Responding to a Community Crisis.
What is happening in our community?

- Incidents of drug use and overdose by elementary and middle school students
- Rise in deaths among youth after high school graduation
- High school graduates unsuccessful college experience
- Bomb threats at high school become yearly occurrence
- AP and honor students overly-stressed
- Smoke and vapor shops are selling synthetic drug products
- Youth drug abuse and addiction is happening to all families
- Rise in sober living and drug rehabilitation facilities in San Clemente
Statistics relating to mental health and substance abuse

1 in 5 children in the United States will experience a mental health problem resulting in mild impairment. (CRISP)

1 in 4 teens reports prescription drug misuse or abuse—a 33% increase over a five-year period. (Drugfree.org)

Substance Abuse

- 300 people die from drug overdoses in OC every year (OCSD – Orange County Sheriff Department)
- Geographically, cities along the coastal regions of Orange County tended to have higher rates of drug/alcohol-related hospitalizations and death than other cities
- 2/3 of American families (43,000 residents of San Clemente) have been touched by addiction (DrugFree.org)
- The Centers for Disease Control and Prevention has classified prescription drug abuse as an epidemic creating “a population of addicts” (OC Register)
- 40 percent of those who begin drinking alcohol before age 15 develop alcohol dependence in later life (DrugFree.org)
- Substance abuse was listed as 1 of the top 3 needs for South Orange County in the 2014 Mission Hospital Health Needs Assessment (Ranked 2nd)

Mental Health

- Adolescence is when 3/4 of all mental health symptoms begin
- Access to mental health services was listed as 1 of the top 3 needs for South Orange County in the 2014 Mission Hospital Health Needs Assessment (Ranked 1st)
Founding of the Wellness & Prevention Center

The San Clemente Collaborative

• An alliance of local social service agencies, nonprofit organizations, educators, city officials and individuals who take action on issues that affect the San Clemente community. Its mission is to empower community members to assume collective responsibility in building a safe and healthy community.

• The San Clemente Collaborative, through community input, identified a need for increasing mental health and substance use prevention and intervention services for youth in San Clemente.

The Wellness & Prevention Center

• The Wellness & Prevention Center Foundation
  Non-profit dedicated to fundraising and community support of the Wellness & Prevention Center

• S.O.S.—Save our Students San Clemente
  A San Clemente High School student run club that promotes healthy activities, lifestyle and events.
Goals and strategies

• **Goal:** Empower students.
  **Strategy:** Increase student’s ability to be productive at school; strengthen student’s connections to their school, family, peers and community.

• **Goal:** Engage the community in drug abuse prevention and mental health issues.
  **Strategy:** Increase awareness of mental health issues, substance abuse and the connection between mental health and drug use.

• **Goal:** Provide community with education, tools and resources.
  **Strategy:** Collaborate with local resources, experts and health care providers.

• **Goal:** Reduce youth risk-taking behaviors.
  **Strategy:** Increase community youth activities and youth leadership opportunities; increase early intervention and prevention of substance use; increase mental health intervention.

• **Goal:** Reduce negative stigma associated with drug addiction and mental health.
  **Strategy:** Increase understanding and empathy of mental health issues and the disease of drug addiction.
Serving our community

Students and their families of San Clemente
  - high school, middle schools and elementary schools at all economic levels

Families in South Orange County
  - City of Dana Point, Laguna Niguel, San Juan Capistrano, and Laguna Beach

Individual - high level needs are treated one-on-one and in family sessions

Group and classroom - therapeutic groups to address both mental health and behavioral issues; classroom for prevention education

Universal education - PSAs, community education events, community emails
Services provided on campus  
(January 7, 2014 to present)

Targeted and individual interventions and counseling

- 1163 group classroom setting interventions
- 657 individual interventions
- Sponsor parent support group

Resource referrals

- 4 Child Protective Services reports filed
- 8 Child Protective Services consults
- 4 students placed on 72 hour safety holds in hospitals directly from the center
- 4 students released to parents for psychiatric clearance
- Regular referrals to mental health providers, support groups and community forums. (Alateen, AA, NarAnon, Parent Project)

Parent pledge campaign

SOS club campus advisor
Services provided in the community  
(January 7, 2014 to present)

**Awareness Campaigns:**
- Monthly local newspaper column
- Lock Up Your Meds:
  - School registered students of San Clemente; Physicians campaign
  - Weeding through the Myths
  - E-cigs

**Email Campaign (weekly):**
- 750 parents and community members reached. Topics include parenting, teens, substance abuse and mental health issues

**Events:**
- Expert speaker series: David Sheff author of “Beautiful Boy” and “Clean”
- Continuing the Conversation: after event recaps
- Get to 21: educational series
- Promote mental health and substance abuse educational events

**Wellness & Prevention Center meetings:**
Open to the public. Second Tuesday of each month 5pm SCHS conference room

**Resource sharing with middle and elementary schools**

**SOS Club Activities** (6 per school year)

**Community Presence** (40 hours)

**Collaboration with SaveSC** (activities for 18 and over)
A circle of care

**Law enforcement:** informs parents and Wellness & Prevention Center when there is an incident outside of school.

**City:** supports healthy teen activities and the Wellness & Prevention Center through grants, facilities or services.

**Schools:** support The Wellness & Prevention Center by referring students and families, supporting healthy activities and providing office space.

**Parents:** are kept informed of their children’s needs and activities through their school, The Wellness & Prevention Center and law enforcement while having a resource for counseling and support.
A goal of multiple source funding

The Wellness & Prevention Center's goal is to be funded by multiple sources. Funding from multiple sources allows the school district, city departments, community-based organizations and healthcare providers to align and coordinate their efforts to address student health needs.

The Wellness & Prevention Center is a community sponsored program who’s office is at San Clemente High School (the best place to reach teens is where they spend most their time).
Current funding

Mental health services
The Wellness and Prevention Center’s mental health services are provided by Western Youth Services supported in part by a grant from Kaiser Foundation Hospitals.

All other activities
The Wellness and Prevention Center’s community activities and awareness campaigns have been funded by individual contributions for specific events and volunteers.
Prevention saves money

The Wellness & Prevention Center saves the community money:

• Reduce crime

• Reduce need for police personnel. The Wellness & Prevention Center costs $90,000 a year while a motorcycle police officer costs the city over $200,000 a year

• Reduce the amount of police calls

• Provide community activities for teens. A city sponsored movie night costs $1,000-$4,500 each. The Wellness & Prevention Center hosts these events for free

• Provide community education through panel discussions, guest speakers, PSAs, website and social media

• Provide community volunteers for city events

• $1 spent in prevention saves $10 in treatment

**Wellness is a community asset. Mental health diagnoses such as depression, anxiety, learning disorders and substance abuse are diseases that have costs across all sectors of our community.**
“We can now **effectively prevent drug use and treat addiction**. When we do, we do more than help those with the drug problems and their families. We also start to remedy America’s single greatest problem, one that affects almost every other problem you can name — **the quality and availability of health care, the national and international economic crisis, poverty spousal and child abuse, suicide, U.S. competitiveness in the world economy, property crime, violence, shattered families, decimated neighborhoods…**”

Addiction and mental health’s connection to public safety

- Alcohol and drugs are the leading causes of crime among youth (NCADD—National Council on Alcoholism and Drug Dependence, Inc.)

- “Orange County courts are clogged with individuals charged with felony drug offenses, On Monday, there were 106 drug-related cases on the docket.”
  – Superior Court Judge John Adams, West Justice Center. June, 2014

- SC Times crime blotter: On average 10 out of 15 crimes are drug or alcohol related
  (Studied over a 2 month period—Spring, 2014)
Challenges and confusion

- **Insurance.** Under the Mental Health Parity and Addiction Equity Act private health insurance plans are to provide equal coverage for mental and physical health services. The coverage is confusing and limiting. Families need referrals to outside resources, guidance and support during a mental health crisis.

- **Law enforcement.** Mental health issues are not a crime therefore law enforcement is not equipped to handle these cases. Where as substance abuse can be a crime, incarceration is not a long term nor proven solution.

- **Healthcare providers.** South OC has been identified by Kaiser Community Health and Mission Hospital’s needs assessment as lacking access to mental health services. Access to mental health services is inhibited by knowledge of services available, negative stigma and monetary concerns. 25% of San Clemente families are low income with parents who may be working two jobs leaving little time for healthcare provider research and the ability to pay for expensive long-term care.

- **The family unit.** Families that are faced with mental health issues of a loved one are not prepared for the challenges ahead and feel alone. These families must educate themselves, develop coping skills and reach out to others who share in their difficulties. San Clemente families have experienced added stressors during the past economic downturn.
Healthy students succeed

**San Francisco Wellness Initiative.**
Founded in response to the Columbine High School shootings to serve San Francisco’s high school students by providing comprehensive, school based student health programming focused on prevention and early intervention in areas critical to student wellness.

- 81% are coming to school more often
- 82% are learning ways to solve problems on their own.
- 95% report reducing their use of tobacco, drugs, or alcohol*
- 82% feel better about themselves
- 69% are doing better in school

*Among students trying to reduce their substance use

**Dana Hills High School Interventionist Program**
- Program began in 2008 with 136 suspensions and 13 expulsions for ATOD. 2013 there were 11 suspensions and no expulsions all but one for THC.
- Annually: meets with 350 teens, presents to 9th and 8th grade classes, 200 referrals
- 80% reduction in drug issues on campus

**Laguna Beach High School**
- Passed Social Host Ordinance
- Secured permanent drug drop-off box
- Adopted evidence based Botvin’s Life Skills curriculum
Thank you.