

# Beach Cities Partnership for Youth

Virtual Coalition Meeting  
Thursday, August 12, 2021  
8:30 – 10 a.m.



# Beach Cities Partnership for Youth

## Meeting Agenda:

- Beach Cities Health District Welcome & Update
- Mental Health & Substance Use in the Beach Cities during COVID-19
- Beach Cities Policy Considerations & Update
- Back-to-School Preview from School District Leadership
- “Don’t Drink, Rethink” – Youth Advisory Council Summer Workgroup Project
- allcove Youth Wellness Center



# 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

# Steering Committee

- **Stacey Armato**, Mayor, City of Hermosa Beach
- **Jane Diehl**, President, Beach Cities Health District Board of Directors
- **Rachel Campbell**, Campus Pastor, Flourishing Church, Hermosa Beach
- **Irene Gonzalez-Castillo**, Ed.D., Assistant Superintendent, Educational Services
- **Jennifer Cochran**, Clerk, Board of Trustees, Manhattan Beach Unified School District
- **Kevin Cody**, Publisher, Easy Reader
- **Moe Gelbart**, PhD, Executive Director, Thelma McMillen Center for Alcohol & Drug Treatment, Torrance Memorial
- **Sylvia Gluck**, Director of Administrative Services, Hermosa Beach City School District
- **John Gran**, President, Redondo Beach Kiwanis
- **Joan Stein Jenkins**, Esq., 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
- **Paul LeBaron**, Chief, Hermosa Beach Police Department
- **Stephen McCall**, Board President, Hermosa Beach City School District
- **Laura McIntire**, Founder, South Bay Families Connected
- **Hildy Stern**, Mayor Pro Tem, City of Manhattan Beach
- **Kelly Stroman**, 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
- **\*Student Representative** to be appointed with Youth Advisory Council 2021-22



# BCHD's COVID-19 Response by the Numbers



## # of COVID-19 Tests Administered

- From April 3, 2020 (starting at the South Bay Galleria and transitioned to 514 Prospect) and closed June 13, 2021 - administered **155,684** tests



## # of Vaccines Administered

- From March 3, 2021 to June 14, 2021 - administered **15,590** vaccine doses



## # of School Well-Being Line Calls Received

- From October 2020 to June 2021 – **1,140** calls received

# Vaccination Rates

% of youth (12-17) vaccinated with 1+ dose



Hermosa Beach	Manhattan Beach	Redondo Beach	LA County
82%	84%	76%	52% (12-15) 62% (16-17)

As of: 8/6/21



# TAKE OUR COMMUNITY HEALTH SURVEY!

Beach Cities Health District (BCHD) is asking **residents of Hermosa Beach, Manhattan Beach and Redondo Beach** to take its Community Health Survey to better understand local health needs. Residents are encouraged to fill out the survey to ensure their health needs will be taken into consideration when BCHD determines its health priorities.

The last day to complete the survey is **Monday, August 30** and the survey takes about 20 minutes to complete.

When you have completed the survey, you will have the option to enter an opportunity drawing for a chance to win two tickets to the BeachLife Festival or gift cards to Blue Zones Project Approved™ restaurants. Winners will be selected after the survey closes and notified by Friday, September 3.

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Take the survey at [bchd.org/healthsurvey](https://bchd.org/healthsurvey)

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# Mental Health & Substance Use During COVID-19

## California Healthy Kids Survey (CHKS)

Due to COVID-19, CHKS data was unable to be collected in Spring 2020 in MBUSD and HBCSD. In order to account for this gap, survey data was collected twice throughout the 2020-2021 school year in these school districts. Data displayed as “2020” was collected in Spring 2020 (RBUSD) and Fall 2020 (HBCSD and MBUSD), with data collected again in all three districts in Spring 2021.

## Panorama Education

Throughout the 2020-2021 school year, the Beach Cities school districts partnered with BCHD to survey students in grades 6-12 using Panorama Education (Panorama). Panorama helps schools and districts support student social-emotional learning with research-backed surveys and actionable data reports. Teachers and counselors can also deliver real-time social-emotional programming and interventions utilizing the Panorama Playbook.

The survey sample included three school districts, 17 schools and more than 6,300 students.

Students responded to questions about Diversity & Inclusion, Sense of Belonging and Mental Health (Self-Management, Positive Feelings, Emotion Regulation and Challenging Feelings) throughout the 2020-2021 school year.





# Mental Health



**Chronic Sadness/Hopelessness: Percentage of Beach Cities students who reported experiencing chronic sadness/hopelessness in the past 12 months**

	2018	2019	2020
7 <sup>th</sup> Grade	20%	23%	31%
9 <sup>th</sup> Grade	29.5%	28%	39.5%
11 <sup>th</sup> Grade	35%	40%	45%

Source: California Healthy Kids Survey (CHKS)

# Mental Health



**Suicide: Percentage of Beach Cities 11<sup>th</sup> graders who reported seriously considering attempting suicide within the past 12 months**

	2018	2019	2020
11 <sup>th</sup> Grade	16%	18%	15.5%

Source: California Healthy Kids Survey (CHKS)

# Substance Use



## Alcohol and Other Drugs: Percentage of Beach Cities students who reported using alcohol or drugs in the past 30 days

	2018	2019	2020
7 <sup>th</sup> Grade	4%	3%	1%
9 <sup>th</sup> Grade	24.5%	17%	9%
11 <sup>th</sup> Grade	41.5%	37%	24.5%

Source: California Healthy Kids Survey (CHKS)

# Substance Use



Vaping: Percentage of Beach Cities students who reported using e-cigarettes or other vaping devices in the past 30 days

	2018	2019	2020
7 <sup>th</sup> Grade	1.3%	1%	1%
9 <sup>th</sup> Grade	13%	13%	3.5%
11 <sup>th</sup> Grade	24.5%	25%	9.5%

Source: California Healthy Kids Survey (CHKS)

# Substance Use



## Marijuana: Percentage of Beach Cities students who reported using marijuana in the past 30 days

	2018	2019	2020
9 <sup>th</sup> Grade	11%	11%	3.5%
11 <sup>th</sup> Grade	24%	24%	15.5%

Source: California Healthy Kids Survey (CHKS)

## Sense of Belonging



How connected do you feel to the adults at this school?

**26%**

responded favorably

Overall, how much do you feel you belong at your school?

**58%**

responded favorably

Source: Panorama Education

## Diversity & Inclusion



How diverse, integrated, and fair school is for students from different races, ethnicities, or cultures?

**80%**

responded favorably

How fairly do students at your school treat people from different races, ethnicities, or cultures?

**84%**

responded favorably

How fairly do adults at your school treat people from different races, ethnicities or cultures?

**89%**

responded favorably

How often do you spend time at school with students from different races, ethnicities or cultures?

**77%**

responded favorably

Source: Panorama Education

# Mental Health



How well students manage their emotions, thoughts, and behaviors in different situations?

**79%**

responded favorably

During the past 30 days, how often did you remain calm, even when someone was bothering you or saying bad things?

**66%**

responded favorably

During the past week, how often did you feel safe?

**56%**

responded favorably

During the past week, how often did you feel hopeful?

**51%**

responded favorably

How frequently students feel positive emotions?

**62%**

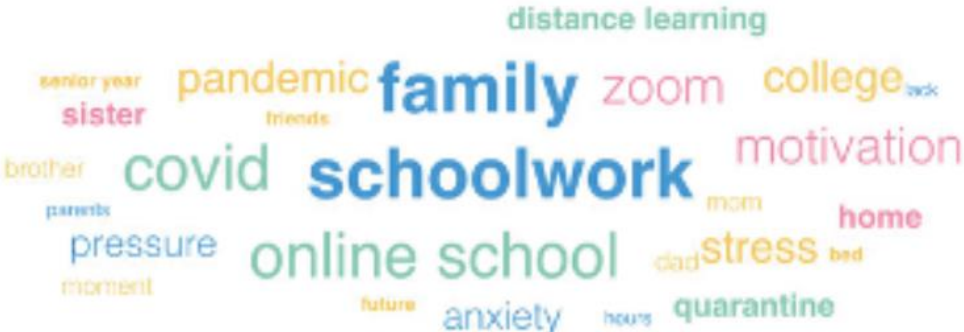
responded favorably

During the past week, how often did you feel loved?

**72%**

responded favorably

Thinking about everything in your life right now, what feels the hardest for you?



Source: Panorama Education



# Youth Substance Use Policy Best Practices

## Tobacco Control

- Local Licensing of Retailers
- Location and Density Restrictions
- Restricting flavored products
- Restricting advertising
- Ban on Smoking in Public Places

## Alcohol

- Social Host Liability
- Location and Density Restrictions
- Conditional Use Permits
- Restrictions on Advertising and Marketing

## Marijuana

- Land Use Ordinances
- Taxation
- Local Licensing of Retailers
- Restrict Youth Advertisement

# Substance Use Policies in the Beach Cities

	Redondo Beach	Hermosa Beach	Manhattan Beach
<b>TOBACCO CONTROL</b>			
American Lung Association State of Tobacco Control 2021 Grade	B	B	A
Comprehensive Smoking Ban in Public Places	✓	✓	✓
Tobacco Retail License	✓	✓	✓
Ban on the sale of all flavored tobacco products	✓	✓	✓
Flavor ban includes adult-only stores	✓	✓	✓
Density and proximity of tobacco retailers in youth areas		✓	✓
Ban on the sale of electronic smoking devices		✓	✓
Regulations on Smoking in Multi-Unit Housing			✓
Ban of the Sale of all Tobacco Products			✓
<b>ALCOHOL</b>			
Social Host Liability Ordinance		✓	✓
<b>MARIJUANA</b>			
Ban on recreational marijuana dispensaries and manufacturing within city limits	✓	✓	✓

# Back-to-School Preview from School District Leadership

- Dr. John Bowes, Superintendent, Manhattan Beach Unified School District
- Dr. Jason Johnson, Superintendent, Hermosa Beach City School District
- Dr. Anthony Taranto, Executive Director of Student Services, Redondo Beach Unified School District



# Manhattan Beach Unified School District





## **Beach Cities Health District**

# Youth Coalition Meeting

August 12, 2021  
Jason Johnson, Ed.D.

# HBCSD Goals 2021-2022

Equity &  
Inclusion

- Diversity, Equity, and Inclusion Awareness
- Intervention Support
- Social Emotional Wellness

Culture of  
Excellence

- Student Achievement
- Professional Development
- Signature Programs

Financial  
Stewardship

- Enrollment
- Measure S
- Community Partners

# Priority Areas

**HBCSD is committed to proactive partnerships to support youth safety and wellness in Hermosa Beach**

## **Personal Safety**

Social Emotional  
Wellness  
Substance Abuse  
Prevention

## **School Safety**

COVID-19 Health  
Protocols  
Social Media Education



# Social Emotional Wellness

Using Panorama survey data, HBCSD is increasing programming and evaluating its effectiveness.

## Data/Evidence

- 73% of 3-5th grade students report a favorable sense of belonging
- 50% of 6-8th grade students report a favorable sense of belonging
- **Covid, masks, stress, and anxiety** most common responses for what is hardest.
- Results parallel to RBUSD and MBUSD results

## Opportunities/Growth

- 2 Counselors
- [CASEL Wellness Programming](#)
- SEL Parent Committee





# Substance Abuse Prevention

**HBCSD is working with Care Solace, BCHD and TUPE to address mental health and substance abuse issues.**

## **Data/Evidence**

- CHKS: Alcohol or Drug Use
  - 6th Grade = 2%
  - 7th Grade = 4%
- CHKS: Vaping Use
  - 7th Grade = 2%

## **Opportunities/Growth**

- Targeted counseling support and juvenile diversion program
- CareSolace
- Curriculum, resources, and assemblies funded by TUPE grant



# Social Media

**HBCSD staff continue to address and educate students about participation in social media.**

## **Data/Evidence**

- Decline in suspension/disciplinary incidents in 2020-2021
- Most student incidents were via social media or virtual in 2020-2021
- 56% of 6-8 students responded favorably to how much respect students showed each other
- Common response to survey for improvement needs was “bullying.”

## **Opportunities/Growth**

- Second Step curriculum
- Speaker Series - Jon Moffat
- Digital Citizenship, Common Sense Media and Positive Behavior Interv Support

**R**ecognizing emotions in self and others  
**U**nderstanding the causes and consequences of emotions  
**L**abeling emotions accurately  
**E**xpressing emotions appropriately  
**R**egulating emotions effectively

**SECOND  
STEP**<sup>®</sup>

Not Just Better Students,  
Better People

# COVID-19 Health Protocols

**HBCSD is committed to the safe, routine operation of schools in 2021-2022.**

## **Data/Evidence**

- Average daily case rate between 1500-2000 in LA County
- Health protocols allow full reopening with some restrictions such as masks
- HBCSD to date has zero COVID-19 transmission at school

## **Opportunities/Growth**

- BCHD testing and vaccination
- Vaccination education and outreach
- HBCSD Health Protocols



# RBUSD

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Social – Emotional Learning & Supports

Beach Cities Partnership for Youth Coalition

August 12, 2021

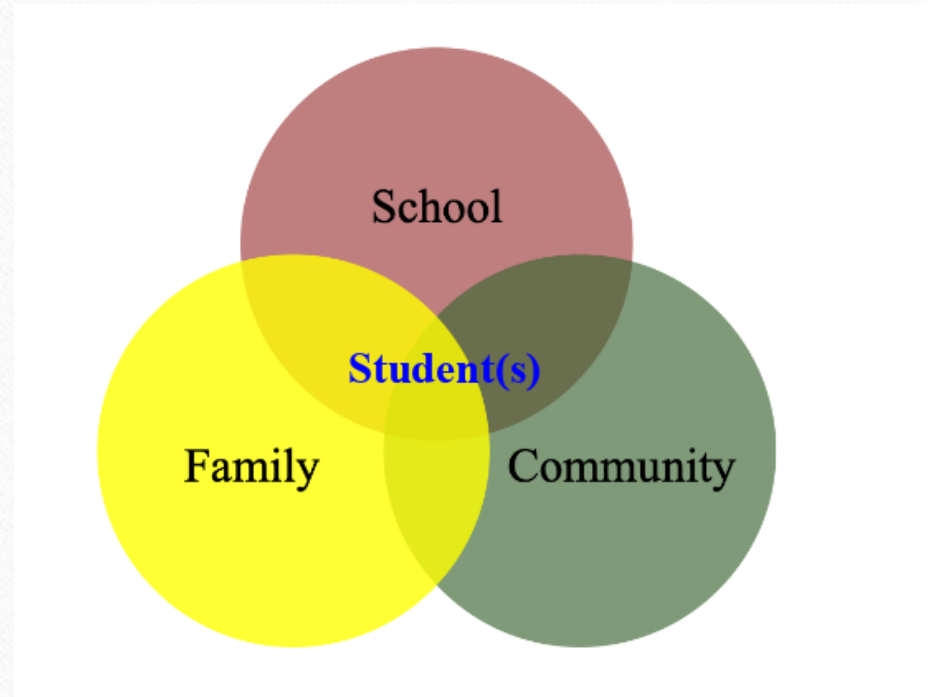
# What is Social Emotional Learning (SEL)?

The **Collaborative for Academic, Social, and Emotional Learning (CASEL)**, defines SEL as “an integral part of education and human development. SEL is the process through which all young people and adults **acquire and apply** the knowledge, skills, and attitudes to **develop** healthy identities, **manage** emotions and **achieve** personal and collective goals, **feel and show** empathy for others, **establish and maintain** supportive relationships, and make responsible and caring decisions



# School, Family, and Community

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# Youth Key Indicators

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**Mental Health**



**Substance Use**



**Bullying**

# California Healthy Kids Survey (CHKS)



**Chronic Sadness/Hopelessness:** Percentage of RBUSD students who reported experiencing chronic sadness/hopelessness in the past 12 months

	2019	2020	2021
7 <sup>th</sup> Grade	27%	25%	31%
9 <sup>th</sup> Grade	31%	32%	43%
11 <sup>th</sup> Grade	35%	39%	48%



**Suicide:** Percentage of RBUSD students who reported seriously attempting suicide in the past 12 months

	2019	2020	2021
7 <sup>th</sup> Grade	14%	12%	11%
9 <sup>th</sup> Grade	15%	12%	17%
11 <sup>th</sup> Grade	14%	16%	17%



# Tier I: Universal

- K – 12 Counseling Actions Plans
- MindUp (K – 5)
- Second Step (6<sup>th</sup> – 8<sup>th</sup> Grade)
- Stanford Tobacco Prevention Toolkit (7<sup>th</sup> and 8<sup>th</sup> Grade)
- Partnership with Beach Cities Health District
  - Purpose Series
  - Parent Chat
- South Bay Families Connected
- Know the 5 Signs Campaign

## Know the Five Signs

1 in 5 people may struggle with a mental health condition

Our students may be suffering emotionally, and we may not recognize the symptoms. Here are five signs that may indicate that someone is in emotional distress and might need help:



**1. Personality changes**  
Sudden or gradual change in the way a student typically behaves.



**2. Uncharacteristically angry, anxious, agitated or moody**  
A student has more frequent problems controlling his or her temper and seems irritable or unable to calm down.



**3. Withdrawal or isolation from other people**  
A student who used to be socially engaged may pull away from family and friends and stop taking part in activities that used to be enjoyable. In more severe cases, the student may start missing school days or individual classes.



**4. May neglect self-care and engage in risky behavior**  
A change in the student's level of personal care or unexpected acts of poor judgment.



**5. Overcome with hopelessness and overwhelmed by circumstances**  
A student who used to be optimistic and now can't find anything to be hopeful about. That student may be suffering from extreme or prolonged grief, feelings of worthlessness or guilt.

## You Recognize a Student is Struggling. Now What?

The first step in having a conversation about mental health is noticing the signs.



**Connect.**  
Through your regular interaction with the student, note any changes in behavior.



**Reach out.**  
Check in with the student. "How are you doing?" is a simple way to engage.



**Inspire hope.**  
Tell them that you care about them.



**Offer help.**  
It may take more than one offer, and you may need to reach out to others who share your concern about the student.



**Show compassion.**  
Show a willingness to find a solution when the student may not know they need help.

Share your concern. Refer the student to the school counselor or administrator if additional support is needed.

For mental health referrals, go to [bchd.org/resources](http://bchd.org/resources)

For parent and student resources, go to [southbayfamiliesconnected.org](http://southbayfamiliesconnected.org)



# Tier II: Targeted

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- South Bay Children's Health Center (K – 12<sup>th</sup>)
- Clear Recovery (9<sup>th</sup> – 12<sup>th</sup>)
- Torrance Memorial Thelma McMillen Center (6<sup>th</sup> – 12<sup>th</sup>)
- Care Solace (K – 12<sup>th</sup>)
- The Gathering Place

# Tier III: Intensive

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- DIS Counseling (K – 12<sup>th</sup>)
- Risk Assessments (K – 12<sup>th</sup>)
- Psychiatric Emergency Team (PET) Team
- South Bay Children's Health Center (K – 12<sup>th</sup>)
- Torrance Memorial Thelma McMillen Center (6<sup>th</sup> – 12<sup>th</sup>)
- Didi Hirsh Mental Health Services (K – 12<sup>th</sup>)

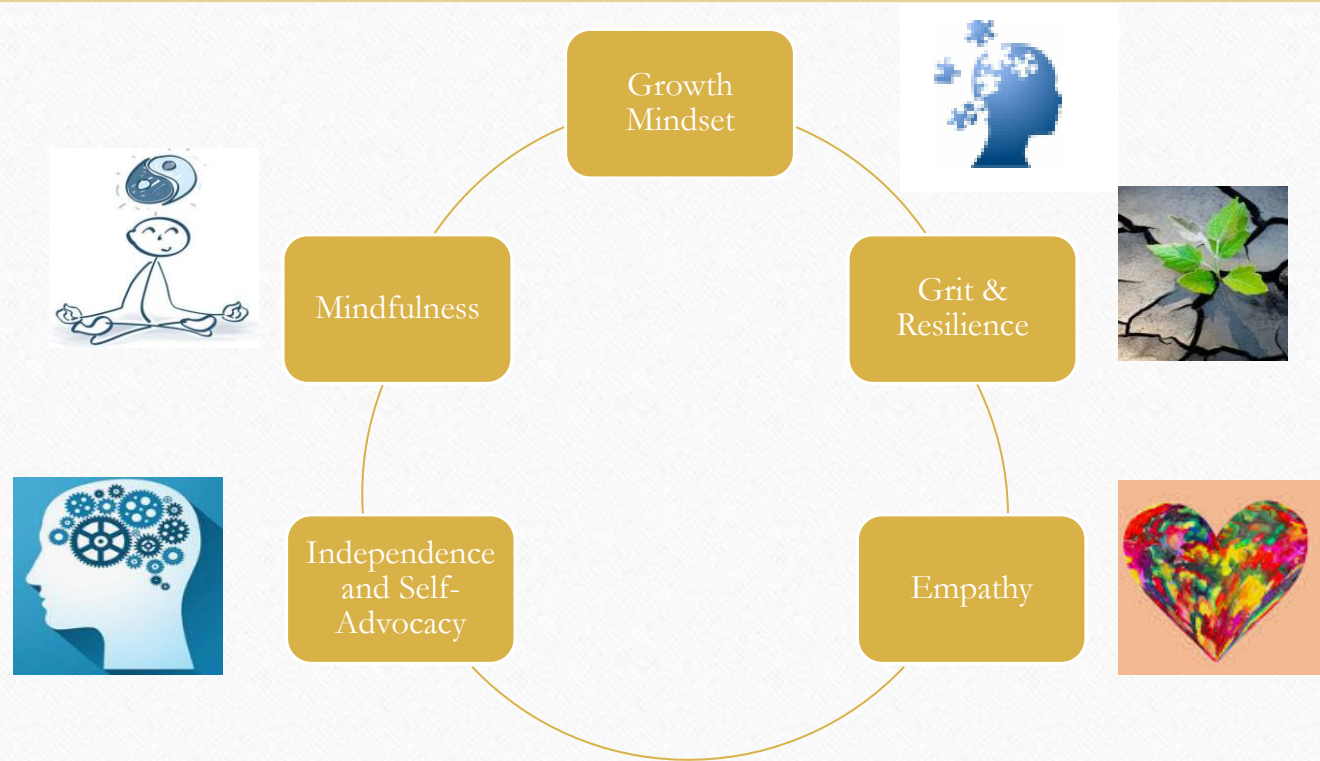
# Looking Ahead

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- Signs of Suicide (SOS)
- Positive Behavior Interventions and Support (PBIS) Adams, Parras, and RUHS
- SEL Screening Tool
- Start with Hello
- BCHD Speaker Series
- South Bay Families Connected

# Social Emotional Learning Recap

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# Youth Advisory Council





# DON'T USE FAKES, IT'S A **MISTAKE**

If you are caught with a fake ID the penalty is a minimum \$250 fine and/or 24-32 hours of community service, or a maximum \$1,000 fine and/or six months in the county jail, PLUS...a one year suspension of your driver's license. If you don't have a license, you'll have to wait an extra year to get one.



Source: California Department of Alcoholic Beverage Control

[bchd.org](http://bchd.org)



# WRECKED BY THE EFFECTS

Children who use alcohol have higher rates of academic problems and poor school performance compared with nondrinkers.

Source: Reducing Underage Drinking, National Research Council (US) and Institute of Medicine (US) Committee on Developing a Strategy to Reduce and Prevent Underage Drinking

[bchd.org](http://bchd.org)



# DON'T DRINK, RETHINK



## If you need help, there are **resources** available.

- **Beach Cities Health District's School Well-Being Line:** (310) 374-3426 and press option 2 on school days between 7:30 a.m. – 4 p.m.
- **Suicide Prevention Lifeline:** (800) 273-8255
- **Crisis Text Line:** Text the word "HOME" to 741-741
- **Los Angeles County Mental Health Services:** (800) 854-7771
- **Trevor Project Lifeline (LGBTQ):** (866) 488-7386 or text 678678
- **Substance Abuse and Mental Health Services Administration's National Helpline:** (800) 662-4357 (HELP)

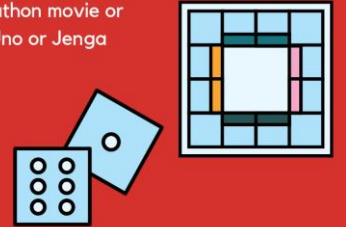


bchd.org

Preventing youth substance use within the Beach Cities requires ongoing creativity and mindful action. Here are some helpful ideas for activities in our local community that promote healthy behaviors and habits.

## IF YOU WANT SOME COMPANY ...

- Stay in with your family and have a marathon movie or game night – try Monopoly, Charades, Uno or Jenga
- Picnic at a beach or park



bchd.org

Preventing youth substance use within the Beach Cities requires ongoing creativity and mindful action. Here are some helpful ideas for activities in our local community that promote healthy behaviors and habits.

## IF YOU WANT TO EXPLORE ...

- Shop local, eat local and visit a local business or restaurant in the Beach Cities for shopping or takeout
- Visit a local attraction like the Roundhouse Aquarium Teaching Center, Hermosa Beach Historical Society and Museum or Torrance Art Museum
- Visit one of the three Beach Cities piers and fish, take a walk or get ice cream



bchd.org

Preventing youth substance use within the Beach Cities requires ongoing creativity and mindful action. Here are some helpful ideas for activities in our local community that promote healthy behaviors and habits.

## IF YOU WANT TO RE-ENERGIZE AT HOME ...

- Read a book
- Paint
- Organize your room or clean out your closet
- DIY tie dye shirts or jewelry



bchd.org

Preventing youth substance use within the Beach Cities requires ongoing creativity and mindful action. Here are some helpful ideas for activities in our local community that promote healthy behaviors and habits.

## IF YOU WANT FRESH AIR OUTDOORS ...

### Visit a park:

- Valley Park in Hermosa Beach
- Sand Dune Park in Manhattan Beach
- Veterans Park in Redondo Beach

### Go on a hike or walk in the South Bay:

- The Greenbelt
- The Strand
- Portuguese Bend
- Malaga Cove

### Play a sport:

- Spike ball
- Pickleball
- Beach Volleyball
- Tennis



bchd.org



# Poll Question:

**As we continue to serve the community while navigating the COVID-19 pandemic, what are the current and rising priorities you and/or your organization are focusing on?**

- Adapting service delivery in response to the wavering influence of the pandemic
- Addressing mounting needs around mental health that have been induced by the pandemic
- Tackling emerging trends/concerns in the area of substance use that have risen during the pandemic
- Enhancing academic and mental health support of students and staff caused by the pandemic
- Cultivating social connectivity amongst clients due to absence experienced with the pandemic
- Improving and enhancing the physical health of clients in the areas impacted by the pandemic
- Providing social support to parents/guardians/caregivers



# allcove Youth Wellness Center Next Steps

- ❑ Finalize contract documents with Mental Health Services Oversight and Accountability Commission
- ❑ Recruit 15 young adults ages of 16-25 to serve one-year terms as Youth Advisory Group
- ❑ Issue request for proposal (RFP) from community partners to establish services within allcove in the Beach Cities including individual and group counseling, drug/alcohol intervention, career/college coaching and life skills classes
- ❑ Begin recruitment for allcove staff, with allcove Youth Advisory Group serving on the interview panels
- ❑ Begin participation in the statewide learning community
- ❑ Finalize facilities plan and purchase furniture and technology
- ❑ Submit revised post 60-day budget with technical assistance from Stanford
- ❑ Collaborate with learning community on reimbursement strategy for uninsured and Medi-Cal
- ❑ Create online presence for allcove in the Beach Cities, including website and social media



# Continuing the Conversation: allcove Youth Wellness Center Services



# Continuing the Conversation: allcove Youth Wellness Center Services

Breakout Room Discussions



# Continuing the Conversation: allcove Youth Wellness Center Services

Are there specific resources for our wellness center that you feel would be well suited for our specific Beach Cities community and fall within the six areas that allcove prioritizes in the holistic approach to support?

1) Mental health, 2) Substance use, 3) Supported education and employment, 4) Physical health, 5) Peer support and 6) Family support



# Upcoming Coalition Meeting Dates:

School Advisory Board – August 20, 2021

Families Connected Parent Advisory Group – September 1, 2021

Student Mental Health Provider Task Force – September 30, 2021

Youth Advisory Council – October 19, 2021



# Last Chance for Back to School Vaccine Clinic

OPEN TO ALL: Students ages 12+, school staff and families

First Dose Clinic: Thursday, August 12, 3:30 – 6:30 p.m.

Second Dose Clinic: Thursday, September 2, 3:30 – 5:30 p.m.

South Bay Adult School  
3401 Inglewood Ave., Redondo Beach, CA 90278

Register at MyTurn:

“BCHD at South Bay Adult School - Back to School Clinic - Pfizer - Aug 12 & Sept 2”

