



2020

# Ventura High School Cougar Country

2021



## Bulletin for the week of November 2

### Students

**Letterman's Jacket:** Please contact Ms. Lowe in the Student Store if you are interested in a letterman's jacket, at 805 641-5116 ext 2431 or e-mail her at marie.lowe@venturausd.org.

**AP EXAMS** - registration is now open for the 2021 AP exams. Detailed instructions are on the VHS website (under the Academics tab) [www.venturausd.org/ventura](http://www.venturausd.org/ventura) Register online and pay at the VHS student store by NOV. 6 to avoid a late fee.

**Yearbook Information page:**

[https://docs.google.com/document/d/1I-HVSVNFsj\\_ZvZ856jBquyRtNNI9c3DkJnbVrxaw8xQ/edit?usp=sharing](https://docs.google.com/document/d/1I-HVSVNFsj_ZvZ856jBquyRtNNI9c3DkJnbVrxaw8xQ/edit?usp=sharing)

### College & Career Center

Virtual College Rep Visits! These 30 minute visits are exclusively for high school students in VUSD. For full listing and zoom links go here:

[https://docs.google.com/document/d/1pwtbVvOmRuzW\\_9wD3uyiaydSoU0AdDzCiq7iwfqg\\_Ok/edit?usp=sharing](https://docs.google.com/document/d/1pwtbVvOmRuzW_9wD3uyiaydSoU0AdDzCiq7iwfqg_Ok/edit?usp=sharing).

- Wednesday, November 4
  - o Ohio Wesleyan University @10am
  - o University of Colorado Denver @ 10:45am
  - o Seattle Pacific University @ 11:30am
  - o UC Irvine @ 11:30am
  - o John Cabot University (Rome) @1:00pm
  - o University Colorado Boulder @ 1:45pm
- Monday, November 9
  - o Long Island University-Post @ 12:30pm
  - o University of Southern California @ 1:15pm

Let's Talk Majors: International Relations by VHS senior Talia Wilcox on Thursday, November 5 at 1:00pm. All grades welcome!

NACAC Virtual College Fair, November 8 (11am - 7pm), register at [virtualcollegefairs.org](http://virtualcollegefairs.org). More than 600 colleges will offer Zoom sessions for students everywhere. Log in, drop in, ask questions & pursue your college dreams. It's one day & FREE!

### Update Tips to Optimize Performance for Chromebooks

<https://docs.google.com/document/d/1wb3RPlqxPIGj0Pt8qozj-E89rAjQBQHDk-4m5cmXUol/edit?usp=sharing>

Still having technical difficulties? Call **VUSD Technology help line!** (805) 641-5000 x1450 or

[vusdparenthelp@venturausd.org](mailto:vusdparenthelp@venturausd.org)

# Student Assistance Program (SAP)

## Group Information

These are the groups and services offered through the Ventura High School's SAP for the 2020/2021 school year.

To participate in a group, send an email to: [bobbie.richards@venturausd.org](mailto:bobbie.richards@venturausd.org)

Visit the SAP Virtual Office to schedule individual, virtual appointments:

<https://docs.google.com/presentation/d/e/2PACX-1vQWdKnxKvJIC5wkgYrN5rrNirtSjVeeST5Zz1Dum6sRfDFZTET-vj4l29ck-ky63jilPWxpezctnooV/pub?start=true&loop=false&delayms=60000&slide=id.p>

### **ALATEEN** Sessions Scheduled by Student

There are two options:

- 1) For an Alateen meeting in Ventura County, email "Bear," Group Manager at ([grweil776@gmail.com](mailto:grweil776@gmail.com)). As the Ventura County Group Manager, Bear will provide a link and "go-to" meeting access code.
- 2) For Alateen virtual meetings/chats outside of Ventura County, these meetings can be accessed from the following link. <https://al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting/>

### **ALCOHOL and DRUG PREVENTION (ADP)** Sessions Scheduled by Student/Parent

When contacting the ADP Program Staff, please indicate what school the student attends.

Contact #: (805) 652-6919

### **BRIEF INTERVENTION (BI)** Sessions by Appointment Only

Facilitator: Bobbie Richards, SAP Counselor (she, her, hers)

Brief intervention (BI) typically consists of face-to-face, structured, student-centred, non-judgemental gathering using 1-4 counseling sessions of short durations (typically 30 minutes). Based on harm reduction, BI aims to reduce a person's substance consumption to safe level or complete abstinence.

### **BRIEF RISK REDUCTION INTERVENTION AND INTERVIEW MODEL (BRRIM)** Sessions by Appointment Only

Facilitator: Bobbie Richards, SAP Counselor (she, her, hers)

The BRRIM provides individualized services to students and their families in order to reduce alcohol and other drug (AOD) use and violence. Designed to provide an umbrella of prevention, intervention, and support strategies within a school, SAP and school district. Staff collaborate with families and community services to address students needs and help them succeed academically and personally.

### **GRIEF AND BEREAVEMENT COUNSELING** Sessions Scheduled by Student/Parent

Facilitator: Amanda McQuade Crawford, M

Clinical Psychotherapy, Botanical Medicine

Livingston Memorial

(805) 633-9056 (home office)

(818) 404-9804 (VM, texts, ZOOM)

“Livingston provides grief and bereavement support throughout Ventura County. [They] offer both individual (one-on-one) counseling with trained bereavement counselors/therapists and group counseling. [The] team of highly trained professionals and volunteers offer compassionate care and support. [The] goal is to provide a safe, healing place to learn how to cope with your grief, share your story, and to honor and remember your loved one.”

**LGBTQ+ GROUP**

(Schedule TBD based on student interest)

Facilitator: **Bobbie Richards, SAP Counselor (she, her, hers)**

Tentatively, an “intersectional” approach, which means exploring how aspects of identity intersect and impact stress or trauma. This includes, but is not limited to, sexuality, gender, religion, age, race/ethnicity, or socioeconomic status. Otherwise, open discussions will be the focus, led by student participants.

**MINDFUL SELF-COMPASSION GROUP**

Wednesdays at 12:15pm

Facilitator: **Bobbie Richards, SAP Counselor (she, her, hers)**

Mindfulness is the first step in emotional healing, acknowledging our difficult thoughts and feelings. Self-Compassion involves responding to these difficult thoughts and feelings with kindness and understanding so that we soothe and comfort ourselves when we're hurting.

**REDUCING ANXIETY GROUP** Fridays at 1:00 pm

Facilitator: **Bobbie Richards, SAP Counselor (she, her, hers)**

In this group, we will engage in exercises to help reduce anxiety

**STRESS MANAGEMENT GROUP**

Wednesdays at 10am

Facilitator: **Bobbie Richards, SAP Counselor (she, her, hers)**

A place where students can discuss how current life changes are causing anxiety and stress

- Pandemic
- Distance Learning
- Keeping Up With Classroom Zoom Meetings and Classwork
- Family Issues
- Mental or Emotional Issues

**Visit the SAP Virtual Office to schedule individual, virtual appointments:**

<https://docs.google.com/presentation/d/e/2PACX-1vQWdKnxKvJIC5wkgYrN5rrNirtSjVeeST5Zz1Dum6sRfDFZTET-vj4l29ck-ky63jilPWxpezctnooV/pub?start=true&loop=false&delayms=60000&slide=id.p>