

**VENTURA COUNTY BEHAVIORAL HEALTH ADVISORY BOARD
PREVENTION COMMITTEE
1911 WILLIAMS DRIVE, LAKE CACHUMA ROOM, OXNARD, CA**

MINUTES □ Feb 8, 2016

<u>MEMBERS PRESENT</u>	
Janis Gardner	BHAB Member, Chair, Prevention Committee
David Deutsch	BHAB Member, NAMI Director
June Ewart	Rancho Simi Recreation & Park District, Community Coalition United
Karyn Bates	BHAB Member
Katherine Kasmir	BHAB Member, Straight Up
Larry Hicks	BHAB Member
Sandra Wolfe	BHAB Member
<u>VCBH STAFF PRESENT</u>	
Kiran Sahota	VCBH, MHSA Manager, PEI
Cari Kawell	VCBH, Alcohol & Drug Programs Management Assistant II, Prevention Services
<u>GUEST PRESENTERS</u>	
Arcenio J. Lopez	MICOP
<u>GUESTS</u>	
Adriana Almazan	VCOE / Straight Up
Anne Calica	Aegis Treatment Centers
Barry Boatman	VIPS
Ezequiel A. Sanchez	TAY Tunnel
Gene Brooking	BHAB
Kristen Tignac	City of Simi Valley
Lori Litel	United Parents
Rachel Jones	Straight Up
Rachel McDuffee	Aegis Treatment Centers
Stephanie Flores	Aspira Counseling
Valeria Buhain	Aegis Treatment Centers

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	Call to Order The meeting was called to order at 3:23 PM by Chairperson, Janis Gardner.		
II.	Approval of the Agenda (Action) Agenda for February 8, 2016 was approved with the following amendment: Janis Gardner motioned to move Marijuana News Updates from Old Business to the New Business section of the February 8, 2016 BHAB Prevention Committee Meeting Agenda.	Approved as amended M/S/C	
III.	Approval of the Minutes (Action) Minutes of January 11, 2016 were approved as written.	Approved as Written M/S/C	
IV.	Welcome and Introductions The Chair welcomed all. Self-introductions were made around the table.		
V.	Chair Announcements Janis Gardner, BHAB Committee Chairperson, announced that Dan Hicks, VCBH Alcohol & Drug Programs, Prevention Services Manager might not be able to attend today's BHAB Prevention Committee Meeting.		
VI.	Public Comments N/A		

<p>VII. Staff Update</p>	<p>Kiran Sahota, mentioned that several weeks ago, the Fire Chief of the Fillmore Fire Department died by suicide and that on March 19, 2016, at the Fillmore Adult Community Center, a 3-hour Forum will be held that includes a 1-hour conversation. Attendees will be able to sign-up for Mental health First Aid, as well as visit multiple resource tables.</p> <p>Ms. Sahota stated that the Mental Health Services Act (MHSA) oversees a lot of Prevention Early Intervention (PEI) contracts and is a funding stream for multiple areas that include the Adult Committee and Youth Committee. Ms. Sahota mentioned that she is looking for volunteers to be on a speaker's bureau for the prevention of suicide. There are currently 100 people are on the e-mail list for each meeting with an average of 20 to 30 attendees. In addition, the Suicide Prevention Committee meets the 1st Friday of every month from 10 to 11:30 am in the Lake Tahoe Conference Room at Ventura County Behavioral Health at 1911 Williams Dr., Oxnard, CA. This Committee is waiting to bring a full day suicide conference to Ventura County in Sept. 2016 for Suicide Awareness Month.</p> <p>Ms. Sahota discussed the following numbers at the Suicide Prevention Meeting and shared that suicides are equally distributed across Ventura County. In 2015, specifically when looking at the number of teens, there was an increase from 3 to 5 successful suicides. Ms. Sahota also noted some statistics from 2015 for a variety of age groups in Ventura County, as follows: Age Group 50 to 54 – 15 suicides; Age Group 55 to 59 – 12 suicides; Age Group – 60 to 64 – 8 suicides; Age Group 65 to 69 – 6 suicides; Age Group 70 to 74 – 1 suicide; Age Group 75 to 79 – 8 suicides; and, Age Group 80 to 84 – 5 suicides.</p> <p>Ms. Sahota shared that Ventura County Prevention, Response and Recovery, is keeping pressure on getting information out to both teens as well as middle aged people since there are 10,000 individuals every day turning age 60 and up. The “over 50 years of age” category is still mostly males completing suicides with guns and asphyxiation for a variety of reasons that include terminal illness, stock market losses and death of spouse.</p> <p>Ms. Sahota also promoted Mental Health First Aid, an 8-hour course that anyone can take to assist in identifying and promoting Mental Health resources. In addition, Ms. Sahota talked about MHSA's media campaign to train Press Information Officers (P.I.O.'s) and Law Enforcement on how to appropriately talk and write about Mental Health topics in newspapers getting them to focus on “help” and “hope.”</p>		
<p>VIII. New Business</p>	<p>A.) Janis Gardner, BHAB Prevention Committee Chair shared that recently there was a California State mandate regarding medical marijuana policies and that if local municipalities don't establish their own guidelines for cultivation then they will automatically default to State level guidelines. Ms. Gardner shared that there is a cause for concern in Ventura County because of increased access to the availability of marijuana from the presence of medical marijuana dispensaries. The teen brain doesn't stop developing until age 25 and if adolescents use prior to that age, they are likely to have issues. Ms. Gardner handed out multiple articles including: <i>“Medical pot patients are more likely to vaporize, eat edibles that recreational users”</i>; another called <i>“California Medical Association backs recreational pot plan”</i>; another called <i>“77 Percent of American Teens Now Believe It's Safe to Smoke Weed”</i>; and another called, <i>“College Marijuana Use Linked With Skipped Classes, Lower Grades, Late Graduation.”</i></p> <p>B.) David Deutsch, Director of NAMI Ventura County shared that if a person gets their marijuana card in Ventura County, they can have their marijuana delivered right to their home.</p> <p>C.) Barry Boatman, PSYD, Program Director of Ventura Intervention Prevention Services (VIPS), mentioned that youth don't perceive alcohol and marijuana as drugs so we must affect policies and campaigns that illustrate the harm to youth and then enforce the consequences.</p> <p>D.) June Ewart from Rancho Simi Recreation & Park District, Community Coalition United, presented an article written by Beau Evans on February 4, 2016 from a publication called the <i>Point Reyes Light</i> regarding marijuana being incorporated into Ventura County's Social Host Ordinances.</p>		
<p>IX. Old Business</p>	<p>N/A</p>		
<p>X. Time Certain Presentation 4:00 PM –</p>	<p>Arcenio J. Lopez from Mixteco/Indigena Community Organizing Project (MICOP), shared</p>		

	<p>a PowerPoint presentation called, "Indigenous Immigrants in the Ventura County." Mr. Lopez mentioned that there are 68 indigenous groups in Mexico and that most of these people who have migrated have come from small communities in the Guerrero, Oaxaca and Puebla regions. They speak Mixteco Bajo and most have not had secondary school after the 6th grade. In the 1980's, there was a massive migration of Mixtecos to California. In 2008-2009, a California Indigenous Farmworkers Study showed that 17,000 indigenous Mexicans work in agriculture in Ventura County. 20,000 indigenous Mexicans live in Ventura County. The Mixteco Indigena Community Organizing Project was founded to assist this segment of the population with a variety of specialized needs. More information can be found at: www.mixteco.org.</p> <p>One of MICOP's mental health programs is called "Entre de Hombres" which has a weekly planning meeting on Monday evenings from 6 pm to 9 pm in downtown Oxnard at 520 5th Street. This meeting trains male Promotores to speak to other men about the prevention of domestic violence and promoting a "responsibility" message. In 2015, 12 men completed the training and there were 250 formal and informal referrals with an outreach to 500 men. 700 resource lists were distributed and 200 in the community were educated about family violence, alcohol abuse and positive communication. In addition, in 2015, 12 women completed a 40-hour female Promotoras training program to teach leadership skills and promote outreach and advocacy efforts to raise Domestic Violence Awareness and train women to be culturally responsible.</p> <p>MICOP also has online programming on Friday, Saturday and Sunday on their website at: http://mixteco.org/radio/ They also host "Living with Love" skill workshops (8 sessions) for men & women survivors of domestic violence. The curriculum tackles evidence based Mental Health tools and promotes healthy communication techniques for families. MICOP also provides one-on-one referrals and support which cultivates better harmony in the Oxnard Community.</p>		
XI.	<p>Prevention Committee Member Comments</p> <p>A.) June Ewart from Rancho Simi Recreation & Park District (RSRPD), Community Coalition United distributed multiple event flyers that included a variety of "Mental Health First Aid" classes to be held in February, March and April; a "Reality Party for Parents" on Saturday, March 5, 2016 at a house in Simi Valley – register online at: www.straightupvc.org/register; and, a 6-week "Positive Parenting Program" presented by Rancho Simi Recreation & Park District & Interface Children & Family Services held at the Sycamore Drive Community Center in Simi Valley, CA in January, February, March and April – register by calling (805) 584-4400.</p> <p>Ms. Ewart also shared that in the "<i>Rancho Simi Reporter</i>" there is now a page called "Outreach" which is a resource page for Ventura County youth and parents where mental health service providers can promote local events.</p> <p>B.) Katherine Kasmir, Executive Director, Reality Improv Connection, Inc. – Straight Up is hosting a "Reality Party" in Thousand Oaks in April 2016.</p> <p>C.) Sandra Wolfe, BHAB Member, promoted the AIDS Walk/Health Fair on Saturday, March 5, 2016 at Plaza Park in Ventura. The goal of AIDS Walk Ventura is to raise awareness about HIV and AIDS, and to fund future efforts for education, outreach and prevention within Ventura County.</p>		
XII.	<p>Future Meeting Discussion</p> <p>Janis Gardner, BHAB Prevention Committee Chair mentioned a BHAB Prevention Committee description document that was created as an overview to note the mission statement and other relevant committee information including the upcoming committee meeting schedule. It was noted that the April 11, 2016 meeting date might change.</p> <p>Ms. Gardner asked Katherine Kasmir, Executive Director, Straight Up, if she would do an overview of her company, Reality Improv Connection, Straight Up for the March BHAB Prevention Committee meeting Time Certain Presentation. Ms. Kasmir stated that she would be open to the idea.</p>		
	<p>Adjourn</p> <p>Meeting was adjourned at 4:30 PM.</p>	<p>Next Meeting: Mar 14, 2016</p>	