



K-12 TELEBRIEFING MAY 2, 2023

Welcome!
We will begin shortly



SUBJECT MATTER EXPERTS



Dr. Beatty

Assistant Medical Director
County of San Diego



Tracy Schmidt

Director of Safety and Student
Engagement, SDCOE



Sherry Colgan Stone

Consultant, COVID and
Emergency Operations, SDCOE



Dr. Taras

Physician Consultant
SDCOE



Corinne McCarthy

Coordinator, School Nursing
SDCOE

SPECIAL GUESTS



Annika Manlutac

Administrative Analyst I
Behavioral Health Services
Communication & Engagement Team



Briana Leyva

Mental Health Educator and
Outreach Coordinator for
Latinx/e Community



Cassandra Surban

Lead Youth Peer Trainer
Elevate Youth California Project



Nicole Villa



Allison Hirahara



Hanna Davarmanesh



Katherine Velasco



Lilly Casey

AGENDA



LIVE WELL
SAN DIEGO

Agenda Item	Speaker/Presenter
Introduction	Allison Hirahara
Mental Health Presentations: Scoop from You(th) Challenge, NAMI Youth Programs Breaking Down Barriers	Annika Manlutac, Cassie Surban, Briana Leyva
Mental Health Panel Discussion	All Panelists
SDCOE Updates	Tracy Schmidt & Sherry Colgan Stone
Epi & Medical Updates	Dr. Beatty
Q&A Session	All Panelists



K-12 Telebriefings: 1st Tuesday of the month

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 K-12 Telebriefing	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

HAPPY TEACHER APPRECIATION WEEK



HAPPY NATIONAL NURSES DAY





Virtual QPR Training (Question, Persuade, Refer) For the K-12 Education Sector

Three steps anyone can learn
to help prevent suicide.

**Tuesday, May 23
10:00am-12:00pm**

Space is limited, [REGISTER TODAY!](#)

WE WANT TO HEAR FROM YOU!



WE WANT TO HEAR FROM YOU, K-12 SECTOR!

Let us know how we've been doing and how we can best serve and partner with you.

Complete our brief feedback form and enter for a chance to win a *Live Well San Diego* "swag bag."

Thank you!



Complete our brief feedback form!

YOUTH SECTOR & BHS SCOOP FROM YOU(TH) CHALLENGE: OPIOID CRIS

ANNIKA MANLUTAC, Administrative Analyst I

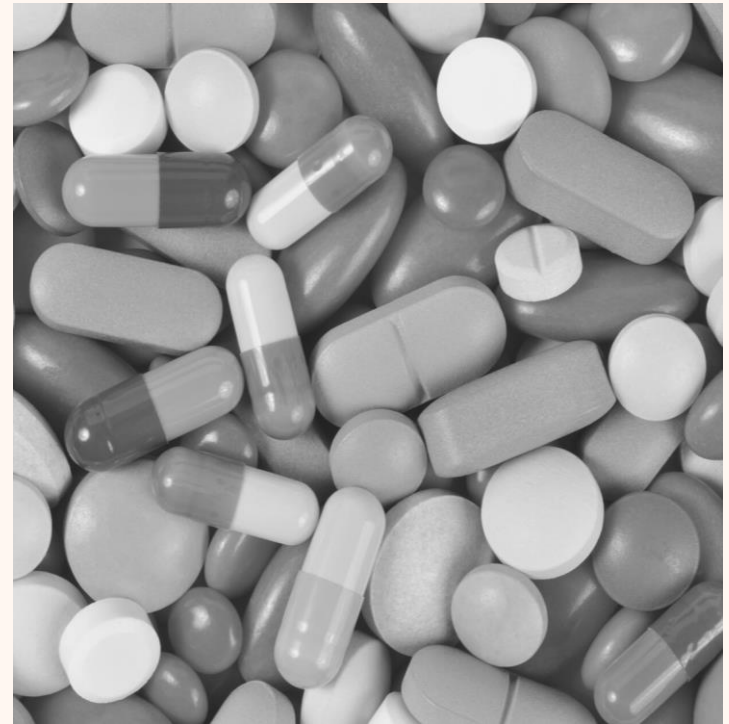
Behavioral Health Services – Communication & Engagement Team

CRISTINA RIOS VEGA, Temporary Expert Professional

Behavioral Health Services – Communication & Engagement Team

San Diego County is experiencing a Fentanyl Public Health Crisis

- Fentanyl is a **synthetic opioid**
 - Up to 50x stronger than heroin and 100x stronger than morphine
- Found in **illegal powders** (e.g., meth and heroin) and in **counterfeit pills** (pills you did not personally get from a pharmacist)
- Led to increasing numbers of fentanyl **overdose deaths**
 - Spiked to 743 people in the county in 2021, which accounted for more than 70% of all overdose deaths that year



Lifesaving Naloxone

- Naloxone is a **fast-acting medication** that can save lives in the event of an opioid overdose
- Naloxone is easy to use and small to carry - two forms of naloxone that anyone can use without medical training or authorization: **prefilled nasal spray** and injectable
- Naloxone **won't harm someone** if they're overdosing on drugs other than opioids, so it's always best to use it if you think someone is overdosing.
- Available for pick-up across San Diego County - [Naloxone \(sandiegocounty.gov\)](https://www.sandiegocounty.gov)



About The Topics

Four-Part Strategy to Address Illicit Fentanyl Crisis

In December 2022, in light of the illicit fentanyl crisis, San Diego County supervisors voted unanimously to fight the illicit fentanyl crisis by:

**Conducting Overdose
Prevention Education**

**Expanding Naloxone
Distribution**

**Emphasizing Early
Intervention**

**Improving Detections of
Outbreaks of Overdoses**

About The Campaign



Youth-Led Fentanyl & Naloxone Challenge & Creative Assets

Creative Assets

- Led by Jasmine & Youth Sector Content Creators
- Directed and supported by Annika (BHS Youth Sector Liaison) and C&E Students Workers as needed



Youth Challenge

- Led by Victoria, Cristina, & Maireen (BHS C&E Student Workers)
- Promoted by Youth Sector & LWSD Social Media Workgroup

About The Campaign

2023 SCOOP FROM YOU(TH) CHALLENGE: OPIOID CRISIS | May 9 – July 11, 2023

- Inspired by the COVID-19 [Our Health Deserves a Shot](#) and [Our Health Deserves a Boost\(er\)](#) Youth Challenges
- Purpose:** Part of the Youth Sector and BHS Fentanyl and Naloxone Awareness Campaign to conduct overdose prevention education
- Goal:** Encourage awareness and education on the illicit fentanyl crisis and benefits of naloxone, while engaging youth and social media platforms.

Current Status: Final month of challenge outreach planning and preparing for challenge launch.

Scoop From You(th) Challenge: Opioid Crisis

Calling All San Diego County Youth & Young Adults!

This summer's Scoop From You(th) Challenge calls on San Diego youth and young adults to raise awareness about the risks of illicit fentanyl and the importance of naloxone to help prevent opioid-related overdoses through the medium of video and visual art. The challenge is open from **May 9 - July 11, 2023**. Eligible participants between the **ages of 12-25** can submit entries for the categories below for the opportunity to win.

TELL US THROUGH VISUAL ART OR A SHORT VIDEO!

We're looking for positive messages and visuals to share with other youth and young adults! Judging criteria includes accuracy of information, appeal to youth, originality, creativity, message, and inspiration. Participants may submit a maximum of three entries (no more than one entry per category). The number of entries will not impact an individual's overall score.

CHALLENGE CATEGORIES

- Tik Talk:** Provide an overview on a topic related to the opioid crisis, such as illicit fentanyl or naloxone. Submissions must be 10 minutes or less and feature at least one resource for the community.
- Fast Facts:** Create an original handcrafted or digitally designed piece of visual art that highlights at least one fact specifically about illicit fentanyl or naloxone. See *Official Entry Requirements, Rules, and Tips* for required citations.
- Real Reel:** Create a 15- to 90-second video that provides a personal testimonial or public service announcement related to the opioid crisis. Submissions must provide a clear call to action.

WINNERS WILL RECEIVE THE FOLLOWING

PLATINUM			
1 winner: Any age	\$1,200	Opportunity for video or visual art to be shared through County media communication outlets*	Award ceremony and certificate signed by County of San Diego and Health and Human Services leadership
Featured on County website(s) with a link to the participant's social media or professional website (if applicable)			
GOLD			
3 winners: 12-14 years old 15-17 years old 18-25 years old	\$400	Opportunity for video or visual art to be shared through County media communication outlets*	Award ceremony and certificate signed by County of San Diego and Health and Human Services leadership
SILVER			
3 winners: 12-14 years old 15-17 years old 18-25 years old	\$100	Opportunity for video or visual art to be shared through County media communication outlets*	

* Media communication outlets include digital, print, visual, verbal, or nonverbal communications for legitimate use at the discretion of the County and/or partner organizations.

CHALLENGE INFORMATION:

Visit LiveWellSD.org/ScoopFromYouth to learn more and get started.
Submissions close July 11, 2023 at 11:59 PM.

QUESTIONS:

Please send any additional questions to LiveWellYouth@sdcountry.ca.gov

#GetTheScoop #YouthChallengeSD #OpioidCrisisSD

2023 SCOOP FROM YOU(TH) CHALLENGE:

OPIOID CRISIS | May 9 – July 11, 2023

Eligible youth and young adults, ages 12-25, can participate by making a submission in any of the following categories for the opportunity to win in **Silver, Gold, or Platinum tiers.**

- **Tik Talk:** Provide an overview on a topic related to the opioid crisis, such as illicit fentanyl or naloxone. Submissions must be 10 minutes or less and feature at least one resource for the community.
- **Fast Facts:** Create an original handcrafted or digitally designed piece of visual art that highlights at least one fact specifically about illicit fentanyl or naloxone. See Official Entry Requirements, Rules, and Tips for required citations.
- **Real Reel:** Create a 15- to 90-second video that provides a personal testimonial or public service announcement related to the opioid crisis. Submissions must provide a clear call to action.

2023 SCOOP FROM YOU(TH) CHALLENGE: OPIOID CRISIS | May 9 – July 11, 2023

The Platinum Tier Winner will receive:

- A \$1,200 Visa gift card award sponsored by Rescue Agency
- An opportunity for video or visual art to be shared through County media communication outlets
- An Award Ceremony and Certificate of Achievement signed by County of San Diego and Health and Human Services leadership.

WINNERS WILL RECEIVE THE FOLLOWING

PLATINUM

1 winner: <i>Any age</i>	\$1,200	Opportunity for video or visual art to be shared through County media communication outlets*	Award ceremony and certificate signed by County of San Diego and Health and Human Services leadership	Featured on County website(s) with a link to the participant's social media or professional website (if applicable)
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GOLD

3 winners: <i>12–14 years old 15–17 years old 18–25 years old</i>	\$400	Opportunity for video or visual art to be shared through County media communication outlets*	Award ceremony and certificate signed by County of San Diego and Health and Human Services leadership
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SILVER

3 winners: <i>12–14 years old 15–17 years old 18–25 years old</i>	\$100	Opportunity for video or visual art to be shared through County media communication outlets*
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* Media communication outlets include digital, print, visual, verbal, or nonverbal communications for legitimate use at the discretion of the County and/or partner organizations.

Sponsored by:



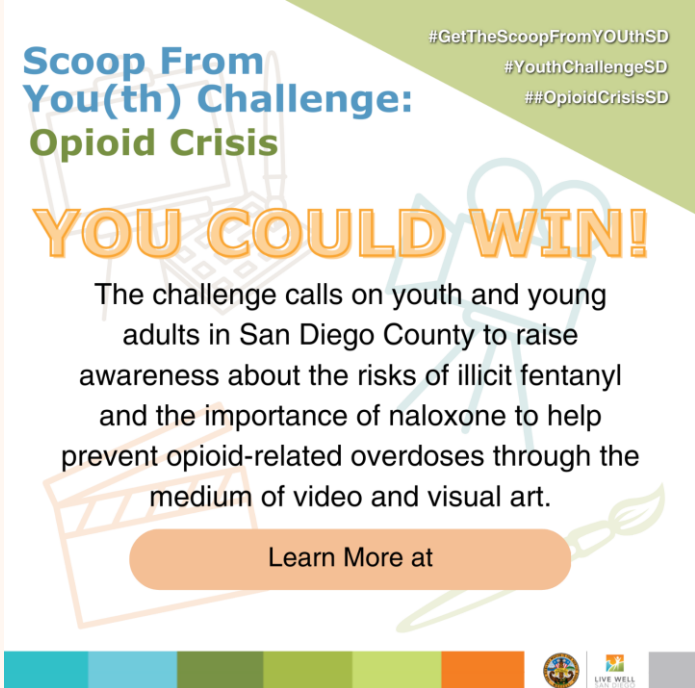
RESCUE
The Behavior Change Agency®

Call to Action

For Schools and the Community

NOTIFICATION AND UPDATES

- Please fill out, and share amongst your students, the above “**Notification and Updates**” form to stay informed with key notifications about this year’s challenge.
- **Looking ahead:**
 - Webpage – LiveWellSD.org/ScoopForYouth
 - Flyers
 - One-pagers
 - Social media posts



Scoop From You(th) Challenge: Opioid Crisis

#GetTheScoopFromYOUthSD
#YouthChallengeSD
##OpioidCrisisSD

YOU COULD WIN!

The challenge calls on youth and young adults in San Diego County to raise awareness about the risks of illicit fentanyl and the importance of naloxone to help prevent opioid-related overdoses through the medium of video and visual art.

Learn More at

THANK YOU!

ANNIKA MANLUTAC, ADMINISTRATIVE ANALYST I
ANNIKA.MANLUTAC@SDCOUNTY.CA.GOV | 619-400-9233

VICTORIA MAC, GRADUATE STUDENT WORKER
VICTORIAL.MAC@SDCOUNTY.CA.GOV

CRISTINA RIOS VEGA, TEMPORARY EXPERT PROFESSIONAL
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JASMINEC.GUERRERO@SDCOUNTY.CA.GOV

RENEE QUIJADA, GENERAL SUPPORT AIDE
RENEEC.QUIJADA@SDCOUNTY.CA.GOV

NAMI

National Alliance on Mental Illness

Youth Programs

 **San Diego and
Imperial Counties**

Elevate Youth California with NAMI San Diego

Level up your youth with us! We provide free trainings tailored to youth 12-26 years old, but we are open to all ages. The following trainings will work best in groups of all sizes.

3 Trainings Available

Student Self Leadership

Youth Personal Growth

- ✓ 5 part training series- each session is 1 hour
- ✓ Focus on Social Emotional Learning Competencies
- ✓ Learn to set goals and achieve them
- ✓ Participate in fun activities
- ✓ Earn a gift card and certificate of completion

More Than Sad

Mental Health Awareness

- ✓ 1 hour presentation
- ✓ Learn signs of depression in self and others
- ✓ Destigmatize mental health
- ✓ Demystify treatment
- ✓ Promote how to seek help

Opioid Misuse Prevention & Response

Naloxone Training

- ✓ 1 hour training
- ✓ Gain knowledge on opioid overdose
- ✓ How to recognize and respond to an overdose
- ✓ How to administer opioid antagonist (Naloxone)
- ✓ Leave the training with Naloxone

Sign up now!
Space is limited.

Contact: Khalif Kelly- EYC Program Manager
Khalifkelly@namisd.org

oscER and oscER jr

Organized Support Companion in an Emergency Situation

- ▶ Free mobile app!
- ▶ Currently *oscER* is in English, Spanish, Arabic, Tagalog, Vietnamese & Farsi
- ▶ Additional languages are coming soon to *oscER jr*!
- ▶ Bringing awareness and knowledge to mental health!



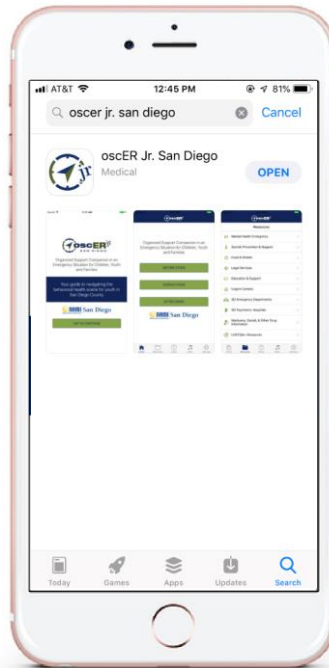
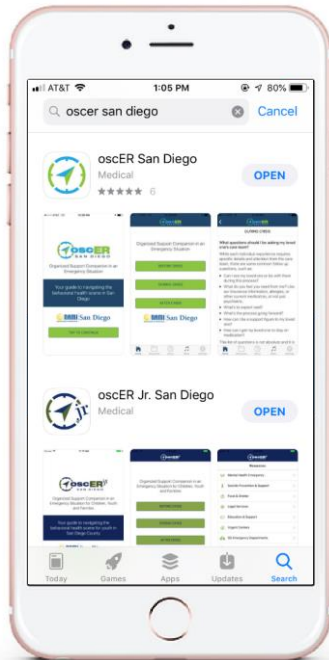


Accessing & Leveraging Families Rights to Education



- ▶ Free mobile app!
- ▶ In English, Spanish and Arabic
- ▶ Coming soon – Tagalog, Vietnamese & Farsi
- ▶ Find assistance navigating IEP or 504 plans





Thank you!

Contact information:

Cassandra Surban- EYC Lead Youth Peer Trainer

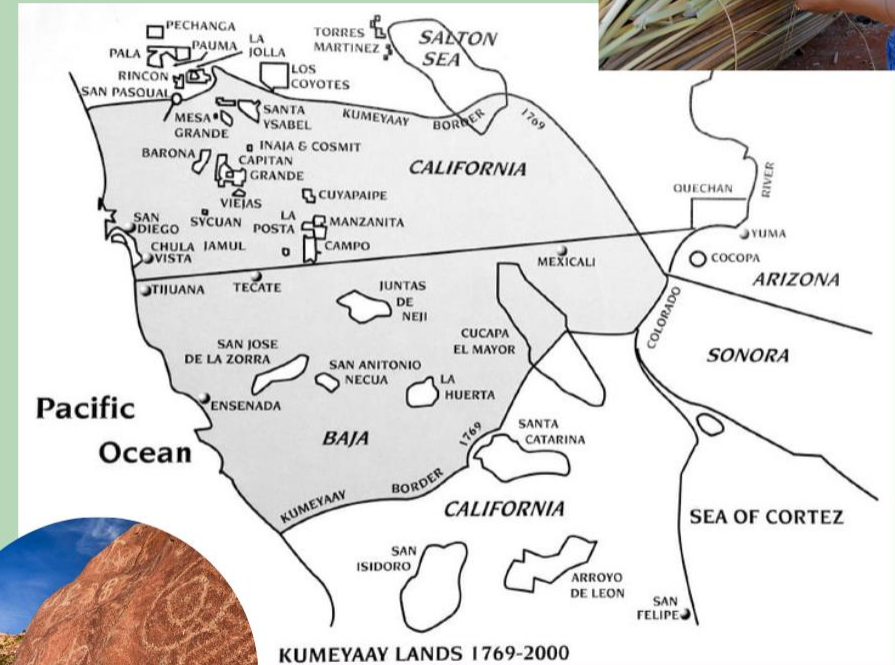
CassandraSurban@namisd.org

Breaking Down Barriers

Introduction

Land Acknowledgment

Howka,
We would like to respectfully acknowledge and recognize our responsibility to the original and current caretakers of this land. We acknowledge San Diego County resides largely on Ipai/Tipai - Kumeyaay Territory but also want to recognize the other communities that are here, the Payomkawichum - Luiseño, Kuupangaxwichem - Cupeño, and Ivilyuqaletem - Cahuilla. They have lived in this region for millenia. We are grateful for the opportunity to live and work in these homelands.



How to find whose land you are on: <https://www.whose.land/en/>
<https://www.kumeyaay.com/>



A program of Jewish Family Service,
funded by the County of San Diego, Health
and Human Services Agency

Breaking Down Barriers



Breaking Down Barriers is an outreach program that works with underserved communities and the providers that serve them to talk about mental wellness.

Strictly an educational program and we do not provide diagnoses or serve as licensed therapists.



Briana Leyva

She, Her, Ella

- First-generation from Guerrero, MX
- First-generation college grad - B.A. in Psychology from SDSU
- Holistic wellness, health advocacy, health equity, and community involvement.

Dr. Jann Murray-Garcia



Cultural Humility

This term implies a lifelong process focusing on self-reflection and personal critique

It goes beyond knowledge and it places a greater emphasis on openness and empathy to those who have a different cultural background than your own



Dr. Melanie Tervalon

Presentations and Workshops



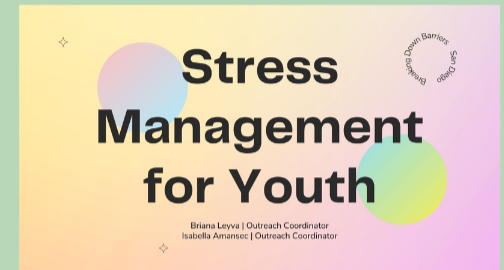
Cultural Humility Training - Latinx/e in the US

These trainings are for service providers who would like to learn best practices for working with community members who may identify as Asian American and or Pacific Islander.



Historical Trauma & Intergenerational Trauma

We will review the concepts of historical and intergenerational trauma, and we will discuss how historical events impact QTBIPOC mental health and wellbeing.



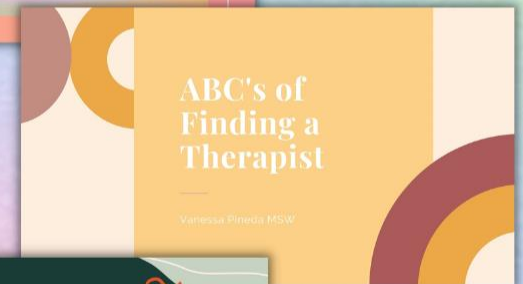
Stress Management for Youth

The presentation provides youth with self-care tips and strategies on how they can mitigate stress due to the pandemic, academics, extracurriculars, etc.

Presentations and Workshops

Additional Topics Shared:

- Resiliency
- Mental Health & Wellness During Difficult Times
- Self Care & Community Care
- Managing Work Life Balance
- Healthy Boundaries/Relationships
- Health Communication
- LGBTQIA+ Ally Workshop
- ABC's of Finding a Therapist

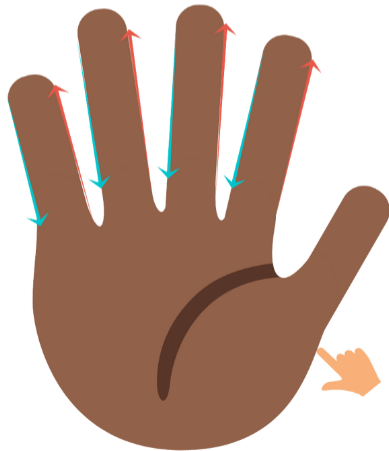


Spanish Workshops



Examples of Activities

5 Finger Breathing Exercise



5, 4, 3, 2, 1 Grounding Activity

5 things you see
4 things you hear
3 things you feel
2 things you smell
1 good thing about yourself

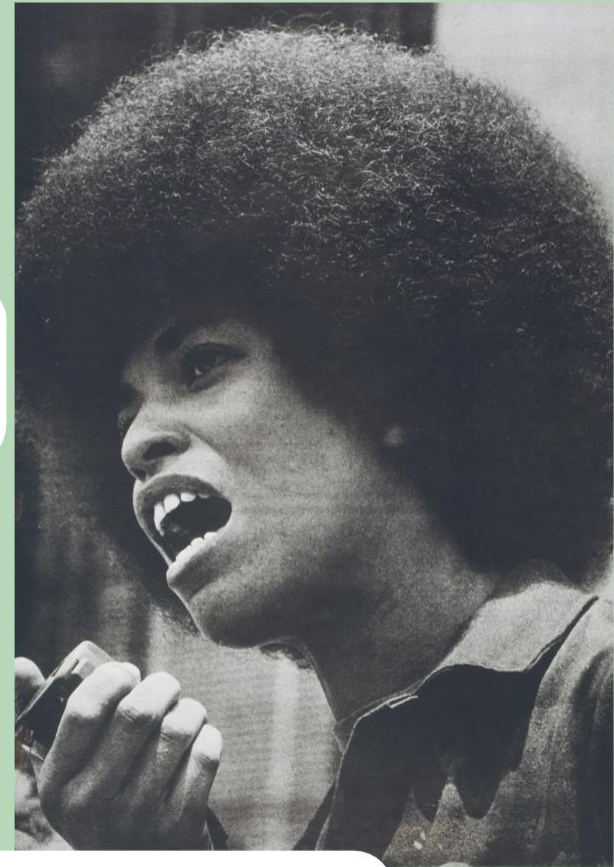
Work in the Community

- Providing resources at community events
 - (P4S) Southbay Community Summer Festival
 - SD Pride Shefest in support of LGBTQIA+ Survivors Taskforce
 - Survivors of Suicide Loss
 - Taste of the Philippines
 - Southern Indian Health Council Wellness Conference
 - Families Surviving Gun Violence
 - San Diego Workforce Partnership Career Exploration Panel



“ANYONE WHO’S
INTERESTED IN MAKING
CHANGE IN THE WORLD,
ALSO HAS TO LEARN
HOW TO TAKE CARE OF
HERSELF, HIMSELF,
THEIRSELVES.”

– ANGELA DAVIS



Community Resources

MERT : Mobile Crisis Response Team

What is it:

In – person support to anyone anywhere in San Diego County, experiencing a mental health, drug or alcohol-related crisis.



How to Connect:

- Call Access and Crisis Line: (888) 724 – 7240

For More Details:

[Go Here](#)

Hotlines & Directories for BIPOC Therapists

Hotlines

- Access & Crisis Line
 - 888-724-7240 / TEXT "HELLO" to 741741
- CalHOPE Crisis Counseling Program
 - Bilingual community support navigators, hotline, warmline and counseling support. (619) 404-4322.
- National Suicide Lifeline
 - 9-8-8
- Blackline
 - Unapologetic Black, LGBTQ+ & Black Femme lenses crisis line 1-800-604-5841
- Sovereign Bodies Institute
 - A support line for Native Americans provides emotional support and access to direct services. Call/Text - 1-707-335-6263
- Naseeha
 - Anonymous, toll free, peer support helpline for Muslim youth Call or Text- 1-866-627-3342
- StrongheartsNative
 - The Helpline (1-844-7NATIVE) for Native Americans affected by domestic violence and dating violence.

BIPOC Therapists

- APISAA Therapist Directory
 - www.asianmhc.org
- Indigenous Circle of Wellness
 - Culturally inclusive counseling and wellness for BIPOC (centering indigeneity) info@icowellness.com
- Black Wellness Directory
 - wellness.beam.community.com
- Therapyforlatinx.com
 - Directory of Latinx therapist
- Therapy for Black Girls
 - Podcast and directory of Black therapists
- South Asian Therapists
 - Directory for South Asian Therapists
- Inclusive Therapists
 - Culturally responsible wellness services for all bodies
- National Queer and Trans Therapist of Color Network
- Zencare -find therapists in San Diego who are BIPOC

Community Resources & Phone Applications

Community Resources

- **CalHope Crisis Counseling Program**
 - Bilingual community support navigators, hotline, warmline and counseling support. (619) 404-4322.
- **South Bay Community Services**
 - Counseling and family support services
- **Harm Reduction San Diego Coalition**
 - Provides harm reduction strategies such as syringe exchanges and prevention education to reduce negative stigma associated with drug use
- **SD Food and Diaper Bank**
 - <https://sandiegofoodbank.org/programs/diaper-bank-program/>
- **We All Got SD**
 - Non-judgmental group which provides community support; Food delivery support
- **Urban Restoration Counseling**
 - Affordable outpatient counseling services.

Phone Apps

- **Liberate Meditation**
 - Meditations cover topics such as Ancestors, Sleep, Anxiety, Anger, Self Worth, and more.
- **SHINE:**
 - A WOC founded and led meditation and wellness experience
- **Headspace**
 - Mindfulness and Guided Meditation
- **Calm**
 - Guided meditation and Sleep stories
- **Tawazon**
 - Guided meditations in Arabic
- **Insight Timer**
 - Meditations
- **Mantra**
 - Shares daily affirmations

YOUTUBE CHANNELS

Jubilee

YOUTUBE: @JUBILEE

Provides information on first-hand experiences of gen z BIPOC mental health



YOGA with ADRIENE

YOUTUBE: @YOGAWITHADRIENE



Calm

YOUTUBE: @CALM



BOOKS & PHONE APPS

"THE BEST WE COULD DO"

By Thi Bui

Provides a glimpse of what PTSD and Generational Trauma looks like after the Vietnam War



"INHERITANCE"

By Elizabeth Acevedo

A visual poem that highlights the complexities of Black hair and Afro-Latinidad

Phone apps to download

Liberate Mediation

SHINE

Headspace

Calm

Insight Timer

Mantra



INSTAGRAM

IG: @TYFOREXISTING

Mental health infographics for building a mental health toolkit, tips, and self-care ideas.



IG: @ADHD_COUPLE

Infographics on ADHD and different life experiences. Building support and awareness of ADHD.



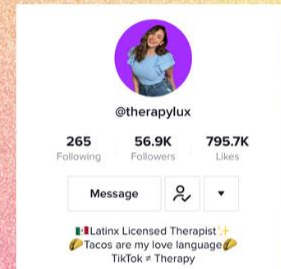
IG: @DOODLEDWELLNESS

Mental health infographics on trauma, eating disorders, wellness check-ins, & grounding exercises

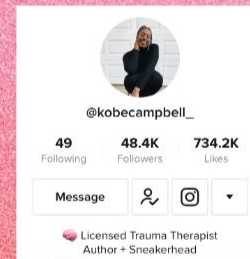


TIK TOK

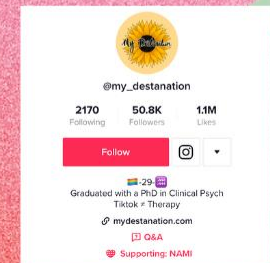
Provides mental health resources and conversations to build awareness in the Latinx/e community.



Provides conversations focusing on tenderness, healing, and authenticity around mental health



Provides information about therapy, mental health, and wellness for the QTBIPOC community.





san diego county office of
EDUCATION
FUTURE WITHOUT BOUNDARIES™

    @SanDiegoCOE

COVID-19 UPDATES

Made Major Modifications to the FAQs

Including:

- Added definition of “infectious state”
- Modified Contact Tracing and Close Contacts section to delineate requirements for both employees and students.
- Modified Isolation section, adding information on mask wearing after returning from isolation after a positive test result on day 6 (or after). Also removed information about student participation in *before and after school programs* that are no longer pertinent.
- Some minor changes to the Testing section, which reiterates masking information and clarifies what to do if a person develops symptoms after a positive test after being asymptomatic for several days.
- Vaccination Status section has been modified to include CDPH’s statement about not currently exploring emergency rulemaking to add COVID-19 vaccinations to the list of required school vaccinations.
- Recordkeeping section has been added to provide information on Cal/OSHA’s non-emergency regulations information on recording and tracking positive employee cases.

The Asymptomatic Positive Tree

- The Asymptomatic Positive Tree was updated to address requirements when an asymptomatic individual who tests positive develops symptoms after the positive test date

Asymptomatic Positive Tree for Students and K-12 Workers

A person (vaccinated or unvaccinated) has tested positive for COVID-19 using any test type and does not have symptoms
Confirmation testing is not recommended



Isolate at home for 5 days from the date on which the first sample was collected.

- Return on or after day 6
- If symptoms develop, follow the Symptom and Isolation Tree. The isolation clock resets to day 0 on the symptom onset date.
- Students should wear a mask on Days 6 – 10. Students may remove their mask sooner than Day 10 with two sequential negative tests one day apart.

Per Cal/OSHA, K-12 Workers must wear a mask on Days 6-10.

REMINDER:

K-12 schools are encouraged to develop standard criteria for managing students who develop symptoms of infectious diseases, including COVID-19.

Spring Cleaning?

CDPH has put together a one- page instruction document on how to dispose of extra testing supplies.

<https://schools.covid19.>



CDPH COVID-19 Testing School Clean-up Instructions for Spring/Summer 2023

1. Paperwork and records

- **Consents:** Sites that used PAPER consents must securely store the consents for 3 years. Electronic consents on Primary.Health or COLOR will be automatically stored for 3 years.
- **Test Results:** Find out if you have any requirement to keep records of prior test results. If required, securely backup student and/or employee results.
- **Protected Health Information:** Any printed or electronic documents containing protected information (names, birthdates, etc.) must be stored or destroyed appropriately. Consult your administration for your site's procedures.

2. Supplies

No supplies can be returned to CDPH.

• **At-home (OTC) Tests:**

- May continue to use for school staff/students, and may distribute additional tests to families of uninsured students
- May be used past expiration dates if internal control line develops appropriately
- **PCR tests:** CLICK HERE for specific PCR test disposal instructions
- **CUE readers or cartridges:** Expired cartridges are regular trash. CUE readers can be kept and used (with self-purchased cartridges), donated or discarded as e-waste.
- **Professional Abbott BinaxNOW CLIA-waived Tests:**
 - Printed expiration dates HAVE BEEN EXTENDED, please continue to use tests unless you get an email telling you to throw them away.
 - If your site has temporarily stopped using professional BinaxNOW CLIA-waived tests and may restart, keep your tests for now. Only discard usable tests if a program is fully closed and no affiliated sites can use the tests.
 - Disposal instructions:
 - All *unused* swabs/test cards/liquid reagent can go in regular trash.
 - Please limit access to discarded tests and dispose just prior to removal by your waste management company
 - Instruction sheets/empty boxes are recyclable.

• **Biohazard supplies and waste:**

- All positive BinaxNOW CLIA-waived tests are biohazard waste and should be handled/discarded as such—use whatever compliant method your site has developed.
- *Unused* biohazard bags of any size can be donated to a medical site. If discarded, it is recommended that they are treated as biohazard and not go in regular trash, as they will be refused by some disposal companies.
- If biohazard buckets were sent to you, they came in boxes with return labels. Use the original return labels to ship for disposal.



RESOURCES

SDCOE COVID Resources:

<https://www.sdcoe.net/covid-19/home>

Cal/OSHA COVID-19 Prevention Regulations (full text)

<https://www.dir.ca.gov/oshsb/documents/COVID-19-Prevention-Non-Emergency-txtbrdconsider.pdf>

Cal/OSHA News Release – Feb.4, 2023

<https://www.dir.ca.gov/DIRNews/2023/2023-14.html>

Cal/OSHA Prevention Non-Emergency Regulations Website

https://www.dir.ca.gov/dosh/coronavirus/Non_Emergency_Regulations/

Guidance on Isolation and Quarantine for COVID-19 (ca.gov) – March 3, 2023

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

More information on AB 361 from Lozano Smith

https://www.lozanosmith.com/news-clientnewsbriefdetail.php?news_id=3228

CDPH COVID-19 Testing – School Clean-Up Instructions for Spring-Summer 2023 (scroll down on page to “Disposal of Testing Supplies”)

<https://schools.covid19.ca.gov/>



COVID-19 DATA, EPIDEMIOLOGY, & MEDICAL UPDATE

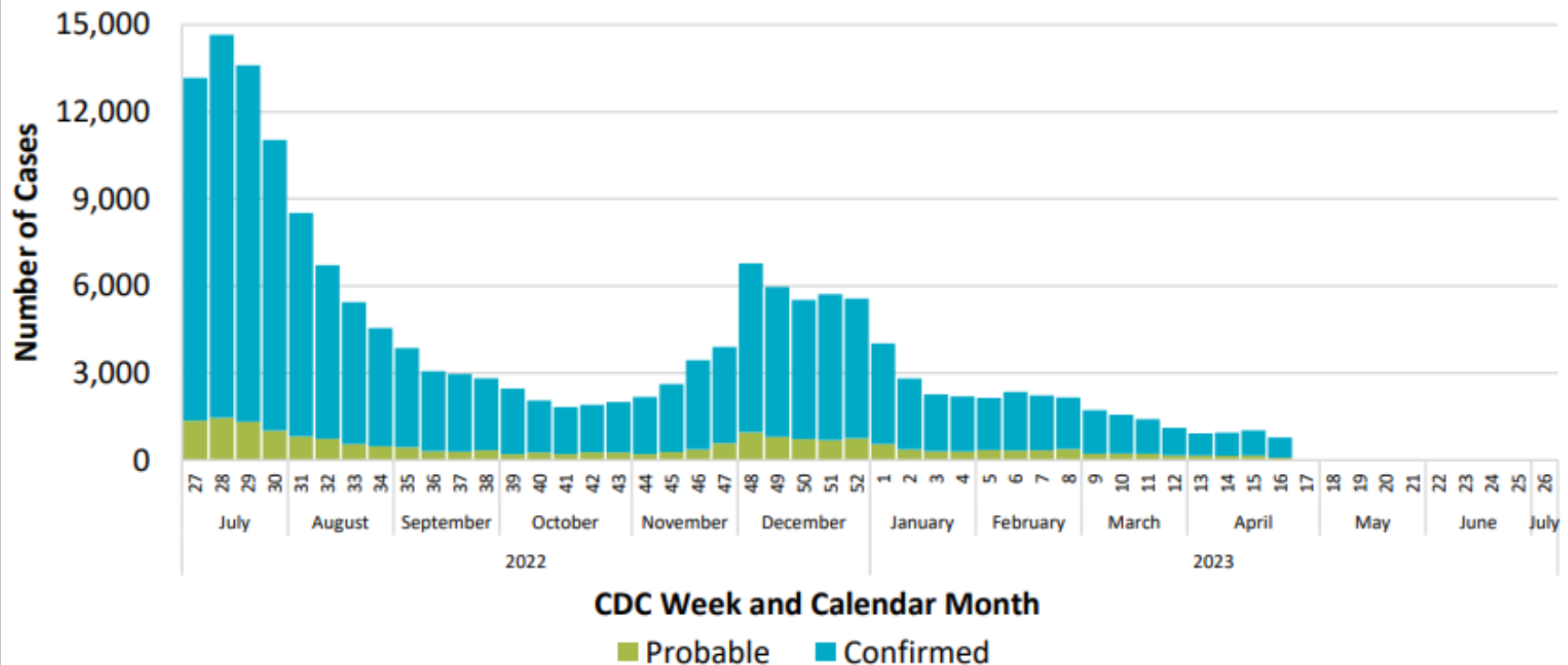
Dr. Beatty
Assistant Medical Director
County of San Diego



COVID-19 Confirmed and Probable Cases



Figure 2.1. San Diego County COVID-19 Confirmed and Probable Cases by CDC Episode Week*, 2022-23 Fiscal Year-to-Date (N=171,980)



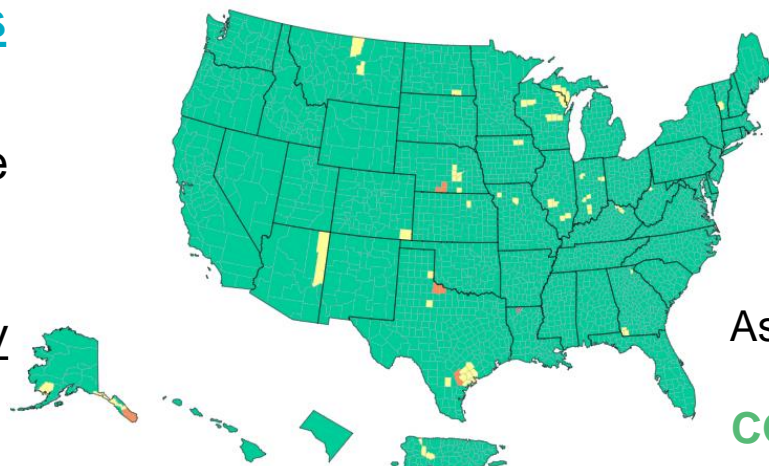
*Episode date is the earliest available of symptom onset date, specimen collection date, date of death, date reported. Data through 4/22/2023

CDC DATA BY COUNTY



COVID-19 Community Levels

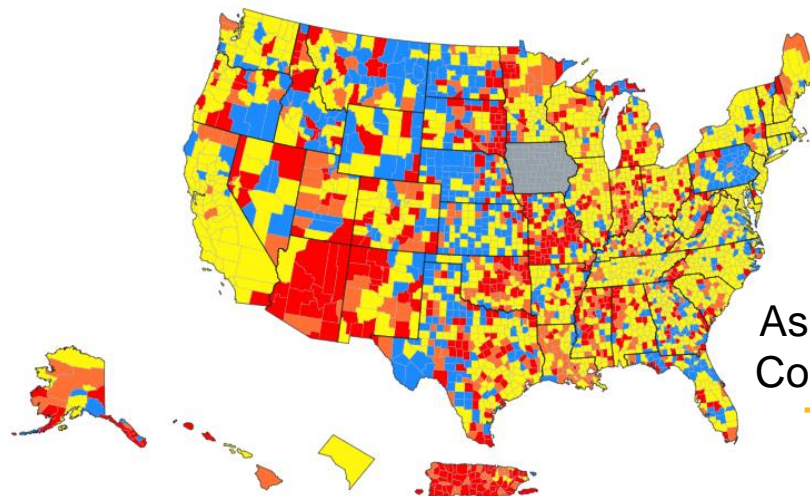
Levels represent COVID-19 hospitalizations, intensive care unit staffing, and COVID-19 case rates. Reflects how your community will be impacted by COVID-19.



As of 4/27, San Diego County = **LOW COMMUNITY LEVEL**

Community Transmission

Levels represent COVID-19 transmission and cases in the county. Reflects your risk of getting COVID-19.



As of 4/27, San Diego County = **MODERATE TRANSMISSION**



Children and COVID-19: State-Level Data Report



- For the week ending in April 20th, about 9,000 COVID-19 cases were reported among children and teens.
 - Approximately 15.5 million children have tested positive for COVID-19 since the beginning of the pandemic.
 - Children represent 18% of all COVID-19 cases.
- Only 32.9% of 5-11 year olds and 61.8% of 12-17 year olds have completed their primary COVID-19 vaccine series.

VACCINES: WHAT'S NEW? WHAT HASN'T CHANGED?



LIVE WELL
SAN DIEGO

CDC Updated COVID-19 Vaccine Recommendations

WHAT HAS CHANGED:

- **NEW:** Monovalent (original) COVID-19 vaccines are no longer recommended for use in the United States.
 - Bivalent doses replace monovalent vaccines for everyone.
- **NEW:** Additional bivalent vaccine dose for adults 65 and older and additional doses for people who are immunocompromised.

WHAT HAS NOT CHANGED:

- Everyone 6 years and older is recommended to get a bivalent COVID-19 vaccine.
- Anyone 6 years and older who already received an updated bivalent vaccine does not need to take any action unless they are 65 and older or immunocompromised.

THE STATE OF CHILDREN'S HEALTH IN THE UNITED STATES



State of Children's Well-being in the United States

Leading causes of death for children (1-17) are:

In 2021, there were
73.6 million children
0 to 17 years old
living in the United
States

*Firearms are the
single biggest cause
of death for children
in the United States*

1
Accidents
(Unintentional injuries)
Car accidents, drownings, falls

2
Assault
*Gun violence & other
unlawful use of force*

3
Intentional self-harm
Suicide

[NIHCM Report:
The State of
Children's
Health in the
United States](#)

Promoting positive health and well-being for our children



LIVE WELL
SAN DIEGO

Mental health and well-being

- **Build capacity** to better equip schools with psychologists to support student well-being onsite.
- **Bring mentors from the community** into schools, and making schools safer & more supportive for all types of students.
- **Utilize telehealth** during school hours for students who need extra support with one-on-one counseling.
- **Expand the mental health workforce** and early mental health screening through schools and pediatricians.



Where to find a mental health professional for kids:

- Schools
- Community health centers
- Hospitals working in partnership with pediatricians and psychiatrists
- Research centers
- Private practice

Physical health and vaccination uptake

- **Participate in 60 minutes of physical activity every day.**
- **Help schools implement a nutrition environment** that supports students in making healthy choices.
- **Improve messaging** from trusted messengers to increase vaccinations.
- **Implement school-located vaccination programs** and include incentives to increase vaccination.



Nutrition education is a vital part of a comprehensive health education program and empowers children with knowledge and skills to make healthy food choices.

Access to health care

- **Expand access to health coverage** for children and eliminate barriers to accessing coverage and care

[The State of Children's Health in the United States](#)



ANNOUNCEMENTS



CHANGE YOUR MIND



CHANGE YOUR MIND

A MENTAL HEALTH & WELLNESS FESTIVAL



*Community event!
Everyone is welcome!*

**Saturday | May 6, 2023
11:00 am – 4:00 pm**

**Oceanside Pier
Amphitheatre &
Beach Center
301 The Strand North
Oceanside, CA 92054**

[Register for the event](#)

[Explore the festival](#)

MIND

Seminars:

- Addiction & Compassion
 - The Beauty of Human Flaws – Kintsugi
 - Soul Care – Becoming a Whole Person
 - Teen Minds Need Special Care
 - Has Faith Failed Us?
 - Navigating the Mental Health System (English & Español)
- Presented by: National Alliance on Mental Illness*
- El Impacto del Trauma en la Salud Mental (Español)



BODY

- Verve Cycle Class
- Yoga Classes
- Breath Work
- Sound Bath
- Reiki

HEART

- The Interfaith Hub
- Volunteer
- Help Open Our Family Shelter
- Make a Difference

SOUL

- Music, Dance & Art
- Dream Boards
- Knitting
- Planting
- Drumming Circle



NATIONAL FENTANYL AWARENESS DAY COMMUNITY EVENT



LIVE WELL
SAN DIEGO

National Fentanyl Awareness Day Community Educational and Outreach Event Tuesday, May 9, 6:00-7:45pm



- Listen to impacted families share their stories
- Experts from the legal and educational fields will present on how to help our youth deal with the ever-changing world of today
- Carlsbad Library, 1775 Dove Lane, Carlsbad, CA 92011

[View the flyer for more information](#)



Register for the Supporting Children & Youth Experiencing Trauma Training



Build Trauma- Informed Skills Today

Educators and supportive adults play a critical role in helping children and youth thrive. This free training equips educators and supportive adults with the knowledge and skills to support children and youth who have experienced trauma.



YOUTH RISK BEHAVIOR SURVEY



2021 Results

cdc.gov/healthyyouth



[Read the Results](#)

**YOUTH RISK
BEHAVIOR
SURVEY**

**DATA SUMMARY &
TRENDS REPORT**

2011-2021

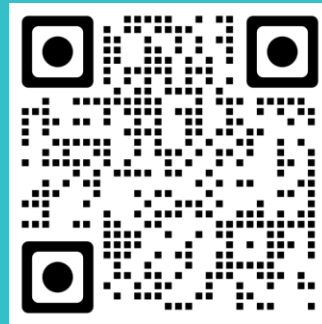
[Review the Report](#)



THANK YOU FOR ATTENDING!

If you have not already, please take a moment
to scan the QR code or click on the link in the
chat to respond to our short evaluation form.

We appreciate your feedback!





FOR MORE INFORMATION, PLEASE VISIT
OUR WEBPAGE
LIVEWELLSD.ORG/EDUCATION

OR

EMAIL US AT
LIVEWELLEDUCATION@SDCOUNTY.CA.GOV





RESOURCES AND LINKS



WHERE TO GET YOUR QUESTIONS ANSWERED



SPECIFIC QUARANTINE AND ISOLATION QUESTIONS

- **For the Epidemiology Schools Team:**

Call: 619-692-8636 (Available M-F from 8-4p.m., excluding holidays) or

Email: COVID-EPI.SCHOOLS.HHSA@sdcounty.ca.gov.

For urgent needs after hours, call 858-565-5255 to be directed to the duty officer

- Submit general questions you'd like answered on the telebriefing [here](#)

GENERAL SCHOOL-BASED OPERATIONS

- For any COVID-19 related questions
email: COVID-questions@sdcounty.ca.gov
- For any other questions
email: LiveWellEducation@sdcounty.ca.gov
- Submit general questions you'd like answered on the telebriefing [here](#)



SCHOOL TESTING



What resources are available for school testing?

- The [State's School Testing program](#) continues to be available to all schools (public, private, and charter) for PCR, Antigen, and Pooled PCR testing. Please visit the state's website for more details.
- Testing is also available at various community testing sites. Information can be found [here](#).
- Please note, San Diegans are urged not to go to the Emergency Departments for COVID-19 testing ([click here](#) to learn more). The County recommends that people worried about COVID-19 infection and others seeking COVID-19 testing only go to a hospital to be tested if they have severe symptoms.



California COVID-19
Testing Task Force



HEALTHY MINDS, THRIVING KIDS



The California [Healthy Minds, Thriving Kids Project](#) is a series of free, evidence-based video and print resources that caregivers and educators can use to teach their kids critical mental health and coping skills. Topics include:



Understanding
Feelings

Relaxation
Skills

Understanding
Thoughts

Managing
Intense
Emotions

Mindfulness

Skill Sheets
for each video

HELPFUL RESOURCES & LINKS



CDPH/CDC GUIDANCE & RESOURCES

- [CDPH Get the Most out of Masking](#)
- [CDPH Consolidated Reopening Framework & Guidance](#)
- [CDPH Face Covering Guidance FAQ](#)
- [CDPH Travel Guidance](#)
- [CDPH: State's School Testing program](#)
- [CDC: Your Guide to Masks: How to select, properly wear, clean, and store masks](#)

COUNTY RESOURCES

- [K-12 Pre-Submitted Telebriefing Questions](#)
- [COVID-19 Symptom Decision Tree](#)
- [EPI School Team Information](#)
- [Community Testing Sites](#)
- [County of San Diego K-12 Schools Sector Website](#)
- [Reporting a Positive Case](#)
- [San Diego County COVID-19 Data](#)
- [County Vaccine Website](#)
- [Influenza watch](#)





COVID-19 VACCINE INFORMATION

- [COVID-19 Booster Vaccines](#)
- Omicron Variant Messaging
| [Graphics](#) | [FAQs](#) | [Resources](#)
- [V-Safe After Vaccine Health Checker](#)



COVID-19 AND CHILDREN INFORMATION

- [Children and COVID-19: State-Level Data Report](#)
- [COVID-19 Child Cases per Week \(aap.org\)](#)

