

# TUHSD WELLNESS COMMUNITY NEEDS ASSESSMENT: FALL 2014

Overview of Jessica Colvin, Wellness Director's, Meetings, Outreach, Education and Site Integration Work within Redwood, TUHSD and the Marin Community

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## Redwood Staff:

- Wanda Milford, Health Technician - Meeting 8/19/14
- Jessica Skieresz, Peer Resource teacher - Meeting 8/22/14 and ongoing bi-monthly meetings
- Stephen Hart, Social Issues teacher and adult leader of Body Positive - Meeting 8/25/14
- Mary Leland, CEC Teacher - Meeting 8/27/14
- Ann Jackson, Attendance Clerk & Margaret Catelli, Budget Secretary - Meeting 8/27/14
- Katy Foster, Redwood Assistant Principal - Meeting 8/28/14 and ongoing
- Weekly Administration Meetings at Redwood - Every Friday starting 9/19/14
- David Sondheim, Redwood Principal - Meeting 9/2/14 and ongoing
- David Plescia, Social Issues and Leadership teacher – Meeting 9/3/2014
- Joe Stewart, Sustainable Agriculture teacher - Meeting 9/3/2014
- LaSandra White, Redwood Assistant Principal - Meeting 9/4/14 and ongoing
- Lynne Kennedy, Lead School Counselor - Meeting 9/5/14
- John Hirsch, Social Issues teacher, Psychology teacher and Friday Night Live Liaison - Meeting 9/5/14
- Jessica Peisch, Redwood Athletic Director, Meeting 9/15/14
- Larry Pratt, Redwood Assistant Principal, Meeting 9/17/14 and ongoing
- Julia Vander Vennet, Meredith Hanrahan, Lisa Fields; Redwood School Psychologists - Meeting 9/18/14
- Kristina Brown, Jeff David, Candace Gulden, Ian Scott and Tami Wall; Redwood School Counselors - Meeting 9/18/14
- Lisa Kemp, Social Studies TL - Meeting 9/18/14
- Deborah Bendenelli, Special Education TL - Meeting 9/19/14
- Adriana Perez, Redwood Librarian - Meeting 9/19/14
- Ryan Shaw & Jose Rico, Campus Assistants - Meeting 9/23/14
- Heather Babo, Physical Education TL - Meeting 9/23/14
- All Redwood staff: Wellness Center Presentation at Faculty Meeting on 10/1/14
- Christy Silkworth, Social Issues teacher – Meeting 10/3/14
- Paula Vantrease, College and Career Counselor - Meeting 10/3/14
- Susi Maxwell, Photography Teacher - Meeting 10/13
- Jim McDaniel & Jon Hirsch; Psychology teachers – Meeting 10/17/14
- Wellness Chat - Open houses/luncheon for all Redwood staff
  - 10/16 Attendees:
    - Maria Civano, Stacey Goodwin, Corin Greenberg, Fiona Allan, Suzanne Maxwell, Mary Leland, Millie Hackworth, Joe Stewart, Jessica Skieresz, Mitch Cohen
  - 10/23 Attendees:
    - Kristina Brown, Candace Gulden, Meagan Partel, Lora Monemzadeh, Kathleen Mulcaty, Millie Hackworth, Deborah McCrea, Wendy Doherty
- Nicole Pleisca, Social Issues teacher - Meeting 10/21/14
- Erik Berkowitz, Drama Teacher and LinkCrew Advisor – Meeting 10/21/14
- Scott McKenna, Redwood Student Resource Officer - Meeting 10/23/14
- Cathy Marsh & John Blaber, English teachers - Meeting 11/4/14
- Meagan Partee, Para Educator - Meeting 11/4/14
- Suzanne Ledbetter, Records Secretary – Meeting 12/2/14
- Meeting with all Social Issues teachers at Redwood – 1/15/15

## **Redwood Student Community: Wellness Collaboration and Programming**

- Body Positive: Wellness Director attended and presented at club meetings 8/26/14, 9/9/14 and 9/16/14
- Peer Resource Class – Wellness presentation on 8/26/14 and bi-monthly to participate in Mindfulness classes and to help co-plan the substance abuse prevention and awareness event, GAMEPLAN, held the week of 11/5/14
- Wellness Director offered workshops in Stephen Hart's Social Issues Classes. Presented on different topics including: Binge Drinking, Stress Busters, Teen Tech Talk: Social Media and Relationships, and Teen Mental Health 101 for 2 classes each on 10/10, 10/17, 10/24, 10/31/14
- Coordinated community partner presentations within Social Issues classes including: 6 Planned Parenthood presentations each in two class and 2 Teen Mental Health Board presentations, September – December 2014
- Leadership, Peer Resource & Link Crew Integration Staff Meeting 9/4/14
- 8th-9th Grade Transitions Program Meeting with LaSandra White 9/4/14
- Case Review Team (CRT) - Attending every other week starting 9/14/14
- CRT planning meeting with Katy Foster 9/22/14
- SARB Meetings - Attended 10/16/14 and ongoing as needed
- Signs of Suicide (SOS) Program Planning with Julia VanderVennet for Spring 2015 beginning 10/30/14
- Sustainable Agriculture – Wellness Director presented about Wellness and Wellness Nutrition and Farmer's market on 9/16/14 to two classes and ongoing work with students on Farmer's Market/Nutrition education and outreach
- Club Day 9/17/14 – Connected to existing clubs which relate to Wellness (including Body Positive, Friday Night Live) and with other potential club partners including: Pre-Med club and Future Focused Club
- Academic Workshop Meeting with LaSandra White & Larry Pratt - 9/23/14
- The BARK – Wellness Director interviewed for BARK articles on Teen Sleep (9/16/14), about the Wellness Centers (9/15/14) and about Teen Yoga (9/24/14)
- All day Challenge Success Training at Stanford (9/27/14) and monthly meetings with Challenge Success Team
- Meeting and presentation to all LinkCrew students 10/10/14
- Leadership - Wellness Director presents to Leadership students on 10/14/14
- Student Advisory Committee - Wellness Director presents on 10/29/14
- Coordinated and brought Kaiser's *Secrets* health Education Theater (focused on HIV/AIDS and STD prevention) to RHS – over 200 student participants on 10/30/14 at Redwood in Little Theater
- School Site Council meeting – Wellness Director presents on 11/5/14
- To Tam to observe Teen Screen on 11/24/14
- Meet with Counseling Enrich Classroom students to discuss concepts of Wellness for their class assignment- 12/1/14
- TeenScreen – Working with LaSandra and Family Service Agency on TeenScreen 2015, 1st meeting 12/11/14
- Friday Night Live meeting with Isabella (FNL president), Jon Hirsch & Kylie of Youth Leadership Institute – 12/12/14
- Connected 5 students with reproductive health services, off campus, who came to Wellness Director directly after a Wellness presentation – October – December 2014
- Develop and update Marin Hotline and Crisis Information sheet for students, parents and staff – 12/20014
- Develop Marin City Resource for teens document for staff and CRT – 12/2014

**Redwood Parent Community:**

- Parent Newsletter Intro re: Wellness 9/14/14 and ongoing monthly Wellness Corner articles written by Wellness Director
- Redwood Foundation: Wellness Presentation 10/13/14
- Sydney Joyner, Redwood Foundation President – Meeting 9/30/14
- PTSA: Wellness Presentation 10/7/14
- Julie Cook, PTSA Parent Education Coordinator - Meeting 9/17/14 and ongoing to help in planning parent education presentations
- School Site Council: Wellness presentation 11/5/14
- Parent Advisory Committee - Wellness presentation 11/13/14
- Individual Parent Meetings to discuss Wellness and possible volunteer opportunities:
  - Fay Zenoff – Meeting 9/30/14
  - Kenneth Frank - Meeting 10/6/14
  - Laurie Dubin – Meeting 9/10/14 & 12/3/14
  - Coral Kisseberth – Meeting 10/10/14 and 12/5/14
  - Diane Rittenhouse - Meeting 10/16/14
  - Anne Vosler - Meeting 10/22/14
  - Sabina Haake - Meeting 10/29/14
  - Theresa Coleman - parent and filmmaker - Meeting 11/3/14 and ongoing on film project
  - Dan Ahern - Meeting 12/12/14

**TUHSD District Office and Other School Sites:**

- Amira Mostafa, Assistant Director of student Services - Meeting 9/10/14
- Drake Administration Team - Meeting 10/13/14
- Tam Administration Team - Meeting 10/13/14
- Michael McDowell, Assistant Superintendent - Meeting 10/14/14
- Tamiscal and San Andreas Administration Team - Meeting 10/15/14
- Tam Follow-Up Administration Meeting 10/27/14
- Tam Counselors – Meeting 11/24/14

**CBO's/Community Providers/Coalitions/County Departments/Wellness Programs:**

- Diana Wilson, Redwood Bay Area Community Resources (BACR) Counselor - Meeting 8/21/14
- Betsy Zeger, Coaching/Mediation, Peer Resource Volunteer and Wellness Advisory Board Chair - Meeting 8/22/14, 9/16/14 and ongoing weekly meetings
- Belinda Ingraham of Marin City Health & Wellness Center - Meeting 8/26/14
- Carol Chao, Wellness Coordinator at Lowell High School, Meeting 8/27/14
- Lisa Schwartz, Marin County Office of Education - Meeting 8/29/14 and 9/22/14
- Alicia Rozum, California School-Based Health Alliance, Meeting 9/2/14, 9/30/14, 10/15/14, 11/25/14, 12/12/14 and ongoing phone meetings for technical assistance
- Twin Cities Coalition for Healthy Youth Meetings 9/2/14, 9/18/14 and ongoing monthly meetings
- Mindfulness Without Borders Meeting with Jasmine Zeger and Theo Koffler 9/3/14 and 11/21/14
- Stacey Blankenbaker, San Francisco Wellness Initiative Manager - Meeting 9/4/14
- Paul Sterzing, University of California - Berkeley School of Social Welfare Research Professor - Meeting 9/5/12
- Wellness Presentation to Marin County Alcohol and other Drugs Advisory Board & the Mental Health Board - 9/8/14
- John Shields, Evaluation Training and Research (ETR) - Meeting 9/8/14
- Laurie Dubin, Be the Influence (also Redwood Parent) - Meeting 9/10/14 and 12/3/14
- Linda Henn, Chair of Twin Cities Coalition - Meeting 9/10/14 and 11/18/14

- Robert Francoeur, Wellness Coordinator at School of the Arts in SFUSD - meeting 9/11/14
- Southern Marin School Psychologist Collaborative, Wellness presentation 9/17/14
- Kristen Law, Department of Health and Human Services, Prevention Hub, Resource Development Coordinator Division of Alcohol, Drugs and Tobacco 9/19/14 and 1/6/15
- Wellness Presentation to UC-Berkeley Research students on 9/22/14
- Carin Grove & Don Blasky of BACR - Meeting 9/23/14
- Mitesh Popat, Susan Wiebers, and Peggy Dracker of the Marin Community Clinic - Meeting 9/24/14 and 12/3/14 (with M. Popat)
- Jasmine Stevenson of Huckleberry Youth Programs - Meeting 9/26/14 and 12/4/14
- Meeting with Kerry Graser, Redwood BACR Counselor 9/26/14
- Dr. Madeline Levine, Author of "The Price of Privilege" and co-founder of Challenge Success - Meeting 9/29/14
- Mary Jane Smith of Apple Family Works - Meeting 9/29/14 and 12/2/14
- Fay Zenoff, Executive Director, National Council on Alcoholism and Other Drug Addictions - Bay Area (also Redwood parent) - Phone meeting 9/30/14
- Alyse Maar, School Counselor at the Nueva School - Phone meeting 9/30/14
- Bruce Killen, MFT, CHT - Runs groups in Marin and works for Muir Woods Adolescent Treatment Program – Meeting 9/30/14
- E.B. Troast & Anna Benitez of Planned Parenthood - Meeting 10/1/14
- Jason Lechner of Muir Wood Adolescent and Family Services Lechner - Meeting 10/1/14
- Visit to DeAnza High School's Wellness Program - 10/2/14
- Jen Kenny-Baum, Lincoln's Wellness Coordinator – Meeting 10/2/14
- Lindsay Webb & Christine Lam, both on Mental Health Advisory Board for County and former Redwood students – Meeting 10/6/14
- Meeting with Jen Krasner, Former BACR lead counselor at Redwood and former Wellness Coordinator at Lowell High School, Meeting 10/9/14
- Larry Chu & Bob Ravasio, City Council Members, on 10/13/14
- Matt Willis, Public Health Officer at Department of Health and Human Services - Meeting 10/15
- Deborah Schoenbaum, Youth Leadership Institute – Meeting 10/16/14
- Allison Barahona, Project Avary - Meeting 10/20/14
- Don Carney, YMCA Youth Court - Meeting 10/20/14
- Teri Rockas, Project Manager, Health Education & Promotion at Kaiser Permanente San Rafael - Meeting 10/20/14
- Cio Hernandez, Community Prevention and Health Policy at DHHS - Meeting 10/20/14
- Jennifer Grellman, former Redwood parent and founder of Being Adept - Meeting 10/21/14 and 1/8/15
- Kristen Gardner – Mental Health Services Act Coordinator for DHHS – Meeting 10/22/14
- Todd Cusimano, Central Marin Police Chief) & Sergeant Marcus Bartholomew California Highway Patrol Graveyard shift - Meeting 10/23/14 – *cancelled, working to reschedule*
- Elizabeth Scott, Founder of Body Positive 10/23/14
- Vickie Vann, Psychotherapist in Marin working with addictions and Twin Cities Coalition Member - Meeting 10/24/14
- Sabina Haake, MA, RD - Redwood parent and nutritionist and educator in schools – Meeting 10/29/14
- Dania Sacks March, MPH, PPSC, LCSW, At The Intersection Wellness Psychotherapy, Consultation, Training - Meeting 10/29/14
- Sandra Rosenbaum & Jennifer Stevens, Health Planner and Evaluator Maternal, Child and Adolescent Health at DHHS - Meeting 10/30/14
- Debi Moss, Senior Manager of Children and Families at DHHS & Ann Pring, Mental Health Director for Children and Families at DHHS - Meeting 10/31/14
- Visit to Piedmont Wellness Center with LaSandra White on 11/3/14

- Patty Brockley, RN, NP - Wellness Center Nurse in San Geronimo and Teen Clinic Founder – Meetings 11/4/14 and 12/3/14
- Worked with Field Placement Supervisors and applied to become intern field placement site with UC-Berkeley, San Francisco State University, University of San Francisco and Dominican.
- Visit to Menlo Atherton Health and Wellness Center – meeting with Miki Cristerna-Garvey, Support Services Coordinator 11/6/14
- Charis Dennison, Adolescent Health Consultant - Meeting 11/7/14
- Maria Porter, Senior Philanthropic Advisor, Marin Community Foundation - Meeting 11/7/14
- Karina Arámbula, Epidemiologist, Marin County DHHS – Meeting 11/7/14
- Paula Israel, Sonoma YWCA Teen Dating Violence Prevention- Meeting 11/12/14
- Jacqueline Perlmutter - Addiction and Substance Abuse Specialist at Corte Madera Mind Therapy Clinic – Meeting 11/13/14
- Jeannie Dulberg, Manager Community Benefit/Community Health at Kaiser Permanente – Meeting 11/13/14
- Becky Gayman, Kentfield District Nurse – Meeting 11/18/14
- Sparkie Spaeth - Deputy Director, Health and Human Services, Community Health Policy and Prevention—Meeting 11/19/14
- Jenna McVay , Juvenile Detective – Meeting 11/20/14 – *trying to reschedule*- Phone Meeting 1/6/15
- Sandra Bowling, MFT specializing in adolescent work – Meeting 11/21/14
- John Brooks, Teen Mental Health Board Founder - Meeting 12/1/14
- Jamie Maites of Marin General Hospital Community Benefits – Meeting 12/5/14
- Participation in Marin County Strategic Planning Meeting to Reduce and Prevent Substance Misuse and Abuse - Marin County Office of Education - 12/9/14
- Wellness Presentation to Marin School Nurses Group at MCOE – 12/9/14
- Jonathan Pofsky of the Marin Stress and Anxiety Center, Meeting 12/18/14
- Mary Jane Burke, Marin County Office of Education Superintendent - Meeting 12/17/14
- D.J. Pierce, Substance Use Services Division Chief & Catherine Condon, Resource Development Specialist of DHHS – Meeting 12/19/14
- Cesar Legleva, Mental Health and Substance Abuse Services DHHS - MHSA Innovation Grants– Meeting 1/5/15
- Kristen Law and Anna Lebidef, Prevention Hub at DHHS to discuss, SPF SIG Prevention grant - Meeting 1/6/15
- Lisa de la Fuente, Nurse Practitioner and Teen Educator – Meeting 1/7/15
- Hannah Cordero, Program Coordinator, Kaiser Permanente Educational Theatre – Meeting 1/8/15
- DHHS Mental Health Services Act: Innovation Grants Meeting – 1/9/15
- Brittany Judd of the Novato Blue Ribbon Coalition – Meeting 1/9/15
- Deborah Meschel, School District Nurse and Professor at Dominican – Meeting scheduled 1/14/15
- Karena Weil, MFT specializing in adolescents – Meeting scheduled 1/15/15
- Zach Laurie, Director of Roots to Branches – Meeting scheduled 1/21/15

#### **TRAININGS:**

- Challenge Success Training at Stanford - 9/27/14
- AskCHIS (California Health Interview Survey) Workshop - 11/5/14
- Consent and Confidentiality Training in San Leandro - 11/6/14