



# HUMAN SERVICES ACADEMY NEWSLETTER

## May 2016



### *H.S.A. @ Mock Trial*

*Mock Trial is a two day competition that takes place at the Ventura County Courthouse in front of actual judges and attorneys that are volunteering their time. Each school is given a case packet with witness statements and rules for the competition. This year's case packet was a murder trial that took place on a college campus. For the SPHS Mock Trial team we began preparing for the case around mid-September. Students were assigned roles as an attorney, witness, bailiff, or clerk. As a team we meet, they met once a week after school from 5:30-7:30 assisted by five attorney coaches, all of whom are Public Defenders. One of the coaches graduated from SPHS in 2003 and already is a successful lawyer. The SPHS team is looking for students that are interested in law, whether it be as a police officer, sheriff, probation officer, and of course any future lawyers.*



### *MESA DAY*



Students worked countless hours with Mr. Colborn to prepare their projects.

All competitions are academic events in which students participated in mathematics, engineering, and science projects. On February, 27th, several students went to the 17th Annual Science & Technology MESA Day at UC Santa Barbara. Antonio Almaraz, Jesus Juarez, and Christopher Magana took 2nd place in Speak Out. Two other teams went on to regionals.

Ms. Rosio Bravo chaperoned a group of students to the MESA Day Regional Competitions 2016 held at California State University in Fresno on Saturday, April 9th.

Isabel Payne was on the Speak Out competition team that took 1st place. Osvaldo Ambriz and Jessenia Montiel were on the Prosthetic Arm Competition team. They got 1st place for Display, 1st place on the Oral Presentation, and 3rd Place Overall.



### *BIRTH CONTROL*

The freshmen had Ritha Canales, retired Registered Nurse, review the unit. She shared with them about getting her degree and making a good salary immediately. Students watch the DVD Sex Smart for Teens and learned about myths, Why use birth control?, and Talking & Choosing. Abstinence was emphasized. The more sexual contact they have, the more likely they are to increase the risk of pregnancy. Open communication is very important in close relationships.

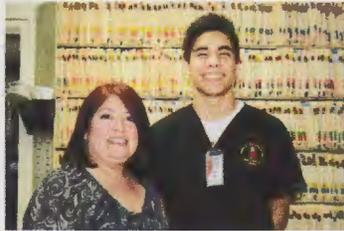
Each student got a pamphlet Birth Control. Non-prescription methods were reviewed with the knowledge that they are available from a drug store without going to a health professional. Condoms reintegrated the fact that this is the only method that protects against an STI.

Prescription methods requiring a physical exam were discussed along with classroom participation and she added her perspective as it related to having worked in Teen Clinics.

# HEALTH CAREER INTERNS COMPLETE PORTFOLIOS

The Health & Human Services Academy has the perfect blend of rigorous academics in addition to over 80 hours on-the-job training where students acquired marketable, vocational skills at their second community-based job sites. These real life applications keep the students engaged while they apply knowledge learned. Interns have begun to understand the benefits of being flexible and diverse in the workforce because many of the them have multiple mentors to help them gain career ready practices. The juniors have accepted personal responsibility for maximizing their potential because they see a correlation between gaining skills and getting better paying jobs. Mentors constantly reinforce professional and ethical behavior and students have begun to adopt these character traits that build integrity. Several have been offered paid employment for the summer. Congratulations!

Antonio Almaraz  
@ Dr. Yamamoto DDS  
w/ Ali Wagner  
@ SP Orthodontics  
w/ Esmeralda Perez



Estefany Mendoza  
@ Santa Paula Hospital  
w/ Gigi Barajas



Danielle Diaz  
@ Santa Paula Hospital  
Physical Therapy  
w/ Paul Zaferis



Jessenia Montiel  
@ Vista Cove  
Care Center  
w/ Jackie Vigil



Sofia Fernandez  
@ Vista Cove  
Care Center  
w/ Jackie Vigil



Joey Moreno  
@ Santa Paula  
Medical Clinic  
w/ Monica Mendez  
& Melissa Rodriguez



Cele Jimenez  
@ Vista Cove  
Care Center  
w/ Veronica Magana



Maria Ochoa  
@ Santa Paula  
Hospital  
w/ Elizabeth Hoffman



Christopher Magana  
@ Identity Medical  
Group  
w/ Kathleen Otinen



Erika Valencia  
@ Dr. Hollenback DDS  
w/ Cheryl Scott  
@ Santa Paula HS  
w/ Margaret Lopez



Natasha Martinez  
@ Heritage Valley  
Eye Care  
w/ Heidi Mayorga



Karina Valencia  
@ Clinicas  
w/ Maria Alamillo





## TEACHING PROFESSION



Ms. Amber McPherson presented a PowerPoint to the eleven junior interns going into the education pathway. Schooling involves

getting a Bachelor's Degree that takes four years. Those wishing to teach elementary often major in liberal studies and often get a Multiple Subject credential. If they prefer middle or high school, they will need a single subject degree but can add supplemental authorizations.

The second step is to enroll in a 1-2 year program to get a preliminary credential. Sometimes this is combined with a master's program. The CBEST and subject matter competencies must be passed before student teaching begins. To earn a clear credential, participants either complete BTSA for two years or take additional coursework up to five years.

Most teachers enter the profession because they want to make a difference, love to work with kids, and/or often have a passion for their subjects. Lesson plans must be continually updated and adapted along with the assessments. Several hours are often spent outside the classroom.

Teachers do not pay into Social Security; they pay into State Teachers Retirement System. Both pay and health care benefits depends on local negotiations. Pay is based on "Step" equivalent to years of service and "column" depending on the number of units you have beyond your BA degree.



## FRIDAY NIGHT LIVE

The 13th Annual FNL Youth Leadership Conference took place on March 19th at Pacifica High School in Oxnard. Ms. Erika Caballero is the advisor for this club and chaperoned a bus to the free event presented Ventura County Superintendent of Schools. Two H.S.A. juniors attended "Live Fresher: No Peer Pressure!" Students from all over the county attended. Guest speakers, motivational activities, small group interactions, discussions, and interactive moments reinforced the full day conference that emphasized healthy lifestyles. Making good, positive decisions regarding not using drugs or alcohol was the overall concepts. Peer pressure that often times challenges their moral integrity was discussed. Students were provided lunch and a T-shirt but most importantly...they realized that it is cool to be drug and alcohol free!

## SPRING LEADERSHIP TRAINING

On Friday, March 18th, twenty of the H.S. Academy students participated in a four hour training organized by Latino Town Hall. They began with "Ice Breaker" activities and were learning the skills necessary to be facilitators during the two day event next week.

First, they had to learn how to assess the situations involving students that are uncomfortable sharing and how to make themselves approachable.

Second, students acquired skills needed to encourage discussions, develop possible ways to resolve situations, and emphasize what the benefits from these results might be.

Third, everyone would be expected to be high energy with a positive attitude of wanting to be actively involved in order to make a difference. Body language was reviewed since it is so important to facilitators.

Forth, building relationships would be important for the underclassmen to reach their future goals.



## SPRING LEADERSHIP CONFERENCE

On March 21 and 22 twenty H.S.A. freshmen and six sophomores participated in the event. Honest communication with peers, family, and community contacts was encouraged during the entire two days. Building confidence so they realize that their opinions matter and they need to take positive steps to stand up for their goals. Often times it involves commitment to take personal responsibility to



lead themselves regardless of the obstacles that they encounter. Three guest speakers were the highlight of the daily activities: Pastor Mike Navarro, Tony McGee, Homero Magana, and Dr. Henry Vi. On Monday evening, dinner for the family was provided while college information was presented.





## CAREER EDUCATION TRAINING CENTER

Over spring break, the Carl Perkins Vocational Grant provided funding for twenty-one students to take a field trip to Oxnard. They were introduced to the educational pathways provided by Jaime Mata. The personal experiences that he shared were inspirational.



The Machinist Technology/CNC program was very interesting to juniors that want to pursue a pathway in engineering related to the medical field.



Students observed classes in session for the medical assistant program. Teachers took time to introduce them to courses needed to get state certification.



## CALIFORNIA DEPARTMENT OF CORRECTIONS

**Richard Castaniero organized a field trip for Thursday, March 24th so students could have the opportunity to tour the Todd Road Jail facility. Sheriff McGrath introduced them to the fact that 185 employees are providing safe, secure services to the inmates and visitors such as us! Those incarcerated can complete their education, enhance their vocational skills, in addition to participating in Substance Abuse & Treatment programs.**

**First, they saw the bus that brought inmates to the facility and toured the area designed for Sheriff's to confiscate all personal property, search and band them, then distribute personal items.**

**Second, everyone walked up to the station where sheriff's watch all the female inmates from Ventura County. They are organized into pods and rotate to various stations throughout the day.**

**Third, students observed the unit housing the male inmates and the typical forms of entertainment. The officers were very diligent about keeping an eye on each pod. They shared information about what their jobs entailed.**

**Just before leaving, we went past the Food Services Department which has a 10,000 square foot kitchen to serve over 2,500 meals per day. The commissary showed the students the forms that inmates could fill-out to have personal items delivered such as snacks and personal items.**

## MORE FIELD TRIPS

- May 6 USS Iowa (10th)
- May 12 Medieval Times (10th)
- May 16 Museum of Tolerance (11th)
- May 27 QAD Inc. (10th & 11th)
- June 7 Tech. Dev. Center (11th)



## RYLA

Yarelin Cantu attended the Rotary Youth Leadership Awards camp in Ojai on April 21-24. Jim Brogan was an inspiring and empowering keynote speaker that encouraged kids to be different and have determination. Yarelin enjoyed the team building activity that involved walking

across a set of ropes. Diversity training helped students explore personal feelings about culture, self identity, and relationship. The public speaking sessions provided them with tools that could be used at the high school or while on-the-job. The goal setting class was interactive and challenged each teenager to set realistic goals that pertained to all facets of their life. Dr. Ken Blanchard spoke about the Fundamentals of Leadership and then the participants were divided into four groups for an activity. Fictional situations were provided and the groups had to use the Situational Model of leadership to develop supportive techniques and list ways to direct the behavior of others in hopes of a positive outcome. This young lady learned principles of ethics, service, and fellowship at the camp.



## GIRLS & BOYS STATE

Jessenia Montiel was chosen as the SPHS representative and will attend the



five day event at Claremont University June 27-July 1. She is vice president of California Scholastic Federation and participates in four other clubs. Jessenia is a BB/BS mentor to two "Littles" at Barbara Webster Elementary School. This is her third year in SPHS Volleyball.

Larry Renteria will be attending his event in Sacramento, California on July 17-25th. This year, he was a witness for the Mock Trial Team. Currently, this 11th grader is president for Junior State of America and vice president of Interact. He stays active in junior varsity cross-country and varsity SPHS Swim Team.



## Ventura County Behavioral Health

Carmen Magana, Jennifer Gonzalez, and Linda Delgado met with the junior interns going into the Health and Human Services pathways on Monday, April 11th. All of the clinicians are Santa Paula High School alumni. Each took the time to give a quick overview of their educational background and shared personal experiences that have shaped them into the qualified professionals they have become. Some time was spent on discussing all the components related to mental health. Various techniques used with clients were discussed. Questions were asked and the ladies were very honest about the toll it takes on them emotionally. It was very informative and everyone could tell that they have a great respect for their superiors along with a passion for helping others in their time of need.



### SEXUALLY TRANSMITTED INFECTIONS

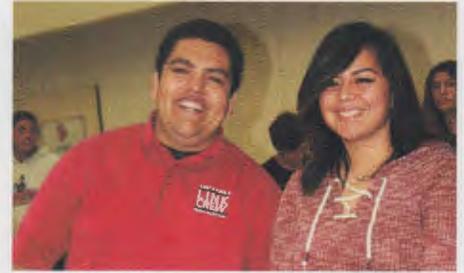
On Tuesday, April 12th, Esther Canales, RN and Midwife, spoke to the freshmen in the Introduction to Human Services Health classes. She discussed the challenges involved with getting her Bachelor of Science degree. She enjoyed working for Kaiser Permanente as a Registered Nurse for fifteen years. Ms. Canales went back to college for two years to become a Midwife and has been in that occupation for nineteen years.

A handout from the Centers for disease Control was distributed and reviewed. Ages 15-24 make up 27% of the sexually active people. It was a shock to learn that 50% of the twenty million new cases of sexually transmitted infections in the country. Young adults have some of the highest statistics when it comes to STIs:

- 70% gonorrhea
- 63% chlamydia
- 49% HPV, and
- 45% genital herpes

When women go undiagnosed, these infections result in 24,000 becoming infertile each year!

Factors that put teenagers at risk include insufficient screening, confidentiality concerns, women are more biologically susceptible, lack of access to healthcare, and multiple sex partners. Three things were emphasized. First, they need to get tested once a year if they are sexually active. Second, Reducing the risk behaviors by remaining abstinent. Third, Everyone of the students should get vaccinated against HPV.



### CHALLENGE DAY

Twenty H.S.A. juniors assisted Link Crew with Challenge Day 2016. Thanks to Mr. Buck's creative support, 2016 was a great success. All freshmen sat in the bleachers to watch a short video that expanded their understanding of diversity and how they can begin minimizing the negative effects of bullying. Warm-up activities were done while lined up on the floor of the McMahan Gym. At one point, the facilitators grabbed their white lunch bags filled with notecards to stimulate the 9th graders into talking about personal events they have seen or encountered themselves. Through truth and building empathy, they were able to connect with each of the thought provoking activities. By the end of the day, the wall of tolerance ignited a movement to make positive changes in their personal behavior and promoted empathy for others.



## SANTA PAULA POLICE EXPLORERS



The Police Exploring Program is a young adult career education program ages 14-21. This is a Law Enforcement action-oriented, hands-on, career discovery program. Basically, they learn how to be police officers, with a vision of community service. Our training and competitions consist of things like active shooter, high risk vehicle stops, DUI stop, domestic disturbance, hostage rescue/negotiations, vehicle searches, traffic stops, crime scene investigation, officer down rescue, obstacle course, physical fitness activities, shooting, and report writing. Our training focuses on two main events at this time, a competition against other law enforcement explorer posts; the last one totaling over 300 explorers and advisors. One fun event was the Explorer Program Mud Run that took place in Castaic. Gabriela Bermudez came in 3rd place and is photographed above with her medal. The academy has a month-long summer program that is based on the Police Officer's Standards in Training (P.O.S.T.) academy.

## UNIVERSITY CULTURE



Michelle Hasendonckx, ISLAS Outreach Activity Manager, brought over five students from CSU Channel Islands. Two were former alumni from SPHS and that made their personal stories interesting. The H.S.A. juniors are just beginning to write their Personal Statements which is a requirement for 4-year universities. The Power-Point stressed the importance of being well rounded. Their GPA, course completion, grades, and test scores are very important. However, their responses to the questions/prompts should include volunteer work and extra-curricular activities. This is not just a list of what they did but...they should mention sports, band, theater, and/or clubs. Others may want to give examples of how their leadership experience has influence others and how it has changed them. Some of the students will write about significant challenges that they have had to overcome and explain how they did it. There are 8 UC prompts instead of the traditional 4. The 2017 graduating seniors will have to write up to 350 on four questions of their choice.

## VENTURA YOUTH CORRECTIONAL FACILITY

On Wednesday, April 20th, the Carl Perkins Vocational Funds helped to pay for a bus to the 113 acre site in Camarillo that houses 233 incarcerated youth. Robin Hatter, Parole Agent III, Kasha Clemmons, and Andy Gibson discussed their jobs as it relates to working with these males and females 13-25 years of age. Each of them have a passion for making sure that the kids will be physically/mentally capable of working, accountable, and law-abiding citizens upon return to their communities. The professionals encouraged the H.S.A. students to get their 4-year degrees then get a good paying job with benefits.

Three detainees shared personal experiences and discussed their individualized treatment program with the SPHS High School students. The incarcerated youth were either working on their GED or taking online college classes to further their education. Vocational programs help them build skills that make them employable. Two of the girls get work experience in the local towns.

