



# City of Hermosa Beach

City Hall  
1315 Valley Drive  
Hermosa Beach, CA  
90254

## Adjourned Meeting Agenda - Final

### City Council

*Mayor*  
*Stacey Armato*

*Mayor Pro Tem*  
*Mary Campbell*

*Councilmembers*  
*Hany S. Fangary*  
*Justin Massey*  
*Jeff Duclos*

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Wednesday, June 5, 2019

6:00 PM

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### TRI-AGENCY STUDY SESSION ON YOUTH HEALTH ISSUES

Beach Cities Health District  
Hermosa Beach City School District  
City of Hermosa Beach

All council meetings are open to the public. PLEASE ATTEND.

The Council receives a packet with detailed information and recommendations on nearly every agenda item. City Council agenda packets are available for your review on the City's website located at [www.hermosabch.org](http://www.hermosabch.org). Complete agenda packets are also available for public inspection in the City Clerk's office.

During the meeting, a packet is also available in the Council Chambers foyer or you can access the packet at our website, [www.hermosabch.org](http://www.hermosabch.org), on your laptop, tablet or smartphone through the wireless signal available in the City Council chambers - Network ID: CHB-Guest, Password: chbguest

To comply with the Americans with Disabilities Act of 1990, Assistive Listening Devices (ALD) will be available for check out at the meeting. If you require special assistance to participate in this meeting, you must call or submit your request in writing to the Office of the City Clerk at (310) 318-0203 at least 48 hours prior to the meeting.

### **Oral and Written Communication**

Persons who wish to have written materials included in the agenda packet at the time the agenda is published on the City's website must submit the written materials to the City Manager's office by email ([anny@hermosabch.org](mailto:anny@hermosabch.org)) or in person by noon of the Tuesday, one week before the meeting date.

Written materials pertaining to matters listed on the posted agenda received after the agenda has been posted will be added as supplemental materials under the relevant agenda item on the City's website at the same time as they are distributed to the City Council by email. Supplemental materials may be submitted via eComment (instructions below) or emailed to [anny@hermosabch.org](mailto:anny@hermosabch.org). Supplemental materials must be received before 4:00 p.m. on the date of the meeting to ensure Council and staff have the ability to review materials prior to the meeting. Supplemental materials submitted after 4:00 p.m. on the date of the meeting or submitted during the meeting will be posted online the next day.

### **Submit Supplemental eComments in three easy steps:**

Note: Your comments will become part of the official meeting record. You must provide your full name, but please do not provide any other personal information (i.e. phone numbers, addresses, etc) that you do not want to be published.

1. Go to the Agendas/Minutes/Video webpage and find the meeting you'd like to submit comments on. Click on the eComment button for your selected meeting.
2. Find the agenda item for which you would like to provide a comment. You can select a specific agenda item/project or provide general comments under the Oral/Written Communications item.
3. Sign in to your SpeakUp Hermosa Account or as a guest, enter your comment in the field provided, provide your name, and if applicable, attach files before submitting your comment.

### **Public Participation Speaker Cards:**

If you wish to speak during Public Participation, please fill out a speaker card at the meeting. The purpose of the speaker card is to streamline and better organize our public comment process to ensure names of speakers are correctly recorded in the minutes and where appropriate, to provide contact information for staff follow-up.

**6:00 P.M. – STUDY SESSION AGENDA**

(Meeting Location: City Council Chambers)

STUDY SESSIONS: No official action or formal vote shall be taken on any matter under discussion; provided, however, that the Councilmembers and Board Members in attendance shall be entitled to express their opinion on any matter under discussion.

**CALL TO ORDER (Vanessa Poster, BCHD Board President)**

**PLEDGE OF ALLEGIANCE (Vanessa Poster, BCHD Board President)**

**ROLL CALL (City Clerk)**

**ANNOUNCEMENTS**

**DISCUSSION ON YOUTH HEALTH ISSUES:**

[REPORT](#)  
[19-0362](#)

**1. DATA PRESENTATION (Tom Bakaly, CEO, BCHD)**

- a. Hermosa Beach data from the California Health Kids Survey
- b. Drug/alcohol data from Beach Cities school districts and national data trends

**2. PARTNERSHIP SUCCESSES (Tom Bakaly, CEO, BCHD)**

- a. Beach Cities Health District (Ali Steward, Director of Youth Services, BCHD)
  - i. Beach Cities Partnership for Youth
  - ii. Parent Advisory Group (Jen Buchsbaum and Autumn Stephens, HBCSD Parents)
  - iii. Youth Advisory Council (Heather Roth, Hermosa Valley student)
- b. Hermosa Beach City School District (Pat Escalante, Superintendent, HBCSD)
  - i. Hermosa Empathy Project
  - ii. Families Connected Speaker Series
  - iii. Sandy Hook Promise / Start with Hello / Kindness Month
- c. City of Hermosa Beach (Suja Lowenthal, City Manager)
  - i. Mental Health First Aid Training + Mental Health Awareness proclamation
  - ii. Tobacco Policies (Ken Robertson, Community Development Director)
  - iii. Streets for All (Leeanne Singleton, Environmental Analyst)

**3. OPPORTUNITIES FOR COLLABORATION (Tom Bakaly, CEO, BCHD)**

- a. Drug-Free Communities Grant
- b. Policy recommendations for City and School District
- c. Streets for All – street safety
- d. Full-day Mental Health First Aid Training for staff and community

#### **4. EVENT-SPECIFIC WHAT'S AHEAD**

- a. Lazy Acres Cooking Class (7/13)
- b. National Night Out (8/6)
- c. Beach Cities Volunteer Day (8/8)
- d. August Social Hour Dia De Campo (8/13)
- e. Beach Cities Partnership for Youth Coalition meeting (8/15)
- f. Moai Matching Event (8/31)
- g. Hermosa Beach Free Fitness (8/5, 12, 19, 26)
- h. Cyber Safety September + Screen Free Week (September 2019)

#### **PUBLIC COMMENT:**

Although the City Council, School Board and Beach Cities Health District Board value your comments, the Brown Act generally prohibits the Council and Boards from taking action on any matter not listed on the posted agenda as a business item. Comments from the public are limited to three minutes per speaker.

#### **ADJOURNMENT**

**FUTURE MEETINGS AND CITY HOLIDAYS****CITY COUNCIL MEETINGS:**

June 11, 2019 - Tuesday - 6:00 PM - Closed Session,  
7:00 PM - City Council Meeting

June 25, 2019 - Tuesday - Meeting Cancelled

July 9, 2019 - Tuesday - 6:00 PM - Closed Session,  
7:00 PM - City Council Meeting

July 18, 2019 - Thursday - Adjourned Regular Meeting:  
6:00 PM - Joint Meeting with All Boards and Commissions

July 23, 2019 - Tuesday - 6:00 PM - Closed Session,  
7:00 PM - City Council Meeting

August 13, 2019 - Tuesday - No Meeting (Dark)

August 27, 2019 - Tuesday - 6:00 PM - Closed Session,  
7:00 PM - City Council Meeting

September 4, 2019 - Wednesday - Adjourned Regular Meeting:  
6:00 PM - Study Session

September 10, 2019 - Tuesday - 6:00 PM - Closed Session,  
7:00 PM - City Council Meeting

September 24, 2019 - Tuesday - 6:00 PM - Closed Session,  
7:00 PM - City Council Meeting

October 2, 2019 - Wednesday - Adjourned Regular Meeting:  
6:00 PM - Study Session

October 8, 2019 - Tuesday - No Meeting (Re-scheduled to Oct. 10)

October 10, 2019 - Thursday - Adjourned Regular Meeting:  
6:00 PM - Closed Session and 7:00 PM - City Council Meeting

October 22, 2019 - Tuesday - 6:00 PM - Closed Session,  
7:00 PM - City Council Meeting

November 6, 2019 - Wednesday - Adjourned Regular Meeting:  
6:00 PM - Study Session

November 12, 2019 - Tuesday - 6:00 PM - Closed Session,  
7:00 PM - City Council Meeting

November 18, 2019 - Monday - Adjourned Regular Meeting:  
6:00 PM - Closed Session and 7:00 PM - City Council Meeting

November 21, 2019 - Thursday - Adjourned Regular Meeting:  
6:00 PM - Mayor Rotation

November 26, 2019 - Tuesday - No Meeting (Re-scheduled to Nov. 18)

December 4, 2019 - Wednesday - Adjourned Regular Meeting:  
6:00 PM - Study Session

December 10, 2019 - Tuesday - No Meeting (Re-scheduled to Dec. 12)

December 12, 2019 - Thursday - Adjourned Regular Meeting:  
6:00 PM - Closed Session and 7:00 PM - City Council Meeting

December 24, 2019 - Tuesday - No Meeting (Dark)

## BOARDS, COMMISSIONS AND COMMITTEE MEETINGS:

June 10, 2019 - Tuesday - 7:00 PM - Parks and Recreation Advisory Commission Meeting  
June 18, 2019 - Tuesday - 7:00 PM - Planning Commission Meeting  
July 2, 2019 - Tuesday - 7:00 PM - Parks and Recreation Advisory Commission Meeting  
July 8, 2019 - Monday - 7:00 PM - Emergency Preparedness Advisory Commission Meeting  
July 16, 2019 - Tuesday - 7:00 PM - Planning Commission Meeting  
July 17, 2019 - Wednesday - 7:00 PM - Public Works Commission Meeting  
August 6, 2019 - Tuesday - 7:00 PM - Parks and Recreation Advisory Commission Meeting  
August 20, 2019 - Tuesday - 7:00 PM - Planning Commission Meeting  
September 3, 2019 - Tuesday - 7:00 PM - Parks and Recreation Advisory Commission Meeting  
September 9, 2019 - Monday - 7:00 PM - Emergency Preparedness Advisory Commission Meeting  
September 17, 2019 - Tuesday - 7:00 PM - Planning Commission Meeting  
September 18, 2019 - Wednesday - 7:00 PM - Public Works Commission Meeting  
October 1, 2019 - Tuesday - 7:00 PM - Parks and Recreation Advisory Commission Meeting  
October 15, 2019 - Tuesday - 7:00 PM - Planning Commission Meeting  
November 4, 2019 - Monday - 7:00 PM - Emergency Preparedness Advisory Commission Meeting  
November 5, 2019 - Tuesday - 7:00 PM - Parks and Recreation Advisory Commission Meeting  
November 19, 2019 - Tuesday - 7:00 PM - Planning Commission Meeting  
November 20, 2019 - Wednesday - 7:00 PM - Public Works Commission Meeting  
December 3, 2019 - Tuesday - 7:00 PM - Parks and Recreation Advisory Commission Meeting  
December 9, 2019 - Tuesday - 7:00 PM - Planning Commission Meeting

## CITY OFFICES CLOSED FRIDAY-SUNDAY AND ON THE FOLLOWING DAYS:

July 4, 2019 - Thursday - Independence Day  
September 2, 2019 - Monday - Labor Day  
November 11, 2019 - Monday - Veteran's Day  
November 28, 2019 - Thursday, Thanksgiving Day  
December 25, 2019 - Wednesday - Christmas Day  
January 1, 2020 - Wednesday - New Year's Day (2020)



# City of Hermosa Beach

City Hall  
1315 Valley Drive  
Hermosa Beach, CA 90254

## Staff Report

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### Staff Report

REPORT 19-0362

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**Honorable Mayor and Members of the Hermosa Beach City Council  
Study Session of June 5, 2019**

# Tri-Agency Study Session on Youth Health Issues

June 5, 2019





# Presentation Overview

- Key Adult & Youth Health Indicators
- Partnership Successes
- Opportunities for Collaboration & Leadership
- Event-specific What's Ahead

# Key Adult Health Indicators



**Stress:** Percentage of Beach Cities adults who reported experiencing significant daily stress

Beach Cities (2017)	California (2016)	U.S. (2017)
43.4%	39.9%	40.0%



**Worry:** Percentage of Beach Cities adults who reported experiencing significant daily worry

Beach Cities (2017)	California (2016)	U.S. (2017)
33.1%	30.9%	32.0%

Source: Gallup-Sharecare Well-Being Index, 2017

# Key Adult Health Indicators



**Someone in your life who encourages you to be healthy:** Percentage of Beach Cities adults who agreed with the statement

75.1%

2015

71.8%

2017

Source: Gallup-Sharecare Well-Being Index, 2015 and 2017

# Key Youth Health Indicators



**Mental Health**



**Substance Use**



**Bullying**



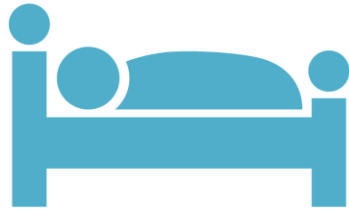
**Connection**



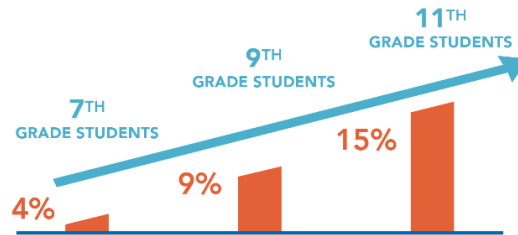
**Safety**



# Mental Health



24% of 11<sup>th</sup> graders reported missing school due to not getting enough sleep in the past 30 days



Reported **missing school** in the past **30 days** due to feeling very sad, anxious, stressed or angry

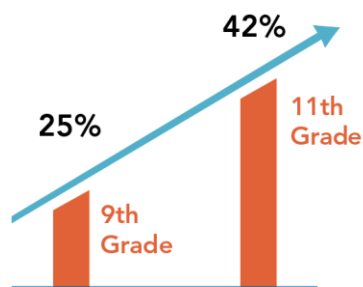
16%

11<sup>th</sup> graders who reported seriously considering attempting suicide in the past **12 months**

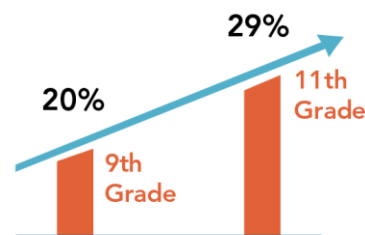
Source: California Healthy Kids Survey, 2017-18

# Alcohol & Drug Use

## Alcohol



Percentage of **Beach Cities students** who reported using alcohol or drugs in the past 30 days



Percentage of **California students** who reported using alcohol or drugs in the past 30 days

Source: California Healthy Kids Survey, 2015-17 and 2017-18

# 3%

Of 7<sup>th</sup> graders in **Hermosa Beach** have used drugs or alcohol in the past 30 days, on average

Source: California Healthy Kids Survey, 2018-19

# Alcohol & Drug Use

## Vaping



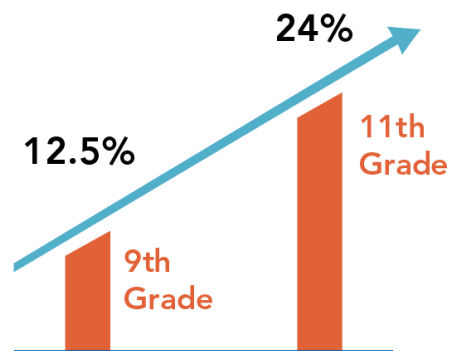
Percentage of **11<sup>th</sup> graders** who reported using e-cigarettes or other vaping devices in the past 30 days

Beach Cities	LA County	California
28%	7%	10%

Source: California Healthy Kids Survey, 2015-17 and 2017-18

# Alcohol & Drug Use

## Marijuana



Percentage of **Beach Cities students** who reported using marijuana in the past 30 days

# 16%

Of 11<sup>th</sup> graders in **California** reported using marijuana in the past 30 days

Source: California Healthy Kids Survey, 2015-17 and 2017-18





# Bullying



Percentage of 7<sup>th</sup> graders who reported experiencing harassment or bullying within the past 12 months

Hermosa Beach (2018-19)	Beach Cities (2017-18)	California (2015-17)
35%	40%	34%

Source: California Healthy Kids Survey



# Connection to school



78%

Of 5<sup>th</sup> graders in Hermosa Beach  
feel connected to their school

73%

Of 7<sup>th</sup> graders in Hermosa Beach  
feel connected to their school

Source: California Healthy Kids Survey, 2018-19



# Safety at school



84%

Of 5<sup>th</sup> graders in Hermosa Beach  
feel safe at school

74%

Of 7<sup>th</sup> graders in Hermosa Beach  
feel safe at school

Source: California Healthy Kids Survey, 2018-19

# Partnership Successes

- Beach Cities Health District
  - Beach Cities Partnership for Youth
  - Parent Advisory Group
  - Youth Advisory Council

# Beach Cities Partnership for Youth





# Parent Advisory Group





# Youth Advisory Council



# Partnership Successes

- Hermosa Beach City School District
  - The Hermosa Beach Empathy Project
  - Families Connected Speaker Series
  - Sandy Hook Promise/Start with Hello/Kindness Month



# The Hermosa Beach Empathy Project



# Families Connected Speaker Series





# Sandy Hook Promise/Start with Hello/Kindness Month



# Partnership Successes

- City of Hermosa Beach
  - Introduction to Youth Mental Health First Aid Training + Mental Health Awareness Month proclamation
  - Tobacco policies
  - Streets for All



# Introduction to Youth Mental Health First Aid Training + Mental Health Awareness Month Proclamation



# Tobacco Policies



# Streets for All

**Go with the flow.**

Ride in the direction of traffic.



**Julian Katz, 86**  
Avid bicyclist  
Hermosa Beach



# Opportunities for Collaboration & Leadership

- Drug-Free Communities Grant – council and board action in June
- Policy recommendations for city and school district
- Full-day Youth Mental Health First Aid Training for staff and community
- Streets For All – street safety
- Mental Health & Happiness

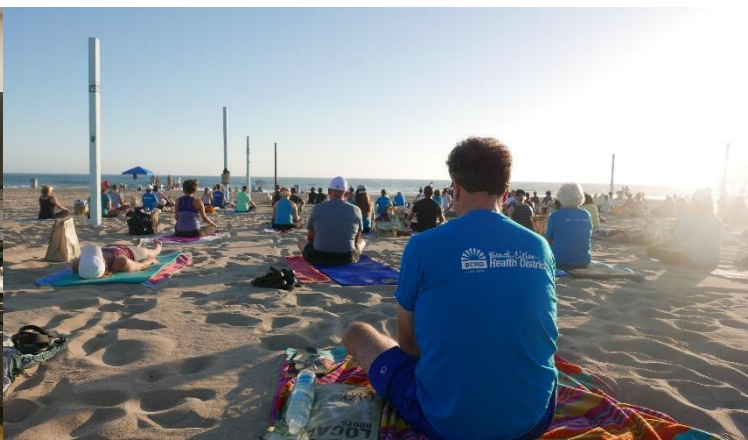


# Leadership

- Inspire a shared vision and model the way
- Great leaders are great learners
- Enable others to act
- Celebrate and recognize

# Event-specific What's Ahead

- Blue Zones Project Cooking Show (7/13)
- Hermosa Beach Free Fitness (8/5, 12, 19, 26)
- National Night Out (8/6)
- Beach Cities Volunteer Day (8/8)
- Social Hour at Dia de Campo (8/13)
- Beach Cities Partnership for Youth Coalition meeting (8/15)
- Moai Matching Event (8/31)
- Cyber Safety + Screen-free Week (Sept.)





LEVELS OF INTERVENTION	IDEAS			
	PROCESS STEPS			
LEADERSHIP & POLICY OPPORTUNITIES	CITY PURVIEW			
	SCHOOL DISTRICT PURVIEW			
PROGRAM OPPORTUNITIES	BCHD PURVIEW			
OUTREACH & EDUCATION OPPORTUNITIES				
OTHER OPPORTUNITIES				

SUPPLEMENTAL HANDOUT SUBMITTED BY BCHD ON 6/4/19

# Tri-Agency Study Session on Youth Health Issues



June 5, 2019



# Youth Substance Use Policy Best Practices

HERMOSA BEACH



TOBACCO CONTROL

**Local Licensing of Retailers** – licensing provides local control over tobacco retailers, and when combined with enforcement, the fear of having licenses revoked reduces retailers’ willingness to sell to minors.



**Location and Density Restriction** – policies can regulate and reduce the density and proximity of tobacco retailers to youth-sensitive areas.



**Restricting Flavored products** – flavored tobacco products, commonly found in e-cigarettes and little cigars, target youth. In response, a growing best practice is prohibiting the sale of menthol and other flavored tobacco products.



**Regulating Little Cigars** – Little cigars and cigarillos are commonly sold individually or in small packages, these products are often low-priced and flavored like candy, making them appealing to youth. Best practice includes increasing minimum pack sizes and establishing minimum prices for little cigars to reduce access to youth.



**Restrict Retail Window and Door Advertising of Tobacco Projects** – policies can restrict the percentage of windows and doors that have are allowed to have advertising for tobacco products.



**Ban on Smoking in Public Places** – enforce clean air legislation to prohibit the use of tobacco products in public places.

ALCOHOL



**Social Host Liability** – social host ordinances hold parents responsible for underage drinking on their property.



**Restrictions on Marketing and Advertising** – can include restrictions on sponsorships for events and how alcohol is promoted and discounted.



**Restricting Alcohol Retailer Density** – regulations on outlet densities limit accessibility of alcohol.



**Conditional Use Permits** – retailers can be required to obtain conditional use permits that can regulate availability of alcohol outlets, proximity to youth-sensitive areas and other land uses, and hours and days when alcohol can be sold



**Dram-shop or Commercial-Host Liability** – holds the owner or server of a retail alcohol establishment legally responsible for harm inflicted by a customer who was served alcoholic beverages.



**Responsible Beverage Server Training** – educates servers and sellers at alcohol establishments about strategies to avoid illegally selling alcohol to underage youth or intoxicated patrons.

MARIJUANA



**Land Use Ordinance** – create zoning regulations for jurisdictions, including prohibition of recreational marijuana dispensaries in youth-sensitive areas or specific neighborhoods.

N/A

**Taxation** – Use tax policies to keep the price of recreational marijuana high. Taxes in legal markets should reduce use among youth by increasing the illegal resale price.

N/A

**Local Licensing of Retailers** – combined with enforcement, licensing retailers should reduce retailers’ willingness to illegally sell to minors.



**Restrict Youth Advertisement** – minimizing youth exposure to advertising reduces initiation and use.

# State and Hermosa Beach City School District Substance Use & Mental Health Policies

## Substance Use

State	<b>California Tobacco-Free School District Certification</b> – prohibits all tobacco use anytime, anywhere by anyone on all school property, and at all school-sponsored events.
State	<b>Tobacco-Use Prevention Education (TUPE)</b> – provides funding for programs in grades 6-12 for tobacco-specific student instruction, reinforcement activities, special events, and intervention and cessation programs.
State	<b>Assembly Bill X2-9 (2016)</b> – requires all California public schools to prohibit the use of tobacco and nicotine products at any time on county office of education (COE), charter school, or school district-owned or leased property including vehicles, and prominently display signs at all entrances to the school property stating “Tobacco Use is Prohibited.”
State	<b>Senate Bill X2-5 (2016)</b> – defines the term “smoking” and changes the definition of the term “tobacco products” to include electronic smoking devices. It is no longer permissible for students to use or possess any tobacco products, including electronic smoking devices.
HBCSD	<b>Tobacco-Free Schools BP 3513.3</b> – prohibits smoking and/or the use of tobacco products at any time in district-owned or leased buildings, on district property, and in district vehicles. These prohibitions apply to all employees, students, and visitors at any school-sponsored instructional program, activity, or athletic event held on or off district property.
HBCSD	<b>Tobacco-Free Schools AR 3513.3</b> – information about the district's tobacco-free schools policy and enforcement procedures shall be communicated clearly to employees, parents/guardians, students, and the community.
HBCSD	<b>Drug and Alcohol-Free Workplace BP 4020</b> – an employee shall not unlawfully manufacture, distribute, dispense, possess, or use any controlled substance in the workplace.
HBCSD	<b>Alcohol and Other Drugs AR 5131.6</b> – the curriculum of all elementary and secondary schools shall include instruction on the effects upon the human body, as determined by science, of tobacco, alcohol, narcotics, dangerous drugs as defined in Health and Safety Code 11032, and other dangerous substances.
HBCSD	<b>Tobacco BP 5131.62</b> - Students shall not possess, smoke, or use tobacco or any product containing tobacco or nicotine while on campus, while attending school-sponsored activities, or while under the supervision and control of district employees.

## Mental Health

State	<b>Assembly Bill 2246 (2016)</b> – mandates that the Governing Board of any LEA that serves pupils in grades seven to twelve, inclusive, adopt a policy on pupil suicide prevention, intervention, and postvention.
HBCSD	<b>Bullying BP 5131.2</b> – no individual or group shall, through physical, written, verbal, or other means, harass, sexually harass, threaten, intimidate, retaliate, cyberbully, cause bodily injury to, or commit hate violence against any student or school personnel.
HBCSD	<b>Positive School Climate BP 5137</b> – consistently enforce Board policies and regulations which establish rules for appropriate student conduct, including prohibitions against bullying, cyberbullying, harassment of students, hazing, other violence or threats of violence against students and staff, and drug, alcohol, and tobacco use.
HBCSD	<b>Conflict Resolution/Peer Mediation BP 5138</b> –encourages the development of school-based conflict resolution programs designed to help students learn constructive ways of handling conflict.
HBCSD	<b>Suicide Prevention BP 5141.52 and AR 5141.52</b> – suicide prevention strategies may include, but not be limited to, efforts to promote a positive school climate that enhances students' feelings of connectedness with the school and is characterized by caring staff and harmonious interrelationships among students. The health education program shall promote the healthy mental, emotional, and social development of students including, but not limited to, the development of problem-solving skills, coping skills, and self-esteem. Suicide prevention instruction shall be incorporated into the health education curriculum in the secondary grades.
HBCSD	<b>Guidance/Counseling Services BP 6164.2</b> – a school counselor, school psychologist, or school social worker may provide individualized personal, mental health, or family counseling to students in accordance with the specialization(s) authorized by his/her credential.