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?
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!
START WITH WHY

WHY

HOW

WHAT
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

<table>
<thead>
<tr>
<th>Substance</th>
<th>Percentage</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>51.9%</td>
<td></td>
</tr>
<tr>
<td>Marijuana</td>
<td>30.7%</td>
<td></td>
</tr>
<tr>
<td>Vaping nicotine</td>
<td>27.3%</td>
<td></td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>4.4%</td>
<td></td>
</tr>
<tr>
<td>Synthetic Marijuana</td>
<td>3.2%</td>
<td></td>
</tr>
<tr>
<td>Amphetamines</td>
<td>2.8% (3.2% of 8th graders)</td>
<td></td>
</tr>
<tr>
<td>OTC Cough/Cold Medicine</td>
<td>2.4% (3.9% of 10th graders)</td>
<td></td>
</tr>
<tr>
<td>Inhalants</td>
<td>1.8% (3.6% of 8th graders)</td>
<td></td>
</tr>
</tbody>
</table>

Fentanyl

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>84</td>
</tr>
<tr>
<td>2018</td>
<td>92</td>
</tr>
<tr>
<td>2019</td>
<td>151</td>
</tr>
<tr>
<td>2020</td>
<td>462</td>
</tr>
<tr>
<td>2021</td>
<td>814</td>
</tr>
</tbody>
</table>

* 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
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!
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!

North Central Teen Recovery Center
Mental Health Systems
TURN
Behavioral Health Services
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!
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
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)
CONTACT US AT
• Phone number: 760-227-1354
• Address:
  4660 Viewridge Ave, Suite 100A
  San Diego, California 92123
Principal’s Report

Dr. Matthew Steitz

August 25, 2023
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

The Preuss School
UC San Diego
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
SCHOOL ANNOUNCEMENTS
How to Order in 4 Steps

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

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

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!

info@cherishedmemoriesphotography.com | (951)304-4133
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!
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

Collaboration between Preuss and Feeding San Diego
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

Parisa
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