

**VENTURA COUNTY BEHAVIORAL HEALTH ADVISORY BOARD**

**PREVENTION COMMITTEE**

**MINUTES ■ November 10, 2014**

**Members Present**

Nancy Borchard, BHAB Member  
 June Ewart, Community Coalition United  
 Janis Gardner, BHAB Member, Chair, Prevention Committee  
 Joseph Preciado, VCSC  
 Kiran Sahota, BHAB Member

**NEXT MEETING:** December 8, 2014  
 3:15 - 4:30 PM

Ventura County Behavioral Health  
 Lake Cachuma Conference Room "C"  
 1911 Williams Dr., Suite 200, Oxnard CA 93036

**Members Absent**

Karyn Bates, BHAB Member  
 Ratan Bhavnani, NAMI Ventura County  
 Katherine Kasmir, Straight Up Ventura County  
 Katalina Martinez, MICOP  
 Kate Mills, BHAB Member  
 Regina Poynter, Client Network

**VCBH Managers/Staff Present**

Rajima Danish, VCBH - MHSA  
 Dan Hicks, ADP Prevention Services Manager  
 Kathy Mulford, ADP DUI Manager  
 Glenda Valles, Mgmt. Asst., ADP Prevention Services

**Others Present**

Adriana Almazan, Straight Up Ventura County

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

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ACTIONS	RESPONSIBLE
I.	<b>Call to Order</b> The meeting was called to order at 3:20 PM by Chair, Janis Gardner		
II.	<b>Approval of the Agenda</b> Approval of agenda for November 10, 2014.	<b>Agenda approved M/S/C</b>	
III.	<b>Approval of the Minutes</b> Minutes of October 13, 2014 were approved with the following amendment: In Section VII. Staff Update, A., Item 5: "Naloxone Overdose Prevention Kits" should be amended to read: "Overdose Rescue Kits".	<b>Minutes approved as amended M/S/C</b>	
IV.	<b>Welcome and Introductions</b> The Chair welcomed all and introductions were made around the table.		
V.	<b>Chair Announcements</b> The Chair made the following announcements and distributed handouts as follows: A. New York Time article, "This is Your Brain on Drugs" dated October 29, 2014: Strength levels of THC are now unbelievably high and new studies and evidence outlines the long-term effects of marijuana use by teenagers. B. NPR Shots article, "Pot Smoke and Mirrors: Vaporizer Pens High Marijuana Use" dated April 18, 2014: This article explains how kids are using vaporizer pens by putting in marijuana oil concentrates rather than nicotine. Vape pens do not carry the stigma or notoriety of a bong or joint, so teens and more adults are using these instead of smoking cigarettes. When using vape pens there is no tell-tale marijuana smell. The concentrates can be terribly strong. It is possible for people to pass out with a single inhalation due to the strength. Marijuana flowers can contain up to 20% THC. However, concentrates of the oils can contain up to 90% THC.		

	<p>C. On November 19<sup>th</sup>, there will be a media event at the Thousand Oaks Teen Center to launch the new VCBH website: <a href="http://HowHighVenturaCounty.org">HowHighVenturaCounty.org</a> to educate parents on marijuana use.</p> <p>D. Media Release of November 7, 2014 was distributed regarding the Office of Traffic Safety (OTS) grant awarded to VCBH ADP Prevention Services to prevent impaired or "drugged" driving.</p>		
VI.	<p><b>Public Comments</b></p> <p>None</p>		
VII.	<p><b>Staff Update</b></p> <p>A. Kathy Mulford reported that she and Dan Hicks attended a State DUI Advisory Group meeting in Sacramento and gave a presentation on Place of Last Drink (POLD) survey data for Ventura County which was very well received. The Statewide researcher had very positive things to say about how our county uses surveys to inform treatment and prevention, as well as multi-agency partners like law enforcement.</p> <p>B. Dan Hicks reported on the following:</p> <ol style="list-style-type: none"> <li>1. Opioid Overdose prevention and Rescue Project - reaching high risk groups. Drug overdose deaths now exceed traffic fatalities as the nation's leading cause of accidental death. Ventura County is not immune. Roughly 100 people in Ventura County are lost each year from drug-involved accidental deaths. The number involving PRESCRIPTION opiates has risen from 34 deaths in 2008, to 52 deaths in 2013. That is, prescription opiates (not heroin or meth) are now involved in OVER HALF of the accidental deaths involving drugs of any kind. To counter this trend, VCBH has partnered with Public Health and other organizations to train those who work with high-risk populations in order to identify and PREVENT overdose, and to know how to respond effectively when someone is experiencing overdose. An important part of this approach is the training of certain individuals on the use of Naloxone to reverse the effects of opioids; a pilot project which is now underway through three channels-- a contracted treatment provider; the syringe replacement program operated by Public Health; and the Simi Valley ADP Outpatient site.</li> <li>2. Primary Care Pilot - S.B.I.R.T. - The ADP Division is piloting and "system testing" the evidence-based practice known as SBIRT, or Screening, Brief Intervention, and Referral to Treatment. This is being done in collaboration with the Sierra Vista primary care clinic in Simi Valley, and focuses on identifying those patients who may have elevated or risky levels of drinking or drug use; and working with them to alter their behavior in pursuit of better health outcomes. More information is available at <a href="http://VenturaCountyLimits.org">VenturaCountyLimits.org</a></li> <li>3. At the State level, Department of Health Care Services, Substance Use Disorders Services announced that youth treatment services will now fall under the Prevention section in the organization.</li> </ol> <p>C. Rajima Danish reported on the following:</p> <ol style="list-style-type: none"> <li>1. Mental Health First Aid (MHFA) trainers met recently to create a new outreach plan for the training to boost enrollment and better meet the needs of the community. There will be new training dates starting in February 2015. Also, training can be made available for smaller groups. The training is free and can be personalized for groups. Over 1500 people have now been certified in MHFA training throughout the county. Spanish training is now available also. A draft copy of new media campaign materials was shared and explains what MHFA is about and discusses problems and solutions for those experiencing emotional distress. Distribution of the final version of the publication will be made soon.</li> <li>2. LGBTQ - Training was held recently for providers to be trainers to reach out to the LGBTQ community. All of the trainers work in the community colleges and some are bi-lingual.</li> <li>3. The new publication titled "Prevention Strategies: Working Upstream" was distributed. The publication focuses on supporting schools and families, reducing stigma and discrimination, and preventing suicide. This publication will be widely distributed throughout the county.</li> </ol>		
VIII.	<p><b>New Business</b></p> <p>A. The chair reported that the committee has lost two members - Valerie Barrett and Juls Christian-Scott. Therefore, a recruitment mode is in process to find new committee members. A brief discussion ensued regarding how to attract new members.</p>		

<p><b>IX. Old Business</b></p> <p><b>A. Review Mission Statement and Goals</b></p> <ol style="list-style-type: none"> <li>1. The Mission Statement created at the last committee meeting was revised and now reads as follows: "To promote measures that prevent mental and/or substance-use disorders from becoming destabilizing components in the lives of Ventura County residents. Our aim is to help support education, prevention and early intervention efforts with particular emphasis on the interaction of mental health and substance use challenges".</li> <li>2. A lengthy group discussion ensued regarding setting a primary goal for the committee for submission to the BHAB. Further discussion is necessary to establish and finalize committee goals.</li> </ol>	<p><b>Mission Statement approved M/S/C</b></p>	
<p><b>X. Member Comments and Announcements</b></p> <p><b>A. June Ewart expressed concerns over the generally low enrollment for MHFA training and requested support to sustain already scheduled classes provided through the Simi Valley Parks and Recreation Dept. Ms. Danish offered to provide assistance.</b></p>		
<p><b>XI. Future Meeting Discussion</b></p> <p><b>A. Tentative for December - Marijuana Presentation by Idea Engineering and Rae Hanstad Consulting</b></p>		
<p><b>XII. Adjourn</b></p> <p>Meeting was adjourned at 4:50 PM</p>	<p><b>Next Meeting: December 8, 2014</b></p>	