

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

**MINUTES □ Nov 9, 2015**

<b><u>MEMBERS PRESENT</u></b>	
Janis Gardner	BHAB Member, Chair, Prevention Committee
Karyn Bates	BHAB Member
David Deutsch	BHAB Member, NAMI Director
Larry Hicks	BHAB Member
<b><u>VCBH STAFF PRESENT</u></b>	
Dan Hicks	VCBH, Alcohol & Drug Programs Manager, Prevention Services
Cari Kawell	VCBH, Alcohol & Drug Programs Management Assistant II, Prevention Services
Kiran Sahota	VCBH, MHSA Manager, PEI
Kathy Mulford	VCBH, DUI
<b><u>GUEST PRESENTERS</u></b>	
Julia Campos	Board Member, Greater Ventura County Parents of Murdered Children, Inc.
Cindy Harber	Member, Greater Ventura County Parents of Murdered Children, Inc.
<b><u>GUESTS</u></b>	
Debbie Pastor	Aspira Counseling
Denise Quintero	TAY Tunnel
Gene Brooking	
June Ewart	Rancho Simi Recreation & Park District, Community Coalition United
John Franchi	VCSO – County LE
Katherine Kasmir	Straight Up Ventura County
Mark Stadler	Crisis Intervention Training, VCSO

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
<b>I.</b>	<b>Call to Order</b> The meeting was called to order at 3:15 PM by Chairperson, Janis Gardner.		
<b>II.</b>	<b>Approval of the Agenda (Action)</b> Agenda for November 9, 2015 were approved as written.	<b>Approved as written M/S/C</b>	
<b>III.</b>	<b>Approval of the Minutes (Action)</b> Minutes of October 12, 2015 were approved with the following amendment: June Ewart stated that there should be a change to the last sentence in the XI. Prevention Committee Member Comments section to read as follows: “Ms. Ewart also promoted the Angel Program with regards to Prop 47 where she states that the Simi Valley Chief of Police is interested in youth specialized programs that would assist with their drug use.”	<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, announced that a new marijuana initiative entitled, “Control, Regulate, and Tax Adult Use of Marijuana Act” has been submitted to the Office of the Attorney General. This measure is backed by wealthy cannabis supporters including billionaire tech-industry investor, Sean Parker, co-founder of Napster and former Facebook President. Lt. Gov. Gavin Newsom who chaired California’s Blue Ribbon Commission on Marijuana Policy also endorsed the measure. The Chair distributed copies of a letter from VCBH’s Division Manager, Patrick Zarate, to the Blue Ribbon Commission on marijuana policy via the CA Office of the Lt. Governor regarding effective prevention strategies that protect youth from marijuana harms.		

	<p>Ms. Gardner also stated that Ventura County Behavioral Health’s Director, Elaine Crandall, is currently in negotiations with Providers to run the Children’s Crisis Stabilization Unit.</p> <p>In addition, Ms. Gardner mentioned a <i>Ventura County Star</i> article regarding Governor Brown signing a number of marijuana bills and that local cities, such as Thousand Oaks, are drafting ordinances for local jurisdiction regarding the right to prohibit or allow marijuana cultivation. The deadline for submitting these drafts is March 1, 2016 or local cities will default to the newly adopted State marijuana regulations.</p> <p>Ms. Gardner shared that the VCBH Alcohol and Drug Programs have been invited to attend the Office of Traffic Safety Drug Impaired Round Table discussions with other deciders from the State of California on Thursday, November 12 in Sacramento. Ms. Gardner also promoted the 2015 International Survivors of Suicide Loss Day on Saturday, Nov. 21, 2015 to be held at the Agoura Library at 29901 Ladyface Circle, Agoura, CA 91301 from 9 am to 1 pm.</p> <p>Ms. Gardner mentioned that at the Ventura County Board of Supervisors meeting in Santa Paula on October 13, 2015, the Supervisors unanimously approved an additional \$50,000 for mental health prevention outreach to the Our Lady of Guadalupe Parish team. Ms. Gardner distributed copies of the Blue Ribbon Commission letter on marijuana policy to the CA Office of the Lt. Governor from VCBH’s Division Manager, Patrick Zarate regarding effective prevention strategies that protect youth from marijuana harms.</p> <p>And lastly, Ms. Gardner shared that at the law enforcement Crisis Intervention Team Awards, VCBH’s Mental Health Services Act Manager for PEI, Kiran Sahota, was honored for her outstanding work in the CIT program.</p>		
<p><b>VI.</b></p>	<p><b>Public Comments</b></p> <p><b>A.)</b> Debbie Pastor from Aspira Counseling distributed copies of a brochure called “<i>SMART Recovery – Discover the Power of Choice</i>” to promote a science-based addiction support group and promoted Drug &amp; Alcohol counseling.</p> <p><b>B.)</b> David Deutsch, NAMI Director, promoted the Oxnard Elks Christmas party on Tuesday, Dec 8, 2015 from 5pm to 8pm.</p> <p><b>C.)</b> Mark Stadler, CIT Program Administrator mentioned the new CIT Officer of the Year Award went to Chris Love from the Moorpark Station and that on Tuesday, Nov. 10, 2015, CIT will be doing a panel presentation at the NAMI meeting where Sergeant John Franchi and several others will be present to answer questions.</p>		
<p><b>VII.</b></p>	<p><b>Staff Update</b></p> <p><b>A.)</b> Dan Hicks, Alcohol and Drug Programs (ADP) Manager for Prevention Services, handed out multiple flyers regarding marijuana and prescription drugs as well as a booklet called “<i>Weed, Myths &amp; Facts</i>” and “<i>Marijuana &amp; the Teen Brain.</i>” Mr. Hicks mentioned that these brochures, among others, are available on <a href="http://venturacountylimits.org">http://venturacountylimits.org</a> and promoted information dissemination to parents.</p> <p>Mr. Hicks also mentioned the C.U.R.E.S. Rx Risk event at the Simi Valley Hospital on November 5, 2015, for medical professionals who prescribe schedule 1 opiates. The goal for the VCBH Rx Workgroup is to have 1 in 4 doctors in Ventura County sign on and use the C.U.R.E.S. system which enables them to view patient prescriptions and help prevent bad consequences from patient who see a variety of doctors who could overdose on incompatible prescription drugs. VCBH’s Prevention Services Department is coordinating with local hospitals to provide events where assistance will be given with registering online for C.U.R.E.S. Prescription Drug Monitoring Program, which includes an on-site notary to facilitate registration in larger numbers. 55 Providers showed up at the Simi Valley event and 32 were able to complete the sign-up process. The next day on Nov 6, at the Los Robles Hospital event in Thousand Oaks, 35 doctors attended the C.U.R.E.S. presentation and received pre-registration materials to prepare for the upcoming December registration event that also will include an on-site notary.</p> <p>Mr. Hicks also stated that the ADP, Prevention Services Dept. was working on finishing their new Prevention Strategic Plan during December to be implemented in 2016.</p>		

**B.)** Kiran Sahota, MHSA Manager for VCBH mentioned that EvalCorp Research and Consulting is in the process of evaluating the PEI program and they'll present at the Community Leadership Committee (CLC) meeting on Thursday, November 19 from 3 pm to 5 pm. The CLC Committee did just interview for open positions and will be filling 5 or 6 of them soon. The new members will be invited to the meeting. Ms. Sahota discussed that when looking at the Mental Health First Aid (MHFA) data the 2<sup>nd</sup> largest population that receives MHFA is Simi Valley. Ms. Sahota thanked June Ewart from Rancho Simi Recreation & Park District for her efforts in making this happen because 28% of all MHFA are in Simi Valley.

Tonight from 6 pm to 8 pm at Royal High School, Ms. Sahota and Dawn Anderson from VCOE are going to scope out Dan Swanson who will be presenting a talk on Suicide Prevention in schools where they will see what he has to say, where he gets his data and what the program is before knowing if his content is something that can be supported at the Suicide Prevention meetings.

There was a great meeting turn out last Friday, Nov 6, at the Countywide Coordinating Council for Suicide Prevention from interested community members and agency members who are looking at the Prevention Response and Recovery. They are creating a resource guide and hope to get it out as soon as they can to groups that require it.

Ms. Sahota also mentioned that under Recovery they'll be bringing the Attempt Suicide Survivor's Support Group training to Ventura County and are looking at creating a subcommittee. Ms. Sahota does not want to do a haphazard training of 20 facilitators, but, is instead looking at which affiliates could self-sustain a Suicide Survivor's support group. For example, Vista Del Mar is interested as they have clinicians, a facility and serve both military and teen populations. Any questions for Kiran Sahota or MHSA can be emailed to: [mhsa@ventura.org](mailto:mhsa@ventura.org)

Ms. Sahota stated that the other huge thing she is working on is the Pride Project. Under CLC and MHSA funding, there was money set aside for LGBT and last year, part of it was used for training but since Ms. Sahota came aboard it isn't clear who those trainers are. Ms. Sahota mentioned the Rainbow Umbrella which is a group of 20 people who are actively working on the LGBT project. They are targeting high schoolers and strengthening the diversity community such as the GSAs and the anti-bullying groups, to find out what they have and don't have on different campuses.

Ms. Sahota also promoted an upcoming on-site event next week in the VCBH downstairs Training Room which will be held from 3:30 pm to 5:30 pm with 3 speakers – Judy Chasen from L.A. School District, Abe Olsen Kennedy from L.A. Gender Center and Lifeworks from the LGBT L.A. Center. There are over 50 adults and 50 youth signed up for the event from a variety of local communities including: Santa Paula, Fillmore, Ventura, Oxnard, Camarillo, Conejo and Moorpark/Simi.

**C.)** Sargent John Franchi mentioned that Retired Commander Mark Stadler is helping to start a new C.I.T. program with the Santa Barbara Sheriff's Dept. to promote Mental Health Services in San Luis Obispo & Santa Barbara. This new program will share the same model as Ventura County.

**VIII. Time Certain Presentation 4:00 PM**

**A.)** Julia Campos & Cindy Harbor – “Parents of Murdered Children, Inc.” – Violence Prevention – gave an overview of [www.parentsofmurderedchildreninc.com](http://www.parentsofmurderedchildreninc.com) and how they came to play a role in representing the message of this organization. Julia Campos shared that she is a 6x survivor of homicide. Her son was murdered by murderers who committed more murders right after killing her son. She is available to present to anyone interested in educating about and providing solutions to an uprise in the lack of human compassion in teens and adults. For 9 years, Julia has been doing presentations where her main focus is to deter children from joining gangs and violence especially for those who are behaving detrimentally towards themselves and their families. Ms. Campos is making every effort to helping people understand that they are a valuable part of the community and is addressing parents where they are missing steps in communicating with their kids. Ms. Campos shared that many parents are accused of abandoning their children, when in actuality, they are working two jobs to support their loved ones. Ms. Campos stated that she has tried to speak at schools and communities in the Oxnard School District to address bullying and outside forces that come into schools. She attends the Youth Connect facility in Ventura & Camarillo to speak to juveniles that have committed offenses to spread the message that it is not our grief that holds us together, but our strength instead.

	<p><b>B.)</b> Cindy Harbor, Member, Greater Ventura County Parents of Murdered Children, Inc. discussed with the group that her son, Josh, joined the “Hell’s Angels” motorcycle gang in Phoenix, AZ and was also killed. The conversation she shares in her presentations is about youth choosing to hang out with who they think are cool, but, when circumstances escalate and become detrimental and volatile, these youth can’t get away. For parents, she reminds them to remember that their decisions affect everyone around them. When Ms. Harbor speaks to the incarcerated, she reminds them what it feels like to be a victim. When Ms. Harbor presents to CYA, she encounters defensive body language and hostile attitudes with her audience. After sharing the details of the assaulted, by the time she is done speaking, they are considering different points of view and their demeanor has changed in a positive way. Ms. Harbor asked the BHAB Prevention Committee about the limitations of what she can present and for resources to share with her audience.</p> <p><b>C.)</b> David Deutsch, BHAB Member, NAMI Director, suggested a local Reverend and Pastor who were also in correctional facilities who can guide those who have similar experiences with harassment, assault and/or murder. Mr. Deutsch shared that when in a group setting that is dynamic, it is such that good seeds of thought are being planted beyond the posturing typical to an authoritative environment.</p> <p><b>D.)</b> June Ewart from Rancho Simi Recreation &amp; Park District (RSRPD), Community Coalition United asked Ms. Campos and Ms. Harbor about Restorative Justice and if their advocacy has helped? Ms. Campos replied that there is no closure and that life continues which causes the people who are left behind to keep processing the painful loss of their loved ones which can also be healing.</p>		
<b>IX.</b>	<p><b>Old Business</b> Janis Gardner, BHAB Prevention Committee Chair asked Katherine Kasmir, Executive Director, Reality Improv Connection, Inc. – Straight Up and BHAB Prevention Committee Member, if she had found a house to host the upcoming two Reality Parties. More information here: <a href="http://www.straightupvc.org/realityparties/">http://www.straightupvc.org/realityparties/</a></p>		
<b>X.</b>	<p><b>New Business</b> Janis Gardner, BHAB Prevention Committee Chair asked the Committee if the group would be OK with not meeting in December 2015. All were in agreement.</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 promoted multiple events such as the adult module for Mental Health First Aid coming up in November 2015, the Youth Module on December 8<sup>th</sup> &amp; 9<sup>th</sup> and the Restorative Justice meeting on November 16, 2015 from 4 pm to 6 pm.</p> <p><b>B.)</b> Karyn Bates, BHAB Prevention Committee Member, distributed a flyer for an upcoming workshop by The Client Network called Nutrition and Mental Health – “Eat 2 Be Healthy” on Friday, November 13 2015 from 9:45 AM to Noon at the VCBH Williams Drive Training Room on the First Floor.</p>		
<b>XII.</b>	<p><b>Future Meeting Discussion</b> None.</p>		
	<p><b>Adjourn</b> Meeting was adjourned at 4:25 PM.</p>	<b>Next Meeting:</b> <b>January 11, 2016</b>	