



Heroin Task Force: Agency Report

As presented by Rancho Simi Recreation and Park District

January 26, 2017



Publicity Outreach

- ▶ [Rancho Simi Recreation and Park District's Reporter](#)
 - ▶ Informational and seasonal programming guide.
 - ▶ Course offerings, sports, fitness programs, trainings, workshops, and more - engage the community in healthy choices and lifestyles.
 - ▶ Periodically provides a directory of local agencies and organizations.
- ▶ [Drugs Destroy Tri-Fold Brochure](#)
 - ▶ Contacts for local organizations that provide aid to those in need arising from drug/alcohol use.
 - ▶ Distributed via Park Rangers, at the District Lobby and Community Center, on the website, and via local organizations.
- ▶ [Community Links on our website](#)
 - ▶ Informational base for District programs, links to Publications and Resources and announcements for upcoming events.

Health and Wellness: Mental Health First Aid



- ▶ Mental Health First Aid Training
 - ▶ **Over 580 participants graduated** since the collaboration!
 - ▶ Training provides a 5-step method to assisting someone with a mental health crisis.
 - ▶ Training is provided by Ventura County Behavioral Health through Prevention and Early Intervention funding made possible by Proposition 63 and Rancho Simi Recreation and Park District.
 - ▶ County and local resources distributed to attendees.
 - ▶ Currently on hold due to funding, but hopeful that July budgets will restore the trainings here in Simi Valley.
- ▶ Youth Mental Health First Aid Training
 - ▶ **Over 130 citizens have been trained** in the last two years
 - ▶ Equips participant with the ability to assist a youth, aged 12-18.

Health and Wellness: Parenting Seminars

- ▶ Collaboration with Interface Children and Family Services & the Triple P Program
- ▶ FREE parenting seminars
- ▶ Parents can enroll in the series, individual seminars or small group sessions
- ▶ Seminar series for parents and caregivers of youth ages birth -12 years includes:

- ▶ The Power of Positive Parenting
- ▶ Raising Confident, Competent Children
- ▶ Raising Resilient Children



Health and Wellness: safeTALK Training

Presented by Stanley C. Mantoath, Ventura County Superintendent of Schools
Coordinated by Dawn Anderson, VCOE Comprehensive Health and Prevention Programs

BECOME SUICIDE ALERT!

safeTALK
suicide alertness for everyone
Tell. Ask. Listen. KeepSafe

LivingWorks

Simi Valley Public Library
2969 Tapo Canyon Rd.
Simi Valley, CA 93063

Monday, May 23, 2016
4:30 – 7:30 p.m.

Learn four basic steps to recognize persons with thoughts of suicide and connect them with help.
safeTALK is an internationally recognized training from LivingWorks Education

Suicide is the 3rd leading cause of death among youth between the ages of 10 and 24 and accounts for 4,600 lives lost every year (Centers for Disease Control & Prevention). Most people with thoughts of suicide invite help but often these opportunities are missed, dismissed or avoided – leaving people more alone and at greater risk.

safeTALK (suicide alertness for everyone, Talk, Ask, Listen and KeepSafe) is a 3 hour, no cost training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.

Since its development in 2006, safeTALK has been used in more than 20 countries around the world, and more than 200 video vignettes have been produced, including two here in Ventura County with local students, that illustrate both alert and non-alert responses. safeTALK trained alert helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

- A single 3 hour training for 15 participants
- No charge
- Appropriate for ages 15 and above
Parent permission is strongly advised for student participants
- Participants will leave with skills, resources and a free kit

"Made possible through funding from Ventura County Behavioral Health, Mental Health Services Act, Prevention and Early Intervention."

safeTALK at Simi Valley Public Library
Please email this completed registration form to Deanna Escobar at descobar@vcoe.org or fax to 805-437-1515
Email Address is Required

Registrant: _____ Title: _____
District/Agency: _____ School: _____
Email Address: _____ Work Phone: _____

Commitment to Quality Education for All

- Training seeks to help individuals identify and engage people with suicidal thoughts and connect them with further help.
- Provided by Ventura County Office of Education
- Event hosted by Simi Valley Youth Council, Simi Valley Public Library, and Rancho Simi Recreation and Park District

Prevention/Early Intervention: Reality Party for Parents

- ▶ On March 5, 2016
- ▶ Collaboration with Straight Up Ventura County, Simi Valley Unified School District, and the Simi Valley Police Department
- ▶ Mock teen party theatre with teen actors that strive to expose underage drinking, binge drinking and drug culture.
- ▶ Parents, agencies, caregivers and concerned community members tour a home set up to demonstrate a typical teen party and are educated on the typical behaviors and dangers.
- ▶ The outcome hopes to raise awareness, reduce incidence, increase communication between youth and their families
- ▶ Resources provided to the attendees.



Prevention Program: Eat, Learn, Play

- Eat, Learn, Play (2015 and 2016)
 - Held at Rancho Simi Community Park
 - Collaborative program
 - Park District: Provides fitness and arts
 - The School District: Provides lunch (June-July)
 - Food Share: Provides groceries for families
 - Library: Provides literacy and music
 - Community Guests invited to participate



Prevention: Opportunities for Teens

- ▶ Classes: Anime, Martial Arts, Babysitter Training, CPR/First Aid, Drone Extreme, Dance Classes, College and Career Workshops, Crafting Nights, more.
- ▶ Events: Teen Night Outs and Excursions: Bowling, Lazertag, Escape Room, Six Flags, Movie Nights
- ▶ **Teen Clubs: After School at all Middle Schools;** Provides mentorship opportunities, leadership building, homework help, network building
- ▶ Summer Camp: Teen Travel Camp provides social connections, travel opportunities and more.
- ▶ Volunteer: skill building, socialize, community involvement.
- ▶ Intergenerational Programming: Teens assist seniors with technology devices.
- ▶ **Employment:** hire youth year-round, annual Job Fair.



Events for Teens and Adults



- ▶ Support to Directing Change Campaign:
 - ▶ During Suicide Prevention Month (September)
 - ▶ Collaboration with City of Simi Valley and Simi Valley Public Library
 - ▶ Event encourages Simi Valley residents to submit videos on mental health awareness, cultural diversity and suicide prevention.
- ▶ Stop Bullying Informational Event:
 - ▶ Teens and Adults were invited
 - ▶ Separate teen discussion hosted by SVUSD, Adult presentation was a panel from SVUSD, SVPD and VC Behavioral Health
- ▶ Rancho Simi Recreation and Park District is working with the high school Interact and Key Club teens & community organizations on the 2nd annual FAYM event.