Publicity Outreach

- **Rancho Simi Recreation and Park District’s Reporter**
  - Informational and seasonal programming guide.
  - Course offerings, sports, fitness programs, trainings, workshops, and more - engage the community in healthy choices and lifestyles.
  - Periodically provides a directory of local agencies and organizations.

- **Drugs Destroy Tri-Fold Brochure**
  - Contacts for local organizations that provide aid to those in need arising from drug/alcohol use.
  - Distributed via Park Rangers, at the District Lobby and Community Center, on the website, and via local organizations.

- **Community Links on our website**
  - Informational base for District programs, links to Publications and Resources and announcements for upcoming events.
Health and Wellness: Mental Health First Aid

- Mental Health First Aid Training
  - Over 580 participants graduated since the collaboration!
  - Training provides a 5-step method to assisting someone with a mental health crisis.
  - Training is provided by Ventura County Behavioral Health through Prevention and Early Intervention funding made possible by Proposition 63 and Rancho Simi Recreation and Park District.
  - County and local resources distributed to attendees.
  - Currently on hold due to funding, but hopeful that July budgets will restore the trainings here in Simi Valley.

- Youth Mental Health First Aid Training
  - Over 130 citizens have been trained in the last two years
  - Equips participant with the ability to assist a youth, aged 12-18.
Health and Wellness: Parenting Seminars

- Collaboration with Interface Children and Family Services & the Triple P Program
- FREE parenting seminars
- Parents can enroll in the series, individual seminars or small group sessions
- Seminar series for parents and caregivers of youth ages birth - 12 years includes:
  - The Power of Positive Parenting
  - Raising Confident, Competent Children
  - Raising Resilient Children
Health and Wellness: safeTALK Training

- Training seeks to help individuals identify and engage people with suicidal thoughts and connect them with further help.
- Provided by Ventura County Office of Education
- Event hosted by Simi Valley Youth Council, Simi Valley Public Library, and Rancho Simi Recreation and Park District
Prevention/Early Intervention: Reality Party for Parents

- On March 5, 2016
- Collaboration with Straight Up Ventura County, Simi Valley Unified School District, and the Simi Valley Police Department
- Mock teen party theatre with teen actors that strive to expose underage drinking, binge drinking and drug culture.
- Parents, agencies, caregivers and concerned community members tour a home set up to demonstrate a typical teen party and are educated on the typical behaviors and dangers.
- The outcome hopes to raise awareness, reduce incidence, increase communication between youth and their families
- Resources provided to the attendees.
Prevention Program: Eat, Learn, Play

- Eat, Learn, Play (2015 and 2016)
  - Held at Rancho Simi Community Park
  - Collaborative program
  - Park District: Provides fitness and arts
  - The School District: Provides lunch (June-July)
  - Food Share: Provides groceries for families
  - Library: Provides literacy and music
  - Community Guests invited to participate
Prevention: Opportunities for Teens

- **Classes:** Anime, Martial Arts, Babysitter Training, CPR/First Aid, Drone Extreme, Dance Classes, College and Career Workshops, Crafting Nights, more.
- **Events:** Teen Night Outs and Excursions: Bowling, Lazertag, Escape Room, Six Flags, Movie Nights
- **Teen Clubs: After School at all Middle Schools:** Provides mentorship opportunities, leadership building, homework help, network building
- **Summer Camp:** Teen Travel Camp provides social connections, travel opportunities and more.
- **Volunteer:** skill building, socialize, community involvement.
- **Intergenerational Programming:** Teens assist seniors with technology devices.
- **Employment:** hire youth year-round, annual Job Fair.
Events for Teens and Adults

- Support to Directing Change Campaign:
  - During Suicide Prevention Month (September)
  - Collaboration with City of Simi Valley and Simi Valley Public Library
  - Event encourages Simi Valley residents to submit videos on mental health awareness, cultural diversity and suicide prevention.

- Stop Bullying Informational Event:
  - Teens and Adults were invited
  - Separate teen discussion hosted by SVUSD, Adult presentation was a panel from SVUSD, SVPD and VC Behavioral Health

- Rancho Simi Recreation and Park District is working with the high school Interact and Key Club teens & community organizations on the 2nd annual FAYM event.