



TOWN OF FAIRFAX

STAFF REPORT

March 2, 2016

TO: Mayor and Town Council

FROM: Garrett Toy, Town Manager *GT*

SUBJECT: Receive Ross Valley Healthy Community Collaborative (RVHCC) Report

Continued from February 3, 2016 Town Council Meeting

RECOMMENDATION

Receive the report, and incorporate consideration of the funding request into the Council's budget approval process for FY16-17.

DISCUSSION

As background, in January 2015, the Town contributed \$1,250 to the Ross Valley Healthy Community Collaborative ("RVHCC") for the initial 6-month period. The Council contributed \$2500 for FY15-16, as part of the Town's budget approval process.

The RVHCC submitted the attached report on their activities for the past year, together with a request for funding for FY16-17 in the amount of \$2,500.

Staff recommends including the current RVHCC funding request in the FY16-17 budget approval process.

FISCAL IMPACT

None this year.

ATTACHMENT

Report



Ross Valley
Healthy Community
Collaborative

January 26, 2016

To: Mayor and Town Council of Fairfax

From: Ross Valley Healthy Community Collaborative (RVHCC) Coordinator, Bridget Clark,
Liz Seabury, David Finnane, Renee Goddard, and John Wright (RVHCC Board)

Re: RVHCC Update

Accompanying this letter is a budget and expenses update regarding the activities of the RVHCC from July 2015 through December 2016.

The RVHCC has a consistent volunteer following that attend bi-monthly meetings. We regularly have 25-30 members of the community to engage in our mission and goals. We agreed on the following mission statement describing the organization and our goal:

Ross Valley Healthy Community Collaborative is a group of concerned community members, educators and young people that are working together with all sectors of our community to improve the health and wellness of San Anselmo and Fairfax adults and youth.

Our goal is to improve the overall health and wellness of our community by raising awareness of current mental health and substance abuse issues, identifying and implementing strategies for reducing risk factors, and advocating for increased positive youth engagement in Ross Valley.

Attached you will find the details of the data that drove our work this past year, the accomplishments that were made including the parent education events (both 2015 and 2016) some which were in collaboration with other organizations, plus budget and funding information.

We did receive a County community services grant and a Central Marin Police Authority grant to cover the costs of distributing, creating and printing our RVHCC brochure to build awareness in our community. We also decided to use part of the budget initially allocated to coordinator time to engage the services of an individual to create the RVHCC website – www.rvhcc.com and manage it.

We hope that Fairfax will maintain the same level of funding that has enabled us to make good progress this year. We very much appreciate your support of our work.

If you have any questions about this material, please contact me or any of the RVHCC Board Members.

Ross Valley Youth Data

(According to California Healthy Kids Survey (Drake High School and Tam Union High School District 2013/14)

Alcohol

Binge Drinking (more than 5 drinks) triples from 11% for Freshmen to 35% for Juniors at Drake High School.

Marijuana

27% of Freshmen at Drake High School report smoking pot in the past 30 days. 20% in TUHSD.

52% of TUHSD Juniors believe there is slight to no harm in smoking marijuana once or twice a week.

Mental Health

29% of Freshmen and 35% of Juniors at Drake High School report having chronic sad or hopeless feelings in the past 12 months.

Ross Valley Youth Age of Onset Data – (per Drake High School CHKS 2013/14) – Our kids are starting to ‘experiment’ at a young age. The earlier the age at which youth take their first drink of alcohol, the greater the risk of abusive consumption & development of serious problems, including alcohol dependence. (SAMHSA 2004)

First full drink of alcohol:

10 years old or younger	6%
11-12 years old	8%
13-14 years old	23%

First use of marijuana:

11-12 years old	6%
13-14 years old	23%

Goals for the RVHCC

- 1) Increase local awareness and understanding of the issues and data to advocate for strategies that reduce youth access, use and abuse of alcohol, tobacco, marijuana and other substances.
- 2) Increase local awareness and understanding of the issues and advocate for strategies that address the emotional and mental health issues of youth in our community.
- 3) Align collaborative efforts, resources, data and education across community-based organizations (CBOs) and county networks.
- 4) Implement, promote and increase opportunities for positive youth engagement in Fairfax and San Anselmo.
- 5) Advocate for public policies that address shifting healthy community/social norms in the Ross Valley.

2015 RVHCC Parent/Community Speaker Series – We had a great response to the speaker series, with maximum capacity to most events and with almost complete positive reviews from them all. We coordinated efforts with the PTSA/Parent clubs on some events, such as Weed 101 and The Gift of Failure. We were asked to bring back some speakers on a consistent basis (i.e. Safety Net).

April 29: Raising Resilient Girls by Girls Leadership Institute, Simone Marean

September 16: Weed 101: Smart Approaches to Marijuana, Jason Lechner & Kevin Sabet

September 28: SafetyNet: Smart Cyber Choices: How kids today are using technology & how we can keep them safe online, SD Police Foundation

September 30: Parenting Now for Healthy Teens Later, Tasmin Pessa & Linda Henn

October 7: The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed, Jessica Lahey

October 28: Having difficult conversations with your teen/child around cannabis use; parent Q&A session, Jennifer Golick together with Drake Peer Resource students

November 18: The Mask You Live In, screening with facilitator, Aaminah Norris

2015-16 RVHCC Accomplishments

Created and distributed a community awareness flyer to 3,200 families in Fairfax and San Anselmo with bookmarks on speaker series.

Created a web site with resources and tools for parents – www.rvhcc.com

Met with local businesses to discuss alcohol access and thievery. Bottles capped at CVS starting in 2015.

Collaborated with CMPA and FFPD representatives regarding social host law enforcement, and other school and community-related issues.

Started a “Be the Influence” program at Drake High School and collaborated on events and communication to parents.

Presented at all White Hill tours and Drake Orientation 2015.

RVHCC representatives are key players on the Drake Wellness Design Team with the Wellness Director of the TUHSD.

Facilitated community outreach at the Streets for People Event and San Anselmo Country Fair Day.

Actively collaborated with Marin Health and Human Services, plus other Marin coalitions to coordinate programming and planning.

Continue to work with White Hill Middle School to evaluate best practices for health and wellness education.

Coordinated with Drake High School and Drake Parent Club on communication to parents re: health and safety issues and to learn about positive youth programs via the HS registration process.

2016 RVHCC Parent/Community Speaker Series and Events

January 25 and February 3: Screenagers: Growing up in the Digital Age with Lisa Tabb, Producer

January 26: How stress, anxiety & pressure can be root causes leading to substance abuse and what you can do to help, by a panel of teens and experts

March 5: Distracted Driving Workshop, Impact Teen Driver. This evidence-based interactive workshop empowers drivers and passengers with decision making strategies, tools and resources.

March 16: Teen stress and anxiety and how parents can provide support, Joani Geltman, MSW and author of Survival Guide to Parenting Teens.

April 7: How parents and teens can best use technology and resist being hi-jacked by it, Matt Richtel, Pulitzer prize winning reporter and author of A Deadly Wandering.

April 27: Parenting Now For Healthy and Happy Teens Later, Tasmin Pessa

July 1, 2015 – June 30, 2016 Funding

\$2,500	each from Town of San Anselmo and Fairfax
\$7,500	each from RVSD and TUHSD
\$4,459	Central Marin Police Dept. Grant
\$4,459	Marin County Supervisor Grant
\$4,550	carryover from 2014-2015
\$33,468	Total Funding

July 1, 2015 – June 30, 2016 Expenses

\$31,990 Total Expenses

Includes: Coordinator fee (10 hours a week), marketing piece, bookmarks, website set up and maintenance, and speaker fees booked to date

July 1, 2016 – June 30, 2017 Funding Proposal

RVSD and TUHSD – \$7,500 each

Towns of Fairfax and San Anselmo – \$2,500 each

*San Anselmo funding will continue to stay in budget (subject to approval of Town Council)