



**NOTICE OF PUBLIC MEETING – County of Santa Cruz
MENTAL HEALTH ADVISORY BOARD**

APRIL 20, 2023 ♦ 3:00 PM-5:00 PM

HEALTH SERVICES AGENCY

1400 EMELINE AVENUE, BLDG K, ROOM 207, SANTA CRUZ, CA 95060

THE PUBLIC MAY JOIN THE MEETING BY CALLING (831) 454-2222, CONFERENCE ID 748 582 926#

Xaloc Cabanes Chair 1 st District	Valerie Webb Member 2 nd District	Michael Neidig Member 3 rd District	Serg Kagno Co-chair 4 th District	Jennifer Wells Kaupp Member 5 th District
Laura Chatham Member 1 st District	Stephen T. Busath Member 2 nd District	Hugh McCormick Member 3 rd District	Antonio Rivas Member 4 th District	Jeffrey Arlt Secretary 5 th District

Felipe Hernandez Board of Supervisor Member	
Tiffany Cantrell-Warren Behavioral Health Director	Karen Kern Behavioral Health Deputy Director

**IMPORTANT INFORMATION REGARDING PARTICIPATION IN THE
MENTAL HEALTH ADVISORY BOARD MEETING**

The public may attend the meeting at the Health Services Agency, 1400 Emeline Avenue, Room 207, Santa Cruz. Individuals interested in joining virtually may click on this link: [Click here to join the meeting](#) or may participate by telephone by calling (831) 454-2222, Conference ID 748 582 926#. All participants are muted upon entry to prevent echoing and minimize any unintended disruption of background sounds. This meeting will be recorded and posted on the Mental Health Advisory Board website.

If you are a person with a special need, or if interpreting services (English/Spanish or sign language) are needed, please call 454-4611 (Hearing Impaired TDD/TTY: 711) at least 72 hours in advance of the meeting in order to make arrangements. Persons with disabilities may request a copy of the agenda in an alternative format.

Si usted es una persona con una discapacidad o necesita servicios de interpretación (inglés/español o Lenguaje de señas), por favor llame al (831) 454-4611 (Personas con Discapacidad Auditiva TDD/TTY: 711) con 72 horas de anticipación a la junta para hacer arreglos. Personas con discapacidades pueden pedir una copia de la agenda en una forma alternativa.

MENTAL HEALTH ADVISORY BOARD AGENDA

3:00 Regular Business	
I.	Roll Call
II.	Public Comment (No action or discussion will be undertaken <i>today</i> on any item raised during this Public Comment period except that Mental Health Board Members may briefly respond to statements made or questions posed. Limited to 3 minutes each)
III.	Board Member Announcements
IV.	<i>Approval of March 16, 2023 minutes*</i>
V.	Secretary's Report
3:15 Standing Reports	
I.	Board of Supervisors Report – Supervisor Felipe Hernandez
II.	Behavioral Health Report – Tiffany Cantrell-Warren, Behavioral Health Director and Karen Kern, Behavioral Health Deputy Director
A.	Close Public Comment: Mental Health Services Act 3-Year Plan FY23/24-26/27 Click here to view the draft MHSA 3-Year Plan FY 23/24-26/27
III.	Committees
A.	Standing Committees
1.	Budget – <i>Discussion and vote to change Budget Committee status from Standing to Ad Hoc*</i>
B.	Ad Hoc Committees
1.	Peer Support Certification
2.	9-8-8
3.	Ideal Crisis System
4.	Community / Publicity
IV.	Patients' Rights Report – George Carvalho, Patients' Rights Advocate for Advocacy, Inc.
4:00 Presentation: SVHS Hope Squad – Student Presentation	
4:35 New Agenda Items	
I.	Nomination Committee – <i>Vote for Chair, Co-Chair, Secretary*</i>
II.	<i>Vote on Letter of Support for Dr. Robert Ratner regarding the Behavioral Health Bridge Housing Program*</i>
4:50 Future Agenda Items	
5:00 Adjourn	

*Italicized items with * indicate action items for board approval.*

NEXT REGULAR MENTAL HEALTH ADVISORY BOARD MEETING IS ON:

MAY 18, 2023 ♦ 3:00 PM – 5:00 PM

**HEALTH SERVICES AGENCY
1430 FREEDOM BLVD, SUITE A, ATRIUM
WATSONVILLE, CA 95076**

MINUTES – Draft

MENTAL HEALTH ADVISORY BOARD

MARCH 16, 2023 ♦ 3:00 PM - 5:00 PM

1400 EMELINE AVE, ROOMS 206-207, SANTA CRUZ

Microsoft Teams Meeting (831) 454-2222, Conference 311 318 08#

Present: Antonio Rivas, Jeffrey Arlt, Jennifer Wells Kaupp, Laura Chatham,
Michael Neidig, Serg Kagno, Valerie Webb, Xaloc Cabanes
Excused: Hugh McCormick, Stephen Busath, Supervisor Felipe Hernandez
Staff: Karen Kern, James Russell, Jane Batoon-Kurovski, Arianna Lomeli

- I. Roll Call – Quorum present. Meeting called to order at 3:00 p.m. by Chair Xaloc Cabanes.
- II. Public Comments
 - Nicholas Whitehead – article in Growing Up in Santa Cruz stated that there is a 50% increase in attempted suicide in girls ages 12-17.
 - Perry from Up 2 Peace – provided update regarding the event on August 4th at 2pm on Cooper Street. They are moving forward and getting contacts.
- III. Board Member Announcements
 - April 26th, 7pm at Resource Center for Nonviolence – several leaders in our community will be speaking about a world without violence including Chris Murphy, President of Santa Cruz Warriors, Faris Sabbah, Superintendent of Schools for Santa Cruz County, Brandon Kahl, Martial arts instructor and Human Rights Advocate, and Deutron Kebebew, Founder and President of MENtors.
 - The MHAB currently meets monthly except for the month of November. The board is considering to change the schedule with no meeting in December instead of November.
- IV. Business / Action Items
 - A. Approve February 16, 2023 Minutes.
Motion/Second: Serg Kagno / Jeffrey Arlt
Ayes: Antonio Rivas, Jeffrey Arlt, Jennifer Wells Kaupp, Laura Chatham, Michael Neidig, Serg Kagno, Valerie Webb, Xaloc Cabanes
Absent: Hugh McCormick, Stephen Busath, Supervisor Felipe Hernandez
Motion passed.
 - B. Change the Community / Publicity Committee from standing to ad hoc committee.
Motion/Second: Antonio Rivas / Jennifer Wells Kaupp
Ayes: Antonio Rivas, Jeffrey Arlt, Jennifer Wells Kaupp, Laura Chatham, Michael Neidig, Serg Kagno, Valerie Webb, Xaloc Cabanes
Absent: Hugh McCormick, Stephen Busath, Supervisor Felipe Hernandez
Motion passed.
 - C. Motion to accept letter regarding the Shelter and forward to Board of Supervisors.
Motion/Second: Serg Kagno / Laura Chatham
Ayes: Antonio Rivas, Jeffrey Arlt, Jennifer Wells Kaupp, Laura Chatham, Michael Neidig, Serg Kagno, Valerie Webb, Xaloc Cabanes
Absent: Hugh McCormick, Stephen Busath, Supervisor Felipe Hernandez
Motion passed.

- V. Presentation – Dr. Robert Ratner, Director of the Housing for Health Division
Dr. Ratner stated there is a funding opportunity that was recently released by the State of CA called the Behavioral Health Bridge Housing Program. Santa Cruz County is set to receive up to just under \$10.2 million. Applications to secure this funding are due April 28th and the intention behind this program is to create bridge housing, which means temporary housing programs for people who are experiencing homelessness in our community, who are struggling with serious mental health or substance use disorders or both. The term bridge housing refers to housing that has services to help people get off of the streets in an unsafe situation, into a safe, welcoming environment with supports that are intended to help people move into more permanent housing long term. The money must be used as follows:
- 25% of the funding for infrastructure
 - 75% of the funds for helping to operate the program and for services.
- People who are referred to Care Court get priority for any bridge housing program slots that get created.
- MHAB will write a letter of support.
- VI. Mental Health Services Act 3-Year Plan Fiscal Years 23/24 – 26/27
Karen Kern, Adult Services Director
- The purpose of the three-year plan is to identify persistent mental health service gaps and develop strategies to address them over the next three fiscal years based on community needs assessment and stakeholder input. Karen stated they are wrapping up their community planning process, which included several focus groups and stakeholder meetings. They are collecting all the data and the plan is being prepared in draft form, which means that all individuals will have the opportunity to read through the plan and provide feedback. The draft plan will be posted on the MHSA website and feedback can be provided via email, telephone, or completion of the online form on the website. Public comment will open on Monday, March 20th and close at the next Mental Health Advisory Board meeting on April 20th.
 - Reminder to all that the Mental Health Services Act funding through Prop 63 runs services in a few different buckets: 1) community services and support which funds some services through children’s community gate, probation gate, child welfare gate, education gate and family partnerships. It also funds some crisis response, consumer peers, family support services, and some other community support services which include the family partnership at Volunteer Center, Community Connections, as well as MHCAN Peer Drop-in Center, Mariposa Center in Watsonville, and Second Story; 2) Prevention and Early Intervention (PEI) funding which looks at suicide prevention, stigma and discrimination reduction and outreach for increasing signs of mental illness. It funds the Veterans Advocate Agency, County Office of Education, Senior Council, Triple P at First Five, as well as the Wellness Connect program for transitioning to youth, and suicide prevention efforts through Family Services Agency, and senior outreach for Family Services Agency, and NAMI and MHCAN for stigma and discrimination reduction.
- VII. Reports
- A. Secretary’s Report
- Training that was completed last year does not count for 2023.
 - No issues with attendance.
 - No update on available training.
- B. Behavioral Health Report, Karen Kern, Adult Services Director
- 1) Introduction of James Russell, Senior Behavioral Health Manager for Access and Community Crisis Continuum. James started his new role on March 6th and is in both North and South County offices. James has had a variety of employment experiences which led him into the behavioral health field specializing in crisis intervention, including substance use counseling, street outreach with the downtown outreach workers, forensic behavioral health and mobile crisis response. He completed a brief

internship with Children's Behavioral Health, was a case coordinator on the MOST team, was a Santa Cruz Sheriff's Office mental health liaison, promoted to Supervisor for the mental health liaisons and FIT Teams, before promoting to the Behavioral Health Program Manager for Forensic Services and then the the Community Crisis Continuum. James enjoys roles that involve implementing new or improving upon existing programs and looks forward to implementing the State mandates covered in CalAIM and AB988.

- 2) Crisis Stabilization Program Update –the County is moving forward with building a new crisis stabilization program for youth with 8 beds at 5320 Soquel, hoping to open late 2024. At the same time, Telecare will not accept youth under the age of 18 starting March 27th. HSA is looking at a youth crisis stabilization receiving center as a temporary plan which will be ready as early as 5 months from now. The program will work with someone for a period of 24 hours before either a) finding alternative placement option in the community safety planning or b) they are going to be inpatient. The MERT team will continue to go into the ER to reassess within several hours of someone being there to see if we can safety plan and safely get them back out with their families or care team.
- 3) April 11th and April 12th – Behavioral Health will be visited by the External Quality Review Organization, who reviews our mental health plan, DMC-ODS plan. This review includes the site visit, policy review, documentation review. They will meet with the consumers and do an overall compliance analysis to see where we are with our required metrics that we do for the plan for the State.

C. Committee Updates

1. Standing Committees

- a. Budget – did not meet due to no quorum. Informal conversations included: holding meetings in central location so commute is equal for everyone; how to create a persistent presence using social media and engaging the community more; and improving the use of letters of recommendation to the board and to the director by gathering more input and attending Board of Supervisors meetings when the letters are submitted to show additional support.
- b. Community/Publicity Committee
See Section IV.B. to see the votes changing the status of the Community/Publicity Committee from standing to an ad hoc committee.

2. Ad Hoc Committees

- a. Peer Support Certification – no report.
- b. 988 – there is currently a work group between 911, 988 and 211 which was presented at the Board of Supervisors meeting. United Way say that they have access to 400 services they can refer people to. There will be an April meeting to go over numbers, including a call for service numbers. Regarding 211, calls are not being put into Behavioral Health Service support statistics.
- c. Ideal Crisis System
 - Introduced to James Russell who is working on the Crisis Now project.
 - Looking at letters of recommendation and items related to mobile crisis as the goal of the committee is to coordinate with the Crisis Now project.
 - Next meeting will be on April 14th, 3:30-4:30pm via Zoom.

D. Patients' Rights Report – George Carvalho, Patients' Rights Advocate George was present at the meeting. February report was provided.

- Davi Schill was on an authorized leave during February.
- Advocacy, Inc. continues to have 2 days / month furlough.
- Benefits Management – no oversight, transparency. Dozens of people are affected, eating out of garbage, no funds. Reached out to Santa Clara County

counterparts. Hard to hear about all impacted people not getting funds. Might reach out to Supervisors for help with benefit management.

VIII. New Agenda Items

1. Retreat – will be on Friday, June 16, 2023, 10am to 3pm

2. Kaiser and Behavioral Health Unit Discussion

Jeffrey expressed at the last meeting that the MHAB should provide a letter of recommendation to the Board of Supervisors to ask Kaiser Permanente to provide some integrated behavioral health services. Jeffrey called Kaiser and has not heard back to confirm anything different than what they are publicizing, which is that it will have a 24-hour medical urgent care and there will be offices for 160,000 square feet, three story building. The draft letter is asking Kaiser Permanente as a health care provider coming into Santa Cruz County, that they provide behavioral health care services for their clients as they serve approximately 6000 people, and approximately 1200 of those people will have some kind of behavioral health needs with a couple hundred who will have serious mental health needs.

Discussion included a request for County staff to do a presentation on Kaiser and if a Kaiser Representative can be invited to the emergency meeting to explain and provide clarity on the services they will be providing. The Emergency Meeting will be on Thursday, March 23, 2023, 3pm to 3:30pm to vote on approving draft letter to be sent to the Board of Supervisors.

3. Santa Cruz Mental Health Advisory Youth

- The MHAB wants youth to participate in the MHAB. Ideas include making formal requests with various groups such as NAMI, Twin Lakes Church, County Office of Education.

-Xaloc will reach out to Student Activities at the County Office of Education to share a flyer.

- A representative from Monarch Services, who manages the Youth Mental Health Advisory Commission attended the MHAB meeting and she stated she will ask if youth from that group are interested in joining the MHAB.

4. Vote on Letter to Board of Supervisors

Background information: Serg witnessed somebody who works at the Veterans Hall building attack a homeless client who had been in the shelter by a nonprofit. Santa Cruz County contracts with the nonprofit, has an agreement with the building. There is no oversight or complaint system, there is no recourse, the person can't make a complaint that goes to the County. Intent is to make a system and process that protects people. Julie Macecevic, Executive Director of the Walnut Avenue Family and Women's Center has agreed to co-sign this letter.

See Section IV.C. to see the votes approving the letter.

IX. Future Agenda Items

1. Letter of Support regarding the Behavioral Health Bridge Housing Program

X. Adjournment

Meeting adjourned at 5:07 p.m.

Summary

This is a March 2023 Patients' Rights Advocate Report from the Long-Term Care Ombudsman Program. It includes the following: telephone calls, reports, and emails. It includes a breakdown of the number of certified clients, the number of hearings, and the number of contested hearings. It also includes a breakdown of Reize Hearing activity, including the number of Riese Hearings filed, the number of Riese conducted, and the number that were lost.

Patients' Rights Advocate Report

March 2023

Record 13810

Telecare

On March 2, 2023, this writer received a phone call from a client receiving services at the Telecare Psychiatric facility. This client had changed his mind about contesting the conservatorship and sought my advice about such a course of action. This writer reviewed information about the powers given to the conservator and the rights that could be taken from the conserved individual if the judge approves. At the time of this conversation the client wished to continue his course of action.

Record 13831

Telecare

On March 23, 2021, this writer received a phone call from a client receiving services at Telecare CSP. He told me that the staff's plan would be to transfer him to another facility outside of the county for further treatment due to a bed shortage within the county. This writer told the client that I could not compel the staff to prevent the transfer and recommended that he communicate with staff to obtain as much information as possible about why he should remain on legal hold. I also recommended that he contact the Patient's Rights Advocate as soon as he arrives at the next facility and that the contact for that advocate and a list of his patients' rights would be on a Patients' Rights poster at that facility.

Record 13858

Telecare

On March 14, 2023, this writer* received a phone message from a client receiving services at the Telecare psychiatric facility. The client reported that she was held at the facility against her will and that staff had lied to her about being released from the facility. The client was placed on an additional hold or 5250. This writer* told her about her right to a hearing if she remained until the following Friday, and that at this hearing she could ask for her release from the Hearing Officer. This writer also explained that

the treating psychiatrist could also release her before the hearing. Lastly, this writer* gave the phone number to my direct line and asked her to call if she had any other issues or need of advocacy.

*Davi Schill

Record 13859

Telecare

On March 13, 2023, this writer* received a phone call from a client receiving services at the Telecare Psychiatric Health Facility. The client reported that information presented at the client's certification review hearing was incorrect. The client requested a copy of her medical record while on the unit. This writer* explained that the client could access her records while an in-patient on the unit but once released could request this information in writing from the facility. This writer* also explained that there may be a copying charge per page. Lastly, this writer* informed the client that if the information was incorrect that they could write to the treating psychiatrist asking that the information be corrected or request that this added information be made as a part of the record. I asked the client to contact the Advocate after being discharged if any further help was needed.

*Davi Schill

Record 13819

7th Avenue Center

On March 10, 2023 this writer received a phone call from a resident at the 7th Avenue Center facility. The resident reported that she had just been sent to 7th Avenue Center within the past three weeks and that her property was still in the previous county of origin. This client also asked that I meet with her in person. Upon meeting with the resident, this writer received verbal permission to speak with her conservator. This writer placed a call to the Conservator on 3/13/23 and left a detailed message about the resident's concerns and a description of her property. On March 17, 2023, the resident phoned to report that she had received her property and to thank me for my help.

Record 13830

7th Avenue Center

On March 18, 2023, this writer received a phone message from the 7th Avenue facility about a resident-to resident altercation. This writer met briefly with the resident whose only statement was that he couldn't remember the incident and that he didn't wish to speak with this writer. This writer placed a call to the conservator. The conservator informed me that staff did their due diligence about contacting her and that she had complaints about the facility, or the services provided to her client.

13836

7th Avenue center

On March 29, 2023, this writer received a phone message about a resident-to-resident altercation. This resident preferred to stand during our interview. He said that often and unpredictably he will yell out as an explanation for the other resident's actions. The alleged perpetrator reported that he struck out in response to internal voices. The reported victim declined to involve law enforcement. This writer placed a follow up call to the conservator. He reported that staff did their due diligence in contacting him and that he is satisfied with the services provided to his client

13837

7th Avenue Center

On March 28, 2023, this writer received a phone message from the 7th Avenue Center about a resident-to-resident altercation. The reported victim refused to speak with this writer. This writer did, however, speak with the alleged perpetrator. Who admitted the incident but said that the other resident incited her to jump on her. I placed a call to the conservator for the reported victim requesting information about the staff's response in this incident. The conservator returned a call back to me the following day to report that staff did everything they needed to do to keep the residents safe, and that she was satisfied both with the response as well as the treatment that her client receives at the facility.

13838

7th Avenue Center

On March 30, 2023, this writer received a phone message about a resident-resident altercation. This writer tried to speak with the reported victim and the alleged perpetrator. Neither person wanted to speak with this writer. I've made two attempts to communicate with the reported victim by phone but without success. Have placed one call to conservator but without a return call back to my office as of this date (4/6/23)

13832

Opal Cliffs

On March 27, 2023, this writer received a referral for a resident at the Opal Cliffs facility. This writer, after a couple attempts, was able to speak with the resident, The resident reported that the other residents were taking her breath. This writer was unable to decide what actions or events may have occurred to bring this resident to contact the Long-Term Care Ombudsman program. I ask this resident to check with the staff at the Opal Cliffs facility. I will follow up with the resident with either a phone call and or a visit to the facility. This writer made two calls trying to reach this resident but was unsuccessful. I will try to contact the resident during my next monitoring visit.

13857

Wheelock

On March 8, 2023, this writer* received a report about a resident-resident altercation and that one resident placed the other in a choke hold. The reported victim requested an apology from the suspected abuser and received this apology. The reported victim declined to contact local enforcement. Staff members held a meeting with the suspected abuser. The reported victim informed the Advocate that, "everything is fine now."

ADVOCACY INC.
TELECARE CLIENT CERTIFICATION AND REISE HEARING/PATIENTS' RIGHTS
REPORT

March 2023
Third Quarter

1. TOTAL NUMBER CERTIFIED	27
2. TOTAL NUMBER OF HEARINGS	24
3. TOTAL NUMBER OF CONTESTED HEARINGS	10
4. NO CONTEST PROBABLE CAUSE	14
5. CONTESTED NO PROBABLE CAUSE	4
6. VOLUNTARY BEFORE CERTIFICATION HEARING	1
7. DISCHARGED BEFORE HEARING	2
8. WRITS	0
9. CONTESTED PROBABLE CAUSE	10
10. NON-REGULARLY SCHEDULED HEARINGS	0

Ombudsman Program & Patient Advocate Program shared 0 clients in this month
(shared = skilled nursing resident (dementia) sent to behavioral health unit or mental
health client placed in skilled nursing facility)

**The usual scheduled hearing days are Tuesdays and Fridays. Due to the pandemic and the shortage of bed availability throughout the state of California hearings can be scheduled throughout the week to accommodate legal requirements that hearings must occur no later than one week of hospitalization.*

The following is an account of activity March 1, 2023, through March 31, of representation to clients held at Telecare (Santa Cruz Psychiatric Health Facility) facing Reise Hearings.

Total number of Riese petitions filed: 4

Total number of Riese Hearings conducted: 3

Total number of Riese Hearings lost: 3

Total number of Riese Hearings won: 0

Total number of Riese Hearings withdrawn: 0

Hours spent on cancelled Reise hearings: 4 hours

House spent on all Reise hearings: 4.5

*Riese appeal: 0

Hours spent on all Riese Hearings included those hearings that were cancelled by the hospital:
1.5 hours.

The following is an account of 5150 hearing activity March 1, 2023, through March 31, 2023, of representation on behalf clients held at Telecare CSP (Santa Cruz Telecare Crisis Stabilization Program) facing 5150 hearing (AB2275) Hearings.

AB 2275 hearing conducted: 0

Respectfully submitted,

Davi Schill, PRA

George N. Carvalho, PRA

HOPE SQUAD®

Hope Squad Presenters
Stella Peuse
Alexa Ruiz
Caitlin Mullin
Devon Bloom
Cesar Rodriguez-Romero
Karissa Woods
Toka Mohamed
Alex Baum



Scotts Valley High School
School Based Peer-to-Peer Suicide Prevention Program
Pilot Year - (2022/23)

Hope Squads train students, build connections and changes culture by improving school climate and promoting connectedness. Creating a sense of belonging can be one of the best preventative measures within a school to help prevent suicide.

How Hope Squad Helps

- Most students who are struggling with mental health or suicidal thoughts will usually reach out to a friend or peer before an adult.
- At SVHS, every student knows a handful of peers that are the “helpers” on campus - students that you can count on to listen and rely on when things are difficult. These students are kind, give great advice, and are trustworthy.
- The Hope Squad program identifies these students that are already helping, brings them together as a community, and trains them on how to support fellow students who may be struggling.



How Hope Squad Helps

- The Hope Squad members work with school advisors as a team to support all students. This team of students and advisors works together to raise awareness around mental health by organizing school-wide activities that promote inclusion and connectedness.
- The Hope Squad members are not expected to be counselors or therapists. They are trained by advisors to help recognize suicide warning signs and respectfully report concerns. They are student advocates that help spread the message of hope and love on our campus.

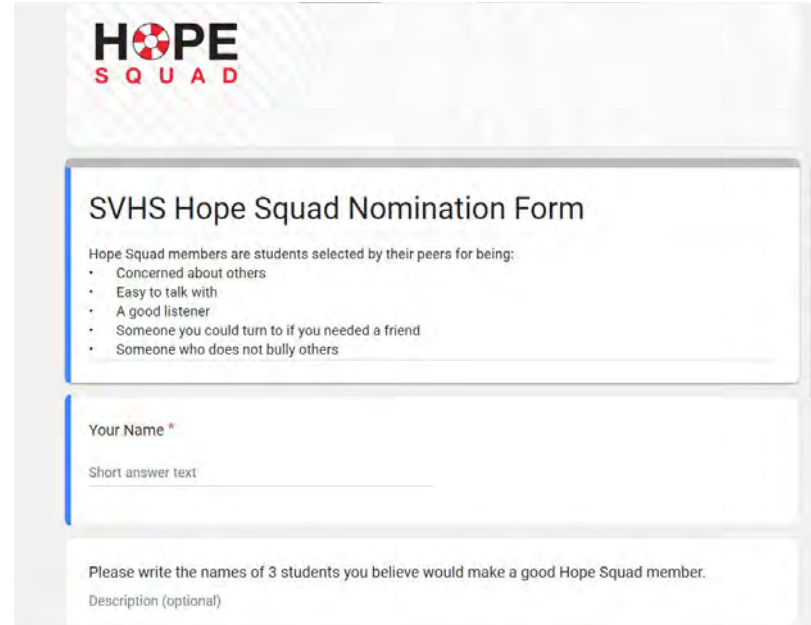


Hope Squad Selection Process

Being on a Hope Squad is completely voluntary, and those offered a spot on the squad can decline.

Hope Squad members are chosen by their peers during a school-wide nomination process. They are chosen for being concerned about others, a good listener, easy to talk to, and someone you could turn to if you needed a friend. Generally, a Hope Squad is made up of roughly 8-10 students per grade.

- Grade Level Presentations
- Google Nomination Form
- Advisor Review and Final Selection
- Student Welcome Presentation
- Parent Night Presentation



The image shows a digital nomination form for the SVHS Hope Squad. At the top, there is a logo with the word "HOPE" in large black letters and "SQUAD" in smaller red letters below it, with a red and white lifebuoy icon. The form title is "SVHS Hope Squad Nomination Form". Below the title, a paragraph explains that Hope Squad members are selected by peers for being: concerned about others, easy to talk with, a good listener, someone you could turn to if you needed a friend, and someone who does not bully others. There are five bullet points corresponding to these traits. Below this is a text input field labeled "Your Name *". Underneath that is a "Short answer text" field. At the bottom, there is a section for nominating others, with the instruction "Please write the names of 3 students you believe would make a good Hope Squad member." and a "Description (optional)" field.

HOPE SQUAD

SVHS Hope Squad Nomination Form

Hope Squad members are students selected by their peers for being:

- Concerned about others
- Easy to talk with
- A good listener
- Someone you could turn to if you needed a friend
- Someone who does not bully others

Your Name *

Short answer text

Please write the names of 3 students you believe would make a good Hope Squad member.

Description (optional)



SVHS Hope Squad - 2022/23

9th

Madelyne Rutherford
Violeta Dauksa
Devin Bloom
Theo Karakotsios
Miki Bowler
Oden Karo
Angelo Vignato
Eva Dewitt
Anthony Turcios
Toka Mohamed
Reed Johnson
Maelee Clark

10th

Cameron Ross
Alexa Ruiz
Ethan Ledingham
Brody Gentile
Benito Rodriguez
Elliot Watson
Skylar Dufour
Nayana Angeles
Violet McCutchen
Ella Webb
Otto Palma Dole
Ian Jory
Kaylee Valencia-Aquino

11th

Emma Howell
Sydney Barnes
Christina Frankiv
Wyatt Jesse
Ava Eagle
Stella Cheney
Hanna Oakes
Kaiya Coleman
Sam Abel
Alejandro Valentin-Bonilla
Jake Lewis
Sofia Guimaraes
Zoe Cloar

12th

Jaime Thomas
Ryan Hall
Stella Peuse
Cole Leonard
Caitlin Mullin
Alex Baum
Nicole Winters
Amber Boothby
Michelle Uribe
Karissa Woods
Parker Gibson
Cesar Rodriguez-Romero
Luciel Savoy

Hope Squad Advisors

Sarah Hershey - School Counselor

Grace Wahl - School Counselor

Luis Ramos - School Counselor

Jennifer Taylor - Humanities Teacher

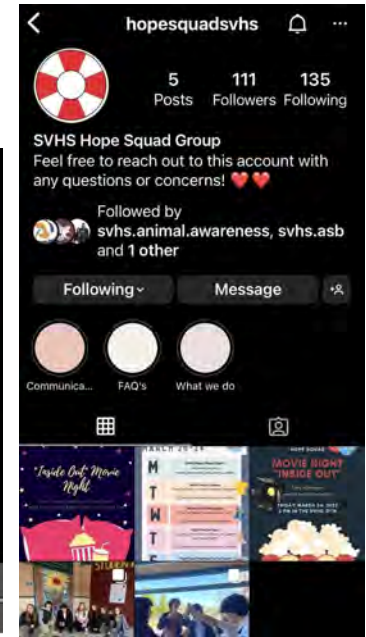
Christie Danner - Assistant Principal



The Hope Squad Advisors are trusted adults on campus that help guide and support Hope Squad members through education and connection. Before a Hope Squad is implemented in a school, adult advisors attend training to prepare to serve in their role as mentor, supervisor and responder.

Starting Up - Getting the Word Out

- SVHS Hope Squad Video
- SVHS Hope Squad Instagram
- SVHS Hope Squad Google Classroom
- SVHS Hope Squad Group Chats
- SVHS Hope Squad Amazon Wish List
 - Button Maker and Art Supplies
- SVHS News from the Nest Announcement
- SVHS Hope Squad Buttons
 - Designed by Squad Member Alexa Ruiz
 - Created to help Identify Hope Squad Students on campus



SVHS Hope Squad Roles

- Organize monthly school-wide suicide prevention events and activities
- Organize monthly school-wide mental health awareness events and activities
- Organize an annual school-wide Health and Wellness Fair - reducing stigma around mental health and sharing mental health resources
- Collaborate with Student Government, IB Program, and SVHS Clubs
- Help create trust between faculty/staff and students
- Be a great listener and friend to all!

Monthly Themes/School Wide Activities



September - Hope

October - Resilience

November - Gratitude

December - Kindness and Forgiveness

January - Optimism

February - Diversity

March - Connection

April - Mindfulness

May - Courage

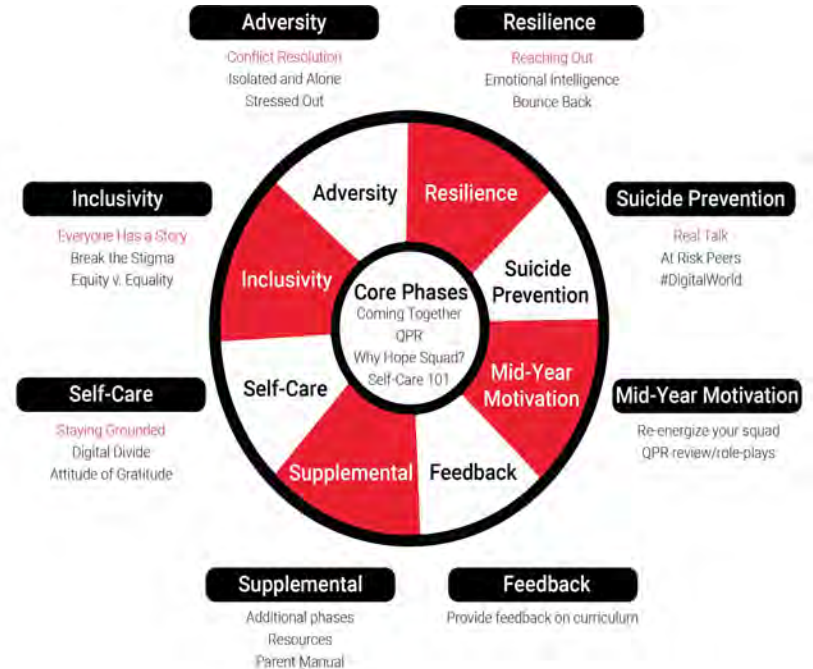
Hope Squad - Meetings

Squad Meetings (twice a month during Tutorial period):

- Snacks/Drinks (very important)
- Social Time
- Education (advisor or student led)
 - Student Education Leads: Stella Peuse and Caitlin Mullin
- Planning and Prep Time

Age Appropriate Curriculum:

Suicide Prevention
Self Care
Conflict Resolution
Emotional Intelligence
Resilience
Adversity
Mental Health and the Digital World
Stress Management

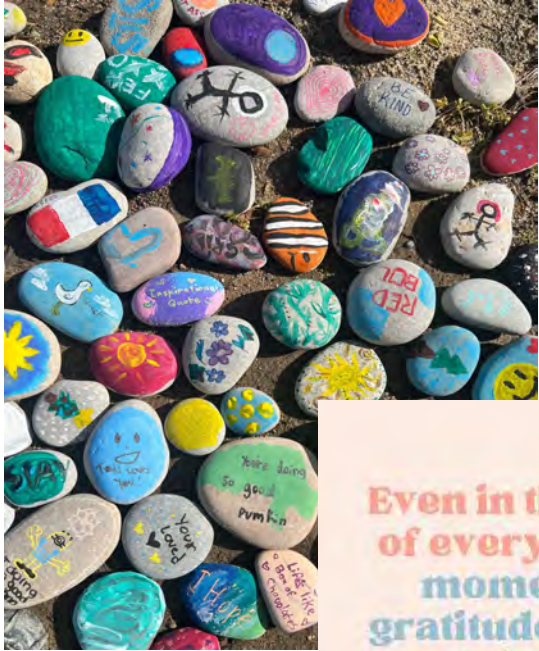


1st Year - School-Wide Activities (developed by SVHS Hope Squad)

- Student Mental Health Survey - How can teachers support their students' mental health?
 - Responses presented by Hope Squad at SVHS staff meeting
- Shred your Stress Activity
- Gratitude Rocks Activity
- Clothespins Compliments - Kindness Activity
- Warm up with Hope Squad (Hot Apple Cider) - Self Care during the Holidays
- Chalk Art - Suicide Prevention Messaging
- Calm Strips - Stress and Anxiety Relief
- 988 Posters - Suicide Prevention Education



Shred Your Stress & Gratitude Rock Painting



**Even in the chaos
of everyday life,
moments of
gratitude remind
us to hold on to
the good things.**

ELBON LIFE



Chalk Art - Suicide Prevention Messaging



Clothespin Compliments - Pass it On



Warm Up with Hope Squad - Hot Cider Before Break



NAMI + HOPE SQUAD

HOW TO PRIORITIZE YOU OVER THE HOLIDAYS



- 1. KNOW AND RESPECT YOUR LIMITS**

Holiday outings and to-do lists get to be a lot, so know when to say "no." The holidays can also be expensive and time-consuming. Know that it's okay to limit yourself to a certain price range or amount of time you spend at a function. Invest your time and energy in relationships with people who are willing to give back. You need not attend every event you are invited to. Some people are emotionally draining to be around.
- 2. SET REASONABLE EXPECTATIONS**

It's natural to have high expectations of the holiday season everywhere we look, we're reminded that this is a time for family, joy and abundance. However, it's equally important to check in with ourselves about managing our hopes and expectations.
- 3. AVOID KNOWN TRIGGERS**

If you find yourself triggered by certain activities or interactions, do your best to replace them with emotionally fulfilling ones. If a problematic relative or acquaintance is going to a holiday event, consider if you really need to be there.
- 4. FIND WAYS TO GIVE BACK**

Giving back is an excellent way to make a positive contribution and provide a sense of purpose and meaning.
- 5. BE EXTRA GIVING TO YOURSELF**

Avoid holiday shopping and gift giving, perhaps you can buy or make a present for future you — maybe something that will support your mental health or encourage a new and healthy hobby. Don't forget to appreciate yourself while you're busy appreciating friends and family.

<https://www.nami.org/30page/NAMI-Shop-December-2021/How-to-Prioritize-Your-Care-During-the-Holidays>



Calm Strips

A tool to promote calmness - passed out during Tutorial period

Calm Strips are textured sensory stickers - discreet fidget tools, crafted to **provide sensory stimulation to help regulate restless energy and increase focus throughout the day.**



Hope Week

Hope Week is a special week-long celebration designed to spread positivity, provide supportive resources, and reduce the stigma around mental health. The week ends on Friday with an interactive Health and Wellness Fair in the quad and a Movie Night in the gym presenting the beloved Pixar film *Inside Out*.

SVHS HOPE WEEK
MARCH 20-24

HOPE SQUAD

M	SVHS Hope Week Starts Life Savers at Lunch Anxiety Awareness Resources available
T	Hello Yellow Tuesday Wear Yellow for Suicide Prevention Awareness Depression Awareness Resources available
W	Wacky Sock Wednesday Stomp out stigma by wearing crazy socks OCD Awareness Resources available
T	High Fives for Hope Personal connections and touch can support your mental health! Eating Disorder Awareness Resources available
F	Health and Wellness Fair at lunch Movie Night - Inside Out (SVHS Gym)

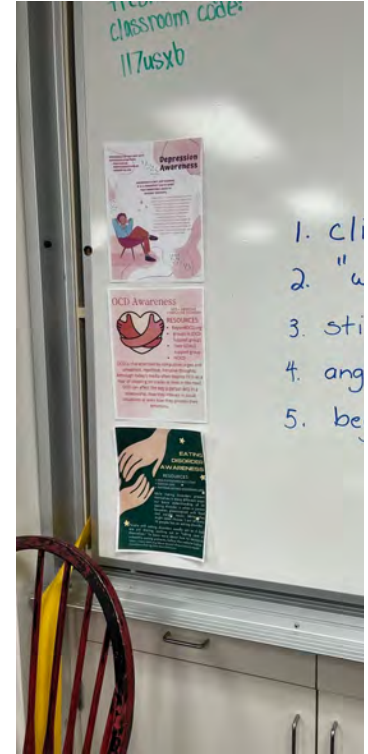
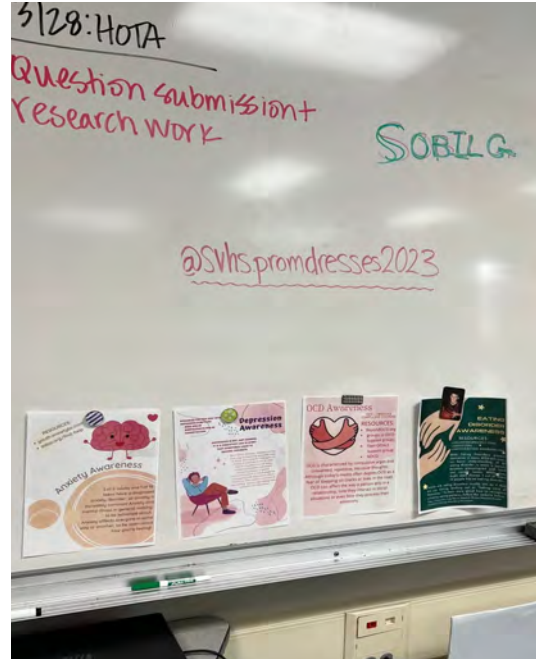
ADMIT ONE

Hope Week - Mental Health Awareness Flyers

Student (Stella Peuse) designed - Distributed to every classroom



High Five Buttons (High Fives for Hope) - made and distributed by Hope Squad Members



Health and Wellness Fair (Lunch) - Last day of Hope Week

- Collaboration with Full IB student, Samantha Davis - IB Service Project

- Community Partners

- Therapy Works
- TUPE
- Safe RX
- NAMI
- Encompass



- Collaboration with two SVHS Clubs

- SAGA (Sexuality and Gender Awareness)
- Women's Youth Club



Movie Night - Inside Out (SVHS Gym)

Last Night of Hope Week

- Collaboration with Student Government Leader and Hope Squad Member (Emma Howell - Personal Project)
- Raffle Prizes
- Concessions



Reflections and Planning for Next Year

Big Hits

- Movie Night
- Health and Wellness Fair
- Pins and Calm Strips

Focus/Ideas for 2023/24

- Work with teachers more around supporting students mental health
- Break time activities when more students are on campus
- Music over loudspeakers between classes
- More Hope Squad interaction with the whole school - assemblies, etc.
- Hope Squad bonding activities/retreat



Celebrate our first year!

Recognize our seniors with a special Hope Squad graduation cord at Senior Awards Night!