



WELLNESS • RECOVERY • RESILIENCE



Mental Health Services
Oversight & Accountability Commission

Commission Teleconference Meeting October 22, 2020 PowerPoint Presentations and Handouts

Tab 2:

- PowerPoint: Every Young Heart and Mind:
Schools as Centers of Wellness

Misc:

- Handout: Letter from Senator Jim Beall
- Handout: Written Public Comment

Every Young Heart and Mind: Schools as Centers of Wellness



October 22, 2020
Kai LeMasson
Senior Researcher
Schools Mental Health Project Lead

The Project's Journey

- **Mental wellness is essential to school success**
- **First project events held in December 2016**
- **More than 20+ stakeholder engagements**
- **On July 27, 2020, the Subcommittee voted unanimously to submit the draft plan to the full Commission**



Student Mental Health Crisis

Even before COVID-19

- Adverse childhood experiences impacting learning
- Anxiety, depression, and suicide ideation all too common
- Mental health-related incidents on school campuses increasing



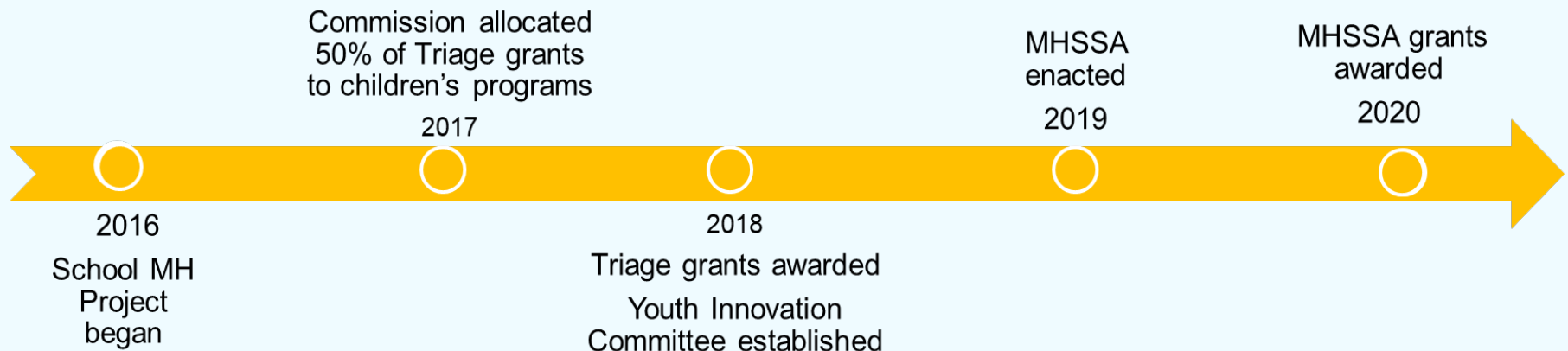
Hope Amid the Crisis

- Partnerships between school districts and behavioral health care providers
- A range of models for schools as centers of wellness
- Growing momentum
 - Training, workshops, and conferences



Opportunities Along the Way

- Incentivize partnerships
- Lift up youth voice



Guiding Principles

1. Each child should be emotionally and intellectually nourished
2. Schools should be centers of wellness and healing
3. Health and education must join together
4. Prevention and early intervention must be prioritized
5. Youth and families must be engaged and have ownership
6. Sustainable funding, continuity and collaborative leadership



Recommendation 1:

Establish State Leadership

The Governor and the Legislature should establish a leadership structure dedicated to the development of schools as centers for wellness and healing.

- Governor's office
- State Board of Education
- State Superintendent of Public Instruction
- Department of Health Care Services
- Department of Education
- Other agencies



Recommendation 1:

Establish State Leadership

- **State leadership should develop and implement a state-level strategy drawing on the K-12 State System of Support.**
- **Systemwide priorities include:**
 - Advancing social emotional learning
 - Empowering youth as leaders
 - Increasing prevention services among birth-to-5 and their families



Recommendation 2: Invest in Wellness

The State should make a significant investment to establish schools as centers for wellness and healing.

- Support programs and services
- Build capacity and sustainability



Recommendation 3: Support Community Capacity

The State leadership structure should help counties and school districts develop the capacities for:

- Model program development
- Data and management systems
- Workforce capacity
- Fiscal sustainability



Next Steps

- **Work with State leaders including the Governor's office and the Legislature to implement**
- **Communications rollout in the upcoming months (e.g., mass media like newspapers, television and radio, as well as targeted distribution and discussions through partners).**



Proposed Motion

The Commission adopts the report –
*Every Young Heart and Mind: Schools as
Centers of Wellness*



California State Senate

SENATOR
JIM BEALL

FIFTEENTH SENATE DISTRICT



Dear Honorable Commissioners,

As you know, a fundamental premise of the Mental Health Services Act (MHSA) is the concept of “non-supplantation.” In other words, California voters were promised that their investment would be used to *expand* services, not replace funding for services already provided through other sources. The need for this foundational requirement in the MHSA was—and still is—very clear: we will never build the robust community-based programming Californians desperately need if new dollars simply replace funding for an old system, while “old” dollars are shifted to other uses. The need to build up—rather than simply replace—funding streams is so important that “non-supplantation” is spelled out nine times in the Act, most notably in section 5891 (a) “these funds shall not be used to supplant existing state or county funds utilized to provide mental health services.”

Mental health services throughout the state will likely be negatively impacted by an anticipated constriction of revenues. The county-based system of care, the non-profit agencies that make up our community-based mental health delivery infrastructure, and the millions of Californians served by these resources may be at risk. In a time of severe fiscal hardship, it is important to ensure that crucial community mental health services are available to Californians and that community mental health resources are not diverted to other purposes.

To this end, I am writing to ask your assistance in reporting the county-by-county “maintenance of effort” required by the Act. This information will be greatly important to the Legislature in performing our oversight and budgeting roles and in ensuring that the purpose of the Act is fulfilled.

Given the OAC’s central and essential role in overseeing the Act and ensuring that its requirements are met, this information seems most appropriately housed in your agency. If you should need my assistance in facilitating a conversation with other agencies to meet this request, please contact my staff by emailing Carly.Hasbrook@sen.ca.gov and Tom.Steel@sen.ca.gov

Thank you as always for your kind and timely assistance.

Sincerely,

A handwritten signature in black ink that reads "Jim Beall".

Jim Beall

Senator, District 15

CC: Lynne Ashbeck, Chair
Dr. Dawnté Early, Chief, Researcher and Evaluation
Toby Ewing, Executive Director
Mara Madrigal-Weiss, Vice Chair

From: Craig A Durfey <[REDACTED]>

Sent: Monday, October 19, 2020 8:35 AM

To: Sala, Brian@MHSOAC <Brian.Sala@mhsoc.ca.gov>; Craig Durfey <[REDACTED]>

Subject: Fwd: PUBLIC COMMENT HOMELESS COMMISSION TO END HOMELESS Wednesday, October 21, 2020 9:00 A.M.

10-18-2020

(P.R.D.D.C.)

PARENTS FOR THE RIGHTS OF DEVELOPMENTALLY DISABLED CHILDREN

CRAIG A. DURFEY FOUNDER OF P.R.D.D.C.

P.O.BOX 937 GARDEN GROVE, CA 92842

CELL [REDACTED]

SOCIALEMOTIONALPAWS.COM

FACEBOOK: CRAIG DURFEY

U.S. HOUSE OF CONGRESS H2404 - HONORING CRAIG DURFEY FOR HIS FIGHT AGAINST AUTISM
... Ms. LORETTA SANCHEZ of California.

<https://www.govinfo.gov/content/pkg/CREC-2003-03-27/pdf/CREC-2003-03-27.pdf>

new website socialemotionalpaws.org

please my email written letter under public comments.

cc. Orange County Board of Supervisors

cc. American Legion District 29

cc. Ca state Assembly/Senate

cc. Calif U.S. Congress representatives

COMMISSION CHAIR ANDREW DO

Homeless Commission to End Homeless

Clerk of the Board of Supervisors

Hall of Administration Building,

333 W. Santa Ana Blvd.,

10 Civic Center Plaza,

Room 465, Santa Ana, California 92701

Dear Commissioner Chair Do

Seeking support to address the homeless veterans issues since our families has served one in Vietnam where my uncle Larry got a Purple Heart for a lost eye, my cousin served full career in the U.S. Navy retired, my father was a U.S. Marine, as for me I was on the draft list to Vietnam during the war. I As well support all homeless, the City of Garden Grove CA just recently named a new Congressional Medal of Honor Bike/Pedestrian Trail Park which P.R.D.D.C. had major role in helping to give Honor to all who have served and made truly sacrifice for our country. The letters of support came from American legion Post 555 Midway City American legion Post 716 Los Alamitos , Assembly member Quick Silva call to Honor our War dogs saving lives in battle and now the American Legion Post 72 of Anaheim supports P.R.D.D.C. efforts. Since Southern in Calif State was only two memorials now there will be a new Memorial added to Congressional Medal of Honor Bike/Pedestrian Trail Park once the funds have been raised.

<https://socialemotionalpaws.org/blog-post/f/garden-grove-congressional-medal-of-honor-bike-and-pedestrian-tra>

I would like address some of my research from my website that has a contributing factors with homeless. Housing shortage in the City of Garden Grove in your District Supervisor Do City of Garden Grove Ca has five separates privately owned vacant lots and the six one the city-owned community garden it's a garden, located at 11421 Garden Grove Blvd., has about 40 plots <https://www.ocregister.com/2014/05/08/garden-grove-community-garden-offers-residents-an-oasis/>. I also request for consideration for P.R.D.D.C. contributions to the Community efforts ,State, Federal advocacy a letter of

support to add to my organization as Founder of P.R.D.D.C..

I believe that OCTA Measure M 2 funds ought to be consider become a key player with having ownership of the Pacific Electric Corridor as to the mental health in developing green space from urban density increasing and Cities as such Garden Grove Calif is severely under the needed green space. OCTA PE Rail corridor much has been idle from the portion between the cities of Santa Ana and Stanton was purchased in 1982 for \$15 million using state and local funds.

The remaining portion was purchased in 1992 for \$13.1 million of Measure M transit funds. In recognition that the Corridor is some of the last underutilized land in a substantially built-out area of Orange County, the Board of Directors (Board) established "ROW protection" principles in 1996. Yet during that period of time OCTA survived resident as to what they wanted the out come was more bike/walking back then. Now some 18.10 years in the making to occur from its purchase the guiding principles from then to now much has traumatically change and with new Calif State laws housing from SCAG want more density this a huge impact the lack of green space has an effect with mental wellness along the communities that OCTA owns as well los Angeles Transit. Recent CA State report local Cities have impacted from Covid 19 financially with transportation from hear on.

Just recently in the City of Garden Grove has develop 3700 feet of bike/pedestrian trail park with a 100 feet wide is empty of much needed funds to construct a complete park and as well as to ongoing maintenance cost per year per mile, just the 363 tree five year cost \$90,000 not including water bill, weekly up keep. I made suggestion to Sacramento Assembly and Senate to create a trust which can provide a partnership with local Cities to provide needed park maintenance, Active Transportation, with increase funding for road maintenance from heavy trash trucks as well deferred road repair that effect the active transportation safety thus improves the opportunity to encourages safe route to school as well as more exercise which both have been proven to improve mental health.

Below I have utilized your outline tables of number descriptions to reference by numbers to provide how my research has found many suggested news reports, Ca

State Resolution SCR 73 blue light impact health, to Federal funds to States in supporting LWCF, with AB 209 Parks outdoor environment grants. Purdue University College of Veterinary Medicine has shown that overall symptoms of post-traumatic stress disorder are lower among war veterans with service dogs. Then U.S. Congress about 10 legislation bills for veterans pass the House. To community youth Civic engagement from high schools' opportunities to help support active duty service by writing such as the City of LA Habra Resolution for adopting a platoon and large banners as well as Mike Rowe show from Facebook called return a Favor where there are approximately ten aired show about veterans helping each other to individuals helping veterans. Please consider the concepts can applied to the Homeless Commission much work needs to be done with technology safety with screen time in order to improve mental health see my website socialemotionalpaws.org. A request to the Orange County Chiefs Association to fully adopt AB 902 2015 bike fine into a diversion education than a fine for all due the cost of a ticket this was supported by the State Chiefs Association. How military war dogs play big part helping return veterans such as the movie true story Megan please review the YouTube story that we need to expand this program with added funding for food, shelter, vet bills in adding prevent from PTSD ,Suicides and even first responders now through workers comp been diagnosed with PTSD.

OUTLINE TABLE

1. Homeless Prevention (sub-categories will be listed) 2. Housing (sub-categories will be listed) 3. Shelter (sub-categories will be listed) 4. Outreach 5. Veterans Services 6. Employment 7. Benefits 8. Legal Services 9. Transportation 10. Mental Health 11. Substance Use 12. Physical Health (includes Vision and Dental) 13. Basic Needs (Food, Clothing) 14. Information and Referral 15. Domestic Violence 16. Education 17. Crisis and Emergency Services 18. Spiritual Support 19. Re-Entry/Criminal Justice 20. Other:
- 2.

12. Physical Health (includes Vision

MINNEAPOLIS, Oct. 9, 2020 /PRNewswire/ -- Senator Richard Pan and the California legislature are to be commended for having passed the California State Resolution SCR-73 in providing awareness around the importance of encouraging citizens, particularly

children, to consider taking proactive safety measures in reducing eye exposure to high-energy visible blue light.

Ophthalmologists, optometrists, and medical researchers continue to learn more about the dangers associated with blue-light exposure. The scientific community has produced a large and growing body of research, which identifies numerous known and emerging potential long-term concerns for all age groups with cumulative blue light exposure due to digital screen usage.

"Given California children and California workers are now required to spend even greater amounts of time in front of their electronic devices as a result of distance learning and remote working, it is more important than ever to take proactive safety measures in reducing exposure to high-energy visible blue light," said Justin Barrett, CEO of [Eyesafe](#).

In commemorating this anniversary, Invisible Shield, a ZAGG Brands (NASDAQ:[ZAGG](#)) company, will donate Vision Guard® blue light screen protectors with Eye safe technology to [Improve Your Tomorrow](#) and [The Rose Family Creative Empowerment Center](#). <https://socialemotionalpaws.org/blog-post/f/eyesafe-is-pleased-to-recognize-the-second-anniversary-of-scr-73>

12. Physical Health (includes Vision

The Blue Light Summit 2020 brings together world leaders from consumer electronics and health care, and is open for registrants including employers, health care providers, media and the public. Featuring Dell, HP, Lenovo, Acer and ZAGG Brands (among other global technology leaders), the virtual event will include new product and solution introductions and discussions by health care professionals about the connection between screen time, blue light exposure and overall health — an issue of growing importance with the widespread shift to remote learning and working amid COVID-19.

Presented by UnitedHealthcare Vision, TÜV Rheinland Group and Eyesafe, the Blue Light Summit 2020 will include an eye doctor roundtable discussion on the health impacts of blue light exposure and multiple newsworthy announcements relating to advances and new product solutions spanning electronics, health care and vision insurance. In addition to leading device manufacturers and health care experts, the event will include presentations by Gene Munster, Managing Partner at [Loup Ventures](#) and Frank Azor, Chief Architect of Gaming Solutions at [AMD](#).

<https://socialemotionalpaws.org/blog-post/f/dell-hp-lenovo-and-acer-to-announce-new-eyesafe-products>

12. Physical Health (includes Vision)

HOW DOES BLUE LIGHT IMPACT THE EYES?

Anterior structures of the adult human eye (the cornea and lens) are very effective at blocking UV rays from reaching the light-sensitive retina at the back of the eyeball. But HEV blue light is different, with much of it passing through the cornea and lens and reaching the retina at the back of the eye. Studies suggest that, over time, cumulative exposure to the HEV blue light could cause specific long-term damage to your eyes:

Potential damage to retina cells, particularly in children and teens, Long-term vision problems such as increased incidences of age-related macular degeneration (AMD), Suppressed production of the natural release of melatonin, which can lead to disrupted sleep cycles, Digital eye strain, which is commonly exhibited by dry eyes, headache and blurred vision <https://socialemotionalpaws.org/blog-post/f/what-is-blue-light-how-does-blue-light-impact-the-eyes> <https://socialemotionalpaws.org/blog-post/f/what-is-blue-light-how-does-blue-light-impact-the-eyes>

2. Housing (sub-categories will be listed) 3. Shelter (sub-categories will be listed) 4. Outreach 5. Veterans Services 6. Employment 7. Benefits 8. Legal Services 9. Ect,

Rep. Levin spoke on the House floor about the DELIVER Act.

Washington, D.C. – Today, the House of Representatives passed the *Dependable Employment and Living Improvements for Veterans' Economic Recovery (DELIVER) Act*, legislation led by Rep. Mike Levin (D-CA) that includes six bipartisan bills he introduced to strengthen and expand services for homeless and unemployed veterans. The legislation will allow the Department of Veterans Affairs (VA) to provide more services for homeless veterans, improve and expand eligibility for the HUD-VA Supportive Housing program, create a rapid retraining program for unemployed veterans, improve the Transition Assistance Program (TAP) for servicemembers returning to civilian life, and more. A section-by-section summary of the bill is available [here](#).

“Now more than ever, veterans are struggling to find jobs and secure housing, and we must do more to help them get back on their feet,” said Rep. Levin, Chair of the House Veterans’ Affairs Subcommittee on Economic Opportunity. “I have seen veterans and their families in my district lining up for food, heard from veterans who couldn’t access desperately-needed housing resources, and met with former servicemembers who struggled to start new careers despite services that should’ve been there for them. No veteran should go hungry, homeless, or jobless. I am proud to lead the DELIVER Act so that we can do right by our veterans and provide the housing and employment opportunities they deserve. I’ve had positive conversations with my colleagues in the Senate and I am hopeful that this legislation will receive a vote and arrive on the President’s desk this year.”

<https://socialemotionalpaws.org/blog-post/f/support-veteran-housing-and-employment-house-passes-major-legisla>

4. Outreach

SACRAMENTO — The State Board of Education on Wednesday approved criteria for California students to earn a new Seal of Civic Engagement, an incentive aimed at encouraging active and ongoing citizenship.

To earn the seal, students must demonstrate excellence in civic learning, participation in civics-related projects, contributions to their community, and an understanding of the United States Constitution, the California Constitution, and the American democratic system.

Students may earn the seal on a transcript, diploma, or Certificate of Completion. California history and social science teachers worked in partnership with the California Department of Education to develop the initial requirements.

“The future of our democracy depends on a knowledgeable and actively engaged citizenry,” said State Board President Linda Darling-Hammond. “With this new seal, we hope to prepare all students with an empathetic concern for others, a deep understanding of democracy, and the civic engagement skills needed to contribute to the welfare of their local communities, the state, and the country.”

“We know that when young people activate their voices, they can be among the strongest change agents in our communities,” said State Superintendent of Public Instruction Tony Thurmond. “Education is the cornerstone of realizing our democratic ideals, and this new seal puts additional tools in students’ hands as they work to shape the future.” <https://socialemotionalpaws.org/blog-post/f/california-board-of-education-approves-civic-engagement-award>

Other:

REQUEST U.S. CONGRESS REPRESENTATIVES TO ADDRESS FOR THE ADDITIONAL NEED TO HONOR WAR DOGS BY REINTRODUCE LEGISLATION TO INCREASE AWARENESS OF OUR HISTORY OF WAR DOGS SACRIFICES THEY MADE TO PROTECT THIER PARTNERS.. In 2007, U.S. Representative [Walter B. Jones](#) sponsored congressional legislation within H.R. 4986 National Defense Authorizations Act for FY 2008, Section 2877 of [Pub.L. 110-181](#) authorizing the JBMF the exclusive rights to design, fund, build, and maintain the

Military Working Dog Teams National Monument. The bill was signed into public law by the President George W. Bush on January 28, 2008.

<https://socialemotionalpaws.org/blog-post/f/2007-within-hr-4986-national-defense-authorizations-act-war-dog>

10. Mental Health

“The capability they bring to the fight cannot be replicated by man or machine. By all measures of performance, their yield outperforms any asset we have in our inventory.” -General David Petraeus Jun 07, 2017 · Megan Leavey shares her story and talks about being portrayed in a new movie.

Real-life Marine fought the military to keep her hero dog
<https://www.youtube.com/watch?v=caWofZhFLNI&t=50s>

Marine Megan Leavey And Her Beloved Dog Honored
<https://www.youtube.com/watch?v=qsmBDOgjlgs>

2012/05/13 Cpl. Leavey and Sgt. Rex honored
https://www.youtube.com/watch?v=fzYv_asHYmY

Bull Terrier), served as a mascot of the 11th

Pennsylvania Infantry during the American Civil War.

Every military working dog is a noncommissioned officer – in tradition at least. Some say the ...

Until November 2000, military working dogs were euthanized or abandoned after retirement. ...

Some even fight alongside elite Special Operations units. Specially-trained military working dogs ...

Some dogs even jump from planes and rappel from helicopters. These extremely resilient, super ...Real-life Megan Leavey talks about the Marines and Sgt. Rex

<https://www.lohud.com/story/entertainment/movies/...Jun> 02, 2017 · Real-life Megan Leavey talks about the Marines and Sgt. Rex. Valley Cottage native Megan Leavey's story has been made into a movie starring Kate Mara.

Real Life Megan Leavey Shares Stories of Dog Rex and Megan ...

<https://people.com/pets/the-real-life-hero-behind-megan-leavey-opens-up-about-how-her...The> Real Life Hero Behind Megan Leavey Opens Up About How Her Canine ... up to and who his new handler was. ... to when they see the film version of her story. Megan Leavey premieres in theaters ...

Author: Kelli Bender

<https://www.defense.gov/Explore/News/Article/Article/1097173/military-working-dog-human-handler-bond-in>

10. Mental Health

President Trump Signs the Great American Outdoors Act, Preserving and Protecting our National Parks

Fulfilling President Trump's promise to restore, conserve, and protect America's lands, the **Great American Outdoors Act provides the necessary funds, dedicating up to \$1.9 billion per year for five years** to fund deferred maintenance projects identified by the National Park Service, the U.S. Forest Service, the U.S. Fish and Wildlife Service, the Bureau of Land Management, and the Bureau of Indian Education. These infrastructure updates will preserve our most important national treasures and give more American families opportunities to explore the great outdoors.

In addition to improving infrastructure at our national parks, the Great American Outdoors Act also provides permanent funding for the Land and Water Conservation Fund (LWCF). The LWCF supports recreational access, protection, and preservation of our Nation's most valuable natural and cultural resources. **Supporting over 98 percent of counties across the country, the LWCF grants enable State and local governments to develop and improve parks in their communities, as well as permanently conserve outdoor recreation areas for public use and enjoyment.**

This legislation signed today is not just about outdoor recreation. In signing the Great American Outdoors Act, President Trump is protecting and enhancing the economies of numerous gateway communities that surround our national parks and wildlife reserves. By bringing more visitors to our parks, the Great American Outdoors Act will stimulate local businesses across the country. Again, President Trump is proving that a strong economy and a healthy environment go hand-in-hand.

<https://socialemotionalpaws.org/blog-post/f/president-trump-signs-the-great-american-outdoors-act-preserving>

VIDEO AT THE WHITE HOUSE EVENT

SIGNING <https://www.facebook.com/foxsanantonio/videos/4473446376030796>

https://en.wikipedia.org/wiki/Land_and_Water_Conservation_Fund

<https://thehill.com/blogs/congress-blog/energy-environment/502756-during-a-time-of-uncertainty-great-american-outdoors>

Parks and green space are precious, but should councils have to pay for them?

10. Mental Health

More adults want councils to protect spending on green spaces, including parks and playgrounds, than spending on libraries, youth clubs and helping people find work. Nine out of 10 adults in the Ipsos Mori poll commissioned by environmental charity Groundwork said green spaces are an important factor in making somewhere a good place to live or work.

The results come as councils face unprecedented budget cuts, and the future of non-statutory services are at huge risk. But a range of environmental bodies will argue in Manchester on Wednesday that failure to maintain investment in green space is a false economy.

Take building safe communities. Green spaces near our homes give us valuable places to get to know our neighbours, and build the social glue that reduces crime, says a report on the benefits of green space. "High-quality, well-maintained parks and green spaces make a significant contribution to the establishment and retention of stable and law-abiding communities," it says. It also states that if everyone had easy access to green spaces, obesity costs to the NHS could be reduced by up to £2bn, and that the calming effect of green spaces has been shown to reduce hospital admissions for mental illness in deprived urban areas in the US.

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Far-fetched claims? Not if we remember the origins of public parks. The first official acknowledgment of the need for my local park in east London came in the 1839 annual report of the registrar general of births, deaths and marriages. Recording a mortality rate far higher than the rest of London, brought about by overcrowding, insanitary conditions and polluted air, he wrote: "A park in the East End of London would probably diminish the annual deaths by several thousand ... and add several years to the lives of the entire population."

This was followed by a petition to Queen Victoria urging the formation "within the Tower Hamlets, of a Royal Park". The Act of Parliament passed in 1841 made Victoria Park the first in the world specifically intended to meet the needs of the surrounding communities.

Today in the UK we don't need parks to prevent diseases spreading, but they still provide a range of vital benefits. So how can we pay for them? The majority of those polled want councils to pay for their upkeep. But 40% said money from sponsorship by local companies should foot the bill. In Manchester, MPs worked closely with major industrialists to bring parks to cities. Is that the way forward 150 years on?

<https://www.theguardian.com/society/2012/oct/30/parks-green-space-councils-pay>

10. Mental Health

Parks and Improved Mental Health and Quality of Life

More time spent in parks and green spaces can help individuals fight against mental health issues like depression, anxiety and stress. Making sure that all people have access to parks and outdoor programming is a critical way to increase these positive effects on health and quality of life for your community.

The Facts

- People living more than 1 kilometer away from a green space have nearly 50 percent higher odds of experiencing stress than those living less than 300 meters from a green space. Respondents who do not report stress have more than 50 percent higher odds of visiting a green space at least a few days a week than those reporting stress. Results also showed that the more often respondents visited green spaces, the less stress they experienced.
- Several studies have confirmed that separation from nature is detrimental to human development, health and wellbeing, and that regular contact with nature is required for good mental health.
- Scientists in the Netherlands found that people who lived in residential areas with the least green spaces had a 44 percent higher rate of physician-diagnosed anxiety disorders than people who lived in the greenest residential areas. The effect was strongest among those most likely to spend their time near home, including children and those with low levels of education and income.
- Physician-diagnosed depression was 33 percent higher in the residential areas with the fewest green spaces, compared to the neighborhoods with the most.
- People who lived in close proximity to natural space had significantly improved mental health up to three years after their move. Compared to pre-move mental health scores, individuals who moved to greener areas had significantly better mental health recorded three years after the move.
- Individuals reported less mental distress and higher life satisfaction when they were living in greener areas.
- A strong body of evidence suggests that physical activity in green spaces has stronger mental health benefits than physical activity in non-green spaces.

- Use of green spaces is associated with decreased health complaints, improved blood pressure and cholesterol levels, reduced stress, improved general health perceptions and a greater ability to face problems <https://www.nrpa.org/our-work/three-pillars/health-wellness/parksandhealth/fact-sheets/parks-improved-mental-health-quality-life/>

One overlooked way we can significantly improve our mental health: more nature

You might grumble skeptically at the notion that parks and plants make a real difference in our happiness, but the research is convincing. A pile of studies on the subject consistently points to a strong connection between green space and mental health. In general, scientists believe that experiences in "green space" can boost mental health by improving the immune system, encouraging physical activity and social interaction, limiting air pollution and noise that interferes with thinking, and restoring a frenzied mind to a state of calm. Take a study published Monday in *Proceedings of the National Academy of Sciences*. The researchers used data from Danish health registries for more than 940,000 children born between 1985 and 2003, and analyzed their mental health outcomes in tandem with the green space surrounding their homes. They found that the relative risk for developing a psychiatric disorder in adolescence or adulthood was significantly higher — from 15 to 55 percent — for those surrounded by the least green space.

Even when the researchers controlled for parents' age and socioeconomic status, family history of mental health, urbanization, and municipal socioeconomic factors (think average income, education, and unemployment where the child lived), green space continued to have a protective benefit on mental health. The strongest association between exposure to green space and increased risk of developing a psychiatric disorder showed up for those who had lived in downtown Copenhagen while the weakest was demonstrated in rural Denmark.

There are questions the study can't answer, including whether people with a higher genetic risk for mental illness would be more inclined to choose denser urban areas, or whether unmeasured socioeconomic factors like higher crime rates and lower-quality green space could play a role in mental health outcomes. But this research begs us to consider anew how exposure to nature in an urban environment could enhance or hurt our mental health — and what we plan to do about that.

Kathleen Wolf, a research social scientist at the School of Environmental & Forest Sciences at the University of Washington who was not involved in the *PNAS* research, believes that this study and others like it prove that we need to take green space seriously in cities as a means for improving people's every day quality of life and well-being.

"Can we, by way of urban greening and other interventions, alleviate the pain and suffering before it happens?"

Some might see trees and gardens as "nice, frilly things" to have around us, says Wolf. But she sees encounters with green space and nature as opportunities to prevent or diminish mental illness.

"Can we, by way of urban greening and other interventions, alleviate the pain and suffering before it happens?" says Wolf.

It's a bold vision that may sound like it mistakes green space as a panacea for all that ails us, but Wolf is more realistic than that. She knows that greening alone won't prevent every mental health condition, but she's also confident that designing and creating public places, workplaces, schools, and parks around green space could significantly improve people's quality of life and emotional well-being. Scientific research, she says, suggests that experiencing natural environments in urban settings help people recover from the constant low-grade stress of city life.

10. Mental Health

'Blue' space: Access to water features can boost city dwellers' mental health

Officials are increasingly recognizing that integrating nature into cities is an effective public health strategy to improve mental health. Doctors around the world now administer "green prescriptions" - where patients are encouraged to spend time in local nature spaces - based on hundreds of studies showing that time in nature can benefit people's psychological well-being and increase social engagement.

Much of this research to date has focused on the role of green space in improving mental health. But what about "blue" space - water settings such as riverside trails, a lake, a waterfront or even urban fountains?

You probably intuitively know that being close to water can induce feelings of calm. And many poets and artists have attested to the sense of awe and magic that water can evoke. But can it deliver the same wide-ranging benefits that urban green infrastructure brings to mental health? A few studies have shown that water bodies score just as well - if not better - in supporting psychological well-being as compared with "green" nature.

So far the evidence is sparse, though, and mostly limited to coastal settings in Europe. What if you're in one of the 49 countries in the world, or 27 American states, that are landlocked with no ocean shore? For natural capital to deliver health benefits to people, it needs to be right next to them, integrated into the everyday fabric of their world.

A recent research review identified only 33 studies where blue care interventions, such as a beach activity, swimming, sailing, fishing or canoeing,

were used to treat individuals with specific mental health problems – including PTSD, addiction and depression – and people with physical disabilities. Overall, these studies found that blue care interventions delivered direct benefits for health, especially mental health and social well-being.

<https://socialemotionalpaws.org/blog-post/f/%E2%80%98blue%E2%80%99-space-access-to-water-features-can-boost-city-dwellers%E2%80%99>

10. Mental Health

Real-life Marine fought the military to keep her hero dog

<https://www.youtube.com/watch?v=caWofZhFLNI&t=50s>

10. Mental Health

Green Space is Good for Mental Health

In a sweeping nationwide study, researchers from Denmark's University of Aarhus found that childhood exposure to green space—parks, forests, rural lands, etc.—reduces the risk for developing an array of psychiatric disorders during adolescence and adulthood. The study could have far-reaching implications for healthy city design, making green space-focused urban planning an early intervention tool for reducing mental health problems.

Using data from the Landsat satellite archive and the Danish Civil Registration System, researchers tracked the residential green space around nearly a million Danes and correlated that with their mental health outcomes. The scientists found that citizens who grew up with the least green space nearby had as much as a 55 percent increased risk of developing psychiatric disorders such as depression, anxiety, and substance abuse in later years.

The research was published in the *Proceedings of the National Academy of Sciences*. It is the largest epidemiological study to document a positive connection between green space and mental health.

The impact of green space throughout childhood is significant. Exposure to green space is comparable to family history and parental age when predicting mental health outcomes. Only socioeconomic status was a slightly stronger indicator.

Researchers are still working out exactly why green space is so beneficial, but it clearly provides health benefits across the population. It can encourage exercise, provide spaces for socializing, decrease noise and air pollution, and improve immune function by

providing exposure to beneficial microbiota. It also can help with psychological restoration; that is, green space provides a respite for over-stimulated minds.

Green space most strongly protects against mood disorders, depression, neurotic behavior, and stress-related issues, the study found, signaling that psychological restoration may be the strongest protective mechanism that green space offers. The effect of green space is also dose-dependent, meaning those who have longer exposures to green space have greater mental health benefits.

4. Outreach

Sharing from Facebook Mike Rowe show called return a favor these segments can be inspiring to all let's consider how this can spread in Orange County CA. California students to earn a new Seal of Civic Engagement, an incentive aimed at encouraging active and ongoing citizenship. Exhibit character traits that reflect civic-mindedness and a commitment to positively impact the classroom, school, community, and/or society, below are examples how it's possible to improve veterans hope such as these Return A Favor segments and through school districts could help expand the act of one million kindness. President Trump Signs the Great American Outdoors Act, Preserving and Protecting our National Parks Fulfilling President Trump's promise to restore, conserve, and protect America's lands, the Great American Outdoors Act provides the necessary funds, dedicating up to \$1.9 billion per year for five years to fund deferred maintenance projects identified by the National Park Service, the U.S. Forest Service, the U.S. Fish and Wildlife Service, the Bureau of Land Management, and the Bureau of Indian Education. These infrastructure updates will preserve our most important national treasures and give more American families opportunities to explore the great outdoors. In addition to improving infrastructure at our national parks, the Great American Outdoors Act also provides permanent funding for the Land and Water Conservation Fund (LWCF). The LWCF supports recreational access, protection, and preservation of our Nation's most valuable natural and cultural resources. Supporting over 98 percent of counties across the country, the LWCF grants enable State and local governments to develop and improve parks in their communities, as well as permanently conserve outdoor recreation areas for public use and enjoyment. <https://socialemotionalpaws.org/blog-post/f/president-trump-signs-the-great-american-outdoors-act-preserving>

More time spent in parks and green spaces can help individuals fight against mental health issues like depression, anxiety and stress. Making sure that all people have

access to parks and outdoor programming is a critical way to increase these positive effects on health and quality of life for your community

<https://www.nrpa.org/contentassets/9c491783f73a45f89abb0443b1a3e977/parks-improved-mental-health-quality-life.pdf>

4. Outreach

The Weights Veterans Carry

FACEBOOK SHOW MIKE ROWE CALLED RETURN A FAVOR

This week the team is in Texas to meet Justin "Boflex" Bohannon, an Army Veteran who is lifting up Veterans with PTSD through fitness.

<https://www.facebook.com/ReturningTheFavor/videos/315146612448877>

Mike Rowe Returning the Favor Saving our Veterans !!

177,144 members Welcome to The Returning the Favor Effect, the official Facebook Group for Returning the Favor, a Facebook Watch show by Mike Rowe. Here, members are encouraged to highlight do-gooders in their own communities, inspire one another and discuss how everyday people can make an impact.

[Returning The Favor - Mike Rowe](#)

<https://mikerowe.com/tag/returning-the-favor>

mikerowe.com, Michael Gregory Rowe is an American television host and narrator, actor and former opera singer best known for his work on the Discovery Channel series Dirty Jobs, Deadliest Catch, After the Catch, Somebody's Gotta Do It - Mike Rowe introduces us to people who perform unique jobs in his CNN Original Series, Somebody's Gotta Do It

Saving our Veterans

<https://www.facebook.com/ReturningTheFavor/videos/558852827918761>

SOLDIER DOGS

<https://www.facebook.com/ReturningTheFavor/videos/2045985955672664>

GREAT WAY TO HELP CHILDREN AND DOGS MIKE ROWE

<https://www.facebook.com/ReturningTheFavor/videos/2224634101164689>

A Hero's Retreat

<https://www.facebook.com/1938059449798649/videos/1955900624681198>

Paula & Serving Those Who Have Served | Returning the Favor

"Veterans need more than hot dogs and handshakes... To serve our country is the most beautiful thing in the world."

Here's to not needing to wait to celebrate our hardworking veterans!

<https://www.facebook.com/ReturningTheFavor/videos/717031488864271>

One Soldier's Inspiration to Serve

The Returning the Favor Effect Page comes to life when Mike and the team find themselves in the Heart of Dixie to meet MSgt. Rob Dinsmore - a 30-year retired Air Force Veteran who was inspired to help local Alabama vets suffering from PTSD after watching the premiere episode of Returning the Favor: Operation Combat

Bikesaver. <https://www.facebook.com/ReturningTheFavor/videos/2397634806984462>

Saluting Our Veterans

[Mike Rowe](#) and team return a special Memorial Day favor to veteran Darren Atkins who h... See More

<https://www.facebook.com/ReturningTheFavor/videos/690951921470587>

Operation Combat Bikesaver

Mike Rowe visits a garage in Indiana to surprise Jason, a former Army engineer who runs a therapeutic bike building program for veterans.

<https://www.facebook.com/1938059449798649/videos/1942086476062613>

The Weights Veterans Carry

This week the team is in Texas to meet Justin "Boflex" Bohannon, an Army Veteran who is lifting up Veterans with PTSD through fitness.

<https://www.facebook.com/ReturningTheFavor/videos/315146612448877>

Veterans Helping Veterans

This week the RTF crew heads to Conesus, New York to meet up with Justin Cogswell; the founder of Operation Build Up: a Veteran run non-profit that assists local Veterans in need of transportation by giving them refurbished vehicles.

<https://www.facebook.com/ReturningTheFavor/videos/2130392330565359>

Paula & Serving Those Who Have Served | Returning the Favor

"Veterans need more than hot dogs and handshakes... To serve our country is the most beautiful thing in the world."

Here's to not needing to wait to celebrate our hardworking veterans!

<https://www.facebook.com/1938059449798649/videos/717031488864271>

Serving Those Who've Served

With the 4th of July in their rearview, Mike and the crew make a patriotic delivery to Paula Miritello, founder of My Brother Vinny: an organization that distributes

furniture, housewares and clothing to formerly homeless veterans in Westchester County, New York.

<https://www.facebook.com/ReturningTheFavor/videos/266176391346566>

Saluting Our Veterans

Mike Rowe and team return a special Memorial Day favor to veteran Darren Atkins who has been providing care packages to the vets in his community of Whitesburg, KY.

<https://www.facebook.com/ReturningTheFavor/videos/690951921470587>

4. Outreach

SACRAMENTO — The State Board of Education on Wednesday approved criteria for California students to earn a new Seal of Civic Engagement, an incentive aimed at encouraging active and ongoing citizenship.

To earn the seal, students must demonstrate excellence in civic learning, participation in civics-related projects, contributions to their community, and an understanding of the United States Constitution, the California Constitution, and the American democratic system.

Students may earn the seal on a transcript, diploma, or Certificate of Completion. California history and social science teachers worked in partnership with the California Department of Education to develop the initial requirements.

“The future of our democracy depends on a knowledgeable and actively engaged citizenry,” said State Board President Linda Darling-Hammond. “With this new seal, we hope to prepare all students with an empathetic concern for others, a deep understanding of democracy, and the civic engagement skills needed to contribute to the welfare of their local communities, the state, and the country.”

“We know that when young people activate their voices, they can be among the strongest change agents in our communities,” said State Superintendent of Public Instruction Tony Thurmond. “Education is the cornerstone of realizing our

democratic ideals, and this new seal puts additional tools in students' hands as they work to shape the future."

Since then-Governor Brown signed AB 24 into law in October 2017, the CDE has worked with teachers, a variety of stakeholder groups, and the public to draft criteria and guidance for the seal.

Under the direction of the State Board, the department worked to ensure that the criteria approved today are accessible to all students, support rigorous and continuous civic engagement, promote diversity and inclusion, engage young students, reflect an interdisciplinary approach, and recognize civil disobedience as a form of civic engagement.

The criteria are:

- * Be engaged in academic work in a productive way;
- * Demonstrate a competent understanding of U.S. and California constitutions; functions and governance of local governments; tribal government structures and organizations; the role of the citizen in a constitutional democracy; and democratic principles, concepts, and processes;
- * Participate in one or more informed civic engagement project(s) that address real-world problems and require students to identify and inquire into civic needs or problems, consider varied responses, take action, and reflect on efforts;
- * Demonstrate civic knowledge, skills, and dispositions through self-reflection; and
- * Exhibit character traits that reflect civic-mindedness and a commitment to positively impact the classroom, school, community, and/or society.

The criteria include extensive guidance to support local educational agencies as they implement the seal in their communities.

The CDE also created a [Resources to Support Civic Engagement](https://socialemotionalpaws.org/blog-post/f/california-board-of-education-approves-civic-engagement-award) <https://socialemotionalpaws.org/blog-post/f/california-board-of-education-approves-civic-engagement-award>

10. Mental Health

"Congressional Medal of Honor Bike and Pedestrian Trail" in honor of Garden Grove's Congressional Medal of Honor recipients.

Effective immediately through Tuesday, December 1, 2020, the Garden Grove Congressional Medal of Honor Bike and Pedestrian Trail, from Stanford Avenue to Brookhurst Street, will undergo improvements causing temporary closures. Closures will take place in four phases: At the June 9, 2020 Garden Grove City Council meeting, the Garden Grove City Council approved the official naming of the trail as the "Congressional Medal of Honor Bike and Pedestrian Trail" in honor of Garden Grove's Congressional Medal of Honor recipients.

The trail will fully reopen after the last segment is complete, on Tuesday, December 1, 2020, with an official unveiling tentatively scheduled for January 2021.

http://www.oc-breeze.com/2020/10/03/188192_garden-grove-to-close-bike-and-pedestrian-trail-during-improvements/

10. Mental Health

Study shows service dogs are associated with lower PTSD symptoms among war veterans

WEST LAFAYETTE, Ind. — A preliminary study led by researchers in the Purdue University College of Veterinary Medicine has shown that overall symptoms of post-traumatic stress disorder are lower among war veterans with service dogs. The pilot study was co-funded by the Human Animal Bond Research Institute (HABRI) and Bayer Animal Health.

The study was led by Maggie O'Haire, assistant professor of human-animal interaction, with the help of K9s For Warriors, an accredited nonprofit organization that provides veterans with service dogs. The pilot research project provides scientific evidence of mental health benefits experienced by veterans with PTSD who have service dogs.

"We found that the group of veterans with service dogs had significantly lower levels of PTSD symptomology than those who did not have a service dog," O'Haire

says. "They also had lower levels of depression, lower anxiety and increased social participation, meaning a willingness to leave their house and go engage with society in different activities."

The study is published in the February issue of the Journal of Consulting and Clinical Psychology.

Participants were recruited between November 2015 and February 2016 from a national sample of 304 individuals who applied and were approved to receive a trained PTSD service dog from K9s For Warriors. Of these, 141 individuals chose to participate in the preliminary trial. Approximately half of the sample of participants were on the waitlist to receive a service dog and the other half already had a service dog.

Measurements of various aspects of PTSD symptoms, quality of life, social functioning and work were analyzed and compared between the two groups. Results reveal that veterans suffering from PTSD exhibited better mental health and well-being on several measures if they had a service dog, including:

- Lower overall symptoms of post-traumatic stress.
- Lower levels of depression.
- Higher levels of life satisfaction.
- Higher overall psychological well-being.
- Lower levels of social isolation and greater ability to participate in social activities.
- Higher levels of resilience.
- Higher levels of companionship.
- Less absenteeism from work due to health among those who were employed.

<https://www.purdue.edu/newsroom/releases/2018/Q1/study-shows-service-dogs-are-associated-with-lower-ptsd-symptoms-among-war-veterans-.html>

Thank You

Craig A Durfey