

**BEHAVIORAL HEALTH ADVISORY BOARD  
ADULT SERVICES COMMITTEE  
MINUTES ■ Thursday, July 6, 2017**

<p><b>Present</b> Karyn Bates, Co-Chair Gane Brooking, BHAB Rachel McDuffy, Aegis Treatment Centers Maria Meza, Aegis Treatment Centers Mark Stadler, CIT David Deutsch, NAMI Anthony Marron, Pacific Clinics Dana Secor, Turning Point Foundation</p>	<p><b>VCBH Managers/Staff Present</b> John Schipper, Adult Division Chief Pam Roach, Transformational Liaison Clara Barron, MHSA Edith Pham, BHAB Assistant</p> <p><b>NEXT MEETING:</b> <b>Thursday, September 7, 2017, 10:00 a.m. – 12:00 pm</b></p> <p>Ventura County Behavioral Health 1911 Williams Drive, second floor, Oxnard</p>
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Note: The committee has not yet approved these minutes. There may be additions/deletions or corrections before the minutes are accepted in final form.

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	<b>Call to Order</b> Co-Chair Karyn Bates called the meeting to order at 10:10.		
II.	<b>Approval of the Agenda</b> Ms. Bates asked the Committee to review and approve today's agenda. Pam Roach moved to approve, Dana Secor seconded. The motion passed unanimously.	The agenda was approved as written. <b>M/S/C</b>	
III.	<b>Approval of the Minutes</b> Ms. Bates asked the committee to review and approve the minutes of the June 1 <sup>st</sup> , 2017 meeting. Gane Brooking moved to approve, Pam Roach seconded. Ms. Brooking requested that her comment under X.I. read "Starting in July, 211 staff will refer callers to be assessed regarding their housing needs." The motion to approve the minutes as amended passed unanimously.	The minutes were approved as amended. <b>M/S/C</b>	
IV.	<b>Welcome and Introductions</b> Ms. Bates welcomed everyone and asked for introductions.		
V.	<b>Chair Announcements</b> A. As discussed at the June meeting, the committee will go dark in August.  B. Ms. Bates and Gane Brooking have been attending several housing meetings. The City of Ventura has approved a zoning change that will make it possible to open a wraparound shelter in an industrial area of the city.  C. Ms. Bates read a newsletter created by fellow BHAB Member Kay Wilson Bolton, who runs the Spirit agency in Santa Paula. The agency focuses on the needs of the homeless population in that city.  D. The Pathways recuperative care facility is opening this day on Oak Street in Ventura. It is funded in part by the National Health Foundation. The Salvation Army runs the 12-bed facility for homeless people who are discharged from the hospital and who need some more care.  E. The Housing Rights Center provides free services on landlord-tenant counseling and discrimination investigation. See attached flyer.  F. The County's smoking ordinance is going into effect August 10. Smoking is prohibited on all county properties and grounds, including parking lots. Smoking cessation classes are available through Public Health.		

VI.	<p><b>Public Comments</b> None.</p>		
VII.	<p><b>Presentation: Aegis Treatment Centers – Rachel Mc Duffee, Coastal Regional Clinic Manager, and Maria Meza, Oxnard Manager</b> Aegis Treatment Centers is a narcotic treatment program with outpatient clinics in Oxnard, Simi Valley, Santa Paula and Ventura. Aegis provides Medication Assisted Treatment (MAT) with methadone, buprenorphine and Vivitrol.</p> <p>In conjunction with VCBH, Probation and the Sheriff's Office, Aegis Treatment Centers is involved in a pilot program for AB109 inmates, who receive monthly Vivitrol injections while in jail.</p> <p>Clients attend individual and group counseling, with a minimum 50 minutes of counseling per month for each client. Staff hold case conferences for high-risk clients. Pregnant women are referred to Public Health.</p> <p>Aegis does not routinely test for marijuana but has the option to do so if use is suspected. Clients may be tested for 12 other substances.</p> <p>The centers are open from 5:00 a.m. to 1:30 p.m. except for the Oxnard Center, which is open from 5:00 a.m. to 6:30 p.m.</p> <p>To reduce stigma, it is important to change our definitions/language: "treatment center" rather than methadone clinic, "unfavorable urine" rather than dirty urine, and "clinic concierge" rather than security guard.</p> <p>See attached PowerPoint presentation and brochure for details.</p>	Information	
VIII.	<p><b>Discussion: Adult Services Committee Annual Report for 2016-17</b> The Committee reviewed and discussed the draft 2 of its 2016-17 Annual Report.</p> <p>Objectives 2016-17</p> <ol style="list-style-type: none"> <li>1. Help develop Board &amp; Care facilities: this is difficult for the committee to do.</li> <li>2. Promote integration of treatment for Mental Health and Alcohol and Drug Abuse: the committee is doing this.</li> <li>3. Monitor and advise regarding discharge transitions: this needs to be encouraged.</li> <li>4. Encourage client and family involvement: this is being done.</li> <li>5. Review gaps in services: the Mental Health Rehabilitation Center is helpful as it has reduced the number of clients at Sylmar. Clients are sometimes placed in out-of-county Board &amp; Care facilities because they have burned their bridges locally. The need for Skilled Nursing Facilities will increase as clients live longer.</li> <li>6. Review/visit sober living homes: not done. Visits are done by BHAB members rather than this committee.</li> <li>7. Support and promote options for affordable housing: not done. VCBH could be encouraged to buy a few houses and contract with operators to run them.</li> </ol> <p>Opportunities The first two objectives 2017-18 could be moved up under Opportunities.</p> <p>Objectives 2017-18 Objective # 5 should say "law enforcement" rather than "safety officers." Objective # 6 should include "Support the establishment of a geriatric psychiatric unit." It was noted that there is no licensing for geriatric facilities.</p> <p>Ms. Bates distributed colored index cards. She requested that everyone use them to write down information they learned from this committee and/or improvements that came about through the work of this committee. The cards should be returned to Ms. Bates at the next committee meeting in September.</p>		All
IX.	<p><b>Discussion: Adult Services Committee Objectives for 2017-18</b> See Annual Report above.</p>		

<p>X.</p>	<p><b>Members and Participants Comments</b></p> <p>A. Gane Brooking noted that the Continuum of Care (CoC), which focuses on housing and homelessness in the county, is drawing a resolution that would declare a housing crisis in Ventura county. Ms. Brooking also noted that the 211 housing referrals for assessment will start at the end of July.</p> <p>B. Anthony Marron noted that Pacific Clinics is encouraging its clients to either work or volunteer, which helps them in their recovery. The TAY Tunnel is seeing more clients who are coming from the foster care system. Mr. Marron is in charge of outreach and engagement and is available for presentations.</p> <p>C. David Deutsch noted that the previous day he returned from the NAMI National Convention in Washington, D.C., which was attended by about 1,000 professionals and family members. He and Mark Stadler gave a two-hour presentation regarding Crisis Intervention Training (CIT), which has been in existence for 29 years. The event also included visits with Congresswoman Julia Brownley and Senators Dianne Feinstein and Kamala Harris. Mr. Deutsch distributed a flyer on NAMI Ventura County's First Evening at the Theater fundraising gala on October 21, 2017. See attached.</p> <p>D. Mark Stadler noted that many agencies attending the NAMI National Convention are not familiar with CIT or have not implemented it yet. Currently, 82% of all law enforcement in Ventura county are CIT-trained.</p> <p>E. Clara Barron noted that at the BHAB General Meeting on July 17 the board will vote on opening a 30-day public comments period for MHSA 2015-16 data and 2017-2020 Three-Year Plan including treatment programs and system development.</p> <p>F. Dana Secor noted that a new hire orientation will take place at the Wellness Center on July 7. Turning Point has two openings for rehabilitation specialists: one full time in Ventura, and one part-time in Oxnard. She asked all to spread the word.</p>		
<p>IX.</p>	<p><b>Update: Behavioral Health Adult Division – Dr. John Schipper</b> Dr. Schipper is providing two-hour trainings at the Adult Division clinics. This training focuses on risk management for aggression in a preventative way and is for all staff.</p>		
<p>XII.</p>	<p><b>Update: Behavioral Health Substance Use Disorders – Anna Flores</b> No representative was in attendance.</p>		
<p>XIII.</p>	<p><b>Adjourn</b> The meeting adjourned at 12:05 p.m.</p>		



## HOUSING RIGHTS CENTER

WORKING FOR JUSTICE AND EQUALITY IN HOUSING

### DO YOU HAVE QUESTIONS ABOUT YOUR HOUSING RIGHTS?

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The **HOUSING RIGHTS CENTER** provides **FREE** fair housing services to residents throughout the Los Angeles and Ventura Counties.

*These free services include:*

- **Landlord-Tenant Counseling** – Our Trained Housing Counselors are available to answer questions about landlord-tenant rights and responsibilities, including questions about security deposits, evictions, repairs, rent increases, harassment and more.
- **Discrimination Investigation** – Our Case Investigators investigate allegations of housing discrimination and help victims of discrimination enforce their fair housing rights.
- **Outreach and Education** – Our programs are designed to educate the community about the fair housing laws, illegal practices and landlord-tenant rights and responsibilities.



**Please contact the Housing Rights Center if you have questions about landlord-tenant laws or feel you have been a victim of housing discrimination.**

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Santa Paula, San Buenaventura, Simi Valley,  
Thousand Oaks, and Unincorporated Ventura County.





## HOUSING RIGHTS CENTER

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### ¿TIENE PREGUNTAS ACERCA DE SUS DERECHOS DE VIVIENDA?

El **Centro de Derechos de Vivienda** ofrece servicios **GRATIS** sobre vivienda justa a los residentes del Condado de Los Ángeles y Ventura.

*Estos servicios gratuitos incluyen:*

- **Consejería para Arrendadores e Inquilinos** – Nuestros consejeros de vivienda están disponibles para responder a las preguntas sobre los derechos y responsabilidades de arrendadores e inquilinos. Esto incluye preguntas sobre depósitos de seguridad, desalojos, reparaciones, aumentos de renta, y mucho más.
- **Investigación de Quejas de Discriminación** – Nuestros investigadores averiguan más a fondo las quejas de discriminación en la vivienda. Ellos ayudan a las víctimas de discriminación a hacer valer sus derechos de vivienda justa.
- **Educación y Acercamiento a la Comunidad** – Nuestros programas están diseñados para educar a la comunidad acerca de las leyes de vivienda justa, las prácticas ilegales y derechos y responsabilidades de arrendadores e inquilinos.



**Por favor, póngase en contacto con el Centro de Derechos de Vivienda si usted tiene preguntas acerca de las leyes de vivienda justa o siente que ha sido víctima de discriminación en la vivienda.**

**(800) 477-5977** TTY: (213) 201-0867

**[www.housingrightscenter.org](http://www.housingrightscenter.org)**

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# Landlord-Tenant Rights & Responsibilities

*An overview of the most frequently asked questions.*

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## **How many days does a tenant have to wait to get their security deposit back?**

California Civil Code Section 1950.5 requires that within three weeks (21 days) after a tenant has vacated the unit, the owner must either: 1) return the security deposit to the tenant, 2) furnish a copy of an itemized statement indicating the amount of any part of the security deposit used (e.g. for unpaid rent, repairs, etc.), or 3) a combination of #1 and #2.

## **Can a landlord increase the rent more than two times per year?**

If you have a lease for more than 30 days (e.g. one year lease), your rent cannot be increased during the term of the lease, unless the lease allows rent increases. If you have a periodic rental agreement (month-to-month) your landlord can increase your rent with proper advance written notice according to California Civil Code Section 827. In rent controlled properties your landlord can only raise your rent a set percentage once every twelve months.

## **How much can a landlord legally raise the rent?**

Under California law there is currently no maximum limit for rent increases. According to California Civil Code 827(b), a landlord must give the tenant at least a 30-day advance notice if the rent increase is equal to 10 percent (or less) of the rent charged at any time during the 12 months before the rent increase takes effect. A 60-day advance notice is required if the rent increase is *greater than* 10 percent. In rent controlled properties your landlord can only raise your rent a set percentage once every twelve months.

## **How much advance notice does a landlord need to give a tenant to move out of their rental unit?**

According to California Civil Code 1946.1, landlords are required to provide a 60-day advance notice to a resident if the tenant has resided in the unit for more than one year. If the tenant has resided in the unit less than one year, the landlord is only required to give a 30-day advance notice. In rent control areas, a landlord may be limited to certain reasons for requesting a tenant to vacate the premises.

## **Is a landlord obligated to pay relocation fees to a tenant?**

A landlord is required to pay relocation fees if the building falls under rent control in areas such as the City of Los Angeles, Beverly Hills, and West Hollywood. There are certain conditions under which a landlord in these areas is required to pay relocation assistance.

## **Can a landlord charge late fees?**

A landlord can charge a late fee to a tenant who doesn't pay rent on time, however a landlord can only do this if the lease or rental agreement contains a late fee provision. Late fees must also be reasonable, and related to the costs your landlord incurs as a result of your rent being late. A late fee that is so high it amounts to a penalty is not legally valid.

### **When can a landlord enter an occupied rental unit?**

California Civil Code 1954 gives five reasons that a landlord can legally enter a rental unit.

- (1) In an emergency.
- (2) When the tenant has moved out or has abandoned the rental unit.
- (3) To make necessary or agreed-upon repairs, decorations, alterations, or other improvements.
- (4) To show the rental unit to prospective tenants, buyers, or lenders, or to provide entry to contractors or workers who are to perform work on the unit.
- (5) If a court order permits the landlord to enter.

*California Civil Code 1954 states that except in the first two situations above (emergencies and abandonment), the landlord must give the tenant a 24-hour written notice before entering the unit.*

### **How much advance notice does a tenant have to give a landlord before moving?**

According to California Civil Code 1946, to end a periodic rental agreement (month-to-month), a tenant must give their landlord a proper written notice before vacating. If you pay rent monthly, you must give at least a 30-day advance notice. If you pay rent weekly, you must give at least a 7-day advance notice.

### **What makes a unit legally “uninhabitable?”**

There are many defects that could make a unit “uninhabitable” (unlivable). According to California Civil Code Section 1941.1 a dwelling unit is considered to be uninhabitable if it substantially lacks any of the following\*:

- Effective waterproofing and weather protection of roof and exterior walls, including unbroken windows and doors.
- Plumbing facilities in good working order, including hot and cold running water, connected to a sewage disposal system.
- Gas facilities in good working order.
- Heating facilities in good working order.
- An electric system, including lighting, wiring, and equipment, in good working order.
- Clean and sanitary buildings, grounds, and appurtenances (for example, a garden or a detached garage), free from debris, filth, rubbish, garbage, rodents, and vermin.
- Adequate trash receptacles in good repair.
- Floors, stairways, and railings in good repair.

\*Please note that this list does not contain all legal requirements needed to meet the implied warrant of habitability.

**IF YOU HAVE QUESTIONS ABOUT YOUR RIGHTS,  
HRC CAN HELP.**

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## Introduction

- This presentation will be an introduction to
  - Opioid Addiction
  - Aegis Treatment Centers
    - Medication Assisted Treatment
    - Counseling services
    - Specialty services



Understanding the unique facets of

# Opioid Addiction

## Opioid Addiction is a Brain Disease

- Although drug use begins as a voluntary behavior, the drugs cause changes in the brain which seriously impair a person's ability to exert self-control (Dackis & O'Brien, 2005)
- Genetic factors can contribute 40 to 60 percent of the relative risk of addiction development (NIDA)
- When artificial opioids bind to the receptors, the body's natural opioids (e.g. endorphins) are displaced and cannot carry out their usual role

## Opioid Withdrawal – Two Stages

- 1) Acute Withdrawal – Typically lasting 1-4 weeks, involves severe physical withdrawal symptoms
- 2) Post Acute Withdrawal Syndrome (PAWS) - Lasting up to 2 years, involves mild to severe emotional and psychological symptoms
  - PAWS occurs because long-term drug use causes long-lasting physiological and chemical changes in the brain.
  - Unrealistic expectations for recovery = disappointment = relapse.

## Opioid Withdrawal

### Acute Symptoms

- Runny nose, watery eyes, yawning, goose bumps
- Loss of appetite
- Irritability, Panic
- Tremors
- Cramps, diarrhea, and nausea
- Chills and sweating
- Joint pains
- Insomnia

### Post Acute Withdrawal Syndrome (PAWS)

- Depression
- Anxiety
- Anhedonia
- Guilt
- Difficulty concentrating
- Irritability
- Mood Swings
- Variable Energy
- Disturbed Sleep



Treatment works when individualized

## Aegis Treatment Centers

### Aegis' Background

- Aegis has operated as an Opiate Treatment Program (OTP) since August 1998.
- Aegis operates the largest network of OTP's in California, with 31 out-patient programs in 14 counties, serving 9,300 patients a day.
- Within the first 90 days over 80% of Aegis patients achieved abstinence from illicit opioids in 2016, well above the OTP national average.

## Regulations of OTP's

- OTP's are highly regulated by various agencies. In California, Aegis is regulated by the following:
  - SAMHSA/Center for Substance Abuse Treatment (Federal)
  - Department of Health Care Services (State)
  - Substance Abuse Prevention and Control (County)
  - Drug Enforcement Agency (DEA) – methadone is a Schedule II medication, buprenorphine is Schedule III
  - Accreditation by Commission on Accreditation of Rehabilitation Facilities (CARF)
- These regulations determine many of the services and policies provided at OTP's

## Medication Assisted Treatment (MAT)

- Two FDA approved agonist medications
  - Methadone – a full opioid agonist with an average half-life of 24 hours
    - Taken daily, does not produce a euphoric “high”
    - One of the most studied medications ever developed
  - Buprenorphine (Subutex/Suboxone) – a partial opioid agonist with an average half-life of 36 hours
    - Due to it's properties, it is less likely to be abused, though it may be less effective for people with more severe addictions

## MAT (cont.)

- Vivitrol – Antagonists that blocks opioid molecules from attaching to opioid receptors
  - Once a month intramuscular injection. Must be opiate free for a minimum of 7-14 days
  - Pilot project in Ventura
- It is difficult to determine which medication will work best for a particular patient.

## Unique Features of OTP's

- Opioid Treatment Programs (OTP's) treat opioid addiction by dispensing medication in person on a daily basis, rather than prescribing medication
- Clinics are generally open 365 days a year so patients can be observed daily and so that diversion of the medication can be minimized
  - Daily contact, although burdensome for some patients, has numerous advantages
  - With some conditions, patients can gradually receive take home medications, so that their frequency of attendance is decreased
  - Integral to the OTP model is the provision of counseling and other services

## Treatment Protocols

- **21-day Detox:** Detoxification utilizing methadone to mitigate withdrawal symptoms. Allows patients to access treatment without a long-term commitment. Relapse is highly probable within a year of discharge without additional treatment.
- **Extended Detox:**
  - Allows patients to be treated for up to 180 days.
  - Effective for patients with a short history of drug abuse, no co-occurring disorders, intact support systems, and healthy and legal lifestyle
  - Best for patients who do not want to stay in treatment for extended periods.

## Treatment Protocols (cont.)

- **Methadone/Buprenorphine/Vivitrol Maintenance Treatment (MMT/BMT/VTP):** The most common program among OTP patients, which allows customized treatment for patients based on their individual conditions without pre-determined time constraints.

## Counseling Services

- Individual counseling
- Caseload Management
- Supervision of Individual Counseling
  - Counselors receive weekly clinical supervision by a licensed regional clinical director
  - Counselors also have opportunities to discuss cases with a multidisciplinary team during weekly Case Conference

## Patient Involvement

- Keys to Recovery: Patient-led support groups adapted from a 12-step framework
- Patient Advisory and Advocacy Groups: a group of patients selected by clinic staff to advise on clinic policy and procedures and to advocate for treatment in the community

## How To Reduce Stigma?

- Change the Language
- Change Treatment Practices
- Community Outreach



# Aegis Is the Leader in the Treatment of Opioid Addiction

Since our launch in 1998, Aegis has treated more than 125,000 patients, and our outcomes are impressive.

- After three months, 80 percent of our patients are illicit opioid-free
- 90 percent of our patients believe their treatment has been successful and report an improved quality of life

## AEGIS LOCATIONS IN CALIFORNIA

SOUTHERN	CENTRAL	COASTAL
<b>EL MONTE</b> 11041 E Valley Blvd El Monte, CA 91731 Tel: (626) 442-4177	<b>BAKERSFIELD</b> 1018 21st St Bakersfield, CA 93301 Tel: (661) 861-9967	<b>ATASCADERO</b> 6500 Morro Road Suite D Atascadero, CA 93422 Tel: (805) 461-5212
<b>HESPERIA</b> 11776 Morroposa Road Suite 103 Hesperia, CA 92345 Tel: (760) 956-2462	<b>BAKERSFIELD</b> 501 West Columbus St Bakersfield, CA 93301 Tel: (661) 328-0245	<b>OXNARD</b> 2055 Sovieers Road Suite A Oxnard, CA 93033 Tel: (805) 483-2253
<b>INGLEWOOD</b> 614 W Manchester Blvd Suite 104 Inglewood, CA 90301 Tel: (310) 412-0879	<b>DELANO</b> 1019 Jefferson St Delano, CA 93215 Tel: (661) 721-0463	<b>SANTA BARBARA</b> 4129 State St Santa Barbara, CA 93110 Tel: (805) 964-4795
<b>LA MIRADA</b> 14240 E Imperial Hwy La Mirada, CA 90638 Tel: (562) 946-1587	<b>FRESNO</b> 3707 East Shields Ave Fresno, CA 93726 Tel: (559) 229-9040	<b>SANTA MARIA</b> 115 E Foster St Santa Maria, CA 93454 Tel: (805) 922-6597
<b>ONTARIO</b> 125 West F St Ontario, CA 91762 Tel: (909) 986-4550	<b>LODI</b> 441 S Ham Lane, Suite A Lodi, CA 95242 Tel: (209) 224-8940	<b>VENTURA</b> 5225 Telegraph Road Ventura, CA 93003 Tel: (805) 765-6495
<b>PASADENA</b> 1450 N Lake Ave Suite 150 Pasadena, CA 91104 Tel: (626) 794-1161	<b>MANTECA</b> 955 W Center St Suites 12A & 14 Monteza, CA 95337 Tel: (209) 239-9600	<b>NORTHERN</b>
<b>POMONA</b> 1050 N Garey Ave Pomona, CA 91767 Tel: (909) 623-6391	<b>MERCED</b> 1343 W Main St Suites A & B Merced, CA 95340 Tel: (209) 725-1060	<b>CHICO</b> 590 Rio Lindo Ave Chico, CA 95926 Tel: (530) 345-3491
<b>SANTA PAULA</b> 625 E Main St Santa Paula, CA 93060 Tel: (805) 525-4669	<b>MODESTO</b> 1235 McHenry Ave Suites A & B Modesto, CA 95350 Tel: (209) 527-4597	<b>MARYSVILLE</b> 201 D St, Suite G Marysville, CA 95901 Tel: (530) 742-7747
<b>SIMI VALLEY</b> 660 E. Los Angeles St Suite B-2 Simi Valley, CA 93065 Tel: (805) 522-1844	<b>STOCKTON</b> 1839 S El Dorado St Stockton, CA 95206 Tel: (209) 463-0872	<b>REDDING</b> 1145 Harniel Ave Redding, CA 96002 Tel: (530) 222-7213
<b>WEST COVINA</b> 1825 E Thelborn St West Covina, CA 91791 Tel: (626) 915-3844	<b>STOCKTON</b> 8626 Lower Sacramento Rd, #41 Stockton, CA 95210 Tel: (209) 478-2487	<b>ROSEVILLE</b> 1133 Coloma Way Suite C Roseville, CA 95661 Tel: (916) 774-6647
<b>WILLMINGTON</b> 1372 N Avalon Blvd Wilmington, CA 90744 Tel: (310) 513-1300	<b>STOCKTON</b> 1947 N California St Suites B & C Stockton, CA 95204 Tel: (209) 463-0870	

# OVERCOME OPIOID ADDICTION

Are you or a loved one struggling with opioid addiction? Call today to speak confidentially with one of our recovery experts. For more information, please visit [www.aegistreatmentcenters.com](http://www.aegistreatmentcenters.com).



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## Break Free of Addiction

Opioid addiction is one of the most widespread and persistent drug problems. Breaking free of this powerful dependence takes a lot more than just willpower.

If you are currently addicted to an opioid drug like Vicodin, OxyContin or heroin and have at least a one-year history of opioid addiction, then you may be a candidate for Aegis Treatment Centers. We are an outpatient program combining medication, counseling and a customized care plan tailored specifically to your needs.

Aegis treats more than 9,200 patients a day at our 31 clinics, making us the largest opioid treatment provider in California.

Our team can help you identify the necessary skills to lead a drug-free life.

## Medication Assisted Treatment

Medication Assisted Treatment involves the prescription of a longer-acting opioid, such as methadone or buprenorphine (Suboxone). These are the safest alternatives and have minimal side effects.

### Medication Assisted Treatment can:

- Block the effects of other opioids and relieve both cravings and withdrawal symptoms
- Stop drug-seeking behavior
- Reduce the risk of HIV and Hepatitis C infection
- Help prevent life-threatening conditions caused by drug abuse

The ultimate goal of medication-assisted treatment is to lead a drug-free life.

## Personalized Recovery Program

After a patient is evaluated by an Aegis physician and screened for background information, history of illegal drug use and possible mental health disorders, a personalized treatment plan is put in place. This plan addresses each patient's specific clinical diagnosis.

During recovery, patients move forward at their own pace, aiming for both short-term goals and long-term success.

Aegis encourages patients to take charge of their health and their future. That's why individual and group counseling is at the heart of the Aegis program, helping patients to:

- Prevent relapse by developing coping skills and identifying new ways to handle stress
- Address other significant mental health conditions present, like anxiety, depression and bipolar disorders
- Connect with other patients in treatment and make new friends who don't use drugs

## THE AEGIS ENVIRONMENT

Customer service and a welcoming treatment environment are a high priority at Aegis. That's why our staff always treat patients with honesty, professionalism and respect. Aegis clinics are aesthetically pleasing, just like you would find in a traditional medical office.

## TREATMENT PAYMENT OPTIONS

Aegis accepts Medi-Cal, Kaiser, Blue Cross, Blue Shield and most other private insurance plans. We also accept private pay patients.



# Celebrate RECOVERY!

An EVENING of  
PERFORMANCE CELEBRATING  
the DEPTH and DIVERSITY  
of LIFE in RECOVERY  
from MENTAL ILLNESS.

Presented by  
Newbury Park High School Drama Club & NAMI Ventura County

Proceeds Benefit:

 NAMI Ventura County

**NAMI Ventura County's 1<sup>st</sup> Evening at the Theater Fundraising GALA!**

**DATE: October 21, 2017**

**TIME: Appetizers 6:00pm & Show 7:00pm**

**LOCATION: Newbury Park High School Performing Arts Center**




456 N. Reino Road, Newbury Park, CA 91320

**Entertainment for and by all ages: Poetry! Dance! Song! Skit! Comedy! Music! & Video!**

 NAMI Ventura County  
Natural Alliance on Mental Illness



## Ticket Prices:

-  \$250 Premium Seating (a limited number)
-  \$125 General Admission
-  \$25 Student & Special Needs pricing (first come first service)

Ticket prices include a full Evening of Entertainment

Plus catered appetizers, non-alcoholic beverages, and a coffee and dessert bar.

 Tickets go on sale August 1, 2017 at [www.showtix4u.com](http://www.showtix4u.com)

**Donations accepted for door prize drawings.** (Items valued at \$100 or more!)

Winners **MUST** be PRESENT to receive prize.

Sponsorship opportunities are available. Contact [tracey@namiventura.org](mailto:tracey@namiventura.org) for more information.

NAMI Ventura County programs and services are **FREE** to the public.

Your ticket purchase helps us achieve our mission of education, advocacy, and community collaboration.



**CONEJO  
VALLEY  
CATERING**

Catering provided by Conejo Valley Catering:

**EVENT MENU:** shrimp crab | pico de gallo | tomatillo salsa martini |  
rum glazed peach | mozzarella | cherry tomato | balsamic glaze mint skewers |  
mini Tri Tip & grilled chicken Po'Boy sliders | remoulade | caramelized onions | zydeco slaw |  
Tuscany pesto turkey | Italian sausage | pancetta meatball |  
grilled vegetable wraps | pesto mayo | spinach | balsamic onion | roasted tomato

5251 Verdugo Way, Suite K, P.O. Box 1613, Camarillo, CA 93011  
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 NAMI Ventura County  
Natural Alliance on Mental Illness

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