

Wellness & Prevention Center Annual Report July 2018

**Empowering youth and families
to live healthy lives**

Wellness
& Prevention
Center.

Early intervention leads to healthier futures. About half of all mental health conditions begin by age 14 and **75% BEGIN BEFORE THE AGE OF 24.**

National Alliance of Mental Illness

Wellness
& Prevention
Center.



The Wellness & Prevention Center is a warm and welcoming place where mental health professionals support students as they navigate the ups and downs of adolescence. The staff is dedicated to improving the health, well-being and educational outcomes of all students. While we can't take away the difficulties of being an adolescent — we can be there to offer support and guidance along the way.

Research shows that the earlier a young person receives professional help for issues impacting their mental health, such as anxiety, depression, or substance abuse, the more successful the outcome will be. By providing mental health services and substance use prevention on school campuses, where youth spend the majority of their day, we are often able to change the trajectory of a young person's life for the better.

As you see the highlights from the past year, you'll understand the valuable impact we are having on the youth and families in San Clemente.

During the 2017/18 school year, we continued to provide services at San Clemente High School, and the three San Clemente middle schools: Bernice Ayer, Shorecliffs and Vista Del Mar. We also expanded services to San Juan Hills High School. This year alone we served 129 students with 742 points of contact, including individual sessions, professional consultations, and referrals. It gives us great pleasure to now be serving all of the middle and high school students in San Clemente. It is a lofty endeavor made possible by a 200% increase in donations from the prior year

The Wellness & Prevention Center also oversees a federally funded community-wide coalition. Funding is made possible by a Drug Free Communities Grant awarded in September, 2017. Through this grant, the Wellness & Prevention Center will receive \$125,000 each year for five years to provide community-wide prevention and education. The Wellness & Prevention Coalition uses environmental strategies to bring about community level change and build a culture of health. By working collaboratively with community stakeholders, the coalition is improving the health and wellbeing of our young people and reducing the toll that mental illness and substance abuse takes on our community.

From our day-to-day operations, to our vision of creating a community of care, where all individuals have access to mental health services, we rely on the power of giving. Thank you for helping us to be a source of support for students and their families, but also for helping us empower the community to do the same. We extend our heartfelt thanks to all who donate funds, time, expertise and passion to helping us serve youth and build healthier futures.

*Marci Mednick
Founder and Board President*

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The Wellness & Prevention Center is shifting the culture of the community to embrace health and wellness. A compassionate community can provide a network of support that allows our **youth to reach their full potential.**

-Susan Parmelee, LCSW, Executive Director



WHO WE ARE

Executive Director
Susan Parmelee, LCSW

Ms. Parmelee is one of the founders of the Wellness & Prevention Center and the lead therapist. A graduate of Cornell University and San Diego State University, Susan is a 14-year resident of San Clemente, who is dedicated to ensuring access for all to quality prevention education and mental health services. Ms. Parmelee has experience working with teens and adults in inpatient mental health, homeless services, and schools.

Community Prevention Director
Lauren Gallegos, ACSW

Ms. Gallegos holds a bachelor's degree in psychology from California State University Fullerton and master's degree in social work from University of Southern California. She grew up in San Clemente and attended Ole Hanson Elementary, Shorecliffs Middle School and San Clemente High School. Lauren worked as a program coordinator for the Phoenix House Behavioral Health and Support Services providing school-based prevention services to Orange County Schools for 3 ½ years before joining the team at the Wellness & Prevention Center.

WHAT WE DO

THE WELLNESS & PREVENTION CENTER is a unique program focused on improving the health, well-being, and academic success of South Orange County youth. Students learn positive, lifelong habits that contribute to successful futures, and ultimately, to the wellness of the community.

ON-SITE COUNSELING
Supporting Youth and Families

MENTORING PROGRAMS
Developing Protective Assets

COMMUNITY & CLASSROOM EDUCATION
Substance Use Prevention
Mental Health Awareness
Healthy Lifestyles

COMMUNITY COLLABORATION
Advocating for Healthy communities

CRISIS INTERVENTION
Counseling and Substance Abuse Referrals

5,300

Community Members

Received weekly prevention education emails

3,100

Families Received voluntary random drug screening information

20,000

Homes received a local newspaper with prevention Public Service Advertisements

1,300

Adults and Youth Attended education events

NEARLY 12 OF EVERY 100 HIGH SCHOOL STUDENTS (11.7%) reported that they used electronic cigarettes in the past 30 days.

-Centers for Disease Control CDC, 2016



PARTICIPATION NUMBERS

24 youth participated in Vape Education Lunch Tutorials as a positive discipline intervention.

223 Youth and **196** adults participated in community education nights to learn the truth about Vaping and the marketing tactics used to encourage youth to use these devices.

RESPONDING TO CHANGING TRENDS

The Wellness & Prevention Center staff strives to be responsive to changing trends in unhealthy behaviors among youth. Vapes hit the market in the early 2000's, however it was the introduction of the JUUL that has particularly appealed to youth.

These devices were introduced in 2015 and have rapidly become a favorite among youth in middle and high schools. In response, the Wellness & Prevention Center adopted the Stanford University Tobacco Prevention Toolkit for use in parent and youth education sessions and in special lunch tutorials for youth caught with devices on the school campuses. The two schools with pilot projects were thankful to have a positive behavioral intervention implemented quickly, to help these youth make healthier choices.

"One reason JUUL and vape pens are so popular among teens currently might be that they can be used indoors without attracting unwanted attention or creating a stench. . . On Twitter, teens post about their usage in school. The most brazen of them fire up their e-cigarettes while their teachers' backs are turned," according to NPR, 2017.





2017/2018 SCHOOL YEAR

129 Students were referred to the Wellness & Prevention Center for services

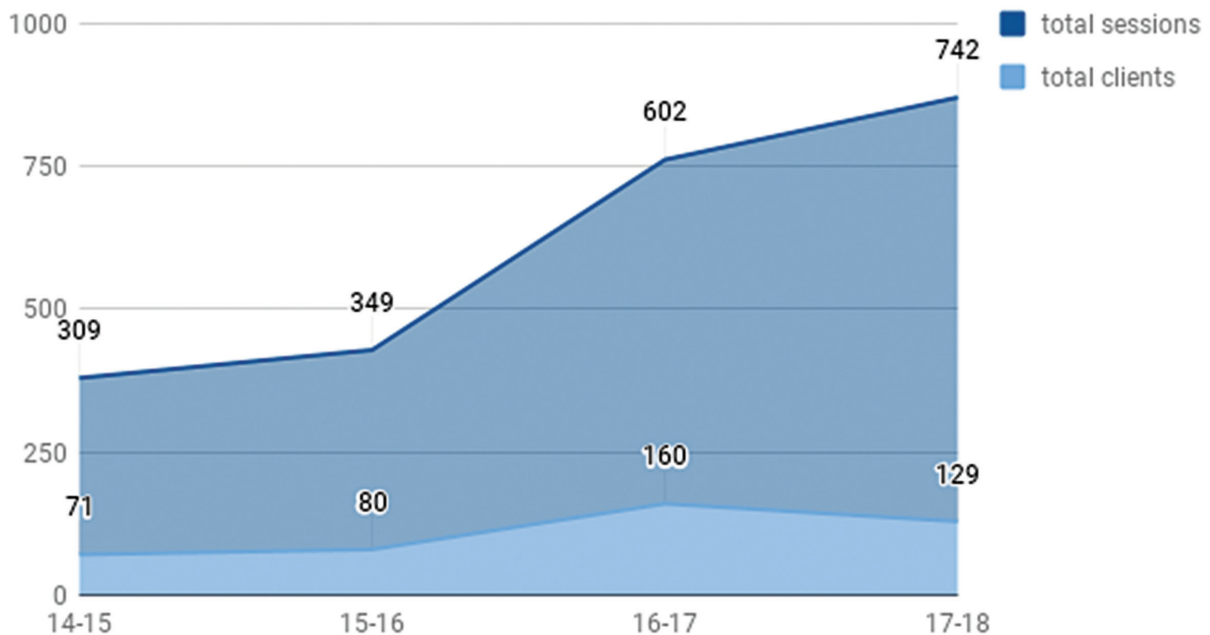
742 Individual and family mental health therapy sessions occurred

65 Referrals were made and completed to outside service providers

MENTAL HEALTH SERVICES

OF THE 67 YOUTH AND FAMILIES that received 6 or more sessions, seventy-five percent reported a significant reduction in symptoms. Twenty-five percent of these youth were referred to more intensive services and twenty percent followed up on these services. Twelve clients were referred to and engaged in intensive outpatient or inpatient services.

NUMBER OF CLIENTS & NUMBER OF SESSIONS



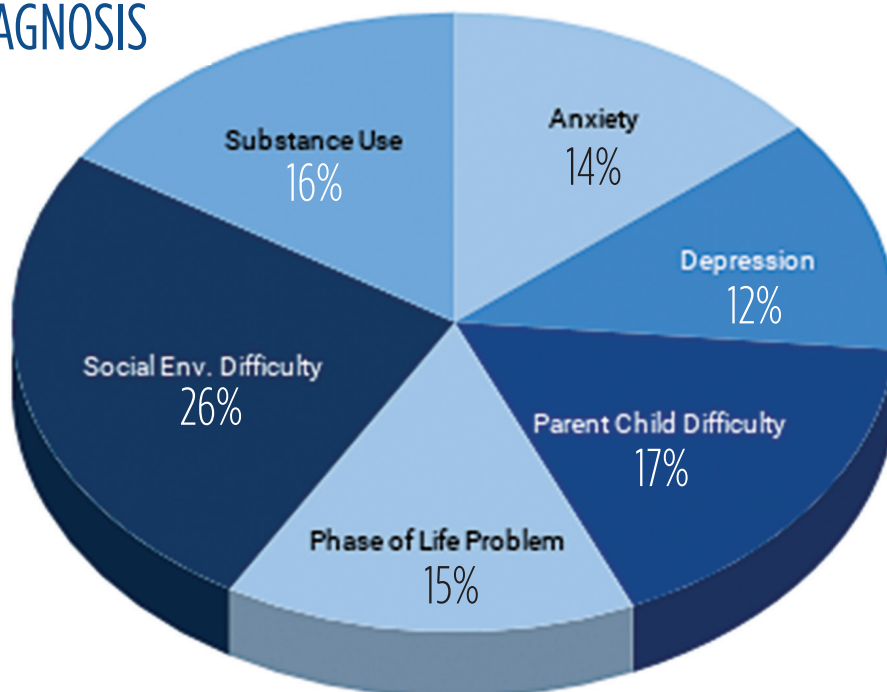
1 IN 5 TEENS age 13-18 experience a severe mental health disorder.

-National Institutes of Mental Health, 2015



WHILE MANY OF THE YOUTH REFERRED to the Wellness & Prevention Center for assessment were not suffering serious mental health symptoms, several were taken to local emergency rooms for further evaluation of suicidal symptoms and substance intoxication. During the school year, 129 students were referred to the Wellness & Prevention Center for substance abuse and/or mental health concerns. These students received 742 points of contact (sessions, consults, and parent calls) for individual care.

PRIMARY DIAGNOSIS



THE WELLNESS & PREVENTION CENTER MENTAL HEALTH PROFESSIONALS assessed and diagnosed students, but even more importantly, provided access to resources for students and families faced with social-emotional issues for supportive services, physical health evaluations and more intensive mental health treatment. Over a third of students and their families were referred to additional resources for treatment and support. Many parents were connected to resources for their youth outside of school through meetings or phone calls with staff therapists. Referrals are a valuable service that W&PC provides to the community.

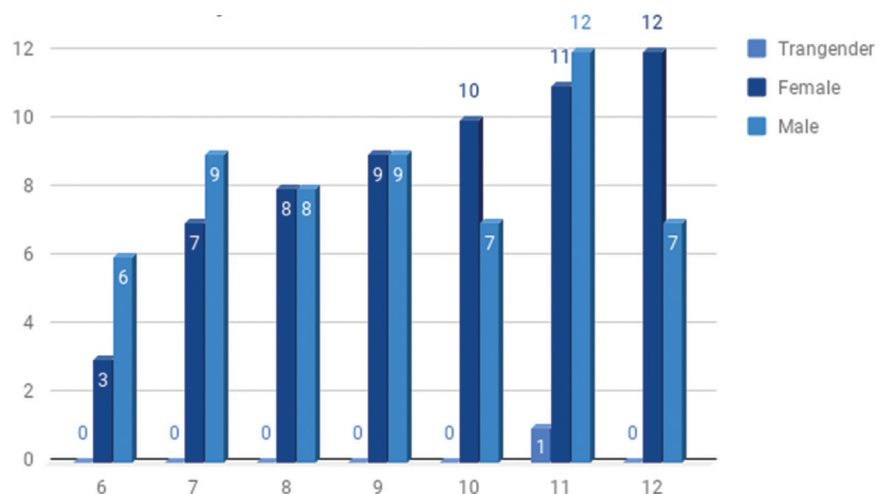
Rates of youth with severe depression increased from **5.9% IN 2012 TO 8.2% IN 2015**. Even with severe depression, 76% of youth are left with no or insufficient treatment.

-Mental Health America

CLIENT DEMOGRAPHICS

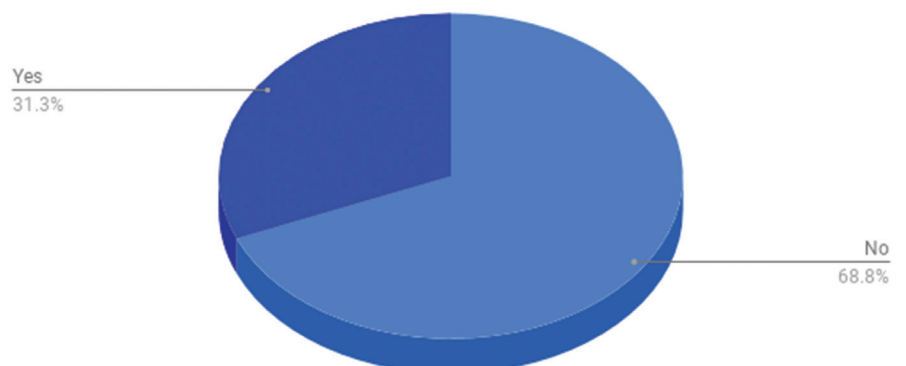
THE DEMOGRAPHICS of Wellness & Prevention Center clients closely matched the demographics of the City of San Clemente. Both San Clemente High School and Shorecliffs Middle School serve the youth of marines living on Camp Pendleton. This population has additional risk factors including parent deployments and frequent moves. The Wellness & Prevention Center will continue to provide special attention to these youth.

GENDER & GRADE OF CLIENT



THE MOST RECENT CENSUS reports almost 20% of the South Orange County population are Latino households. Many of these households have parents whose primary language is Spanish. The Wellness & Prevention Center provides community education in both Spanish and English to reach this community. In 2017-2018, we had a bi-lingual Spanish therapist intern and a bi-lingual Spanish community liaison.

LATINO CLIENTS



“After the **SHERIFF’S PRESENTATION** about vaping, I felt better equipped to discuss healthy choices with my child.”

-Parent of a seventh grade student, 2018

PUBLIC SERVICE CAMPAIGNS

THIS YEAR, the youth coalition was trained by W&PC and NCADD to conduct an environmental scan of off-sale alcohol establishments. Their goal was to determine if the store was following rules and regulations set forth by Alcohol and Beverage Control and ensuring that youth are not able to access alcohol. The youth looked for placement of the alcohol in the store, ad’s covering windows, loitering, and proper postage of signs, including “we ID” and licenses. The youth then presented their findings to City Council and encouraged City Council Member support of businesses that contribute to healthy communities and provide enforcement for those that do not.

COMMUNITY EDUCATION EVENTS

WELLNESS & PREVENTION COALITION

To promote societal change and awareness of underage and binge drinking, 25 high school students “improvised” a house party for 162 adults. The event was a collaborative effort with NCADD, and the OC Sheriff.

SUBSTANCE USE AND THE TEEN BRAIN

In an effort to help the community better understand the danger of illicit substances to teen brain development, Ray Lozano provided an interactive presentation. Ray, a former stand-up comedian, brought a unique perspective to an engaged audience. This presentation was in partnership with Mission Hospital.

COMMUNITY COLLABORATION

The Wellness & Prevention Center supports and promotes other community events that support our mission, including activities led by the Orange Sheriff’s Department and the National Council on Alcohol and Drug Dependence. Collaboration with the San Clemente High School Parent Teacher Student Association was recognized by the State PTA as one of five outstanding projects for the past school year. Our Community Prevention Director leads the Wellness & Prevention Coalition which meets monthly to bring all stakeholders together to promote successful prevention efforts.



The W&PC led youth coalition-surveyed community liquor stores to check compliance with state regulations. These youth then presented their findings at a San Clemente City Council Meeting.

9 OUT OF 10 people with the disease of addiction began using before the age of 18.
-the National Center on Addiction and Substance Abuse (CASA)



COMMUNITY PRESENTATIONS, STUDENT ASSEMBLIES, AND EDUCATIONAL ACTIVITIES increase youth and parent knowledge and contribute to healthier decision making. This year, numerous class room presentations were held with the intent of increasing the protective factors and healthy coping skills of our students and their families.

WHAT'S NEW IN 2018

GRADUATE SCHOOL INTERN TRAINING

The Wellness & Prevention Center Executive Director supervises several MSW interns throughout the year. These interns provide valuable services to our community, while training to be leaders in the field of Social Work and mental health therapy.

DFC GRANT AWARD

In September of 2017, the Wellness & Prevention Center was awarded a \$125,000 annual grant for a 5-year period to lead the Wellness & Prevention Coalition. This award comes from the White House Office of National Drug Control Policy and recognizes that communities are the experts on preventing substance use among their youth. This is a very competitive grant process and the W&PC was honored to be one of the 109 coalitions nationwide who were awarded the grant funding and one of only 5 new awards for California. The goal of the funding is to increase community collaboration in prevention efforts and reduce past 30-day alcohol and marijuana use among young people.

COMMUNITY SERVICES

In January of 2018 the Wellness & Prevention Center inaugurated community mental health services. Through this program anyone may participate in mental health therapy several afternoons each week. Wellness & Prevention Center Mental Health professionals have seen 12 community clinic clients for 40 sessions in fiscal year 18. Community wide education has increased to help lower the stigma, identify early symptoms, and prevent unhealthy coping.

2,140 adults and youth attended Red Ribbon week presentations.

350 youth pledged to stay drug and alcohol free during Red Ribbon Week.

450 students tied a red ribbon on their car door, reminding everyone that drinking and driving don't mix.

230 youth and adults attended Teen Toolbox presentations.

2,200 youth participated in events that encouraged healthy lifestyles.

YOUTH COALITION 17/18

THE YOUTH COALITION IN PARTNERSHIP WITH NCADD created a red ribbon pledge in which students pledged to live healthy lives free and drugs and alcohol. Students also were educated on the risks of using drugs and alcohol. 350 pledges were hung around the school library to display our students' commitment to healthy lifestyles.

The Youth Coalition joined the Downtown Business Association with

a booth at the Putting on the Glitz holiday street fair. Youth asked adults to tie red ribbons on their driver side doors to signify safe holiday driving.

The Youth Coalition partnered with Community Outreach Alliance to host a Superbowl Funday, providing an alcohol free event with activities to engage youth to examine how the alcohol industry markets their products.



COMMUNITY-WIDE STRATEGIES

THE WELLNESS & PREVENTION CENTER was founded by parents, community leaders, educators, and health professionals who recognized that substance abuse and untreated mental illness is taking an unnecessary toll on our families and our community.

Through the creation of a community coalition, the Wellness & Prevention Center implements community-wide strategies to improve wellness and healthy outcomes of young people.

This year, the following organizations participated in the coalition to help create positive community change:

Berince Ayre Middle School PTSA
BILY - Because I Love You San Clemente
Boys & Girls Club
Capistrano Unified School District
City of San Clemente
Community Outreach Alliance
Mission Hospital
National Council on Alcoholism and Drug Dependence (NCADD)
Orange County Department of Education

Orange County Health Care Agency
Orange County Sheriff
Our Lady of Fatima
Outlets at San Clemente
Picket Fence Media
San Clemente High School PTSA
San Clemente Junior Women's Club
Shorecliffs Middle School, PTA
Vista del Mar PTSA

HEALTHY YOUTH ACTIVITIES

THE SUCCESS OF THE PROGRAM relies on engaging and supporting youth to participate in activities that promote a healthy school climate. The Wellness & Prevention Center empowers youth to plan these activities and engage peers to join the coalition.

WELLNESS & PREVENTION COALITION

COLLABORATIONS ARE NECESSARY for the success of community-based coalitions. By engaging groups that are working toward a common goal meaning full partnerships can be formed that allow for higher-quality programming. Through these partnerships we can build a more connected and supportive community.

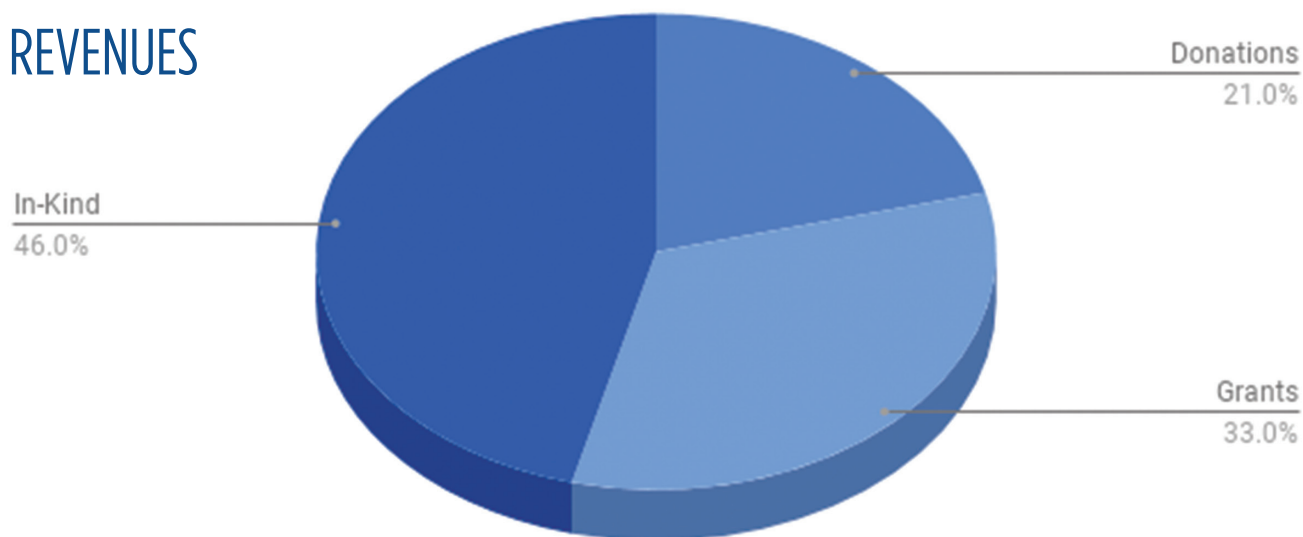
EVERY DOLLAR SPENT on prevention can save up to ten dollars in health-care and public safety costs.

-United Nations Office on Drugs and Crime Report, 2014

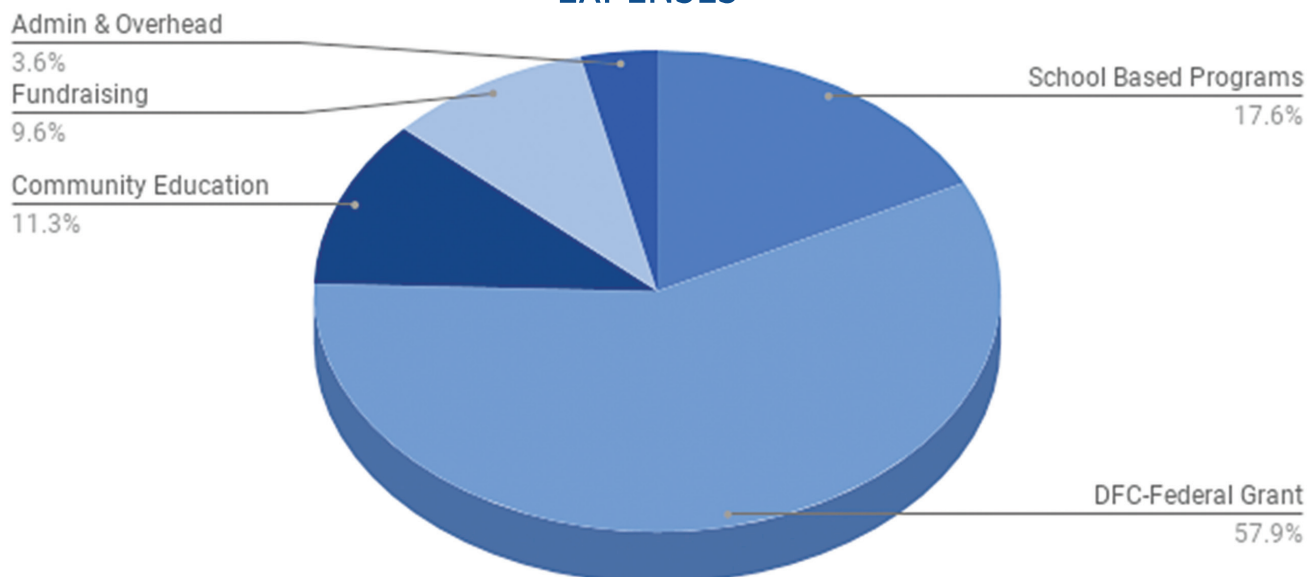
FUNDING

THE WELLNESS & PREVENTION CENTER, a 501 (3)(c) non-profit, raises funds via grants and individual and corporate donations. For the 2017/18 school year, the Wellness & Prevention Center secured funding from the White House Office of National Drug Control Policy, Newport Academy, San Clemente Junior Women's Club, the Orange County Community Foundation's Miracle Fund, Redmond Orthodontics, LTSPinc. Certified Public Accountants, Picket Fence Media, the City of San Clemente, Stance, Pam Roy, and William H. Carson. These funds were supplemented by generous donations from other private donors as well as in-kind donations, volunteer hours and professional services from other prevention agencies, individuals and corporations.

REVENUES



EXPENSES



By creating a culture of health and dispelling the myth that using drugs and alcohol is a harmless rite of passage, we are giving kids a **BRIGHTER FUTURE.**

– MARCI MEDNICK, PRESIDENT W&PC BOARD OF DIRECTORS

2017-2018 REVENUE & EXPENDITURES

REVENUE	CASH	IN-KIND	TOTAL	%
Individual Donations	67,587		67,587	21%
Orange County Community Foudation	7,500			
City of San Clemente	3,000			
Office of National Drug Control Policy	94,979			
Sister's of St. Joseph	8,000			
Total Grants			113,479	33%
Capistrano Unified School District		105,400		
Media Space - Picket Fence Media		4,320		
Professional Mental Health Services		45,130		
Community Prevention Education		1,200		
Total In-Kind			156,050	46%
TOTAL REVENUE	181,066	156,050	337,116	100%
EXPENDITURES	CASH	IN-KIND	TOTAL	%
School Based Programming	21,103	33,200	54,303	18%
DFC Expenses	85,637	93,404	179,041	58%
Community Education	9,925	24,946	34,871	11%
Fundraising	25,286	4,500	29,786	10%
Administration & Overhead	11,060	0	11,060	4%
TOTAL EXPENDITURES	153,011	156,050	309,061	100%

REVENUES & EXPENSES OVER 4 YEARS

REVENUES	14/15	15/16	16/17	17/18
Grants	22,390	77,700	88,590	113,479
Donations			37,431	67,587
In-Kind	20,672	35,650	47,800	156,050
Total Revenues	43,062	113,350	173,821	337,116
EXPENSES	14/15	15/16	16/17	17/18
Programs	41,224	97,162	163,958	268,215
Administration & Overhead	1,493	7,300	3,042	11,060
Fundraising		4,299	15,668	29,786
Total Expenses	42,717	108,761	182,668	309,061

THANK YOU

“Sophii helped our family learn how to handle conflict with our teens. Our home is so much more peaceful.”

-Katerina, San Clemente Parent

“Given the excellent track record of the Wellness & Prevention Center, it was a logical and important choice for City Council to support them... they make a positive difference for our children”

-Lori Donchak,
San Clemente City Council

“I had questions that I was not comfortable asking my parents. Molly helped me find answers and to learn how to talk about tricky subjects with my parents.”

-Ryan, San Clemente student

“The Wellness & Prevention Center is an invaluable partner with the Capistrano Unified School District.”

-Amy Hanacek,
President Board of Education

THANK YOU to all of our financial supporters and community partners for making these achievements possible. Long-standing community partnerships and support are the keys to the program’s success and to providing a community that cares and supports it’s youth.

