

# K-12 TELEBRIEFING



**December 2, 2025**

**Welcome!**

# SUBJECT MATTER EXPERTS



**Dr. Motadel**  
Chief Pediatric Officer  
County of San Diego



**Jackie Stiles, MSN, RN**  
Coordinator, School Nursing  
SDCOE



**Dr. Taras**  
Physician Consultant  
SDCOE

# SPECIAL GUESTS



**Vivian Hidalgo**  
Community Health Promotion Specialist II  
County of San Diego



**Jessica Peter**  
Vice President of External Affairs  
211 San Diego

# EDUCATION SECTOR TEAM



Nicole Cardoza



Allison Hirahara



Audrey Staton



Grace Huynh



Ben Whitlock

# AGENDA



Agenda Item	Speaker/Presenter
Welcome & Announcements	Nicole Cardoza
Mountain Empire Closet Pop-Up Shop Pilot Project, Planning, and Implementation Guide	Vivian Hidalgo
211 San Diego: Your Connection to Community & Health Services	Jessica Peter
Sweet Dreams in a World of Screens	Dr. Motadel
Share Your Feedback About the Education Sector	Nicole Cardoza
Public Health Updates	Dr. Motadel
Q&A Session	All Panelists



# Announcements



# TOY SAFETY



Share these resources with families to support age-appropriate toy choices, maintain safe play spaces, and know what to look for before gifting.

[\*\*American Academy of Pediatrics: A Parent's Guide to Toy Safety\*\*](#)

[\*\*U.S. PIRG Education Fund Toy Tips\*\*](#)

[\*\*Rady Children's Health: Choosing Safe Toys\*\*](#)

[\*\*County News Center: The Greatest Gift is a Safe Gift\*\*](#)

# HOLIDAY FOOD ASSISTANCE RESOURCES



211 San Diego and the San Diego Food Bank have compiled shareable resources to help ensure students and families enjoy a supported, nourishing season.

[2-1-1 San Diego Holiday Services](#)

[San Diego Food Bank Food Locator Map](#)



# HOLIDAY GIFTING RESOURCES



Community partners across San Diego County provide gifting programs that help make the holidays possible.

Donate toys for families in need:

[SAY San Diego Holiday Hopes Program](#)

[Toys for Tots – San Diego Chapter](#)

Attend an event to receive free toys and other necessities:

[Rock Church – Toys for Joy](#)

[Shaback Altruistic Christmas Extravaganza](#)

# RECOGNIZE, RESPOND, CONNECT



## Recognize, Respond, Connect: Supporting the Behavioral Health of Our Students

**TODAY, December 2, 2:00 – 3:00 PM**

Join to learn about how Adverse Childhood Experiences (ACEs) and other common adversities can affect students' ability to learn, connect, and thrive, and how to recognize signs of distress, respond with empathy and support, and make referrals for students experiencing behavioral health challenges.





# Mountain Empire Closet Pop-Up Shop Pilot Project Overview, Planning and Implementation Guidance

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Vivian Hidalgo, Community Health Promotion Specialist II

[Vivian.Hidalgo@sdcounty.ca.gov](mailto:Vivian.Hidalgo@sdcounty.ca.gov)

County of San Diego's Health and Human Services Agency (HHSA), Department of Strategy  
& Community Engagement (DSCE)

SANDIEGOCOUNTY.GOV



# What is the Closet Pop-Up Shop?

- A free, “shopping” event for students
- Providing access to new or gently used clothing, accessories, and hygiene items
- Designed to boost attendance, confidence, and sense of belonging
- Created to reduce barriers such as a lack of clean, well-fitting clothes and bullying concerns
- At the most recent pop up on 11/19/25, **155 students** selected items for themselves and even picked up clothing and gifts for their family members for Christmas





# Why This Matters



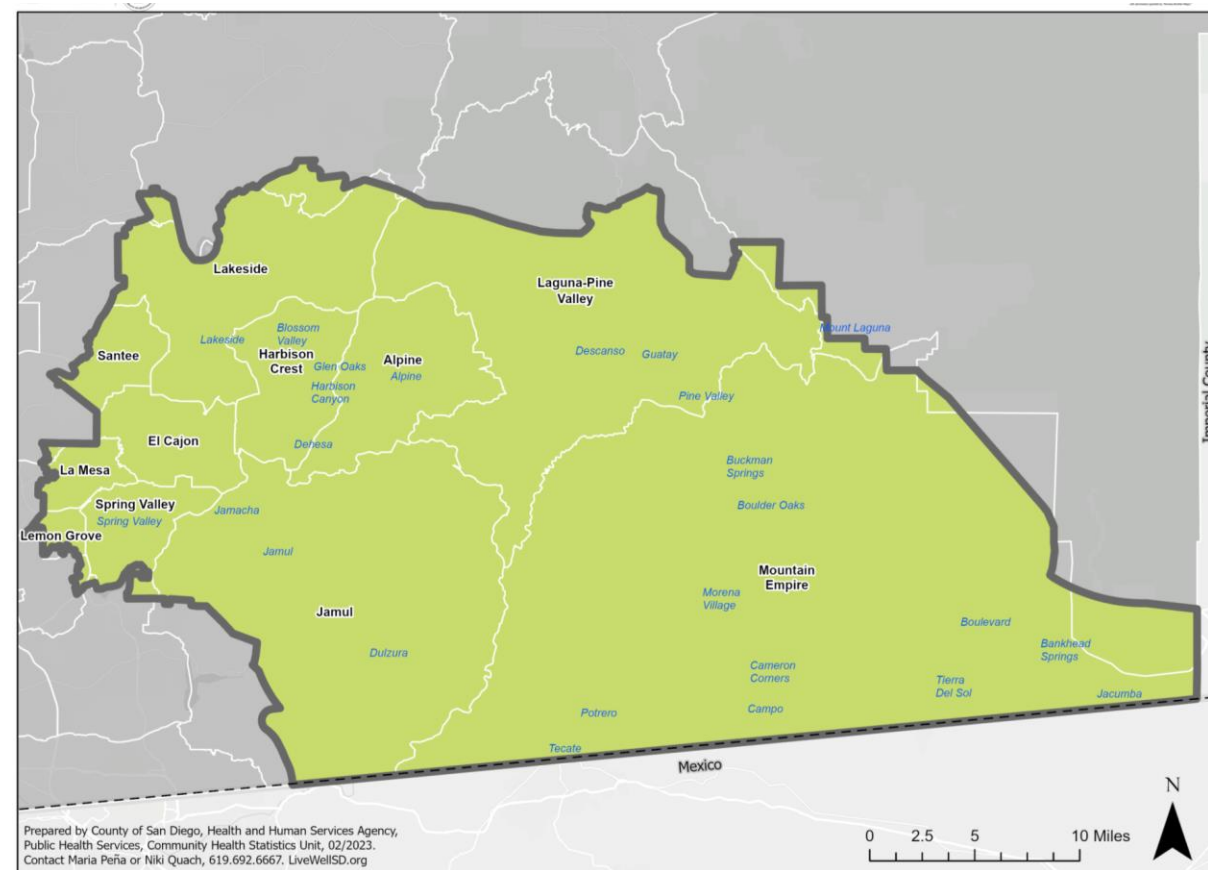
## Rural Challenges in Campo, CA:

- Remote area with limited transportation
- Families face long travel times for basics
- Economic barriers make clothing access difficult
- Students benefit from on-campus, stigma-free support

## Impact:

Regular pop-ups help students feel safe, prepared, and connected at school.

[SANDIEGOCOUNTY.GOV](https://www.sandiegocounty.gov)







# Why This Matters: Student Voices

- "I wasn't expecting brand new shoes today - thank you!"
- "I am going to give this to my dad. Merry Christmas!"
- "I am grateful for this."
- "This is the most items I think we've ever received!"
- "Wow! This all looks amazing!"
- "I love the pop-up soooooo much!"
- "I got Nike shoes and a thick Champion sweater!"
- "Oh, look! They have socks! Let's go grab some!"

# Stakeholder Engagement



## Key Partners & Roles:

- School Staff: Identify needs and support on the day of
- Associated Student Body (ASB) Members
- Mt. Erie Baptist Church Women's Auxiliary
- Mountain Empire Homemakers Association
- Local thrift stores and Horse of the Sun Ranch YMCA
- County of San Diego's Department of Strategy and Community Engagement (DSCE): Coordination, planning, and part development

## Why partners matter:

- They provide donations, trust, support, and long-term sustainability



# Logistics Overview

## Successful planning includes:

- ✓ Selecting date, time, and location
- ✓ Identifying students to support (ASB)
- ✓ Setting up a dignified shopping space
- ✓ Planning student flow
- ✓ Ensuring donation sorting, cleanliness, and quality
- ✓ Preparing signage, bags, and hygiene kits

Date	
Set-Up Time	
Location	
Event Time	
Clean-Up Time	
Theme	



# Inventory Collection

## How donations are managed:

- Items sorted by size, type, season, and condition
- Only clean, age-appropriate items accepted
- Sourcing donations outside the local area protects student privacy – some may recognize items their family donated
- Include shoes and accessories

## Goal:

- A respectful, empowering shopping experience

# Implementation Day



## Volunteer Roles:

- Set up and organize racks/tables
- Greet students and manage flow
- Assist with clothing selection
- Distribute bags and laundry detergent
- Maintain tidiness
- Support clean-up and breakdown

## Focus:

Creating a warm, supportive, and dignified environment





# Sustainability



## Volunteer Roles:

- Engage school staff and ASB students for leadership and ownership
- Maintain partnerships with local organizations and churches
- Build pop up events into school cultures (2-3 times per year)
- Encourage ongoing donations and volunteer involvement

## Evaluation:

- After each pop up, we send a student evaluation form to assess whether the event improved their confidence and to identify what items they want to see more of
  - These insights help us improve future pop ups and ensure the model remains responsive to student needs

## Tip:

Partner with a student club/class to sustain student voice and support

# Thank You



## Thank you to the key partners who made the pilot possible:

- School staff School Staff
- Associated Student Body (ASB) Members
- Mt. Erie Baptist Church Women's Auxiliary
- Mountain Empire Homemakers Association
- County of San Diego, Department of Strategy & Community Engagement (DSCE)

***Together, we remove barriers and empower students to thrive.***



# Questions?

[Vivian.Hidalgo@sdcounty.ca.gov](mailto:Vivian.Hidalgo@sdcounty.ca.gov)



# 211 SAN DIEGO

211 San Diego is a nonprofit organization, connecting you to the community and health services you need.

**PRESENTED BY:**  
Jessica Peter, Vice President of External Affairs



Navigating  
the service  
Maze

**Confusion. Frustration. Stress.**





# FCC Orders 2-1-1 Dialing Code

Referral Petitioners have demonstrated sufficient public benefits to justify use of a scarce public resource, and **we therefore assign 2-1-1 to be used for access to community information and referral services.**" Federal Communications Commission's final order on July 21, 2000

# Community & Health Services

I need to find a way to get food for the next two weeks....

I can't pay my utility bill. How can I keep the lights on?

Are there any programs that offer free training that can help me get a new job?

How can I apply for health coverage?

Do you know of any help I can get to buy diapers?

I'm a caregiver, and I need a break.

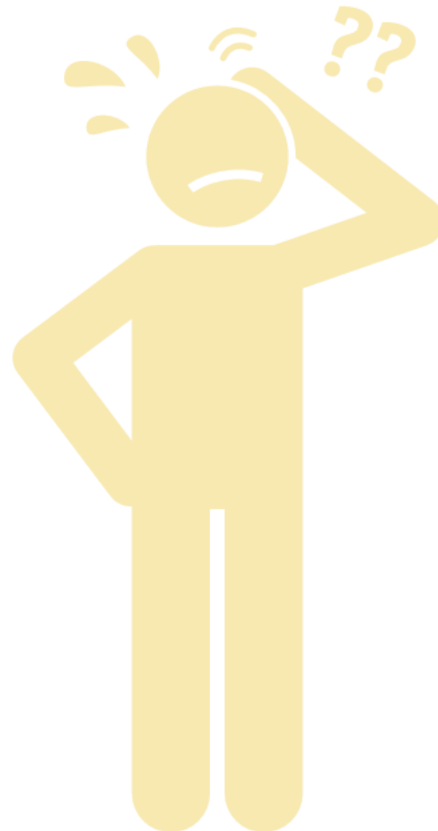
can't get to my medical appointments because I can't drive.

I need help finding affordable childcare.

My dad lives alone and has a walker. His home needs modifications.

I'm concerned that my 3 year old has behavior issues.

I need help resolving a conflict with my tenant.



# About 211 San Diego

01

## Nonprofit

211 San Diego is a nonprofit organization.

02

## Mission

To seamlessly connect people to resources, and partner with our community to transform how people access help.

03

## Service Impact

- Information & Referral
- *(Blue Skies & Grey Skies)*
- Care Coordination
- Enrollment Assistance
- Appointment Setting
- Data Reports & Analyses
- Community Calendar

## Staff & Leadership

Approximately 300 staff and 12 Board Members

04

## Funding

Funded primarily through contracts and some consulting services. NO dedicated federal or state funding.

05

## Umbrella Org

Executive team and Board oversee San Diego Health Connect, the region's Health Information Exchange.

06





# How to Use 2-1-1



**Call 2-1-1**  
for help finding  
services

**Search Online**  
Free online  
database of trusted,  
free or low-cost  
community and  
health services at  
[211sandiego.org](https://211sandiego.org)

**24 Hours a Day, Every Day**

MORE THAN 200 LANGUAGES

# What Happens During a Call?

*We may conduct an assessment across one or more of 14 Social Determinants of Health*



Housing



Nutrition



Primary  
Care



Legal &  
Criminal  
Justice



Transportation



Employment  
Development



Activities of  
Daily Living



Utility &  
Technology



Income &  
Benefits



Health  
Management



Education &  
Human  
Development



Social &  
Community  
Connection



Personal Hygiene  
&  
Material Goods



Safety &  
Disaster

**We assess for: 1. Immediacy 2. Knowledge & Utilization 3. Barriers & Supports**



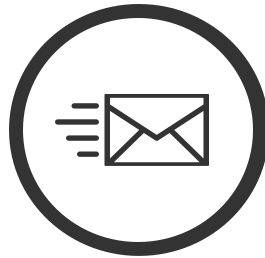
# Information & Referral



**Write it Down**



**Text Message**

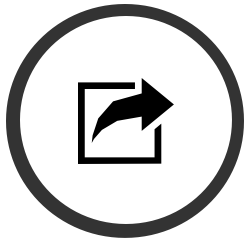


**Email**

## **Referrals Include:**

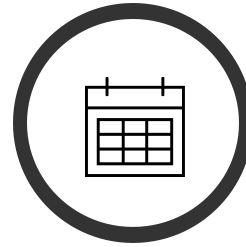
- Provider Name
- Service Name
- Best way to connect
- Main Phone
- Hours of Operation
- Intake Procedure
- Documents Required
- Description
- Eligibility Requirements
- Area Served

# Information & Referral



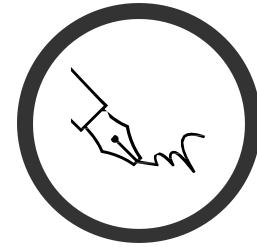
## Direct Referral

- Approx. 350 referrals
- Electronic Communication to Provider
- Provider follows up with client



## Appointment

- Appointments for services that we are contracted to schedule appointments for



## Enrollment

- Assistance applying for programs that we are contracted to help apply for

# Appointments & Enrollment Assistance

## **CALFRESH ENROLLMENT**

Call 211 to check eligibility, schedule an appointment, and get help applying for CalFresh and Medi-Cal—by phone or in person through a partner.



## **MEDI-CAL ENROLLMENT (AGE 50+)**

Call 2-1-1 to learn about Medi-Cal and get screened. If you're over 50 and likely eligible, we can schedule an appointment for free assistance applying over the phone.



## **FREE TAX PREPARATION**

Call 211 to check eligibility for free tax filing assistance and tax credits. Appointments available in-person or virtually, with services in



## **UTILITY DISCOUNTS & ASSISTANCE**

Call 211 to be screened for available utility discounts & assistance including: FERA, CARE, Medical Baseline, Neighbor to Neighbor, Energy Savings Assistance Program, and Power Saver Rewards.



## **TOBACCO CESSATION**

Kick It California offers free Quit Plans and a \$20 gift card for completing a coaching call. Support is available for quitting smoking or vaping—for yourself or someone else.

# California Advancing and Innovating Medi-Cal (CalAIM)

CalAIM is a statewide initiative that offers additional benefits and services to the Medi-cal population who fall under specific populations of focus (POF's)

## Enhanced Care Management

Addresses clinical and non-clinical needs through intensive coordination of health and health-related services.

Clients who enroll in ECM have a single Lead Care Manager who coordinates care and services among the physical, behavioral, dental, developmental, and social services delivery systems, making it easier for them to get the right care at the right time.

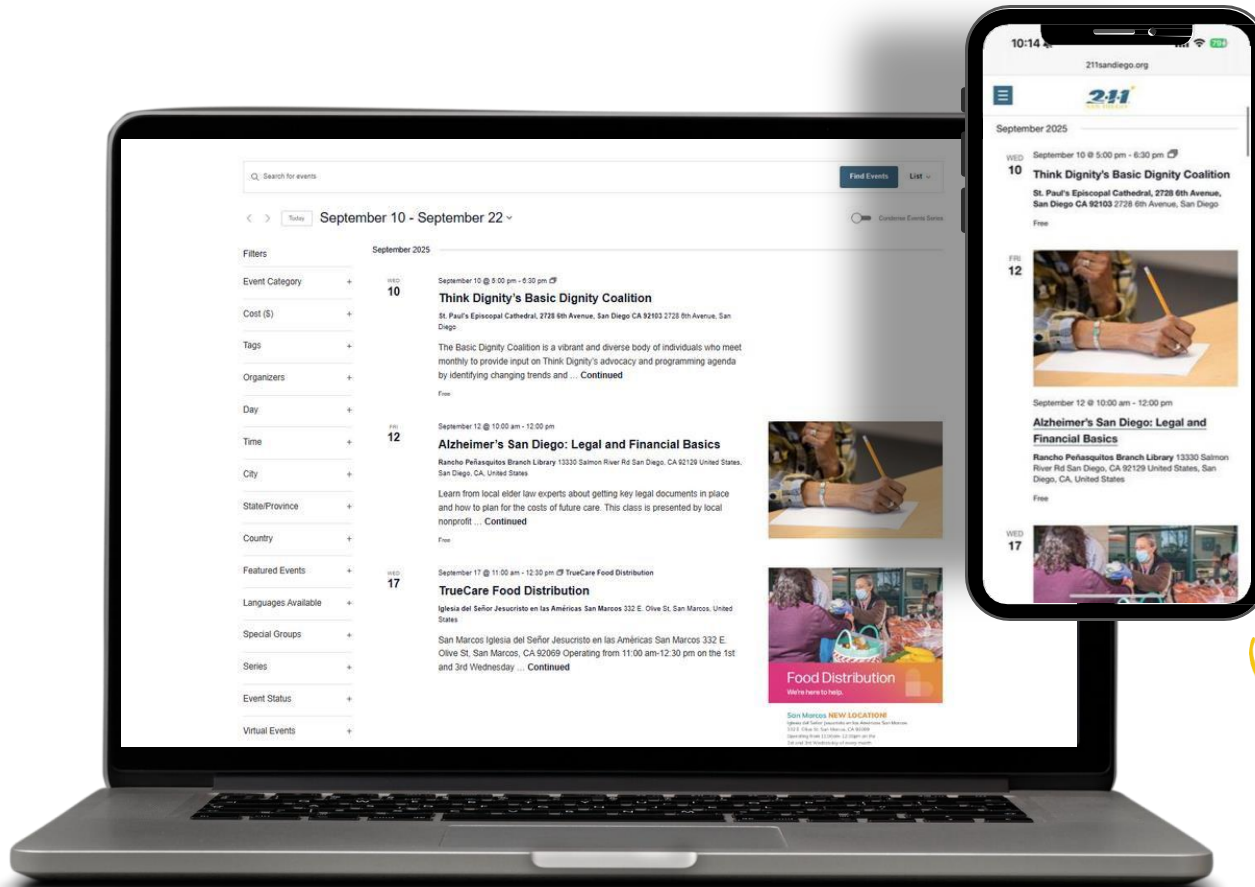
## Community Supports

Offers cost effective alternatives to traditional medical services. Community Supports are designed to address social drivers of health (factors in people's lives that influence their health). meet their social needs, including medically supportive foods or housing supports.

Visit 211 San  
Diego's  
CalAIM  
webpages



# 211 San Diego Community Calendar



- Search by keyword.
- Apply filters to see events by city, tag, audience, or more.
- View flyers, contact information, links and more!

[www.211sandiego.org/events](http://www.211sandiego.org/events)



# Community Information Exchange

Ciesandiego.org

*Transforming health and social services through information sharing and coordinated care.*



## NETWORK PARTNERS

Collaborative care  
across providers,  
sharing information.



## SHARED LANGUAGE

Unified records for  
consistent need,  
risk, and outcome  
tracking.



## INTEGRATED TECHNOLOGY

Single, accessible  
patient record &  
streamlined  
referrals.



## RESOURCE DATABASE

Centralized service  
directory for  
efficient matching.



## COMMUNITY CARE PLANNING

Proactive, multi-  
partner care  
planning.

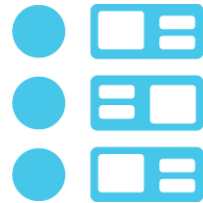


# Primary CIE Uses



## Look Ups

Searching patients/members helps see historical use of social services to tailor services and/or reach out to existing care team for support



## Screening

Shared screening or prioritization of resources (e.g. Homeless Prevention resources) help to prioritize access to services based on history or acuity.



## Referrals

Making referrals to organizations and tracking this in the client's record; may also send direct referrals for select services and track outcomes.



## Get Alerts

Join as a care team member to receive alerts for the client(s) you're serving so that you can be proactive or respond to pending situations.

# What can you do?



Subscribe to our  
Newsletter

## **Please share our flyers and wallet cards**

at your city offices, through your local public safety officers,  
through school offices, and other spaces!

General 211 Services

Re-Entry Pathways

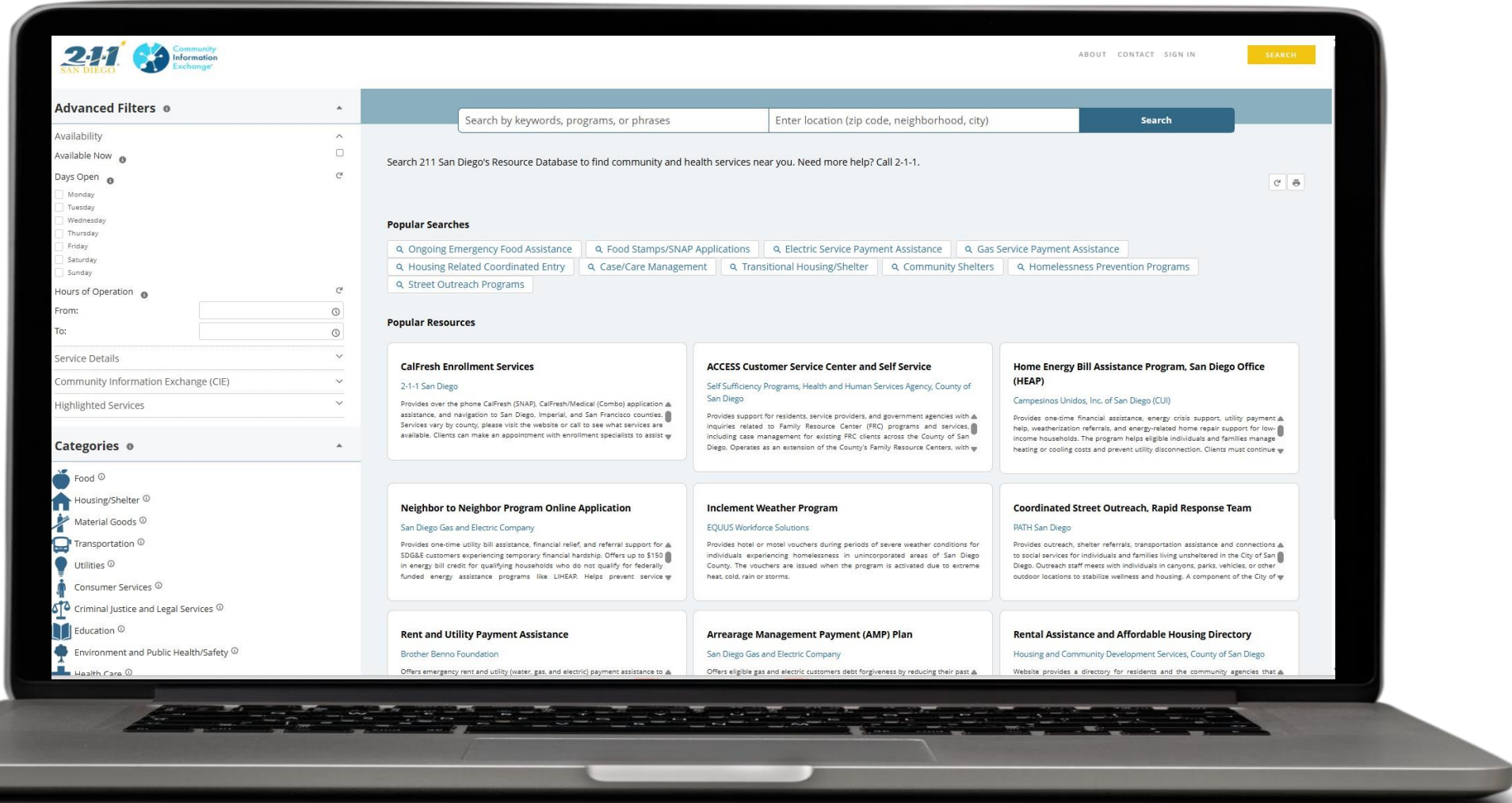
Families with Children

Disaster Preparedness

Aging & Different Abilities

Wallet Cards

# 211 San Diego Resource Database: Demo





[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

# SWEET DREAMS IN A WORLD OF SCREENS

Kelly Motadel, MD, MPH

Chief Pediatric Officer, County of San Diego, HHSA

December 2, 2025





# Today's Objectives

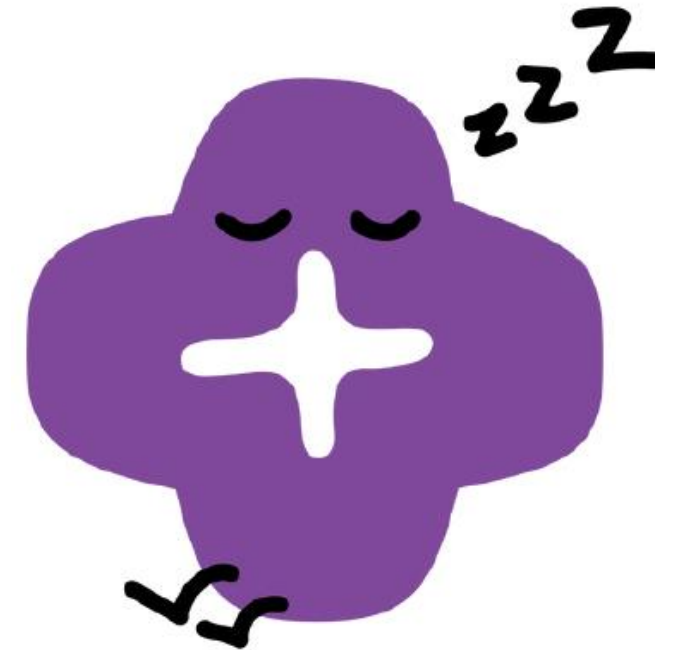
- Importance of sleep for health and development
- Prevalence of screen use among children and adolescents
- Impacts of screen use on sleep health
- What can you do?



# How much sleep does a child need?



# How much sleep does a child need?



# Consequences of Insufficient Sleep

- Anxiety
- Depression
- Suicidal ideation
- Peer conflict
- Academic performance
- Substance use/abuse



# Consequences of Insufficient Sleep

- Headaches
- Compromised immune system
- Motor vehicle/e-bike accidents
- Sports injuries
- Weight gain/increased fat mass
- Future cardiovascular risks – obesity, diabetes, and high blood pressure





# Screens in Youth – Infants and Toddlers

- Time limit of 60 minutes/day recommended for 2–5-year-olds.
- Total media at 4 years of age was associated with sleep duration at 6 years of age; media use at 6 years predicts sleep at 8 years.



# Screens & Youth – School Aged

- On average, children 6-12 years old spend 4-6 hours a day on screens.
- On average, they spend 3.5 hours/day for recreational purposes.
- By age 8 years, 1 in 4 have their own cell phone.



# Screens & Youth – School Aged

- 45-47% of elementary aged children & tweens have at least one screen-media device in their bedroom.
- 60% report regular use of these devices in the hour prior to bedtime.
- 55% report using screens within an hour of waking.



# Screens in Youth - Adolescents

- Adolescents 13-18 years old spend an average of 7-9 hours per day on screens.
- 80% exceed the recommendation of 2 hours/day of recreational screen use.
- 57% of teens have at least one screen-media device in their bedroom.
- 60% report using screens within 30 minutes before sleep.



# Screens in Adults

- 85% of American adults own a smart phone.
- US adults spend an average of 7 hours/day on screens and varies based on employment (just over the global average).
- Smart phones account for 3.5 hours/day in US.
- Screen use in bed results in a loss of 8 minutes of sleep per workday and 5 minutes per day on non-workdays.





# Screens & Sleep

- Only 1 in 4 adolescents get at least 8 hours of sleep/night.
- Electronic media use accounts for at least 30% of all variance in adolescent sleep efficiency
- Adolescents who used screens within an hour before bed were more than twice as likely to experience sleep problems.



# Screens & Sleep

- Insufficient sleep duration
- Delayed sleep onset
- Nighttime awakenings
- Poor sleep quality
- Reduces REM sleep duration
- Excessive daytime sleepiness



# Screens & Sleep

- Blue light exposure interferes with circadian rhythm and suppresses melatonin.
  - Delays sleep initiation
  - Reduces sleep quality
  - Results in more difficulty waking
- Displacement of time/staying up later
- Increased arousal and alertness
  - Interactive content increases cortisol arousal.
  - Heightened alertness to maintain interest.



# What Can We Do?

## Healthy Habits for Sweet Dreams

- Arrange balanced schedules of rest and play.
- Encourage a bedtime routine and regular bedtime.
- Make the bedroom, or at least the mattress, a no screen zone (day and night).



# What Can We Do?

## Healthy Habits for Sweet Dreams

- Turn off all screens 60-90 minutes prior to bedtime.
- Put parental controls on all devices and/or apps.
- Promote and model the right behavior – they're watching us.





# What Can We Do?

## Healthy Habits for Adults

- Breaking up continuous blocks of screen time by stretching or intermittently focusing on a distant object for 20 seconds.
- Do not eat in front of a screen.
- Analyze your daily use and replace screen time with physical activity or social events.





# In Summary...

- Children increasingly use digital devices, often exceeding recommendations.
- Excessive use of screen time at night has physical and behavioral consequences.
- Balancing screen use and sleep is essential.
  - 2 hours or less of recreational screen time
  - 8-14 hours of sleep
- Model healthy habits of both screen use and sleep hygiene.



# Resources

- [Data Summary & Trends Report for Dietary, Physical Activity, and Sleep Behaviors | Youth Risk Behavior Surveillance System \(YRBSS\) | CDC](#)
- [Healthy Sleep Habits: How Many Hours Does Your Child Need? - HealthyChildren.org](#)
- [Screen time and sleep in children – PMC](#)
- [2025-common-sense-census-web-2.pdf](#)
- [Social Media and Youth Mental Health | HHS.gov](#)



# PROVIDE YOUR FEEDBACK!



Complete our [Feedback Form](#) by **December 19<sup>th</sup>** to help shape our Education Sector activities in the new year!

A limited number of gift cards will be available for those who submit the feedback form.





# Public Health Updates

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Dr. Kelly Motadel

# RESPIRATORY VIRUS UPDATE



## COVID-19

Hospitalizations

**1,855**

Deaths

**63**

Outbreaks\*

**94**

6/29/2025 – 11/22/2025

## Influenza

Hospitalizations

**157**

Deaths

**3**

Outbreaks\*

**3**

6/29/2025 – 11/22/2025

## RSV

Hospitalizations

**33**

Deaths

**1**

Outbreaks\*

**0**

6/29/2025 – 11/22/2025

\*In residential congregate settings

[Respiratory Virus Surveillance Report](#)

Figure 1.1. San Diego County COVID-19 Cases  
(N=10,232)

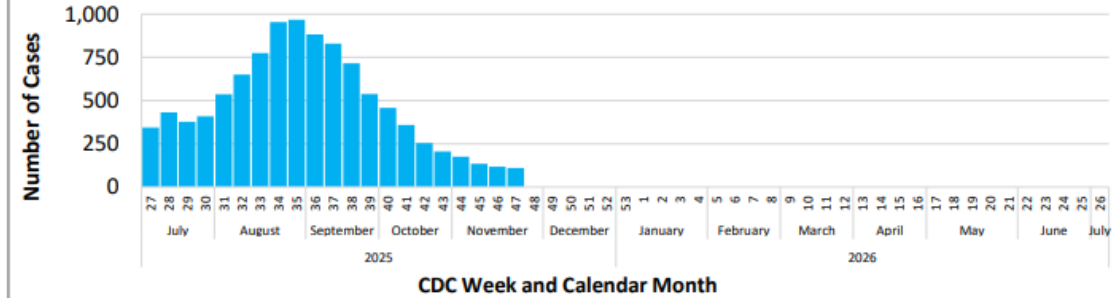


Figure 1.2. San Diego County Influenza Cases  
(N=1,485)

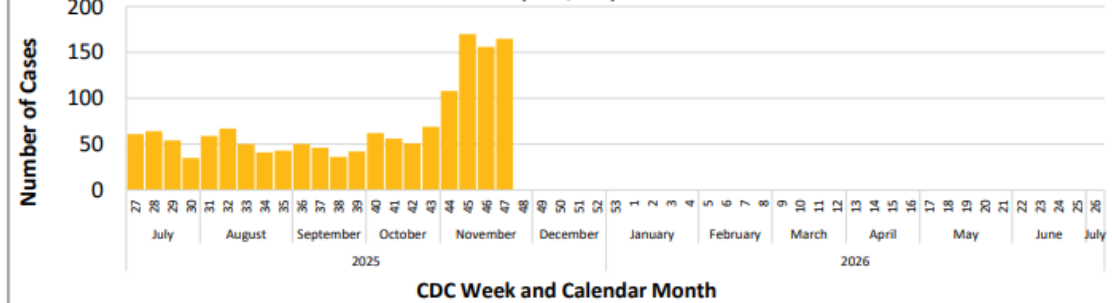
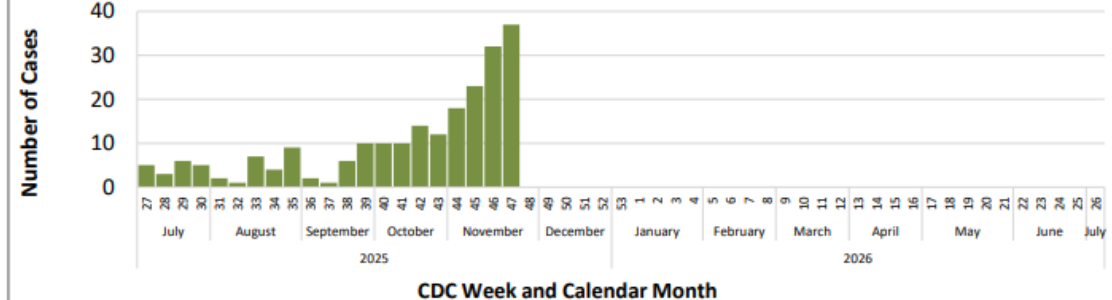
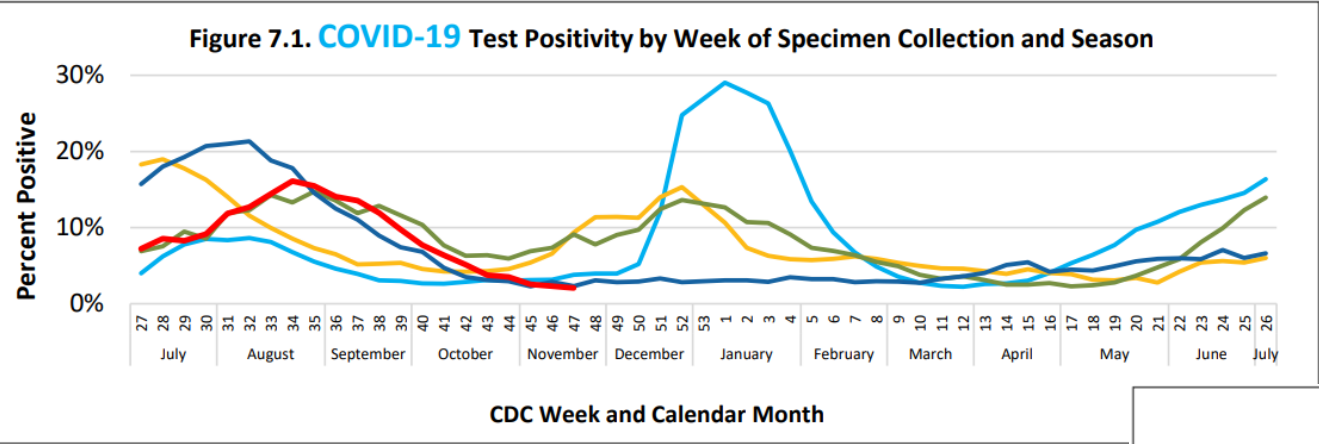


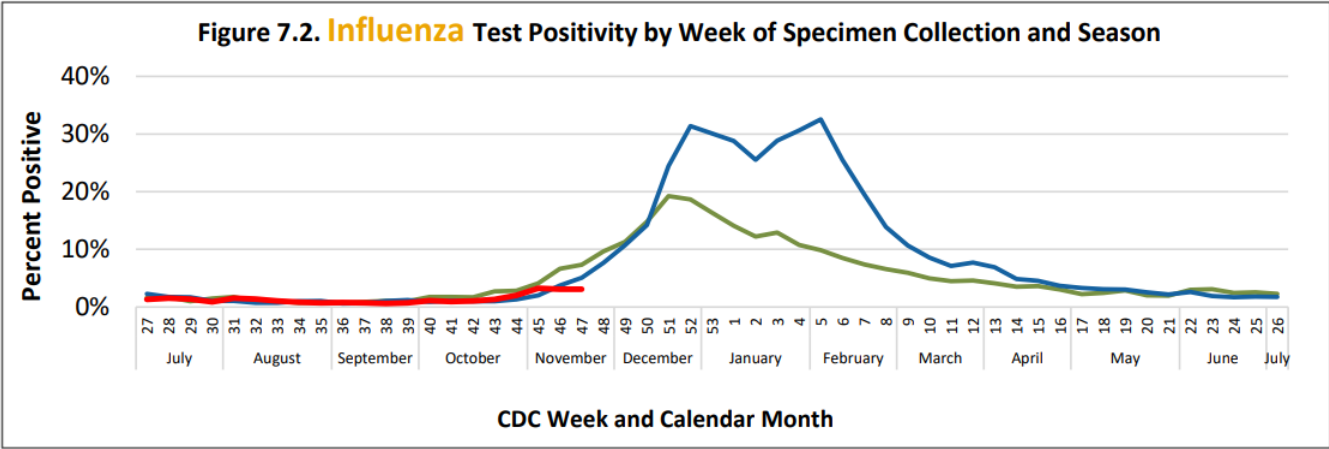
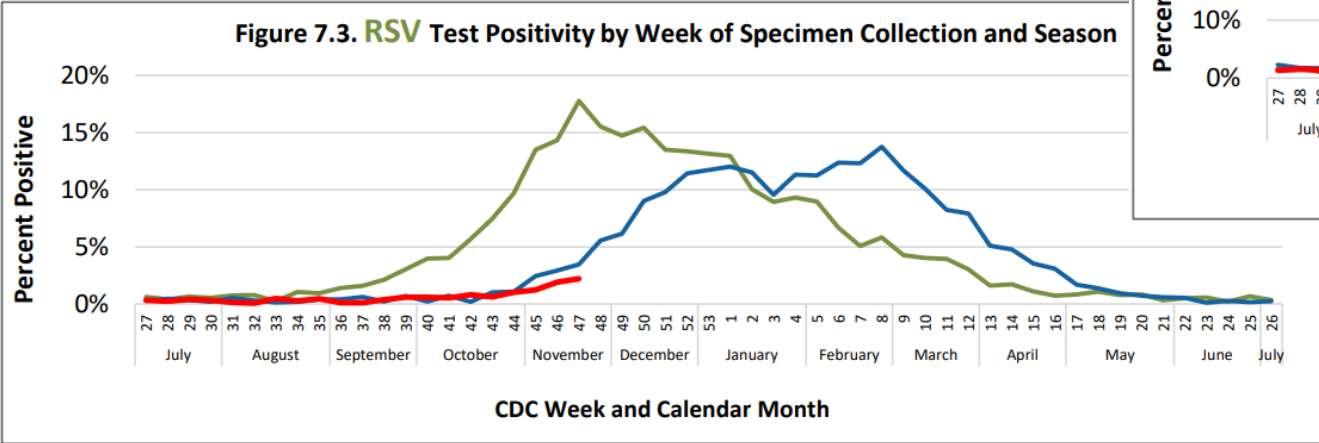
Figure 1.3. San Diego County RSV Cases  
(N=217)



# COVID-19, INFLUENZA, & RSV POSITIVITY

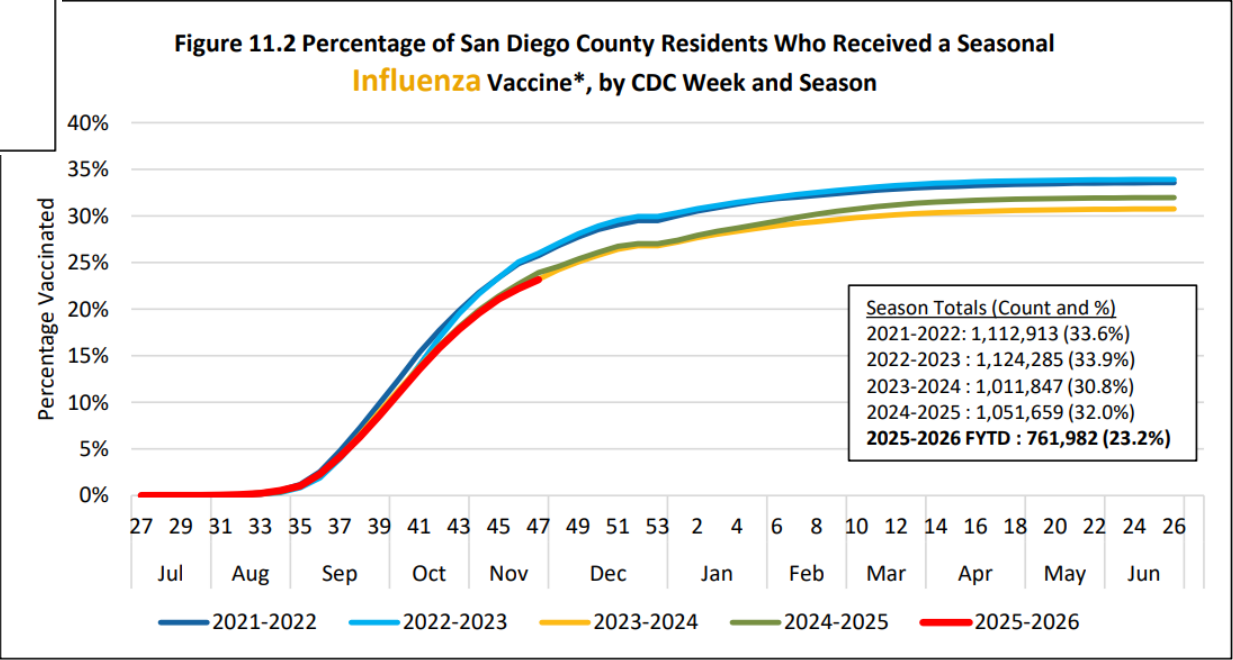
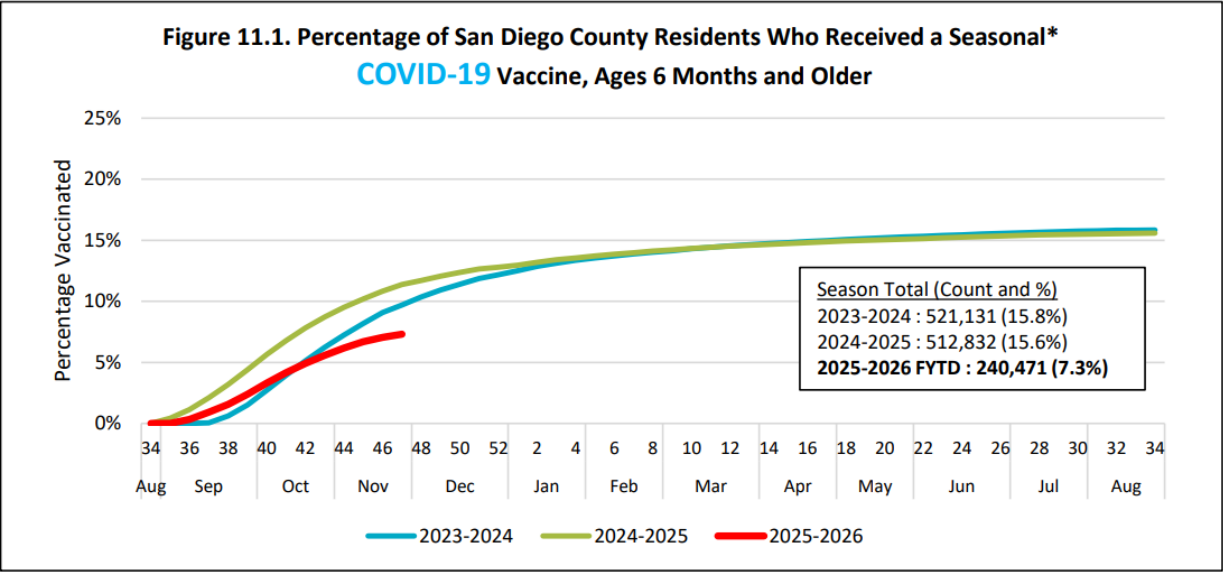


2025-26 2024-25 2023-24 2022-23 2021-22





# COVID-19 & INFLUENZA VACCINATIONS



# VACCINE GUIDANCE & AUTISM



- County of San Diego Public Health Services has posted guidance on its immunization website that vaccines are not linked to autism.
- The information on the County's [Getting Your Vaccines](#) website is based on decades of studies cited by the [California Department of Public Health](#), the [American Academy of Pediatrics](#) (AAP), and other experts, and reflects high-quality evidence that vaccines are not linked to autism.
- Parents are encouraged to continue following the recommended vaccine schedule and talk with their child's healthcare provider if they have any questions.



[County News Center: County Posts Autism Advisory Guidance](#)

# COVID VACCINE SAFETY



- The Food and Drug Administration (FDA) vaccine division recently told agency staff in a memo that at least 10 children died “after and because of receiving” the COVID-19 vaccine.
- Experts who reviewed the memo say it is misusing information from the Vaccine Adverse Event Reporting System (VAERS).
- Extensive research has found that the COVID-19 vaccines are safe for children and protect against severe illness.



# NOROVIRUS



- Norovirus is a very contagious virus that causes vomiting and diarrhea. It is sometimes called the "stomach flu" or the "stomach bug."
- How to prevent the spread of norovirus:
  - Wash your hands often with soap and water for at least 20 seconds, especially before eating or handling food and after using the restroom or changing diapers.
  - Regularly clean surfaces, especially things that are touched frequently.
  - Handle and prepare food safely.



# MEASLES UPDATE



## CURRENT OUTBREAKS

- [South Carolina](#) – 62 cases
- [Arizona](#) – 153 cases, 4 hospitalizations
- [Utah](#) – 105 cases (99 unvaccinated), 12 hospitalizations



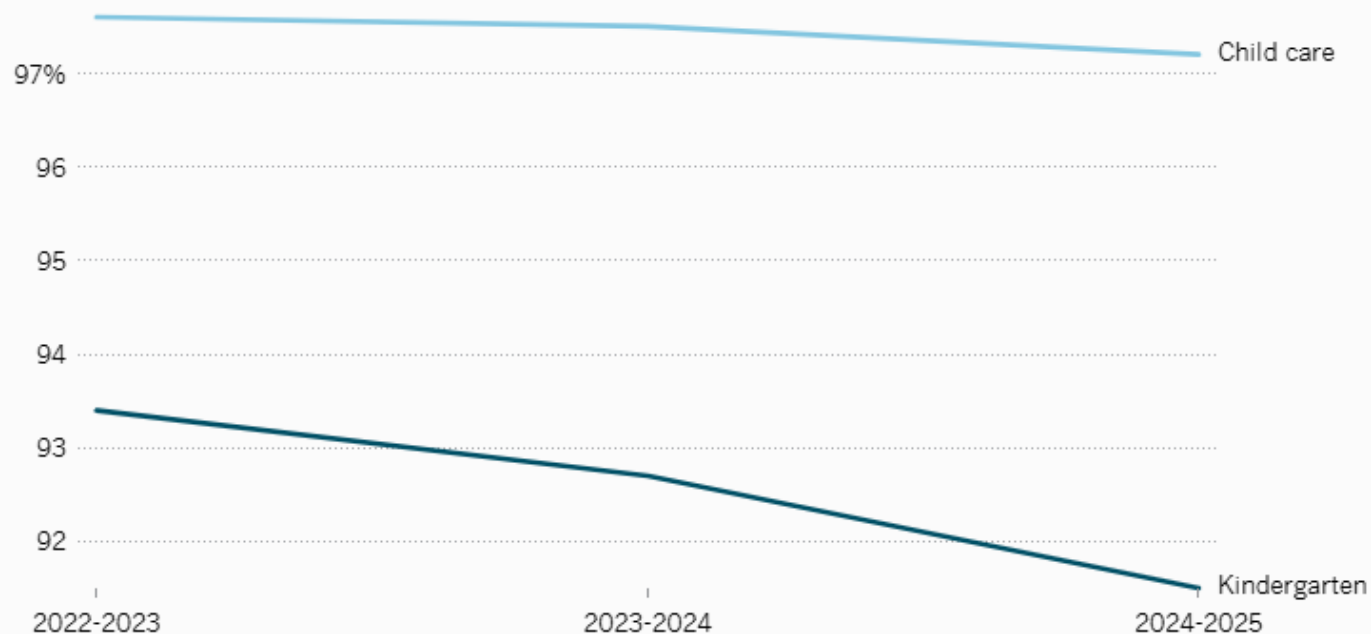
- Deploying mobile health units
- Linked with Utah cases
- 99 unvaccinated, 1 unknown status; links to CO, ID, NV, NM, and WY as well; kids and adults equally impacted
- [Israel](#) – over 2,090 cases, 11 deaths
- [Canada](#) – over 5,200 cases, 2 deaths in 2025
- All unvaccinated children <2.5 years old; high hospitalization rate; two physicians positive
- Lost elimination status

# MEASLES UPDATE



## How many children are up to date on vaccines?

The percentage of San Diego County kindergarteners who are up to date on all state-required childhood vaccines has slowly declined. The share of children who are up to date in child care has remained more constant.



San Diego County Health and Human Services Agency

Kristen Taketa / The San Diego Union-Tribune

“The percentage of county kindergarteners who are vaccinated against measles, mumps, and rubella has slipped from 95.3% in 2022-2023 to 93.7% last school year – below the 95% herd immunity threshold.”

[Fewer San Diego County kindergarteners are getting vaccinated. K Taketa](#)





# Thank You!

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# Q&A



# THANK YOU FOR ATTENDING!

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For more information, please visit our website: [LiveWellSD.org/Education](https://LiveWellSD.org/Education)

You can also email us at: [LiveWellEducation@sdcounty.ca.gov](mailto:LiveWellEducation@sdcounty.ca.gov)

**Next Telebriefing: Tuesday, January 6, 10:00 AM**