CVUSD
BreakThrough
Student Assistance Program

DAC Presentation February 9, 2021
Brenda Rachels and Rebecca (Stelmar) Cook
What is BreakThrough?

- Centralized program serving **ALL** CVUSD students
- Reasons for referrals
  - Suspensions for alcohol, marijuana, other drug use or violence (Board Policy 5144.1)
  - Concerned based referrals (i.e. attendance issues, mental health concerns, behavior problems, substance abuse etc.)
- Anyone can make a referral
- Brief Risk Reduction Interview and Intervention Model (BRRIIM)
- Referrals to school, district and community resources
- Office located at District Educational Center (DEC) on Janns Road
Parent/Guardian Workshops

Past Workshops

- Workshop Series began in 2016-2017 school year
- Goal: offer parents/guardians tools to add to their toolboxes
- Examples of past workshop topics: Anxiety, Connecting with your Teen, Social Media, Parenting with Humor, Vaping, Supporting Your LGBTQ+ Child, Parenting in a Pandemic, etc.

Upcoming Workshops

- Developmental Impact of Technology Workshop
  Tuesday, February 23, 2021 at 5:30
- Marijuana Workshop
  Date in March TBD

Please complete the survey shared in the DAC meeting invitation to provide feedback and suggestions for future workshops.
Tips for Supporting Your Child

- Manage your own anxiety
- Keep schedules
- Be creative about new activities and exercise
- Make plans
- Stay in touch with family and friends virtually
- Be thoughtful of how much information you share
- The path of least resistance
- Limit consumption of news
- Ask for help
Parent Self-Care

01 Have a good social support system
02 Happy Distractions
03 Take care of your body
CVUSD Mental Health Supports

- CVUSD Wellness Room
- Contact your child’s school counselor
- Request an appointment
- CVUSD Support Line (805) 494-9367 M-F 8:30 am - 4:00 pm
- CVUSD Social/Emotional Learning (SEL) and Mental Health Resources Webpage
THANK YOU!

Do you have any questions?

BreakThrough Office 805.241.0259
Brenda Rachels brachels@conejousd.org
Rebecca (Stelmar) Cook rstelmar@conejousd.org

CREDITS: This presentation template was created by Slidesgo, including icons by Flaticon, and infographics & images by Freepik
References