



# Young Minds Kings County Project

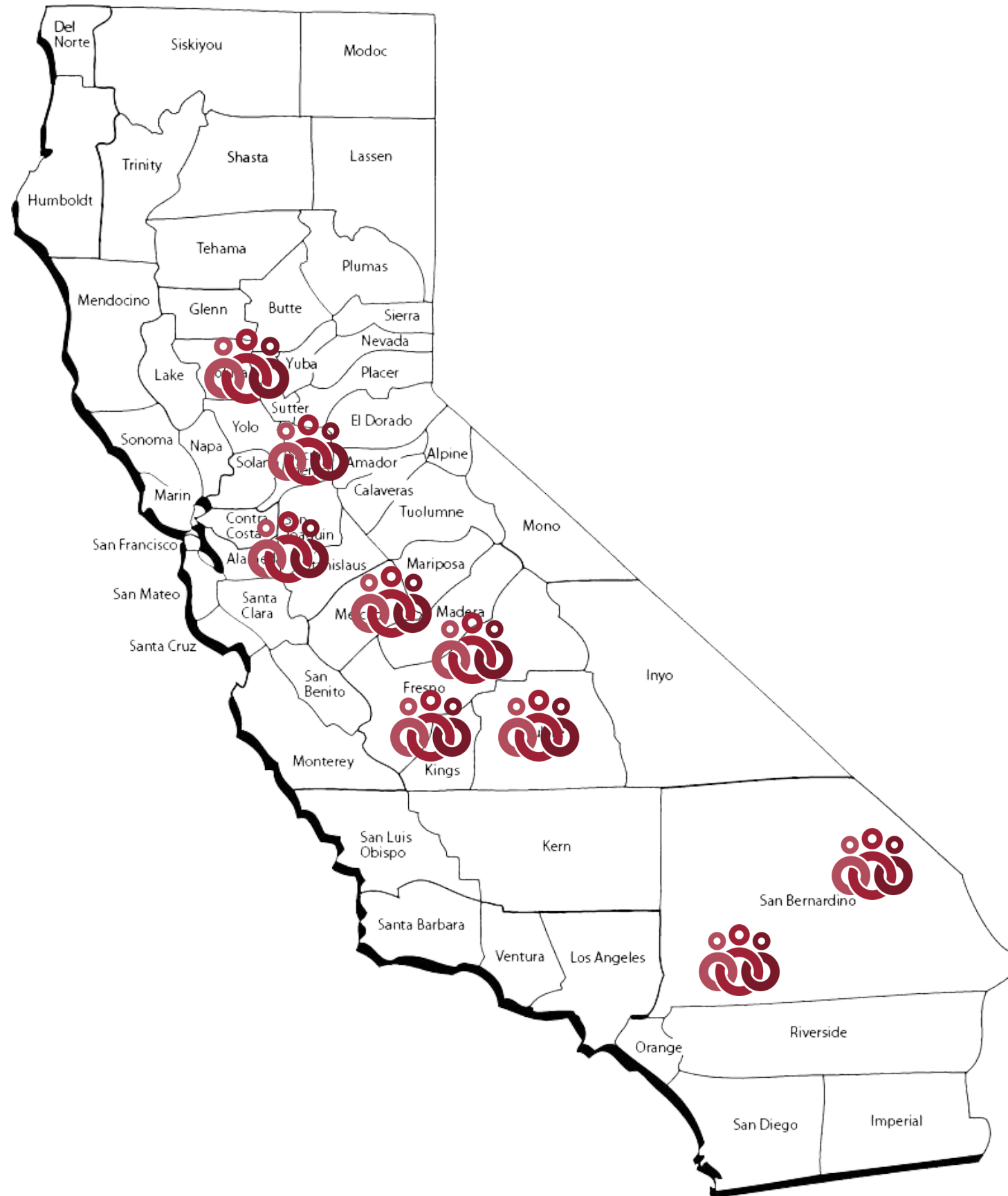


CALIFORNIA HEALTH  
COLLABORATIVE  
changing lives by improving health and wellness

---

Projects funded by Kings County Behavioral Health





# About us

Since 1982, the California Health Collaborative has remained committed to enhancing the quality of life and health of the people of California, particularly the underserved and underrepresented.

## Mission:

Guided by our mission of “changing lives by improving health and wellness,” the Collaborative implements an array of health promotion and disease prevention programs, public health surveillance systems, and a variety of capacity-building and networking activities.



**CALIFORNIA HEALTH  
COLLABORATIVE**  
changing lives by improving health and wellness



**Daisy Lopez,  
MA, PPS**  
SENIOR DIRECTOR OF  
PROGRAM SERVICES



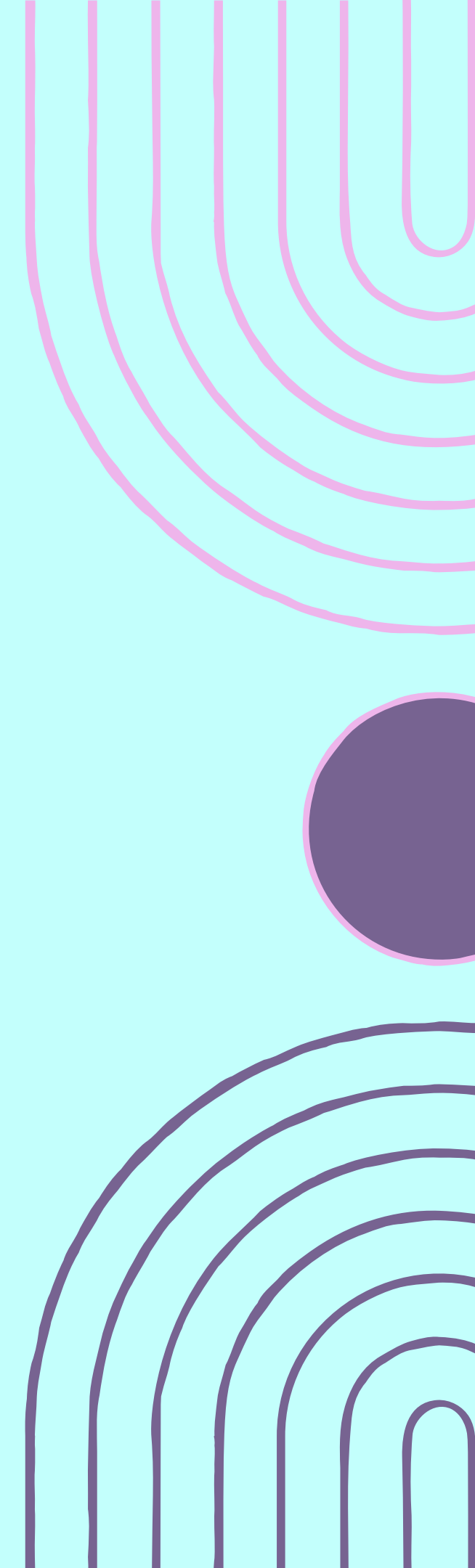
**Nidia Villarreal,  
MA, PPS**  
PROGRAM MANAGER -  
YOUNG MINDS KINGS  
COUNTY PROJECT



**Stacy Hudson**  
YOUTH DEVELOPMENT  
SPECIALIST - YOUNG MINDS  
KINGS COUNTY PROJECT

# Table of Contents

<b>1</b>	The California Health Collaborative
<b>2</b>	ACEs Aware & Trauma-Informed
<b>3</b>	Young Minds- Our Goals
<b>4</b>	Elementary School-Based Services
<b>5</b>	Middle & High School-Based Services
<b>6</b>	Supportive Adult Services and Events
<b>7</b>	Contact Us



# Trauma-Informed Services

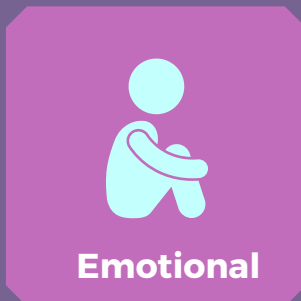


## Adverse Childhood Experiences

### ABUSE

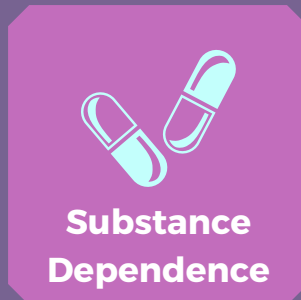


### NEGLECT



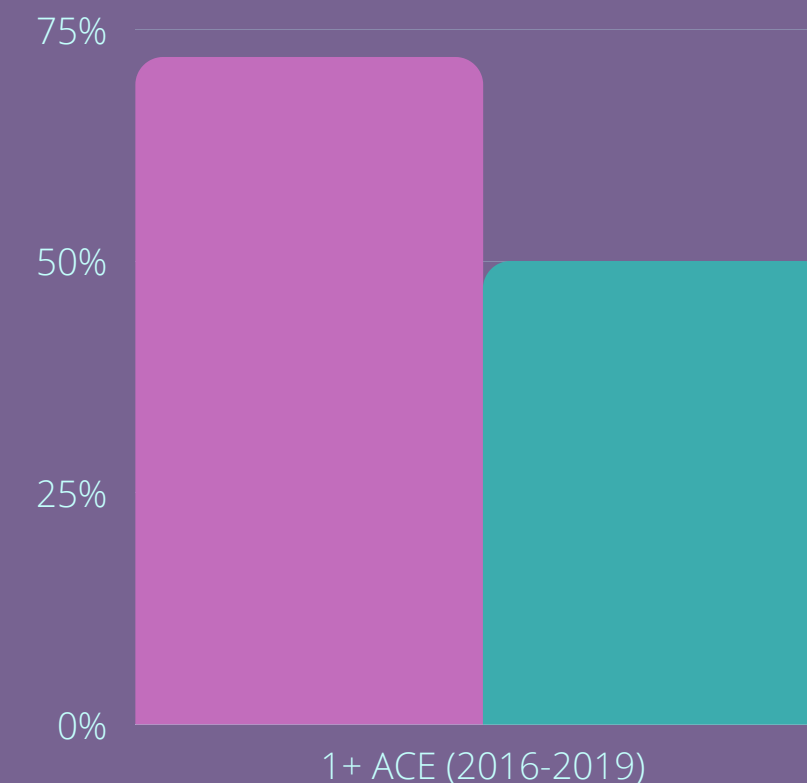
### HOUSEHOLD CHALLENGES

Growing up in a household with:



72% of Adults in Kings County have 1+ ACE (self-reported)

50% of Children in Kings County have 1+ ACE (parent reported)





YOUNG MINDS  
MENTES JÓVENES

KINGS COUNTY

# Our Goal

To support students, families,  
and staff in their ability to  
sustain the mental wellness of  
youth and families for  
generations to come through:

Trauma-Sensitive Mindfulness

---

Social-Emotional/ Life Skills

---

Strengthening Staff & Families

---



CALIFORNIA HEALTH  
COLLABORATIVE





## Elementary School-Based Services



### Mindfulness in Schools (K-6th)

**Calm Classroom Available Now!**

3 to 15 minute trauma-sensitive practices to nurture student engagement, well-being, and social-emotional development. Mindful Schools Available April 2022.



### Pro-Social Skills (4th-6th)

**Available Now!**

Utilizing Zones of Regulation and Skillstreaming for Elementary school students, pro-social skill support and self-regulation techniques for small groups or classrooms delivered in six 15-30 sessions.



### Calm Corners (K-6th)

**Available Now!**

Financial and technical support with establishing self-regulation classroom spaces.



### School Wide Assemblies/Events (K-6th)

**Available Now!**

Engaging assemblies and events that focus on Mindfulness and Resilience to support school wide awareness and wellness. Events are tailored to meet your school and schedule.



**YOUNG MINDS**  
**MENTES JÓVENES**  
KINGS COUNTY



**CALIFORNIA HEALTH  
COLLABORATIVE**

## Middle & High School-Based Services



### School Wide Assemblies/Events

**Available Now!**

Engaging assemblies and events that focus on Mindfulness and Resilience to support school wide awareness and wellness. Events are tailored to meet your school and schedule.



### WhyTry (7-12th)

**Available Now!**

Evidence-based social and emotional learning (SEL) program designed to increase attendance and enhance decision making



### Coping And Support Training (CAST) 7-12th

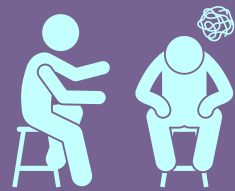
**Available April 11, 2022**

Evidence-based prevention curriculum designed to help young people develop coping skills and healthy behaviors, including how to ask for support.





## Supportive Adult Services and Events



### Trauma-Sensitive Practices Training

**Available Now!**

1.5 hour teacher in-service training event that builds staff knowledge and awareness of the science of ACEs & toxic stress, trauma-sensitive strategies to support student & staff well-being and resilience



### Annual Family Events

**Available Now!**

Annual family events hosted at school sites, community parks, and may also include field trips to outdoor spaces throughout CA to encourage family and community cohesion.



### Mindfulness Training

**Available Now!**

Financial and technical support with staff training to promote sustainable mindfulness practices. Options include: 2 hour Calm Classroom training (curriculum/materials included) or 4 week Mindful Schools 101 training



### Family Strengthening Curriculum

**Available June, 2022**

Enhancing resilience and buffering toxic stress through programs that are culturally relevant and strengths-based including family strengthening sessions and family talking circles.

# Family & Youth SUD Prevention Services

.....

## Community Engagement

- Innovative townhall meetings for families and community members
- Parent/caregiver workshops and presentations
- Education and resource booths

## Strengthening Families Curriculum

- Activities and family group services available in English and Spanish
- Duration and lessons customizable to meet needs
- Lessons include communication strategies, mental health family bonding, and more.

## Youth Leadership

- High School aged youth
- Weekly after school coalitions
- Experience in creating change in their schools and communities
- Leadership skill-building activities
- Youth Summer Camp

## Presentations and activities

- Elementary and high school aged youth
- Tailored presentations and activities ranging 30 minutes to an hour

# Contact Information

---

General contact: [youngminds@healthcollaborative.org](mailto:youngminds@healthcollaborative.org)

Daisy Lopez

[dlopez@healthcollaborative.org](mailto:dlopez@healthcollaborative.org)

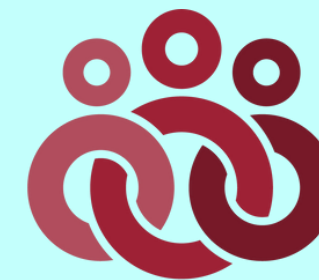
Phone: 559-244-4526

Nidia Villarreal

[nvillarreal@healthcollaborative.org](mailto:nvillarreal@healthcollaborative.org)

Stacy Hudson

[shudson@healthcollaborative.org](mailto:shudson@healthcollaborative.org)



**CALIFORNIA HEALTH  
COLLABORATIVE**

changing lives by improving health and wellness