

BEHAVIORAL HEALTH ADVISORY BOARD  
**ADULT SERVICES COMMITTEE**  
**MINUTES ■ Thursday, March 1, 2018**

<p><b>Present</b>          Nancy Borchard, Committee Co-Chair          Gane Brooking, Committee Co-Chair          Jerry Harris, BHAB Chair          Ratan Bhavnani, BHAB          Sheri Valley, BHAB          David Deutsch, NAMI          Monica Lang, Telecare          Kalie Matissek, Turning Point Foundation          Mark Schumacher, Turning Point Foundation</p>	<p><b>VCBH Managers/Staff Present</b>          John Schipper, Adult Division Chief          Hilary Carson, Mental Health Services Act (MHSA)          Anna Flores, Alcohol and Drug Programs (ADP)          Pam Roach, Transformational Liaison          Edith Pham, BHAB Assistant</p> <p><b>NEXT MEETING:</b>  <b>Thursday, April 5, 2018, 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 Nancy Borchard called the meeting to order at 10:0 a.m.		
II.	<b>Approval of the Agenda</b> Ms. Borchard asked the Committee to review and approve today's agenda. Mark Schumacher moved to approve, Ratan Bhavnani seconded. The motion passed unanimously.	The agenda was approved as written. <b>M/S/C</b>	
III.	<b>Approval of the Minutes</b> Ms. Borchard asked the committee to review and approve the minutes of the February 1 <sup>st</sup> , 2018 meeting. Mark Schumacher moved to approve, Sheri Valley seconded. The motion passed unanimously.	The minutes were approved as written. <b>M/S/C</b>	
IV.	<b>Welcome and Introductions</b> Ms. Borchard welcomed everyone and asked for introductions.		
V.	<b>Public Comments</b> None.		
VI.	<b>Chair Announcements</b> Ms. Borchard noted that the February 28 edition of the Ventura County Star includes a letter to the editor written by Ratan Bhavnani, BHAB member. This letter is in reaction to the recent mass shooting in Florida.  Gane Brooking noted that Senior Concerns held a meeting on February 21 <sup>st</sup> , which included a presentation by the LGBT Aging Coalition of Ventura. At the next Senior Concerns meeting, in May, the presenter will be a lawyer from Justice in Aging.		
VII.	<b>Presentation: Question, Persuade, Refer (QPR) – Hilary Carson, MHSA</b> Question, Persuade, Refer (QPR) is a one-hour training that is open to anyone in the community. The trainees, called gatekeepers, increase their knowledge about suicide, gain confidence in their ability to recognize the signs of suicidal ideation, and are able to make appropriate referrals. QPR was selected because research shows that the gatekeepers retain the knowledge and many use it. QPR is cost-effective and does not require that the trainers be clinicians.  VCBH is looking to pilot this project with bartenders and would like to roll it out countywide. A few bars have agreed to have their staff trained. VCBH is reaching out to facilities in Ventura, Simi Valley and Thousand Oaks.  Ms. Brooking noted that the QPR training will be part of the the suicide prevention conference on September 19 at Oxnard College.		

XIII.	<p><b>Committee Membership</b>  Ms. Borchard referred to the discussion that took place at the February meeting. Following a revision of the BHAB bylaws, those who regularly attend the meetings of this committee will be appointed as members and will be able to vote.</p> <p>The committee agreed for the co-chairs to send a letter to agencies that have an interest in the population served by VCBH. They will be asked to send the same representative(s) to the meetings.</p> <p>Jerry Harris noted that he plans to share the suggestions and recommendations from each of the BHAB committees with the full board.</p>		
VIII.	<p><b>Members and Participants Comments</b></p> <p>A. A discussion took place regarding mental illness and substance use disorders. The committee agreed that these issues should be considered related, services should be integrated, and people with substance use disorders tend to get blamed for their problems.  Anna Flores noted that A New Start for Moms is fully integrated. Dr. John Schipper noted that the staff who were implementing Integrated Dual Diagnosis Treatment (IDDT) are still working at the clinics and integrating the services.</p> <p>B. Mr. Harris noted that at the January General Meeting, he had proposed to create a workgroup to research the lack of psychiatric hospital beds in the county. A discussion took place regarding possible solutions.  Dr. Schipper suggested a crisis stabilization unit (CSU) that would lessen the need for 5150 involuntary holds and free up hospital beds. He will find out from the private provider who has expressed interest in opening a local CSU whether it is still interested and may agree to present at a future meeting of this committee.  Ms. Borchard proposed that the committee help the full board review the process for admission to psychiatric inpatient beds.  Mr. Bhavnani agreed to find out information on a hospital workgroup that VCBH may be involved in, as per discussion at the January General Meeting.</p> <p>C. David Deutsch noted that the next NAMI General meeting will be on March 13 at 7:00 p.m.; Lauren Cook will present on self-care.  NAMI's golf tournament will be on April 6 in Oxnard.</p>	<p>Contact possible provider re presenting on opening a local CSU</p> <p>Research information on a hospital workgroup</p>	<p>Dr. Schipper</p> <p>R. Bhavnani</p>
IX.	<p><b>Update: Behavioral Health Adult Division – Dr. John Schipper</b>  Tabled due to time constraints.</p>		
X.	<p><b>Update: Behavioral Health Substance Use Disorders</b>  Tabled due to time constraints.</p>		
XI.	<p><b>Adjourn</b>  The meeting adjourned at noon.</p>		

## LETTERS TO THE EDITOR

### Mental health facts

In the wake of a mass shooting, politicians like to claim that mental illness is the major cause of violence. In an analysis of 235 mass killings, many of which were carried out with firearms, 22 percent of the perpetrators could be considered mentally ill, according to experts and widely shared research.

Gun violence experts say several measures would prove more effective than barring sales to people judged mentally ill. These include banning assault weapons and barring sales to convicted violent criminals.

In Australia, a mass shooting took place 20 years ago where 35 people were killed at a tourist destination. Twelve days later, the government banned the sale of all automatic and semi-automatic weapons. In the 20 years since, there have been zero mass shootings in Australia.

In Scotland, a school shooting in 1996 took the lives of 16 children and one

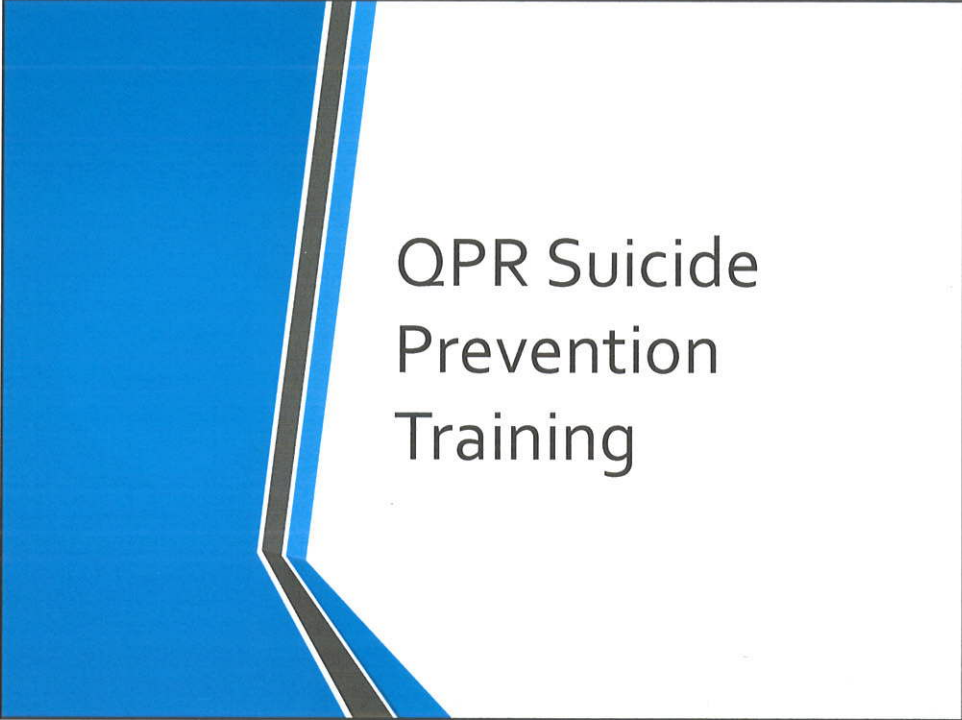
teacher. Soon after, the United Kingdom banned all handguns. In the 22 years since, there have been zero mass shootings in the United Kingdom.

America does not have more mental health problems than other developed nations. Further, mass shootings by people with serious mental illness represent less than 1 percent of all yearly gun-related homicides, according to a recent book published by the American Psychiatric Association.

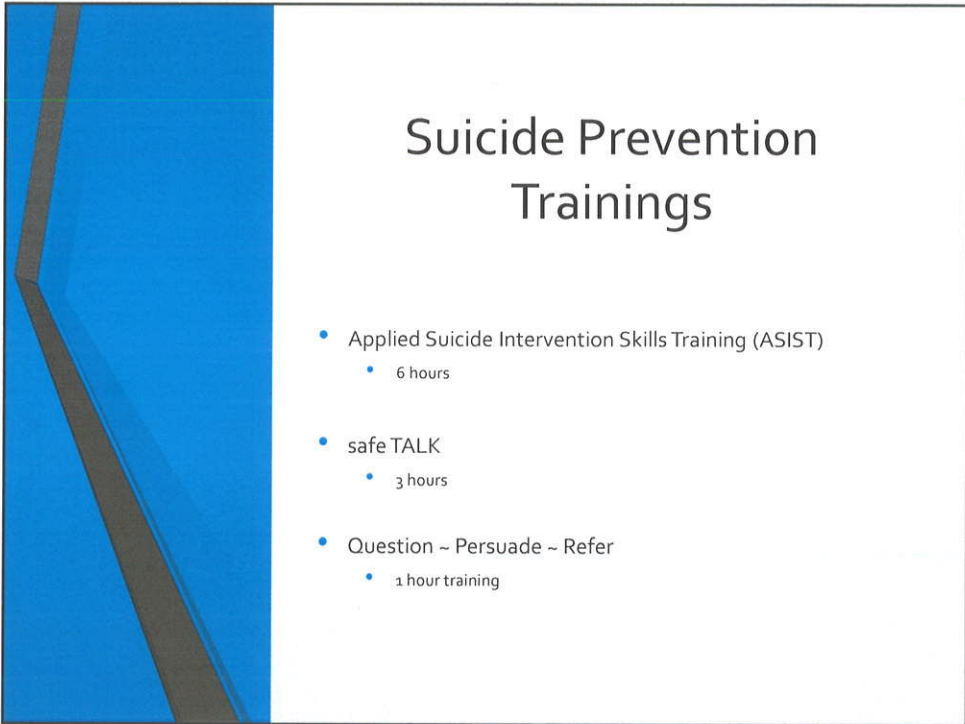
It's time to move the conversation away from only mental illness and revisit our laws on assault weapons, if we want to stop this spate of mass shootings.

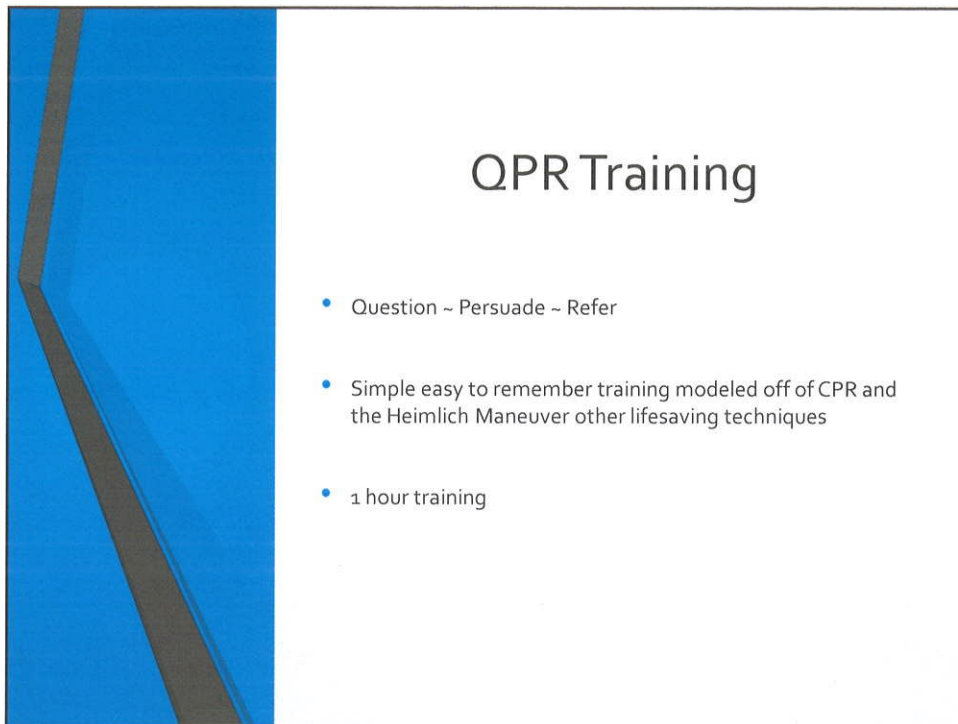
*Editor: The author is a member of the Ventura County Behavioral Health Advisory Board.*

*Ratan Bhavnani, Newbury Park*

A presentation slide with a blue background on the left and a white background on the right. The text 'QPR Suicide Prevention Training' is centered on the white background.

# QPR Suicide Prevention Training

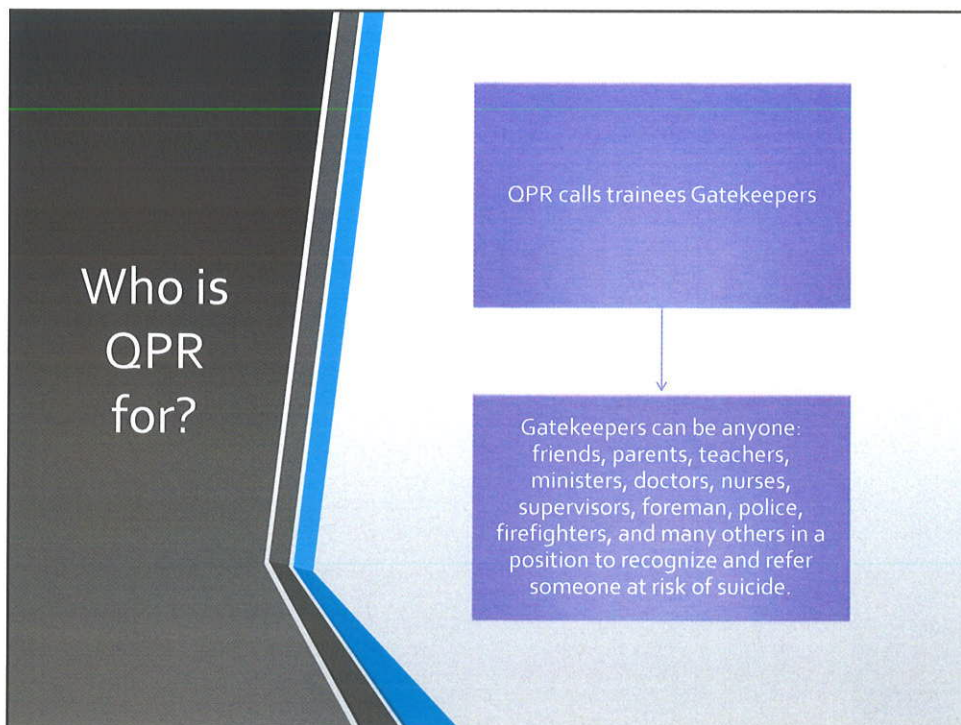
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- A presentation slide with a blue background on the left and a white background on the right. The title 'Suicide Prevention Trainings' is centered on the white background. Below the title is a bulleted list of training programs and their durations.
- ## Suicide Prevention Trainings
- Applied Suicide Intervention Skills Training (ASIST)
    - 6 hours
  - safe TALK
    - 3 hours
  - Question ~ Persuade ~ Refer
    - 1 hour training



A slide titled "QPR Training" with a blue and grey abstract graphic on the left. The text is centered on the right side.

## QPR Training

- Question ~ Persuade ~ Refer
- Simple easy to remember training modeled off of CPR and the Heimlich Maneuver other lifesaving techniques
- 1 hour training



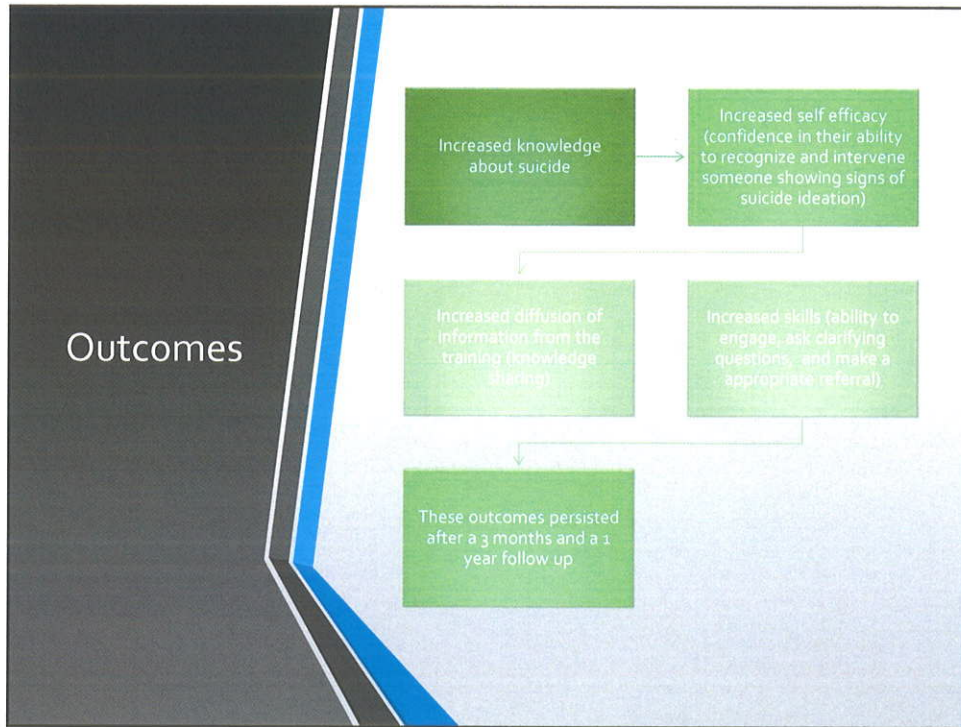
A slide titled "Who is QPR for?" with a dark grey and blue abstract graphic on the left. The text is on the right side, with a flow diagram.

## Who is QPR for?

QPR calls trainees Gatekeepers

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Gatekeepers can be anyone: friends, parents, teachers, ministers, doctors, nurses, supervisors, foreman, police, firefighters, and many others in a position to recognize and refer someone at risk of suicide.



- ## Outcomes (Cont'd)
- Most Importantly and different from other prevention trainings outcomes included results for interventions after the training:
    - After a state mandated training in Tennessee over 42% of participants identified at least one at-risk youth and intervened within 6 months of taking the course.

## What's next? After high school?

The *Ventura County Transition Project*  
and the *Ventura County SELPA*  
are pleased to present the 2017-2018



# Spring Transition Fair

For 15-22 year-old diploma and certificate bound special education students and their families!  
Meet directly with the representatives from adult service agencies in Ventura County.



## Plan Ahead!

It's never too early to learn about resources for students with disabilities after high school. Help your high school student prepare for the quality adult life they envision. There are multiple options to investigate for your child's path toward adult life. Learn about the transition to adult life process and support agencies available.

**Saturday, March 10, 2018**

**Open House**

**9:00AM – 12:00PM**

### Ventura County Office of Education

Conference and Educational Services Center  
5100 Adolfo Rd., Camarillo CA 93012

Cost is Free! Student attendance is encouraged!

- Visit agency booths (Open House) 9:00am – 12:00pm
- Overview of the transition process (Adults) 9:30am or 10:30am
- Transition Activity (Students) 9:30am or 10:30am
- "Hear My Story": A young adult's journey into adult life (Students/Adults) 9:30am

**CAUTION. . .  
Adult Life Ahead**

### Meet representatives from the following agencies:

Department of Rehabilitation

Regional Center

Community Colleges

Behavioral Health

Public Health and many more!

Sign Language Interpretation is available but must be reserved 2 weeks in advance. Call 805.437.1560  
For more information on Transition go to [www.vcsepa.org](http://www.vcsepa.org) /Transition to Adult Life

## ¿Que sigue? ¿Después de la secundaria?

El Proyecto de Transición del Condado de Ventura  
Y SELPA del Condado de Ventura  
Se complace en presentar el 2017-2018



# Feria de Transición de Primavera

¡ Para estudiantes de educación especial 15-22 años de edad destinados a recibir un diploma o certificado y sus familias! Reúnase directamente con los representantes de las agencias de servicios para adultos en el Condado de Ventura.



## Plan Ahead!

(¡Planee con anticipación!)

Nunca es demasiado pronto para aprender acerca de los recursos para los estudiantes con discapacidades después de la escuela secundaria. Ayude a su estudiante de preparatoria a prepararse para la calidad de la vida adulta que imaginan. Obtenga más información acerca de la transición a la vida adulta y a las agencias de apoyo disponibles.

**Sábado 10 de marzo de 2018**

**Casa Abierta**

**9:00AM – 12:00PM**

### Oficina de Educación del Condado de Ventura

Centro de Conferencias y Servicios Educativos  
5100 Adolfo Rd., Camarillo CA 93012

¡El costo es gratis! La asistencia del estudiante se anima!

- Visite los puestos de agencias (Casa Abierta) 9:00am – 12:00pm
- Descripción general del proceso de transición (adultos) 9:30 a.m. o 10:30 a.m.
- Actividad de transición (estudiantes) 9:30 a.m. o 10:30 a.m.
- "Escucha mi historia": el viaje de un adulto joven hacia la vida adulta (Estudiantes / Adultos) 9:30 a.m.

**Precaución. . .  
Vida Adulta  
Adelante**

### Conozca a representantes de las siguientes agencias:

Departamento de Rehabilitación

Centro Regional

Colegios Comunitarios

Salud del comportamiento

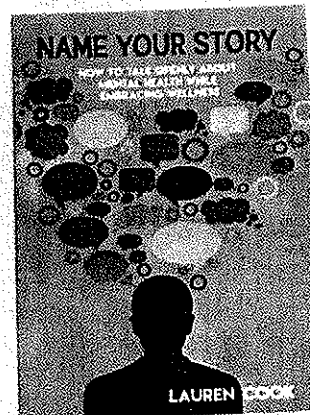
Salud Pública y muchos más!

La interpretación de lenguaje de señas está disponible, pero debe reservarse con 2 semanas de antelación.  
Llame al 805.437.1560 Para obtener más información sobre Transición,  
visite [www.vcselpa.org](http://www.vcselpa.org) / Transición a la vida adulta

**AUTHOR AND SPEAKER**

**LAUREN COOK**

**TUESDAY, MARCH 13, 2018 7:00-9:00 PM  
VINEYARD COMMUNITY CHURCH  
1320 FLYNN RD., CAMARILLO, CA 93012**




 **NAMI Ventura County**  
**National Alliance on Mental Illness**

## **MEETING TOPIC: SELF-CARE**

- **How we can help families have conversations surrounding mental health.**
- **How to identify signs/ symptoms of the most common disorders.**
- **Education about how teens can get therapy and seek services.**
- **How we can proactively take care of our mental health through self-care.**

## **LAUREN'S BACKGROUND**

**[WWW.THESUNNYGIRL.COM](http://WWW.THESUNNYGIRL.COM)**

 **NAMI** | **Ventura County**  
**National Alliance on Mental Illness**

# GOLF TOURNAMENT

VICTORIA LAKES COURSE

APRIL 6, 2018

2401 WEST VINEYARD AVENUE

OXNARD, CA 93036



**HOSTED BY:**



To register please visit our website!

[www.namiventura.org](http://www.namiventura.org)

**Deadline to Register:**

Friday, March 23

*NAMI Ventura County is a 501(c) (3) Non-Profit Organization, Tax ID Number: 77-0037450*

**NAMI Ventura County § National Alliance on Mental Illness**  
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