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COLLABORATIVE HEALTH AND HUMAN SERVICES

Applied Research Into Action

CAPSTONE CONFERENCE

December 14, 2017
We are Collaborative Health and Human Services.

With our passion for caring, we are shaping the future of the helping professions by infusing our shared values of collaboration, leadership and service into our communities.

We are CHHS and this is what we do.

Thank you for sharing this special day with the Class of Fall 2017.

Schedule of Events

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<td>9:00 - 10:00</td>
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Tyler Beck, "Godparent Society Fund"

Foster youth in Monterey County are not having their educational, socioemotional, and normal childhood development needs met. Having witnessed these needs firsthand, Peacock Acres enlisted the Development Director and the Development Intern to create the donor-supported Godparent Society Fund (GPSF). Through financial support, the Godparent Society Fund provides foster youth with the opportunity to develop their skills, improve their socioemotional outlook, and share the same experiences as their peers. This fund was created after conducting a survey of foster youth under 18 across different Peacock Acres residential programs to assess their needs and interest in this type of fund. Next, similar funds allocated for foster youth were researched and contacted to understand their approach and practices. After, qualifying criteria and a request form were produced for the fund. Most recently, guidelines were developed for the GPSF Approval Committee, who will approve requests on a consistent and fair basis. Currently, the fund is open and has already received two requests. In order for the fund to grow to its full potential and positively impact more foster youth, it is recommended that the agency develop a dedicated position assigned with fund cultivation and program improvement.

Elvia Perez, “Advocate Resource Manual”

Teens in foster care are more than twice as likely as their peers not in foster care to become pregnant by the age of 19. Even more troubling, many of those who become pregnant experience a repeated pregnancy before they reach the 19 years old. (Boonstra, H.D) In California, there were approximately 463,000 foster youths who were pregnant. A study conducted by Chapin Hall at the University of Chicago found that 26 percent of those foster youth become pregnant at least once by the age of 17. CASA of Monterey County are community volunteers, trained as Court Appointed Special Advocates (CASAs), provide practical support and rights-based advocacy for children. The Advocate Resource Manual will be an essential tool for Court Appointed Special Advocates (CASAs) to use while working with foster teens who are pregnant. Furthermore, the manual will provide all sorts of resources that are available within Monterey County for all of the CASA of Monterey County agency’s pregnant foster youths. Next, the Advocate Resource Manual will be utilized during the agency’s training for all of their new CASAs in order to become familiarized with the resources available to them to be equipped with proper tools to provide services to their youth.

Mounia Munsinger, “Court Appointed Special Advocates (CASM) Instructional Manual”

One hundred and twenty-five foster youth enrolled in CASA of Monterey County agency are not receiving the advocacy they need. As a result, the creation of the Instructional Manual within the department of the Court Appointed Special Mentor (CASM) was implemented. The Instructional Manual is a strategic educational project that will provide interns, especially CASMs, with simple and thorough guided information that can assist them with unanswered questions. Moreover, it will provide everyone within the agency with consistently communicated instructions on how to perform essential tasks for their job duties. In other words, it will standardize workplace practices, especially related to critical files that contain important information about foster youths’ chances of obtaining an advocate. To demonstrate the effectiveness of the Instructional Manual, first, CASMs must demonstrate an understanding of how to navigate the agency’s database “CASA Tracker.” Second, CASMs must adhere to the check list of responsibilities and expectations form, and complete the case file report. Third, all the essential information must be updated in the selected foster youths’ files. Lastly, the data was collected and analyzed to determine its effectiveness. After three months of implementation, the number of foster youth on the wait list decreased from 125 to 93 foster youths. Thus, it was recommended that CASA of Monterey County agency should continue implementing the Instructional Manual as it is an important tool for the agency’s CASMs, but most importantly, for the foster youths who are on the wait list whom they serve.
9:30-10:00am, “Empowering At-Risk Youth for Their Transition into Adulthood”

*Improving the emotional, educational, and financial lives of at-risk youth by providing support groups and/or workshops*

**Iliana Cardoso, “Turning Point Career Exploration”**

According to the 2016-2017 Community Action Plan, Monterey County has a youth homicide rate of 23.32 per 100,000 in population compared to the California average of 8.06 per 100,000 (Monterey County Action Plan, 2017). Due to unstable homes, poverty, gang violence and other traumatic past experiences at-risk youth are at a higher exposure to unhealthy life challenges. Life-skills lessons can provide an opportunity for this adolescents to become a positive asset to their communities. This capstone focuses on providing the guidance, support, encouragement and readiness for the youth to find employment and become successful. The project “Turning Point Career Exploration” was implemented by Turning Point, a non-profit agency in Monterey County which provides employment, vocational training, and related services for court involved at risk youth from ages 16-24. The intern created an 8 week curriculum for the participants to help them be placed in a job site, prepare for interviews and interview clothing was provided for the youth. After completing the project the intern felt confident that the agency will be successful in guiding the youth to a positive life. Turning Point should continue with the curriculum, workshops, and putting themselves out in the community to become a great resource for those adolescents going through negative life experiences. The agency as well should continue to update the curriculum for the workshops, ensuring the people involved in the agency are helping the participants, and sharing their ideas with other agencies to see who else can benefit from their services.

**Lydia Jimenez, “Building a Platform for Youth to Work on their Individual Strengths”**

Foster youth in Monterey County are unprepared for their transition into adulthood. To address this problem, Peacock Acres has appointed two interns to create a 12 session curriculum for a program called Leadership Academy. The targeted population of the program is foster youth boys, ages 14-17, currently living in Peacock Acre group homes. The main objective of the Leadership Academy Program is to provide a safe and positive environment for participants to grow socially, emotionally and physically by engaging in life skill-building activities with their peers. A pilot implementation method was used to test out the curriculum. A session's group dynamic and how interested the youth were, ultimately had an effect on whether the discussion and activity was a success. Results were measured through observation and verbal evaluation. Overall, the participants in the pilot program, Leadership Academy, have shown growth in their character and confidence. Recommendations for the future of Leadership Academy would be for Peacock Acres to continue to improve upon the program as youth interests change.

**Gabriela Zuno, “Foster the Future”**

Thousands of foster children are moving on to becoming adults without the needed life skills education to be successful in life. Chamberlain's Children Center is a non-profit organization that provides services and housing for foster children. The administration department is the division in the organization that is implementing the life skills course for the teen girls. The project is an educational workshop series addressed to meet the need of daily living skills education for the future success of foster youth. The course consisted of weekly two-and-a-half-hour lessons prepared by community professionals and volunteers for a total of six weeks during the summer break. The life skills program reached six teen girls at the site. The project concentrates on the College, Getting a Job/Job Skills, and Money Skills lessons. The results were that the majority of the girls found the course to be useful and educational. The results for the main goal of the course will not be seen until the girls become adults and live independently. It is expected that the teen girls who participate in the life skills course will apply some or all of what they have learned throughout the course toward their future life so that they can be successful in college, careers, finances, health, and decision making. The life skills course ended up being a success and it is recommended to be implemented in the future because of how it was received.

**Amy Williams, “Encouraging Emotional Expression in At-Risk Adolescent Males in Santa Cruz County”**

Emotional expression is a problem for at-risk adolescent males in Santa Cruz County (SCC). The need for emotional support for male students aged fourteen to eighteen, led to the development of a pilot gender specific support group that was implemented in September 2017. This project has been supported by Santa Cruz County Office of Education's Student Support Services Department. The purpose of this project was to create a safe environment for students to share their personal experiences and emotions, as well as to bring awareness on topics such as masculinity ideas, emotional expression, substance abuse, and relationships. The group was held at an alternative education program in the county and met once per week for 45 minute sessions. The evaluation period for this project was six weeks long and pre and post surveys were given to assess student satisfaction, feelings of safety, and learning. Based upon the post-survey results, this project was successful. There is a strong hope that the Santa Cruz County Office of Education will continue this program in future years.
Alejandra Rocha, “Spanish-Speaking Parents in San Benito County Get Informed on Teen Drug Use”

Language can be a barrier to parents and their access to resources in the community. There is a high consumption of drugs amongst teens, and parents need to be informed. As an intern for Youth Alliance and the collaboration of the San Benito Probation Department a class was held for Spanish-speaking parents in the community. The information was presented in a PowerPoint format. Parents also received a copy of the PowerPoint that they could use for future reference. During this class parents were informed about the most common drugs their teens might be exposed to. This included both street drugs, and home products that are used to obtain a high. This class focused on both the prevention and intervention of teen drug use. Information on signs of drug use, and how to help our teens was also provided. All attendees completed a pre and post survey. Based on this feedback, the conclusion was made that parents would appreciate more of these classes and information to be provided in the community.

Yesenia Sanchez, “CalFresh: Examining Barriers of Low Participation Rates in Santa Cruz County”

SNAP, which federally stands for Supplemental Nutrition Assistance Program, is formerly known as food stamps, and is now recognized as CalFresh in California. CalFresh is a food supplemental assistance program that provides financial assistance for low-income individuals (Feeding America, 2014). In 2013, Santa Cruz County ranked thirty-nine out of fifty-eight counties in CalFresh participation, with 23,355 income-eligible non-participants (CFPA, 2016). By increasing eligible participants for the CalFresh program, low-income individuals could potentially face less stress and financial hardships, since CalFresh could add to an individual's food budget. Second Harvest Food Bank Santa Cruz County’s department of Community Outreach implemented the project of surveying Santa Cruz County residents with the purpose of identifying barriers to CalFresh participation. Expected outcomes included increased awareness of community thoughts and feelings, regarding CalFresh. In order to determine why CalFresh participation in Santa Cruz County is so low, surveys were conducted at six different sites. Survey results showed that around 11 percent of seniors do not qualify under the income guidelines for CalFresh. 12 percent of Cabrillo College students indicated unawareness of CalFresh as a barrier. Overall, 10 percent of respondents stated they would like to apply for CalFresh. Recommendations for SHFB includes expanding efforts to increase awareness about CalFresh, specifically to college students, seniors, and low-income families, such as conveying messages to Santa Cruz County residents through the radio, television, newspapers, public service announcements, and verbally. Recommendations also includes presenting data of barriers to CalFresh participation at collaborative meetings with Health and Human Services agencies.

Letty Manriquez, “Healthy Lifestyle at Head Start in Monterey County”

In Monterey County, the rate of childhood obesity is too high among the Latino/Hispanic community. The Head Start program in Monterey County serves more than 1,245 children each year, with the majority of them being Latino/Hispanic. The causes of Childhood obesity are a lack of physical activities, cultural beliefs, and financial issues among families. It leads to serious health problems that impact children academically and psychologically. This capstone project is to increase knowledge and awareness on how to live a Healthy Lifestyle among Head Start parents, so they apply that to their lives and their children. The project was implemented through a workshop called Healthy Lifestyle or “Vida Saludable.” The workshop provided parents with skills on how to eat healthily and exercise regularly. The project’s outcomes were carried out using pre and post surveys. The results showed an increase of knowledge and awareness regarding on how to live a Healthy Lifestyle. Recommendations for Head Start agency should continue to do Healthy Lifestyle Workshops as a source of information for parents to continue making healthy lifestyle decisions for their families.

Melina Correa, “Getting Connected: A Need for Current Community Resources”

Residents in Monterey and San Benito county need up-to-date information on resources and services in their communities to enhance their quality of life. In partnership with the Central Coast Visiting Nurses Association, the Connection Program has helped to implement an update of their 2014 Connection Program Resource Binder to address this need. The 2017 Connection Program Resource Binder is a research and needs-based project that will supply staff members with information and applications necessary to help their client/patients and, in turn, for the community to become more aware of what is available to them. The project was carried out through a Pre-Connections Binder Distribution survey that determined what resources were needed and later, a Connection Program Binder Distribution survey that evaluated the updated binder. Evaluation results indicated that eight out of nine participants felt there was new/relevant information and the binder was useful. Furthermore, five out of the nine participants in the evaluation survey contributed additional resources, compared to the four who contributed in the pre-distribution survey. Results showed that agency staff members felt an update was desirable and helpful. A diverse population means diverse needs, so it is important for employees to have a wide range of knowledge of the most current and most-used services every year. With an updated resource binder, agency staff members can help clients/patients flourish as individuals or as family units.
Daisy Leyba, “Art Workshop: Stress Reduction to Chinatown Residents”

Mental Health issues are common among the homeless population. Monterey County homeless rates have been increasing as 2,308 homeless were counted in comparison to 1,402 individuals counted in 2007. As the homeless population increases, so does mental health issues. According to Dorothy’s Place, 28% have a psychiatric or emotional condition. The issue being addressed by the project is using an art workshop as a form of stress reduction to the homeless population at Chinatown Community Learning Center (CCLC). This workshop was a five-weekly session that provided residents of chinatown with art activities in order to help reduce the participants stress levels for forty-five minutes. After the end of each weekly workshop, participants were asked if this workshop was helpful in reducing their stress. 40% of the participants responded that art did help with their stress levels and that the workshops were enjoyable. An expected outcome for this project was to bring awareness to participants that art can be used as a formed of a stress reliever.

Yeri Rosas, “Engaging Hispanic/Latino in Literacy”

Illiteracy in Spanish language is too high among Hispanic/Latino population in the community of Watsonville, California. La Manzana Community Resource (LCMR) is one of ten programs under the umbrella of the nonprofit of Community Bridges in Santa Cruz County. One of the LCMR programs is the Literacy Program that gives participants an opportunity to learn to read and write in Spanish. The Outreach for Literacy capstone project purpose is to increase the number of participants in the Literacy classes through outreach. The three types of outreach strategies included: conducting two presentations at community meetings; distributing flyers at two health fair events that included brief conversations; and distribution and posting of 200 flyers in local business, public agencies, non-profit organizations and special events within the three month time frame of the capstone project attendance increased nominally. Perhaps more important was the feedback obtained from interested potential students about the barriers to their participation which included: class time scheduled during their work hours; transportation; and a feeling that they were “too old to learn.” Some potential next steps the Literacy program might take to increase class enrollment might be to change the class times and provide an orientation once a month to provide potential participants with the scope of the course and the benefits to literacy in their native language.

Hugo Sanchez, “Utilize Video Technology: Promoting Encompass Community Services”

Technology is a strong medium for communicating information, and connection with other people in an instant. Encompass Community Services (ECS) assists numbers of families in the Santa Cruz County that are enrolled in Head Start and Early Head Start. From August 2016 through August 2017 the number of children ECS served were a total of 640 children (N=648). Of the 640 children only 293 speak English, 351 speak Spanish and 4 that speak another language. The demographics of the population includes 604 white, within this number it includes 562 Hispanics or Latino origin, as well as 31 biracial or multi-racial and 6 Asian. The purpose of working with ECS was to accomplish informational improvement and highlighting one of the several programs that encompass has to offer to a diverse group of families in a way they could understand. Encompass is a nonprofit organization with about 40 programs countywide providing services in behavioral health, family and social well-being, early childhood education, housing, and more. An expected outcome of this video project was to introduce, highlight and increase awareness of one of the several programs that was lacking awareness and enrollment. Furthermore the video will be added as a recruitment tool for the Early Head Start Recruitment.
Ocean Hall, Suite C: 11:00am-12:00pm, Panel Session 2

11:00-11:30am, “Highlighting the importance of parental engagement among Hispanic/Latinos in support of their children’s academic success”

Judith Aguilara, Janelle Garcia, Maria Parra

Recent studies show that children tend to do their best in school when their parents are engaged in their early childhood development. However, when parents do not instill the importance of education or engage in their children’s education journey; than this can lead to numerous consequence. There is a higher chance that these children will continue to be unprepared for school, a higher chance of dropping out of school at an early age and a higher chance of affiliation with gangs. Unfortunately, parental engagement among Hispanic/Latino population has fallen short to support the academic success of their children. Hispanic/Latino parents need assistance and support to understand how to navigate the school system and learn the importance of parental engagement. The implementation of this project was focused on the Padres Unidos Committee of Salinas by addressing different educational workshops and resources. Parents will learn how to navigate the school system, understand the meaning behind parental engagement and learn the positive impact of using social media as an outreaching tool for parental engagement to bring awareness to their community.

11:30am-12:00pm, “An Event for Healthy Outcomes”

The purpose of an event in the non-profit sector is to promote healthy outcomes for a target population. This year, the Monterey Dance Marathon was implemented to raise funds and create awareness for the local Children’s Miracle Network. In addition, The First Arrow Indigenous Gathering was implemented to promote social and emotional well being among staff at Motivating Individual Leadership for Public Advancement (MILPA). While each event was different, both were set up with a public administrative perspective—intertwining social work and public health. Each event tailors to the overall human experience of empowering participants towards healthy outcomes.

Mayra Vivanco, “Monterey Dance Marathon: For The Kids”

The Monterey Dance Marathon was a fundraiser implemented to address the current problem facing The Children's Miracle Network (CMNH), a non-profit organization situated within the Salinas Valley Memorial Hospital (SVMH). The current problem is attributed to the loss of a major corporate partner: Valero Corner Store gas stations. This loss resulted in denied medical needs grants and limited the expansion of services within the Tri-county area (Monterey, Santa Cruz, and San Benito) which negatively affected CMNH’s ability to fulfill its mission: to raise funds and awareness. To replace Valero Corner Stores place in the market and spread awareness on children’s health issues, the Monterey Bay Dance Marathon was implemented at California State University (CSUMB) for the first time. It raised a total of 3,000 dollars and served as an educational experience.

Natasha Harbert, “Four Arrows Indigenous Gathering”

Motivating Individual Leadership for Public Advancement (MILPA), is a grassroots organization based in Salinas California that strive towards helping historically underserved populations to take part in public policy to promote healthy outcomes while ending mass incarceration. As a Youth Equity Department intern, the capstone project implemented was planning and organizing a staff and community partner retreat. The project was heavily influenced with a public administration focus while incorporating social work and public health elements to address social and emotional wellbeing from an indigenous perspective among staff and community partners because non-profit work environments can be stressful. An indigenous perspective included topics from different cultures such as Native American and Mexican traditions as they relate to promoting good social and emotional wellbeing. The outcome seen was stimulating self-reflection among participants to improve personal and professional social and emotional wellbeing. In short, the most beneficial results tracked from this event are the amount of participants reporting how well the curriculum emphasized personal reflection and how participants wish for continued retreats in the future. MILPA has a wide range of projects and curriculums each staff is working on at one time. This makes it very easy for staff to get lost in the work with little time to reflect on the importance of what they are doing as self care is vital for staff to continue meaningful work. A recommendation for MILPA is to continue this retreat every year for staff and community partners to establish self-reflection and as a result, improve social and emotional wellbeing.

Laura Armendariz, “MB Dance Marathon”

There are limited pediatric resources available in the Tri-county area, consisting of San Benito, Santa Cruz, and Monterey Counties. The Salinas Children's Miracle Network Hospital (CMNH), a non-profit program within the Salinas Valley Memorial Hospital, supports children ages 0-21. CMNH addresses children dealing with acute illnesses to severe chronic illnesses. This hospital is unique because it provides grants to families for medical expenses, otherwise not covered by insurance. Yet, the resources available do not meet the demand for all families in need. To address this gap, the capstone project focused on organizing a Dance Marathon. Dance Marathon is a movement across North America. This student-based organization occurs within different universities where students raise funds for their local CMNH. It is a year-round fundraiser, on the day of event students remain active for 8-40 hours in celebration of all the hard work and dedication needed to raise money. The purpose of this project was to implement the first Dance Marathon at CSUMB and establish a club on campus to continue to advocate for future events. The outcomes of MB Dance Marathon were to create funds and increase community awareness on the importance of supporting our local CMNH. One recommendation would be to continue to support CSUMB interns interested in continuing the MB Dance Marathon in hopes of keeping it alive for future generations. This year MB Dance Marathon successfully raised a total $3,000, yet this is only the beginning of the movement addressing the multiple needs of our local children.
Brandon Mariano, “Beyond the Degree: A Student Success Workshop Series”

There is a sole focus on student academic advancement at Monterey High School (MHS) that supported students to transition into higher education rigor. But it has been seen that today’s students are challenged by a lack of important life skills when they enter the university. The MHS AVID (Advancement via Individual Determination Program) is a college readiness program designed to help students develop skills needed to be successful in college including: writing, critical thinking, teamwork, organization and reading skills. However, the program doesn't cover curriculum to prepare for job experience, financial responsibility, mental health and more. The Beyond the Degree: Student Success Workshop Series is an educational intervention program created to teach the importance of financial management and time management in college. This included two PowerPoint presentations; group activities and a panelist of current college students for the AVID class any questions about the college experience. After project implementation, students were educated on college course scheduling, developed a budget plan for their first year and gained a new sense of what life will be like in their first year. In regards to Monterey High School, future students will appreciate curriculum implemented on these topics in order for their personal lives and academics to thrive.

Alexandria Martinez, “Education and Career Opportunities (ECO): The Eagle ECO Project”

Everett Alvarez High School students' knowledge of and qualifications for postsecondary options continue to be consistently low. It has been reported that only 40% of Everett Alvarez High School (EAHS) students, in 2015, met and identified the University of California/California State University (UC/CSU) course requirements (Ed Data Education Partnership, 2017). California State University, Monterey Bay (CSUMB) was awarded a the Gaining Early Awareness and Readiness for Undergraduate Programs (GEAR UP) federal grant, in 2014 to address this problem. GEAR UP is offered at EAHS and provides first-generation students and other underserved populations the opportunity to attain more knowledge about college entrance requirements also known as A-G requirements in the UC/CSU system. In addition, GEAR UP supports student activities like tutoring, mentoring, academic preparation, financial education and college scholarships. The Eagle Education, Career, and Opportunities Project known as The Eagle ECO Project was developed to extend the purpose of GEAR UP by providing supplemental support to students. Implementation was conducted in classroom settings using an education intervention and training workshop method. The purpose of this project was to bring knowledge, awareness, and support to students at EAHS seeking postsecondary educational opportunities. The expected outcomes included students gaining knowledge, improving attitudes, and perspectives of postsecondary opportunities. The implementation method directed four critical workshop sessions. Important results consisted of attaining and reaching academic level readiness/ performance, postsecondary opportunity readiness, and networking with individuals that have successfully navigated postsecondary options. A recommendation for GEAR UP is to introduce all post-secondary educational opportunities allowing students to have a diversified perspective on pathways to succeed after high school. By continuing the workshop series, future students will be able to gain knowledge, awareness, and support in postsecondary education opportunities.

Melissa Ngo, “Spartaneous Individual College Career Workshop”

There is a high percentage of students who are at-risk at Seaside High School perform academically low. Monterey Peninsula Unified School District (2017) states, “Tier 2 PBIS utilizes a regular teaming process and data for early identification of scholars at-risk for behavioral challenges. Still, a tiny percent of scholars need targeted/intensive intervention for high-risk behaviors, which is addressed in Tier 3”. Seaside High School a post-secondary school in the Monterey Peninsula uses Positive Behavioral Intervention and Supports (PBIS) a prevention for students to encourage positive behavior and prevent problems before they occur. Spartaneous a supplemental project was developed as an individual college career workshop for at-risk students to understand what route students they may want to take after completing high school. The purpose of this project was for students to understand how important it is to receive a high school diploma and identify what careers they might be interested in. The implementation method of the project was designed to meet with individual students and develop individual portfolios on careers that might chose for their future. When implementing Spartaneous, each student had their own portfolio of career descriptions, their current grades for each class, and their unofficial transcript from freshman and sophomore year to review. The most important result was taking into consideration if the career is really for them. The students learned that education is important and failing is not going to get them at a higher destination. A recommendation to Seaside High School is for counselors to check in with at-risk students monthly to review their progress.

Melissa Ngo, “Spartaneous Individual College Career Workshop”

This panel presentation will display the community outreach of Collaborative Health and Human Services (CHHS) students across Monterey County high schools districts. Monterey High School, Seaside High School and Everett Alvarez High School 10th to 12th graders from first-generation and at-risk backgrounds were the focus for support. PowerPoint presentations, skill-building workshops and panelists were used to support, advocate, and enhance student competencies in education and career opportunities.
1:30-2:00pm, “Addressing social issues affecting vulnerable populations in San Benito County through community events”

Lidia Alcala-Brambila, Lucy Alvarez, Hermelinda Vasquez

Domestic violence and sexual assault are especially rampant amongst the vulnerable populations of San Benito County. Community Solutions and partner agencies joined forces to address these social problems, through celebratory events titled, “Indigenous Cultures Day” and “Walk a Mile in Her Shoes.” Both events were successful in providing vulnerable populations with the resources and tools to prevent and to respond to these issues. The Walk a Mile in Her Shoes event took place to increase awareness of domestic violence and sexual assault in San Benito County, by inviting community members to walk a pre-designated route in women's heels and symbolically “walk in their shoes”. Indigenous Cultures Day took place for the first time, in an effort to link the Triqui community to resources in San Benito County, as well as to celebrate indigenous cultures through traditional food and dance. In addition, this event included a training for community agencies to learn best practices on how to serve the unique Triqui population. As a result of these two events, knowledge of community issues and resources was increased, community members were linked to needed resources, and community agencies became better equipped to serve these populations. Both events created a big impact in the community and it is therefore recommended that they take place again in the future, so that they can help continue to foster the relationships between community service providers and vulnerable populations. It is hoped that these events will follow suggestions for improvement, by implementing some of the suggestions and findings collected through participant feedback evaluations. It is strongly recommended that these events increase participation through outreach and celebratory components, and thus attract a larger audience.

Ocean Hall, Suite C: 2:00-3:00pm, Poster Session 2

Robert Livingston, “Sharing the Burden”

Family caregivers of hospice patients experience an increased burden due to providing ongoing care. Research on the issue produces no consensus on evidence-based programs to alleviate the burden. Respite or relief services continue to be the primary solution applied to the problem. Central Coast Visiting Nurse Association and Hospice supported a project to address caregiver burden. Hospice provides volunteers to families to reduce the caregiver burden. The project consists of outreach and recruitment to obtain new volunteers that continue to deliver respite within the community. Project duration lasted for approximately three months and was implemented by completing six tabling activities at public locations. Agency college interns participated and engaged in dialogue with community members. The intended goal was to recruit more volunteers before the cessation of the project. Recruitment was unsuccessful for the duration of the project however relationships with organizations developed where tabling occurred. Recommendations were made to the agency to continue the outreach and recruitment project because it had potential for obtaining volunteers over a longer implementation period. Additionally, the project activities did not increase expenses for the agency.

Vanessa Martinez, “Assessment of Patients Who Decline Volunteer Services in VNA & Hospice”

The problem among the Central Coast VNA & Hospice is that the volunteer services are being underutilized. While researching data, there were a high number of hospice patients that were not utilizing the volunteer services. According to VNA & Hospice, from January-June 2017, their current hospice patients on service were an average number of 150-160 patients. From those patients, only an average of 40 patients utilize the hospice volunteer services. A need assessment project was conducted by creating a survey for hospice patients that declined the hospice volunteer services. The project was implemented through the volunteer department by making phone calls to survey the patients, caregivers, family members, etc. who declined the volunteer services. The expected outcomes of the project were to survey around 50 patients, but due to the expiration (passed away) of patients only 8 surveys were collected. From the result of the surveys patients were familiar with the volunteer services available to them, but rejected the services due to having enough family support or private caregiver. Patients were unable to give suggestions or recommendation to the hospice volunteer department for that reason being that they do not utilize those services. Recommendations for the agency include starting a service where volunteers have a credible certificate or license to be more hands on and help hospice patients physically such as, transferring them from bed to wheelchair, assisting them with a walker, and helping them to the restroom, etc.

Nancy Zermeno, “Drugs, Alcohol and Teenagers in San Benito County”

Hispanic or Latino non-speaking English Parents are not familiarized with the different types of drugs in the community. Various studies have indicated that San Benito County teenagers that suffer from drug and alcohol are at-risk of being truant, dropping school, or becoming criminals. This project aimed to address a Drug prevention intervention class in Spanish to target the population of non-speaking English parents. The majority of Latino parents are not familiarized with the culture or laws in the United States making it difficult for them to navigate through the system. The project was implemented by the Juvenile Division of San Benito County Probation Department in collaboration with Youth Alliance. The implementation method was a PowerPoint presentation in Spanish for Spanish speaking parents. Parents were asked to fill out a pre and post survey and data was collected. An activity was created at the end of the presentation where all parents participated. The most important result is that parents were able to learn about the different types of drugs affecting teenagers in the community and received tips on how to help teenagers stay out of drugs. In addition, parents learned the signs to look for in teenagers when they think their teenagers are associated with drugs.
Joey Lopez, “Domestic Violence, Dating Abuse, Teen Violence, and the Importance of Healthy Relationships”

According to the National Coalition Against Domestic Violence (NCADV), domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. The Victim Witness Program for the Santa Barbara County District Attorney’s office aims to provide resources for victims of violent crimes, one of the most common crimes being some sort of domestic abuse. While there are outreach events to discuss domestic violence, they are minimal and not specifically inclusive to teens. By creating a brochure that has facts about domestic violence, dating abuse, teen violence, and discusses the importance of healthy relationships, while also including an interactive activity for young couples to start the conversation, the domestic violence rate will drop. Bringing awareness to the cycle of abuse can cause teens and young adults that have been exposed to unhealthy relationships and domestic violence to break the cycle.

Kayla Alfaro, “Friendship Essentials”

Several children of J.C. Crumpton Elementary School in Marina, California have delayed interpersonal and intrapersonal skills. The Monterey Peninsula Unified School District’s Department of Social and Emotional Support involves Specialists who work closely with students to provide support with their interpersonal and intrapersonal skills. The department was able to place and aid the implementation of this project with a Social and Emotional Support Specialist on the J.C. Crumpton school property. The project was titled, “Friendship Group,” a social skills group that focuses on both intrapersonal and interpersonal skill learning and development. A California State University Monterey Bay student who facilitated three third grade students led the project. The students were taught various interactive activities that focused on daily social skills. During the group they were able to discuss and practice the different techniques and further develop their abilities over the six-week period. Through further evaluation, the Friendship Group was a success due to the fact that two of the three expected outcomes were accomplished. It was vital that at least one of the students would have a positive change in their behavioral skills and/or attitude. Through survey, review, and attendance records a positive change in behavior was achieved. It is recommended that the district continue social skill groups with their interns to develop and enhance not only the skills of the students, but also the interns themselves.

Stephanie Escamilla, “Courtroom Etiquette for Victims of Crime”

Victims of crime often do not understand how to testify and are often intimidated to go on the stand with no background knowledge. The Monterey County District Attorney’s Office Victims of Crime program hopes to utilize a video to prepare and support victims who have been called to testify feel more comfortable and confident. Courtroom Etiquette for Testifying Victims of Crime is a video where victims can see and gain an understanding of what a courtroom looks like, the seating arrangements, the proper attire, responding to questions and the interpreter services. The purpose is to make victims of crime who have been victimized and who may be scared, feel more confident, prepared and relaxed. The video will be shown to victims who have been subpoenaed to testify in a criminal case to prepare them for their day in court. Being worried about testifying can be re-victimizing and stressful. A video on what testifying entails may change the way they feel when it is time to appear. Though watching the video victim witnesses can get a sense of the process and feel reassured. The Monterey County District Attorney’s Office will utilize this video for their victim witnesses and facilitate their learning of the courtroom process.

Yajaira Rubio-Mendoza, “Strengthening Families in Santa Cruz County”

Parenting is very rewarding and enjoyable, yet it can be challenging and exhausting. Therefore, there is no right way to be a parent. At La Manzana Community Resources (LMCR), a family program of Community Bridges, there is a strong belief in strengthening families within the Santa Cruz County community. That is why LMCR provides various services such as, Triple-P Positive Parenting Program. Triple-P, funded by First 5, provides parents and caregivers parenting support ranging from birth to 12 years of age, with additional support for families with teens, and families of children with special needs. The main purpose of this capstone project was to find a cause as to why there is a high dropout rate with parents through the use of surveys. This study used a sample of 15 parents and caregivers from two different parenting classes to prevent biased answers. Results indicated that Triple-P classes are effective for parents learning. Future research may involve following up with parents who have dropped out of these classes to get additional feedback, yet continue surveying parents who stay and complete the courses.
The goal of all four projects is to educate and empower parents to better support their children. Through our projects we were able to provide the necessary tools to support parents in guiding their youth towards pursuing secondary education, and improving their negative behaviors.

Alicia Lopez-Zarate, “Restorative Justice: A Parent’s Learning Perspective”

Many children in Monterey County are exhibiting negative behaviors at school that impact their education and social success. In order to change these negative behaviors that can lead them into the criminal path, a curriculum was developed to serve parents. Restorative Justice: A parent’s Learning Perspective is a curriculum development project of Restorative Justice Partners, Inc. The curriculum was designed to help English and Spanish speaking parents guide their children, through the use of restorative discipline methods. In the long run, this will eventually help to reduce negative behaviors among children in Monterey County, California. With the success of this project, Restorative Justice Partners, Inc. will be able to serve the bilingual community of Monterey County. Through the training curriculum, parents will have a broader knowledge of restorative justice principles, as well the positive outcomes that could result from utilizing restorative justice discipline methods at home with their children. The next step is to begin serving parents in the area utilizing the training curriculum and begin making a greater change in the community. One recommendation presented to the agency is to continue updating the curriculum annually in order to have relevant and updated information to provide for parents in the future years to come.

Guadalupe Flemate, “Empowering Families to Achieve Secondary Education”

Many high school students in Monterey County are not pursuing secondary education. Through the Department of Community Services within Community Housing Improvement Systems and Planning Association (CHISPA) a workshop to educate students and parents on the importance of education and the A-G high school requirements was implemented. The workshop’s purpose was to educate and empower parents to become familiar with high school A-G requirements and a support system towards their children’s education. By educating parents and students on the A-G high school requirements, more high school students will be on the right path to achieve a secondary education. The expected outcomes of the workshop were to reach a maximum of thirty parents and children. After the workshop parents and children were able to recognize the high school courses that will help them to be college bound. Another outcome from the workshop was to obtain a $10,000 grant for Salinas High School to provide more academic guidance for high school Hispanic and Latino students. This workshop was a one-time workshop delivered in Spanish with a migrant high school counselor as a guest speaker. As a result of the workshop, ten parents walked out with an idea of what courses their children should be taking to pursue a secondary education.

Zenayda Torres, “Bullying Stops Here”

There are high rates of bullying in Monterey County, which impacts the high rates of truancy and school violence. Students being bullied are often targeted because of circumstances they have no control over, including coming from a low income household, sexual orientation, and physical life challenges that are out of their control. The awareness campaign and presentation, “Bullying Stops Here,” and peer leader program were created with the intention to decrease bullying, truancy and school violence at Washington Middle School. Additionally, there is a hope for the “Bullying Stops Here” campaign to be implemented throughout the Salinas Union High School District in the future. This awareness campaign was implemented through the support of Partners For Peace and Washington Middle School’s community liaison. “Bullying Stops Here” gave parents, staff and youth knowledge to identify and prevent bullying and the resources to seek help. The expected outcomes for this project were to lower truancy rates and school violence, by youth having awareness of how to stop bullying. Positive results from this project included administrators and students embracing the campaign campus-wide and more students knowing where to get help when needed.

Nathaly Martinez, “Support Groups, Wise Advice”

The need for parents to attend programs such as the Parent Project and understand the effectiveness of parent education classes is important, especially for those raising troubled or out of control youth. At Partners For Peace they provide just that, parent education thru the Parent Project program. It has been stated that support groups help parents alleviate stress (Armenta and Huerta, 2015) therefore, the project consisted of bringing former Parent Project graduates together to continue supporting each other by reconnecting them in a barbeque, providing free food and games for them and their families, and hosting an enrichment workshop facilitated by a bilingual Salinas Police Officer due to the population being served were Spanish speaking parents. The purpose of the project was for parents to give each other wise advice and increase their peer to peer support. It also encouraged the parents to use the tools they received while they attended the Parent Project courses. By getting all parents from different graduating classes together, the agency learned more about their needs and the changes that they can make to better the program. After also providing a quick questionnaire it was found that many parents informed that the program is helpful because by educating themselves they can help their youth. The majority mentioned that the program would be so much more helpful to other families as prevention rather than intervention and that is the most important recommendation to the agency because by educating the parents at an early stage they can avoid problems down the road.
The primary goal of Friends Outside is to help the inmates and the newly released individuals to turn their lives around for the benefit of themselves and the community. The nonprofit organization's mission is to help reduce the trauma of incarceration for inmates by providing counseling. They aim to restore justice within the community to better serve and ease reentry. Before release, the agency helps them with cognitive behavioral workbook trainings, exercises for certain situations, family liaison services and much more to better prepare them for the outside world. Friends Outside also promote social justice by promoting public responsibility with the help of volunteers who provide a helping hand, encourage and show compassion. Friends Outside vision is for all members who have been affected by incarceration to live with dignity and contribute to the community (Friends Outside, 2013).

**Nolan Balaam**

Friends Outside provides opportunities for their clients to reduce recidivism and not return to their bad habits that got them in trouble with the law in the first place. By using an electronic form to create an efficient intake system, the organization hopes that this will increase the number of new clients. This project is being implemented through an electronic form and “walk-in” hours in hopes to better serve potential Friends Outside clients. This project’s goal is to make a positive impact on the surrounding community. Recommendations for Friends Outside include: Training Manual and expansion of training for future interns, staff, and volunteers; fully-trained staff on all office duties, and accept “walk-in” intakes during all business hours.

**Monica Miramontes-Valadez**

Friends Outside is a nonprofit organization that primarily works with the incarcerated, newly released individuals, and probationers. Currently, female perpetrators of domestic violence who cannot afford the 52-week treatment program are being referred to Friends Outside to comply with probation terms, but they are not receiving any credit toward certification for completion. Presently, there is one program available in the entire Santa Cruz County, New View, which is only available in English, and has limited time availability and prohibitive costs. The project focus was to examine whether Friends Outside should fill the need for a female perpetrator certification, while additionally, determining if Friends Outside has the support from clientele, Probation Officer’s, and the community. The Probation Officer’s feedback, and client criticism has shown that Friends Outside has the feasibility to fulfill the need.

**Alexander Zarazua**

Assembly Bill 109 (AB 109) clients don’t receive sufficient re-entry services to effectively make a transition into the community. Nationally, 67.8 percent of inmates re-offend within three years of being released, while in California 65 percent re-offend. In 2011, AB 109 was passed in an effort to reduce the state prison population, and shifted responsibility for incarcerating allocated non-violent, non-serious, and non-sexual offenders and supervising certain felony offenders from the state to the county level. In 2016, a total of 292 clients used the re-entry services at Friends Outside, making it the most utilized founded service at the agency. In addition too many Santa Cruz County clients are considered high risk to recidivate. Therefore, the lack of a comprehensive, and consistent training manual enabled Friends Outside to provide ineffective service delivery. The purpose of the training manual is to prepare new staff, volunteers, and interns to create a consistent learning foundation in order to deliver effective re-entry service. The objective is for trainees to develop the basic understanding of AB-109 legislation, cultural competence, ethics, and boundaries, and case management in order to understand the scope of work of a reentry advocate, and the population. Moreover, trainees will develop the skills to successfully advocate for their clients by using the community resources, and partnerships in a collaborative approach. The Friends Outside’s goal is to navigate clients through the re-entry process and provide the necessary support system to reduce recidivism.
Leah Bennett, “Trauma-Informed Youth Experience Panel: strength-based resiliency; healing; and acknowledging system gaps”

There are gaps in how the community supports and serves young men of color and their families who have been harmed by violence. The Trauma-Informed Youth Experience Panel is a project through the Community Organizing department of United Way of Santa Cruz County. The Trauma-Informed Youth Experience Panel project is the development, implementation, and evaluation of a panel of 4 community members who have experienced violence and trauma as youth in the community. The purpose of the panel was to build the capacity of service providers in the county to understand and address the unique needs of this population. The measurable outcomes are: to give three to four community members who have experienced violence and trauma as youth an opportunity to share their voice; to present the panel to 75 community stakeholders and service providers; and to debrief and evaluate the panel with the panelists and United Way Community Organizing staff. The most important result from this panel is that a hundred percent of people who experienced the panel expressed in the evaluation that they, “felt that the panelist gave them a better idea of the impact that trauma has on youth and their families”. Potential improvements for the next panel could be to increase the amount of time the panelists are given to speak and to include their experiences throughout the conference at the next trauma informed event.

Estefania Lopez, “Bright Futures; Teaching parents the importance of well child checkups”

Monterey County Office of Education at the Early Head Start, were having the issue that there were children not following the well-baby check ups. There were many reasons why children are not following their well-baby checkups, and it was important to teach the parents the causes and consequences. It was also important to share with parents the benefits that can result when children do comply with their well child schedule. Parents were assessed that they learned some of the different types of exams that their baby should follow in order to grow healthy and get ready for school. The project was an educational intervention, which included creating a PowerPoint presentation, and a questionnaire to collect data from parents about their knowledge of child development and the importance of well child checkups. The project results showed how well the parents understood the importance of having a healthy child. Needless to say, parents are in need of education, to learn more about their children's overall health, especially when they are first time parents.

Daniela Ramirez, “Spreading Seeds of Greatness”

Spreading Seeds of Greatness is an educational and interactive curriculum presents by a local youth organization called Jovenes SANOS (Saludable, Actividades, Nutricion, Opciones, y Sabiduria). This project is an effort that will support the fight against overweight and childhood obesity in the city of Watsonville, California.
Donald Brennan, “Entrepreneurship vs. Unemployment: One Success Story at a Time”

The unemployment rate within Monterey County is higher than that of the state and national level by more than 2%. The Institute for Innovation and Economic Development (iiED), an agency located on the California State University Monterey Bay (CSUMB) campus, focuses on offering programs that work toward developing entrepreneurs and supporting innovative ideas that lead to new business opportunities in the region. The iiED has implemented a social media resource for their community and population they serve. The blog is a platform for community members and others around the world to follow startups on their pursuit of becoming a business. Its purpose is to raise awareness and bring attention to the importance of entrepreneurship and how new businesses help fuel a healthy and stable economy. The blog would work as a connection resource as well as an inspiration to those seeking entrepreneurship as a career. The posts start with conducting interviews of successful entrepreneurs with these startups and businesses, the writing of their stories, and then consequently posting these stories on both the website and other social media platforms such as Facebook and Instagram. The expected outcomes from the blog are to showcase entrepreneurship and the good it does for the community and economy as well as helping entrepreneurs connect with some of the resources they may need. These inspirational stories will lead to new startups and therefore an increase in jobs and decrease in unemployment. For the future of the blog there is a recommendation of more frequent postings as well as creating an application process for startups to apply for so they can be featured. This would generate more stories and more followers for the blog. There has been much excitement around the blog from both the startups and the agency that is continuing to grow with every story.

Michelle Espinoza, “Early Education and Family Involvement”

Children from low income families in Santa Cruz County are less likely to be prepared for kindergarten. The Healthy Start Program, a Division of Student Services Organization, helps improve the health of children and their families through a broad network of partners located throughout Santa Cruz and Monterey Counties. The agency develops collaborative systems and links among participants, facilitate communication, and focuses attention on data and outcomes. The Early Education and Parent Involvement project was implemented at Pajaro Family Resource Center at Pajaro Middle School. The purpose of this project was to give opportunities to families to volunteer the Healthy Start office, to teach parents the importance of parent engagement in their child’s education. The expected outcomes were to have at least five volunteers, guide them through the volunteer process, assign dates and hours, conduct volunteer interviews, and offer workshops on the importance of parent engagement and curriculum for kindergarten. The project started by creating a flyer and announcing the project to parent's who come into the office. The results of this project were that one parent volunteered and the process for parent volunteerism was set into motion. Even though, this project started with only one volunteer, it is believed that this experience will make a difference in the lives of her children. In addition, Healthy Start can advocate this project to other Healthy Start sites to encourage more parents to volunteer and learn more about the importance of kindergarten readiness for the development of the child.

Jose Barajas, “Transition to Integrated Care”

The rate of clients discharging from acute mental health services in Monterey County is low. According to Monterey County Behavioral Health Services Act (2017), “the demand for services has greatly increased with the ACCESS programs serving 90% more individuals in the past two years [2015-2016], and a 168% increase in the last 5 years [2011-2016].” The increase in demand for services has impacted staff psychiatrist and social workers in providing quality treatment services. The Monterey County Behavioral Health Bureau (MCBH), a division of Monterey County Health Department, has identified clients who've shown improvement in their mental health recovery and are eligible for lower level of care treatment. In collaboration with the agency, the “Transition to Integrated Care” project was developed with the objective to transition stable clients to their Primary Care Physicians (PCP). This process is a way of rewarding clients for their recovery and increasing access for client’s who need higher level of care. For clients who are not eligible for lower level of care, they are being referred to Adult System of Care (ASOC) where the client remains with their current psychiatrist and additional case management services are provided by a Psychiatric Social Worker. At the end of the transition process, clients are invited to participate in an evaluation survey that measures areas of the transition process. It is recommended that the agency continue to use the evaluation tool to gather data and improve the continuity of care for future transitions.

Delna Fenton, “Finding the Needs of Filipino Seniors”

The Aging Filipino community in Monterey County is underserved. Finding the Needs of Filipino Seniors in the city of Salinas, California is a project of the Strengthening Wellness, “Fortaleciendo el Bienestar,” (FEB) program of the Alliance on Aging nonprofit agency. This capstone project, Finding the Needs of Filipino Seniors, includes: conversations and surveys to assess the needs of aging Filipinos in Salinas; data synthesis; and development of a report to the Alliance on Aging and others community stakeholders. The expected outcome for Finding the Needs of Filipino Seniors in Salinas is to provide a strong base of information and institutional relationships that will increase Alliance on Aging capacity to effectively serve the aging Filipino community. The measurable results are to 1) conduct 3-5 presentations to existing Filipino community organization; 2) gather at least 50 surveys; and 3) analyze data and present a report to the community, stakeholders and Alliance on Aging staff. Implementation methods included contacting gatekeepers, conducting outreach to various Filipino clubs and organizations and conducting surveys at events Filipino seniors attended. An important finding from the surveys and conversations is the need for targeted programs and services to the Filipino aging communities, including dancing and social events, educational programs on nutrition, learning about technology, finance classes and more. Some potential next steps for the Alliance on Aging are to increase access and offer referrals to more activities, provide more educational programs and increase the pipeline of resources to the Filipino community.
Charter schools as a whole are underfunded causing a recurring challenge faced by these innovative schools. Despite receiving yearly support from the state due to cuts in education and increasing costs in the state, many charter schools are left insufficiently funded. Most charter schools in California are categorized as a Basic Aid district and funded by the State of California depending on the Average Daily Attendance (CDE, 2016). Monterey Bay Charter School (MBCS) is a nonprofit, tuition-free, public charter school that strives for diversity and accessibility. MBCS was founded in 1998 by teachers and parents who were inspired by the innovative Waldorf model of education. Monterey Bay Charter School has been educating and inspiring students through alternative teaching methods to further help students learn (MBCS, 2017). The school's mission is to, 'Inspire joyful learning and courageous living', in their students through their faculty (MBCS, 2017). The school's budget is supplemented with grants, fundraising as well as donations to fill the gap where the state falls short. A video commercial was developed to showcase Monterey Bay Charter School and its unique programs. To further establish its presence in Monterey County and bring awareness to their need for funds. The school currently is ran off a paper based system that causes delays in day to day operation from student attendance to lesson readiness. The school is also now required by the state of California to have student computers for standardized testing by mid-year of 2018. By utilizing the commercial with a link to a GoFundMe account, the goal is to raise funds for staff/student computers and awareness of Monterey Bay Charter School in Monterey.

Diana Munoz, “Monterey Bay Charter School; A school worth investing in!”

Latino youth with disabilities in Santa Cruz County who were in Special Education are not successfully transitioning into independent adults. The capstone Ven vamos a platicar is a project through the Santa Cruz Commission on Disabilities, which is an advisory committee appointed by the County Board of Supervisors on issues impacting persons with disabilities. Ven vamos a platicar is a set of one-on-one conversations with Spanish speaking monolingual parents of children with disabilities to identify potential community leaders and potential participants in an educational and action based support group. The purpose of this project is to listen to parents who have children with disabilities to understand their experiences and challenges in getting their children the support needed to become socially and academically successful. The expected outcome of the project is to have twelve one-on-one conversations with Hispanic parents. One of the most important results was that Hispanic parents with children in Special Education feel powerless in their capacity to make decisions, and seek assistance from educators. Those parents do not utilize services that their children are entitled to receive. These issues become more evident as those parents go through a series of stressful experiences involving the learning of a new language and its customs, as well as adjusting to a new educational system. Therefore, the recommendations to the commission are: in January 2018 there should be a meeting with the mothers to share the findings of the conversations; introduce them to the commissioners and explain their role in the community.

Angelica Victoria, “Ven vamos a platicar (Come, let’s talk)”

A large collaborative effort to do a community assessment in Monterey County, California identified goals and priorities in the areas of health, safety, education, and economic self-sufficiency (Impact Monterey, 2015). There were several initiatives and collaboratives working towards improving outcomes in the four areas, but there was recognition that there was a need to coordinate efforts both within and across the goals. In order to integrate their work and improve consistency across initiatives to drive collective impact and community change, the Network participants in Monterey County created four strategy maps which support a collective impact approach where participants develop mutually reinforcing activities with a common agenda and have a shared measurement system, continuous communication, and backbone support (Hanleybrown, Kania & Kramer, 2012). The strategy maps are an information management framework for Monterey County organizations to use which has a shared system enabling evidence-based, data and results-driven actions to drive community changes. A process evaluation project to identify participants’ engagement in the countywide strategy map development process was conducted. This project provides feedback on participants’ engagement levels and understanding of the strategy maps. The results will be used to improve the engagement process for Network participants with the goal of increasing the likelihood of achieving the community goals through collective impact.

Laura Pacheco, “Creating a more proficient food process allowing more teaching time for children”

There are too many children within the Head Start program whose body mass index (BMI) indicates they are overweight or obese. This project was implemented within the Early Head Start division of the Head Start program. This educational project took place during the socializations between the children ages one and two and served to increase their nutritional knowledge and exposure through an outdoor environment. A small garden was orchestrated and placed at the socialization site, where children would interact with it twice monthly. Here the intern gathered qualitative data using the Desired Results of a Development Program 2015 to monitor the development of the children. Additionally, the intern gathered data from parents regarding the number of servings per food group (dairy, fruits, vegetables, protein, grains) each child consumed daily. Results indicate an overall increase in development with the garden and the “outdoor world.”

Juliana Saldana, “Chinatown Landscape Analysis”

This Chinatown Landscape Analysis is a research paper that focuses primarily in the services provided in Chinatown and other organizations around the country that provide similar or different services leading to new suggestions that can improve the Chinatown Community Learning Center.

Laura Pacheco, “Bringing Awareness to Head Start Parents and Caregivers on How to Raise Emotionally Healthy Children”

In Monterey County, social emotional development has decreased within it’s children. This capstone project addressed one of the causes to this problem, lack of awareness about the five critical needs for all children. Head Start and Early Head Start is a public agency, which consists of federally funded programs through the Administration for Children and Families within the Department of Health and Human Services. Head Start serves 1,245 children ages 3-5 annually in Monterey County. The purpose of this project was to create awareness of how to raise emotionally healthy children. A Behavioral Health Bureau Social Worker provided a two-hour workshop to 26 parents; she has over 15+ years of experience in this field (Personal Communication, October 23, 2017). Workshop provided was based on research of Gerald Newmark, Ph. D. and his book “How to Raise Emotionally Healthy Children.” The expected outcomes that were prioritized to achieve was to bring awareness about the importance of the five needs of children and the critical part that it has on a child’s life-time. The expected outcomes were as follows: 80% of parents and caregivers attending the workshop claiming they know more about how to raise emotionally healthy children and 80% of participants claiming that the five needs of children are important. Fortunately, after the workshop both outcomes were met with 100% parents agreeing or strongly agreeing with these statements. It is recommended for the agency to provide the workshop to all Head Start locations within Monterey County.

Cindy Hernandez, “Revamping the In-Home Supportive Services Provider Enrollment Application Process”

Currently the In-Home Supportive Services (IHSS) Public Authority of Santa Cruz County, is struggling to hire qualified providers to the IHSS registry. A ten-question survey was developed to conduct a comparison of the six Registry Enrollment Video Appointment (REVA) administering counties: Marin County, Monterey County, San Francisco County, Santa Clara County, Solano County, and Ventura County. The intent of the study was to determine what they are doing to increase and/or maintain their provider enrollment rate, and to see if their processes can be incorporated into the County of Santa Cruz’s efforts to increase its IHSS provider participation rate. Data regarding what each county is doing to achieve its provider participation rate was acquired via a direct response survey. Participation in this survey was requested via-email to the individual(s) responsible for administering the IHSS provider enrollment at the six counties noted above. These individuals included program supervisors, analysts, and managers that have first-hand experience with their county’s efforts to increase and/or maintain its provider enrollment rate. In a county-by-county comparison of the findings of this study indicate that the County of Santa Cruz has similar common barriers to those counties included in this study. The lengthy application process is identified as a common barrier to increasing and/or maintaining provider enrollments. The County of Santa Cruz Adult and Long Term Care (ALTC) Division must implement a a “One-Stop Enrollment” process for In-Home Supportive Services (IHSS) providers. Shortening the application process will help attract interested candidates to follow through with the application, helping create a larger pool of providers for consumers in desperate need of care.
Kea Sullivan, “Aloha Yourself: Empowering Survivors of Domestic Violence, Sexual Assault, and Human Trafficking”

Survivors of domestic violence, sexual assault, and human trafficking suffer from anxiety, depression, and post-traumatic stress due to physical and psychological trauma. Monarch Services is a non-profit organization that focuses on empowering individuals, families, and communities to take action against violence and abuse, serving survivors of domestic violence, human trafficking, and sexual assault. Monarch is the largest domestic violence agency in the tri county area and offers six programs including a confidential emergency shelter program. Monarch's emergency shelter program provides survivors with shelter, counseling, support groups, goal planning, education, and legal advocacy. To alleviate some of the pressure and stress clients feel within the shelter program, an intern implemented weekly motivational and mindfulness activities. The activities focused on empowering clients to love themselves, acknowledge their strengths and understanding the beauty that comes from change. Clients were asked to provide weekly feedback on the effectiveness of each workshop. Weekly feedback and participation showed positive changes in clients. To continue positive changes among clients within the shelter program, it is recommended that weekly stress-reduction activities continue to be implemented.


Exposure to violence, in the youth of Salinas, leads to behavioral issues. Partners for Peace is a non-profit that focuses on building strong families for a peaceful community. The Step-Up Mentoring program is one of the classes offered through the agency, and focuses on working directly with “at-risk” youth to reduce behavioral problems. Step-Up Mentoring utilized a module that was facilitated by the intern to introduce mindfulness during a class. The one-part module was an educational intervention geared for youth in the Step-Up Mentoring program. This project served to provide emotional support and a safe place for the youth who have never been introduced to the idea of mindfulness. The curriculum offered a variety of activities that supports the ideas of mindfulness. The youth were given pre- and post surveys that recorded their past knowledge on the topic of mindfulness and their knowledge after the module was presented. There were significant changes comparing the pre- and post surveys when asking youth if they would be able to define mindfulness. To continue with the momentum within the youth, it is recommended that activities that correlate with mindfulness continue to be implemented throughout the programs.


In South Monterey County, too many low income and Spanish-speaking community members overpay for basic financial services. The South Monterey County Financial Resource Guide addresses the issue of underbanked and unbanked citizens in South Monterey County through increasing client self-sufficiency and financial knowledge. It was developed as a response to participant feedback given at Catholic Charities’ financial literacy classes, provided through the Family Supportive Services Department. The project included a needs survey, survey analysis, and development of a resource guide that directly addresses the participants’ needs. The expected outcomes for the guide included: 1) receiving input from at least 75 program participants regarding financial and banking priorities; 2) meeting with 10 financial institutions to gather information on free and low cost banking services; and 3) developing a comprehensive resource guide that can be used with program participants. The survey identified the top banking needs of the community as: increasing savings, building and repairing credit, reducing debt, and accessing affordable bank accounts and banking services. These needs were used to guide research into each bank and credit union in the cities of Greenfield, Gonzales, and Soledad. The information found was compiled into a financial resource guide for use by the agency’s Family Resource Specialists working with South County residents. This guide seeks to address community barriers to accessing affordable financial services by aiding them in making well-informed decisions about financial services. The student recommends that the agency expand this project’s scope to each area served by Catholic Charities Diocese of Monterey.

Guadalupe Martinez, “Decreasing violence by increasing conversations”

A decrease in parent-child communication is associated with unsupervised adolescent activities that can lead to adverse behavioral outcomes, including depression, isolation, substance abuse, sexual promiscuity and poor school performance. Although these problems occur in both genders between the ages of 13 to 19, problems with lack of disclosure and secrecy have been perceived as more prominent in girls than boys (Keijser & Poulin, 2013). This report describes an intervention project in Monterey County, California (through the YWCA) that empowers adolescent and their parents to identify and address domestic violence and learn to distinguish and create healthy relationships. This capstone report represents an experiential intervention project that can help families become more robust and meet relational needs. In light of recent immigration and deportation scare tactics by the government, the project aspires to empower families to rise above the obstacles and flourish.
**Rocio Enriquez, “Teenagers who have been diagnosed with cancer are fighting for a better future”**

Jacob's Heart Children's Cancer Support Services exists to support and improve the quality of life for children with cancer and their family members who have heard the devastating words, “Your child has cancer.” Together, Jacob's Heart and I would like to introduce a service that would help our teens flourish in life, by helping them to develop life coping and leadership skills. The Youth Skill Development curriculum will provide workshops presented by Jacob's Heart's staff, and California State University, Monterey Bay (CSUMB) staff to teach our teens how to build a resume, apply to colleges and universities, search for scholarships, and make important life decisions. Also, a workshop will be delivered that will also allow them to understand how a board works within a non-profit organization, providing an opportunity for teens to take on a leadership role on the Junior Board at Jacob's Heart. Jacob's Heart Junior Board is a great opportunity for Jacob's Heart teens, to collaborate with our board members and staff, receive mentorship and leadership training, and help direct the future of our organization by providing feedback from the teen perspective on our programs and services.

**Pilar Marin-Stein, “Ending Homelessness: Progress in Santa Cruz County”**

The homeless rates in Santa Cruz County are too high, with 2,249 homeless individuals reported in 2017 from the Point-In-Time count (Applied Survey Research [ASR], 2017, p. 11). The Homeless Services Coordinator, placed in Santa Cruz County's Administrative Office, facilitated the implementation of this Capstone Project. This project is purposed to be an evaluation tool to assist in tracking annual progress made throughout the county on homelessness and is expected to assist in assessing further need, program planning, and funding proposals. In order to begin implementation, collection and deciphering data that was readily available was critical in establishing a plan, while collaboration among numerous other homeless service providers assisted in the collection of further data and a wealth of information. Not every measurable indicator can be quantified to assess progress yet this project is able to depict visual strides made and deliver information to a vast array of populaces. The Homeless Service Coordinator is recommended to continue implementation of the Progress Report along with further collaboration with other homeless service providers to establish set baselines for the outlined measurable indicators within the All In Toward a Home for Every County Resident.

**Veronica Vega, “Healthy Choices for Healthy Teens”**

In Monterey County, the childhood obesity rate is 48.6% and is considered the fourth highest percentage of overweight/obese children among the 58 counties in California (UCLA Center for Health Policy Research, 2011). The Greenfield Union School District After School Education and Safety Program is a program designed to keep students safe, to provide homework support, and to provide enrichment and physically healthy activities. An educational intervention project was implemented at the After School Education and Safety Program to address obesity. The purpose of this project was to promote a healthy environment within schools and support the health and well-being of all students in the After School Education and Safety Program. The expected outcomes for this project were for students to increase nutritional knowledge, to inspire students to be engaged, and witness students making healthy progress. The project implementation was achieved by presenting weekly lessons to 6th through 8th grade levels, and creating a guide for future staff. The Healthy Choices for Healthy Teens lessons were assessed through pre and post survey. These results showed an increase in nutritional knowledge, and in healthy choices. After concluding this project, 85% of the students found these lessons helpful to ensure future healthy habits. Recommendations for the After School Education and Safety Program is to train staff to provide a learning environment for future interns and continue this project to enhance the students' knowledge of healthy choices.

**Stephanie Sanchez, “Gear Up & Beyond”**

At Salinas High School there is a low number of high school students completing CSU/UC requirements. In the academic year of 2015, there was a total of 560 high school graduates, of these students 245 graduated with all CSU/UC requirements which is 43%. Gear Up (Gaining Early Awareness and Readiness for Undergraduate Programs) has a purpose of helping students succeed throughout high school. Gear Up promotes post-secondary education by taking field trips, working with parents, and offering tutoring before and after school as well as during lunch are some of the resources offered. Gear Up & Beyond was developed as an extension of the program, providing a supplemental support system for nine first-generation female students. This particular group faces more challenges, and benefit from focusing on the resources needed to succeed. First-generation students often lack important ‘college knowledge’ about the process of preparing, applying, and paying for college due to the lack of experience with postsecondary education in their families. This capstone project was designed to promote post-secondary education by highlighting A-G requirements and the process of applying to College. The project consisted of 14 sessions of students reviewing transcripts, careers and colleges, community service, scholarships/financial aid, personal statements, smart goals, and a speaker. One of the strengths of the project is the posters that students prepared containing research on their desired majors that were posted around campus; and thus reached the entire student body. The program will be continued with changes students suggested, for example, conducting the meetings after school instead of during lunch, among others.
Robert Jurado, “Food Fight: Breaking down barriers one student at a time”

Many college students struggle with food insecurity and may not realize food assistance is available to them. California State University Monterey Bay (CSUMB) Dean of Students Office Care Manager created the CalFresh Outreach Intern position. The CalFresh Outreach Intern is actively raising awareness, confronting negative stigmas concerning food insecurity, advocating for students, and collaborating with community partners to assist students in overcoming barriers that impede student success. The CalFresh Outreach Intern, conducted significant research on the CalFresh program, which is a federally funded nutrition program. Outreach materials were created including a Calfresh presentation specific to the CSUMB student body, which served to educate and inform. Campus events were used as tabling opportunities to raise awareness about CalFresh. During Associated Students (AS) Food Pantry Days, information was distributed and individuals were identified who were seeking guidance on the Calfresh application process. Collaborations with Catholic Charities and the Department of Social Services at sign-up workshops supported students seeking services. Students face many barriers to degree completion; the CalFresh Outreach Intern is a part of the Care Manager's first attempt at addressing food insecurity on campus.

Marisol Cruz, “Healthy teeth: Building dental health awareness among Head Start parents using health education interventions”

In the U.S and state of California, tooth decay is the most common chronic disease and concerning health issue among children. The Head Start program in Monterey County serves about 1,245 children annually from birth to five years of age. One requirement is that children obtain dental health checkups every six months, and receive dental treatment, if needed, as part of adhering to California's dental periodicity schedule. Over the past years, an increase of failed dental health assessments was observed among many children enrolled in the program. Obtaining and following through with treatment was an obstacle. The purpose of this capstone project is to identify dental health beliefs of parents using the health belief model. It is to inform parents of the severity of dental health issues through a dental health education class. The project was implemented in two Head Start sites: the Seaside Childhood Development Center and First Steps located in Salinas. Although no significant concerns or obstacles were identified coming from parents to ensure their children receive proper dental health at home, results from the dental health education class demonstrated parents gained awareness of dental health issues.

Daleen Pearse, “An Interim Solution to Homelessness: Almost Home”

In 2015 there were 4,627 homeless individuals unsheltered in Santa Clara County (Home Not Found, 2015). With very few housing options available many homeless individuals are forced to camp illegally in conditions that are unsafe and inhumane. The Gilroy Compassion Center has addressed the need for an interim solution to homelessness with its Almost Home Camping Program. This program provides stability to individuals who participate by providing transitional housing in a campground setting as an alternative to camping illegally. Participants address their own personal barriers whether it is substance abuse, mental or physical health, as well as other barriers identified through case management. Participants of this program are entered in a data base, Homeless Management Information System, work closely with a case manager, set goals, and contribute to the camping program by volunteering at the center and various events. In the development of this program, policies and procedures were developed that not only could be used to replicate for other agencies interested in developing a camping program for the homeless but also as a model that can be used for a tiny home village in Santa Clara County.
Valerie Garcia, “Interns Matter: Maximizing Integration of Interns into Community Agencies”

Hope Services is a non-profit agency serving individuals with developmental disabilities in six counties. Over the years, there have been many agencies that have formed connections with Hope Services. One of these collaborative partnerships has been with CSU Monterey Bay’s (CSUMB) integration of interns through their field placement program. However, recently former Hope Services South District Manager, Greg Dinsmore, witnessed a lack of utilization and integration of interns across all Hope Services agencies. Through firsthand experience as a mentor, he witnessed the benefits of utilizing interns and saw the need for further advocacy and support for the integration of interns at all field offices. As a means of informing managers about the benefits of utilizing interns a PowerPoint presentation, “Interns Matter: Maximizing Integration of Interns into Community Agencies,” was created and presented November 1st to twelve Hope Services Managers from five different offices. The presentation included an overview of the CSUMB Field Placement and Capstone Program, an overview of the Collaborative Health and Human Services (CHHS) Major Learning Outcomes (MLO), information about the benefits of intern integration, and personal testimonies from former and current field placement students. Increased awareness and interest in the requirement of interns was measured by a post survey. Based on the results from the survey, the presentation was deemed successful. Of the twelve managers present at the training, eight completed the post survey and four of those who completed the survey agreed to recruit and utilize interns at their individual field sites.

Oscar Bacilio, “The Road to Postsecondary Education”

Rates among Hispanic/Latino students pursuing post secondary education is low. Central Coast High School is a continuation School which provides students with a second chance in the path to graduation. The program to be held in this agency is an outreach program to educate and provide information for students and parents about the importance of going to college. Another purpose is to encourage students to apply for college and explain the different types of financial aid available for them. The expected outcome of this program is to have about 75% of the grade 12 students invited to be present and participating. The implementation will be to invite students to bring the materials required to apply for financial aid, and attend the program. This program is to be implemented at the school’s cafeteria. Students were notified to bring in the required paperwork to apply for the Free Application for Federal Student Aid (FAFSA) and apply at the site with the help of staff from the Monterey Peninsula College (MPC). The important results were the number of students who showed up, received information, and applied for FAFSA. Recommendations for Central Coast High School is to have better communication among their staff for a better outcome in future programs to encourage students to apply and attend the workshop. Only front office staff helped. With the help of teachers, students might feel more comfortable, enthusiastic, and engaged.

Reyna Alcala, “Developing Leaders for the Future of Alisal”

There is low civic engagement from East Salinas residents in the Land Use efforts. The project was implemented through East Salinas Building Healthy Communities under the Land Use & Economic Equity area of focus. The project was to create a Training Manual for the Mi Nuevo Alisal Comité (My New Alisal Committee) in order to develop resident empowerment within Land Use efforts. This will serve Building Healthy Communities as a guide to know what tools the members of the Comité need to cultivate more community engagement in order to ensure efforts to be more community driven. During the October 2017 Comité meeting, a module from the training manual was implemented and then feedback through discussion was provided and recorded. Next, the training manual was disseminated to each of the members along with a presentation on each of the modules and feedback through discussion was provided and recorded as well. With this training manual, the Comité reported to have better guidance towards their expected outcomes. The Comité is now informed of what assistance and tools they will be receiving in order to shape into their roles as resident leaders. The first recommendation to the agency is to reach out to as many agency partners to assist in implementing the training modules as it will also help the Comité build connections within the community. Another recommendation would be to have the current Comité members develop and implement a plan to help increase the number of members in order to maximize effectiveness.