



2020

## Ventura High School Cougar Country

2021



### Bulletin for the week of December 14

**Winter Break: Dec 21 - Jan 1 No School**

#### Sports

Boys Soccer Tryouts Postponed. Date to be determined.

#### Clubs

December 6 - 12 was Pan Visibility week. Pansexuality is the romantic and sexual attraction to people regardless of gender. Famous pansexuals include: Miley Cyrus, Lizzo, Janelle Monáe, Yungblood and Dead Pool (not a real person). For more information on pansexuality, check out the following article from Elle magazine, "Pansexuality Meaning And Why It's Not To Be Confused With Bisexuality:"

<https://www.elle.com/uk/life-and-culture/a29339872/pansexual-meaning/>

#### Food, housing and additional resources

[https://docs.google.com/document/d/1utEGyDhlelWIY1oCazCpshmYGDy\\_cJFFEDFOklykAo/view?usp=sharing](https://docs.google.com/document/d/1utEGyDhlelWIY1oCazCpshmYGDy_cJFFEDFOklykAo/view?usp=sharing)

#### **DO YOU NEED TEXTBOOKS, NOVELS, PACKETS OR A CHROMEBOOK?**

come to the library front door and knock.

VHS LIBRARY Mon.-Fri., 8 am - 3 pm

(excluding holidays and vacation days)

Please wear a mask

**CHROMEBOOK CHECK OUT FOR HYBRID CLASSES WILL BE AFTER JANUARY 12**

#### **Update Tips to Optimize Performance for Chromebooks**

<https://docs.google.com/document/d/1wb3RPlqxPIGjOPt8qozj-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)

<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.

**MINDEFUL 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-vj4I29ck-ky63jilPWxpezctnooV/pub?start=true&loop=false&delayms=60000&slide=id.p>