

988
SUICIDE
& CRISIS
LIFELINE

Call for yourself or someone you care about. You're not alone.

988 – New and Easy to Remember

A new, easy way to access support in a time of crisis is available. The National Suicide Prevention Lifeline is now the 988 Suicide & Crisis Lifeline. If you or someone you care about is thinking about suicide, call or text 988 now. It's free, confidential, and available 24/7.

Share this number to help link anyone in distress or crisis with a trained counselor who will listen compassionately and provide caring support and crisis resources.

"Your feelings matter – don't think you're not important enough to talk to someone else or to ask for support."

RESOURCES

Emergency: Call 911

Suicide & Crisis Lifeline: Call, text, or TTY 988
Web Chat: www.988lifeline.org

Veteran's Crisis Line: 988 then dial 1

Ventura County Crisis & Referral Line:
1-866-998-2243


Substance Use Treatment Access Line:
1-844-385-9200
24/7 • www.VCBH.org

The Trevor Project Lifeline (LGBTQ+ focus):
1-866-488-7386
24/7 • thetrevorproject.org

For more suicide prevention resources, visit www.WellnessEveryDay.org.



Funding is made through Ventura County Behavioral Health, Mental Health Services Act.
Ventura County Behavioral Health treatment clinics and programs are licensed by the State Department of Health Care Services. Learn more at www.vcbh.org.



988
LÍNEA DE
PREVENCIÓN
DEL SUICIDIO
Y CRISIS

Llame si usted o alguien importante para usted lo necesita. No está solo.

988 – Nuevo y Fácil de Recordar

Hay una forma nueva y fácil de conseguir apoyo en tiempos de crisis – 988 la Línea de Prevención del Suicidio y Crisis. Si usted o alguien importante para usted está pensando en el suicidio, llame al 988 ahora. Es gratis, confidencial y disponible 24/7.

Comparta este número para ayudar a conectar a cualquier persona que esté en crisis con un consejero capacitado que escuchará con compasión y que brindará apoyo y recursos de crisis.

"Tus sentimientos importan – no creas que no vale la pena hablar con alguien o pedir apoyo."

RECURSOS

Emergencia: llame al 911

Línea de Prevención del Suicidio y Crisis: llame al 988
Sordo o con dificultades auditivas – TTY: 998

Línea de Crisis para Veteranos:
988 y luego presione 1

Línea de Crisis por Texto:
Envíe AYUDA al 741741
o chatee en línea: www.crisistextline.org/es

Línea de Crisis y Referencia del Condado de Ventura:
1-866-998-2243

Servicios de Tratamiento por el Uso de Sustancias:
1-844-385-9200
24/7 • www.VCBH.org/es

The Trevor Project – Línea de Apoyo (enfoque LGBTQ+):
1-866-488-7386 • thetrevorproject.org

Para más recursos de prevención del suicidio, visite www.SaludSiempreVC.org.



Financiamiento brindado por Ventura County Behavioral Health, Ley de Servicios de Salud Mental.
Las clínicas y los programas de Ventura County Behavioral Health están autorizados por el State Department of Health Care Services. Aprenda más: www.vcbh.org/es.

VENTURA COUNTY

New contract promises better health care in county jails

Kathleen Wilson

Ventura County Star | USA TODAY NETWORK

Ventura County Sheriff's officials hope to lower recidivism and prevent suicides among inmates in local jails under a beefed-up contract for inmate health care approved last week.

The county Board of Supervisors unanimously approved the five-year agreement with Nashville-based Wellpath on Tuesday after Assistant Sheriff Rob Davidson outlined planned improvements in patient care.

The contract, which takes effect July 1, will cost \$17.7 million in the first year. The pact is expected to go up to around \$18 million in succeeding years to account for inflation.

Among the highlights:

- Medical, dental and mental health staff will grow to 74, up about 25% since last July. Fifteen of those jobs were added Tuesday in the board's budget for the next fiscal year that begins Friday. The additional staff are needed for the operation of a health care unit at the Todd Road Jail near Santa Paula, which is due to open early next year.

- Availability of mental health care from licensed clinicians will expand from 16 hours a day to around the clock at the main jail in Ventura and roughly double to 16 hours a day at the Todd Road Jail.

- Wellpath must pay penalties if it does not meet standards for patient care spelled out in the contract. For example, the company must pay the county \$1,500 every time a patient showing symptoms is not evaluated by a mental health professional within 24 hours of arrival at jail.

- One-on-one counseling will be provided to inmates, in keeping with a statewide trend.

- Responsibility for continuous monitoring of suicidal inmates will be shifted from security staff to medical staff.

Davidson said the contract represents a major improvement in the quality of care for mentally ill inmates.

"In our jails, I'll be honest, we do medical (care) really, really well," he told the board. "Our challenge is in the mental health arena. We really truly feel the mental health area is what is driving some of our recidivism."

Public Defender Claudia Bautista, whose office represents many of the inmates, said she supported the intent

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Jails

Continued from Page 1A

of the sheriff's plan.

"Will it work? I don't know," she said in an interview Friday. "What has been done in the past isn't working."

Bautista said that ideally, mentally ill people shouldn't be in jail. Still, she said the proposal breaks new ground in the county.

"It is a multidisciplinary approach to individuals coming to their facility in psychiatric crisis," she said. "That level of response is really unprecedented here in Ventura. That is why I am optimistic. The reality is the jails are housing people suffering with mental illness and something needs to be done to help them."

Bautista was particularly pleased to see that the sheriff's office intends to minimize the use of padded safety cells.

Actively suicidal people are isolated in the cells and checked every 15 minutes to prevent them from harming themselves until they can be stabilized. Sheriff's officials said the state requires the jails have such cells, but hope they will be able to move away from them with additional clinical treatment.

About 150 of the roughly 1,300 inmates in the two jails are diagnosed with serious mental illness, Davidson said. Around 40% of the entire jail population is reportedly taking some type of medication for mental illness, Sheriff Bill Ayub has reported.

Ayub said he led an effort to upgrade health services after noticing an unusually high number of inmate deaths in 2020. In the first phase of improvements last fall, the county added \$2.5 million to its Wellpath contract to pay for more nurses, therapists and other health care staff.

Six inmates died in 2020, half by sui-

cide, according to county Medical Examiner's Office records.

Five deaths were reported in 2021, all by natural or accidental causes. One death, which was determined to be from natural causes, has been reported so far this year.

Ayub said sheriff's officials were not pushed by advocates to make the changes, but decided to do it on their own.

"This was an introspective look," he said.

The Sheriff's Office is bringing service levels up to standards recommended by the National Commission on Correctional Health Care, which Ayub described as the "gold standard."

Last year, the Board of Supervisors hired the commission to audit and monitor inmate care. Wellpath must pay \$25,000 if the jails are not accredited within an 18-month timeframe, according to the contract.

NaphCare of Alabama was the only other company to submit a proposal. Managers in the county's Behavioral Health Department, which provides community outpatient services, decided against submitting a proposal to take on mental health care in the jails.

After meeting with the sheriff, Behavioral Health decided it was best that a single entity handle both mental and physical health needs in the interest of whole-person care, Assistant Director Loretta Denering said.

Ayub is scheduled to leave office in January after losing the June 7 election to Cmdr. James Fryhoff. At Tuesday's board hearing, Fryhoff indicated he would support the effort to improve health care in the jails.

Kathleen Wilson covers the Ventura County government, including the county health system, politics and social services. Reach her at kathleen.wilson@vcstar.com or 805-437-0271.



www.goldcoasthealthplan.org

Transforming Medi-Cal

Working together to create the Medi-Cal of tomorrow

Compassionate care, accessible to all, for a healthy community

June 22, 2022

Dear partners,

As Gold Coast Health Plan (GCHP) implements the programs and services that are part of the state's transformational multi-year initiative known as California Advancing and Innovating Medi-Cal (CalAIM), we will be seeking input from and providing information to our various stakeholders to help us shape the future of Medi-Cal in Ventura County.

CalAIM Advisory Committee

GCHP is forming a CalAIM Advisory Committee to identify and examine the important issues that impact members who may qualify for Enhanced Care Management (ECM) or Community Supports (CS) services and other CalAIM programs and services. The committee will be made up of seven members who represent the various entities GCHP serves including, but not limited to:

- GCHP members
- Member advocates
- Educators
- Local elected officials
- Transportation services staff
- Community-based organizations

Each appointed member will serve a two-year term and may apply for reappointment up to two times. The committee will meet at least once per quarter. To avoid conflicts of interest, positions are reserved for agencies not interested in providing ECM/CS services to Medi-Cal beneficiaries in Ventura County.

If you are a beneficiary or a representative listed above and are interested in joining the CalAIM Advisory Committee, please complete the application by clicking on the link below:

[CalAIM Advisory Committee Application Form](#)

The deadline to apply is Friday, June 24.

If you have any questions, please contact Maddie Gutierrez, GCHP clerk of the board, at mgutierrez@goldchp.org.

CalAIM Overview Webinar

Please join us at 4 p.m. on Wednesday, June 29, for a CalAIM Overview Webinar. GCHP's CalAIM program leaders will provide information about the many facets of CalAIM, including:

- Enhanced Care Management (ECM)
- Community Supports (CS)
- Population Health Management
- Changes to the behavioral health delivery system
- Services and supports for justice-involved youth and adults
- The transition to statewide Dual Eligible Special Needs Plans and Managed Long-Term Services and Supports

GCHP's speakers will also discuss what this all means for our members, how it impacts GCHP, and provide key dates and deliverables.

To register for the webinar, [click here](#). The deadline to register is Monday, June 27.

If you have any questions, email CommunityRelations@goldchp.org.

Sincerely,

Marlen Torres

Executive Director of Strategy and External Affairs

CalAIM QuickLinks

[GCHP CalAIM Resources](#)

[GCHP Community Supports
Description and Eligible Population](#)

[DHCS CalAIM Goals](#)

[Enhanced Care Management,
Community Supports, and Incentive
Payments information](#)

[Enhanced Care Management Fact Sheet](#)

[Community Supports Fact Sheet](#)

About Gold Coast Health Plan

Gold Coast Health Plan proudly serves more than 230,000 Medi-Cal beneficiaries in Ventura County through its network of primary care physicians, specialists, behavioral health providers, and hospitals. Since it was founded in 2011, Gold Coast Health Plan has been committed to providing access to high-quality care and improving the health of its members, which include 1 in 5 county residents, 1 in 8 seniors, and 1 in 2 children up to the age of 5. To learn more, visit: www.goldcoasthealthplan.org.

Greetings,

I am writing you from the Community Mental Health Equity Project (CMHEP) TA Center. We are funded through the California Department of Health Care Services to collect information from the community about behavioral health disparities and county plans to work toward health equity (please see attached flyer for additional information about the CMHEP TA Center).

We are hosting a series of focus groups next week on June 21 and 23 and would like to request your assistance in sharing our event information with your board/commission members who have lived experience of mental illness and/or their family members. The sessions are for people who experience mental health or substance use challenges, family member advocates, and or those who serve on their local Cultural Competence Committee. **Participants receive a \$50 VISA gift card for their time** (sessions are 90 mins long). Thank you for your consideration, any assistance you might provide in sharing the flyers, and for your support of our precious community.

Sessions will be available in English, Spanish, Chinese, Vietnamese, Korean, and Tagalog. Additionally, we will have specific breakouts for LGBTQIA+ community members and Transition Age Youth. I have attached flyers here for reference; more info can also be found here: <https://myemail.constantcontact.com/Join-a-Virtual-Focus-Group-Session-with-the-Community-Mental-Health-Equity-Project--CMHEP-.html?soid=1101289295579&aid=rESpmmBKDoA> .

Thank you for your consideration, any assistance you might provide in sharing this information, and for your support of our work.

In community,
Angela

From: CMHEP | Community Mental Health Equity Project <cmhepinfo@cars-rp.org>

Sent: Thursday, June 16, 2022 11:39 AM

To: Angela Brand <abrand@cars-rp.org>

Subject: Join a Virtual Focus Group Session with the Community Mental Health Equity Project (CMHEP)

[{View as Webpage}](#)



CMHEP
COMMUNITY MENTAL HEALTH EQUITY PROJECT



*Help define the future of **culturally responsive behavioral health care** in California*

The Community Mental Health Equity Project (CMHEP) TA Center is supporting the California Department of Health Care Services (DHCS) in updating Cultural Competence Plan guidance for county behavioral health agencies.

Help inform future recommendations by joining us for upcoming **virtual Focus Group events**, hosted on Zoom with ASL interpretation and closed captioning, with specific stakeholder groups:

consumers of behavioral health services and their family members

Includes English, Tagalog, Spanish, Cantonese, Mandarin, Korean, and Vietnamese language; American Sign Language; and LGBTQ+ focused sessions

county Cultural Competence Committee members

In these sessions, participants will be assigned to breakout rooms based on which group they belong to (i.e., consumer/family members or Cultural Competence Committee members). Different questions will be asked of the participant groups. For those consumers/family members who are on Cultural Competence Committees, you may choose whichever session you prefer.

Your feedback as a key stakeholder will help us plan programming, facilitate statewide discussions around behavioral health equity, and inform updated state CCP guidance (see *DHCS Information Notices* [10-02](#); [Enclosure](#), and [10-17](#); [Enclosure](#)).



Consumers of Behavioral Health Services and Their Family Members

Join us to ensure that the perspectives of behavioral health services consumers and family advocates are shared with state agencies, county behavioral health departments, and community-based organizations as they seek to improve access to and experiences with culturally sensitive behavioral health services. These virtual Focus Group Sessions will address:

experiences of access to culturally responsive and equitable behavioral health services
desired changes to service delivery
experiences participating in community planning activities related to behavioral health services

Please [join us](#) on one of the following dates:

Tuesday, June 21, 12:00 - 1:30 p.m. PT

Population and language-specific sessions: LGBTQ+, Spanish, Tagalog, Cantonese, Mandarin, Korean

Thursday, June 23, 5:00 - 6:30 p.m. PT

Population and language-specific sessions: Spanish, Tagalog, Vietnamese
American Sign Language (ASL) available

Learn more and register for sessions for the following languages and community groups:

Spanish | [Download Flyer](#)

Tagalog | [Download Flyer](#)

Vietnamese | [Download Flyer](#)

Chinese (Mandarin and Cantonese) | [Download Simplified Chinese Flyer](#)

Chinese (Mandarin and Cantonese) | [Download Traditional Chinese Flyer](#)

Korean | [Download Flyer](#)

LGBTQ+ | [Download Flyer](#)

[Download Our Focus Group Session Flyer >](#)

[Check Out Our Video Clip with Session Info >](#)



County Cultural Competence Committee Members

Members of county Cultural Competence Committees across the state are invited to share their perspectives about:

developing and implementing Cultural Competence Plans

collaborations between county agencies and community-based organizations
effective processes for community planning of culturally and linguistically responsive behavioral health services

We will use participants' responses to assist DHCS in revising Cultural Competence Plan guidance for county behavioral health agencies. Participants will also help us identify specific culturally responsive training and technical assistance needs for staff working at county behavioral health departments and CBOs.

Please [join us](#) on one of the following dates:

Tuesday, June 21, 12 - 1:30 p.m. PT
Thursday, June 23, 5 - 6:30 p.m. PT



**If you lack stable internet access but would like to participate, please contact Jeremy Dante at jdante@cars-rp.org to set up an individual phone call so that we can gather your input.



The CMHEP TA Center works to reduce mental health disparities by expanding access to culturally and linguistically responsive behavioral health care in California. We provide no-cost training and technical assistance to county behavioral health departments and community-based organizations working toward mental health equity across the state.

[Download Our Flyer to Learn More About CMHEP >](#)

Contact the Community Mental Health Equity Project

Toll-Free: (888) 988-6377 Email: CMHEPinfo@cars-rp.org

Website: cmhep.org

Stay in touch with us through social media!



CMHEP is a joint collaboration between the California Department of Public Health, Office of Health Equity (CDPH-OHE), and the California Department of Health Care Services, Medi-Cal Behavioral Health Division (DHCS-MCBHD). The opinions expressed in this email do not necessarily reflect the views of DHCS or CDPH.

07/06/22

FROM:

Elizabeth R. Stone, MA

A Peer Voice on the Ventura County Behavioral Health Advisory Board (BHAB)

TAY Committee Chairperson

Executive Committee: Member-At-Large

From:



<https://mindsitenews.org/>

One patient's view: Don't let your diagnosis become your identity



For many people, a mental health diagnosis can bring about relief. Brad Stulberg was one of them. After an onslaught of nonstop, intrusive thoughts left him feeling anxious and filled with dread, he welcomed the diagnosis of obsessive compulsive disorder he received from a psychiatrist because it helped him understand what he was experiencing. “I went from drowning in a bottomless and unexplainable sea of terror to ‘having OCD,’” he wrote [in an op-ed for the New York Times](#). “The label helped me make sense of my reality, pointed the way to a specific type of treatment (something called ‘exposure and response prevention’) and made me feel less alone.”

But instead of a tool that helped him get back to his life, the label quickly became the central facet of his identity, he said. His sense of self became so intertwined with having OCD that some of his therapy began to focus on disconnecting from the label. But even as mental illness becomes destigmatized and more people become aware of the need for treatment, he worries that “mental health diagnoses are being embraced as identity statements.”

“Labeling an individual with a diagnosis can allow them to better understand their situation and access the support services they need to function,” Colorado-based physician Emily Johnson told Stulberg. “On the other hand, labels can carry stigmas and be constraining, unnecessarily confining people to certain boxes.” And assigning a label to all of those people “would cease to be useful.” We need categories and labels to make sense of ourselves and our world, Stulberg argues, but we have to take care to not allow labels to define us.

VENTURA COUNTY SHERIFF'S OFFICE



MEDIA RELEASE

BILL AYUB, SHERIFF

www.venturasheriff.org



Nature of Incident: Kid Print & Person at Risk Prints conducted at the Camarillo Police Department

Report Number:

Location: Camarillo Police Department
3701 Las Posas Rd. Camarillo CA 93010

Date & Time: Wednesday, June 23, 2022

Unit(s) Responsible: Camarillo Community Resource Unit
Camarillo Citizen Patrol

Narrative:

The Camarillo Police Department will be hosting two special Kid Print and Person at Risk Print events during the upcoming summer break. The "Walk in Wednesday" events will be conducted on Wednesday, June 29th, and Wednesday, July 27th. These will begin at 1:00 PM and end at approximately 4:00 PM, in the community room of the Camarillo Police Department.

The Camarillo Citizen Patrol volunteers conduct the "Kid Print" child fingerprinting and identification events in the Police Station's community room monthly. Parents/Guardians may bring children to have their fingerprints, photograph and essential information digitally recorded and printed on a two-sided vinyl card. The Kid Print card will allow parents the security of having a current picture, essential personal information and a readable fingerprint available in the event the child is lost or abducted.

Camarillo Police are now able to offer "Person at Risk" cards at this event too. Anyone who has been affected by a severe brain injury, suffers from Alzheimer's or dementia, has developmental disabilities or is generally considered "at risk", may receive two cards similar to those issued from the Kid Print program. This card will include all of the individual's personal information, diagnosis, care giver's information, special details regarding the individual's tendencies and a recent photo.

The Camarillo Police Department offers this service free of charge and will conduct the event on the last Wednesday of each month, from 1:00 PM to 4:00 PM at the Camarillo Police Department. These programs are conducted by volunteers with the Citizen Patrol and are generously sponsored by the City of Camarillo and the Camarillo Police Department. This event is open to everyone and appointments are not needed. It is recommended that children and any person at risk have their personal information, pictures and cards updated at least once per year.

Prepared by: SST II Todd Eskridge

News Release Date: June 23, 2022

Media Follow-Up Contact: SST II Todd Eskridge, Community Resource Officer
Camarillo Police Department (805) 388-5129

Approved by: Captain Shane Matthews

YES NO

Booking Photo Release:

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VENTURA COUNTY SHERIFF'S OFFICE



MEDIA RELEASE

BILL AYUB, SHERIFF

www.venturasheriff.org



Nature of Incident: Kid Print & Person at Risk Prints conducted at the Ojai Police Department

Report Number:

Location: Ojai Police Department
402 S. Ventura St. Ojai CA 93023

Date & Time: 07/13, 07/20, 07/27 and 08/03/2022 from 1:00 to 4:00 PM

Unit(s) Responsible: Ojai Community Resource Unit
Volunteers In Policing (VIP's)

Narrative:

The Ojai Police Department will be hosting special Kid Print and Person at Risk Print events during the upcoming summer break. The "Walk-In Wednesday" events will be conducted on the following dates; July 20th, July 27th and August 3rd. These will begin at 1:00 PM and end at approximately 4:00 PM, at the Ojai Police Department.

The Ojai Volunteers in Policing (VIP's) will conduct the "Kid Print" child fingerprinting and identification events at the Police Station. Parents/Guardians may bring children to have their fingerprints, photograph and essential information digitally recorded and printed on a two-sided vinyl card. The Kid Print card will allow parents the security of having a current picture, essential personal information and a readable fingerprint available in the event the child is lost or abducted.

The Ojai Police Department is now able to offer "Person at Risk" cards at this event. Anyone who has been affected by a severe brain injury, suffers from Alzheimer's or dementia, has developmental disabilities or is generally considered "at risk", may receive two cards similar to those issued from the Kid Print program. This card will include all of the individual's personal information, diagnosis, care giver's information, special details regarding the individual's tendencies and a recent photo.

The Ojai Police Department offers this service free of charge and will conduct the event on the above listed Wednesday's, from 1:00 PM to 4:00 PM at the Ojai Police Department. These programs are conducted by volunteers with the VIP program and are generously sponsored by the City of Ojai and the Ojai Police Department. This event is open to everyone and appointments are not needed. It is recommended that children and any person at risk have their personal information, pictures and cards updated at least once per year.

Prepared by: Sergeant Chip Cadman #3960

News Release Date: 07/05/2022

Media Follow-Up Contact: Sergeant Chip Cadman
Ventura County Sheriff's Office / Ojai Police
Department
(805) 646-1414
greg.cadman@ventura.org

Approved by: Jose Rivera, Ojai Chief of Police

Booking Photo Release: YES NO

Ventura County Crime Stoppers will pay up to \$1,000 reward for information, which leads to the arrest and criminal complaint against the person(s) responsible for this crime. The caller may remain anonymous. The call is not recorded. Call Crime Stoppers at 800-222-TIPS (8477).

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