

# CAPE

## Crisis Assessment, Prevention & Education

Measure O Oversight Committee  
August 20, 2025



Prepared & delivered by:  
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Program Manager

# Agenda

- Background
- CAPE services
- High school campuses
- Hear from our schools & staff!

# Background

## CAPE Team 1.0 – Origins

- CAPE originally started in 2010 through the MHSA (Mental Health Services Act, Prop 63) Community Planning process.
- Community members requested mobile response for youth experiencing mental health concerns, specifically for high school and college-age youth.
- The original CAPE Team was comprised of ten mental health clinicians/interns.
- In 2018, during a budget crisis, CAPE lost funding and all staff were transferred to SCBH Youth & Family Services.

## CAPE Team 2.0 – Return

- One of the promises of Measure O was to bring back CAPE-like services into schools.
- After Measure O passed, the County met with stakeholders (including Superintendents and districts such as West County, PCS, and SRCS) to identify services most needed given the change in school climate since CAPE 1.0.
- In 2024, the Board of Supervisors approved Measure O funding for CAPE's return, staffing **five AODS (Alcohol & Other Drug Services) Counselors** and **five Mental Health Clinicians/Interns**.
- Original plan: Add 1 team per year over 5 years.  
FY1: First team hired.  
FY2: Budget & need allowed acceleration
  - → All 5 teams added.

# CAPE Team Services

## **Crisis Response & Consultation Line**

- Immediate, on-site help for mental health crises. Safety risk assessments, Safety plans or hospital secure transportation & coordination. On-campus follow-up to support ongoing care. Crisis Phone: M-F, 8:00 AM to 2:00 PM (consultation only from 2:00 PM to 4:00 PM)

## **Mental Health Referrals**

- On-campus clinicians/interns. Assess student needs. Connect to outside of school services. Assist with insurance navigation. Support through the referral process.

## **AODS Referrals** (*Alcohol & Other Drug Services*)

- On-campus AODS counselors. Assess student needs. Short-term counseling. Outside program connections. Support in a judgment-free environment.

## **Substance Use Support Groups**

- **Substance Use Group** – Education, coping skills, harm reduction
- **You & Me, Vape Free** – Vaping/nicotine prevention
- **Custom Groups** – Art as coping, stress management, nicotine education, stigma reduction, relationship skills, anger management, anxiety coping, and more

# Workshops & Presentations

## (Students, Parents/Caregivers, Staff)

- **Bullying Prevention, Words Hurt** – Recognize, prevent, and stand against bullying.
- **Goal Setting** – Strategies for setting, planning, and achieving goals.
- **Inside Anxiety** – Understand anxiety and management strategies.
- **LGBTQIA+** – Understanding identities, challenges, and fostering inclusivity.
- **Mental Health & Social Media** – Explore impact and strategies for balance.
- **Mental Health & Substance Use Education** – Promoting awareness and understanding.
- **Nicotine Awareness** – Risks of nicotine use and making informed choices.
- **Opening Minds, Eliminating Barriers** – Reducing stigma through empathy and education.

**Relationships & Communication** – Skills to strengthen personal connections.

**Self-Regulation Tips** – Tools to manage emotions, behaviors, and impulses.

**Stress Management** – Recognize and reduce stress for well-being.

**Substance Use Awareness** – Effects, risks, and healthy lifestyle promotion.

**Substance Use Prevention** – Understanding prevention techniques for substance use.

**Suicide Prevention, Question, Persuade, Refer (QPR)** – Recognize warning signs, offer hope, and connecting to someone who can help.

**Understanding Anger** – Identify triggers and healthy coping.

# Sonoma County Crisis Response System of Support (SOS) – School Crisis Response



[scoe.org/SOS](http://scoe.org/SOS)

## SCHOOL CRISIS RESPONSE PROTOCOL



For additional support, contact the agencies below directly or through the System of Support coordinator:  
Rebekah Pope, [rpope@scoe.org](mailto:rpope@scoe.org), (707) 595-0205

<b>Providence Hospice Sonoma County</b>  Myra Mayesh (707) 568-1094 x143 (707) 230-0765 (c)	<b>Sutter Care at Home Bereavement Svcs</b> (707) 535-5780  Erin Adler (707) 318-0776  Stacy Carr (707) 708-1412 (c) nights and weekends	<b>Paws As Loving Support (PALS)</b>  Nancy Pierson (707) 887-7257 (707) 481-4649 (c)	<b>Law Enforcement Chaplaincy Services</b>  Rita Constantini (707) 538-4700 (707) 364-5520 (c)	<b>Sonoma County Behavioral Health CAPE Team</b>  Sam Cote (707) 565-6738  Katie Bivin (707) 565-5001
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Visit [scoe.org/SOS](http://scoe.org/SOS) for full size graphic of Crisis Response Protocol.

# High School Districts that CAPE serves

- Cloverdale Unified School District
  - Cloverdale High
  - Johanna Echols-Hansen Continuation High School (JEH)
- Cotati-Rohnert Park Unified School District
  - Rancho Cotate
  - El Camino High School
  - Technology High
- Geyserville Unified School District
  - Geyserville New Tech Academy
- Healdsburg Unified School District
  - Healdsburg High
  - Marce Becerra Academy (MBA)
- Windsor Unified School District (starting Oct 2025!)
  - Windsor High
  - Windsor Oaks Academy
- Santa Rosa City Schools
  - Elsie Allen High
  - Maria Carrillo High
  - Montgomery High (Sr. & Jr. High)
  - Piner High
  - Ridgway High
  - Santa Rosa High (Sr. & Jr. High)
- Sonoma Valley Unified School District
  - Sonoma Valley High
  - Creekside High
- West Sonoma County Union High School District
  - Analy High
  - Laguna High

- **Hear from our schools & staff!**

- **Camille Garcia**, District LCSW & Wellness Center Coordinator at Sonoma Valley & Creekside High Schools
- **Sheila Richman**, District LCSW & Wellness Center Coordinator at Analy High School
- **Trevor Robinson**, CAPE Certified AODS (Alcohol & Other Drug Services) Counselor
- **Perla Anguiano**, ASW & CAPE Behavioral Health Clinician Intern
- **Samantha Cote**, LMFT & CAPE Behavioral Health Clinical Specialist

Need more information? Let's connect.

Katie Bivin, LMFT

CAPE Health Program Manager

[katie.bivin@sonomacounty.gov](mailto:katie.bivin@sonomacounty.gov)

707-565-5001