



2020 – 2021

School District Health Report



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Introduction

Creating a Healthy Beach Community

Beach Cities Health District (BCHD) has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. It offers an extensive range of dynamic health and wellness programs, with innovative services, facilities and partnerships to promote physical health, mental well-being and prevent diseases across the lifespan – from pre-natal and children to families and older adults.

BCHD partners with the Hermosa Beach City School District (HBCSD), Manhattan Beach Unified School District (MBUSD) and Redondo Beach Unified School District (RBUSD) to offer programs to increase physical activity, improve nutrition and promote social-emotional well-being. This summary report includes programmatic outcomes and measurable results from the 2020-21 school year. This report also includes best practices all three Beach Cities school districts have implemented across their respective districts to address the health and well-being of students, families and staff.

In 2005, BCHD created a data-driven strategic planning process to prioritize and outline funding and programmatic decisions. The strategic planning goals strive to measurably improve the health and well-being of Beach Cities residents. These goals have indicators unique to the demographics of youth, adults and older adults.



2019-2022 BCHD Health Priorities



Nutrition and Exercise

- Increase fruit and vegetable consumption
- Increase exercise participation
- Reduce percentage of children who are obese or overweight
- Reduce percentage of adults who are obese or overweight



Social-Emotional Health

- Increase stress management across the lifespan
- Decrease bullying
- Decrease suicidal ideation



Substance Use

- Reduce alcohol and drug consumption in youth
- Reduce vaping in youth
- Maintain low percentage of adult smokers



Cognitive Health

- Promote brain health across the lifespan
- Support the cognitively frail



Key Health Indicators

Beach Cities Health District collaborates with the three school districts in the Beach Cities to offer programs that increase physical activity, improve nutrition and promote social-emotional well-being. To determine the community health needs of school-aged youth in the Beach Cities, data from the California Healthy Kids Survey (CHKS) is aggregated across the three school districts. The key indicators of health are included below.

CHKS



Chronic Sadness/Hopelessness: Percentage of Beach Cities students who reported experiencing chronic sadness/hopelessness in the past 12 months

	2018	2019	2020
7th Grade	20%	23%	31%
9th Grade	29.5%	28%	39.5%
11th Grade	35%	40%	45%



Suicide: Percentage of Beach Cities 11th graders who reported seriously considering attempting suicide within the past 12 months

	2018	2019	2020
11th Grade	16%	18%	15.5%



Alcohol and Other Drugs: Percentage of Beach Cities students who reported using alcohol or drugs in the past 30 days

	2018	2019	2020
7th Grade	4%	3%	1%
9th Grade	24.5%	17%	9%
11th Grade	41.5%	37%	24.5%



Vaping: Percentage of Beach Cities students who reported using e-cigarettes or other vaping devices in the past 30 days

	2018	2019	2020
7th Grade	1.3%	1%	1%
9th Grade	13%	13%	3.5%
11th Grade	24.5%	25%	9.5%



Marijuana: Percentage of Beach Cities students who reported using marijuana in the past 30 days

	2018	2019	2020
9th Grade	11%	11%	3.5%
11th Grade	24%	24%	15.5%

** Due to COVID-19, CHKS data was unable to be collected in Spring 2020 in MBUSD and HBCSD. In order to account for this gap, survey data was collected twice throughout the 2020-2021 school year in these school districts. Data displayed as "2020" was collected in Spring 2020 (RBUUSD) and Fall 2020 (HBCSD and MBUSD), with data to be collected again in all three districts in Spring 2021.*

Panorama Education

Throughout the 2020-2021 school year, the Beach Cities school districts partnered with BCHD to survey students in grades 6-12 using Panorama Education (Panorama). Panorama helps schools and districts support student social-emotional learning with research-backed surveys and actionable data reports. Teachers and counselors can also deliver real-time social-emotional programming and interventions utilizing the Panorama Playbook.

The survey sample included three school districts, 17 schools and more than 6,300 students.

Students responded to questions about Diversity & Inclusion, Sense of Belonging and Mental Health (Self-Management, Positive Feelings, Emotion Regulation and Challenging Feelings) throughout the 2020-2021 school year.

Sense of Belonging



How connected do you feel to the adults at this school?

26%

responded favorably

Overall, how much do you feel you belong at your school?

58%

responded favorably

Diversity & Inclusion



How diverse, integrated, and fair school is for students from different races, ethnicities, or cultures?

80%

responded favorably

How fairly do students at your school treat people from different races, ethnicities, or cultures?

84%

responded favorably

How fairly do adults at your school treat people from different races, ethnicities or cultures?

89%

responded favorably

How often do you spend time at school with students from different races, ethnicities or cultures?

77%

responded favorably

Mental Health



How well students manage their emotions, thoughts, and behaviors in different situations?

79%

responded favorably

During the past 30 days, how often did you remain calm, even when someone was bothering you or saying bad things?

66%

responded favorably

How frequently students feel positive emotions?

62%

responded favorably

During the past week, how often did you feel loved?

72%

responded favorably

During the past week, how often did you feel safe?

56%

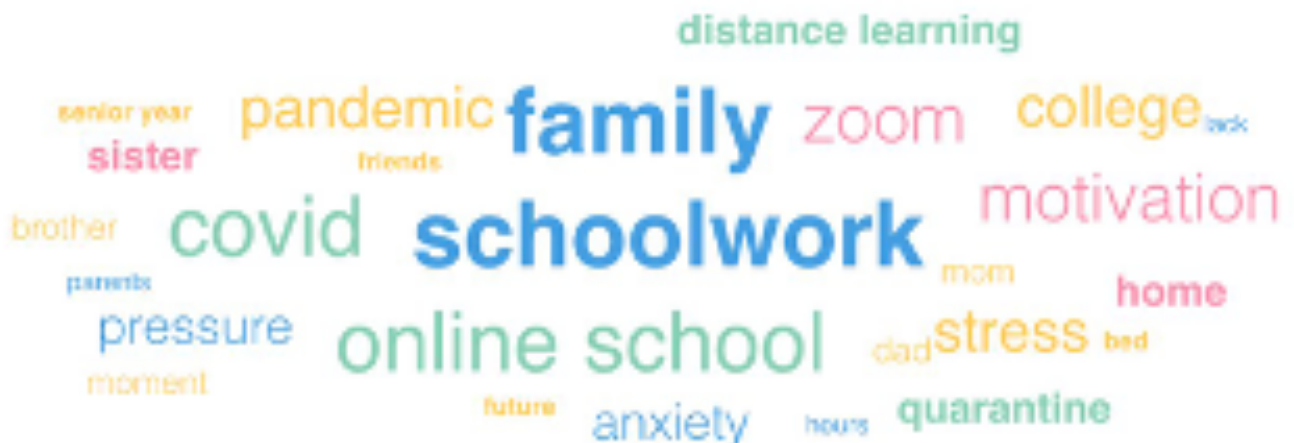
responded favorably

During the past week, how often did you feel hopeful?

51%

responded favorably

Thinking about everything in your life right now, what feels the hardest for you?





COVID-19 Response

BCHD works with local school districts to support student, staff and family health and well-being. To support the COVID-19 response during the 2020-21 school year, BCHD supported efforts by:

- Assisting in the health and safety protocols for return to campus including COVID-19 vaccinations, symptom assessment screening and testing
- Creating additional mental health and social-emotional wellness support for students, staff and families
- Adapting programs to assist with the distance learning environment, including LiveWell Kids Nutrition and Garden, 8-Minute Exercises, Brain Breaks and MindUP

Vaccine Clinics

BCHD was able to administer more than 5,000 vaccine doses for educators over the course of six weeks with more than 90% of educators returning for their second dose. This vaccination effort was carried out at our AdventurePlex facility (1701 Marine Avenue, Manhattan Beach) as well as through pop-up clinics at school sites across the South Bay. Along with the Los Angeles County Department of Public Health, BCHD created the South Bay Consortium for School Vaccines, comprised of 11 public school districts in the greater South Bay, in addition to the community network of independent and private schools and early childhood education providers.

When the expansion of COVID-19 vaccine eligibility to all Californians ages 16+ began April 15, and then students ages 12-15 in early May, BCHD began coordinating vaccine administration efforts targeting prioritized students and families. More than 6,000 doses were administered to youth ages 12-18 at AdventurePlex and at pop-up clinics at school sites.

As of July 16, 2021, 79% of Hermosa Beach residents, 81% of Manhattan Beach residents and 79% of Redondo Beach residents age 16+ had been vaccinated with at least one dose.

NUMBERS AT A GLANCE:

Total doses of Pfizer vaccine administered:	15,590
Total clinics:	43
Total pop-up clinics at schools:	14
Number of doses administered to school staff:	5,000
Number of doses administered to 12-18 year olds:	6,029
Percentage of educators and 12-18 year olds returning for their second dose:	90%
Vaccine education sessions for staff and school families:	16 events reaching 1,800 attendees



Testing Site

BCHD's COVID-19 testing site in Redondo Beach, held in partnership with the Los Angeles County Department of Health Services, administered a total of 155,684 tests since April 2020. BCHD also extended COVID-19 testing to local student-athletes, teachers and prom attendees.





School Health & Safety

Pennekamp Surface Swabbing Pilot

BCHD collaborated with MBUSD, Los Angeles County Department of Public Health, Los Angeles County Department of Health Services and UCLA Preventive Medicine to initiate a surface swabbing pilot project. BCHD coordinated sample collection and communication with Pennekamp Elementary School and subsequent actions for the study. The investigation aims to utilize the EnviralTech COVID-19 Surface Check Kit to collect samples from classrooms once a week to screen for the presence of COVID-19 viral particles on high-touch surfaces including desks and door handles. In an effort to decrease transmission risk and exposure, the study hopes to create a tool that can be used to prevent infection in children and school staff by identifying possible infections before symptoms occur. If this surface swabbing tool is effective, it could provide school communities early identification of SARS-CoV-2 (the virus that causes COVID-19) particles on school surfaces and potentially prevent the need for closure of classrooms or entire campuses. Nearly all students in the 10 participating classrooms performed self-administered weekly COVID-19 tests using Cue Health testing which provides rapid results, overseen by BCHD staff on campus.

Redondo Beach Unified School District Reopening Think Tank

From April 2020 through May 2021, RBUSD convened a Reopening Think Tank, comprised of school leaders, teachers and staff, school board members and community leaders from the PTA, Redondo Beach Education Foundation, City of Redondo Beach and BCHD. The Think Tank provided feedback throughout various stages of school reopening, prioritizing mental health and physical safety for all students and staff, analyzing research and models for reopening, discussing the implications of each

scenario, and planning for reopening through the lenses of: Instruction, Health & Safety, Social and Emotional Support Systems, Family and Community Engagement, and Operations, utilizing guidelines from the Los Angeles County Office of Education. Additionally, the Reopening Think Tank hosted a series of virtual Town Hall events for parents and school community members.

Hermosa View at Vista Opening

Hermosa Vista School, Hermosa Beach City School District's newest school, opened to students in April 2021. This school, a result of the Measure S bond passed in June 2016, is both the new and temporary home to Hermosa View School. Grades K-2 will continue at Vista and grades 3-8 will be housed at Hermosa Valley.

Hermosa Vista School is a reconstruction of the former North School and features a two-story administration/classroom/library building and a multipurpose building. The facilities are designed to be Zero Net Energy, with highly efficient mechanical, electric and plumbing (MEP) systems and extensive photovoltaic solar arrays on both buildings that will generate all of the electricity needed for the school.

Symptom Assessment Tool

To support the health and safety of students and staff at Beach Cities school districts, Beach Cities Health District partnered with Children's Hospital of Los Angeles to develop a Symptom Assessment Tool, which consists of a series of screening questions that students and staff have the option to complete through their mobile device upon entering school. Families have been encouraged to do daily temperature checks at home, so they are able to accurately answer the screening questions. In-person screening is also available for students and staff who are unable to access the screening tool through their mobile device by entering through the "ADDITIONAL SCREENING" line at the school entrance.



Symptom Assessment Tool



Select one / Seleccione uno :

Student over 18
Employee (English)
Empleado (Español)
Parent or Guardian of Student (English)
Parent or Guardian of Student (Español)

- El Segundo, Hawthorne, Hermosa Beach, Manhattan Beach Unified summer school (MBX), Palos Verdes, Redondo Beach, Santa Monica/Malibu and Torrance utilized the Symptom Assessment Tool during the 2020-21 school year
- For all schools combined, there were 356,860 total uses of the screener from 1/1/2021 through 6/30/21
- 276,512 (77%) were students and 80,352 (23%) were employees
- Of those, 349,813 (98%) indicated low risk of COVID exposure and 7,056 (2%) of the total screens resulted in a high-risk indication



Enhanced Mental Health Support

WorkWell

With the support of BCHD's Worksite Wellness program, the RBUSD program, "WorkWell LiveWell," completed its second year. BCHD's Worksite Wellness program supports employees' overall health and well-being using a comprehensive worksite wellness program model. The RBUSD pilot program was launched in August 2019 with three schools - Parras Middle, Beryl and Birney Elementary schools - and ran through the 2019-2020 school year.

To support all employees during COVID-19, the program expanded this past 2020-2021 school year to include all RBUSD schools and employees. The program concluded with 261 participants across all 13 schools and the District office. The 2020-2021 program included three wellness challenges and a health risk assessment. The first challenge focused on emotional well-being and self-care incorporating BCHD's Mental Health & Happiness Series. The second challenge focused on nutrition and exercise and offered virtual nutrition workshops, stretch breaks, yoga and fitness classes. The final challenge, focused on financial health, provided employees access to a financial education platform to build financial literacy.



School Well-Being Line

During COVID-19, BCHD launched a School Well-Being Line to provide enhanced mental health support and to help navigate questions related to health and safety at school. The School Well-Being Line offers information, support and referrals in the following areas for families and school staff:

- COVID-19 Vaccines & Testing
- COVID-19 Symptom Assessment Tool
- Substance Abuse
- Youth & Family Support
- Health-Related Resources
- Childcare Resources
- Mental Health
- Juvenile Diversion
- Food Support/Emergency Services
- Existing BCHD Programming (e.g., LiveWell Kids, Physical Activity)

Since the School Well-Being Line began operating in October 2020, BCHD received more than 1,300 calls from community members. More than half of these calls were COVID-19 related, fulfilling one of the School Well-Being Line's major goals of providing guidance and assistance to the community amidst a heightened time of health concern. The line will continue to provide its services in order to respond to evolving community needs. During the school year, BCHD's School Well-Being Line for School Families was available by calling 310-374-3426 and pressing option 2 on school days between 7:30 a.m. – 4 p.m. Summer hours for June 21 – August 13 are 9 a.m. – 1 p.m., Monday – Thursday. For more information, visit www.bchd.org/schoolwellbeingline.





Virtual Programs

Launched by BCHD in 2007, LiveWell Kids is a comprehensive school well-being program developed specifically for elementary school students (K-5). The program was originally created in response to a high rate of obesity at the time – 20% in 2007 – among Redondo Beach elementary school students. Following the implementation of the partnership between BCHD and RBUSD, the obesity rate has fallen to and remained at just 6.4%, while state and national averages continue to rise.

The two areas of focus for LiveWell Kids include nutrition and garden education. Traditionally, both components take place at school and are taught by trained parent volunteers who deliver lessons throughout the school year. However, due to COVID-19, volunteer participation was suspended for the 2020-2021 academic year. Instead, to go along with distance learning, BCHD converted select lessons into a virtual format for all elementary schools throughout the Beach Cities. The lesson packages include instructional videos, parent/caregiver handouts, student handouts with activities and visual aids.

LiveWell Kids Nutrition

For LiveWell Kids Nutrition, fun and interactive lessons are tailored to fit two age groups, Grades TK-2 and Grades 3-5, and are intended to help shape students' knowledge, skills, attitudes and behaviors about healthy foods and lifestyle. Each lesson is based on a thorough review of existing, evidence-based strategies that adheres to USDA Dietary Guidelines for Americans, 2020-2025 and California Health Education standards. Videos are available at www.bchd.org/schools-and-parents/nutrition-education.

Lesson 1: Mindful Eating Behaviors – The TK-2nd grade students learn about mindfulness, the five senses and how this relates to mindful eating. The 3rd-5th grade students learn more details about the differences between mindful and mindless eating, including portion control. All grades practice mindfulness by doing a food tasting together.

Lesson 2: Eating from the Rainbow

– The TK-2nd grade students learn about healthy eating choices by discovering the colorful variety of fruits and vegetables. The 3rd-5th grade students explore healthy eating choices by learning about the five food groups and their nutritional value, eating a balanced meal and eating at social gatherings.



Other LiveWell Kids Nutrition lessons that are part of the curriculum but not converted to video include Food Labels and Marketing, Water Consumption and Physical Activity. Videos are available at www.bchd.org/schools-and-parents/nutrition-education.

LiveWell Kids Garden

LiveWell Kids Garden featured two virtual lessons whose videos had more than 1,000 views. The Garden program's goals are to reduce the prevalence of obesity in children in grades K-5. Specifically, the garden portion of LiveWell Kids focuses on increasing knowledge of how food is grown and improving nutritional knowledge and healthy eating behaviors. Videos are available at www.bchd.org/schools-and-parents/garden-education.



Lesson 1: Understanding Plants – In this lesson, students learned the basic role of plants in our lives, as well as their structure, function and lifecycle. They learned that plants provide us with our habitat, and supply us with oxygen, nutrients, vitamins, minerals, fiber and water. They also learned that plants are the beginning of the food chain for all living organisms.

Lesson 2: Planting in the Cool Season – In this lesson, students learned how to prepare soil for planting cool season crops and understand proper seed planting procedure. They were able to pick up a student planting kit from their school to grow “mystery seeds” at home. Accompanying instructional materials guided them through the process of determining what they planted by providing clues. This project was designed to keep them engaged in caretaking and exploring their growing plant as they became “Plant Detectives” to solve the mystery of the unnamed seeds they planted. They were asked to submit a photo of their plant and guess its identity when they think they’ve figured it out. They were able to “meet” the Garden Coordinator to discuss the project and answer questions during a student Zoom session.

Other LiveWell Kids Garden lessons that are part of the curriculum but not converted to video include Soils and Composting, Harvesting and Planting Summer Crops.

MindUP

The MindUP program teaches children social, emotional and self-regulatory strategies and skills to enhance well-being, emotional balance and academic success. The lessons provide students with effective skills to become resilient, focused and mindful learners. Students will learn about the brain and how it functions, empowering students to make mindful choices that affect themselves and those around them.

MindUP consists of 15 lessons that are tailored to a child’s age group and developmental level. To go along with distance learning at home, BCHD converted all lessons into a video format. The videos are tailored to fit two age groups: Grades TK-2 and Grades 3-5. Accompanying handouts are included with each lesson plan. All materials can be found at www.bchd.org/mindup.



Teachers in Beach Cities elementary schools, as well as parents at home, used the videos and handouts to supplement the lessons being taught remotely during COVID-19. The total number of views for this program is more than 21,400 and growing.

Physical Activity

In support of the distance-learning environment, Beach Cities elementary school students are getting more physical activity in their day through the 8-Minute Exercise videos.

8-Minute Exercises are moderate workouts that can take place at any point in the virtual school day. The routines involve a variety of aerobic movements, dance moves and cardio exercises with instructions provided by our team of trained physical education teachers to guide students and provide motivation. There are 10 videos with nearly 7,000 views.

New for the 2020-21 school year, Beach Cities Health District created “Brain Breaks” in partnership with Redondo Beach Unified School District in an effort to strategically balance the virtual school day with opportunities to engage in short physical activity that activate the brain and leave students more focused and ready to learn. View the Brain Break videos at www.bchd.org/classroom-activity-breaks.



Parent Engagement

Families Connected Parent Chat

Families Connected Parent Chat is held on select Mondays and is a free support group led by a licensed professional from the Thelma McMillen Center at Torrance Memorial Medical Center, in partnership with South Bay Families Connected. This free support group is open to all parents. No registration is necessary.

The Families Connected Parent Chat continued virtually throughout the 2020-21 school year and will continue virtually throughout the 2021-2022 school year.

Families Connected Parent Advisory Group

In partnership with HBCSD, MBUSD and RBUSD, South Bay Families Connected and BCHD is helping parents and families connect with resources and opportunities to help kids to be healthy, happy and to thrive — in and out of school.

Role of the Parent Advisory Group:

1. Connect parents with resources, events and information
2. Communicate with parents at their school
3. Collaborate and provide feedback and suggestions from parents, teachers and counselors to the Families Connected Parent Advisory Group
4. Serve as a liaison between BCHD, PTA and each respective school site

The Families Connected Parent Advisory Group continued to meet virtually throughout the 2020-21 school year, with the members actively addressing real-time social-emotional, substance use and mental health-related concerns at their school sites.

More information, as well as a complete list of school representatives, can be found at www.bchd.org/familiesconnected.

Families Connected Speaker Series

The Families Connected Speaker Series was presented in partnership with BCHD, South Bay Families Connected, HBCSD, MBUSD and RBUSD. All Families Connected Speaker Series events throughout the 2020-21 school year were held virtually.

2020-21 Families Connected Speaker Series events included:



Practicing Resiliency with Your Family During COVID-19, presented by Dr. Kelly Greco

Resilience, or the ability of an individual to function competently in the face of adversity or distress, is an important protective factor for both adolescents and adults. COVID-19, with its continuing and lasting impacts, has presented many unprecedented and unique challenges for Beach Cities students and families. Families Connected Speaker Series keynote speaker Dr. Kelly Greco guided participants through a discussion for parents, caregivers and community members to learn how to utilize and teach life skills that help families cope and managing the stressors, loss, disappointments and unique challenges of life – with and without COVID-19.



Social Justice Parenting: Teaching Children to Leverage Privilege for Good, presented by Dr. Mimi Nartey

Dr. Mimi Nartey delivered strategies to empower parents to discuss social justice topics with their children, set intentions for themselves and their communities toward social justice outcomes, contextualize real and perceived social disadvantages responsibly and to leverage social privilege towards the manifestation of a better world.



The Whole-Brain Child: 12 Strategies to Nurture Your Child's Developing Mind, presented by Dr. Dan Siegel

In this seminar, Dr. Dan Siegel explored an exciting approach to raising children through engaging discussions, case examples and experiential immersions. Child development professionals, parents, grandparents, teachers and others who help children grow will find this learning experience filled with scientifically-based ideas and practical skills that can promote well-being in children's lives. By offering a definition of an important aspect of the mind and a core mechanism of mental health, the whole-brain child approach offers care providers the cutting edge art and science of child development.

More information and past recordings can be found at www.southbayfamiliesconnected.org.

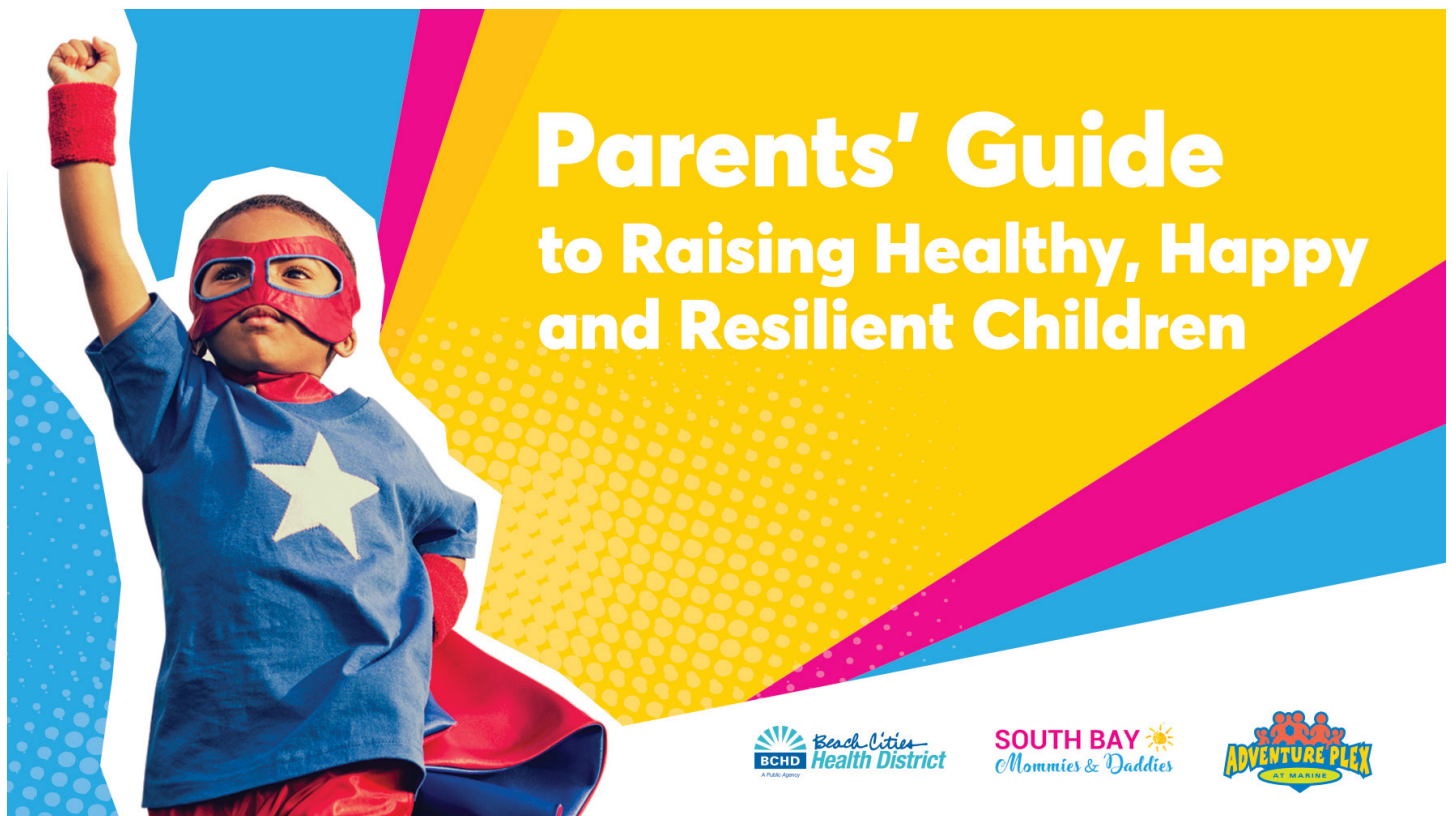
South Bay Mommies and Daddies

Parents' Guide to Raising Happy, Healthy and Resilient Children, presented in partnership with BCHD and South Bay Mommies and Daddies, is a five-part video series designed for parents of children ages 0-6. Topics range from Mindful Parenting, Establishing Healthy Sleeping Habits, Early Childhood Nutrition and Creating Structure & Fostering Responsibility. Each session featured subject-matter experts to approach each topic in an easy-to-digest manner for parents of young children.




2021 videos included:

- How to Support Young Children's Social-Emotional Health During a Pandemic
- Teaching Kindness at a Young Age
- The Importance of Good Sleep Hygiene for Children
- Practical Life Skills for Kids
- Simple Tips to Balancing Screen Time

More information and past recordings can be found at www.bchd.org/parentsguide and www.southbaymommiesanddaddies.com.



Parents' Guide to Raising Healthy, Happy and Resilient Children



Beach Cities Partnership for Youth Coalition

BCHD continues to collaborate with the Beach Cities community to achieve measurable outcomes in improving student mental health and well-being and reducing substance use. The Beach Cities Partnership for Youth is comprised of representatives from the following sectors: youth, parents, businesses, local elected officials, media, schools, youth-serving organizations, law enforcement, civic and volunteer groups and health care professionals.

The 2020-2021 Beach Cities Partnership for Youth Coalition meetings were held virtually on August 28, 2020 and January 21, 2021 due to the necessary physical distancing and safety practices during the pandemic.

August 28, 2020 Meeting Highlights:

In August, the Youth Advisory Council was featured in BCHD's "How to be a Health Leader" video and presented their Summer Engagement Workgroup campaign that focused on COVID-19 Health Priorities: handwashing, physical distancing, face coverings and staying home if sick.

Dr. Steven Adelsheim of Stanford University Center of Youth Mental Health & Wellbeing joined the meeting to provide an update on the status of allcove across the state and what's next for our partnership.

The first of its kind in the U.S., allcove is developing an innovative network of integrated youth mental health centers designed with, by and for youth that reduce stigma, embrace mental wellness, increase community connection and provide access to culturally-responsive services. BCHD is one of five new allcove grantees in California that were awarded funding to develop a center serving young people ages 12-25, providing a unique space for them to access to these services, with resources and support for friends, family and the larger community.

The full coalition also engaged in a community conversation about underage drinking and other substance use that was prompted by a series of polling questions. This was followed by a small breakout room dialogue hosted by members of the Student Mental Health Provider Taskforce.

January 21, 2021 Meeting Highlights:

At the January meeting, the Beach Cities Partnership for Youth Coalition continued its efforts in raising awareness of local substance use concerns by featuring “Prescription Drugs and Opioids: What Beach Cities Students and Parents Need to Know,” co-produced by Beach Cities Health District and South Bay Families Connected with the objective of providing valuable information from a variety of perspectives for both students and parents. This was paired with the presentation of the Youth Advisory Council’s PhotoVoice project, “Youth Perspectives of Alcohol Use in the Beach Cities.” This presentation was followed by an insightful Q&A discussion with the entire coalition and select members of the council’s student leadership team.

Most of the attendees were active members of five stakeholder groups— Youth Advisory Council, Parent Advisory Group, School Advisory Board, Student Mental Health Provider Task Force and Community Workgroup — that BCHD convenes on an ongoing basis to address concerns in the community. Each of the committees reported on their accomplishments to date and brainstormed within and across sectors to set priorities.

The Community Action Plan for Student Mental Health & Substance Use Prevention outlines key programs, partnerships and policies that address BCHD’s key health indicators. BCHD is just one of more than 200 local partners in the Beach Cities Partnership for Youth Coalition that are collaborating to achieve measurable outcomes.

Goals of the Community Action Plan:

- Decrease prevalence of alcohol, tobacco and other drug use in teens
- Decrease stress and bullying and improve social-emotional well-being of youth
- Increase number of parents having conversations with their children about alcohol and drugs, social media, mental health and bullying

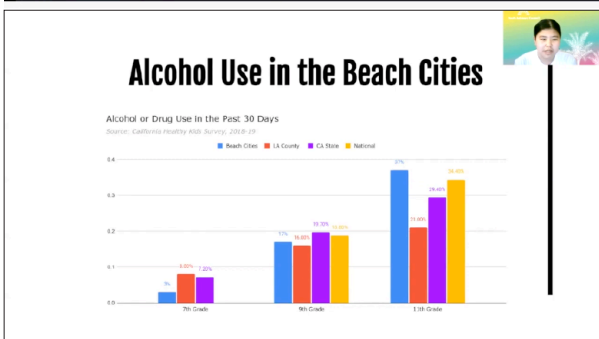
PhotoVoice

In November 2020, students of the Youth Advisory Council produced a PhotoVoice campaign addressing youth alcohol use in the Beach Cities entitled “Youth Perspectives of Alcohol Use in the Beach Cities.” The goal for this project was to highlight the youth point of view on this local condition and to project their voices on issues that impact the well-being of their local community. Students compiled photos, testimonials from peers, statistics and relevant research on the topic of alcohol use to develop a robust virtual presentation explaining how the home environment and accessibility have been large contributors to widespread alcohol use in the Beach Cities. The students also proposed several solutions and strategies they believe can help mitigate this issue. In total, the students spent about 100 hours preparing for this project to be presented and shared with the community.

Students additionally had the opportunity to promote this campaign and engage audiences in other community spaces such as the Mothers Against Drunk Driving (MADD) PowerTalk21 event, the Los Angeles County Office of Education (LACOE) Annual Youth Conference and the Redondo Beach Youth Commission meeting.

During the Beach Cities Partnership for Youth Coalition meeting held in January 2021, the PhotoVoice presentation was featured to an audience comprised of parents, school administrators and staff, mental health providers, law enforcement and elected officials from each of the three Beach Cities. This was followed with a Q&A session with select Youth Advisory Council student leaders and attendees, who engaged in breakout discussions and provided feedback on the students' solutions and potential strategies on addressing alcohol use. Here are some highlighted suggestions from those sessions:

- Focus on wellness and health; that will lead to good decision-making.
- Give students tools on what to do when offered substances.
- Parents need to hear from students and may not realize how their behavior in the home environment affects youth.
- Help older volunteers understand how to engage with youth programs.
- Support parents through adapting and transitioning their parenting to match the emerging adolescent developmental stage of their children shifting into middle school.
- Develop a response campaign to counter existing social media to promote positive messaging.



WHAT TEENS SAY...

Student: "I am the girl who went from being sweet and shy to a borderline alcoholic with a nicotine addiction."

8th Grader: "I love alcohol. I love the way it burns my throat. I love the way it feels to be drunk. Happy things feel so heightened when I'm drunk. All of my depression and stress disappears. It's an effective escape."

Student: "Alcohol is the only thing getting me through each school day since online school started."

12th Grader: "[It's] fun, and my parents do it so why shouldn't I?"

Juvenile Diversion Project

In 2020, a consortium was established to create the Beach Cities Juvenile Diversion Project – a collaboration between local law enforcement, school districts and BCHD.

The Beach Cities Juvenile Diversion Project is a pre-arrest intervention. When a youth makes contact with law enforcement, school resource officer or school administrator after an infraction, code violation, misdemeanor or felony, they may be diverted to prevent further justice system involvement. Juvenile Diversion Project staff conducts intake assessment, develops individual diversion and development plans and links youth to services which may include:

- Drug and alcohol treatment
- Mental health counseling
- Enrichment activities
- Trauma-responsive preventive services
- Credible mentorship
- Family engagement and support
- Empathy-based community service

For more information, visit www.bchd.org/juvenilediversion.



Healthy Schools Grants

The purpose of the Healthy Schools Grant is to support and encourage schools to implement health and wellness practices. Healthy Schools Grant guidelines can be adapted for each school's strengths and areas for improvement to achieve sustainable, short-term and long-term success. Upon completion of Healthy Schools Grant deliverables, each school is eligible to receive \$3,000 of BCHD funding. Beach Cities schools have continued to adapt throughout the 2020-21 school year, with many schools increasing family engagement and social-emotional learning efforts. Below is a summary of the efforts of our Beach Cities schools by district.

Hermosa Beach City School District

All students - Digital Citizenship lessons to promote safety online (K-3rd)
Weekly lunchtime Friendship Groups and grade level lunchtime via Zoom (K-3rd)
Observation of Bullying Prevention Month, Mental Health Awareness Month and Kindness Week
Weekly social-emotional learning lessons for all distance learning and in-person classes (K-3rd)
Weekly Parent Support and Connection Meetings (K-3rd)
Monthly social-emotional learning committee meetings (4th-8th)
Panorama Education Survey & presentation on data results to staff, students and stakeholders (4th-8th)
Second Step Lessons (6th-8th)
Individual Counseling and Coffee with the Counselor
Care Solace Referrals

Manhattan Beach Unified School District

Implemented Panorama Education for students in grades 6-12
Continued to develop a Climate of Care with the Social-Emotional Learning
Equity, Diversity, Social Justice and Inclusion efforts across all MBUSD schools
Substance Use and Prevention assemblies at Mira Costa High School
Mindful Messages from Student Council
Virtual Running Club across elementary schools
Hosted "Coffee Talks" with elementary school principals
Hosted "Wellness Wednesdays" across all schools

Redondo Beach Unified School District

Designated social-emotional learning time
Implementation of a Multi-Tiered System of Support (MTSS) to identify and re-engage learners
Implementation of Positive Behavior Interventions and Support (PBIS) at all secondary schools
Enhanced virtual risk assessment protocols

Redondo Beach Unified School District

Implemented an employee wellness program
Provided students, staff and families with up-to-date mental health resources on a regular basis
Provided trauma-informed self-care and SEL training to staff via district counseling staff
RBUSD counselors also created weekly "Parents as Teachers" videos providing families with practical strategies to use in the home to further develop their child's SEL and mental health
RBUSD created a "SEL at Home" webpage filled with resources and support for families of students in all grades
Implementation of the California Healthy Kids Survey
Hosted virtual spirit weeks, assemblies and student recognition
Hosted Mindful Mondays at elementary school sites
Implemented virtual "No One Eats Alone" at secondary schools
Hosted virtual Tobacco Prevention lessons for middle school students
Hosted virtual Parent Coffee Chats and Parent Education events

BCHD provides funding to public and non-profit agencies to promote health and wellness in the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Funding is awarded to organizations that provide health-related services and are distributed based upon evidence of program effectiveness, existing need and alignment with BCHD health priorities.

The following funding was provided to Hermosa Beach City School District in 2020-21:

Hermosa Beach City School District	\$94,091
Hermosa Beach City School District – Principal's Fund Grant	\$6,000
Palos Verdes School Gardens (Hermosa Valley School)	\$9,000
TOTAL	\$109,091

The following funding was provided to Manhattan Beach Unified School District in 2020-21:

Manhattan Beach Unified School District	\$189,520
Manhattan Beach Unified School District – Principal's Fund Grant	\$21,000
TOTAL	\$210,520

The following funding was provided to Redondo Beach Unified School District in 2020-21:

Redondo Beach Unified School District	\$361,091
Redondo Beach Unified School District – Principal's Fund Grant	\$36,000
Redondo Beach Unified School District - SARB	\$14,892
TOTAL	\$411,983

The following funding was provided to South Bay Families Connected to fund programs across all Beach Cities school districts: **\$40,000**



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