

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

**MINUTES** ☐ August 8, 2016

<b><u>PREVENTION MEMBERS PRESENT</u></b>	
Janis Gardner	BHAB Member, Chair Prevention Committee
Larry Hicks	BHAB Member, Co-Chair Prevention Committee
David Deutsch	BHAB Member, NAMI Director
Gane Brooking	BHAB Member, BHAB Prevention Committee Member
Lizz Alund	Child Development Resources
Mark Stadler	BHAB Prevention Committee Member, Crisis Intervention Training (CIT)
Rachel Jones	BHAB Member, Straight Up Ventura County
Sandra Wolfe	BHAB Prevention Committee Member
<b><u>VCBH STAFF PRESENT</u></b>	
Cari Kawell	VCBH, ADP Management Assistant, Prevention Services
Clara Barron	BHAB Member, VCBH, MHSA, PEI Programs Operational Manager
David Tovar	VCBH, Alcohol & Drug Programs, Office of Traffic Safety Grant Coordinator
Kiran Sahota	VCBH, MHSA Manager
<b><u>FEATURED PRESENTER</u></b>	
Kiran Sahota	VCBH, MHSA Manager
<b><u>GUESTS</u></b>	
Benjamin Valdez	Pacific Clinic's TAY Tunnel
Gabe Teran	BHAB Prevention Committee Member
Laurie Jackson	Saving Lives Camarillo
Patricia Mowlain	Gold Coast Health Plan
Rachel McDuffee	Aegis Treatment Centers
Sara Cook	Vista del Mar Hospital, Business Development Rep

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
<b>I.</b>	<b>Call to Order</b> The meeting was called to order at 3:16 PM by Chairperson, Janis Gardner.		
<b>II.</b>	<b>Approval of the Agenda (Action)</b> Agenda for August 8, 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 July 11, 2016 were approved.	<b>Approved 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 Prevention Committee Chair, announced the following upcoming events: <b>Marijuana Conference “What Future Do You See?”</b> on Sept. 28, 2016 from 8 am to 12 pm at the Residence Inn by Marriott at River Ridge (pre-registration mandatory), Oxnard; the <b>Preventing Suicide “Help and Hope” Seminar</b> on Sept. 16, 2016 from 8 am to 1 pm at CSU Channel Islands, Camarillo (pre-registration mandatory by Sept. 9); the <b>American Foundation for Suicide Prevention “Out of the Darkness Walk”</b> on Sept 17, 2016 from 9 am to 12 pm at Constitution Park in Camarillo; and, the <b>NAMI California Conference 2016</b> on Aug 26 & 27, 2016 in Burlingame, CA.  Ms. Gardner distributed a handout called the <b>“Ballot Title and Summary” Overview of Proposition 64</b> dated July 8, 2016 regarding Initiative 15-0103 (Amdt. #1). This document is a Summary of Legislative Analyst’s Estimate of Net State and Local Government Fiscal Impact and summarizes Prop 64’s Marijuana Legalization Initiative Statute. Proposition 64 is the ballot measure that will be on the November 2016 California State ballot.		

	Ms. Gardner reminded the group that to become a BHAB Prevention Committee Member all that is required is to attend the BHAB PC meetings on a consistent basis and to inform Cari Kawell, Management Assistant, VCBH Prevention Services. Your name will be added to the BHAB Prevention Committee Member roster. There are no fees or dues to be a member.		
VI.	<b>Public Comments</b> N/A		
VII.	<p><b>Staff/Provider Updates</b></p> <p><b>A.)</b> David Tovar, Office of Traffic Safety (OTS) Grant Coordinator, ADP Prevention Services promoted the <b>“Marijuana What Future Do You See?” Conference</b> on Wednesday, September 28, 2016 from 8 am to 12 pm at the Residence Inn by Marriott at River Ridge, Oxnard. Registration available online at: <a href="https://marijuanavc.eventbrite.com">https://marijuanavc.eventbrite.com</a> To download the YAPP App for event updates, go to: <a href="http://my.yapp.us/MARIJUANAVC">my.yapp.us/MARIJUANAVC</a></p> <p>Mr. Tovar also announced the <b>Drug Impaired Driving Leadership Forum – “Emerging Trends &amp; Countermeasures”</b> on Thursday, August 18, 2016 from 9 to 11 am at the Ventura County Office of Education’s Conference and Educational Services Center at 5100 Adolfo Road in Camarillo.</p> <p>Mr. Tovar mentioned that on August 1<sup>st</sup> VCBH Prevention Services released the new AUMA publication called <b>“2016 CA Marijuana Initiative and Youth: Lessons Learned from Alcohol Policy”</b> written by VCBH Prevention Provider, Jim Mosher, JD. This publication looks at the 5 most nationally recognized Prevention best practices for alcohol policy to promote safe, sane measures in preventing youth use.</p> <p><b>B.)</b> Gabe Teran, Project Specialist from Ventura County Office of Education (VCOE) – Comprehensive Health and Prevention Programs - Friday Night Live program, announced an upcoming Restorative Justice 3-day workshop to be held from 8:30 am to 4 pm on August 10 – 12 at the Ventura County Office of Education – Conference and Educational Services Center at 5100 Adolfo Road in Camarillo. Restorative Justice is a non-punitive approach to counselling and working with any age-group. The event is called <b>“Intensive Restorative School Justice &amp; Trauma Informed Care Facilitator Training”</b>.</p> <p>Mr. Teran also promoted another upcoming 2 Session event on September 29, 2016 called <b>“Information Session on VCBH Mental health Services – Crisis Stabilization Unit &amp; Short-Term Residential Facility”</b> with the AM Session from 8:30 am to 11:30 am OR a PM Session from 12:30 pm to 3:30 pm. This event is located at the Ventura County Office of Education Conference and Educational Services Center, Salons A-C at 5100 Adolfo Rd., Camarillo. To register visit: AM Session: <a href="http://vcoe.k12oms.org/1630-116881">http://vcoe.k12oms.org/1630-116881</a> OR PM Session: <a href="http://vcoe.k12oms.org/1630-116882">http://vcoe.k12oms.org/1630-116882</a></p> <p>Mr. Teran also discussed VCOE’s participation in VCBH’s Prescription Drug Initiative that is being accomplished by distributing the new BUZZKILL and MIA storyboard “Prevention Awareness” posters and booklets to a variety of strategically targeted Ventura County school classrooms. The English &amp; Spanish versions of these posters and booklets are intended to provide students with a visual and “easy to relate to” process of how prescription drugs are being illegally distributed and “pushed” into the hands of their friends, family and themselves.</p> <p><b>C.)</b> David Deutsch, Director, NAMI Ventura County, mentioned that he recently visited a marijuana dispensary when attending a conference in Colorado and noticed that it was overpriced and it was like visiting a liquor store only it was marketing cannabis products. Mr. Deutsch expressed his concern about marijuana being made as legitimate as alcohol and emphasized that there is a correlation between using cannabis and psychiatric problems and psychosis.</p> <p><b>D.)</b> Retired Ventura Police Dept. Commander Mark Stadler, Program Administrator Crisis Intervention Training Program (CIT), mentioned that the CIT team is planning for the Law Enforcement CIT Academy training program which will be held during the last week of September 2016. The CIT program teaches people how to deal with the mentally ill under crisis, in addition to sharing resources, running students through roleplay exercises, discussing medications and available services and how to navigate the Mental Health System.</p> <p>Mr. Stadler mentioned he recently went to San Diego to work on a Law Enforcement training video regarding the <b>“End of Life Option Act”</b> which teaches Law Enforcement Officers what to do when Law Enforcement responds to those type of crisis</p>		

	<p>calls. There have been 25 <b>“End of Life”</b> prescriptions issued (almost one a day since the act went into effect). They don’t keep stats on how many people actually use the prescription only how many were issued..</p>		
<b>VIII.</b>	<p><b>Time Certain Presentation 3:45 PM</b></p> <p>Kiran Sahota, VCBH, Mental Health Services Act (MHSA) Manager gave a presentation called, <b>“Suicide Prevention Efforts in Ventura County”</b> and began with an MHSA overview. For Ventura County, Ms. Sahota oversees MHSA funding for the County of Ventura. There are many different aspects to the MHSA including Treatment, Prevention and Innovation Funds, as well as the Workforce Education Training and Technology Funds.</p> <p>Ventura County provides one percent of MHSA funds back to California Mental Health Services Act (Cal MHSA) which oversees negotiation with our CA State Hospitals which supports the VC clients going into those hospitals. Ventura County also receives benefits from “Know the Signs” for Suicide Prevention as well as “Each Mind Matters” for reducing stigma for mental illness.</p> <p>One of the aspects of the VCBH MHSA initiative is Suicide Prevention. There are many programs/contracts under MHSA Prevention that includes: difficulties in parenting (PPP); the Crisis Intervention Prevention Program (CIT) which prevents recidivism in jail; and Mental Health First Aid Training (decreasing stigma). Another MHSA program that is run in house at VCBH is Suicide Prevention. The Suicide Prevention Council meets the first Friday of every month in the Lake Tahoe Conference Room at VCBH from 10 to 11:30 am.</p> <p>The VCBH Suicide Prevention Program partnered with the Ventura County Office of Education, focuses on Prevention, Response and Recovery. Over the past year, this program has reviewed its Resources and as a result, created an easy to read Suicide Prevention Resource Card. To obtain these for your own distribution please contact: Mark Epley at the Todd Road Jail Printing facility – <a href="mailto:mark.epley@ventura.org">mark.epley@ventura.org</a>.</p> <p>The VCBH MHSA Suicide Prevention Program has also been working to add their Resources to the <a href="http://www.WellnessEveryday.org">www.WellnessEveryday.org</a> website to make them available to more people. By analyzing website “hits”, Ms. Sahota was able to focus on which mental illness, depression and anxiety resources needed to be offered in Ventura County and learned that more information was needed for “teens.” As a result of this effort, 11,000 new hits occurred in a month.</p> <p>Another new resource added the WellnessEveryday.org is LGBTQ. Every other year the State of California performs a Healthy Kids Survey. Two years ago, out of all the 11<sup>th</sup> graders who took the survey, 50% that identified as LGBTQ had suicidal ideations. After reviewing these results, VCBH MHSA’s Suicide Prevention Program put together an LGBTQ forum to see what was needed in terms of Prevention. In response to the forum (135 people were in attendance and 35 were youth) they created the resource flyer. In addition, those who attended the forum indicated they wanted the gay/straight alliance or diversity groups on their campuses and also wanted support services that they could use outside of school. VCBH MHSA Prevention signed a new contract with Rainbow Umbrella to provide these services.</p> <p>Ms. Sahota distributed multiple promotional flyers to promote: Mental Health and LGBTQ Information and Resources in Ventura County – <a href="http://www.WellnessEveryday.org">www.WellnessEveryday.org</a> and/or <a href="http://www.WellnessEveryDay.org/lgbtg">www.WellnessEveryDay.org/lgbtg</a>; and, <b>“Preventing Suicide – Help &amp; Hope”</b> a Free Conference featuring Suzy Favor Hamilton (a three-time Olympian and mental health advocate) on Friday, September 16, 2016 from 8 am to 1 pm at CSU Channel Islands, Camarillo – Register online by Sept. 9 to attend: <a href="https://suicide-help-hope.eventbrite.com">https://suicide-help-hope.eventbrite.com</a></p>		
<b>IX.</b>	<p><b>Old Business</b></p> <p>David Tovar, Office of Traffic Safety (OTS) Grant Coordinator, ADP Prevention Services was asked by Fillmore City Manager, Mark Watkins, to give a presentation at the Fillmore City Council Meeting on July 25, 2016. The City of Fillmore City Council requested a listening session on possibly regulating medical marijuana. Mr. Tovar urged an understanding of the following: Reviewing existing policies that might be strengthened to help prevent marijuana youth access and availability. For example: Social Host Ordinance; Establishing a baseline of local marijuana data to monitor and evaluate its effects over time; Collaborating with key stakeholders in the</p>		

	<p>community to determine multiagency impacts and recommended strategies; Studying model ordinances, successful policies and promising practices of other cities, counties and states; Coordinating policy efforts with other municipalities; Organizing community meetings to develop an understanding of citizens' interests and concerns about marijuana.</p> <p>A variety of other speakers presented at the July 25<sup>th</sup> meeting including: VCSO Sheriff Geoff Dean, VCSO Undersheriff Gary Pentis, the City of Fillmore Police Chief Dave Wareham, the Ventura County District Attorney's Office, the Ventura County Cannabis Alliance, Americans for Safe Access and wealthy business interests. This was one of the best attended meetings that the City of Fillmore has ever had with over 150 participants and every single community member being able to speak. The community consensus was "<b>NO</b>" to allowing medical marijuana within the city limits of Fillmore.</p> <p>Mr. Tovar emphasized impaired driving and that VCBH encourages a proactive approach to medical marijuana regulation by Ventura County Communities. VCBH participates as a community resource and has come out with model ordinances and regulations for medical marijuana cultivation. Because medical marijuana is looking like it may be legalized in November, VCBH is encouraging local communities to get something on the books before that happens – that way they are taking action instead of allowing legal decisions to be made for them by default.</p>		
<b>X.</b>	<b>New Business</b> N/A		
<b>XI.</b>	<b>Prevention Committee Member Comments</b> N/A		
<b>XII.</b>	<b>Future Meeting Discussion</b> Janis Gardner, BHAB Prevention Committee Chair invited Ventura County Office of Education and Vista del Mar Hospital to do presentations at future BHAB Prevention Committee meetings.		
<b>XIII.</b>	<b>Adjourn</b> Meeting was adjourned at 4:27 PM.	<b>Next Meeting:</b> <b>Sept 12, 2016</b>	