



PTA GENERAL MEETING

September 16, 2023



**COMMUNITY ACTIVITY:
SHARED EXPERIENCES**

Group Discussion Questions

What has been going well for your student this academic year?

What are some challenges your student currently has?

What topics would you like to see covered in future PTA meetings?



The background features a stylized landscape with dark purple and blue mountains in the foreground. The sky is a gradient of purple and blue, filled with small white stars and a golden crescent moon. On the left and right sides, there are decorative elements consisting of horizontal lines in shades of orange and purple, creating a sense of depth and movement.

VICE PRESIDENT'S REPORT

PTA Board & Committees

Executive Board

President - Ana Gonzalez

Vice President - Blanca Angel

Treasurer - Lizbeth Garcia

Secretary - Maria Isabel Yañez

Committees

Memberships - Andrea Briones

Historian - VACANT

Auditor - VACANT

Hospitality - VACANT

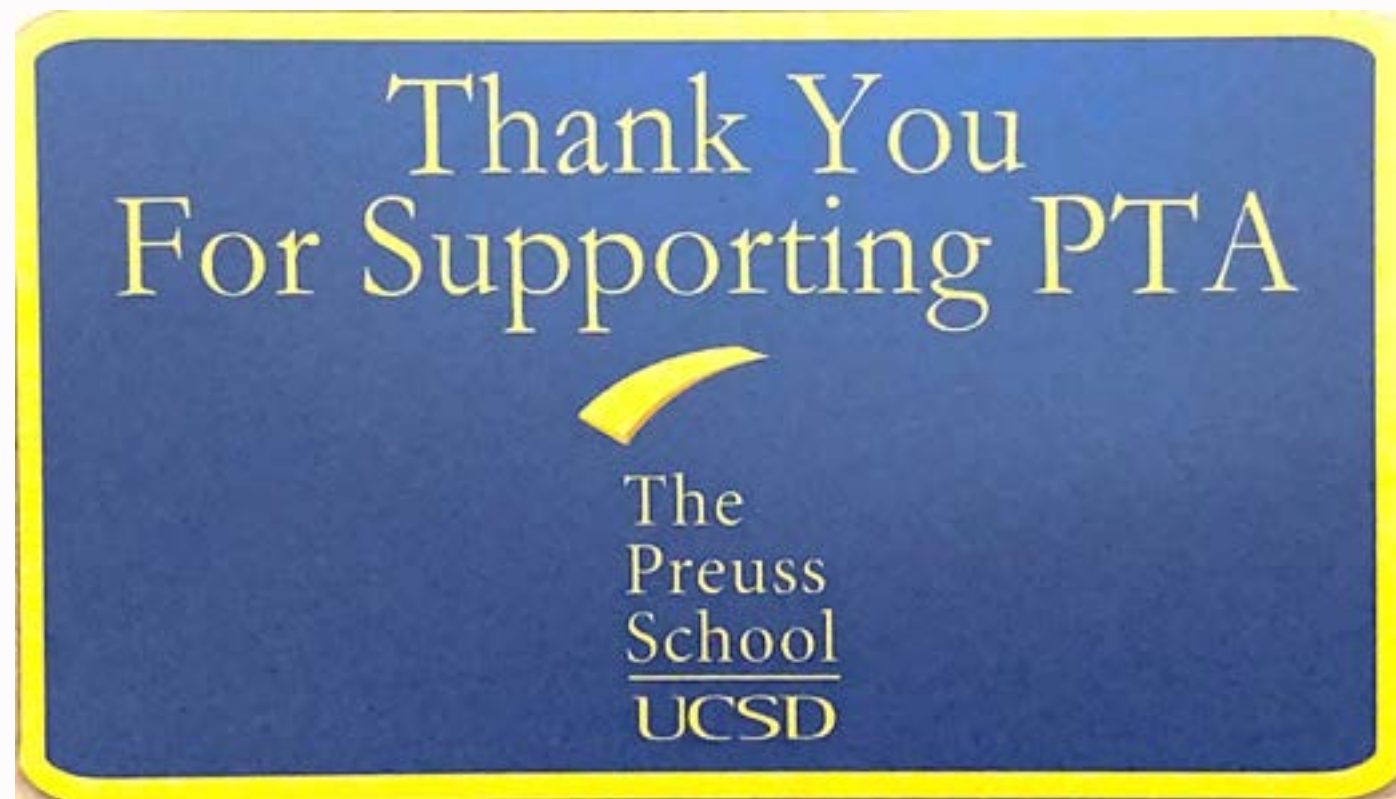
PTA Memberships



- Memberships can be bought in person with cash or check
- Memberships bought online have to be paid with a credit card
- Can make a donation (12th grade, clubs, etc.) while buying the membership



Memberships Cont.



- **A way to support the PTA**
- **Write check payable to:**
 - **The Preuss School UCSD PTA**
- **\$12 per membership, \$13 online**
- **Anyone can become a member!**
- **Drop off envelope with membership dues, your name, child's name & grade at the front office, or send with your child**

Membership cards are sent home with your scholar!

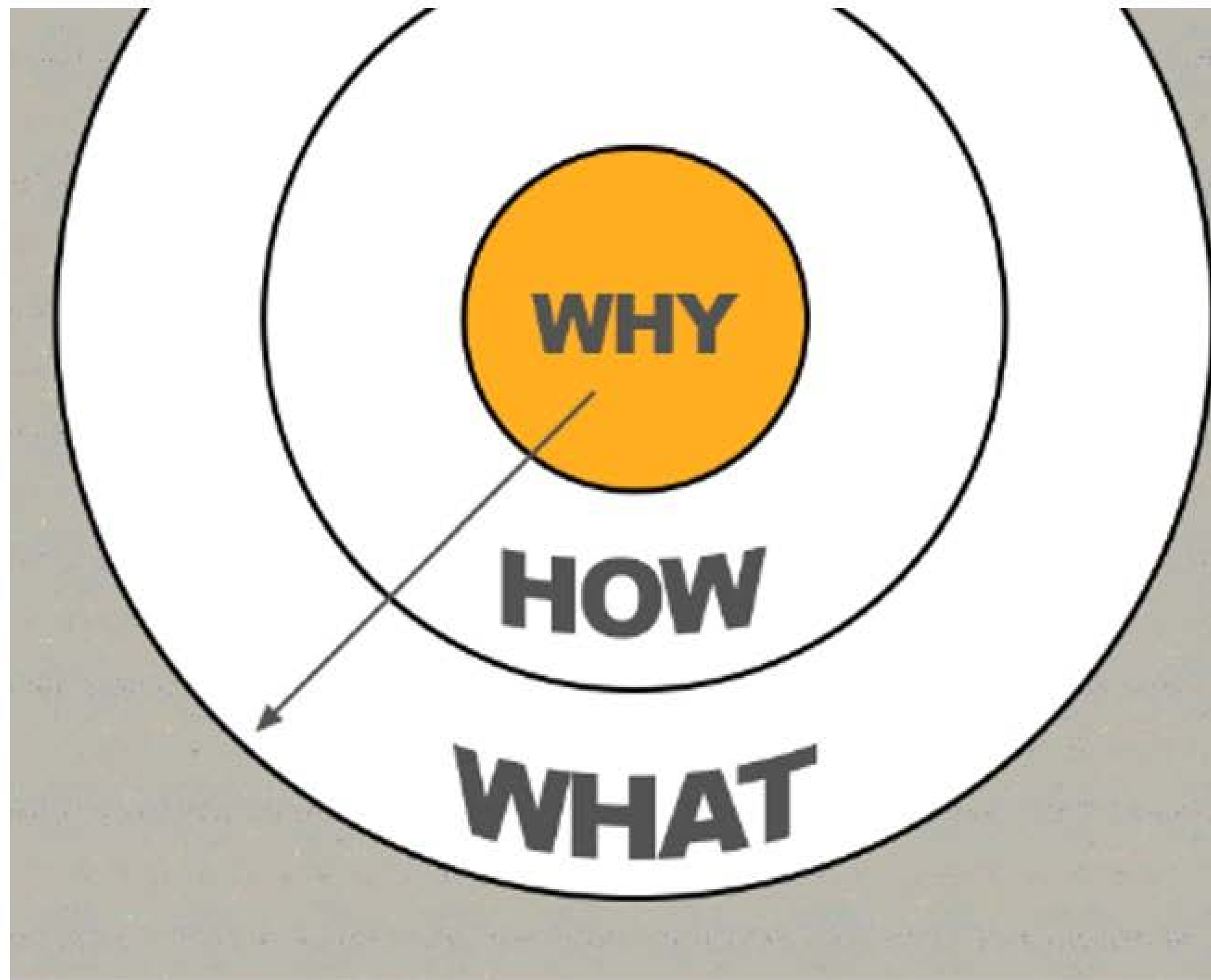
The background features a stylized mountain range in shades of purple and blue. A golden crescent moon is positioned above the text. The sky is a deep purple with numerous small, light-colored stars. On the left and right sides, there are decorative elements consisting of horizontal lines of varying lengths, creating a sense of depth and movement.

NORTH CENTRAL TEEN RECOVERY CENTER

KATELYN CAMPBELL & ANGEL ESPINOZA



North Central Teen Recovery Center



**START
WITH
WHY**



We believe...

We believe that introducing and connecting youth to new fun, selfless, and engaging activities allows them to learn about themselves, their community, and each other. Helping youth to believe that they can be more, do more, give more, and even overcome more is an intricate part of why we do what we do.

Most Popularly Used Substances Amongst 12th Graders

Monitoring the Future 2022

Alcohol-51.9%

Marijuana-30.7%

Vaping nicotine-27.3%

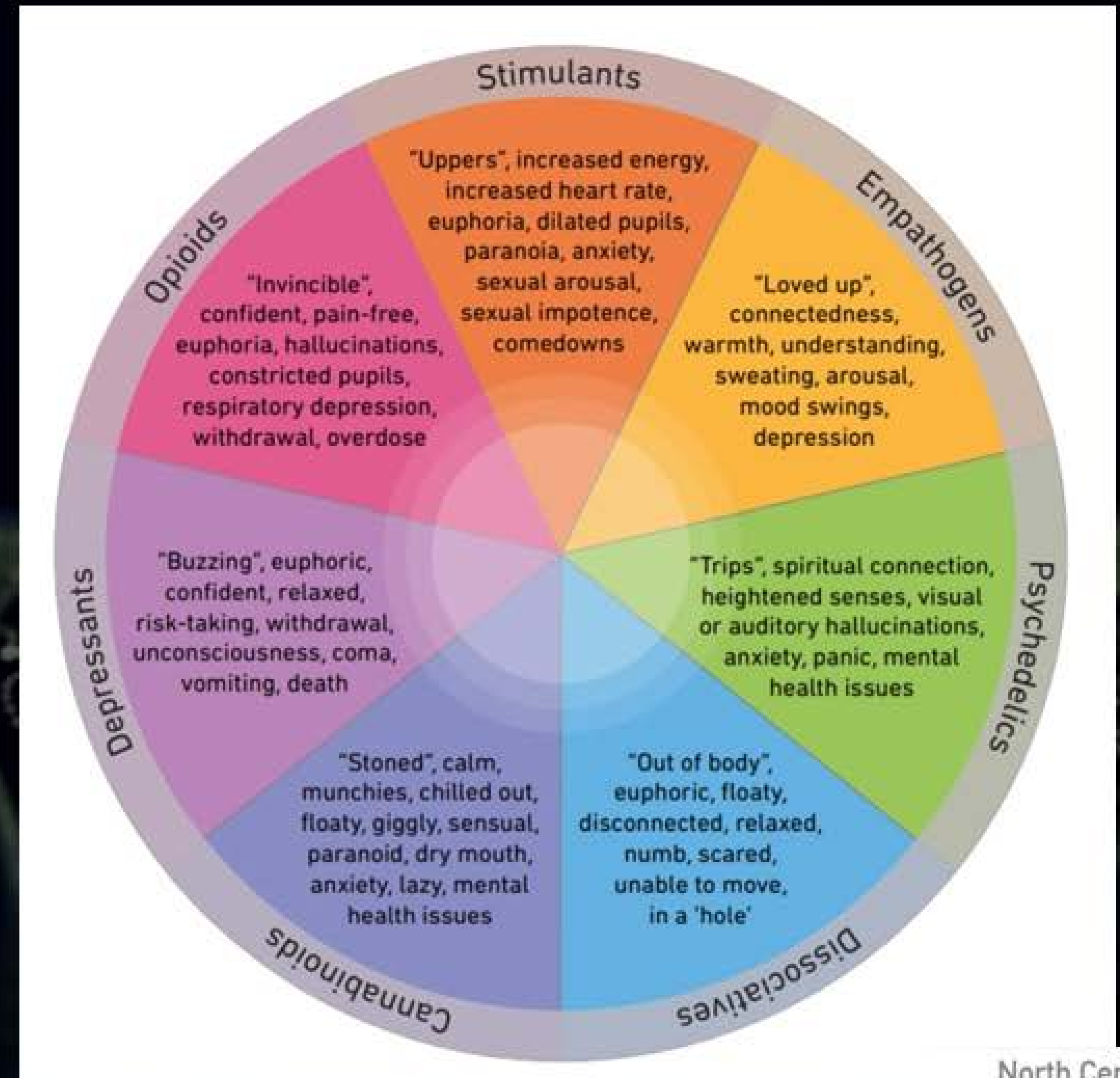
Hallucinogens-4.4%

Synthetic Marijuana-3.2%

Amphetamines-2.8% (3.2% of 8th graders)

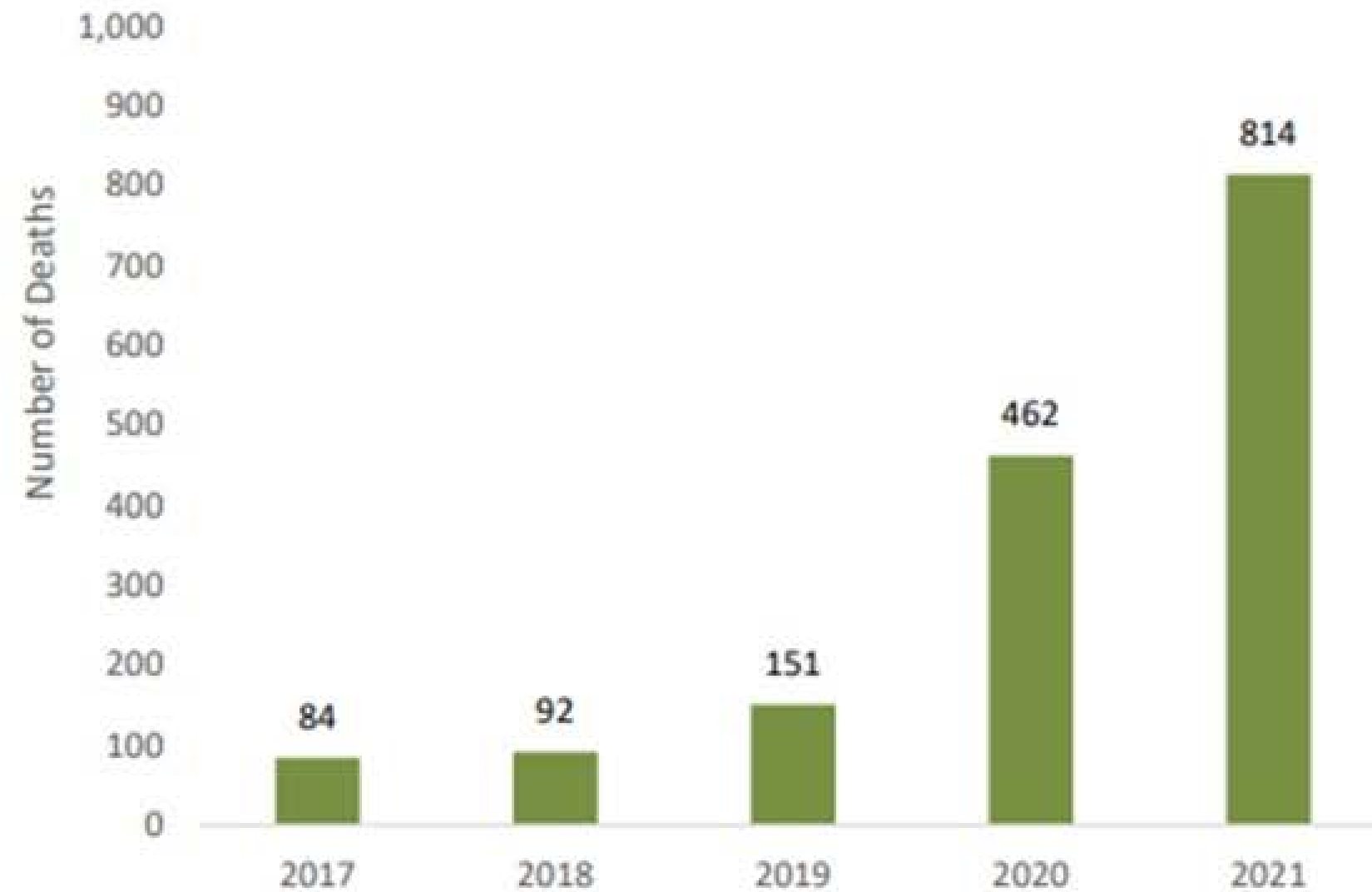
OTC Cough/Cold Medicine-2.4% (3.9% of 10th graders)

Inhalants-1.8% (3.6% of 8th graders)



Fentanyl

Figure 7. Number of Unintentional Fentanyl Caused Deaths in San Diego County 2017- 2021*



* As opposed to the previous decade in which misused prescription fentanyl caused most of these deaths, in recent years, illicitly obtained fentanyl has been responsible for most of these deaths.

Source: San Diego County Department of the Medical Examiner, 2021



2022 Report Card

Prescription Drug Abuse Task Force



North Central Teen Recovery Center



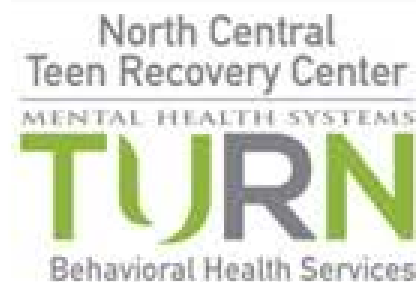
• Who we serve:

- Adolescents ages 12-17 years old who are struggling with substance use



• What we offer:

- Level of Care-Early Intervention, Outpatient Services, Intensive Outpatient Services
- Individual counseling
- Evidence-based practice/ treatment groups
- Family support
- Case management
- Weekly drug testing
- Art and Musical Expression groups
- Prosocial activities/ events, and more!





**Evidence
Based
Practice**

Motivational Interviewing (MI)

Relapse Prevention

Road Map Tool Kit

Stages of Change

Cognitive Behavioral Therapy (CBT)

Art Groups

Helps clients build:

- Purpose
- Identity
- Self-Expression
- Resiliency

Examples of Art Modalities:

- Dream board collages
- Papier-mâché mask making
- Zentangles
- Music
- Drawing/ painting
- More!



Parent Engagement

- Parent support is so important into the treatment process for youth
- PAG (Parent and Guardian) Event once a year
 - Ask parents how our program can best support them
- Family counseling sessions
- Holidays and special events throughout the year!



IT TAKES
A
village

Activities- NC-TRC





Pairing Treatment Sessions with Activities

- Disguising treatment by scheduling individual sessions or treatment groups before pro-social activities
- Holding sessions in various settings to keep clients more engaged
- Introducing clients to new activities and locations within their community



Sunny Jim Cave



**BE BRAVE
ENOUGH TO
SUCK AT
SOMETHING
NEW.**



Fun activities in the community that are low cost/accessible for youth
(which they could potentially continue to do after treatment)



North Central
Teen Recovery Center
MENTAL HEALTH SYSTEMS
TURNSM
Behavioral Health Services

CONTACT US AT

- **Phone number:** 760-227-1354
- **Address:**

4660 Viewridge Ave, Suite 100A
San Diego, California 92123



Principal's Report

Dr. Matthew Steitz

The mission of The Preuss School UC San Diego is to graduate scholars as productive and influential members of a global and multicultural society through developing ethical leadership and an in-depth understanding of all disciplines in preparation for academic excellence at four-year universities in pursuit of lifelong learning and civic leadership.



PTA General Meeting

9/16/2023

- **Happening around Campus**
- **What's coming up**
- **Celebrations**



Happening around Campus



Happening around Campus



UC Berkeley on Campus

What's coming up

September 22

September 26

September 27/28

1st Mid-Semester Ends

Grades Due to Registrar

1st Mid-Semester Progress

Report Cards *Distributed*

"Viva la independencia!"



chiles en nogada

The
**Preuss
School**

UC San Diego

25 YEARS

OF

TRANSFORMATIVE EDUCATION



SCHOOL 
ANNOUNCEMENTS

PHOTOS ARE READY TO VIEW
SUS FOTOS ESTÁN LISTAS PARA VER



How to Order in 4 Steps

Como ordenar en 4 pasos

We've made it easy to order your
school photos online!

¡Hemos facilitado el pedido de sus
fotos escolares en línea!



bit.ly/CMPorder

1

Scan the code or visit our website at
CherishedMemoriesPhotography.com/Order

Escanee el código o visite nuestro sitio web en
CherishedMemoriesPhotography.com/Order

2

Search your school and click "Fall Portraits"

Busque su escuela y haga clic en "Fotos de Otoño"

3

Enter your online code to view your photo gallery

Ingrese su código en línea para ver su galería de fotos

4

Purchase and receive all orders directly home!

¡Compra y recibe todos los pedidos directamente en casa!

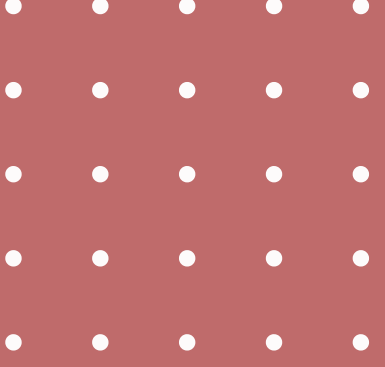


Junior Scientist Day @ Cabrillo National Monument

Saturday, September 23

11 am - 3 pm

- Scavenger hunt
- STEAM activities
 - Science, Technology, Engineering, Art, Math
- Q&A with STEM professionals
- Free event & all ages welcome!



Food Distributions

Collaboration between Preuss and Feeding San Diego

- All families and community members are invited to receive free and nutritious food!
 - **Every 2nd and 4th Thursday of the month from 3:30 pm - 4:30 pm**



The Preuss School Exercise and Health Sciences Department

STUDENTS OF THE MONTH

proudly presented to those
who consistently exhibit the PREUSS Principles:

Participate at 100%

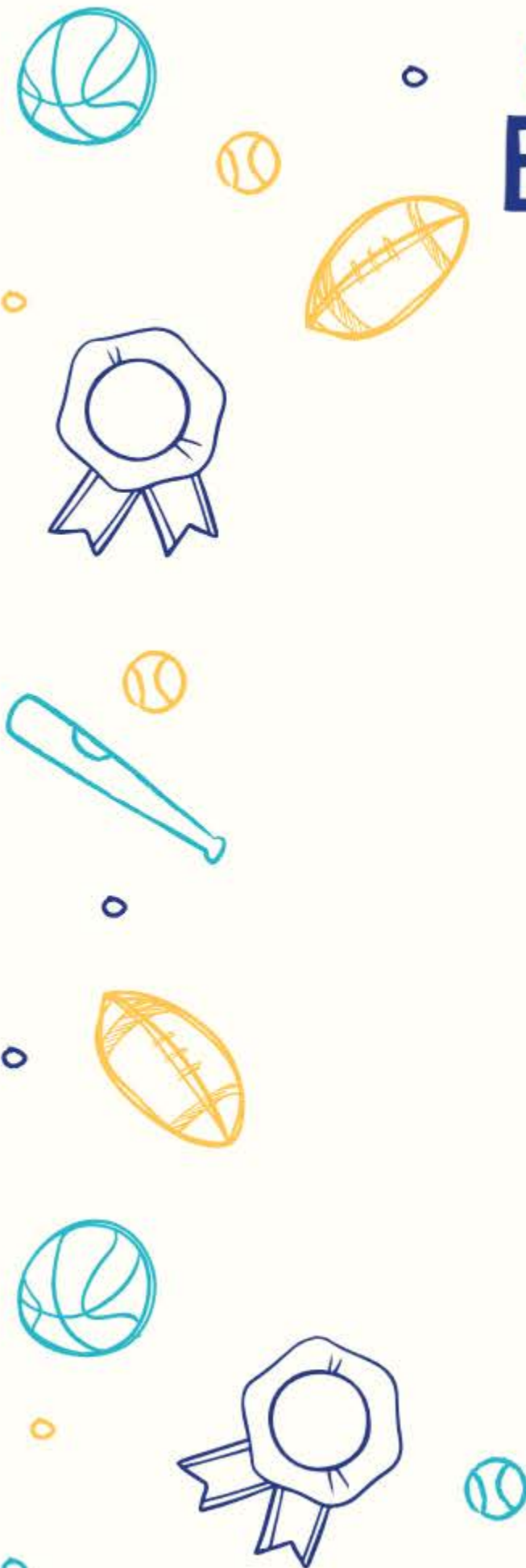
Respect others

Ears and Eyes kept open for learning

Upworthy to others

Safe

Smiling

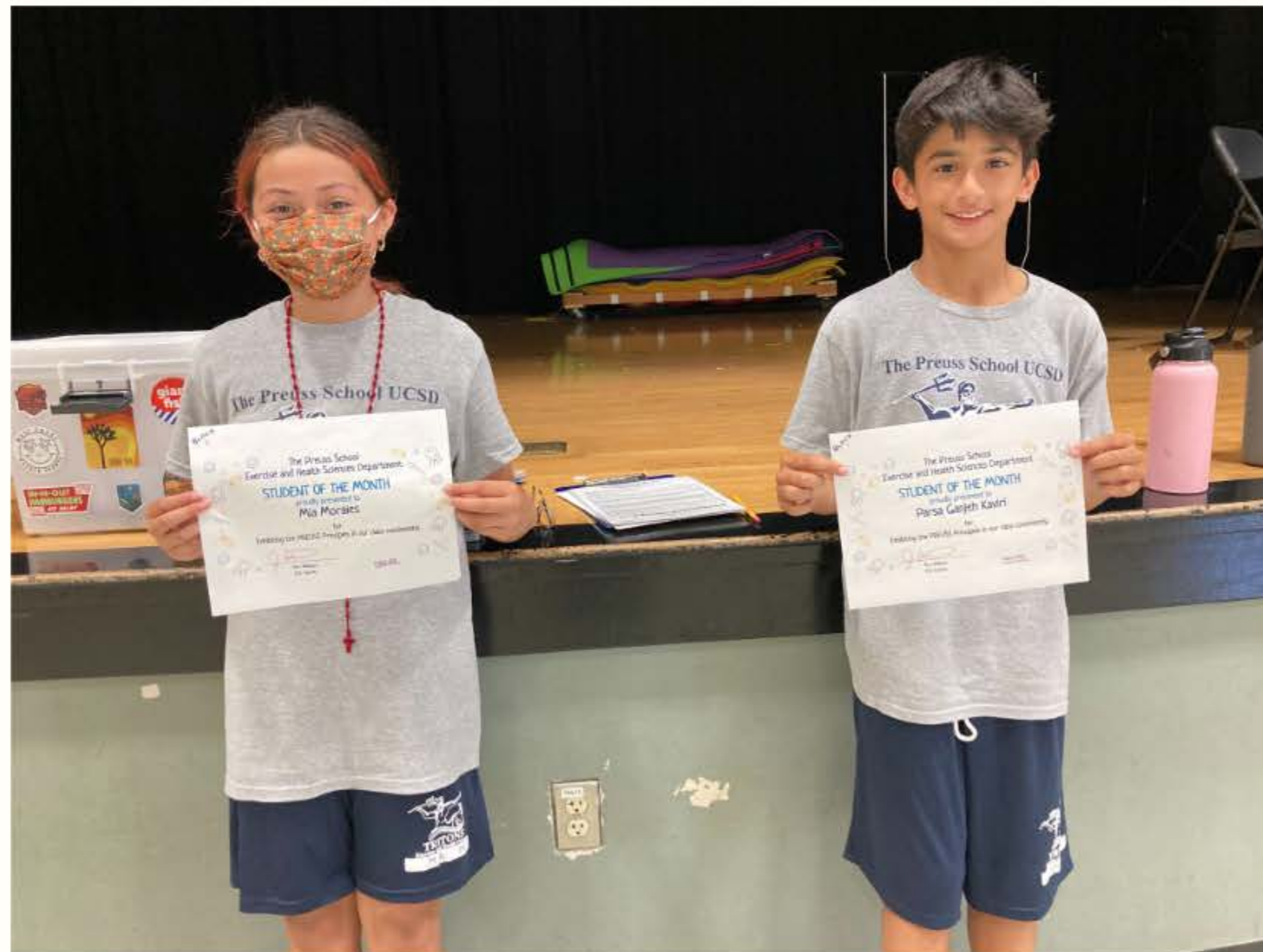


BLOCK 1

AUGUST

CONGRATULATIONS TO:

Mia



Parsa

BLOCK 2

AUGUST

CONGRATULATIONS TO:

Hilina



Adam

BLOCK 5

AUGUST

CONGRATULATIONS TO:

Guadalupe



Andrew



BLOCK 6

AUGUST

CONGRATULATIONS TO:

Alyssa



Tristan

BLOCK 4 JV SOCCER

AUGUST

CONGRATULATIONS TO:

Pedro



Isai

GRADE LEVEL REPRESENTATIVES

We are searching for parents to represent grade levels 6-12:

- Events, fundraisers
- Communication with teachers
- Collaborate with other parents





THANK YOU FOR COMING!

Next PTA General Meeting: October 14, 2023 @ 9:30 am

Next PTA Executive Board Meeting: October 3, 2023 @ 5:30 pm