

**BEHAVIORAL HEALTH ADVISORY BOARD
ADULT SERVICES COMMITTEE
MINUTES ■ Thursday, October 4, 2018**

<p>Members Present Gane Brooking, Committee Co-Chair Jerry Harris, BHAB Chair David Deutsch, NAMI Cici Romero, TAY Tunnel Susan Russo, Telecare Casa de Esperanza Mark Schumacher, Turning Point Foundation Dana Secor, Turning Point Foundation</p> <p>Others Present Gray Wilking, Area Agency on Aging Elizabeth R. Stone Cindy Doutt, Telecare Bob Wickham, NAMI</p>	<p>VCBH Managers/Staff Present John Schipper, Adult Division Chief Anna Flores, Alcohol and Drug Programs Manager Pam Roach, Transformational Liaison Edith Pham, BHAB Assistant</p> <p>NEXT MEETING: Thursday, November 1st, 10:00 a.m. – 12:00 pm</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.	Call to Order Co-Chair Gane Brooking called the meeting to order at 10:05 a.m.		
II.	Approval of the Agenda Ms. Brooking asked the committee to review and approve today's agenda. Dr. Schipper moved to approve, Mark Schumacher seconded. The motion passed unanimously.	The agenda was approved as written. M/S/C	
III.	Approval of the Minutes Ms. Brooking asked the committee to review and approve the minutes of the September 6, 2018 meeting. Mark Schumacher moved to approve, Dr. Schipper seconded. The motion passed unanimously.	The minutes were approved as written. M/S/C	
IV.	Welcome and Introductions Ms. Brooking welcomed everyone and asked for introductions.		
V.	Public Comments Elizabeth R. Stone noted that she will cofacilitate a new suicide attempt survivors support group. The closed group will meet for 8 sessions starting November 6, with more groups to follow. See flyer.		
VI.	Chair Announcements The building in Ventura that has been identified for a year-round shelter needs extensive renovation; its anticipated opening date has been pushed to next Fall. In the meantime, efforts are being made to identify a location for a foul weather shelter in Ventura.		
VII.	Presentation: Coalition for Family Harmony – Dr. Sandy Gómez, Rape Crisis/LGBTQ Program Manager There are 84 rape crisis centers in California, but the Coalition for Family Harmony is the only one in Ventura County. Its mission is to help victims of sexual assault and domestic violence. It provides direct services, education and prevention services. Services can be accessed by calling the 24-hour bilingual crisis hotline (1-800-300-2181) or by walking into the clinic in Oxnard. The Coalition for Family Harmony is not equipped to provide counseling to those who are actively using drugs or are psychotic. However, these individuals are welcome to connect with the agency when they are stable and can benefit from the staff's support. See attached for details.		

<p>VIII.</p>	<p>New Business</p> <p>Jerry Harris, BHAB Chair, thanked the committee for completing its 2017-18 Annual Report. This year, the BHAB adopted as its own at least one objective from each BHAB committee. The committees are asked to develop and update an action plan for their objectives in order to track their progress toward achieving the objectives. Mr. Harris asked committee members to send their ideas on proposed steps to achieve the committee’s objectives to Ms. Brooking and Nancy Borchard, co-chairs.</p> <p>One of the objectives that the committee adopted at an earlier meeting is to advocate for the development of a Crisis Stabilization Unit (CSU). Ms. Brooking agreed to receive updates on this topic. Presentations to this committee are tentatively scheduled for the November 1st meeting (Kim Milstien, Health Care Agency Deputy Director and Ventura County Medical Center Chief Executive Officer) and the January 3rd meeting (Dr. Streeter of Dignity Health).</p>	<p>Invite Kim Milstien and Dr. Streeter to present on the CSU</p>	<p>E. Pham, Dr. Schipper</p>
<p>IX.</p>	<p>Old Business N/A.</p>		
<p>X.</p>	<p>Members and Participants Comments</p> <p>David Deutsch reminded all that the NAMI Walk will take place on October 13. Dana Secor of Turning Point Foundation and Susan Russo of Telecare noted that their organizations will participate.</p> <p>Gray Wilking noted that Denise Noguera is doing well and will be back at work soon. Ms. Wilking will meet with her Director to discuss ideas for an action plan related to the Older Adult population. Also, Area Agency on Aging was involved in organizing a suicide prevention forum, which was successful.</p> <p>Bob Wickham noted that he attended a NAMI California advocacy meeting in Sacramento. It included meeting with support staff of several State Senators and Assembly members.</p> <p>Cindy Doult noted that Telecare is recruiting for two service coordinator positions.</p> <p>Mark Schumacher provided an update on the Growing Works wholesale nursery, a job readiness program. It has hired the first five supported employment staff. Average daily attendance is 22. The only requirement for participating in the program is to receive services from VCBH. Also, the Wellness Center is hosting focus groups to get stakeholder feedback on the services needed by the underrepresented groups. Safe Haven has increased its capacity from 10 to 14 beds.</p> <p>Cici Romero noted that the TAY Tunnel hosted the meeting of the BHAB TAY Committee on September 27. Also, the TAY Tunnel has heard a presentation by Ventura College and is supporting TAY clients to take classes at Ventura College. On October 16 the TAY Tunnel will host a representative from Centers for Employment Training (CET), and on October 23rd a sex health education presentation. The TAY Tunnel is hiring peer partners; TAY are encouraged to apply.</p> <p>Pam Roach noted that she continues to provide orientations for new clients and their families. At the Santa Paula clinic these orientations include a presentation by staff and a walk-through of the clinic.</p>		
<p>XI.</p>	<p>Update: Behavioral Health Adult Division – Dr. John Schipper</p> <p>A. The Mental Health Services Act (MHSA) Community Needs Assessment survey is available for anyone in the community to fill out, either online or by hand. The deadline for taking the survey has been extended to mid-October. The survey will be followed by several focus groups that will address the underserved population.</p> <p>B. The second year of Assist, the Assisted Outpatient Treatment, is wrapping up. The results are promising.</p>		

XII.	Update: Behavioral Health Substance Use Disorders - Anna Flores An open house is being held to provide information on the implementation of the Drug Medi-Cal Organized Delivery System (DMC-ODS). The go-live date is December 1 st .		
XIII.	Item for Next Meeting Agenda Update by Kim Milstien, if available. Develop Action Plan.		
XIV.	Adjourn The meeting adjourned at noon.		



Dr. Sandy Gómez (she, her(s))
Rape Crisis/LGBTQ Program Manager

fppt.com

Mission

Helping victims of sexual assault & domestic violence (40+ yrs)

- **Direct Services**
 - Holistic, cultural sensitivity, intersectional approach
- **Education**
 - Presentations, Outreach, Trainings
- **Prevention**
 - Prevent cycle of violence

fppt.com

Points of Access - No cost services

Crisis Intervention

•24-hour Bilingual hotline [1-800-300-2181]

Anonymous calls welcomed!

- English & Spanish
- Privileged communication/confidential

•Walk-in Clinic [M-F, 8-5PM]—1030 N. Ventura Rd, Oxnard

- 20 minute Crisis Counseling sessions
- Beyond sexual assault & domestic assault

fgpt.com

Rape Crisis Center

(the only Rape Crisis Center in VC)

- Rape Crisis Advocates (women and men)
 - MFT/Associates/Trainees
- Accompaniments (on-call 24-7)
 - Forensic Exams, Interviews, Medical facilities
- Advocacy (emotional support)
 - Victim Rights & Reporting Options, Abbreviated Exam
 - You're not alone, It's not your fault
 - Word choice— "I was assaulted vs "I had unprotected sex"

fgpt.com

CSU Channel Islands Rape Crisis Advocate—located at CSUCI

Counseling

- **Free counseling** services for survivors of sexual assault

Support Groups (no cost)

- **Phone Support Group for Victims of Online Romance Scams**
 - Disproportionately affecting the elderly community of V.C
- **Sexual Assault & Domestic Violence Support Groups**
 - Teens, Women & Men (Spanish only for women)

Specialized trainings:

- **65 hour Sexual Assault & Domestic Violence Training**
- **First responder, trauma informed/best practices**
 - Medical Professionals & Law Enforcement, Schools/Colleges
 - Collaboration with our LGBTQ+ Program for cultural sensitivity training
- **Teen Dating Violence Program (8 week & 10 week curriculum)**
 - Healthy relationships, consent, red flags, different types of abuse



LGBTQ Program

- Program Manager
- Program Coordinator
- 3 Clinicians (focus on LGBTQ issues)
- **Holistic and intersectional approach is key**
 - LGBTQ+ people are more than just our sexual & gender identity
- **Counseling/Advocacy/Support Groups**
- **Cultural Sensitivity Trainings**
 - LGBTQ 101, Classroom Inclusivity, Self-identification (pronouns)

fppf.com



LGBTQ Support Groups

- **Transgender Support Group (18 yrs+)**
- **THRIVES at Oxnard High School** (first PRIDE and first Clothesline Project at High School in V.C)

LGBTQ Group Collaborations

- One Step a la Vez: Project Pride Fillmore & Santa Paula
- Rainbow Umbrella (2 Coalition facilitators)

- **Spanish Support Group for Parents/Friends who have a loved one who is part of the LGBTQ community**

Radio Indigena: LGBTQ 101 education in Spanish

fppf.com

Counseling (no cost)

- Individual, group, family counseling

12 yrs+—can consent for their own individual counseling

1. Victims of *sexual assault* & support system
2. *LGBTQ+* community & support system
3. Victims of *Online Romance Scams* & support system

Emergency Shelter (18+ years)

(1) Victims of IPV, (2) Sexual Assault, (3) Online Romance Scams

- No-cost, 30-day program
- Survivor-centered
- Emotional, medical, legal, resources
- Restraining orders

Transitional Housing Program

- Support locating housing and paying rent for the first year Call Lorena at 805-654-1111

Additional Programs

- **Prison Rape Elimination Act (PREA)**—Ventura Youth Correctional Facility, Camarillo
 - Counseling, advocacy & accompaniment for youth at detention center
- **Teen Anger Management & Juvenile Probation**—8 weeks (court mandated)
- **Batterer's Program**—52 weeks (court mandated)
- **Child Abuse Intervention Program**—52 weeks (court mandated)
- **Parenting Classes**—10week

Questions

Dr. Sandy Gómez

s.gomez@thecoalition.org

805-983-6014 x1114

24 Hour Bilingual Crisis Hotline

1-800 300-2181

(anonymous calls welcomed)



Agencia Remitente: _____



CONSENTIMIENTO PARA REVELAR INFORMACION

Yo doy consentimiento para que la información descrita abajo sea revelada a la *Coalición Para La Armonía Familiar* para apoyo de seguimiento.

Nombre: _____

Fecha de Nacimiento: _____

Teléfono: _____

Es una línea compartida? Si No

Podemos dejar mensaje: Si No

Podemos identificarnos como parte de la *Coalición*: Si No

Si no, como quisiera que nos identificáramos (ej. amigo)?

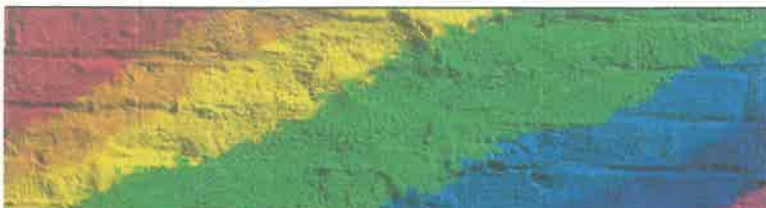
Teléfono Alternativo: _____

Correo Electrónico: _____

Ciudad: _____

Cliente/Firma de Padre o Guardián

Fecha



Youth Support Group (ages 12-18)

Pride Family

at

Coalition for Family Harmony

Tuesdays @ 5:30 PM



10 FREE COUNSELING SESSIONS

FOR VICTIMS OF SEXUAL ASSAULT

OR ANY LGBTQ+ IDENTIFIED INDIVIDUAL

10 SESIONES GRATUITAS DE CONSEJERÍA

PARA VÍCTIMAS DE ABUSO SEXUAL

O CUALQUIER PERSONA IDENTIFICADA COMO LGBTQ+

(LESBIANA, GAY, BISEXUAL, TRANSGENERO O QUEER)



GRUPO DE APOYO PARA FAMILIARES

CON SERES QUERIDOS LGBTQ+

Se llevaran a cabo cada

martes

6:00-7:00 PM

Para más información llame al

805-983-6014 ext. 1125

PRIDE Clinic Support Group

For Transgender & Gender Non-Conforming Individuals



Santa Paula West
Affiliated with VCMC

Location:

254 W. Harvard Blvd Suite C
Santa Paula, CA 93060

Every Monday 10 AM-12 PM

FREE!

Coalition for
Family Harmony
(805) 983-6014

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1030 N. Ventura Rd., Oxnard, CA 93030

Para más información llame al

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805-983-6014

Prevention. Intervention. Support. Education.

Coalition for Family Harmony is a non-profit organization dedicated to preventing violence within the homes and in the communities of Ventura County.

Over the last 30 years, the Coalition has become the county's leading bilingual and bicultural family agency, offering a wide variety of services including:

- Emergency Shelter
- Crisis Response Intervention programs
- Batterer's Treatment Programs
- Counseling programs
- Parenting Classes
- Teen Anger Management Classes
- Supervised Visitation
- Prevention & Education
- Training Programs



Coalition for Family Harmony

Building Stronger Families

Help available 24 hours a day

24-hour Bilingual Hotline

1.800.300.2181

Thy 805.656.4439

1030 North Ventura Road
Oxnard, California 93030

805.983.6014

www.thecoalition.org

This publication was supported by funding awarded by Victims of Crime Act RC10191481 through the California Emergency Management Agency (Cal EMA).



Coalition for Family Harmony

Building Stronger Families

Prevention. Intervention. Support. Education.

Crisis Response Intervention

The Crisis Response Intervention (CRI) Program provides intervention, emergency/response, advocacy, and accompaniment to victims of sexual assault 24 hours a day, 7 days a week. Through the CRI program, we offer crisis counseling and intervention, needs assessment, emergency shelter, assistance with restraining orders and linkage to appropriate community resources as well as counseling services for survivors of sexual assault and non-offending care givers and a 24-hour bilingual hotline.

The CRI program's staff is comprised of Marriage and Family Therapists, MFT Interns and Trainees, all of whom are trained specifically to handle the needs of sexual assault victims.

Emergency Shelter

Our 30-day emergency residential program for battered women and their children provides food, clothing, essentials, and medical assistance. Clients have access to individual counseling, support groups, parenting classes, legal advocacy and a job resource center. Children also receive counseling and play therapy. Services are available in English and Spanish. A screening interview is required for admission.

Batterer's Treatment

This county-approved program helps participants modify behavior patterns and break the cycle of violence by learning new skills around power and control, accountability and communication. Men's and women's Spanish and English speaking groups meet weekly for 2 hours at various locations throughout Ventura County. Participation can be voluntary or court-mandated (52-week program).

Counseling Program

The Coalition offers comprehensive counseling services to survivors and perpetrators of domestic violence and sexual assault. Our MFT Interns and trainees provide individual, family and group counseling services. We offer support groups for victims of domestic violence, rape, sexual assault, and incest/molestation.

Juvenile Probation Programs

The ROP and JSS programs were created for juveniles on probation and designed to prevent recurring criminal and adverse behaviors by adolescents. Our clinical staff and youth advocates provide numerous services including anger management, substance abuse and teen empowerment groups, along with individual counseling for those in need.

Family Harmony

The Family Harmony Program is a blending of various effective parenting programs previously used for years at the Coalition. The result is a unique 12-week curriculum that is applicable to virtually every parenting situation involving children of all ages. The Family Harmony Program was designed to create a more nurturing home environment in which all family members can thrive.

Child Abuse Intervention (CAIP)

The Child Abuse Intervention Program (CAIP) is a county approved program that assists participants in improving parenting skills to prevent violence. Participants gain positive family dynamics by establishing a belief system based on mutual respect and communication. Two-hour, co-ed, groups are held weekly at the Coalition. Volunteer or court mandated parents may attend the 52-week program.

Training, Education & Outreach

The Coalition offers domestic violence and sexual assault crisis intervention training programs in Ventura County. The training is mandatory for all Coalition staff and open to the public. Training sessions provide a wide selection of continuing education units to healthcare and social service providers, while the Coalition itself enables excellent opportunities for MFT internships and traineeships.

Coalition staff are also available to do trainings throughout the community on topics such as teen dating violence, sexual assault, domestic violence and child abuse.

For more information or to enroll in a program please contact us or visit us online.

Wheel of Power & Control:

Dynamics of Abusive Relationships



Abuse and control looks similar across all relationship types.

Here are some of the dynamics of the abuse of power for control in unhealthy LGBTQ relationships.

Intimidation

Yelling or screaming; threatening to hurt you or themselves; inciting fear and reinforcing homophobia, biphobia, transphobia, etc.

Sexual Abuse

Pressuring, using drugs/alcohol, or other coercive methods to get intercourse; comparing to past partners; forced intercourse and/or rape.

Physical Abuse

Holding you so you can't leave; slamming you into a wall; hurting you where bruises don't show; grabbing; slapping; hitting; shoving; punching; kicking.

Threats

Saying they can't live without you; constantly threatening to find someone else; saying they will commit suicide if you break up; threatening to "out" you.

Domination

Treating you like a baby, property, or servant; making all the decisions; defining each partner's roles or duties; using privilege or ability to "pass" to put you in danger, cut off your access to resources, etc.

Humiliation

Name calling; constant criticism; gaslighting; humiliating you in public; questioning whether you're "really" your chosen identity; reinforcing internalized homophobia, etc.

Possessiveness

Jealousy; accusations of cheating; isolation from friends/family; saying no one else will want you because of your identity.

Minimization & Blame

No responsibility for actions; making light of abuse; blaming you; reinforcing same sex relationship myths of abuse (same sex partners incapable of abuse).

Resources

Rainbow Umbrella

Activity-based Youth Support Groups

(805) 836-0099 or www.rainbowumbrella.org

One Step a la Vez

Activity-based Youth Support Groups

(805) 625-7067 or www.onestepalavez.org

Diversity Collective Ventura County

LGBTQ Community Resource Center

(805) 644-LGBT (5428) or

www.diversitycollectivevc.org

The Pride Clinic - Santa Paula West

Trans and Gender Variant Support Groups

Hormone Replacement Therapy

(805) 229-0220 or www.vchca.org/lgbt

Parents and Friends of Lesbians and Gays (PFLAG)

National Family & Ally organization

(805) 765-1672 or

www.pflag.org/chapter/pflag-ventura

Trans Alliance Ventura

Support Groups for Trans and Gender Variant People

(805) 501-4583 or

transallianceventura@gmail.com

H.O.P.E. Counseling Center

Outpatient Mental Health Services

Training & Consultations

(805) 809-2289 or www.counselinghope.info



COALITION
FOR FAMILY HARMONY

LGBTQ+
Program

Support services for the
LGBTQ+ community.

- Free Individual and Group Counseling
- Emergency Shelter Services
- Crisis Counseling, Advocacy and 24-Hour Accompaniments
- LGBTQ Youth & Transgender Support Group
- Legal Clinic and Support

You are not alone.
We are here for you.

24/7 Bilingual Crisis Hotline
1-800-300-2181



COALITION
FOR FAMILY HARMONY

1030 North Ventura Road, Oxnard, CA 93030

Ph: 805.983.6014 Fax: 805.983.6240

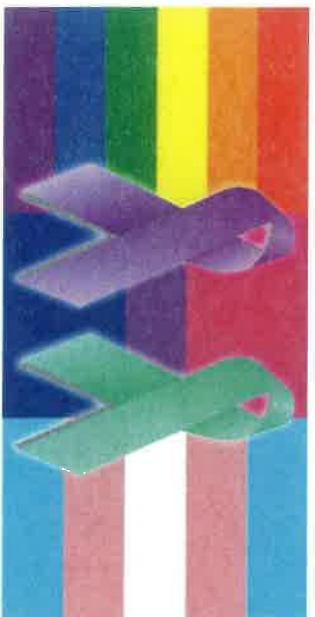
M-F 8am-12pm 1-pm-5pm

admin@thecoalition.org

Se habla español

The LGBTQ+ Program at the Coalition for Family Harmony
is funded by CalOES VOCA 15 funds.

What is the LGBTQ+ Program?



LGBTQ+ communities are often excluded from conversations about sexual assault and domestic/intimate partner violence services and prevention. People identifying as LGBTQ+ may also face issues such as family rejection, homelessness, substance abuse, and depression, all factors that may increase risk of violence.

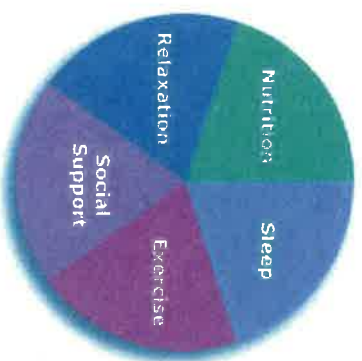
The Coalition provides nonjudgmental, affirming, survivor-centered services that recognize the importance of providing holistic advocates and clinicians for the LGBTQ+ community who understand the importance of identity and are educated about the vulnerabilities of people who are LGBTQ+.

Coalition LGBTQ+ Services:

- Bilingual walk-in crisis counseling;
- Free counseling sessions for LGBTQ+ individuals;
- Victim advocacy and resources;
- Emergency shelter and transitional housing program for survivors of domestic/intimate partner violence, sexual violence, or online romance scams;
- Transgender adult support group;
- LGBTQ+ youth and adult support groups;
- Legal clinic that provides guidance and consultation on matters in family law including restraining orders, child custody disputes and divorce.

For other services by the Coalition, please visit our website at: www.thecoalition.org

Self-Care is Important!



Recovery from trauma, stress, and anxiety can take a toll on your body, mind, and relationships. Managing a routine of self-care is important to reducing those symptoms.

If you find yourself stressed, anxious, or facing other symptoms of trauma, do something you enjoy or ask yourself these questions:

Have I eaten today?

Whenever possible, eat something nutritious like fruits and vegetables, a smoothie, or protein.

Have I gotten enough sleep?

Schedule in a 20 minute nap, plan to go to sleep earlier tonight, or sleep in

Have I exercised recently?

Take a 20 min walk or practice light stretching to give your body a break from sitting or work.

Have I done anything to relax recently?

Try drinking a cup of tea, listening to your favorite music or taking five minutes to focus on your breathing.

Where can I go for social support?

Friends, family, and religious members are some options for support.

If you have feelings of hopelessness or feel you are in crisis, our 24-hour Bilingual hotline is there for you:

1-800-300-2181

You are not alone.



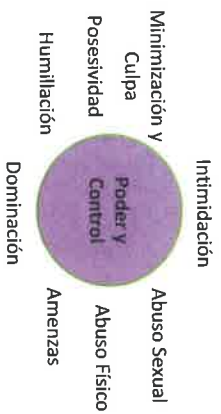
We are here for you.



What can counseling and/or support groups do for me?

Crisis, trauma, and general counseling sessions in a confidential, nonjudgmental space can help you develop coping skills, safety planning, and helping you gain the tools to overcome the challenges of everyday life whether large or small. Professionally facilitated support groups can help you connect to others in a safe space where the LGBTQ+ community can share experiences and support one another.

Rueda de Control y Poder LGBTQ+



Intimidación: Grita, amenaza con herirte o herirse a sí mismo, incita miedo y refuerza la homofobia, bifobia, transfobia, etc.

Abuso Sexual: presiona, usa drogas/alcohol, u otros métodos forzados para lograr relaciones sexuales; te compara con parejas del pasado; fuerza a tener sexo o viola.

Abuso Físico: Te sujeta así no te puedes ir, te empuja, te hiere donde los moretones no se vean, te cachetea, golpea, o patear.

Amenazas: Dice que no puede vivir sin ti, que se va a matar si terminas la relación, que va a buscar a alguien más, o que te acusará a los demás de tu género, preferencia sexual, etc.

Dominación: Te trata como niño@ pequeño@, propiedad o sirviente; toma las decisiones; define los roles de cada uno@ en la pareja; usa privilegios para ponerte en riesgo, bloquea tu acceso a recursos, etc.

Humillación: Te insulta, crítica, y hace creer que estás loco@. Te humilla en público, cuestiona si eres la identidad que has elegido, refuerza homofobia internalizada, etc.

Poseividad: Te cela y acusa de que lo@ engañas, te aleja de familia/amig@s, y dice que nadie te quiere por tu identidad.

Minimización y Culpa: No se hace responsable por sus acciones, hace ver el abuso como sin importancia, te culpa, refuerza mitos de las relaciones del mismo sexo (que son incapaces de abusar)

Recursos

Rainbow Umbrella

Grupo de apoyo para la juventud basados en actividades
(805) 836-0099 o www.rainbowumbrella.org

One Step a la Vez

Grupos de apoyo para la juventud basados en actividades
(805) 625-7067 o www.onestepalavez.org

Diversidad Colectiva Condado de Ventura

Centro de recursos para la comunidad LGBTQ
(805) 644-LGBT (5428) o www.diversitycollectivevc.org

The Pride Clinic @ Santa Paula West

Grupo de apoyo para personas trans y no conformes con el género
(805) 229-0220 o www.vhca.org/lgbt

Padres y Amigos de Lesbianas y Gays (PFLAG)

Organización nacional de familias y aliados
(805) 765-1672 o www.pflag.org/chapter/pflag-ventura

Trans Alliance Ventura

Grupo de apoyo para personas transgénero y no conformes con el género
(805) 861-4793 o transallianceventura@gmail.com

H.O.P.E. Centro de Asesoramiento

Servicios ambulatorios de salud mental
Entrenamiento y consultas
(805) 809-2289 o www.counselinghope.info/



COALITION
FOR FAMILY HARMONY

1030 N Ventura Rd., Oxnard, CA 93030
T: 805.983.6014 Fax: 805.983.6240
Lunes a Viernes 8am-12pm 1pm-5pm
admin@thecoalition.org



COALITION
FOR FAMILY HARMONY

Programa

LGBTQ+

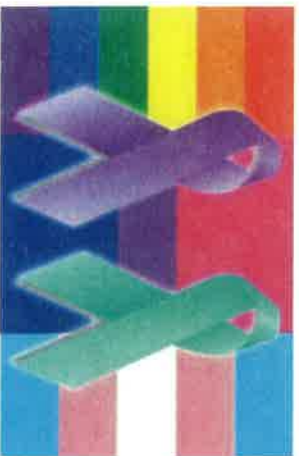
Servicios de apoyo para la comunidad LGBTQ+

- Consejería individual y en grupo gratis
- Servicios de refugio de emergencia
- Consejería en tiempos de crisis, abogacía y acompañamiento las 24 horas
- Grupos de apoyo para jóvenes LGBTQ y Transgénero
- Apoyo y Oficina Legal

No estás solo@.
Estamos aquí para ti.

24/7 Línea Bilingüe de Crisis
(800) 300-2181

¿Qué es el programa LGBTQ+?



Las comunidades LGBTQ+ son a menudo excluidas de las conversaciones acerca de servicios y prevención para abuso sexual y violencia doméstica/ entre parejas. Las personas que se identifican como LGBTQ pueden también enfrentar problemas como rechazo de la familia, falta de vivienda, abuso de sustancias, y depresión, todos estos factores pueden incrementar el riesgo de violencia.

La Coalición brinda atención sin prejuicios, afirmativa y centrada en el sobreviviente que reconoce la importancia de brindar consejeros y terapeutas competentes para la comunidad LGBTQ+.

Entendemos la importancia de la identidad y estamos educados sobre las vulnerabilidades de las personas que son LGBTQ+.

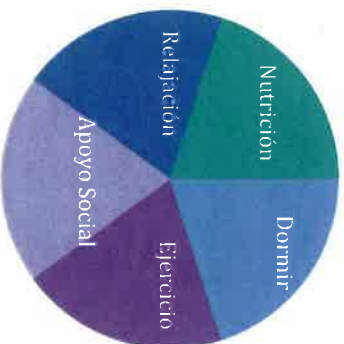
Servicios LGBTQ+ de la Coalición:

- Consejería bilingüe de crisis sin cita
- Sesiones gratuitas de consejería para personas LGBTQ+
- Recursos y abogacía para víctimas
- Programa de refugio de emergencia y vivienda de transición para sobrevivientes de violencia doméstica/ entre pareja o estafas en sitios de citas online
- Grupos de apoyo para adultos transgénero
- Grupo de apoyo para jóvenes y adultos LGBTQ+
- Oficina legal que brinda guía y acepta consultas en asuntos de leyes familiares como ordenes de restricción, disputas de custodia de niños y divorcio.

Para otros servicios de la Coalición, visita nuestro

sitio: www.thecoalition.org

No olvides dedicar el tiempo para cuidarte.



Recuperarse de un trauma, estrés, y ansiedad le pueden pasar la cuenta a tu cuerpo, mente y relaciones. Llevar una rutina de cuidado personal es importante para reducir esos síntomas.

Si te sientes estresad@, ansios@, o que estás enfrentando síntomas de trauma, hace algo que disfrutes o pregúntate lo siguiente:

¿He comido hoy?

Cuando sea posible, come algo nutritivo como frutas y vegetales, una maldada, o proteína.

¿He dormido lo suficiente?

Programa una siesta de 20 minutos, planea dormir mas temprano esta noche, o duerme hasta más tarde si es posible.

¿He hecho ejercicio recientemente?

Camina por 20 minutos o estira para dar a tu cuerpo un alivio de estar sentado o trabajando

¿He hecho algo para relajarme recientemente?

Intenta tomar té, escuchar tu música favorita o enfocarte en la respiración.

¿Dónde puedo ir para apoyo social?

Amigos, familiares y miembros religiosos son algunas opciones de apoyo.

Si te sientes desesperad@, sin esperanzas, o que estas en crisis, nuestra línea directa bilingüe esta aquí para ti:

1-800-300-2181

No estás sol@.



Estamos aquí para ti.



¿Qué puede hacer por mi la consejería o los grupos de apoyo?

Las sesiones de consejería de crisis, trauma o regular son confidenciales, un espacio libre de juicios que te puede ayudar a desarrollar habilidades para lidiar con los problemas, hacer un plan de seguridad, y ayudarte a tener mas herramientas para lidiar con los desafíos del día a día Ya sean pequeños o grandes. Los grupos dirigidos profesionalmente pueden ayudarte a conectarte con otros en un lugar seguro done la comunidad LGBTQ+ puede compartir experiencias y apoyarse los unos a los otros.

How can you support a victim of a scam?

- Provide validation, compassion, and active listening;
- Help them find hobbies or replace old activities with new ones;
- Connect them to resources: local police, FBI, hotline numbers or counseling services.



How can our resources help?

- 24-hour Bilingual Crisis Hotline if you need to speak with a crisis specialist immediately, especially if you have thoughts of hopelessness or suicide: 1-800-300-2181;
- 10 free counseling sessions to victims of Online Romance Scams and their support system, which includes family or friends;
- Free immediate Crisis Counseling sessions at the Coalition's main office in Oxnard;
- Advocacy and accompaniments* for victims of Online Romance Scams in Ventura County;
- Emergency safe housing/shelter.

*Accompaniments only provided in spaces such as medical facilities, police stations, schools and colleges, etc.

Resources

- Speak to a tax professional or contact the IRS Taxpayer advocate: <https://taxpayeradvocate.irs.gov/> or call: 1-877-777-4778
- If debt is owed, call Ventura County Money Management Intl: 805-383-7700
- National Federation Consumer counseling agencies: www.nfcc.org or call: 1-800-388-2227
- If difficulty paying mortgage: www.keepyourhomecalifornia.com
- Legal aid programs help in dealing with creditors: <http://www.lawyerlegion.com/lawyer-referral-directory/california/ventura-county/> or call: 805-650-7599

Reporting Options

- FBI: Local office and: www.Ic3.gov
- Federal Trade Commission: 1-877-382-4357 and/or: www.ftc.gov
- Identity Theft Resource Center: <http://www.idtheftcenter.org> and/or 1-888-400-5530
- US Postal Inspectors: 1-877-876-2455
- Report to local law enforcement and the internet dating site/social media website that the scammer is on.
- Notify your bank immediately of losses due to fraud and freeze your accounts.



COALITION

FOR FAMILY HARMONY

1030 North Ventura Road, Oxnard, CA 93030

Ph: 805.983.6014 Fax: 805.983.6240

M-F 8am-12pm 1-pm-5pm

admin@thecoalition.org

Se habla español



COALITION

FOR FAMILY HARMONY

Online Romance Scams

Do you have a romantic partner online that you've never met in person?
Have they asked you for money?
Asked for personal data?

If you say yes to any of these questions, you might be a victim of Online Romance Scammers. We have the tools and resources to help!

Please take this brochure for more details.



24/7 Bilingual Crisis Hotline

1-800-300-2181

What are common Scammer Characteristics?

- They “groom” a person, building intimate emotional connections to build trust;
- Exploit vulnerabilities such as loneliness, often looking for individuals who have been widowed;
- Often requesting money for various reasons and create excuses for not paying it back.
Examples of requests:
 - Needing a loan to help a business
 - Emergency situations
 - Asked for as proof of commitment to the relationship
- Isolate the person from friends, family, and asking to be kept a secret;
- Use guilt to manipulate their online partner thinking they are the only person that matters;
- Request intimate photos or video chats that they later use as leverage for threats/blackmail;
- Poor grammar, misspelled words;
- Persistent in pursuing a person, even when asked to stop.



What are the effects of fraud?

- Victims and their families and/or friends are all affected emotionally and financially;
- Victims may experience depression, anxiety, shame, grief, feelings of betrayal and distrust;
- Serious financial debt;
- Victims may suffer trauma similar to those who have experienced violent crimes.

What if it happens to you?

- Call the Coalition and speak to an advocate about your options;
- Call a friend or family member for support;
- Report what you know to the authorities.

How is counseling helpful?

Counseling provides victims with a safe, judgement-free space where an experienced therapist can help explore roots of vulnerabilities, feelings of betrayal and loss, address any overwhelming feelings, and overcome the trauma experienced.



How can you cope?

Know that you are not alone.

- Talk to someone you trust about your experience;
- Seek individual or group counseling at the Coalition;
- Practice self-care methods like:
 - Get plenty of sleep, choose healthier foods and do light exercise;
 - Listen to music that puts you in a positive mood;
 - Take breaks from social media/internet use;
 - Practice your favorite hobby;

Prevention and Computer/Cellphone Safety



- Use a 2-factor authentication on cellphones and computers, and change passwords—including email password;
- Clean your computer from possible malware and keep antivirus programs up to date;
- Ensure that privacy settings on social media don't allow strangers to view your information. Don't accept strangers as friends;
- Never wire money, put money on a gift or cash reload card, open a bank account or forward someone else's money at their request and don't send cash to an online love interest;
- Hang up if you suspect a scam. Screen calls using voicemail, don't answer unknown numbers;
- Check your bank/credit card statements regularly;
- Ask someone you trust for their opinion about the relationship;
- Place image in 'Google Image Search' or [www.tineye.com](http://www tineye.com) and see if that image shows up on others reporting romance fraud.

Identity Theft Concerns

- Close bank and credit card accounts that the scammer may have knowledge of or access to;
- Get more information at:

www.idtheft.gov

www.idthefreesourcecenter.org

LGBTQ+ Program Words/Phrases to Avoid

Transgender, transgendered, a trans, he-she, she-male, it, tranny

- ◆ The word "transgender" is an adjective, not a noun. Being "trans" is a way to describe an identity, not a person as a whole.

Trans female, trans male

- ◆ Use trans men, trans women, or their name
- ◆ Transgender relates to gender identity (man, woman, etc.), not sex assigned at birth (male, female, intersex)

The "gays"

- ◆ Use "gay people," or their names

The gay, lesbian, bi, trans "lifestyle"

- ◆ As there is no one "straight" lifestyle, there is also no "gay" lifestyle; it's just a life!

Homosexual

- ◆ Mostly used as an outdated umbrella term for the LGBTQ+ community and by anti-LGBTQ+ groups that believe being gay is a mental disorder.

Homosexual sex

- ◆ Use "sex"

Offensive descriptive language (unless given permission*)

- ◆ Dyke*
- ◆ Fag, Faggot*
- ◆ Homo*
- ◆ Sodomite
- ◆ Deviant
- ◆ Pervert

When in doubt, "Ask, Honor, Apologize"



Community Resources

Coalition for Family Harmony

24 hr Crisis Hotline: (800) 300-2181

Rape Crisis Center: (805) 983-6014

LGBTQ+ Program

Intimate Partner Violence Programs

Emergency Shelter

Batterer's Intervention Program

Teen Dating Violence

Spanish support group for family of LGBTQ+

admin@thecoalition.org

www.thecoalition.org

Diversity Collective Ventura County

(805) 644-LGBT (5428)

info@diversitycollective.org

www.diversitycollectivevce.org

Rainbow Umbrella

(805) 836-0099

www.rainbowumbrella.org

One Step a la Vez

(805) 625-7067

www.myonestep.org

Trans Alliance Ventura

805-861-4793

transallianceventura@gmail.com

Parents & Friends of Lesbians & Gays

(PLAG)

(805) 765-1672

www.pflag.org/chapter/pflag-ventura

HOPE Counseling Center

(Holding Our Pride and Equality)

(805) 250-4596

laurenlawson@counselinghope.info

Santa Paula West PRIDE Clinic

254 W. Harvard Blvd Ste B

Santa Paula, CA 93060

(805) 229-0200

www.santapaulawestmedicalgroup.com/

pride-clinic

Rainbow Café Support Group,

CSU Channel Islands

(805) 437-2088

<https://goo.gl/forms/m4xzHpLSrhmuGE1>

Rainbow Café Support Group,

Oxnard College

lmartinez@vcccd.edu

805-678-5832



NOW HIRING PEER PARTNERS

Apply at <http://www.pacificclinics.org/careers>

Pacific clinics is a non-profit organizational searching for young professionals interested in working in a peer run peer driven center.

The ideal candidate would be:

Between the ages of 18-25

Bilingual Spanish - not required

Have lived experience in a system of care (Foster Care, Mental Health, Criminal Justice, and or Juvenile Justice)

Basic computer knowledge

Flexible work schedule

Position Summary

Under direct supervision, the peer partner provides peer-to-peer support drawing on shared experience as a peer to validate the consumer's experience. Provides guidance and encouragement to consumer to take responsibility and actively participate in their own recovery. This position models competency in recovery and serves as a mentor for consumers in a Wellness Center setting.

If you would like more information, please contact Vanessa Cortez at 805-240-2438 or email at vcortez@pacifclinics.org.

The TAY Tunnel empowers individuals to take an active role in creating positive lifestyle changes within a supportive, safe and understanding environment. By creating stepping stones to independent living, we can all light the path to a happier and healthier lives

Made possible through the California Mental Health Services Act and Ventura County Behavioral Health.

SUICIDE ATTEMPT SURVIVORS SUPPORT GROUP



JOIN OTHERS

safely share your thoughts and feelings
develop new coping methods
learn about community resources
discuss and practice alternative ways to ease pain
group facilitated by licensed clinician and peer mentor

8 sessions – closed group
Adults (18+ yrs. old)
\$55 per session // sliding scale available
START DATE: November 6, 2018
Tuesdays @ 7pm
AT: New Beginnings Center in Camarillo
155 Granada St – Suite N

NO ONE HAS TO BE ALONE



**There Can Be Hope
We Can Help**

contact Grant for more information or to schedule an intake consultation
call: 805-987-3162 ext. 3
email: grantlavignamft@gmail.com

24-hour Suicide Crisis Line = 1-877-727-4747 (local response)

FIND

(A Friend In Deed)

PEER-LED SUPPORT

for folks experiencing or who have experienced mental health or substance misuse challenges

**** new location to be announced shortly ****



PEER-LED GROUPS TO BE OFFERED

- **Peer Matrix – drop in arts/creative writing**
- **Dual Recovery Support**
- **Percussion Circles**
- **Reading Groups**
- **Parenting with a Mental Health Challenge**
- **Movie Nights**
- **Musicians' Sober Support Meetup**
- **Drop-In Peer Support**
- **WRAP for Trauma-Affected Peers**

email for further info:

A.Friend.In.Deed.Ventura@gmail.com
or **FIND.assist805@mail.com**