

# YCOE UPDATE

OCTOBER 9, 2023

ROB GREGOR, YUBA COUNTY SUPERINTENDENT OF SCHOOLS



Superintendent Gregor addressed the Yuba-Sutter Government Affairs Committee on Wednesday to share educational updates.

The Wheatland Homecoming Parade was on Friday and Superintendent Gregor along with daughter, Heaven rode in style representing YCOE!



What is the history of Ellis Lake?

Ellis Lake was once a spillway of the Feather River. It wasn't until 1924 that the Women's Improvement Club of Marysville commissioned John McClaren, designer of the Golden Gate Park in San Francisco, to turn the swamp into a lake. The project was completed in 1939.



## HUMA KHALIQI, AMFT

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World Mental Health Day, is tomorrow, October 10, 2023 "Our minds, our rights" is an opportunity for us to unite behind the theme "Mental health is a universal human right" to improve knowledge and raise awareness in our community!

Good mental health is essential to our overall health and well-being. One in eight people globally are living with mental health conditions. This can impact physical health, well-being, connecting with others, and livelihoods. Mental health conditions are affecting an increasing number of adolescents and young people, including those in our community.

Yuba County Office of Education continues to work with its partners to ensure mental health is valued, promoted, and integrated in everything we do. The YCOE SEL Department aims to improve academic and behavioral outcomes by promoting equitable access to mental health services.

- Community Wellness Centers- School-based wellness centers provide collaborative partnerships to address the mental health needs in Yuba County
- School Based Mental Health Counseling-Wellness promotion, social emotional and behavioral health and the ability to cope with life's challenges
- Foothill Lighthouse- Bridging the gap between Foothill community and resources
- Mobile Access Hub- Improve access to mental health services

### Key Messages

- Good mental health is an integral part of our overall health and wellbeing.
- Mental health conditions are a significant threat to the wellbeing of young people.
- Good quality community mental health services and supports are crucial for all our futures.

Questions? Please reach out!



## YCOE EVENT CALENDAR

### TONIGHT

Oct 9 - YCOE Family Night at Bishop's Pumpkin Farm  
5:00PM - 8:00PM

Oct 11, 18, & 25 - Pink October  
(every Wednesday in October)

Oct 20 - SPED Track Meet at VS

Oct. 23 - Fentanyl Awareness  
Community Event 6:00PM - 7:00PM  
Polar Bear Room, YCCPCS

Oct 28 - Yuba Sutter Shines  
Community Day of Service, 7:30AM

Nov 11 - Veterans Day Parade

Dec 2 - Marysville Christmas Parade

Dec 9 - Olivehurst Christmas Parade



@yubacoe  
[www.yubacoe.org](http://www.yubacoe.org)



**THERESA HIOKI, PPS, STUDENT SUPPORT MENTAL HEALTH COUNSELOR**

Prevention Support and Services represented YCOE at Bridging Hope: A Walk for Suicide Prevention and Awareness. Local agencies, speakers, community members, and families came out in the rain to show their support for this important topic. This event was hosted by Sutter-Yuba Behavioral Health to raise awareness for Suicide Prevention and Awareness Month. The 1.4 mile walk started at Veteran's Park in Marysville, continued over Twin Cities memorial bridge, and back to the park. Prevention Support and Services staff participated in the walk and distributed information on programs, mental health services, and facilitated an interactive activity. The activity was Postcards for Positivity. Participants decorated a postcard and wrote a positive message. Participants had the choice to take the postcard home or leave it at the table for us to distribute at various locations in the county. The postcards are meant to inspire hope and will feature information on accessing local mental health resources.



Yuba-Sutter  
**SHINES**

EXPERIENCE THE JOY OF VOLUNTEERING AT OUR COMMUNITY WIDE DAY OF SERVICE!

**SATURDAY, OCTOBER 28 7:30AM**

The FIVE30 Event Center

[ys.bluezonesproject.com/yuba-sutter-shines](http://ys.bluezonesproject.com/yuba-sutter-shines)



**1 PILL CAN KILL**

**AAC**  
ARRIVE ALIVE CALIFORNIA INC.

2 milligrams of powder next to a penny.

**Future Focused:  
Fentanyl Awareness**

**PARENT INFORMATION MEETING**  
**MONDAY, OCTOBER 23rd 6:00-7:00PM**

Yuba Co. Career and Prep. Charter ~ Polar Bear Room  
1104 E St Marysville, CA 95901

For more information, Please contact:  
Amanda Maupin (530)789-3149 [amanda.maupin@yubacoe.k12.ca.us](mailto:amanda.maupin@yubacoe.k12.ca.us)

Over 150 people die every day from fentanyl poisoning.  
99% of the most common street pills tested are fake, 99% of those pills contained fentanyl. Fentanyl is up to 50 times stronger than heroin and up to 100 times stronger than morphine. **TEENS are being deceived to death; unknowingly being poisoned by fentanyl.**

**GUEST SPEAKERS FROM:**

- District Attorney's Office
- Net-5/DA Crime Lab
- Medical/1st Responder
- Story From a Local Family Member

**MODERATOR**  
Angela Webb, Executive Director, Arrive Alive California

**Signs of Fentanyl POISONING:**

- Slow or no breathing
- Difficulty staying awake
- Blue lips or nails
- Choking/snoring sounds
- Dizziness and confusion
- Can't be woken up

**Yuba COUNTY DISTRICT ATTORNEY**

**YCOE**  
Yuba County Office of Education  
Better Together

**NET-5**  
www.DEA.GOV/ONEPILL