



BreakThrough

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BreakThrough Approach



STRENGTHS-BASED

Focuses on student assets and potential



TRAUMA-INFORMED

Understands the impact of trauma on students



UNIFIED IMPACT

Helps students feel seen, safe, and supported

BreakThrough Student Assistance Program History

- Available to ANY family in the school district
- CVUSD Board Policy 5131 stipulates criteria for mandatory referrals
- Implemented in the 2012-2013 school year
- Three-year grant from Ventura County Behavioral Health
- Modeled after successful Student Assistance Programs

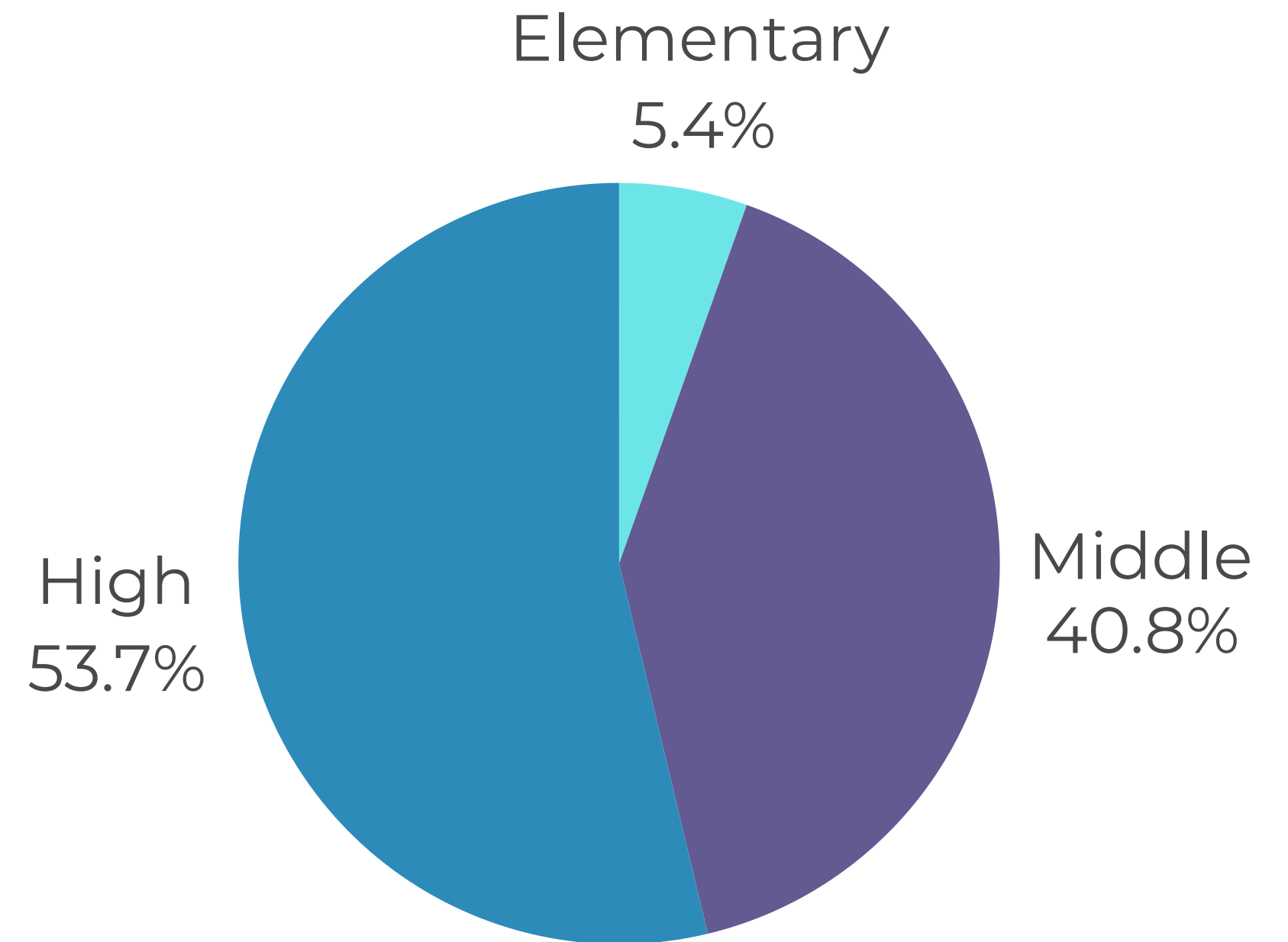
Brief Risk Reduction & Interview Intervention Model (BRRRIIM)

- Prevention/Intervention
- 90-minute Family Conference
- Strengths based/identify areas that need strengthening
- Collaborate on the Family Plan
- Identify school and community resources and supports for student and family

2024-2025 Data

Total BRRIMs	148
Total Insights	774
Total Check-ins	130

Referrals by Grade Level



Program Data

- Over **1600** students served since 2012.
- **6.7%** of students who participated in BreakThrough return to the program for the same reason.
- **91%** of students reported that as a result of participating in BreakThrough, they are able to *overcome peer pressure and not get involved in harmful activities.* *
- **90%** of students reported that as a result of participating in BreakThrough, they *know how to manage their feelings.* *
- **88%** of students who were referred for Alcohol, Cannabis and Other Drugs self-reported that they *reduced their use or stopped using completely* in the last 30 days. *

Bridge to Resources

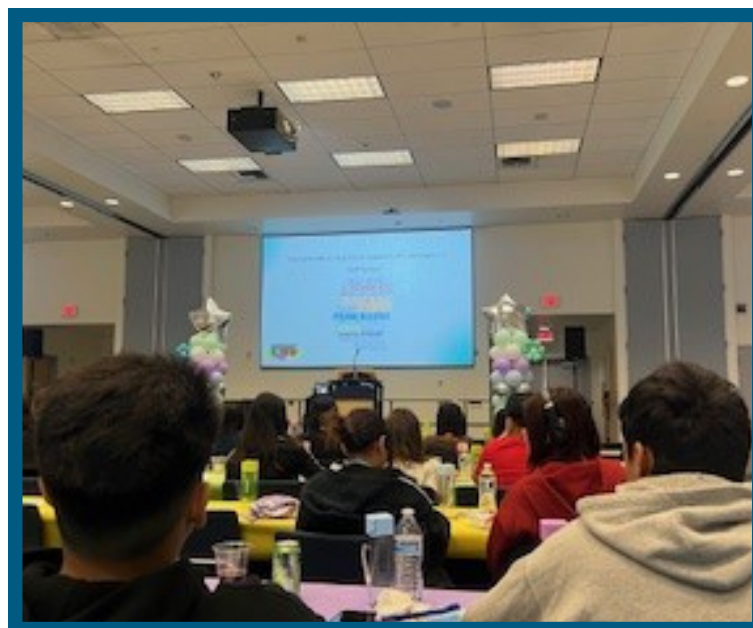
- CVUSD Wellness Services
- Ventura County Behavioral Health
- Gang Awareness Prevention (GAP)
- MANDO
- CLU Counseling
- Department Of Rehabilitation (DOR)
- Safe Passage
- Goodwill Youth Services
- Utility/ Rental Assistance
- Adelante & Food Share
- Conejo Closet & more

2024-2025 Parent/Guardian Workshops

Workshop Title	Month
Parenting Like a Pro	September
Navigating the Challenges: Substance Use Awareness	October
Resilience in Grief	November
Digital Safety: Tools and Tips	February
Building Bridges: Promoting Understanding and Respect	March
Reality Party	April
Vaping and Nicotine Use	April

Seekers

- A safe, supportive space for students to reflect and set goals.
- Monthly meetings sustain momentum for students who choose continued growth. These students often become peer leaders, setting positive examples.
- Focusing on identity, purpose, and connection reduces risk factors and increases protective factors, aligning with our broader mission of whole-child education.



Babies and Brunch

Designed to support and empower pregnant and parenting teens. The event included:

- A Guest Speaker
- Brunch & Beverages
- Resource Fair
 - Los Robles Hospital
 - Ventura County Public Health
 - Butterfly Center
 - Ventura County First Five
 - Moorpark College EOPS & CARE
- Mommy Bag filled with essential baby items



Recognitions

Ventura County Behavioral Health, Substance Use Services - Prevention recognized the CVUSD BreakThrough Student Assistance Program (SAP) as the SAP Regional Training Center for Ventura County.

Conejo Schools Foundation will be honoring the BreakThrough Student Assistance Program at their upcoming Soiree on October 4th, 2025.

Parent and Student BreakThrough Participants

Dalia Ortiz, Mother
David Ortiz, Student

THANK
YOU!