

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

**MINUTES □ Jan 11, 2016**

**MEMBERS PRESENT**

Janis Gardner	BHAB Member, Chair, Prevention Committee
Karyn Bates	BHAB Member
David Deutsch	BHAB Member, NAMI Director
Debbie Pastor	BHAB Member, Aspira Counseling
June Ewart	Rancho Simi Recreation & Park District, Community Coalition United
John Franchi	VCSSO – County LE
Larry Hicks	BHAB Member
Sandra Wolfe	BHAB Member

**VCBH STAFF PRESENT**

Dan Hicks	VCBH, Alcohol & Drug Programs Manager, Prevention Services
Cari Kawell	VCBH, Alcohol & Drug Programs Management Assistant II, Prevention Services

**GUEST PRESENTERS**

Mark Stadler	Crisis Intervention Training, VCSSO
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**GUESTS**

Adriana Almazan	VCOE / Straight Up
Stephanie Flores	Aspira Counseling
Lori Litel	United Parents
Ezequiel A. Sanchez	TAY Tunnel

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
<b>I.</b>	<b>Call to Order</b> The meeting was called to order at 3:17 PM by Chairperson, Janis Gardner.		
<b>II.</b>	<b>Approval of the Agenda (Action)</b> Agenda for January 11, 2016 was approved as written.	<b>Approved as written M/S/C</b>	
<b>III.</b>	<b>Approval of the Minutes (Action)</b> Minutes of November 9, 2015 were approved with the following amendment: relocate several names listed in the Guest section of the Minutes to the Member section.	<b>Approved as Amended M/S/C</b>	
<b>IV.</b>	<b>Welcome and Introductions</b> The Chair welcomed all. Self-introductions were made around the table.		
<b>V.</b>	<b>Chair Announcements</b> Janis Gardner, BHAB Committee Chairperson, shared that according to studies from UC San Diego and the S.D.VA Healthcare System, they discovered that heavy exposure to electronic cigarette vapor damages DNA in cell cultures causing genetic instability that can lead to cancer. The study says that even nicotine free vapor induces this damage, indicating that other substances in e-cigarettes can damage cells.  Ms. Gardner handed out the sample template for the new County of Ventura BHAB FY 2015-2016 Annual Committee Report Format and mentioned that the Behavioral Health Advisory Board is required to submit an annual report to the Board of Supervisors which is currently being drafted. Each committee will provide data which ultimately will be passed out as a handout. Chair Gardner invited BHAB Prevention Committee members to contribute ideas.  Ms. Gardner announced that on November 13, 2015, the Ventura County Youth Commission held a Substance Abuse Conference put on by teens in which VCBH's		

	Prevention Services played a part.		
<b>VI.</b>	<p><b>Public Comments</b></p> <p><b>A.)</b> Adriana Almazan, Project Coordinator, Reality Improv Connection, Inc. – Straight Up, shared that the students that participated in the Substance Abuse Conference on Nov. 13, are involved from the beginning to the end and they appreciated the presentation hoping that they would see the event happen again next year.</p> <p><b>B.)</b> Stephanie Flores and Debbie Pastor from Aspira Counseling promoted an upcoming event on Monday, January 18, 2016 called “Dry January” to be held at 12:30 pm at 4587 Telephone Rd., Ste 210, Ventura, CA 93003. This campaign started in the UK to see if people could be absent from alcohol for 31 days to see what kind of health results, if any, are noticed. More information found here:  <a href="https://www.eventbrite.com/e/brown-bag-on-dry-january-movement-sober-for-a-month-tickets-20440333588">https://www.eventbrite.com/e/brown-bag-on-dry-january-movement-sober-for-a-month-tickets-20440333588</a></p>		
<b>VII.</b>	<p><b>Staff Update</b></p> <p><b>A.)</b> Dan Hicks, Alcohol and Drug Programs (ADP) Manager for Prevention Services, complimented the Prevention Services contractors with special thanks to Reality Improv Connection, Inc. – Straight Up for their efforts in coordinating Reality Parties for parents and promoting them with an effective radio spot. Mr. Hicks thanked Katherine Kasmir and her team for their good work. Thousands of people have seen and heard useful information from a variety of media pieces on Twitter and <a href="http://www.straightupvc.org">www.straightupvc.org</a>.</p> <p>Mr. Hicks shared that the California State SAPT dollars that partially fund Prevention Services require the submittal of a new Strategic Plan as the last 5 year plan ended in December 2015. The new plan, to be completed by July 2016, is being crafted with adjustments and new local data. It will define the improved launch of marijuana prevention efforts linked with VC Public Health, law enforcement, planning groups and local municipal powers.</p> <p>Mr. Hicks discussed that for several years now, VCBH’s Alcohol &amp; Drug Programs, Prevention Services has had Alcohol &amp; Drug Treatment Specialists (ADTS). Recently, these positions within Prevention were changed in definition and scope to two new positions called “Community Services Coordinator.” This staffing adjustment better aligns with the new Strategic Plan for community education, outreach efforts as well as more accurately represents Prevention Services compared to the older model.</p> <p><b>B.)</b> David Deutsch, NAMI Director, promoted an upcoming Ventura County NAMI event on Saturday, April 30, 2016. The NAMI Walk at the Ventura Beach Promenade will begin at 10 am.</p> <p>Mr. Deutsch also mentioned that he is putting together a Cultural Competency Advisory Board for more effective outreach to the Spanish speaking community in Ventura County.</p> <p>In addition, Mr. Deutsch also discussed that the Peer to Peer and Family classes are full. These classes will begin again in 10 weeks and are not therapy, but instead, teach coping skills.</p>		
<b>VIII.</b>	<p><b>New Business</b></p> <p>Janis Gardner, BHAB Prevention Committee Chair shared that Ventura County Behavioral Health’s ADP Prevention Services and Ventura County Sheriff’s Office held a proactive, informative and educational Community Leadership Forum on January 7<sup>th</sup>, 2016, entitled “Mapping Marijuana, A Community Planning Compass for Youth and Safety”. It included a Power Point presentation given by Dan Hicks, ADP Prevention Services Manager and Rae Hanstad one of VCBH’s Prevention Contractors. This Forum was to promote thought about defining municipal approaches, assisting cities and counties with understanding possible changes in the legal status of medical and non-medical marijuana.</p> <p>Ms. Gardner mentioned that the State of Colorado was not prepared for the consequences of marijuana legalization as shown by a study done by the Colorado State Public Health Department. Ms. Gardner also stated that educating policymakers is essential.</p> <p>Dan Hicks, Manager, ADP Prevention Services, said a major focus of educating people about marijuana is getting them to look at the harm of MJ use to the teen brain. Mr. Hicks stated that young people don’t have the same judgement as adults and that the neural connectivity of young brains is negatively affected by MJ use both lowering I.Q. as well as</p>		

	<p>contributing to mental health problems. There have been no real guidelines on medical marijuana use since the Compassionate Use Act of 1996. Since then, use has increased along with the cases of people who need marijuana for medicinal purposes. These people are experiencing stigma from others who only view MJ use as a recreational pastime. Two focuses of primary concern at the January 7, 2016 Forum were <b>potency</b> combined with <b>availability</b>.</p>		
<b>IX.</b>	<p><b>Old Business</b> Janis Gardner, BHAB Prevention Committee Chair mentioned that VCBH held The Pride Project Forum “Building a Network of Support within our LGBTQ Community”. The forum was put together by Kiran Sahota, MHSA Manager for VCBH, and was extremely well-attended with engaging and informative speakers who helped educate and inform the public. Experts from the community discussed the angst and pain of stigma.</p>		
<b>X.</b>	<p><b>Time Certain Presentation 4:00 PM –</b> Mark Stadler and John Franchi shared a Power Point presentation on Ventura County CIT (Crisis Intervention Training). The agreement between VC CIT and VC Behavioral Health is that CIT must train 100 law enforcement personnel each year. CIT partners with Law Enforcement Agencies such as CSUCI PD, Community College PDs and Naval Base PDs. Retired Commander Stadler stated that CIT trains police officers because 95% of the 911 calls related to mental illness are handled solely by a Police Officer and/or Sheriff Deputy.</p> <p>The CIT mission statement is to develop partnerships with mental health consumers and their family members, and other agencies and organizations. CIT officers will respond to individuals who are in crisis as a result of a mental disorder, and shall <b>assess and assist</b> those individuals in the <b>most effective and compassionate manner</b> possible.</p> <p>CIT trains dispatchers for mental illness calls by teaching crisis intervention techniques. Retired Commander Stadler defined the term “5150” as someone who is a danger to themselves, others or is gravely disabled. Mr. Stadler also discussed that Crisis Intervention Training began in 1988 in Memphis, Tennessee, after a series of shootings. Established in Ventura County in 2001, CIT now has 39 academies and has trained approximately 1352 people which includes 70% patrol officers and 40% dispatchers. The next CIT Academy class of 40 will run from January 25<sup>th</sup> – 29<sup>th</sup>, 2016. For more information, please call: (805) 383-4806 or e-mail: <a href="mailto:VenturaCo.CIT@ventura.org">VenturaCo.CIT@ventura.org</a></p>		
<b>XI.</b>	<p><b>Prevention Committee Member Comments</b></p> <p><b>A.)</b> June Ewart from Rancho Simi Recreation &amp; Park District (RSRPD), Community Coalition United mentioned an event that was to be launched in Simi Valley on January 12 &amp; 13, 2016 for Mental Health First Aid. It was to be presented in Spanish but enrollment was not sustained so the training was cancelled.</p> <p><b>B.)</b> Debbie Pastor from Aspira Counseling promoted registration for the Brown Bag on “Dry January” movement event on Monday, January 18, 2016 from 12:30 pm to 1:30 pm at 4587 Telephone Rd., #210, Ventura, CA 93003. This presentation focuses on a month of abstinence from alcohol after the holidays to promote a short term lifestyle changes and social movement to improve health outcomes.</p>		
<b>XII.</b>	<p><b>Future Meeting Discussion</b> N/A</p>		
	<p><b>Adjourn</b> Meeting was adjourned at 4:38 PM.</p>	<p><b>Next Meeting: February 8, 2016</b></p>	