K-12 Sector Telebriefing



November 3, 2026

Welcome!

Today's Speakers



Jennifer Winward, Ph.D.
Founder & CEO
Winward Academy



Kim McDougal
Senior Vice President of Social Services/Chief Social Impact Officer, YMCA of San Diego County



Howard Taras
Physician Consultant
San Diego County Office of Education



Jenna Wick, MD
Assistant Medical Director
Epidemiology and Immunization Services Branch

Agenda

Agenda Item	Speaker/Presenter
Welcome & Announcements	Nicole Cardoza
You're Not Alone: The San Diego Family Pledge	Jennifer Winward
Helping Families Find, Pay For, and Connect to Childcare	Kim McDougal
What Students' Doctors Need to Know about School Health & Special Ed Services	Howard Taras
Public Health Updates	Jenna Wick
Q&A Session	All Panelists

Announcements

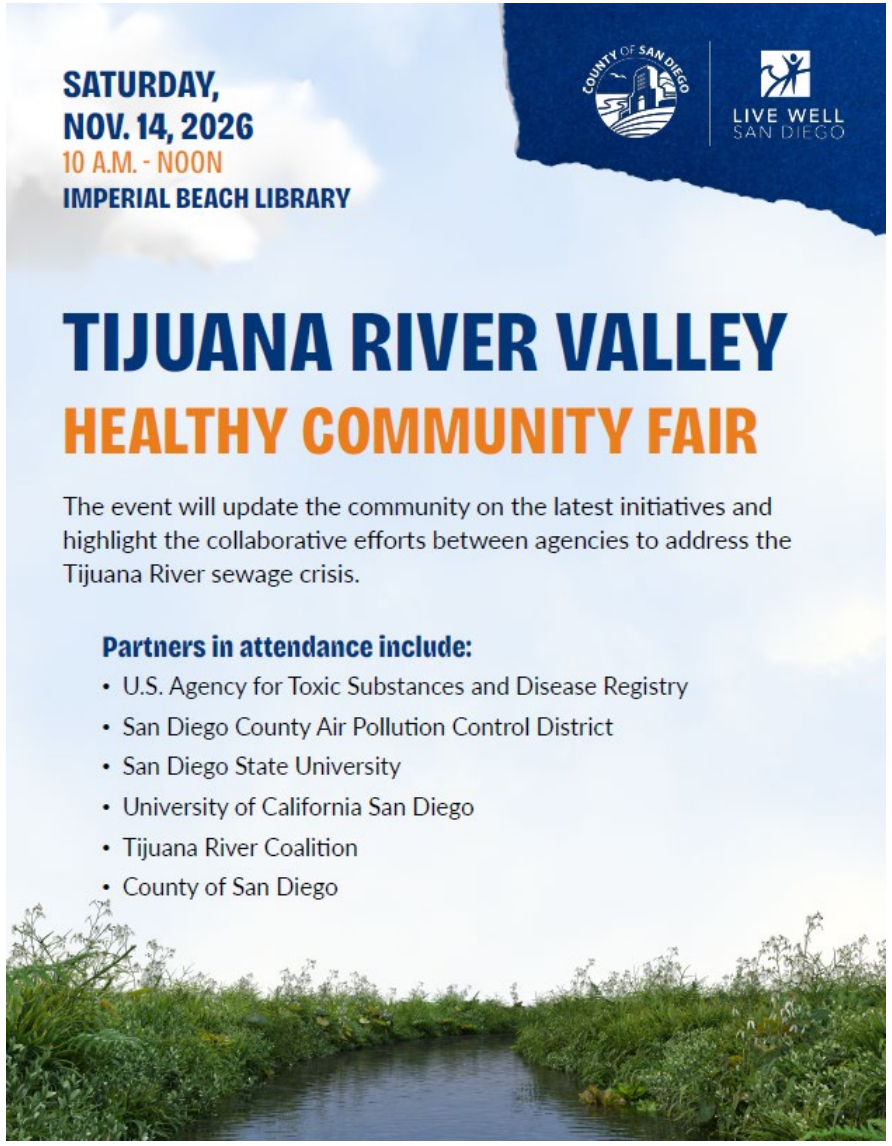
Unlocking the Power of School-Based Health & School Nurse Partnerships

Join the California School-Based Health Alliance for a webinar on **Thursday, November 12, from 12:00 – 1:15 pm** about unlocking the power of school-based health and school nurse partnerships.



Tijuana River Valley Healthy Community Fair

Join the Tijuana River Valley Healthy Community Fair at the Imperial Beach Library on **Saturday, November 14, from 10:00 am to 12:00 pm**.



Alert San Diego

Prepare for El Niño and potential severe weather in our region by knowing your hazards, making a plan, and signing up for Alert San Diego.

El Niño: Stay Informed & Prepared

Opt-In System: Alert San Diego

Build a Kit: Alert San Diego BuildAKit

FEMA Flood Zone Lookup

Free Sand and Bags: Sand and Sandbag Locations

Purchase flood insurance, renew flood insurance policy: Flood Insurance Providers

San Diego "Know Your Hazards“ Tool: Know Your Hazards

Engage San Diego: El Niño

El Niño Storm Prep

The upcoming El Niño season is expected to bring severe rain and storms across San Diego County this fall and winter. Severe weather can affect daily life, travel, and safety. Preparing ahead of time helps protect you, your family, and community. The County has created resources to help you get ready together.



Explore this page to:

- Learn what impacts to expect in your area
- Find simple steps to prepare
- Access tools to stay informed
- Review resources to help you stay safe

We encourage you to share these resources with your neighbors.

Community input was critical to developing these resources, and we want that to continue. Your feedback helps us make preparedness resources clear and more helpful for the whole community. Comments shared with us will be reviewed and used to improve these tools.

Help us Better Serve You:

- Share feedback on our communications materials
- Request emergency preparedness presentations

Who's Listening

Ashley Gain



Program Manager - Outreach and Engagement
Office of Emergency Services

Email ashleyn.gain@sdcounty.ca.gov

Carina Martinez

CM

Emergency Services Coordinator, Community Engagement and Preparedness

Emily Favorite

EF

Emergency Services Coordinator, Community Engagement and Preparedness

[Engage San Diego: El Nino Storm Prep]

Teens Rise
FOUNDATION

ALLIANCE
HEALTHCARE
FOUNDATION

I TAKE THE PLEDGE

You're Not Alone



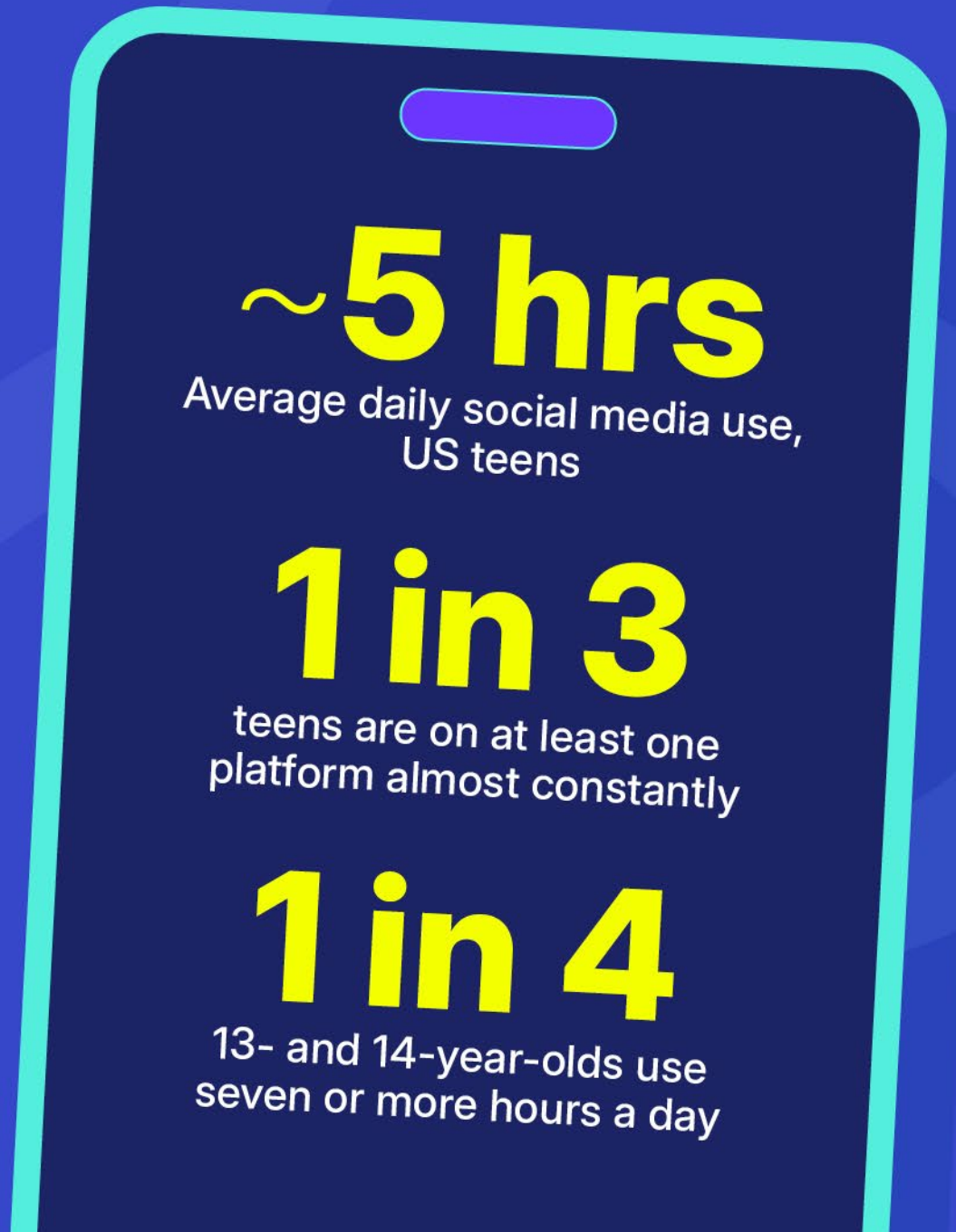
I TAKE THE PLEDGE

The San Diego Family Pledge

Five hours a day is now ordinary

That is **not** heavy use. **That is ordinary use.**

Five hours a day during puberty is not a habit at the margins of a childhood. It is childhood.



Sources: Gallup (2023); Pew Research Center (2024); Twenge (2025). Compiled in Haidt & Rausch, World Happiness Report 2026, Ch. 3

This is happening in San Diego

San Diego Unified conducted its own student survey across 24 of its public high schools.

+54.7%
Girls
who felt sad or hopeless for two weeks or more
since 2009

+56.8%
Boys
who felt sad or hopeless for two weeks or more
since 2009

+43.8%
Girls
who hurt themselves on purpose
since 2009

+31.1%
Boys
who hurt themselves on purpose
since 2009

77%
of San Diego high schoolers use social media several times a day.
Among girls it is 82%.



The burden is not evenly shared.

- Black and Hispanic teens are about **five times more likely** than white teens to be on Instagram almost constantly.
- Teens from low-income families spend about **two more hours a day** on entertainment screens.

These gaps may also reflect differences in access to safe, affordable alternatives, like recreation and in-person connection.

Sources: Youth Risk Behavior Survey, 24 public high schools, San Diego Unified School District (QN26, QN105). Pew Research Center (2022). Common Sense Media (2019).

The problem isn't will power. It's going first.

Researchers asked college students one question: **how much would we have to pay you to give up TikTok for a month?**

If You Quit Alone

They wanted $59

That is the price of being the only kid off the app.

If Everyone Quit Together

They would pay

Students offered their own money to make it happen.

Same app. Same month. Opposite answer.

Students did not want TikTok. They did not want to be the only one without it.

Take away the risk of being left out and the app is worth less than nothing to them.

That is why this is a pledge and not advice. One family that opts out pays a real cost, and their child pays it hardest. A thousand families opting out together pay almost nothing, because the group moves with them.

Source: Bursztyn, Handel, Jimenez-Duran & Roth (2023), When Product Markets Become Collective Traps, cited in World Happiness Report 2026, Ch. 3.

The San Diego Family Pledge



Four commitments. No fees.
Nothing else to sign.

Teens Rise Foundation asks for a few basic details.
Your information is private and never shared.

01

Wait on smartphones until high school

02

Wait on social media until age 16

03

Support phone-free schools and phone-free time at home

04

Make time to play with friends in person

The San Diego Family Pledge is led by **Teens Rise Foundation** with support from **Alliance Healthcare Foundation**.

Four ways to help



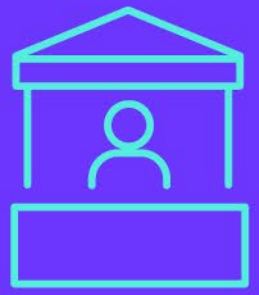
1. Sign it

Scan the code before you leave today. It takes less than a minute.



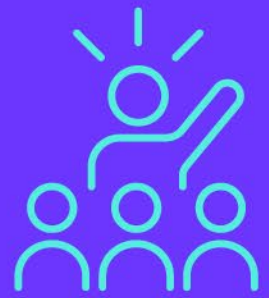
2. Send it

Drop a ready-made blurb into a parent newsletter. We will send it in English and Spanish.



3. Host it

Invite Teens Rise to table at a family night, resource fair, or open house.



4. Lead it

Become a Family Ambassador and bring the pledge to ten families you already know.

Goal: 1,000 San Diego families. Every signature makes the next one easier.

Come spend an hour with us

A Lunch & Learn for San Diego's youth serving organizations, hosted by **Teens Rise Foundation** and **Alliance Healthcare Foundation**.

Tuesday, December 1

12:00 – 1:00 PM

San Diego Foundation
Community Room
2508 Historic Decatur Rd,
Ste 200

Lunch provided
No cost to attend

Please RSVP by Friday, November 20

You're Not Alone

You'll leave with:

- A current summary of the research
- Free bilingual materials to share
- Connections with other organizations

Not one family at a time. A thousand at once.

Scan to RVSP

Questions? pledge@teensrise.org | teensrise.org/pledge

CHILDCARE SAN DIEGO

POWERED BY YMCA CHILDCARE RESOURCE SERVICE

HELPING FAMILIES FIND, PAY FOR, AND CONNECT TO CHILDCARE AT CHILDCARESANDIEGO.COM

LIVE WELL K-12 TELEBRIEFING
NOVEMBER 3, 2026

ABOUT YMCA CHILDCARE RESOURCE SERVICE

- Countywide state-designated Childcare Resource and Referral Agency since 1980
- One of the two Alternative Payment childcare subsidy distributors in the County
- Branch of YMCA of San Diego County, the largest Y in the country established in 1882



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COMMUNITY WELL-BEING & BELONGING

ABOUT CHILDCARE IN SD COUNTY

- Nearly 330,000 children aged 0 to 12 need care in San Diego County because all parents in their household are working. (About 10% of the total population)
- Gaps in care availability exist, with largest being infant/toddler care. The majority of ZIP codes have fewer than 3 licensed infant care slots for every 10 infants.
- Cost is high – FT average of more than $19,000 annually for infants, over $16,000 for preschool, and nearly $14,000 for school age.
- There are a variety of opportunities to connect to funded care options, but not enough. In San Diego County, only 22% of children eligible for subsidized child care are enrolled. (Cal Budget Center)

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TYPES OF CHILD CARE SETTINGS

Licensed Family Child Care Home Providers



Licensed Child Care Centers/Preschool



Before and After School Care



Family, Friend, and/or Neighbor



TYPES OF SUBSIDIZED & FREE CARE

- Alternative Payment Program and CalWORKS subsidy vouchers
- Public contracted center-based programs like State Preschool, General Childcare, Head Start, Early Head Start
- Public contracted slots in Family Childcare Homes through Family Childcare Home Education Networks and Head Start
- Public contracted Out of School Time programs like Expanded Learning Program, Expanded Learning Opportunities Program, After School Education and Safety, 21st Century Learning Centers
- Universal Transitional Kindergarten is seen by some as free care for young children

WHAT DO I DO WHEN SOMEONE NEEDS CHILDCARE?!



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childcaresandiego.com

All Bookmarks

English

CHILDCARE SAN DIEGO POWERED BY YMCA CHILDCARE RESOURCE SERVICE

For Families | For Providers | For Businesses | For Childcare Advocates

Get Started

Find and Pay for Childcare in San Diego County

One place to search for childcare programs, explore financial assistance options, and connect with a program that fits your family's needs.

Start your childcare journey today.

Get Started



We are grateful to our partners for supporting our vision of a central resource where families can find childcare programs and access financial assistance to help cover the cost of care.

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CHILDCARE SAN DIEGO

Apply for Child Care | Find Child Care | My Connections | English

Child Care San Diego

Making child care work for your family.

Check Eligibility
Learn about your options and apply for financial assistance.
Click to Continue...

Find Child Care
Browse child care programs in your area.
Click to Continue...

Get Matched With Providers
Submit one form to connect with multiple providers.
Click to Continue...

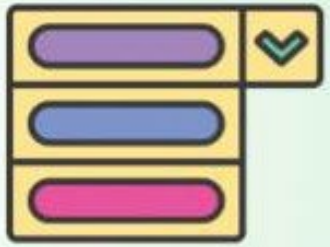
Returning Families
Welcome back! Log in here to manage your account.
Click to Continue...



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1 Eligibility Check — 2 Application — 3 Provider selection — 4 Submission

Congratulations!
You may qualify for these programs.



4 Child Care Subsidy Programs
Financial assistance to help you pay for child care providers of your choice.

6 Public Funded Programs
No-cost or low-cost child care slots at specific licensed centers and schools.

Financial Assistance Application
We will gather a few more details about your household and needs to identify the assistance programs that best fit your family. From there, we can add you to the eligibility list where available.

Since these options are available, what about starting your financial assistance application right now?

Yes, Start My Application!

I Want to Search for Child Care

Previous

Questions? Contact us via myreferral@ymcasd.org or (800) 481-2151

Eligibility Check — 2 Application — 3 Provider selection — 4 Submission

Where are you looking for childcare?

Please enter the 5-digit ZIP code for your childcare search area. *

92114 ×

This will help us match you with providers in your desired location. Enter your ZIP code (e.g., 90232) and click 'Enter'.

Do you or your child(ren) currently participate in any of the following programs?

What is your family type?

How did you hear about us? *

Seeking Permanent Housing

Family Address *

Apt #, Floor #, etc

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Your Application is Ready for the final step.

Since you qualify for these programs, let's find providers that fit your needs. Adding providers now ensures your application moves as quickly as possible once submitted.

1 Child Care Subsidy Programs
Financial assistance to help you pay for child care providers of your choice.

4 Public Funded Programs
No-cost or low-cost child care slots at specific licensed centers and schools.

Does any of the following apply to your family? Optional

- [ ] I already have a child care provider.
  Skip the search and take me straight to the financial assistance application submission.
- [ ] I am currently on the eligibility list for financial assistance
  I want to browse providers and request enrollment from them.

Edit Application | Select Providers

Questions? Contact us via myreferral@ymcasd.org or (800) 481-2151



Smart Filtering
Once you're in Find Child Care, you'll see programs tailored to your child's age and preferred area. Feel free to adjust the filters to find the perfect fit based on your specific needs.

Quick Application
If you are eligible for a program besides Alternative Payment Program, you can send your application directly to subsidized programs.

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Copyright © 2026 MyCareConnect. All rights reserved. 5.0.2617-16
Support

CHILDCARE SAN DIEGO

Apply for Child Care | Find Child Care | My Connections | English

Eligibility Check — Application — 3 Provider selection — 4 Submission

How to use this tool?

Age (1) | Financial Assistance (3) | Program Type (1) | More (3) | Clear | 92114 | Provider Name

Programs in 92114

13 Results

BARRIO LOGAN CHILD DEVELOPMENT CENTER

Add to Application

Enrollment Hub | Min: 3 yr | Max: 5 yr | Licensed Center | Last Updated May 2026

Chicano Federation Barrio Logan Child Development Center provides early childhood education and support services for children and families. The program focuses on promoting development and school readiness

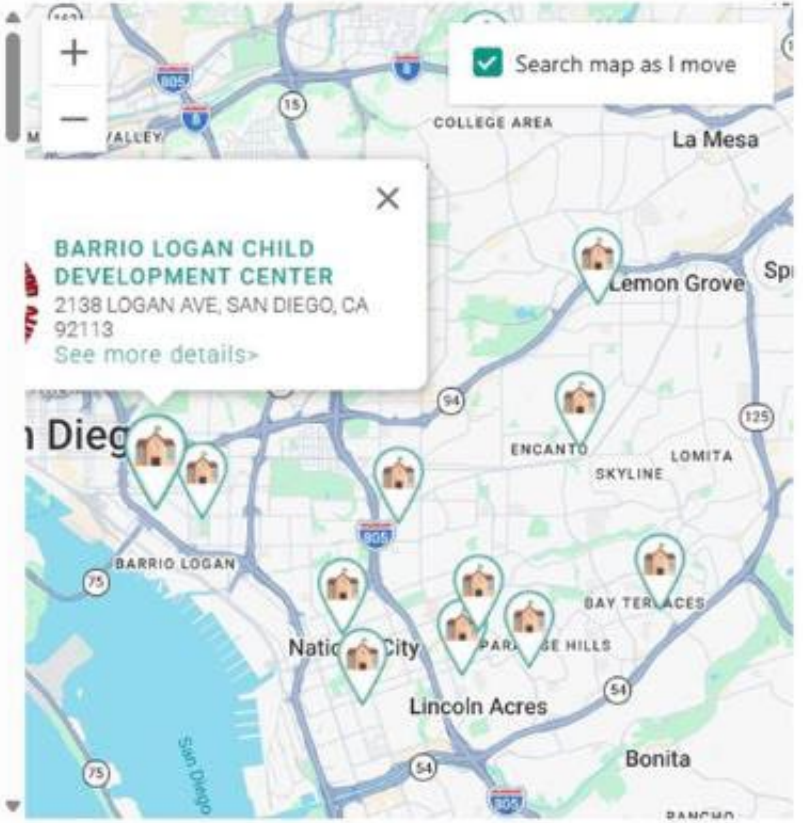
HEARTBEAT MUSIC PERFORMING ARTS ACADEMY PRESCHOOL

Add to Application

Enrollment Hub | Min: 0-5 mo | Max: 5 yr | Licensed Center | Last Updated May 2026



Preschool for the Arts provides a creative and



Edit Application | View My Selections 0 | Continue With My Application

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CHILDCARE SAN DIEGO

Apply for Child Care | Find Child Care | My Connections | English

Let's Finalize Your Application!

Review your providers and financial aid options below. Please select which child(ren) you are enrolling with each provider to continue.

Financial Assistance

- [x] San Diego Alternative Payment Program

Child Care Providers

BARRIO LOGAN CHILD DEVELOPMENT CENTER

- [x] Baby Han

- [ ] I'd like help choosing providers.
- [ ] **Save my search to receive email updates and newsletters about matching providers.**
- [ ] By checking this box, I consent to sharing my full application details with selected agencies and providers for enrollment purposes. Please note that this agreement is required to submit your application.

Search More Providers

Submit Application!



Expert Review & Matching

Your application goes straight to your chosen providers and financial assistance agencies. A specialist will then contact you to guide you through next steps.

Real-Time Tracking

Monitor your application and enrollment status 24/7 through your MyCareConnect dashboard.

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Hello lhan@ymcasd.org,

Thank you for submitting your eligibility application (ID: **AP_002370**) to **Child Care San Diego**. We have received your information and are now reviewing your application.

You can track your application status or search for more providers in your MyCareConnect account at any time:

Access MyCareConnect Portal

What happens next:

If you applied for help paying for child care through the subsidized child care program, you will receive a second confirmation email. You can also track your application status in your account.

If you requested help finding child care providers, we'll share your contact information with matching providers. A provider will contact you soon. You can also view and add providers in the Enrollments section of your account.

Please let us know if you have any questions.

Thank you,

Best regards,
Child Care San Diego Team

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SUCCESSES SO FAR

- Released in May, launched in August.
- In Q1 of this FY:
  - 52,003 web site visits,
  - 4,154 unique visitors,
  - 2,098 unique family searches,
  - 5,867 leads to providers,
  - 1,762 applications submitted

- Families getting connected to care more quickly
- Providers receiving more leads for enrollment

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NEXT STEPS

- Social Worker page for referrals to childcare
- Schools/LEAs page – send me ideas! sagomez@ymcasd.org
- Connections to additional resources through 2-1-1 and Community Information Exchange
- And more!

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Have questions about your partnership or need guidance on childcare solutions? We're here to help!

Gary Mabalot
Childcare Outreach Manager
YMCA Childcare Resource Service

(619) 584-5139 (call or text)
gmabalot@ymcasd.org

the YMCA
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YOUR CHILDCARE BENEFIT

Your employer is a proud childcare champion. Through this partnership with YMCA Childcare Resource Service, you and your family have access to free, personalized childcare navigation and support.

COMPREHENSIVE CHILDCARE SUPPORT AT NO COST TO YOU

- **Personalized Guidance**
  Our Childcare Navigators will assess your needs and connect you with programs that fit your schedule, location, and budget—including making calls on your behalf.
- **Extensive Options**
  Access a county-wide database of licensed childcare centers, family childcare homes, camps, and before- and after-school programs.
- **Financial Assistance**
  We'll help determine your eligibility for childcare subsidies and guide you through the application process.
- **Informed Decisions**
  Get expert tools, checklists, and tips to help you confidently choose the best care for your family.



GET STARTED
IT'S EASY AND FREE

800-481-2151
(Mon–Fri, 8:30 AM–4:30 PM)

childcarehelp@ymcasd.org

Prefer to browse on your own?
Visit **childcaresandiego.com** to search for child care, explore financial assistance options, and connect directly with programs.

the YMCA
YMCA OF SAN DIEGO COUNTY
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THANK YOU!

EMAIL SHELBY GOMEZ AT
SAGOMEZ@YMCASD.ORG

CHECK OUT
CHILDCARESANDIEGO.COM

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COMMUNITY WELL-BEING & BELONGING

What Students' Doctors Need to Know about School Health & Special Ed Services

Howard Taras, MD

UCSD Pediatrics (School Health)

htaras@ucsd.edu

“This student should be exempt from physical education because of _____”

Many reasons given:

- Depression/anxiety; Anorexia nervosa; Severe exercise-induced asthma;

What you will often have to explain:

- must provide 400 min PE for every 10 school days (Gr 7-12); (2 year exemption if passes pass 5 of 6 standards on state’s *Fitnessgram* in grade 9)
- Accommodations can modify physical activity during PE
- PE can be so heavily modified that it actually has NO physical activity, just pure “education”.
- Districts often fined by OCR if they graduate students with “PE exemption

- “*Please provide an air conditioned bus*” or “*No bus rides longer than 20 minutes*”

<u>Many reasons given:</u>

- restless/anxiety; toileting frequency; heat intolerance; Typically generated by parent request

<u>What doctors don’t appreciate is:</u>

- Modifying ride for 1 student grossly lengthens ride for multiple others; many with same health condition.
- School *can* explore and often implement one of multiple other solutions to the problem.

“My patient requires a 1:1 nurse to be safe”

Many reasons: diabetes, G-tube, seizures. Often parent-driven.

What MDs don’t understand:

- *School health teams* determine: (a) the training required (RN vs LVN vs UAP) and (b) student-to-staff ratio.
- State laws DO allow health care by non-nurses;
- High level of competence demonstrated among non-nurses with RN training.
- “1:1” sitting next to student? Promotes unwarranted dependency

Info schools DO need from doctors:

- Ask: What physical symptoms should school anticipated?
- Ask: What is the medical response to those symptoms

Schools can anticipate timing of response; Current staffing levels surrounding student

“Student needs a 1:1 aide for….(“autism, distractibility, etc)
“Student needs 1 hour of PT per day”

- Non-medical input from doctors *should* be valued.
- Use MD input on par with input received by any IEP (or 504) team member.
- Because it’s non-medical, physician input has *same value* as input of other IEP team members– - Not more.
- An educational intervention written on an MD prescription pad does NOT make it a “prescription”

Extend Home-Hospital Instruction (eg; 3+ months)

<u>What MDs often don't understand</u>

- HHI is limited to temporary physical or mental/emotional
- *Alternative* education arrangements exist for long term disability
- Cannot lead to graduation; Is solely for educational continuity;

District HHI Application should include these sentences:

- "Application incomplete *unless* parent signs ROI to reach the MD"
- Is for temporary conditions only;
- Requires an MD plan (with date) for student to return to school setting.
- MD "request" does not guarantee HHI placement; Subject to school health team review

“Allow parent to modify insulin doses”

What MDs may not understand

- School nurses must receive all medical orders (and medical-order-changes) *in writing (*fax, e-mail, letter)
- Parent-modification of such orders would not be permitted on a hospital ward; Cannot expect schools to honor.
- Medication errors happen in hospitals, outpatient clinics, everywhere; Tight guidelines are for safety. (Similar to hospital wards)

Solution:

- Encourage “contingency” orders from MDs.

Public Health Updates

Jenna Wick, MD
Assistant Medical Director

Respiratory Virus Update

Combined Respiratory Illness activity* in San Diego County is

Very Low	**Low**	Moderate	High	Very High

and *Stable* ➡

	COVID-19	Influenza	RSV
Test Positivity	↘	↗	→
Emergency Department Visits	↘	↗	→

Current Level

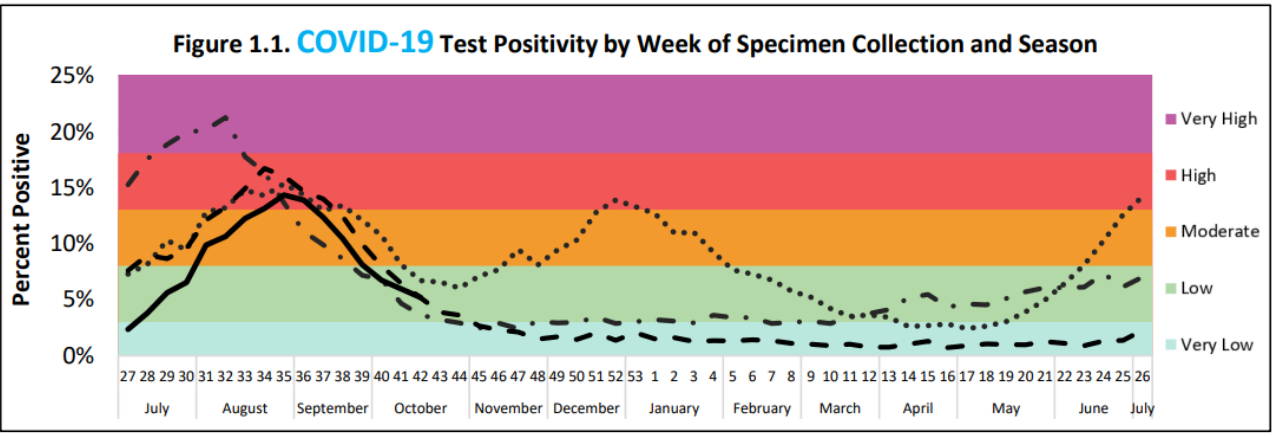
Very Low | Low | Moderate | High | Very High

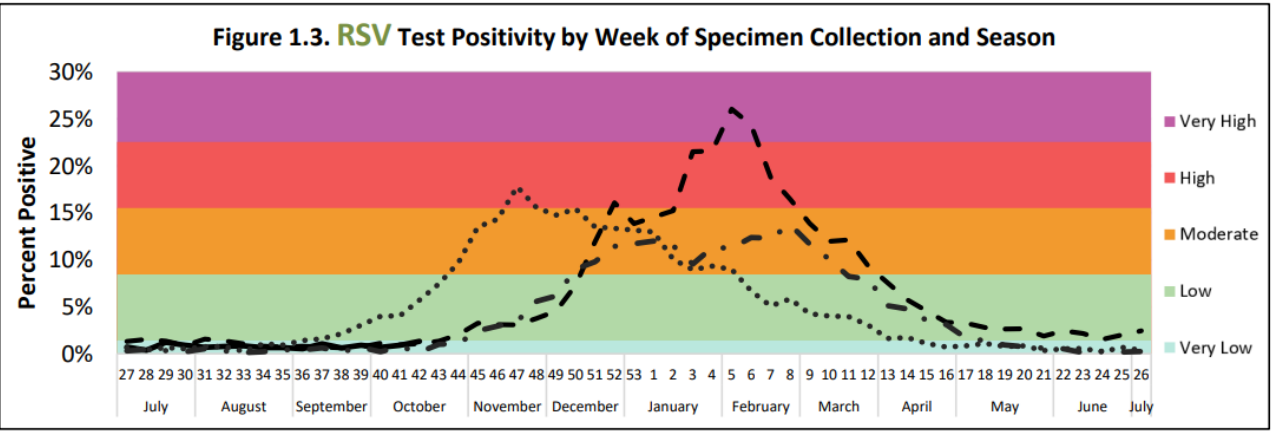
Current Trend

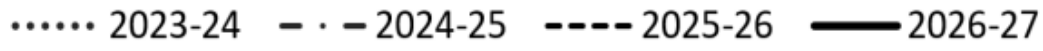
Increasing ↗ | Stable → | Decreasing ↘

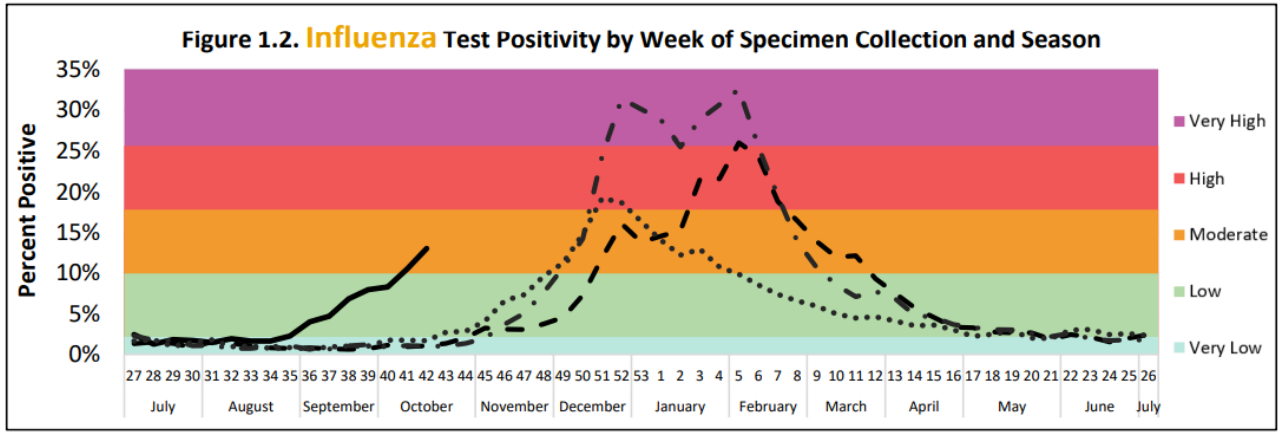
[Respiratory Virus Surveillance Report]
(Updated October 29, 2026)

COVID-19, Influenza, & RSV Test Positivity

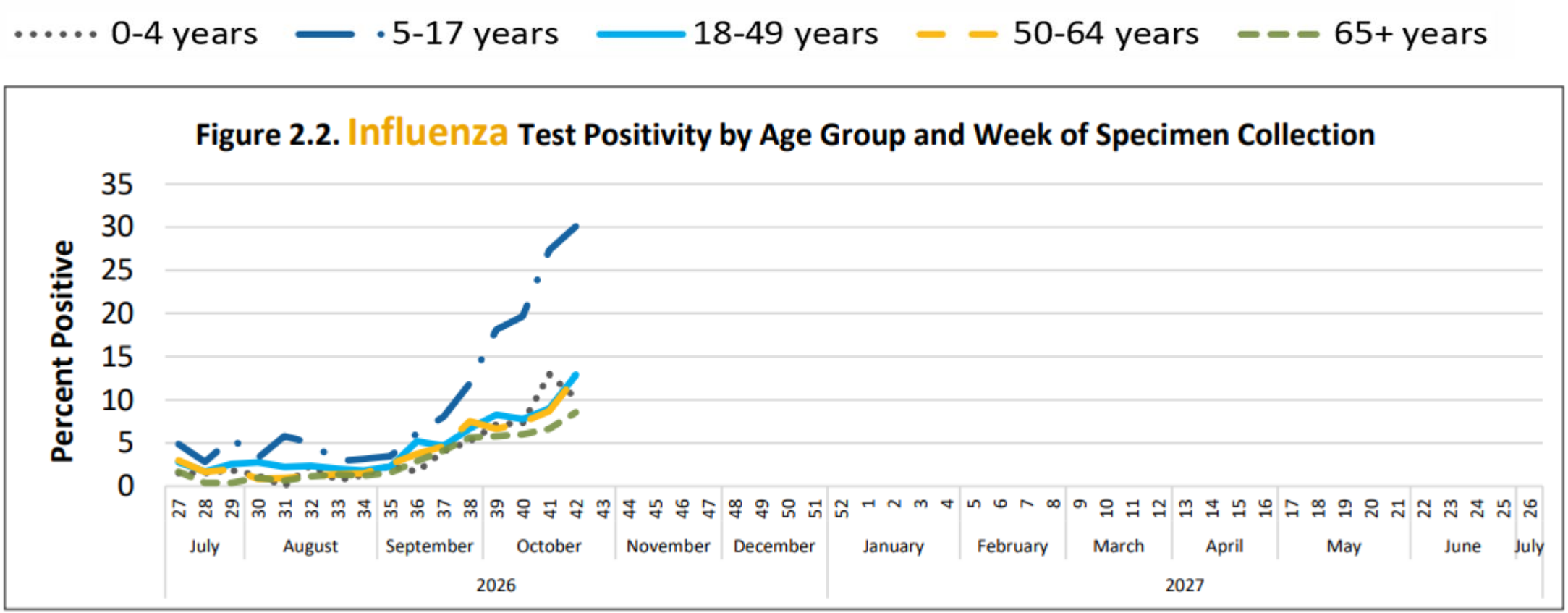






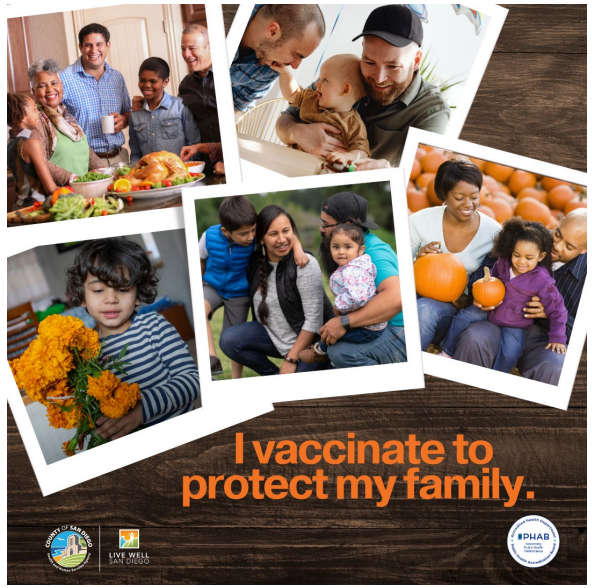


Influenza Test Positivity by Age Group



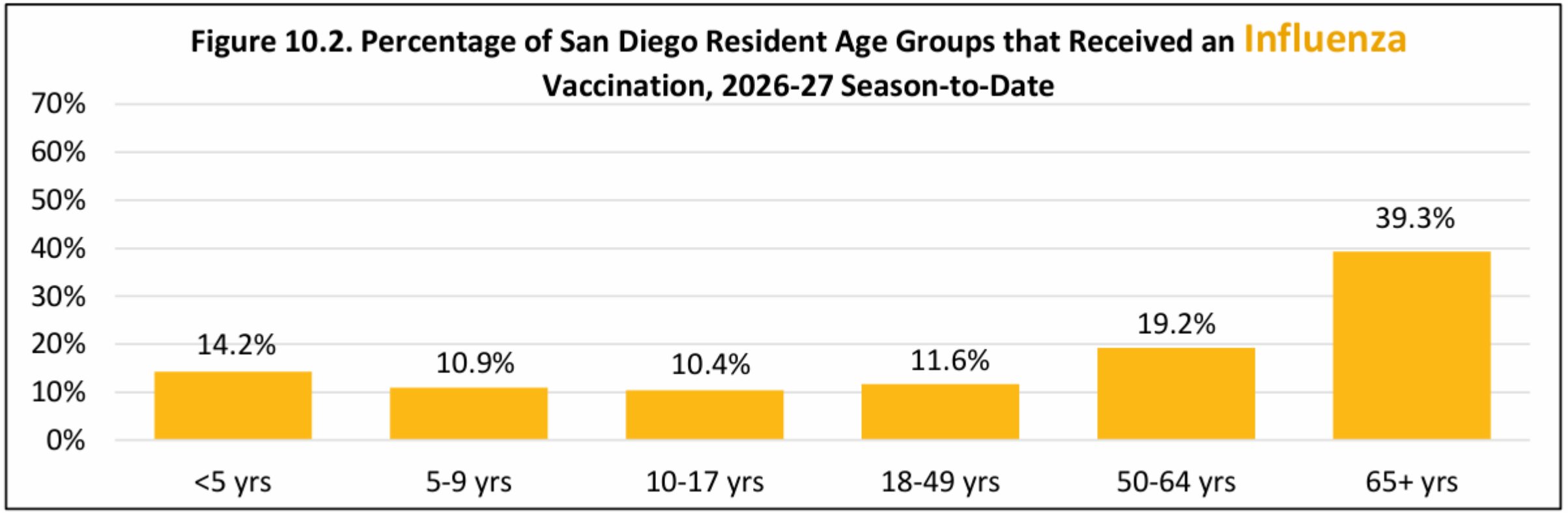
Pediatric Influenza Deaths

- Health officials have reported two pediatric influenza deaths in October — a previously healthy 11-year-old and a 6-month-old with complex medical conditions.
- There have been 11 flu-related deaths and 516 hospitalizations reported in San Diego County this season. At this point last year, we had recorded two deaths and only 86 hospitalizations.
- Health officials recommend flu vaccination for everyone 6 months and older (Where to Get Your Vaccines).



County Reports Two Pediatric Deaths as Flu Season Arrives Early

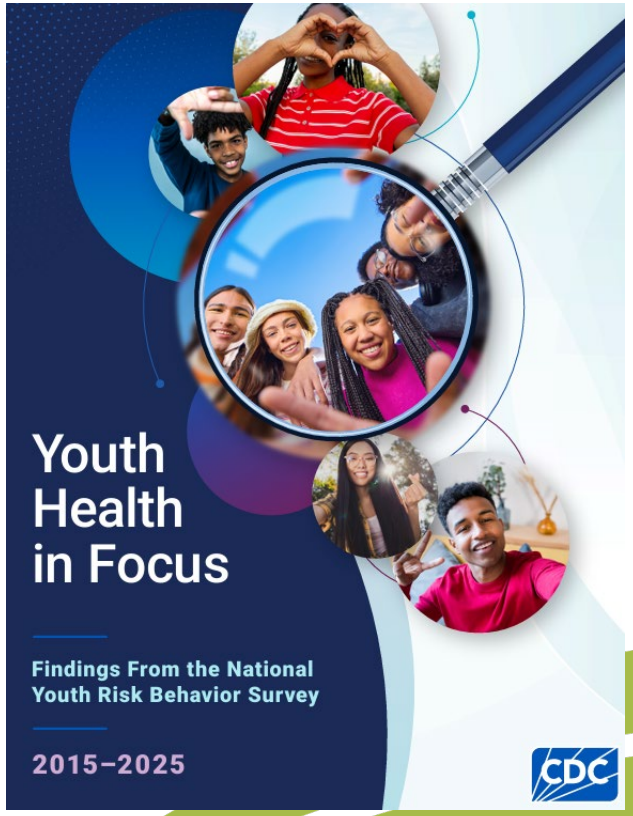
Influenza Vaccination by Age Group



CDC Youth Health Report

***Youth Health in Focus* provides a snapshot of the health and well-being of high school students in the United States in 2025 and changes over the past 2 and 10 years.**

- Five focus areas include Dietary Behaviors, Physical Activity, Sleep, Digital Behaviors, and Mental Health
- Presented 2-year changes and 10-year trends



Youth Health in Focus | Youth Risk Behavior Surveillance System (YRBSS) | CDC

CDC Youth Health Report: Dietary Behaviors

In 2025

About 3 in 5
high school students ate **vegetables** daily and **2 in 5** ate **fruit** daily.

About 1 in 4
students ate **breakfast daily.**

Male students were **more likely** than **female** students to:

- Eat breakfast daily.
- Drink plain water at least 3 times a day.
- Drink soda daily.
- Drink sports drinks daily.

Students in **urban schools** were **more likely** than those in **rural schools** to:

- Eat vegetables daily.
- Drink plain water at least 3 times a day.

From 2023 to 2025

Three dietary behaviors improved:

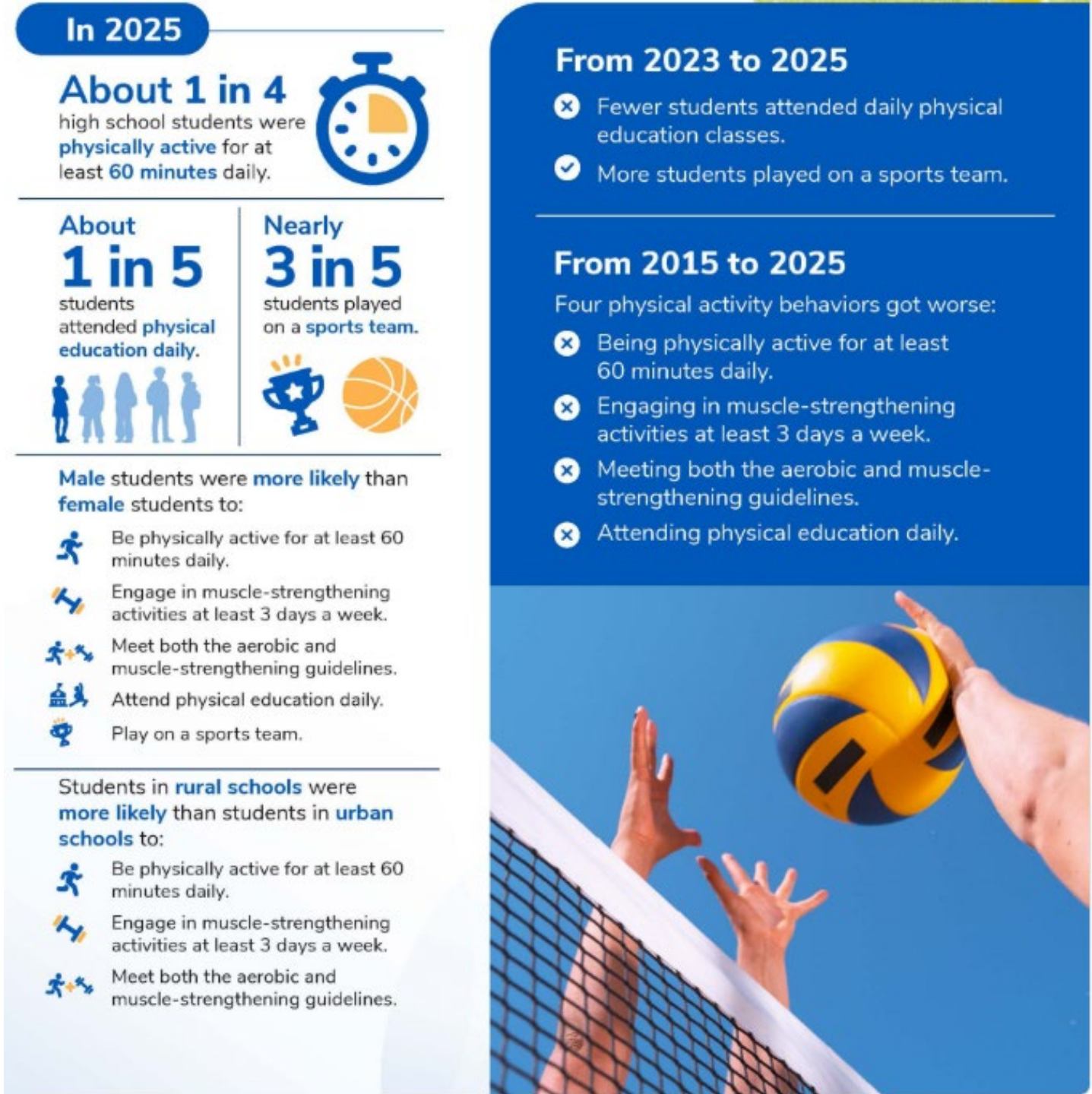
- Eating fruit daily.
- Eating vegetables daily.
- Drinking plain water at least 3 times a day.

From 2015 to 2025

- Fewer students ate breakfast daily.
- More students drank plain water at least 3 times a day.
- Fewer students drank soda daily.
- Fewer students drank sports drinks daily.



CDC Youth Health Report: Physical Activity



CDC Youth Health Report: Digital Behaviors

In 2025

About 1 in 3 high school students used social media every hour or more.

12th grade students were more likely than 9th grade students to use social media every hour or more.

Nearly 1 in 2 students texted or emailed while driving a car or other vehicle during the past 30 days.

Students in rural schools were more likely than students in urban schools to text or email while driving.

From 2023 to 2025

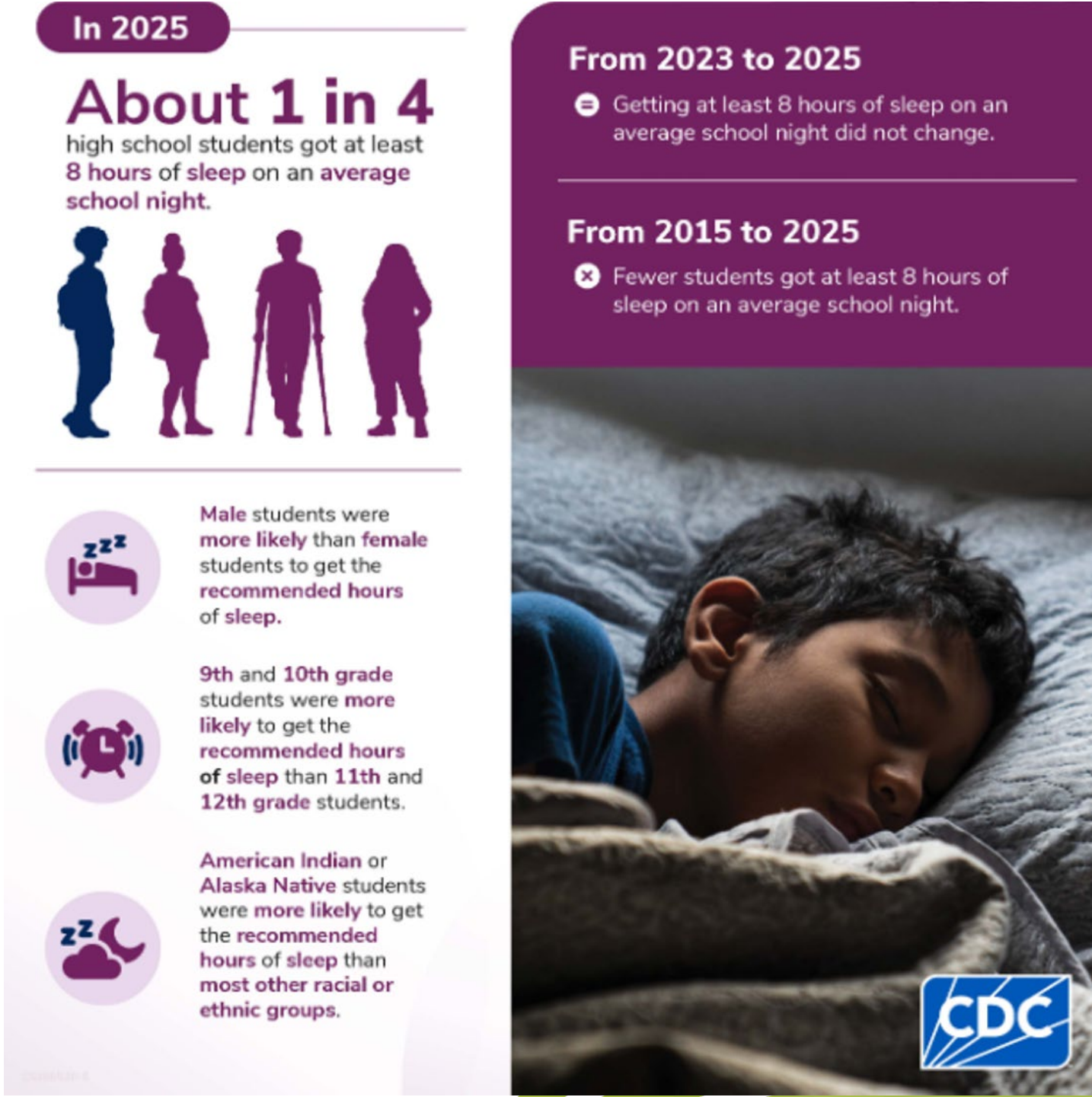
- Using social media every hour or more did not change.
- Texting or emailing while driving did not change.

From 2015 to 2025

- Texting or emailing while driving did not change.



CDC Youth Health Report: Sleep



CDC Youth Health Report: Mental Health and Suicide Risks

In 2025

About **1 in 3** high school students experienced **persistent feelings of sadness or hopelessness.**

9th grade students were **more likely** than **12th grade** students to make a **suicide plan** and **more likely** than **11th and 12th grade** students to **attempt suicide.**

Female students were **more likely** than **male** students to:

- Experience persistent feelings of sadness or hopelessness.
- Experience poor mental health.
- Seriously consider attempting suicide.
- Make a suicide plan.
- Attempt suicide.
- Be injured in a suicide attempt that had to be treated by a doctor or nurse.

From 2023 to 2025

Five indicators of poor mental health and suicide risk improved:

- Experiencing persistent feelings of sadness or hopelessness.
- Experiencing poor mental health.
- Seriously considering attempting suicide.
- Making a suicide plan.
- Attempting suicide.

From 2015 to 2025

Three indicators of poor mental health and suicide risk remained unchanged. Indicators that did change:

- More students experienced persistent feelings of sadness or hopelessness.
- Fewer students were injured in a suicide attempt that had to be treated by a doctor or nurse.



Thank You!

THANK YOU FOR ATTENDING!

For more information, please visit our website: **LiveWellSD.org/Education**

You can also email us at: **LiveWellEducation@sdcounty.ca.gov**

The next telebriefing will be on Tuesday, December 1, at 10:00 am