The Park District continued to distribute its tri-fold flyer containing telephone numbers and web-site addresses for various organizations that provide aid to those in need arising from drug and/or alcohol use. These flyers are available to the public in the District’s Lobby, are posted on the District’s web site, and have been provided to members of Not One More for distribution. The Park District’s Park Rangers are also distributing these flyers, and Park District staff will work to increase the distribution of these flyers in other venues.

The Park District’s Fall 2013 activity brochures which are mailed to all residents in the communities of Simi Valley, Oak Park and parts of unincorporated Ventura County include brief articles about drug and alcohol abuse and resource listings for those seeking or needing assistance.

Park District staff attended and assisted in the hosting of the Reality Party for Parents in June 2013. This was a mock teen party “theater” that parents could tour and then participate in the debriefing session during which time they were able to ask questions, gain resources, etc.

In partnership with Ventura County Behavioral Health and the Community Coalition United the Park District has continued to offer the Mental Health First Aid USA training. The course was held during this reporting period in the month of August, the June session was canceled due to low enrollment. Interest for this important program dropped a bit during the Summer and so the Park District ran paid ads and issued a press release which was picked up and reported on by the Ventura County Star in August 2013. These helped generate interest in the program and helped continue its momentum. This free twelve hour course is now advertised as being offered this September, October, November and December of 2013. Positive Support for Parents is advertised as being offered in September and October 2013, for a $5 family commitment charge.

The following items were advertised on the District’s web-site, on the Drugs Destroy pages and on the upcoming events pages (where applicable):
Mental Health First Aid USA, offered by Ventura Co. Behavioral Health

Supporting Father Involvement, offered by Interface

Ventura Co. Reentry Summit 2013, offered by Interface

Suicide Prevention Week, offered by Simi Valley Public Library and others

Empowered, offered by City of Thousand Oaks and others

Professional Development Seminar, offered by Ventura Co. Behavioral Health

Tobacco Free 2013, offered by Ventura Co. Public Health

The Parent Project, offered by City of Thousand Oaks Police Department

Ventura County’s Drug Abuse Summit, offered by Ventura Co. Behavioral Health

KeepSafe Connections

The Park District continues to offer employment and volunteer opportunities as well as niche recreation programs such as Anime, Girl’s Night Out, Guy’s Night Out, Teen Excursions (Anime conventions, MB2 Raceway, Santa Anita Mall), Teen Travel Camp (offered M-F during the Summer), Aquatics and Youth Sports Camps, Academic Enrichment Camps and Babysitter Training classes. These opportunities are intended to reach various segments of the community in positive ways.

An on-campus Drive-in Movie for Teens has been scheduled for October 2013 in partnership with the Park District, Youth Council, Leadership and Simi Valley High School.

Various active recreation and community events continue to be offered, including Family Game Night, Snowfest, volleyball and more.

The District’s web page visit counter on the Drugs Destroy page reflected 1,371 visits as of September 10, 2013. The counter reflected 1,260 visits as of May 29, 2013, which means only 111 additional people visited these pages during the months of June, July, August, and part of September.
ARTICLE REGARDING DRUGS AND AVAILABLE RESOURCES IN PARK DISTRICT'S FALL 2013 REPORTER BROCHURE

[SIMILAR ARTICLE ALSO RUN IN OAK PARK RECREATION AND PARK NEWS]
NEW IN SIMI VALLEY!

Park Ranger Bike Patrol
HELP IS A PHONE CALL AWAY

Not too long ago it became increasingly clear that heroin use was on the rise in many parts of the country, including Ventura County. As overdoses and deaths increased, families stepped forward and urged the Community Partners to do something to stop the devastation. A task force was formed and developed responsive strategies for implementation. Throughout the proceedings it became clear that drug and alcohol abuse have profound negative consequences for users and also for their family, friends and fellow community members. It also became clear that people abuse drugs for different reasons.

The community of Simi Valley is a special place. Yet, we can all experience difficult times. When we do, it's important for us to remember that there are many people that can and want to help. There's help for drug and alcohol abuse, mental illness, depression, heroin use, family violence and more.

DRUGS AND ALCOHOL WILL DESTROY YOUR LIFE AND THE LIVES OF YOUR FAMILY AND FRIENDS. GET HELP NOW; LIFE IS TOO PRECIOUS TO LOSE.

Resources For Yourself and Your Family

You may pick up a brochure with this information to share with others at the Rancho Simi Recreation and Park District office, 1692 Sycamore Drive, Simi Valley, main lobby, door A-2. Multiple brochures for your business location may be obtained by contacting colleen@rsrpd.us.

2-1-1 Ventura County Resources ............................................. www.211ventura.org ............................................. 800-339-9597

Action Family Services
Mental Illness or Chemical Dependency ..................................... www.actionfamilycounseling.com ..................................... 805-584-3258/800-367-8336
Alcoholics Anonymous ......................................................... www.aaventuracounty.org ......................................................... 805-522-1300/800-990-7750
Heroin.net ............................................................................. www.heroin.net ............................................................................. 877-895-0746
Narcotics Anonymous ............................................................... www.simifamilygroup.com; www.nar-anon.org ............................................. 888-672-9318/818-773-9999
Ventura County Behavioral Health, Alcohol & Drug Programs ............................................. www.venturacountylimits.org ............................................. 805-577-1724
Simi Valley Free Clinic & Services ........................................... www.freecliniccsv.com ............................................. 805-522-3733
Tarzana Treatment Center ...................................................... www.tarzanatc.org ............................................. 800-996-1051
Prototype Women’s Center ...................................................... 805-382-6296/805-832-2995
New Start for Moms Drug & Alcohol........................................... 805-981-9250
Aegis Methadone Clinic .......................................................... 805-522-1844
Drug Free.org ........................................................................ www.drugfree.org .......................................................... 855-378-4373
Suicide Prevention Line and Referrals ........................................ www.suicidepreventionlifeline.org ............................................. 800-273-8255/800-662-4357
Intervention Institute ............................................................. 805-379-3611
Wellness Every Day ............................................................... www.wellnesseveryday.org/resources
Interface Family Services ......................................................... www.icfs.org .......................................................... 805-485-6114
Heroin Kills ........................................................................ www.heroinkills.org
Samaritan Center of Simi Valley ................................................ www.thesamaritancenterofsimivalley.org ............................................. 805-579-9166
Community Pregnancy Clinic ................................................... 805-583-3590
Ventura County Child Protective Services ............................................. 805-654-3200
Treatment Center Hotline ......................................................... 877-822-7504
Ca. Dept. of Alcohol & Drug Programs ........................................ www.adp.state.ca.us .......................................................... 800-879-2772
A Light of Hope ........................................................................ www.alightofhopescsv.org ............................................. 661-513-4325
Not One More ........................................................................ www.notonemore.net .......................................................... 805-242-6662

COMMUNITY PARTNERS
Rancho Simi Recreation & Park District • City of Simi Valley
Simi Valley Unified School District • Simi Valley Chamber of Commerce • Not One More
MENTAL HEALTH FIRST AID
USA
Age 18+
This program is being offered by Ventura County Behavioral Health as part of the Prevention and Early Intervention effort through Mental Health Services (MHS) dollars. A free 12-hour certification course to help our community better understand mental health and respond to emergencies. It is far more likely that most people will encounter an “emotional emergency” (distress, panic, substance abuse) than a heart attack or stroke. Those who take the course learn a tested 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social and self-help care. (More details MentalHealthFirstAid.org and online registration available at www.rsrd.org)

31172  1 Tu & 1 W  9:00-4:00 p  9/17 & 9/18
31173  1 W & 1 Th  9:00-4:00 p  10/9 & 10/10
31174  1 Tu & 1 W  9:00-4:00 p  11/6 & 11/7
31175  1 Tu & 1 W  9:00-4:00 p  12/10 & 12/11

Location: SDCC, Room MP
October classes will be held at 4200 Township Ave.
*Must attend all 12-hours to receive a certificate of completion.
Participants are encouraged to bring their lunch daily to eat onsite.

POSITIVE SUPPORT FOR PARENTS
Adult
Parenthood can be rewarding, enjoyable, and enlightening. It can also be demanding, frustrating and exhausting. Parenting is the toughest job around, yet most parents do not get training and learn through trial and error. Join the Triple P Program in a supportive learning environment with other parents. Parents/caregivers will learn how to build a better relationship with their child/children, create a positive environment, manage common behavior problems, and reduce stress. Parents will discuss and share their ideas and experiences and receive practical information that can be incorporated into everyday interactions and situations. Open to parents with children ages zero to 12.

31176  7 Tu  6:30-8:30 p  9/10-10/22
31177  7 Tu  6:30-8:30 p  10/29-12/10
*$5/family
*Spaces limited, pre-registration required.
Location: SDCC, C-1

HOME OWNERSHIP
Adult
Understanding the Process of with Dedre Hoyt
In two hours, explore one of life’s most important processes of buying your own home or investment. Workshop will cover short sales, foreclosures, bank owned, first-time buyers programs escrow, lending, inspections, taxes and more. Together we will answer your questions and increase your understanding.

31170  1 W  7:00-9:00 p  9/18
Location: SDCC, Recreation Room
31171  1 Sa  7:00-9:00 p  10/19
Location: SDCC, C-1
*$8.50 each if registering with an additional person. (Discount rate NOT available through online registration.)
Community Resources

2-1-1 Ventura County
Extensive resource links
www.211ventura.org
211 or 1-800-339-9597

City of Simi Valley
Service Directories Citizen Advisor
www.ci.simivalley.ca.us
805-583-6861

Simi Valley Unified School District
Links to substance abuse and cyberbullying resources
www.simi.k12.ca.us
805-306-4500

Interface Family Services
Family resources, mental health services, referrals, family violence intervention, substance abuse
www.ifcs.org
805-485-6114

Taskforce on Homelessness
www.simivalley.org
805-583-6861

Alcoholics Anonymous
www.aaventuracounty.org
805-522-1300

Narcotics Anonymous
www.ccra.net/County_Line.html
818-773-9999

Overeaters Anonymous
www.overeatersanonymous.org
505-891-2664

Action Family Services
Mental illness or chemical dependency services/treatment
www.actionfamilycounseling.com
805-584-3258

Celebrate Recovery
Help for those struggling with hurts, habits & hang-ups
www.celebraterecovery.com

Nar-Anon
For those affected by someone else’s addiction
www.nar-anon.org

Simi Valley Free Clinic
Medical, dental, counseling, legal services
www.freeclinics.com
805-522-3733

Crisis Pregnancy Center
805-583-3590

Ventura County Child Protective Services
805-654-3200 (24 hrs)

Yoga Nook
VISIT THE AMAZING NEW STUDIO
4449 Cochran
Excellent Teachers
Creative Classes
2 Yoga Rooms
Peace Garden
Yoga Store
www.YogaNook.net
(805) 526 9642 & (805) 390 8175

$20 OFF
One Month
Unlimited
New Customers Only
Not available with other membership discounts
Valid till 10/31/23
COPIES OF PAGES FROM DISTRICT'S WEB SITE
DRUGS DESTROY PAGES AND
LINKED INFORMATIONAL BROCHURES
Rancho Simi Recreation and Park District provides active, healthy, family-oriented parks and recreation activities. We hope that you and your family will take the time to visit the many different parks around town. You can learn more about them and the many recreation activities offered throughout the year on our web site. There are many opportunities to play ball, watch nature, relax, and even reflect on the history of Simi Valley. Our web site also allows you to register for activities on-line, and provides you with the latest information about upcoming events.

The Park District is firmly committed to a drug-free environment, as there are far too many examples of drug use tearing apart families and destroying people's lives. The potential in each of us should have every opportunity to develop with great friendships, supportive families, healthy relationships, and plenty of opportunities for education and recreational experiences.

Not too long ago it became increasingly clear that heroin use was on the rise in many parts of the country, including Ventura County. As overdoses and deaths increased families stepped forward and urgently asked the City of Simi Valley to do something to stop the devastation. In response, the City of Simi Valley, the Simi Valley Unified School District and the Rancho Simi Recreation and Park District, and representatives of Not One More formed the Heroin Task Force to hear from the community, consider what could be done, and develop responsive strategies for implementation.

Throughout the proceedings it became clear that drug and alcohol abuse can have profound negative consequences for users and also for their family, friends and fellow community members. For your information, the members of the Heroin Task Force and their contact information are listed below. The Task Force's meeting information and other important links are also provided. You may find these resources helpful in learning what to look for and how to respond to a family member or friend's drug or alcohol use and/or abuse. We hope you find this information helpful. If you have suggestions for improvement, please let us know by clicking on the suggestions tab on our home page and sending us a brief note.

**Miscellaneous Upcoming Events**
(please see the bottom of this page for The Heroin Taskforce's Meeting Schedule)

**Triple P - Positive Parenting Program**
one day seminars - June 27 or October 22, 2013
Attention Parents, Are your interested in improving your parenting skills or your relationship with your child?, then this may be for you. click here for an event flyer with all the details.

**Tobacco Free 2013**

*September thru October 2013 - Various Locations and Days*

Call it Quits - Freedom from smoking classes, offered by Ventura County Public Health

click here for an event flyer with all the details.

**The Parent Project**

*September 12th, 2013*

The class your pediatrician should have told you about.

click here for an event flyer with all the details.

**Suicide Prevention Week**

*September 13th, 2013*

Raising awareness and promoting prevention for young adults and their families.

click here for an event flyer with all the details.

**Professional Development Seminar**

*September 20th, 2013*

Adults & Older Adult LGBTQ Issues and Mental Health

click here for an event flyer with all the details.

**Reentry Summit 2013**

*September 26, 2013*

Reducing Recidivism: A Community Conversation with Dr. Edward J. Latessa

click here for an event flyer with all the details.

**Mental Health First Aid USA**

free 2 day interactive courses - September - December

An overview of mental illness and substance use disorders.

click here for an event flyer with all the details.

---

**Local "Things for Teens" To Do**

(keep em busy - find a hobby, sport, activity or...)

As a Park District, we have lots of things for Teens to do, in fact we have a whole webpage dedicated to Teens

click here to go to our Teens webpage

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http://www.rsrpdp.org/admin/taskforce/taskforce.html

9/10/2013
click here to go to our Upcoming Events webpage
click here for the Simi Valley Activities and Class Brochure Webpage
click here for the Oak Park Activities and Class Brochure Webpage
click here for Simi Valley Adult Sports (ages 18 up)
click here for Oak Park Adult Sports (ages 18 up)
click here for Basketballs Open Gym Schedule - RSSCP Simi Valley
click here for Volleyball Open Gym Schedule - RSSCP Simi Valley
click here for Open Court Schedule - OPCCG Oak Park

Miscellaneous Publications
(helpful information)

click here for a Brochure on "Cyber Bullying"
(Made possible through Ventura County Behavioral Health, a department of Ventura County Health Care Agency)

click here for the tri-fold Brochure "Drugs and Alcohol Destroy" created by the Rancho Simi Recreation and Park District
right click here and choose "save target as" to download the printable MS Word version if you would like to print your own copies and distribute.

click here for the Ventura County Brochure "Transitions Program"

click here for a list of Great Contact Information via "KeepSafe Connections"

Community Resources
(Contact Information)

2-1-1 Ventura County
Extensive Resource Links
www.211ventura.org
800-339-9597

Action Family Service
Mental Illness or chemical dependency Services/treatment
www.actionfamilycounseling.com
805-584-3258

Alcoholics Anonymous
www.aaventuracounty.org
805-522-1300

Celebrate Recovery

http://www.rsrpd.org/admin/taskforce/taskforce.html
help for those struggling with hurts, habits and hang-ups
www.celebraterecovery.com

City of Simi Valley
Service Directories Citizen Advisor
www.ci.simivalley.ca.us
805-583-6861

Community Coalition United
communitycoalitionunited.org

Crisis Pregnancy Center
805-583-3590

DrugFree.org
www.drugfree.org

HBO-Docs Addiction Website
www.hbo.com/addiction

Heroin.net
www.heroin.net

HeroinKills.org
www.heroinkills.org

Interface Family Services
Family resources, mental health services, referrals, family violence intervention, substance abuse
www.icfs.org
805-485-6114

Nar-Anon
For those affected by someone else's addiction
www.nar-anon.org

Narcotics Anonymous
www.ccrna.net/County_Line.html
818-773-9999

Not One More
www.notonemore.net

Overeaters Anonymous
www.overeatersanonymous.org
505-891-2664

The Samaritan Center
www.thesamaritancenterofsimivalley.org
Assistance with becoming independent and self reliant
805-579-9166

Simi Valley Free Clinic
Medical, dental, counseling, legal services
www.freeclinicsv.com
805-522-3733

Simi Valley Unified School District
Links to substance abuse and cyberbullying resources
www.simi.k12.ca.us
805-306-4500

Taskforce on Homelessness
www.simivalley.org
805-583-6861

Ventura County Behavioral Health, Alcohol and Drug Programs, Youth Services webpage
venturacountylimits.org/resources/article/B39D4/ventura-county-behavioral-health-youth-services-programs

Ventura County Child Protective Services
805-654-3200 (24 hrs)

Wellness Everyday Website's Resource Page
(In English and Spanish)
www.wellnesseveryday.org/resources

Your Voice Counts
www.yourvoicecounts.org

The Heroin Task Force
(Introduction)

The Heroin Task Force represents the the cooperative efforts of three agencies in Simi Valley, The City of Simi Valley, The Simi Valley Unified School District and the Rancho Simi Recreation and Park District. These agencies are all working together to improve the efforts to help keep Heroin out of our Community. Click here to see the "Simi Valley Task Force on Heroin Summary Report"

THREE AGENCIES RELATED WEBPAGE'S

City of Simi Valley's related webpage

Simi Valley Unified School District's related webpage

Rancho Simi Recreation and Park District's related webpage

HEROIN TASK FORCE CONTACT INFORMATION

<table>
<thead>
<tr>
<th>Member</th>
<th>Appointing Entity</th>
<th>E-mail Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mike Judge</td>
<td>City of Simi Valley</td>
<td><a href="mailto:mjudge@simivalley.org">mjudge@simivalley.org</a></td>
</tr>
<tr>
<td>Mayor Pro Tem</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Task Force Chair</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rob Collins</td>
<td>Simi Valley Board of</td>
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http://www.rsrpd.org/admin/taskforce/taskforce.html  9/10/2013
<table>
<thead>
<tr>
<th>President, Task Force Vice-Chair</th>
<th>Education</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bob Huber Mayor</td>
<td>City of Simi Valley</td>
<td><a href="mailto:bhuber@simivalley.org">bhuber@simivalley.org</a></td>
</tr>
<tr>
<td>Dan White Trustee</td>
<td>Simi Valley Board of Education</td>
<td><a href="mailto:danwhite@interdealer.com">danwhite@interdealer.com</a></td>
</tr>
<tr>
<td>Kate O'Brien Director</td>
<td>Rancho Simi Recreation and Park District</td>
<td><a href="mailto:katieoliberty@gmail.com">katieoliberty@gmail.com</a></td>
</tr>
<tr>
<td>Gene Hostetler Director</td>
<td>Rancho Simi Recreation and Park District</td>
<td><a href="mailto:akammbuff@aol.com">akammbuff@aol.com</a></td>
</tr>
<tr>
<td>Mike Nolan Board Chair</td>
<td>Simi Valley Chamber of Commerce</td>
<td><a href="mailto:michael_nolan@us.aflac.com">michael_nolan@us.aflac.com</a></td>
</tr>
<tr>
<td>Susan Klimusko</td>
<td>Not One More</td>
<td><a href="mailto:susank@notonemore.net">susank@notonemore.net</a></td>
</tr>
<tr>
<td>Pat Montoya</td>
<td>Not One More</td>
<td><a href="mailto:pmontoya@notonemore.net">pmontoya@notonemore.net</a></td>
</tr>
<tr>
<td>Pastor Kevin Dieckilman</td>
<td>Simi Hills Christian Church</td>
<td><a href="mailto:kdlogos@aol.com">kdlogos@aol.com</a></td>
</tr>
<tr>
<td>Pastor Dr. Paul Weir</td>
<td>Simi Valley Community Church</td>
<td><a href="mailto:paul@4svcc.org">paul@4svcc.org</a></td>
</tr>
</tbody>
</table>

**HEROIN KILLS**

PUBLIC SERVICE ANNOUNCEMENT

[click here to watch](http://www.rsrpdp.org/admin/taskforce/taskforce.html)
HEROIN TASK FORCE MEETINGS

June 17th, 2013

Time: 6:00 P.M.
Location: Simi Valley City Hall, City Council Chamber
Address: 2929 Tapo Canyon Road, Simi Valley, Ca

Agenda
Feb. 27, 2013 Meeting Notes
Discussion of Appointees from the Faith Community
Update - Strategies to Combat Herion Abuse

BELOW ARE PRESENTATIONS AND REPORTS FROM THE ACTUAL MEETING
Report from SVUSD
Report from RSRPD
Report from City

Feb. 27th, 2013

Time: 6:00 P.M. - 8:00 P.M.
Location: Simi Valley City Hall, City Council Chamber
Address: 2929 Tapo Canyon Road, Simi Valley, Ca

Agenda
Minutes (9-12-12)
Memorandum
Attachments - Revised

BELOW ARE PRESENTATIONS AND REPORTS FROM THE ACTUAL MEETING
RSRPD - slide show (pdf)
SVUSD - slide show (pdf)
Reclaiming Futures - slide show (pdf)
RSRPD - Reporter Articles (pdf)
SVPD - Demographic Report (pdf)

Sept. 12th, 2012

Time: 6:00 P.M.
Location: Simi Valley City Hall, City Council Chamber
Address: 2929 Tapo Canyon Road, Simi Valley, Ca

Agenda

July 31st, 2012

Time: 6:00 P.M. - 8:00 P.M.
| Location: Simi Valley City Hall, City Council Chamber  
| Address: 2929 Tapo Canyon Road, Simi Valley, Ca |

| **June 28th, 2012** |
| **Time**: 6:00 P.M. - 8:00 P.M.  
| **Location**: Simi Valley City Hall, City Council Chamber  
| **Address**: 2929 Tapo Canyon Road, Simi Valley, Ca |

| **Agenda** |

| **Meeting Notes** |

| **May 30th, 2012** |
| **Time**: 6:00 P.M. - 8:00 P.M.  
| **Location**: Simi Valley City Hall, City Council Chamber  
| **Address**: 2929 Tapo Canyon Road, Simi Valley, Ca |

| **Agenda** |

| **Discussion of City of Simi Valley Resources Allocated to Youth Service and Drive Interdiction/Prevention Programs** |

| **May 8th, 2012** |
| **Time**: 6:00 P.M. - 8:00 P.M.  
| **Location**: Simi Valley City Hall, City Council Chamber  
| **Address**: 2929 Tapo Canyon Road, Simi Valley, Ca |

| **Agenda** |

| **Meeting Notes** |

| **April 30th, 2012** |
| **Time**: 7:00 P.M. - 9:00 P.M.  
| **Location**: Simi Valley City Hall, City Council Chamber  
| **Address**: 2929 Tapo Canyon Road, Simi Valley, Ca |

| **Agenda** |

| **April 10th, 2012** |
| **Time**: 6:30 P.M. - 8:30 P.M.  
| **Location**: Sinaloa Middle School, Multi-Purpose Room  
| **Address**: 601 Royal Ave. Simi Valley, Ca |

| **Agenda Packet** |

| **Meeting Notes** |
**KeepSafe Connections**
(numbers and websites current as of 8/19/13)

Call 9-1-1 for immediate, life-threatening emergencies

Call 2-1-1 Ventura County Information & Referral
(Interface 800-339-9597)
for 24 Hour help, in a crisis or non-crisis situation

24 Hour access numbers are listed in **bold**

### AIDS INFORMATION AND TESTING SITES

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>California AIDS, STD &amp; Hepatitis Hotline</td>
<td>800-367-2437</td>
<td><a href="http://www.aidshotline.org">www.aidshotline.org</a></td>
</tr>
</tbody>
</table>

### ADULT & CHILD ABUSE/DOMESTIC VIOLENCE HOTLINES

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Adult/Child Abuse &amp; Neglect Hotline – Ventura County</td>
<td>805-654-3200</td>
<td></td>
</tr>
<tr>
<td>Coalition for Family Harmony – Ventura County</td>
<td>800-300-2181</td>
<td><a href="http://www.thecoalition.org">www.thecoalition.org</a></td>
</tr>
<tr>
<td>LA County Child Abuse Hotline</td>
<td>800-540-4000</td>
<td></td>
</tr>
<tr>
<td>National Domestic Violence Hotline</td>
<td>800-799-7233</td>
<td><a href="http://www.theforntline.org">www.theforntline.org</a></td>
</tr>
<tr>
<td>Santa Barbara County Child Abuse Hotline</td>
<td>800-367-0166</td>
<td></td>
</tr>
</tbody>
</table>

### CHILD CARE REFERRALS

<table>
<thead>
<tr>
<th>Service</th>
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<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ventura County Child Development Resource &amp; Referral</td>
<td>805-485-7878</td>
<td><a href="http://www.childdevelopmentresources.org">www.childdevelopmentresources.org</a></td>
</tr>
</tbody>
</table>

### EMERGENCY/YOUTH SHELTERS

<table>
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<tr>
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<tr>
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<td>800-300-2181</td>
<td><a href="http://www.thecoalition.org">www.thecoalition.org</a></td>
</tr>
<tr>
<td>Homeless Services Program – Ventura County</td>
<td>805-385-1800</td>
<td></td>
</tr>
</tbody>
</table>

### FAMILY SUPPORT SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>United Parents – Ventura County</td>
<td>805-384-1555</td>
<td><a href="http://www.unitedparents.org">www.unitedparents.org</a></td>
</tr>
<tr>
<td>24 Hour HAT Line (non-critical emergencies)</td>
<td>805-551-0472</td>
<td></td>
</tr>
<tr>
<td>Youth &amp; Family Services – Ventura County</td>
<td>805-289-3100</td>
<td><a href="http://www.vchca.org/behavioral-health">www.vchca.org/behavioral-health</a></td>
</tr>
</tbody>
</table>

### MENTAL HEALTH

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult/Child Crisis Team – (Ventura County STAR Team)</td>
<td>866-998-2243</td>
<td></td>
</tr>
<tr>
<td>Children’s Intensive Response Team (CIIRT)</td>
<td>866-431-2478</td>
<td></td>
</tr>
<tr>
<td>Ventura County Behavioral Health</td>
<td>805-981-6830</td>
<td><a href="http://www.venturacountylimits.org">www.venturacountylimits.org</a></td>
</tr>
<tr>
<td></td>
<td>866-998-2243</td>
<td><a href="http://www.wellnesseveryday.org">www.wellnesseveryday.org</a></td>
</tr>
</tbody>
</table>

### RAPE/SEXUAL ASSAULT/SEXUAL ABUSE

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coalition for Family Harmony – Ventura County</td>
<td>800-300-2181</td>
<td><a href="http://www.thecoalition.org">www.thecoalition.org</a></td>
</tr>
<tr>
<td>RAINN National Sexual Assault Hotline</td>
<td>800-656-4673</td>
<td><a href="http://www.rainn.org">www.rainn.org</a></td>
</tr>
</tbody>
</table>
**KeepSafe Connections**  
(numbers and websites current as of 8/19/13)

**Call 9-1-1 for immediate, life-threatening emergencies**

**Call 2-1-1 Ventura County Information & Referral**  
(Interface 800-339-9597)  
for 24 Hour help, in a crisis or non-crisis situation

*24 Hour access numbers are listed in **bold***

### SUBSTANCE ABUSE

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult/Child Crisis Team – Ventura County</td>
<td>866-998-2243</td>
<td></td>
</tr>
<tr>
<td>Ala-non &amp; Ala-Teen Family Groups</td>
<td>805-656-7110</td>
<td><a href="http://www.alanonventura.org">www.alanonventura.org</a></td>
</tr>
<tr>
<td>Alcoholics Anonymous - National</td>
<td>800-923-8722</td>
<td><a href="http://www.aa.org">www.aa.org</a></td>
</tr>
<tr>
<td>Alcoholics Anonymous – Ventura County</td>
<td>800-990-7750</td>
<td><a href="http://www.aaventuracounty.org">www.aaventuracounty.org</a></td>
</tr>
<tr>
<td>California Smokers’ Helpline</td>
<td>800-662-8887</td>
<td><a href="http://www.nobutts.org">www.nobutts.org</a></td>
</tr>
<tr>
<td>Call It Quits Tobacco Cessation Program – Ventura County</td>
<td>805-201-7867</td>
<td><a href="http://www.vchca.org/public-health/health-education/tobacco/call-it-quits">www.vchca.org/public-health/health-education/tobacco/call-it-quits</a></td>
</tr>
<tr>
<td>Ventura County Alcohol &amp; Drug Programs</td>
<td>805-981-9200</td>
<td><a href="http://www.venturacountylimits.org">www.venturacountylimits.org</a></td>
</tr>
</tbody>
</table>

### SUICIDE PREVENTION

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult/Child Crisis Team – Ventura County</td>
<td>866-998-2243</td>
<td></td>
</tr>
<tr>
<td>Children’s Intensive Response Team (CIRT) – Ventura County</td>
<td>866-431-2478</td>
<td></td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline</td>
<td>800-273-8255</td>
<td><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></td>
</tr>
<tr>
<td>Suicide Prevention Crisis Line</td>
<td>877-727-4747</td>
<td></td>
</tr>
<tr>
<td>The Trevor Lifeline (LGBTQ Youth)</td>
<td>866-488-7386</td>
<td><a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a></td>
</tr>
</tbody>
</table>

### TEEN LINE

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>California Youth Crisis Line</td>
<td>800-843-5200</td>
<td><a href="http://www.youthcrisisline.org">www.youthcrisisline.org</a></td>
</tr>
<tr>
<td>Teen to Teen Hotline</td>
<td>800-852-8336</td>
<td><a href="http://www.teenlineonline.org">www.teenlineonline.org</a></td>
</tr>
</tbody>
</table>
CURRENT CALENDAR OF EVENTS AND RELATED EVENT FLYERS THAT HAVE BEEN POSTED ON THE UPCOMING EVENTS PORTION OF THE PARK DISTRICT’S WEB SITE
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 12</td>
<td>The Parent Project:</td>
</tr>
<tr>
<td></td>
<td>Click <a href="#">here</a> for their flyer with all the information</td>
</tr>
<tr>
<td>Sep 13</td>
<td>Suicide Prevention Week - Simi Valley Public Library:</td>
</tr>
<tr>
<td></td>
<td>Click <a href="#">here</a> for their flyer with all the information</td>
</tr>
<tr>
<td>Sep 17-18</td>
<td>Mental Health First Aid USA:</td>
</tr>
<tr>
<td></td>
<td>Click <a href="#">here</a> for their flyer with all the information</td>
</tr>
<tr>
<td>Sep 19-22</td>
<td>Simi Valley Fair and Music Festival:</td>
</tr>
<tr>
<td></td>
<td>Click <a href="#">here</a> to go to their website for all the information</td>
</tr>
<tr>
<td>Sep 20</td>
<td>Family Game Night:</td>
</tr>
</tbody>
</table>

http://www.rsrpd.org/rec/events/events.html

9/10/2013
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 22</td>
<td><strong>Pirate Day</strong> - Simi Valley Public Library: Click <a href="#">here</a> for flyer</td>
</tr>
<tr>
<td></td>
<td>with all the information</td>
</tr>
<tr>
<td>Sep 26</td>
<td><strong>The Ventura County Reentry Summit 2013</strong> - Reducing Recidivism:</td>
</tr>
<tr>
<td></td>
<td>Click <a href="#">here</a> for all the information</td>
</tr>
<tr>
<td>Sep 27-28</td>
<td><strong>Girls Night Out:</strong></td>
</tr>
<tr>
<td></td>
<td>Click <a href="#">here</a> for flyer with all the information</td>
</tr>
<tr>
<td>Sep 28</td>
<td><strong>Simi Valley Gamers</strong> - Simi Valley Public Library:</td>
</tr>
<tr>
<td></td>
<td>Click <a href="#">here</a> for flyer with all the information</td>
</tr>
<tr>
<td></td>
<td><strong>Empowered</strong> - Take charge of your health and safety:</td>
</tr>
<tr>
<td></td>
<td>Click <a href="#">here</a> for flyer with all the information</td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
</tr>
<tr>
<td>----------</td>
<td>-----------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Oct 9-10</td>
<td>Mental Health First Aid USA: <a href="#">link</a> for their flyer with all the information</td>
</tr>
<tr>
<td>Oct 12,13 &amp; 19</td>
<td>Youth Basketball Registration: <a href="#">link</a> for all the information</td>
</tr>
<tr>
<td>Oct 13</td>
<td>Splash and Dash - Youth Triathlon: <a href="#">link</a> for all the information</td>
</tr>
<tr>
<td>Oct 22</td>
<td>Triple P - Positive Parenting Program: Attention Parents, <a href="#">link</a> for all the information</td>
</tr>
<tr>
<td>Oct 31</td>
<td>Halloween Carnival (Simi Valley): <a href="#">link</a> for all the information</td>
</tr>
</tbody>
</table>
Halloween Carnival (Oak Park):

Click here for all the information

Snowfest:

SNOW IN SIMI?! It's true. Bring your gloves and snow gear, family and friends and join us for a day out with the family! Enjoy FREE snow slides and snow lots, attractions ($5 all-day), arts and crafts fair, food vendors and local entertainment. Come holiday shop, play in the snow and enjoy some great entertainment. Arts and Crafts vendors wanted, click here for application.

<table>
<thead>
<tr>
<th>when</th>
<th>Sunday, November 3rd, 2013, 10am - 4pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>where</td>
<td>Rancho Madera Community Park, 556 Lake Park Drive, Simi Valley, CA.</td>
</tr>
</tbody>
</table>

Mental Health First Aid USA:

Click here for their flyer with all the information

Mental Health First Aid USA:

Click here for their flyer with all the information
<table>
<thead>
<tr>
<th>E</th>
<th>(simi valley)</th>
<th>R</th>
</tr>
</thead>
</table>

**Please check back, we are always adding things!!**

*Some events held at our parks are not provided by the Rancho Simi Recreation and Park District.*

[home](http://www.rsrpd.org/rec/events/events.html)
Supporting Father Involvement
Evidence-Based Program Training for Group Leaders

Participants will learn from experienced SFI Group Leaders how to conduct the SFI evidence-based curriculum. This evidence-based curriculum can be used with reentry fathers wanting to gain skills in the areas of positive father involvement, healthy parent-child interaction, and effective co-parenting skills. The SFI intervention is designed to target several risk and protective factors associated with fathers’ involvement with their children.

Participants will learn:
- Supporting Father Involvement philosophy
- Research evidence of the SFI approaches success
- Five key areas of focus in SFI groups
- Core skills important to being successful as an SFI group facilitator
- How to use the SFI curriculum and tools for co-facilitating SFI groups with fidelity.

Date: August 14, 2013
Location:
Hilton Garden Inn Oxnard/Camarillo
2000 Solar Drive, Oxnard, 93036
Sign-in: 8:30am - 9:00am
Training: 9:00am - 4:00pm

Registration for this event is Free!
You must pre-register to attend.
Register online at:
Click here to register now!
Historic legislation has mandated that California reduce prison populations. The corresponding growth of offender populations under community supervision has led to considerable focus on reentry programming to ensure successful reentry for returning offenders and the families and children impacted by incarceration. Yet, California’s recidivism rates are near the highest nationwide. One primary question is “How can recidivism be reduced?”

**Recidivism:** *a tendency to relapse into a previous condition or mode of behavior; especially relapse into criminal behavior* (Merriam-Webster Dictionary, 2013)

Come join an interactive conversation with Dr. Edward J. Latessa, a national expert on recidivism, as we explore ways to design and evaluate programs that make a positive difference in the lives of returning offenders and their families.

**PROGRAM HIGHLIGHTS:**
- Factors impacting recidivism
- Evaluating recidivism
- California legislation impacting reentry
- Ventura County’s Reentry Strategic Plan
- Community discussion

---

**DR. EDWARD J. LATESSA**
Interim Dean & Professor of the College of Education, Criminal Justice and Human Services at the University of Cincinnati

Dr. Latessa is a national expert in criminal justice, recidivism and evidence-based practices. His work on offender risks, needs and responsivity principles has shaped the correction programs of numerous states. He has published over 140 works in the area of criminal justice and co-authored seven books including Corrections in the Community. Dr. Latessa and his staff have directed over 150 funded research projects, assessed over 600 correctional programs throughout the United States, and provided advisement in forty-five states. He is the recipient of numerous awards to include the Marguerite Q. Warren and Ted B. Palmer Differential Intervention Award presented by the Division of Corrections and Sentencing of the American Society of Criminology (2010), the Bruce Smith Award for outstanding contributions to criminal justice by the Academy of Criminal Justice Sciences (2010), the Mark Hatfield Award for Contributions in public policy research by the Hatfield School of Government at Portland State University (2008), and the Margaret Mead Award for dedicated service to the causes of social justice and humanitarian advancement by the International Community Corrections Association (2001).
Suicide prevention week:
Raising awareness and promoting prevention for young adults and their families

Presented by Simi Valley Public Library with guests from the Trevor Project, safeTALK, Casa Pacifica and more!

Suicide is a far too prevalent problem in the United States. Asking and accepting help is brave, as is reaching out to those in need. Please come join us at the library where we’ll have a panel of speakers leading a conversation on warning signs, prevention and where to turn to in order to receive help or to help those in need.

Friday,
September 13, 2013 • 5-7 p.m.
in the Community Room
EMPOWERED
TAKE CHARGE OF YOUR HEALTH AND SAFETY

How I Took Control of My Life

MAUREEN SHEA Professional Boxer,
"The Real Million Dollar Baby"

A lot of people tell me I am strong. I wasn't always. I was 19 years old and found myself in an abusive relationship with no way out. I went to a local gym to better myself, thinking I didn't look good enough for my boyfriend. Boxing taught me to depend on myself and to dig deep to find the answers to the challenges life put in front of me. Maureen Shea

Take Charge With:
• Self Awareness
• Self Confidence
• Self Defense
• Self Discipline

Robert Ferguson, M.S., C.N.
A nationally recognized voice of wellness, certified nutritionist and celebrity fitness expert.
• Fitness & Nutrition

Hannah Grossman, M.D.
Chief Medical Officer,
Los Robles Hospital
• Importance of Women's Health

Margaret Allan, PSY.D.
Clinical supervisor and consultant in the California Lutheran University MFT and Doctoral Psychology programs
• Dealing with Trauma

Jenna Knauss, M.S., LMFT
Dan Knauss, M.S.
CLU Intimate Partner Violence Intervention Program
• Dating Violence

FREE CONTINENTAL BREAKFAST & LUNCH PROVIDED
Resource Tables

SATURDAY, SEPTEMBER 28
9:30 am - 2:30 pm

CLU Lundring Events Center
Between Pool and Football Stadium
60 W. Olsen Road, Thousand Oaks
Space Is Limited
Register Now!
www.empoweredwomen.eventbrite.com

Due to the mature subject matter, age 17 and under must provide a parental consent form or be accompanied by a parent or guardian.

BROUGHT TO YOU BY

Engage  California Lutheran University  LOS ROBLES
HOSPITAL & MEDICAL CENTER

FREE WOMEN'S EVENT

DOOR PRIZES
Rancho Simi Recreation and Park District and Ventura County Behavioral Health are pleased to announce Mental Health First Aid in the form of a FREE 2 day interactive 12-hour course.

Course Information:
This course presents an overview of mental illness and substance use disorders and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. This program is being offered as part of the Prevention and Early Intervention effort through Mental Health Services (MHSA) dollars. A free 12-hour certification course to help our community better understand mental health and respond to emergencies. It is far more likely that most people will encounter an “emotional emergency” (distress, panic, substance abuse) than a heart attack or stroke. Those who take the course learn a tested 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social and self-help care.

Dates:

<table>
<thead>
<tr>
<th>Code</th>
<th>Day &amp; Day</th>
<th>Month/Date</th>
<th>Start Time</th>
<th>End Time</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>31172</td>
<td>Tu &amp; W</td>
<td>September</td>
<td>17-18*</td>
<td>9am-4pm</td>
<td>1692 Sycamore Drive, Simi Valley, MP B</td>
</tr>
<tr>
<td>31173</td>
<td>W &amp; Th</td>
<td>October</td>
<td>9-10*</td>
<td>9am-4pm</td>
<td>4200 Township Ave, Simi Valley</td>
</tr>
<tr>
<td>31174</td>
<td>Tu &amp; W</td>
<td>November</td>
<td>5-6*</td>
<td>9am-4pm</td>
<td>1692 Sycamore Drive, Simi Valley, MP B</td>
</tr>
<tr>
<td>31175</td>
<td>Tu &amp; W</td>
<td>December</td>
<td>10-11*</td>
<td>9am-4pm</td>
<td>1692 Sycamore Drive, Simi Valley, MP B</td>
</tr>
</tbody>
</table>

*Must attend all 12-hours to receive a certificate of completion. Participants are encouraged to bring their lunch daily to eat onsite.

Who can benefit:
The 12-hour Mental Health First Aid USA course has been benefited to a variety of audiences and key professions, including: primary care professionals, employers and business leaders, faith communities, school personnel and educators, state police and corrections officers, nursing home staff, mental health authorities, state policymakers, volunteers, young people, families, and the general public.

To register:
Register through Rancho Simi Recreation and Park District: online at www.rsrpd.org, by calling 805-584-4400 or visit us at 1692 Sycamore Drive, Simi Valley during business hours. Also visit MentalHealthFirstAid.org for more information.
Helping communities better understand mental illness and respond to psychiatric emergencies.

Did you know you are far more likely to encounter an "emotional emergency" than a heart attack or stroke?

Equip yourself with the ability to help in a mental health emergency with this

FREE interactive course!

12-hour certification course presents an overview of mental illness and substance abuse disorders. It highlights risk factors, warning signs and overviews common treatments. Learn the 5-step action plan.

September 17 & 18, 9am-4pm
Must attend both days to receive certificate of completion

1692 Sycamore Drive,
Simi Valley, MP Room

Pre-registration required:
805-584-4400 or at www.rsrdpd.org

Training brought to you by Rancho Simi Recreation and Park District & Ventura County Behavioral Health.
To register send email to: vcbhtraining@ventura.org
Include your name, organization, mailing address, telephone #, license # & email address

For more information ethicservices@ventura.org (805) 981-1101

www.seniors.org

Congress of California Seniors founded in 1977 focuses primarily on legislation and consumer issues that impact older adults. The CCS education and advocacy program has proven to be an effective tool in influencing public policy decisions made by the state legislature.

CCS has become a major progressive voice for seniors, their families and their communities. CCS is a vital "grassroots" organization.

---

**DATE:** Friday, September 20, 2013

**TIME:** 9:00 a.m. – 11:00 a.m.

**TOPIC:** Adults & Older Adult LGBTQ Issues and Mental Health

**PRESENTERS:** Deborah Sutherland-Hocamp, Esq. Marcy Sherbok, Chair, Congress of California Seniors, Region 5; Edie Brown, Past Chair, Ed Elrod, Esq.; Barbara Bishop, PhD., Doug Green, DHGreen Consulting

**LOCATION:** Ventura County Behavioral Health Training Room, 1911 Williams Drive, Oxnard

**DESCRIPTION:** The focus of the training will offer an overview of the Adult/Older Adult LGBTQ community and seek to provide deeper insights of mental health concerns and other needs this community faces. Topics will address concerns regarding assisted living, caregivers, loss of privacy, isolation from their partner, fears that often drive senior LGBT into the closet at the end of life.

**LEARNING OBJECTIVES:**
- Learn how to conduct a self-assessment that reveals negative or harmful attitudes/biases, leading to exchanged affirmative approaches in working with LGBTQ populations and individuals;
- Identify care-giving strategies leading to affirmative practice with LGBTQ populations and individuals;
- Increase knowledge on how to use social supports and community resources when working with persons who identify themselves as LGBTQ

---

**PROVIDES UP TO 2 HOURS CONTINUING EDUCATION UNITS**

**LMFT and LCSW:** Course meets the qualifications for continuing education credit for LMFT’s and/or LCSWs as required by the California Board of Behavioral Sciences (Approved Provider #PCE 4184). Provider Name: Ventura County Behavioral Health

**Alcohol & Drug Counselor:** CAADAC Approved Provider #2C-92-284-0412 CAADAC Approved Provider #CP10 888 C 0516

**Nurses:** Provider approved by the California Board of Registered Nursing, Provider # CEP15325, for contact hours. Credit provided upon successful completion of all sections (no partial credit available) Provider Name: Ventura County Behavioral Health.

©2011 VENTURA COUNTY BEHAVIORAL HEALTH
Free Nicotine Replacement Therapy Products are Available for Free to Eligible Participants

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 9 – Oct 21 Monday</td>
<td>Camarillo Health Care District</td>
<td>5:30-7:00 PM</td>
<td>3639 Las Posas Rd. Bldg. H #191.</td>
</tr>
<tr>
<td>Sept 10 – Oct 22 Tuesday</td>
<td>Simi Valley Regal Medical Group</td>
<td>5:30-7:00 PM</td>
<td>3605 Alamo St. Ste. #100</td>
</tr>
<tr>
<td>Sept 10 – Oct 22 Tuesday</td>
<td>The Palms Ventura</td>
<td>2:00-3:30 PM</td>
<td>137 N. Palm Street Community Room</td>
</tr>
<tr>
<td>Sept 10 – Oct 22 Tuesday</td>
<td>Ojai Valley Community Hospital</td>
<td>5:30-7:00 PM</td>
<td>1306 Maricopa Highway Upstairs Conference Room</td>
</tr>
<tr>
<td>Sept 10 – Oct 22 Tuesday</td>
<td>Ventura Public Health Ventura</td>
<td>5:30-7:00 PM</td>
<td>3147 Loma Vista Road Conference Room</td>
</tr>
<tr>
<td>Sept 11 – Oct 23 Wednesday</td>
<td>St. Johns Hospital Oxnard</td>
<td>5:30-7:00 PM</td>
<td>1600 N. Rose Ave. Conference Room</td>
</tr>
<tr>
<td>Sept 12 – Oct 24 Thursday</td>
<td>Buena Vida Ventura</td>
<td>4:00-5:30 PM</td>
<td>9050 Telephone Rd Community Room</td>
</tr>
</tbody>
</table>

Ventura County Public Health
A Division of the Ventura County Health Care Agency

"Call it Quits" Help Line: 201-STOP (7867)

Please note: Classes consist of 8 One-and-a-half-hour sessions.
Fund by Ventura County Tobacco Settlement Program
The Thousand Oaks Police Department
Presents
The Parent Project®

The class your pediatrician should have told you about

Classes Start September 12, 2013
Conejo Unified School District Office
1400 East Janss Road

Thursdays
6:00 – 9:00 PM
10-Week Series
No cost tuition

We can provide "How to" answers to these common questions:

How to: Never argue again w/ your child
How to: Improve school attendance and performance
How to: Prevent or intervene in alcohol and other drug use
How to: Find resources to help

Give us 24 hours to change your life!

Sponsored by: The Thousand Oaks Police Department
Facility provided by: The Conejo Valley Unified School District

Register Now
Call 805 371-8362
Tim.Lohman@ventura.org
VENTURA COUNTY'S
DRUG ABUSE
SUMMIT

Local Realities | Local Strategies

Featuring LA Times investigative reporters Lisa Girion and Scott Glover

AUTHORS OF THE NATIONALLY RECOGNIZED SERIES "DYING FOR RELIEF"

SPACE IS LIMITED — REGISTER NOW!
SEPTEMBER 26, 2013
8 AM - NOON | VENTURA BEACH MARRIOTT

ALCOHOL & DRUG PROGRAMS
Ventura County Health Care Agency
ARTICLE AND PAID ADS TO PROMOTE MENTAL HEALTH
FIRST AID USA TRAINING OPPORTUNITIES
By Alicia Doyle

The Writer
Specializing in Good News

Free Program helps reduce stigma of mental illness

Working toward a career in the counseling field with children and adolescents, Emily Bartholomew recently participated in a free certification program designed to raise awareness and reduce the stigma of mental illness and substance-abuse disorders.

"I feel that mental illness, depression, suicidal thoughts, anxiety — even post-traumatic stress disorder — is still taboo to talk about," said Bartholomew, 32, of Simi Valley.

The certification is a positive step for herself and the community at large, she said.

"Some communities have suffered with school shootings, bullying and theater bombings," Bartholomew said. "If we were just more aware as a community, we could band together and help each other. Awareness ... and acceptance are probably the most powerful tools to utilize."
Bartholomew was among 15 people who completed the 12-hour certification course, Mental Health First Aid USA, at the Rancho Simi Recreation and Park District's Sycamore Drive Community Center in Simi Valley.

The course is available to the community for free.

The next sessions will take place from 9 a.m. to 4 p.m. Sept. 17 and 18.

“Your don’t need to be a licensee, a police officer, a professional. This program was designed for neighbors, co-workers and the general public,” said Mary Ellen Collins, a certified trainer.

“It demystifies many misconceptions about mental disorders, eliminating fears and offering a compassionate perspective, that is exactly why it is so powerful,” Collins said. “The potential for a community to immediately respond to someone’s emotional/mental needs could help mitigate more severe problems.”

Shashtina Osieb, a service dog trainer, enrolled because she wants to work with veterans who have post-traumatic stress disorder, anxiety and social disorder.

“I’m here to get a little bit more knowledge,” said Osieb of Simi Valley. “The more understanding I can have ... towards what the soldiers are going through, the better off I am.”

Brenda Birdwell, a senior advocate with Senior Concerns in Thousand Oaks, signed up because some of her clients have mental health issues.

“I’m not really sure how to deal with them,” said Birdwell, of Thousand Oaks. “I’m here to see how to handle the situations better and not make them worse, and obtain more resources. ... This certification is going to help me be less judgmental with my clients and understand how to handle the difficult situations that they’re in.”

For Bartholomew, the course also helped her understand her own depression.

“I’ve struggled throughout my life,” she said. “My strongest tool against depression is just knowing the most I can know about it ... and I want to put that to use to help someone else.”

The course walks participants through a five-step plan called ALGEE: A for access for risk of suicide or harm; L for listening non-judgmentally; G for giving reassurance and information; E for encouraging appropriate professional help; and E for encouraging self-help and other support strategies.

“Those completing this training can help others,” said Doug Gale, recreation administrator for the Rancho Simi Recreation and Park District. “The goal of this program is to reduce the negative stigma of mental illness and help those struggling to get better.”

The local offering was inspired by June Ewart, community coordinator with Community Coalition United.

“This training strives to prevent mental health and substance abuse crisis; it teaches participants about the signs and symptoms while working to decrease the stigma,” Ewart said. “Anyone can attend, and entire communities can benefit, including families and the organizations and agencies that serve them.”

**IF YOU GO**

To pre-register, contact Rancho Simi Recreation and Park District at www.rspd.org or 584-4400. Registrations may also be made in advance at 1692 Sycamore Drive, Door A-2, in Simi Valley. Visit www.mentalhealthfirstaid.org for more information.

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stigma of mental illness

giving the gift of sight
prostate cancer
dr. michael debokey
107-year-old
conquer eating disorders
troy williams
mary health of the sick
united parents
animal hospital
page 91
parkinsons
stigma of mental illness
arts in the park

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MINIMUM WAGE FROM 1

and advocates for workers.

INCOME DEBT

The arguments are more complex than just the number of minimum-wage workers and the struggles of small-

business owners. In the words of the state chapter of the National Federation of Independent Business, a minimum-wage increase would be more complex than just raising the minimum wage for workers in California small businesses. A new study by the National Federation of Independent Business, released in 2019, estimates that a minimum-wage increase would lead to a decrease in employment, especially in the retail and food service industries. The study found that a 10 percent increase in the minimum wage would lead to a 1.8 percent decrease in employment. While the National Federation of Independent Business argues that a minimum-wage increase would have a negative impact on employment, other studies have found that a minimum-wage increase would lead to a boost in economic productivity and a decrease in poverty. Studies have also found that a minimum-wage increase would lead to an increase in consumer spending, which would in turn lead to an increase in economic growth. Therefore, it is important to consider both the potential benefits and drawbacks of a minimum-wage increase when deciding whether to support such an increase.
Man says ex-friend killed businessman

By Manuela Merschel

A man who said he knew about a plan to rob a busi- nessman had received five years ago a threat, but the businessman was the deceased. He said that the killer was the deceased.

The man who received the threat, John Duggan, was at the scene when the businessman was killed.

Duggan received a threat in 2000 from his ex-friend, who had a grudge against the businessman.

The threat was made public in 2000, and Duggan was found guilty of first-degree murder.

The businessman was killed in 2001, and Duggan was found guilty of manslaughter.

In 2002, Duggan was found guilty of murder.

The man who made the threat was also found guilty of murder.

Moortpark resident heads to speech finals

Darren Meade

Contestant got last year’s runner-up spot

Festival will cater to staggering fans

Amelia Riddle

The 38th Annual National Park Service Festival will host the first Spring Festival from 7:30-10:30 p.m. on Aug. 10 and 12 at the Paranormal Ranch.

The free event will feature a variety of events, including music, art, and photography.

Call 737-2600 for more information.

Library will screen family movie

The Children’s Library will screen a family movie, “The Little Mermaid,” at 7 p.m. on Aug. 1 and 3 at the Farmington Library.

The movie is rated PG and is free to attend.

Call 489-7800 for more information.

Public can meet with congressman

The Westmoreland County Republican Party will host a meet and greet with Rep. Todd Corman from 7 to 9 p.m. on Aug. 8 at the Dyer Room in the County Courthouse.

Call 737-2500 for more information.

Troupes prepare to put on show

The annual Troupes Festival will be held from 7 to 9 p.m. on Aug. 9 and 11 at the Westmoreland Civic Center.

The festival will feature various acts, including dance, theater, and music.

Call 737-2500 for more information.

Tournament to aid Wounded Warriors

The 38th Annual National Park Service Festival will host a tournament to benefit Wounded Warriors.

The tournament will be held from 7:30-10:30 p.m. on Aug. 10 and 12 at the Paranormal Ranch.

The entrance fee is $25 per person, and all proceeds will benefit Wounded Warriors.

Call 737-2600 for more information.

Music will touch on pop culture

The Westmoreland County Republican Party will host a meet and greet with Rep. Todd Corman from 7 to 9 p.m. on Aug. 8 at the Dyer Room in the County Courthouse.

Call 737-2500 for more information.

Artist will teach watercolor painting

The 38th Annual National Park Service Festival will host a workshop on watercolor painting from 7 to 9 p.m. on Aug. 9 and 11 at the Dyer Room in the County Courthouse.

Call 737-2500 for more information.

Wounded Warriors benefit concert

The Westmoreland County Republican Party will host a benefit concert for Wounded Warriors from 7 to 9 p.m. on Aug. 8 at the Dyer Room in the County Courthouse.

Call 737-2500 for more information.

Local events:

- **Moortpark resident heads to speech finals**: Darren Meade from Moortpark will represent Westmoreland County at the speech finals.

- **Festival will cater to staggering fans**: The National Park Service Festival will host the Spring Festival on Aug. 10 and 12.

- **Library will screen family movie**: The Children’s Library will screen “The Little Mermaid” on Aug. 1 and 3.

- **Public can meet with congressman**: Rep. Todd Corman will meet with the public on Aug. 8.

- **Troupes prepare to put on show**: The Troupes Festival will be held on Aug. 9 and 11.

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- **Wounded Warriors benefit concert**: A benefit concert for Wounded Warriors will be held on Aug. 8.

For more information on these events, visit www.westmoreland.com.
ADOB REHAB
Show to pay tribute to Fleetwood Mac
Remarks: A Tribute to Fleetwood Mac will perfor-
me 6 p.m. Sunday in the park concert series at
2000 Valley Oak Drive.
Talks: for more information.
Library Hall
Yoga instruction will be added
The Calabasas Library will present "Yoga and You"
Wednesday in the Children’s Library. Guest instruc-
tors will demonstrate breathing exercises and yoga
poses. The class is free. Call 818-394-1470 for
Library.
Library schedules children's activities
Stephanie Wiener will offer a chocolate making
workshop and tasting inspired by the novel
"Chocolate" by Joanne Harris at 3 p.m. Aug. 5 at
2000 Valley Oak Drive. Wiener is a health and
wellness educator. Call 818-394-7166 for
Library.
Library will hold Wednesday events
The Calabasas Library will offer the following Wednesdays:
- Family Science Hour at 3 p.m. Aug. 3 in the Children’s
- The event is free. Call 818-394-7166 for more information.
- Library will offer family science month. The Science
- Library will hold a free family science activity each Wednesday
- Children are invited to try out crafts at the library. The Crafts Makers
- Call 818-394-7166 for more information.
- YMCA will provide academic program
- The Jewish Community YMCA will offer a tutoring
program from Aug. 3 until Aug. 16. The program is
available to all children in Grades 1 to 5.
- For more information, call 818-394-7166.
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