



**Community Outreach Committee  
Minutes  
October 21, 2020**

Those in attendance:

Navarro, Paola	Bilingual Facilitator, Acacia
Godinez, Cristal	Bilingual Facilitator, WHS
Alvarez, Ana	Outreach Program Specialist
Quezada, Belen	Outreach Assistant, Acacia
Zesati, Lydia	Outreach Assistant, Madrona
Flores, Lily	Outreach Assistant
Ramos, Francisco	Family Community & Equity Coordinator
Chopp, Kimberly	Counselor, Colina
Snider, Nathan	Counselor, Elementary
Martnes, Shannon	Counselor, Sequoia
Zasadil, Bill	Counselor, Redwood
Karamooz Michelle	Counselor, WHS
Stanziano, Susie	Senior Office Assistant I, English Learner Services

**Welcome:**

- Dr. Martinez welcomed the group and guest speakers.

**Guest Speaker:**

**Logrando Bienestar: Sandra Tovar, Program Administrator**

Contact Information: [sandra.tovar@ventura.org](mailto:sandra.tovar@ventura.org)

Logrando Bienestar is part of Ventura County Behavioral Health Department. It is an outreach and engagement prevention program that helps the Latino community understand the importance of mental health. Their goal is to give access to the health services to the community. It started in 2016 w/ Santa Paula & Oxnard school districts. Due to the great success, it has expanded throughout Ventura County. It is in the process of collaborating with Conejo Valley Unified School District. Everyone in its team is bilingual, empathetic, respectful, patient, culturally competent, trained, and are eager to follow up with people by building their client's trust. They let them know who they are and that they are there to help them and show them the type of services when needed.

Logrando Bienestar provides the following to the Community:

1. Education: Psychoeducational workshops, Presentations available to schools, worksites, Agricultural Farms, Community Based Organizations & Faith Based Organizations. Due to COVID 19, it is using virtual classes. Workshops are a series of five classes that help people understand signs and symptoms of physical emotional distress, Navigating mental health, anxiety, anger management, substance use services prevention.
2. Resources: Logrando Bienestar is the client's personal advocate. They ask if they need assistance to call, they have a list that is updated and current. They will provide transportation if needed.
3. Supports: Help their clients understand the mental health system like Medi-Cal; they do anything in their power to help them; Understanding the Levels of Care; How to get services with Insurance/Non-Insurance; Follow-up; Transportation (Due to COVID 19 this is not being offered right now). They go to the schools sites to explain the Referral process to the counselors. They show them how to fill out the form. In addition, they use Levels of Care to know the symptoms of what is happening. Depending where they fall in the impairment, it will show what they can do about it.

## **Westminster Free Clinic & Community Care Center: Lisa Safaeinily, MPH, Executive Director**

Contact Information: <http://westminsterclinic.org/>

Westminster Community Care Center is a private, non-profit community care center serving the working poor and uninsured of Ventura County. It also serves as a training site for high school students considering careers in healthcare.

It has accomplished the following during COVID 19:

- 100+ Patients receive health services weekly, 75+ Emergency dental visits provides, 60+ Patients receive mental health counseling weekly; 165+ High school students in training; 930+ Students receives school supplies; 400+ families (1,700 people) fed weekly; 20,000+ Pounds of food distributed each Wednesday; 2,200+ Facials masks distributed to community members;
- Majority people they serve are from TO & NP area. Mainly adults, parents from our students;
- The Clinic has always giving up fresh fruits. They used to give food to 100 families but now they are accommodating 400 families. Our population has a higher percentage of Diabetes so it is important to offer them healthy foods.
- Did a lot of in-person & they did telemedicine. They do Medical Health Counseling, Case Management, Diagnostic Tests, and Emergency Dental & Patient Visits all for free;
- Increase mental health specifically for parents because due to COVID 19 they are experiencing high levels of stress;
- It offers a 2 year internship program for students. The students become leaders in our community. Sixty seven percent of Teen interns are females. 46.8% Spanish & 53.2 % English;

Lisa shared a video showing the challenges to students due to COVID 19:

- o No Spanish Interpreters for parent
- o Printing is expensive
- o Technology classes for parents are needed

- o Hard to learn Online. Hard to focus because siblings can distract students at home
- o CANVAS – Need Tutorials for parents
- o Have 1/1 tutoring at a park
- o Explain grading system
- o Need Zoom classes for parents
- o Free Tutoring online for students is needed
- o District website is all in English so families have difficulty finding out the services that are being offered, e.g., Wi-Fi

All services in the Clinic are free. We pay for labs, medication, x-ray, etc.

At the end of the presentation, Lisa shared some success stories of former interns. Many of them had unstable housing/ economic situations. It shows that if we educators put the extra time in our students, they will put in the time and needed work to succeed.

**Adjourn:**

- Meeting adjourned at 10:30am

**Next Meeting:**

- Date: November 18, 2020
- Location: Zoom Teleconference
- 8:30-10:30am