistance and training to support social-emotional learning (SEL)
- Incorporated SEL strategies into school wellness councils

(School Year 2019-20)

- Continued School Advisory Board with leadership from three school districts to align and streamline school districts' efforts to address mental health and substance use prevention
- Trained staff in Mental Health First Aid and "Know the Signs"
- Launched worksite wellness pilot with Redondo Beach Unified School District to address staff health and well-being
- Incorporated Families Connected Speakers Series themes into student assemblies and staff professional development
- Implemented Start with Hello Week to foster inclusiveness and promote school safety
- Collaborated on rollout of state requirements around suicide prevention and comprehensive sexual health education

PROVIDERS

Resources & Referrals

Student Mental Health Provider Task Force • Grief Support • Medical Advisory Board • Juvenile Diversion Program • Prevention Community Council

PROVIDER ENGAGEMENT STRATEGY

In the Beach Cities, a vast network of providers including mental health professionals, substance use prevention experts, law enforcement, grief counselors, cancer support, domestic violence prevention and mindfulness specialists are part of the Student Mental Health Provider Task Force, forming the foundation of support available to students and families. By bringing this network of community partners together, this Task Force and the larger Beach Cities Partnership for Youth will contribute to outreach, education, prevention, service delivery, capacity building, empowerment, community action and systems change – all tenets of the DFC program.

Key Fact: For each $1 invested in early treatment and prevention programs for addictions and mental illness programs, there is up to $10 in savings in health costs, criminal and juvenile costs, educational costs and lost productivity.

"Every community in America could benefit from a forum similar to what you all hosted."- Mary Bono, Former U.S Representative from California and Substance Use Prevention, Treatment and Recovery Advocate, following the Student Stress & Substance Use Summit

Purpose:

- Grow network of community partners and bridge gaps between community needs and service delivery
- Create opportunities for providers to share expertise and resources with larger Beach Cities community

Workgroup Goals:

- Attend, support and promote school and community events related to mental health and substance use prevention
- Share and create content related to substance use prevention and de-stigmatizing mental health issues
- Submit resources, referrals and calendar updates through Beach Cities Health District to increase the resource database for youth and families and make connections with other support providers in the Beach Cities

Key Outcomes To Date:

- Supported Redondo Union High School's Signs of Suicide Screening Day
- Provided Community Collaboration Partner Letters of Support for Youth Wellness Center grant application

(School Year 2019-20)

- Supported Stress Less Club's Kindness Week Resource Fair at Redondo Union High School
- Convened sub-groups to address healthy relationships and school-related stress
- Met with Dr. Steven Adelsheim to continue the discussion of bringing a Youth Wellness Center to the Beach Cities
- Expanded Juvenile Diversion Project to create a restorative path for youth

Community Workgroup • Community Events • Study Sessions • City Policies

COMMUNITY ENGAGEMENT STRATEGY

The community at large plays an essential role in supporting students in their efforts to grow up healthy, happy and able to thrive – both in and out of school.

By keeping youth at the center and actively involved in the conversation, it is becoming easier for the adult community to recognize that a legacy of excessive alcohol and substance consumption will not benefit the next generation.

Purpose:

- Explore strategies to impact the mental health and happiness of all Beach Cities residents
- Educate and inform elected officials on health impacts of programs and policies impacting youth

Workgroup Goals:

- Create opportunities for intergenerational learning and support, with community organizations providing opportunities to curate experiences, skill building and mentorship for youth
- Disseminate and share Youth Advisory PhotoVoice project with community organizations
- Support strategies that address mental health, substance use and stress reduction across the lifespan

Key Outcomes To Date:

- Hosted a Tri-Agency Study Session on Youth Health Issues in collaboration with elected officials from the City of Manhattan Beach, Manhattan Beach Unified School District, and Beach Cities Health District Board of Directors
- Advocated for the adoption of smoke free public places and tobacco retail license ordinances in Redondo Beach and ban of the sale of flavored tobacco and electronic smoking devices products in Manhattan Beach

(School Year 2019-20)

- Launched the Mental Health and Happiness initiative targeting stress and loneliness reduction for adults and older adults

COMMUNITY ACTION PLAN FOR STUDENT MENTAL HEALTH & SUBSTANCE USE PREVENTION PARTNERSHIPS

The Beach Cities Partnership for Youth is comprised of representatives from the following sectors:

- Youth
- Parents
- Businesses
- Media
- Schools
- Youth serving organizations
- Law enforcement
- Civic and volunteer groups
- Health care professionals
- State, local or tribal agencies
- Other organizations involved in reducing substance abuse
- Religious or fraternal organizations

STEERING COMMITTEE

- Stacey Armato, Councilmember, City of Hermosa Beach
- Michelle Bholat, MD, MPH, President, Beach Cities Health District Board of Directors
- Rachel Campbell, Campus Pastor, Wave Church, Hermosa Beach
- Jennifer Cochran, Vice President, Board of Trustees, Manhattan Beach Unified School District
- Kevin Cody, Publisher, Easy Reader
- Doug Gardner, Board President, Hermosa Beach City School District
- Moe Gelbart, PhD, Executive Director, Thelma McMillen Center for Alcohol & Drug Treatment, Torrance Memorial Medical Center
- John Gran, President, Redondo Beach Kiwanis and Councilmember, City of Redondo Beach
- Nancy Hersman, Councilmember, City of Manhattan Beach
- Joan Stein Jenkins, Director, Beach Cities Juvenile Diversion Project
- Keith Kauffman, Chief, Redondo Beach Police Department
- Alice Kuo, MD, PhD, MBA, Professor and Chief, UCLA Internal Medicine and Pediatrics
- Laura McIntire, Founder, South Bay Families Connected
- Student Representative to be elected with Youth Advisory Council 2020-21
- Kelly Stroman, CEO, Manhattan Beach Chamber of Commerce
- Anthony Taranto, EdD, Executive Director of Student Services, Redondo Beach Unified School District
- Gary Tsai, MD, Medical Director and Science Officer, Substance Abuse Prevention & Control, Los Angeles County Department of Public Health
- Angela Wilson, LMFT, Director of Mental Health Programs, South Bay Children's Health Center

YOUTH GROUPS

Youth Advisory Council
Stress Less Club at Redondo Union High School
HEART Club at Mira Costa High School

PARENT GROUPS

South Bay Families Connected
Families Connected Parent Advisory Group

SCHOOL, CITY AND PUBLIC AGENCY OR PARTNERS

Beach Cities Health District
City of Hermosa Beach
City of Manhattan Beach
City of Redondo Beach
Hermosa Beach City School District
Hermosa Beach Police Department
Manhattan Beach Police Department
Manhattan Beach Unified School District
Redondo Beach Police Department
Redondo Beach Unified School District

SUBSTANCE USE PREVENTION

Addiction Pros
American Foundation for Suicide Prevention
Asian American Drug Abuse Program, Inc.
Behavioral Health Services and Beach Cities Prevention Community Council
Blankets of Love, South Bay
Clear Recovery Center
Freedom4U
Kaiser Permanente Addiction Medicine
Los Angeles County Department of Public Health
Reach Out Against Drugs (ROAD)
South Bay Families Connected
Thelma McMillen Alcohol & Drug Treatment
William E. Kim, MD, BCHD Chief Medical Advisor

MENTAL HEALTH

1736 Family Crisis Center
Abby Withee, LMFT
Beach Cities Family Therapy
Beach Cities LGBT Therapy
Beach Cities Psychotherapy
Cancer Support Community Redondo Beach
Connecting Mental Health & Education, Inc.

Didi Hirsch Mental Health Center
Evelyn Jacobson, MFT
Insight Treatment Centers
Iris Lee Knell, LCSW, CAS
Katie Hurley, LCSW
Kevin Sousa, LMFT
L.A. County Department of Mental Health
Leah Niehaus, LCSW
Life Lab
Manhattan Beach Community Counseling
Marina Braff, LMFT
One Heart Counseling Center
Pacific MFT Network
Papadakis Therapy
Peninsula Center for Children and Families
Project Touch
Rachel Daggett, MFTI
Randy Hillier Counseling
Rebecca Ruben, MSW
Richstone Family Center
Shauna B. Letvin, LCSW, Inc.
South Bay Children's Health Center
South Bay LGBT Center
Steven Lawrence, MD, Child and Adolescent Psychiatry
Stillwater Family Therapy
The Gathering Place: Center for Loss & Transition
Walk With Sally

MINDFULNESS/SOCIAL-EMOTIONAL LEARNING

Breathe & Learn
Compete to Create
Fusion Academy South Bay
Helen Codron, Independent College Counselor
Integrative Minds and Parent Pump Radio
Manhattan Beach City Attorney
Mindful Yoga Therapy
P.S. I LOVE YOU FOUNDATION
Positive Coaching Alliance
The SMART Drum
The Volunteer Center South Bay-Harbor-Long Beach Cities Health District
We are Evergrowing
Yoga for All-All for Yoga, Inc- YAAY

OTHER COMMUNITY PARTNERS

The Beach Reporter
Easy Reader
El Camino College
Kiwanis Club of Redondo Beach
Hermosa Beach Chamber of Commerce
Manhattan Beach Chamber of Commerce
NAMI – National Alliance on Mental Illness
Redondo Beach Chamber of Commerce
Sidewalk Talk- Los Angeles Chapter
Wave Church

LIST AS OF AUG. 2020

Words of Wisdom
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