

## Social Emotional Programs & Resources for RBUSD Families



**South Bay Families Connected** - <http://www.southbayfamiliesconnected.org/>  
Resources for students (in middle and high) and parents (in all grades) for wellness and substance use prevention. SBFC offers RBUSD parents access to free resources, education events, authentic South Bay stories from parents and teens, current videos, and resources for issues related to social media, stress, depression, peer pressure, and yes, drugs, vaping, alcohol, and more.



**Care Solace** – <http://caresolace.com/redondobeachfamilies>  
This platform is for students struggling with substance use addiction and/or mental health issues. Care Solace is a safe, simple, confidential and efficient way to select the right provider for the individual needing care.



**BCHD Crisis Line & Resource** - <http://www.bchd.org/resources>  
Find health-related resources and information for students, adults and families who need additional support and assistance with mental health, medical, dental, vision & hearing, substance use, and more. Contact Beach Cities Health District's Community Services Department for more information at 310-374-3426, ext. 256.



**Weekly Parent Chat** - <https://www.southbayfamiliesconnected.org/events>  
Wondering if your child is experimenting with drugs or alcohol? Trying to manage student stress? Seeking guidance around social media and technology? A free weekly support group provided in partnership with [Beach Cities Health District](#), [Thelma McMillen Center](#), and South Bay Families Connected. All parents throughout are welcome! 10 AM at the Beach Cities Health District ([map](#))

### Know the five signs.



Adapted from the national Change Direction Initiative. Learn more at [changedirection.org](http://changedirection.org)

### Suicide Prevention

The Redondo Beach Unified School District acknowledges the importance of recognizing warning signs for crisis/trauma/suicide to prevent, intervene, and provide post-care for students who have considered or attempted suicide. RBUSD has implemented a suicide prevention, intervention, and post-vention policy that specifically addresses the needs of students who exhibit suicidal ideation. Included in the policy is suicide prevention awareness training for RBUSD staff and a "Know the Signs" campaign for students. Please see your school counselor for more information.

In cases of emergency, dial 911. For help, please utilize the resources below:

- Crisis Text Line – Text "HELLO" to 741-741 and a counselor will respond
- LA County Suicide Prevention Crisis Line (24/7): (877) 727-4747
- Teen Line (800) TLC-TEEN (852-8336) or <http://teenlineonline.org> or text "TEEN" to 839863 between 5:30 – 9:30 p.m. to speak with peer counselors
- National Suicide Prevention Lifeline (24/7): (800) 273-TALK (8255)
- Trevor Project Lifeline for LGBTQ Youth (24/7): (866) 488-7386



### The Gathering Place – Bereavement Support

The mission of The Gathering Place is to encourage healing, health, strength and confidence in those who have experienced the death (within the last two years) of a loved one. They focus is on support groups that specialize in bereavement services for adults, teens and children. (310) 546-6407

## Social Emotional Programs & Resources for RBUSD Students

### ELEMENTARY

#### MindUP



This evidence-based program is grounded in neuroscience, mindful awareness, positive psychology and social-emotional learning. It consists of lessons that are tailored to the students' age group and developmental level, is delivered by their teacher in the classroom, and teaches activities around topics such as gratitude, mindfulness, resiliency, and perspective taking. MindUP provides an immersive discovery experience, drives positive behavior, and increases empathy, optimism and compassion.

#### WATCH D.O.G.S. Program



WATCH D.O.G.S. is one of the nation's largest and most respected school-based, family, and community engagement, organizations in the country. Since the program's creation in 1998, more than 6,450 schools across the country have launched a WATCH D.O.G.S. program, including all eight elementary schools in RBUSD. Each school year, RBUSD fathers, grandfathers, stepfathers, uncles, and other father figures make a positive impact on our students by volunteering in their elementary school at least one day a year in a variety of school activities both in and out of the classroom.

#### Live Well Kids



LiveWell Kids is a nutrition and garden childhood obesity prevention program developed for elementary school students. The curriculum is delivered in classrooms and school gardens by trained parent docents.

#### Peaceful Playgrounds



The mission of Peaceful Playgrounds is to create a safe play environment, support healthy active kids, and advocate for recess and free play. We believe the benefits of free play are best accomplished by enhancing the play environment and allowing children many choices. With more choices, such as blacktop games, tetherball, handball, 4-square, and more, children are more likely to engage in physical activity and learn conflict resolution and team-building skills.

#### Bicycle and Pedestrian Safety Education



In partnership with Beach Cities Cycling Club, BCHD, RBPD, and school-site PTAs, the program teaches students skills to be safe and confident pedestrians and cyclists. The interactive program is customized for grade levels and every student learns the rules of the road whether he or she is walking or biking.

#### Elementary Counseling Plan



The RBUSD elementary counseling team created a comprehensive counseling plan for students in grades K-5, in order to ensure every RBUSD elementary student receives the same social emotional programs and support. The plan includes parent newsletters each trimester with relevant information and tips, as well as classroom lessons by the school counselor on topics, such as problem solving, healthy relationships, emotional regulation, stress management, study skills, transition to middle school and more.