VENTURA COUNTY BEHAVIORAL HEALTH ADVISORY BOARD

GENERAL MEETING

MINUTES

September 17, 2018

NEXT MEETING:

Monday, October 15, 2018
1:00 p.m. – 3:30 p.m.

Ventura County Behavioral Health Administration
1911 Williams Drive, Training Room ♦ Oxnard, CA 93036

Note: The Behavioral Health Advisory Board has not yet approved these minutes. There may be additions/deletions or corrections before the minutes are accepted in final form.

BHAB Members Present
Jerry Harris, Chair
Claudia Armann
Jamie Banker
Ratan Bhavnani, 1st Vice Chair
Nancy Borchard
Gane Brooking, 2nd Vice Chair
Kevin Clerici
Margaret Cortese, Member-At-Large
Monique Garcia
Janis Gardner, Member Emeritus
Patricia Mowlavi
Cmdr. Ron Nelson
Denise Nielsen
Supervisor Linda Parks
Gina Petrus
Sheri Valley
Kay Wilson-Bolton, Secretary

BHAB Members Absent
Mary Haffner
Larry Hicks
Irene Pinkard
Marlen Torres

Others Present
Scott Walker, Crisis Intervention Team (CIT)
Ezequiel Sanchez
Dan Powell, VCMC Inpatient Psychiatric Hospital
Jerry Weaver
Karyn Bates
David Deutsch, NAMI
Sally Harrison, County Executive Office
Bob Wickham, NAMI
Jennifer Goble, Pacific Clinics
Robbie Hidalgo, Simi Valley Community Garden
Elizabeth Stone
Marika Collins, Casa Pacifica

VCBH Managers and Staff Present
Sevet Johnson, VCBH Director
Lisa Acosta, M.D., Youth & Family Division Medical Director
Greg Bergan, MHSA
Hilary Carson, MHSA
Loretta Denering, Alcohol and Drug Programs Division Chief
Leisa Donovan, Fiscal Manager
Dan Hicks, ADP Prevention Manager
Pete Pringle, Youth & Family Division Chief
Kiran Sahota, MHSA Manager
Dr. John Schipper, Adult Division Chief
Edith Pham, BHAB Assistant

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	**Call to Order** Chair Harris called the meeting to order at 1:05 p.m. Assistant Sheriff Bill Ayub lead the audience in reciting the Pledge of Allegiance to the U.S. Flag.		
II.	**Approval of the Agenda** Mr. Harris asked the Board to review and approve today's agenda. Gina Petrus moved to approve, Patricia Mowlavi seconded. Ratan Bhavnani noted that Daniel Powell needs to leave early and requested to have his update on the Crisis Stabilization Unit moved up from item XIII.B to item IX. Ms. Petrus and Mowlavi agreed. The motion passed unanimously as amended.	The agenda was approved as amended. **M/S/C**	
III.	**Approval of the Minutes** Mr. Harris asked the Board to review and approve the minutes of the August 20 meeting. Kay Wilson-Bolton moved to approve, Nancy Borchard seconded. The motion passed unanimously.	The minutes were approved as written. **M/S/C**	
IV.	**Welcome and Introductions** Mr. Harris welcomed everyone and asked BHAB members to introduce themselves.		
V.	**Public Comments** David Deutsch reminded all that the NAMI Walk will be on October 13. He encouraged all to support the event. Robbie Hidalgo noted that the next free farmers market will be on September 25 in Simi Valley; at this event, the Health Care Agency will provide services such as flu shots, and VCBH will provide outreach services. Mr. Hidalgo also noted that the evening reporting center will open on October 1st in partnership with Probation.		
VI.	**Recognitions** Mr. Bhavnani presented a Certificate of Commendation to Bennie Crayton for his 44 years of services, his contributions to community-based prevention, advocacy for youth services, and many other prevention efforts. Dan Hicks congratulated him for his outstanding service. Janis Gardner presented a Certificate of Commendation to Captain James Fryhoff of the Sheriff's Office, currently serving as the Chief of Police for the City of Ojai, for his numerous prevention efforts, such as to deter underage drinking and ensure that the three local commercial cannabis dispensaries operate in compliance with the law. Ms. Gardner, Supervisor Parks, Cmdr. Rick Barrios, and Dan Hicks congratulated Capt. Fryhoff. Mr. Harris presented a Certificate of Commendation to Cmdr. Ron Nelson for his three years on the BHAB, and for chairing the Transition Age Youth Committee and other workgroups, and for his passion for improving the lives of the mentally ill and those with substance use disorders. Cmdr. Ayub, Supervisor Parks, and David Deutsch thanked him for his service. Cmdr. Nelson noted that it has been an honor for him to work alongside passionate people. Mr. Harris presented a Certificate of Commendation to Karyn Bates for her many years of service on the Mental Health Board and its successor, the BHAB. She served in many functions and on several committees. She also served on the California Association of Local Behavioral Health Boards & Commissions. She provided inspiration and hope to all. Ms. Bates said she is thinking of coming back to the Board at the appropriate time. Supervisor Parks noted Ms. Bates' peer-to-peer counseling and encouraged her to return to the Board when possible.		
VII.	**Chair Report – Jerry Harris** A. The California Association of Local Behavioral Health Boards & Commissions' Fall 2018 newsletter contains articles on housing, recovery, and the Mental Health Services Act. B. VCBH has a new website in collaboration with other counties; it provides information about marijuana: mjfactcheck.org / datosmarihuana.org. C. Ms. Gardner provided information on the following: 1. VCBH's 3rd Suicide Prevention conference on September 19 at Oxnard College; 2. The 7th Annual Drug Abuse Awareness Walk and Rally on September 22 in Simi Valley;		

	3. NAMI Walk on October 13 in Ventura; 4. The 3rd Annual Haunted Housing Run on October 27 in Ventura; 5. The Associated Press has released a newswire regarding THC in breastmilk; studies to learn more are ongoing.		
VIII.	**Board Members Comments and Announcements** A. Denise Nielsen announced that her son and former BHAB member, McKian, had a baby boy a few days prior. To celebrate the happy event, she distributed treats for all. B. Gane Brooking noted that the building that has been identified to house a shelter in Ventura needs renovation. A location is being sought for a foul weather shelter. Ms. Wilson-Bolton wondered about using a former fire house for such a shelter, and Supervisor Parks recommended that she talk to Supervisor Long about this. C. Cmdr. Ron Nelson noted that he attended a National Institute of Corrections Networking meeting. The main challenge shared by Sheriff's Offices from around the country is mental illness in correctional facilities. Also, there is a nationwide move to Medication-Assisted Drug Treatment in correctional facilities; the Ventura County Sheriff's Office has secured a grant to expand its own Medication-Assisted Drug Treatment.		
IX.	**Director's Report – Dr. Sevet Johnson** A. The 3rd Suicide Prevention conference at Oxnard College will include several discussions in English and in Spanish. B. VCBH is working with the Health Care Agency to disseminate the Community Mental Health Needs Assessment Survey. Everyone is encouraged to distribute the survey and to answer some or all of the questions in the survey as they feel most comfortable, with a reminder that no identifying information is requested or required to complete the survey. C. VCBH is working on increasing Latino enrollment, starting in Santa Paula. Dr. Johnson will speak during the Santa Paula City Council meeting on September 19 to present information on VCBH services. A pilot project called Enhanced Access is in place at both the Santa Paula Adult and Youth & Family clinics; it reduces barriers to service access by providing screenings to walk-ins rather than solely scheduling them for an appointment at a later date. This reduces the number of steps that are needed to enroll in VCBH clinics, thereby decreasing barriers and welcoming potential consumers. Logrando Bienestar continues to be a pathway for non-English speakers to services. D. October is Opioid Awareness Month, which will be recognized at an upcoming Board of Supervisors meeting. E. Everyone is welcome to join the VCBH All Stars Team for the NAMI Walk on October 13.		
X.	**Secretary's Report – Kay Wilson-Bolton** Ms. Wilson-Bolton is looking into creating a list of talking points that the Supervisors could address with prospective BHAB members to make them aware of the responsibilities inherent with the appointments. Supervisor Parks noted that having Cmdr. Nelson on the Board has been very helpful. She suggested amending the Bylaws to require that a BHAB member represent the Sheriff's Office.		
XI.	**BHAB Committee Reports** A. Adult Services Committee – Nancy Borchard, Gane Brooking, Co-Chairs Ms. Brooking noted that the committee heard a presentation on the Office of Health Equity and Cultural Diversity. It also finalized its Annual Report. B. Prevention Committee – Janis Gardner, Chair The committee received information on SB 1004 that addresses MHSA Prevention and Early Intervention. It also heard a presentation on opioids. C. Transitional Age Youth (TAY) Committee – Cmdr. Ron Nelson, Chair The committee was dark in August. The next meeting will be held at the TAY Tunnel; a presenter will share his story of recovery. All are welcome to attend. D. Youth & Family Committee – Denise Nielsen, Chair The committee heard a presentation on the website mjfactcheck.org. The committee		

	finalized its Annual Report. A committee member from First 5 is initiating a workgroup for an MHSA Innovation project that would focus on preschool teachers. E. Legislative Workgroup – Ratan Bhavnani Mr. Bhavnani and Sheri Valley provided some information on behavioral health-related bills that have been signed into law or are awaiting Governor Brown's signature. See attached. The State Legislature is in recess, and the BHAB Legislative Workgroup will not meet again until the legislature is back in session.		
XII.	**New Business** A. Site Visit Report: Logrando Bienestar – Margaret Cortese Ms. Cortese reviewed the Site Visit Report, which she conducted with Claudia Armann and Gane Brooking; see attached. They were impressed with the staff, their skills and commitment. They recommend looking at outreach to various agricultural businesses and to community-based organizations that convene the Latino community. They also recommend a site visit to Screening, Triage, Assessment and Referral (STAR) as some people seem to have trouble connecting with this office, and also to assign a car to Logrando Bienestar. Dr. Johnson noted that VCBH is looking into setting up a pool of cars at the Williams building. B. Site Visit Corrective Action Plan Mr. Harris noted that site visits are an important way for the BHAB to assess the work of VCBH and its contractors. The Executive team will prioritize the list of proposed site visits from the previous year. Patricia Mowlavi noted that she will schedule a site visit to A New Start for Moms. Mr. Bhavnani volunteered to participate in a site visit to Hillmont House or Horizon View, and Kevin Clerici volunteered to participate in site visits, particularly the Crisis Residential Treatment (CRT). Ms. Cortese volunteered to participate in, but not lead a site visit. C. Development of Action Plans Mr. Harris noted that the BHAB had voted at a previous meeting to use Action Plans to provide updates to the BHAB. He requested that the committees develop their Action Plans, which will help them conceptualize the steps they decide to take as they act on their objectives. D. Feasibility of Re-establishing a Support Group for Parents of Transitional Age Youth (TAY) Ms. Wilson-Bolton noted that the BHAB TAY Committee supports the re-establishment of a support group for parents of TAY, perhaps as an MHSA Innovation program. Such a group met for about three years. Mr. Bhavnani noted that the group requested some financial support from NAMI but was turned down. Public Comments: Jennifer Goble provided an overview of the defunct support group, in which she was involved. The group was unable to secure an umbrella organization and a place to meet, and eventually the group ended. Ezequiel Sanchez spoke in support of re-establishing the group. A discussion took place. Mr. Harris noted that the BHAB can only make recommendations to VCBH. He suggested that Pacific Clinics look into amending its contract with VCBH. Ms. Cortese moved that the BHAB support the concept of having a support group for TAY parents. Mr. Clerici seconded. The motion passed unanimously. Mr. Harris noted that in general, when committees make a recommendation to bring an issue to the full board, the committee chairs need to tell the BHAB Chair so that the item can be put on the BHAB General Meeting agenda. Kiran Sahota, MHSA Manager, noted that after the BHAB makes an MHSA-related recommendation, her staff has to examine the recommendation and go through the planning and Request for Proposal process when appropriate.	Develop Committee Action Plans Support the concept of having a support group for TAY parents **M/S/C**	Committee Chairs and members

XIII.	**Old Business** A. New Process for the Ongoing Review of Contracts Mr. Harris reviewed the new process: • following the Board of Supervisors' approval of the contracts, information about the contracts will be reviewed during the BHAB General Board meetings. Members will have the opportunity to ask questions; • during site visits, members will be provided with contract attachments describing the contractor's deliverables; • BHAB members will be assigned to attend VCBH quarterly contract review meetings and report back to the full board; • BHAB members can voice their questions/concerns about a contract at BHAB meetings or address them to the VCBH Director or designee and request a reply. VCBH has agreed to the plan, which will provide more information. The BHAB will review contracts after the Board of Supervisors has approved them, but the BHAB will not vote on them. B. Progress on the Adult Crisis Stabilization Unit (CSU) – Daniel Powell, Ventura County Medical Center (VCMC) Inpatient Psychiatric Hospital VCMC has been dealing with some setbacks in opening a CSU for adults. Discussions with the State Licensing are ongoing. VCMC is hoping to locate an 8- to 12-bed CSU in the former Assessment & Referral (A&R) wing; this location maximizes the flow process and the move of clients into the Inpatient Psychiatric Unit (IPU) when needed. In a CSU, clients are admitted on a voluntary or involuntary status, and medication management is provided. Mr. Powell agreed to give an update at the October 15 General Meeting. C. Future Presentations Cmdr. Nelson suggested having a presentation by Detective Fazio at the October General Meeting in honor of October is Opioid Awareness Month. Mr. Harris agreed. Cmdr. Nelson agreed to contact him. Ms. Valley suggested a presentation by Lori Litel, Executive Director of United Parents at the November General Meeting. Mr. Harris agreed. D. Future Recognitions Mr. Harris noted that at the October General Meeting, 25 Camarillo Police Department staff will be recognized for their response to calls for service from Hillmont House.	Provide update on the CSU on October 15 Invite Detective Fazio to October Meeting Invite Lori Litel to November meeting	D. Powell Cmdr. Nelson E. Pham
XIV.	**Public Comments** None.		
XV.	**Adjourn** The meeting adjourned at 3:20 p.m.		

Behavioral Health Advisory Board GENERAL Meeting Attendance

2018-19	Terms	Members	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June
District 1	3/11/18 – 3/10/21	Claudia Armann		X	X									
District 2	4/17/18 – 1/7/19	Jamie Banker		X	X									
District 2	2/23/16 – 2/23/19	Ratan Bhavnani	X	X	X									
District 3	1/27/18 – 1/26/21	Nancy Borchard	X	X	X									
District 3	1/12/16 – 1/12/19	Gane Brooking	X	X	X									
District 1	6/12/18 – 10/6/18	Kevin Clerici	X	X	X									
District 5	1/11/18 – 1/10/21	Margaret Cortese	X	X	X									
District 5	10/17/17 – 9/23/20	Monique Garcia			X									
District 2	9/13/16 – 9/13/19	Janis Gardner	X	X	X									
District 1	4/8/18 – 4/7/21	Mary Haffner	X											
District 4	9/17/16 – 9/17/19	Jerry Harris	X	X	X									
District 3	12/2/17 – 12/1/20	Larry Hicks		X										
District 2	3/14/17 – 3/14/20	Patricia Mowlavi		X	X									
District 4	10/13/15 – 10/13/18	Cmdr. Ron Nelson	X	X	X									
District 4	9/17/15 – 9/17/18	Denise Nielsen		X	X									
District 2	1/1/17 – 12/31/18	Supervisor Linda Parks	X	X	X									
District 1	5/8/18 – 5/7/21	Gina Petrus	X	X	X									
District 5	1/24/17 – 1/24/20	Dr. Irene Pinkard												
District 5	1/10/17 – 1/10/20	Marlen Torres	X	X	LOA									
District 4	2/6/18 – 2/6/21	Sheri Valley	X	X	X									
District 3	4/15/18 – 4/14/21	Kay Wilson-Bolton	X	X	x									

Present = X

District 1 Supervisor Bennett
District 2 Supervisor Parks
District 3 Supervisor Long
District 4 Supervisor Foy
District 5 Supervisor Zaragoza

From: karyn bates <tapdancer805@yahoo.com>
Subject: SB 906 --- PEER CERTIFICATION
Date: September 6, 2018 at 12:30:07 AM PDT
To: <advocacy@namica.org>
Reply-To: karyn bates <tapdancer805@yahoo.com>

HELLO!!!...to CA Governor Master Jerry Brown.....

I am a Peer Support Specialist from Ventura County CA....trained and certified by Recovery Innovations, Inc. --- head-quartered in Phoenix AZ. Currently i am not employed but am in touch with 12 behavioral health clients who are establishing positive forward movement in their lives and helping me to remember how important even one trusted connection can be to inspire and encourage individuals who have been in the throes of rejection or abandonment by themselves and/or others!!!....in behavioral health disorder issues barriers are crossed through a HUMAN CONNECTION with the neuro-biologically wounded individual --- someone who believes in: Hope --- personal responsibility --- cultural sensitivity --- searching out resources --- pointing out options --- setting boundaries --- spending time together on a regular basis --- focusing on nutrition --- encouraging participation in the community --- and above all --- ENCOURAGEMENT --- shining light upon the wounded individual's strengths and talents such that he may realize his dreams and loftiest ideals!!!

That human connection can best be embraced by our behavioral health clients IF the support person is a client him/herself!!!....Someone who has been deeply wounded and/or committed to hospitals/jails...the streets....someone who is willing to admit their struggles and share their experiences including the lessons learned!!!....healing occurs somewhere between the caring and the sharing!!!

Peer Support is not a new concept!!!....We all have had "mentors" who have gone before us and have taken time to show us the way!!!....what is new is that these support champions may be recognized and employed as a bona fide segment (perhaps the "hub") of our behavioral health care treatment!!....Let's place Peer Support on the map and employ an army of Certified Peer Support Specialists who are dedicated to healing and are willing to follow-through and follow-up with individuals for the long-run!!!..We will witness countless numbers of our behavioral health clients finding their way!!!....Realizing their potential!!!....And fulfilling their dreams!!!....Peer and Family Support Specialists are the "Hands-Across-The-Bridge" to stability ---community participation and enhanced lives!!!

....sending all my love always and best wishes for POSITIVE FORWARD MOTION!!!....me, karyn bates.

P.S....The cost of certification and employment of Peer and Family Support Specialists is a "drop-in-the-bucket" compared to the billions of dollars we are spending on hospital and jail stays --- police and court costs --- missed appointments and lost prescriptions --- AND --- emergency services for individuals who are NOT connected to anyone or anything positive. Peer and Family Support Specialists are needed now at hospital emergency rooms --- homeless shelters --- and as vital components of all outreach teams to begin the slow-but-sure climb to stability for those who are isolated and most difficult to engage!!!

California Association of Local Behavioral Health Boards and Commissions

Fall 2018 Newsletter www.facebook.com/CALBHBC www.calbhbc.com

CALBHBC NEWSLETTER

CALBHBC: A STATEWIDE ORGANIZATION SUPPORTING THE WORK OF LOCAL MENTAL HEALTH & BEHAVIORAL HEALTH BOARDS AND COMMISSIONS.

"Housing Can Help You on Your Journey to Recovery"

National Alliance on Mental Illness (NAMI)

Housing is fundamental to wellness. As part of a robust supportive housing continuum, there is a critical need for adequately financed and staffed Adult Residential Facilities (ARFs) for adults with severe mental illness (also known as "Residential Care Facility," "Enhanced Board and Care," or "Assisted Living.") To address this need, CALBHB/C is providing information at our October 19th Regional Meeting in Folsom regarding:

A Robust Housing Continuum for Adults with Severe Mental Illness: The Critical Need, Successes and Challenges

A panel of local and statewide leaders will address:

- ARF Offerings for Adults with Developmental Disabilities
- ARF Offerings and Integrated Services for Adults with Severe Mental Illness
- New Legislation Impacting Supportive Housing for Adults with Mental Illness

It is in the best interest of adults with mental illness, and in the best financial interest of the State of California to increase access to appropriate community-based, long-term residential options that include the necessary supports to address mental illness and other co-occurring physical health conditions. An issue brief and more at: www.calbhbc.com.

At our October 19th meeting, MHSOAC staff will present their latest work regarding demographic mapping and fiscal outcomes.

Contact Us: info@calbhbc.com
Facebook: CALBHBC

MEETINGS / TRAINING*

Central: October 19/20, Folsom
Southern: January 18/19 San Diego
Capitol Day: Sacramento—TBA

Travel/hotel is provided for one board member/county in the region, but all are welcome! Capitol Day is statewide.

Registration at: www.calbhbc.com.

**Additional Registration for Saturday training is required through CA Institute for BH Solutions (CIBHS). CIBHS also pays travel.*

TOP ISSUES / SOLUTIONS

See "Issue Briefs" at www.calbhbc.com

Housing is the #1 issue reported by MH/BH boards & commissions.

Employment—Individual Placement and Support (IPS) is a successful practice, facilitating sustained employment for adults with mental illness.

Disaster Preparation/Recovery—Learn what you should ask local staff to ensure MH/BH is provided during disaster.

CALBHB/C OPENS NEW HQ OFFICE

CALBHB/C has opened an office in Sacramento and designated it as the state headquarters. It is staffed by Executive Director, Jerry Jeffe.

717 K Street, Suite 427
Sacramento, CA 95814
916-917-5444

Resources (link to website)

Best Practices Handbook:
for Mental/Behavioral Health Boards & Commissions
Brown Act (Open Meeting Rules)
Data Notebooks
Mental Health Services Act *Plans/Innovations*
Templates/Sample Docs
Bylaws, Recruitment, Site Visit and more!
Training (**Online** and Handbooks)
And More! www.calbhbc.com/resources.html

Duties of Boards & Commissions

The local mental health board shall : (WIC 5604.2(a))

1. Review and evaluate the community's mental health needs, services, facilities, and special problems.
2. Review any county agreements entered into pursuant to Section 5650.
3. Advise the governing body and the local mental health director as to any aspect of the local mental health program.
4. Review and approve the procedures used to ensure citizen and professional involvement at all stages of the planning process.
5. Submit an annual report to the governing body on the needs and performance of the county's mental health system.
6. Review and make recommendations on applicants for the appointment of a local director of mental health services. The board shall be included in the selection process prior to the vote of the governing body.
7. Review and comment on the county's performance outcome data and communicate its findings to the California Mental Health Planning Council. *(Data Notebooks)*
8. Nothing in this part shall be construed to limit the ability of the governing body to transfer additional duties or authority to a mental health board.

5604.2(b): ...shall assess the impact of the realignment of services from the state to the county, on services delivered to clients and on the local community.

5848: ...conducts a public hearing on the county's MHSA Three Year Program and Expenditure Plan and Annual Update.

Mental Health Services Act (MHSA) Summary

The Mental Health Services Act of 2004, passed by the voters as "Proposition 63," increased overall State funding for the community mental health system by imposing a 1% income tax on California residents with more than $1 million per year in income. The stated intention of the proposition was to "transform" local mental health service delivery systems from a "fail first" model to one promoting intervention, treatment and recovery from mental illness. A key strategy in the act was the prioritization of prevention and early intervention services to reduce the long-term adverse impacts of untreated, serious mental illness on individuals, families and state and local budgets.

According to WIC 5813.5, MHSA Planning for services shall be consistent with the philosophy, principles, and practices of the Recovery Vision for mental health consumers:

1. To promote concepts key to the recovery for individuals who have mental illness: hope, personal empowerment, respect, social connections, self-responsibility, and self-determination.
2. To promote consumer-operated services as a way to support recovery.
3. To reflect the cultural, ethnic, and racial diversity of mental health consumers.
4. To plan for each consumer's individual needs.

The Six Components: The funds are divided into six components. County mental health agencies are required to develop detailed plans for the use of MHSA funds in each of these components, then submit those plans to the Mental Health Services Oversight and Accountability Commission (MHSOAC) or State for approval. The following are the components:

1. Community Program Planning (CPP)
2. Community Services and Supports (CSS)
3. Prevention and Early Intervention (PEI)
4. Innovation (INN)
5. Capital Facilities & Technology Needs (CFTN)
6. Workforce Education and Training (WET)

More Info:
Role of the Mental Health Board w/**On-Line Training**

MHSA Component Descriptions
and
MHSA Fiscal Information
On-line: www.calbhbc.com/mhsa-plans--updates.html

TRUE FALSE

MARIJUANA FACTCHECK

FOCUSED ON FACTS

mjfactcheck.org

CIERTO FALSO

DATOS MARIHUANA

SEGÚN LOS HECHOS

datosmarihuana.org

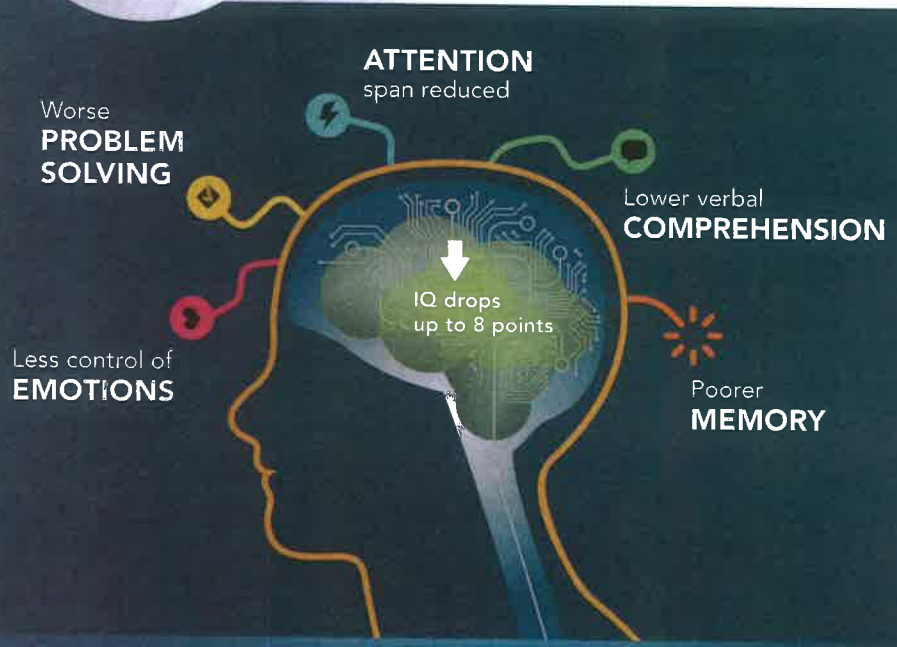
MARIJUANA FACTCHECK

FOCUSED ON FACTS

TRUE

"Marijuana use by teens has been linked to a permanent decrease in IQ."

Studies have shown that using marijuana frequently as a teen can lead to impaired brain development. IQ intelligence tests showed scores dropping up to 8 points. IQ did not rise again after stopping use as an adult.



www.mjfactcheck.org

REVIEWING THE LATEST RESEARCH RELATED TO KID'S HEALTH & SAFETY

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MARIJUANA FACTCHECK

FOCUSED ON FACTS

TRUE

EDIBLES

Can marijuana edibles send a child to the ER? After recreational marijuana stores opened in Colorado, twice as many children under age 10 went to emergency rooms after consuming marijuana. Almost half of the cases involved kids accidentally eating marijuana edibles.

FALSE

VAPING & E-CIGARETTES

A safer alternative to smoking marijuana? Experts say *no*. It is difficult to measure how much THC is inhaled, and the risk of overusing is high, especially for inexperienced users. Burns and injuries from exploding e-cigarettes and vaping devices are increasing.

www.mjfactcheck.org

REVIEWING THE LATEST RESEARCH RELATED TO KID'S HEALTH & SAFETY

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DATOS MARIHUANA
SEGÚN LOS HECHOS

CIERTO

"El consumo de marihuana en adolescentes está vinculado a una pérdida permanente de inteligencia (CI)".

Los estudios han demostrado que el consumo frecuente de marihuana en la adolescencia daña el desarrollo cerebral. Las pruebas que miden el Coeficiente Intelectual (CI) han demostrado una disminución del mismo hasta 8 puntos. El CI no subió después de haber dejado de consumir marihuana en la adultez.

www.datosmarihuana.org

INFORMACIÓN MÁS RECIENTE SOBRE LA SALUD
Y SEGURIDAD DE NIÑOS Y JÓVENES

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DATOS MARIHUANA
SEGÚN LOS HECHOS

CIERTO

COMESTIBLES

¿Puede un niño terminar en el hospital por la marihuana comestible? Después que las tiendas de marihuana recreativa abrieron en Colorado, el doble de niños menores de 10 años fueron atendidos en la Sala de Emergencias después de haber consumido marihuana. Casi la mitad de los casos eran niños que accidentalmente ingirieron comestibles derivados de la marihuana.

FALSO

VAPORIZAR ("VAPING")

¿Una alternativa más segura que fumar la marihuana? La respuesta simple es *no*. Es difícil medir qué cantidad de THC se inhala y el riesgo de sobredosis es alto, especialmente para usuarios sin experiencia. Las quemaduras y lesiones por explosiones de cigarrillos electrónicos y dispositivos de vaporización han ido aumentando.

www.datosmarihuana.org

INFORMACIÓN MÁS RECIENTE SOBRE LA SALUD
Y SEGURIDAD DE NIÑOS Y JÓVENES

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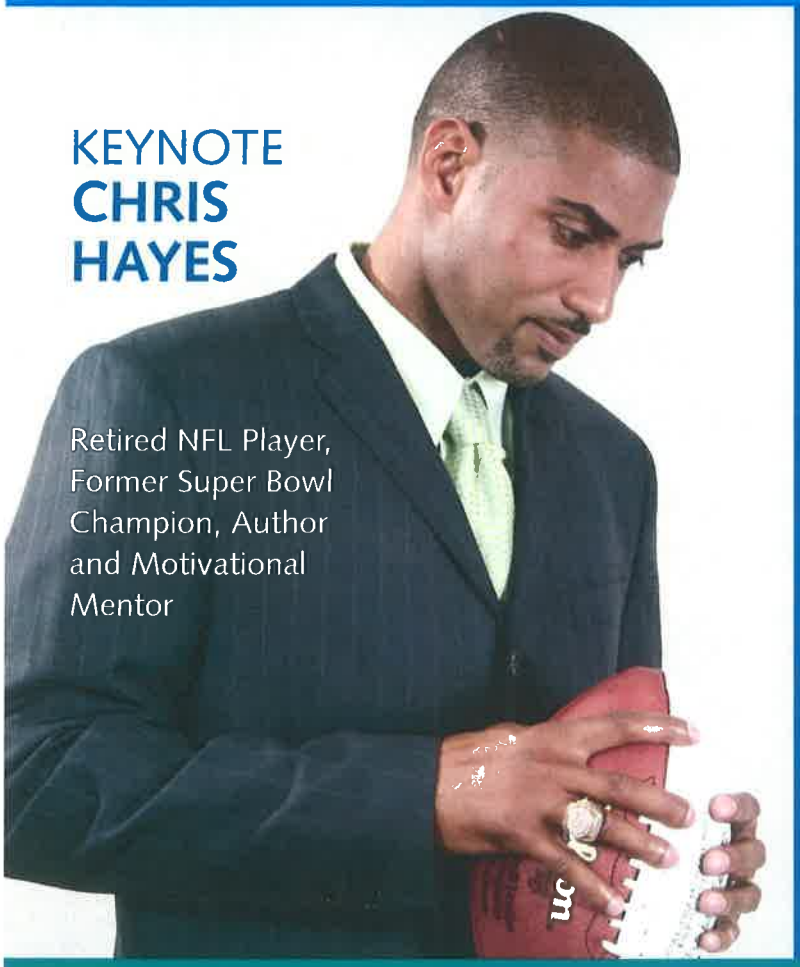
PREVENTING SUICIDE

HELP & HOPE

3RD ANNUAL CONFERENCE • WEDNESDAY, SEPTEMBER 19, 2018
8:30 AM – 12:30 PM • OXNARD COLLEGE • FREE



KEYNOTE
CHRIS HAYES

Retired NFL Player, Former Super Bowl Champion, Author and Motivational Mentor

With suicide on the rise nationwide, how can we make a difference in our community?

Workshops in English and Spanish:

- QPR training (Question, Persuade and Refer)
- Depression and Suicidal Ideations in Older Adults
- Resiliency in Latino Youth

Community Resource Tables

Free On-Site Parking

Must Preregister by Sept. 17, 2018

REGISTER NOW!

www.helpandhope2018.eventbrite.com

VENTURA COUNTY BEHAVIORAL HEALTH
A Department of Ventura County Health Care Agency

OFFICE OF EDUCATION VENTURA COUNTY

MENTAL HEALTH SERVICES ACT CALIFORNIA
WELLNESS · RECOVERY · RESILIENCE

For more information, email mhsa@ventura.org.

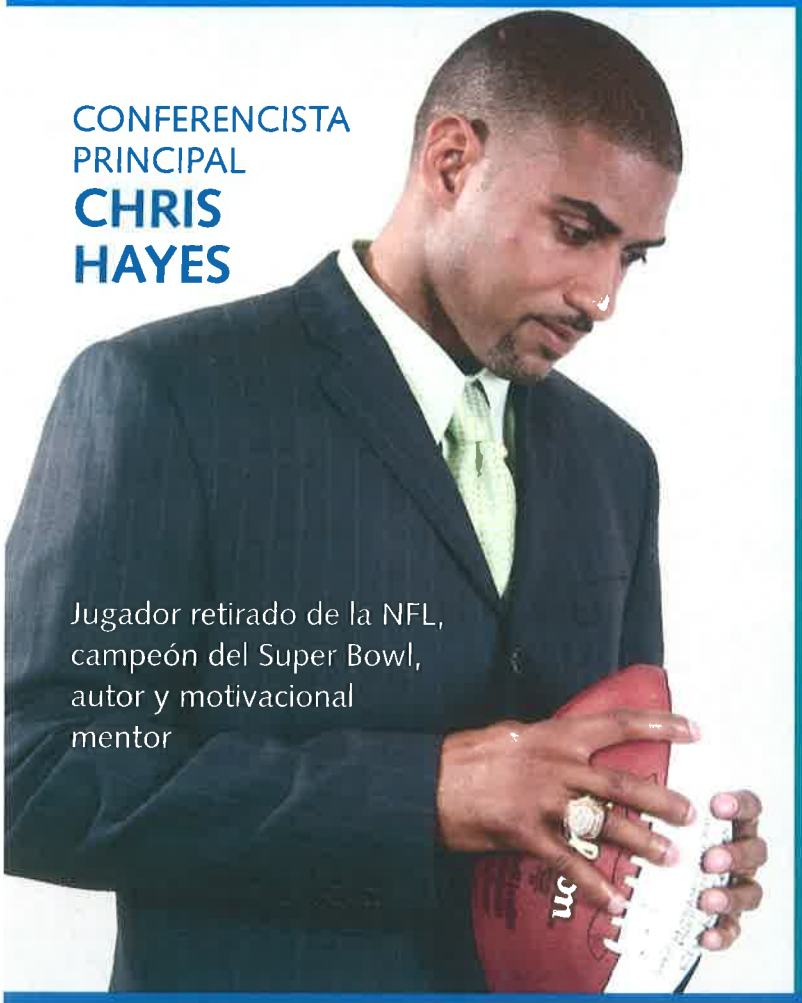
This conference is made possible through funding from Ventura County Behavioral Health through the Mental Health Services Act, in partnership with Oxnard College.

PREVENCIÓN DEL SUICIDIO

AYUDA Y ESPERANZA

3ER CONFERENCIA ANUAL • MIÉRCOLES 19 DE SEPTIEMBRE DE 2018

8:30 AM – 12:30 PM • EN OXNARD COLLEGE • GRATIS



CONFERENCISTA PRINCIPAL

CHRIS HAYES

Jugador retirado de la NFL, campeón del Super Bowl, autor y motivacional mentor

Con el suicidio en aumento en todo el país, ¿cómo podemos hacer una diferencia en nuestra comunidad?

Talleres en inglés y español:

- Entrenamiento de QPR (Cuestionar, Persuadir y Recomendar)
- Depresión e ideaciones acerca del suicidio en adultos mayores
- Resiliencia en la juventud latina

Mesas con Recursos Comunitarios

Estacionamiento gratis.

Debe inscribirse antes del 17 de sept. de 2018.

¡REGÍSTRESE AHORA!

www.ayudayesperanza2018.eventbrite.com

VENTURA COUNTY BEHAVIORAL HEALTH
A Department of Ventura County Health Care Agency

OFFICE OF EDUCATION VENTURA COUNTY

MENTAL HEALTH SERVICES ACT CALIFORNIA

WELLNESS · RECOVERY · RESILIENCE

Para obtener más información escriba al correo electrónico mhsa@ventura.org.

Esta Conference es posible gracias al financiamiento de Ventura County Behavioral Health mediante la Ley de Servicios para la Salud Mental, en colaboración con Oxnard College.

Not One More®
overdose · lost spirit · grieving heart

7th Annual
Drug Abuse Awareness Walk and Rally

FEATURING THE RED MUFFS

MUSIC, FOOD, RAFFLES!

Saturday Sept. 22
1 p.m.
Meet at Chuy's West

1397 E Los Angeles Ave., Simi Valley

BRING SIGNS

T-shirts for sale

Not One More

Overdose * Lost Spirit * Grieving Heart

NAMI Walks

National Alliance on Mental Illness

Ventura County

#IAmStigmaFree

Join the NAMI Ventura County mental health walk to raise funds and awareness to help change perceptions about mental illness.

JOIN THE MOVEMENT

Saturday, Oct. 13, 2018

San Buenaventura State Beach Parking Lot (pier lot)

Register and Donate Today!

Namiwalks.org/venturacounty

For more information contact: Roberta Griego, roberta@namiventura.org (805) 641-2426

#NAMIWalksVENTURA COUNTY

NAMIWalks

La Alianza Nacional de Enfermedades Mentales

2018

¡Únete al Movimiento!

Sábado 13 de Octubre, 2018

Playa de San Buenaventura (estacionamiento del muelle)

¡Regístrese y done hoy!

Namiwalks.org/venturacounty

Para más información contacte: Roberta Griego

roberta@namiventura.org (805) 641-2426

#NAMIWalksVENTURACOUNTY

5k— 8:00 a.m.
10k—8:00 a.m.
Kid's Dash—9:00 a.m.

San Buenaventura State Beach
901 San Pedro St., Ventura, CA
Flat, fast, stroller-friendly course along the beach!

All race proceeds benefit the Scholarship Program of the Housing Authority of the City of San Buenaventura

For registration and event info, visit: www.hauntedhousingrun.com

Wear a costume and join us for a family-friendly run along the beautiful Ventura Beach!

Find us on

BHAB General Meeting – September 2018

Legislative Workgroup Summary

Select State Bills potentially impacting mental health consumers or services

BILLS PASSED, SIGNED INTO LAW

SB 10 – Eliminates money bail.
Develop and use standard risk assessment tools to release or hold individuals during the pre-trial phase.

SB 1363 – Voluntary contributions to NAMI California.
Allows individuals to contribute on state tax forms, funds to be used for CIT programs.

SB 192 – MHSA Prudent reserves.
The value of a prudent reserve fund is to be limited to 33% of the 5-year average CSS revenue.

AB 2099 – Mental health evaluation and treatment.
The bill requires that a copy of the 5150 application shall be treated as the original.

BILLS PASSED, AWAITING GOV. BROWN'S SIGNATURE

SB 215 – Modifies parts of AB 1810 (signed into law, July 2018, as Penal Code § 1001.36, that allows judges to order a pre-trial diversion for mental health treatment).

Summary of SB 215 amends Penal Code § 1001.36, as follows:
1) Criminal charges that disqualify diversion are murder, rape and other sex crimes, or use of a weapon of mass destruction as described under CA's Hertzberg-Alacron Prevention of Terrorism Act.
2) The court shall conduct a hearing to determine whether restitution is owed to victim.
3) Court may require the defendant to make a prima facie showing that defendant will qualify for diversion (e.g. offers of proof, reliable hearsay, argument of counsel).

SB 906 – Peer support certification, consumers and family members.
Requires DHCS to establish a mental health peer certification category.

AB 2983 –Transporting patients who voluntarily seek psychiatric care.
Prohibits a hospital or ER from requiring a 5150 hold in order to transport to another hospital.

SB 688 – MHSA revenue and expenditure reporting.
Requires counties to follow uniform accounting standards and procedures as prescribed, when reporting.

SB 1004 – MHSA Prevention and Early Intervention.
Establish a statewide strategy for PEI funds; a portion of County funds must focus on those priorities.

AB 2639 – Pupil suicide prevention policies.
Review and upgrade policies for pupils in grades 7 to 12 at least every five years.

SB 972 – Student ID cards to contain suicide hotline numbers.
Requires schools to print national and local hotline numbers for grades 7 to 12.

Behavioral Health Advisory Board
Site Visit Report

Date: May 18, 2018

Facility / Program: Logrando Bienestar **Location:** 1911 Williams Drive, Oxnard

Contact Person: Maria Hernandez **Phone #:** (805) 981-6332 **E-mail:** mariaa.hernandez@ventura.org

BHAB Review Team:

Margaret Cortese, Claudia Armann, and Gane Brooking

FACILITY / PROGRAM DEMOGRAPHICS

1. **Age Group Served:** (Check all that apply)

   ☑ Children (0 - 12) ☑ Adolescents (13 - 17) ☑ TAY (18 - 25) ☑ Adults (18 - 61) ☑ Older Adults (60 +)

2. **Number of Clients Served:**

   Maximum possible: _____ Monthly Avg. 68 and / or Daily Avg. _____

3. **Services Provided:** (i.e.: Counseling, Therapy, Medication management, Nursing, etc.)?

   Outreach & engagement-Screening & Linkage to MH services including Beacon, Psycho-education, Advocacy, Establishment of community partnerships, case management services, referrals to other County and non-profit organizations for resources

4. **Miscellaneous Additional Services:** (i.e.: transportation, follow-up care, community activities or support, etc.)?

   Transportation, participation of school activities-back to school night, read across America, Linkage to other social services agencies, such as Coalition of Family Harmony, Parenting classes, Justice systems, New Dawn Counseling, Homeless Shelters, resources when the family is homeless such as food, clothing, medical, referred to CalLutheran Counseling Services, Jewish Family Services, Self-help Legal Aid clinic

5. **Number of on-site staff having direct client contact:**

   3 staff persons- one Vacant position in the process of hiring (May 18)

6. **What kind of training does your organization provide the staff, and how often?**

   HIPAA Compliance Training, motivational interviewing, documentation training, cultural competence training, all mandatory trainings that are required by County, Healthcare agency and Ventura County Behavioral Health, annual basis

7. **Which professionals are involved directly with clients** (i.e. Psychiatrist, Psychologist, MFT, ADT, LCSW, Nurse) **and how often?**

   Psychiatrist, Psychologist, MFT, LCSW once open to the clinic

8. **Are peer support specialists/individuals in recovery utilized to support your clients? How many and how often? Are family members involved? How?**

   Family members are involved,
   School Counselors and Psychologist become the support system in coordination with Logrando Bienestar staff

9. **Describe Groups - education/support?**

   Psycho education workshops-topics: Mental health and the influence of Culture, Stess and Anxiety, Drepression, bullyin, Health Growth and Development, Substance Use.

10. Facility/Program Physical Layout (i.e. indoor rooms, outdoor areas, recreational areas)**?** (Attach floor plan if available)

Ste. 154-B in Williams Building (in process of moving in Williams building on Aug. 30)

BHAB Reviewer Response

What do clients typically do during the day (i.e. work, attend programs)**?**

Prospective clients (Latino parents, farm workers, etc.) are invited to attend a series of mental health trainings conducted in Spanish at local schools, farm fields during lunch breaks, and other community sites in Oxnard and Santa Paula. Those who seek services for themselves or their children are scheduled for a preliminary screening with staff from Logrando Bienestar. As appropriate, they are then sent to STARR assessment and some are subsequently referred to clinics for services.

Referrals are also regularly made to Logrando Bienestar by school officials, outside of the class structure. From August 2016 to May 2018, 848 Latino individuals were referred to Logrando Bienestar – 75 percent were school-age students. Of those referred, 276 were eventually eligible for clinic services.

Staff identified program needs ?

There is a demand for services to the Latino community beyond Oxnard and Santa Paula. More Spanish-speaking clinicians are also needed. Scheduling STAR assessments is a major obstacle for the working class population because the final assessment of the day is conducted at 2:30 PM.

Overall Impression or Brief Summary (key points, including appearance of clients and facility)?

BHAB members, Claudia Amann, Gane Brookings, and Margaret Cortese conducted this site visit. It was done in three visits:
May 18: with all the staff at the LB office on Williams;
Maria Hernandez, JD Manager
Outreach Team members: Angeles Small MA, Miguel Rodriguez BA, Judith Rodriguez BA
Elizabeth Morales, Admin Assistant. at the LB office on Williams;
July 26: with two staff and field workers in a Reiter Bros. raspberry field outside of Oxnard;
August 30: with Maria Hernandez on Williams.

The staff were all bilingual-bicultural and brought tremendous skills, appropriate community experience, and deep concern for the Latino community to their roles.

We learned that the three community services staff members (what was their exact titles?) present an eight-session mental health course to Latino residents at six school sites in Santa Paula and another six schools in Oxnard. There are typically between ten to sixty participants at each site. Topics include: stress anxiety, bullying, substance abuse, depression, healthy relationships, healthy growth and development, and the influence of culture in health. The curriculum was developed in partnership with Cal State Northridge. In addition, staff have office hours at the school sites so they can meet with and assess prospective clients.

In partnership with local grower Reiter Affiliated, staff also conduct the same workshop series for farm workers in the fields during the lunch breaks.

Staff provide extensive support until clients are integrated into the system including transportation to STARR assessment and follow-up calls to ensure appointments are kept.

Board Member Recommendations for Program Needs?

OUTREACH
Latino residents live throughout Ventura County (not just Oxnard & Santa Paula) and the budget of this project should be augmented to allow for services throughout the County. We recommend:

- outreach to other agricultural businesses in addition to Reiter Bros.;
- Outreach to community based organizations that regularly convene the Latino community (e.g. MICOP, El Centrito, El Concilio, etc.)

STAR (the intake unit to all clinical programs)
It was not clear whether STAR assessment was directly available in Spanish, and not via an internet translation service. There was a sense that this lack sometimes results in false negatives, that is not referring to Behavioral Health a person who does qualify for service.
It is critical that the schedule for STAR assessments be aligned with the particular needs of the population served. Evening and weekend appointments are absolutely necessary for serving farm workers and other working class individuals who don't have flexible work schedules and can't afford to lose wages. Given these findings regarding the LB Star interface problems, we recommend that BHAB send site visitors to STAR.

TRANSPORTATION
Staff does not have a car assigned to LB. Time is lost accessing cars from the County pool. We recommend at least one car be assigned to the team

VENTURA COUNTY BEHAVIORAL HEALTH ADVISORY BOARD

Recommended Approach for the Review of VCBH Contracts
For discussion at the BHAB General Meeting on 9/17/18

The proposed review process contains the following elements:

- Following the approval of contracts by the Board of Supervisors, the names of the contracts along with program descriptions, fiscal information and workload data for each contract will be placed on the monthly General Board Meeting agendas. BHAB members will be provided an opportunity to ask questions about each contract at that time.

- When conducting site visits, BHAB members participating in the site visits will be provided with copies of the contract attachments describing the contractor's deliverables.

- BHAB members will be assigned to attend VCBH Quarterly Contract Review Meetings and report back to the full board on what they learned at these meetings.

- Should BHAB members have specific questions/concerns about a contract, they can voice their concerns at either BHAB meetings or address them to the VCBH Director or her designee and request a response to their questions/concerns from the Department.

It is believed that by using the above contract review process, the BHAB will be able to meet its responsibility to review Behavioral Health contracts as contained in the Welfare and Institutions Code.