

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

MINUTES □ Sept 12, 2016

<u>PREVENTION MEMBERS PRESENT</u>	
Janis Gardner	BHAB Member, Chair Prevention Committee
David Deutsch	BHAB Member, NAMI Director
Gane Brooking	BHAB Member, BHAB Prevention Committee Member
June Ewart	BHAB Member, Community Coalition United
Karyn Bates	BHAB Member, The Client Network, Vice President
Katherine Kasmir	BHAB Member, Straight Up, Executive Director
Mark Stadler	BHAB Prevention Committee Member, Crisis Intervention Training (CIT)
Sandra Wolfe	BHAB Prevention Committee Member
<u>VCBH STAFF PRESENT</u>	
Clara Barron	BHAB Member, VCBH, MHSA, PEI Programs Operational Manager
Dan Hicks	VCBH, ADP Manager, Prevention Services
David Tovar	VCBH, Alcohol & Drug Programs, Office of Traffic Safety Grant Coordinator
Kathy Mulford	VCBH, VCBH DUI Administration, BH Manager
<u>FEATURED PRESENTER</u>	
Debbie Pastor	Aspira Counseling Services
<u>GUESTS</u>	
Anasa Matthews	Aegis Treatment Centers
Juan Santos	Conejo Valley Unified School District
Kristin Tignac	City of Simi Valley
Sara Cook	Vista del Mar Hospital, Business Development Rep

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	Call to Order The meeting was called to order at 3:25 PM by Chairperson, Janis Gardner.		
II.	Approval of the Agenda (Action) Agenda for August 8, 2016 was approved as written.	Approved as written M/S/C	
III.	Approval of the Minutes (Action) Minutes of July 11, 2016 were held for review at the next meeting on October 10.	Held for Review	
IV.	Welcome and Introductions The Chair welcomed all. Self-introductions were made around the table.		
V.	Chair Announcements Janis Gardner, BHAB Prevention Committee Chair, distributed an article from the August 4, 2016 <i>VC Reporter</i> called "Hooked on Opioids" in which the Ventura County ADP Division & Prevention Services Department are mentioned showing that their presence is alive and well and helping people in the community. VCBH, Chief Operating Officer, Patrick Zarate and Dan Hicks, Manager, VCBH ADP Prevention Services, are both quoted in the article. Ms. Gardner made multiple announcements that included: September is "Suicide Prevention" month and that the Preventing Suicide: Help and Hope Conference at Cal-State University Channel Islands will be held on Friday, September 16 th from 8 am to Noon; a Suicide Prevention Walk is on Saturday, September 17 at 9 am at Constitution Park in Camarillo; the NAMI Statewide Conference was held August 26 – 28 in San Francisco (BHAB PC Members - David Deutsch, Director, NAMI Ventura & Mark Stadler, Crisis Intervention Training (CIT) Program Coordinator - were both in attendance); and, that tickets are sold out for the VCBH, ADP Prevention Services "Marijuana – What Future Do You See?" Conference on		

	<p>Wednesday, September 28 at the Marriott River Ridge in Oxnard. A Yapp App for dialogue on the Ventura County issues that are under consideration is available for those who don't go to the event: http://my.yapp.us/MARIJUANA VC</p> <p>In addition, on August 18, at the Ventura County Office of Education (VCOE) there was a Drug Impaired Leadership Forum sponsored by VCBH & the California Office of Traffic Safety (OTS) which was coordinated by David Tovar, VCBH, ADP Prevention Services OTS Grant Coordinator.</p>		
VI.	<p>Public Comments</p> <p>A.) June Ewart, Community Coalition United, shared that on Thursday, September 29 from 6 to 7:30 pm in the Community Room at the Simi Valley Public Library, The Youth Council for the City of Simi Valley is holding a Suicide Prevention film screening for some of the winners from "Directing Change," a Statewide contest where High School and College students create 60 second Public Service Announcements.</p> <p>B.) Karyn Bates, BHAB Member and Vice President of The Client Network mentioned that she has two tickets (no charge) set aside for the Wednesday, September 28th "<i>Marijuana - What Future Do You See?</i>" Conference. Interested parties can contact Ms. Bates at: tapdancer805@yahoo.com</p>		
VII.	<p>Staff/Provider Updates</p> <p>A.) Dan Hicks, Manager, VCBH ADP Prevention Services mentioned that August 31 was International Overdose Awareness Day and that VCBH placed an ad in both the "VC Reporter" and "Vida" newspapers to help increase public perception of the challenges regarding preventing overdose since Ventura County is losing people on a weekly basis to preventable, prescription overdoses and deaths. Efforts are being made to build more support for talking openly about health conditions outside the home, school and institutions.</p> <p>Mr. Hicks stated that the Federal Government just put out a warning about prescribing sedative hypnotics in combination with opiates. There is no shortage of prescription and non-prescription opioids to put our community at risk.</p> <p>VCBH ADP Prevention Services developed an "elevator talk" version of an Overdose (OD) card which lists some signs of an overdose and encourages people to call 911. There is an OD phone number on the back of the card that rings into VCBH ADP Prevention Provider, Kim O'Neil, from Project Safer. The card emphasizes that lives can be saved even w/o Naloxone, but, that nevertheless, everyone should have access to a kit, especially people who are at elevated risk. To order a kit call: (805) 677-NO-OD</p> <p>Mr. Hicks announced the VCBH Prevention Services "<i>Marijuana - What Future Do You See?</i>" Conference on Wednesday, September 28 and mentioned that the group might visit www.venturacountylimits.org to learn more. The website contains valuable and sharable information including the English and Spanish MJ Myths & Facts Booklet. Mr. Hicks passed around copies of this booklet to the group.</p> <p>Mr. Hicks stated that the Fillmore Community recently had a couple of public meetings and deliberations regarding marijuana policy and that VCBH Prevention Services was approached to find out if they could get 1000 copies of the MJ Myths & Facts booklet. Prevention Services has plenty of these booklets in stock in both English & Spanish. All Ventura County School Resource Officers received a tool-kit that included a flash drive and modest supply of the booklets. Prevention Services wants get large quantities distributed, so, if you're with a School District that wants to promote marijuana awareness, please contact Prevention Services at (805) 981-6831.</p> <p>B.) Clara Barron, VCBH, MHSA, PEI Programs Operational Manager announced that the Suicide Prevention Conference at Cal-State Channel Islands University will be held on Friday, September 16, 2016 from 8 am to Noon.</p> <p>C.) Mark Stadler, Crisis Intervention Training (CIT), CIT Program Administrator, announced that there is a CIT Training Academy the last week of September 2016.</p> <p>Mr. Stadler mentioned that CIT has been collaborating on an event with the Mental Health Department that will be held on September 29 for educators and educational staff at the Ventura County Office of Education. This event will train and educate Law Enforcement Staff on the upcoming changes with the children's stabilization unit. There are 80 people signed up for each session.</p>		

	<p>On September 23rd, CIT is sponsoring a 4-hour training class called “Autism for Law Enforcement.” The training will be held at Cal-Lutheran University in Thousand Oaks. This event is not open to the public and is specifically for Law Enforcement, but, there will be new Ventura County officers out there that will have extra skills about autism.</p> <p>D.) Janis Gardner, BHAB Prevention Committee Chair, mentioned that the Children’s Crisis Unit had another delay as far as its opening. This was not a Behavioral Health delay, but, rather because the new location/building had a lot of problems that were not caught during the initial inspection. A new target opening date is around December 1st.</p>		
VIII.	<p>Time Certain Presentation 3:45 PM</p> <p>Debbie Pastor, CATC/RAS from Aspira Counseling Services gave a presentation / overview of her company’s services and distributed her company materials to the group. ASPIRA Counseling provides Drug & Alcohol Awareness classes, Counseling & Consulting, SMART Recovery meetings, Family and Friends Support Group, Conflict Resolution, Drug/Alcohol use Evaluations for Court and Drug Testing. Confidential counseling is provided by an experienced registered addiction specialist. Drug/Alcohol testing options as follows: Breath, Urine, Nail, Dry Blood or Saliva with advanced notice. Services are in English, Spanish and German.</p> <p>Ms. Pastor is a Registered Addiction Specialist and Certified Addiction Treatment Counselor and also provides Mediation/Conflict Resolution services and Crisis Counseling (PFA). Ms. Pastor also has other areas of education and runs a domestic violence battered treatment program where she includes her drug and alcohol education in a preventative manner along with sharing information she gets from VCBH. Ms. Pastor also covers Anger Management and Preventative Community Services.</p> <p>Ms. Pastor discussed that she was trained in 3 levels of Prevention: Primary, Secondary and Tertiary and that most people consider her services to be Tertiary (treatment). Ms. Pastor does offer some Primary Prevention Services (Education) for the Community (at no charge) such as collaborating with other agencies and participating in Health Fairs.</p> <p>Ms. Pastor shared that she covers a diverse number of topics in her education classes and requires a minimum of 10 classes for participants to get their certificate of completion. Ms. Pastor also provides Psychological First Aid which is designed to help in mass emergencies and also to help deal with crisis situations. For more information, Ms. Pastor can be reached at (805) 305-0068 or aspiracounseling@gmail.com</p>		
IX.	<p>Old Business</p> <p>A.) Dan Hicks, Manager, VCBH ADP Prevention Services gave a Fillmore Schools Update and discussed that risk factors for a whole range of health problems including alcohol and drug risk include poverty and social isolation. It is said by some that your zip code is a big predictor of challenges you might face as a family or as an individual. Looking at the latest information on needs by community within our County, when it comes to families with people under the age of 18, living at or below poverty level, Fillmore sticks out prominently as the per capita highest levels. It happens to go along with the VCBH Prevention Services approach that was made by the Fillmore Unified School District. Fillmore USD wants to pursue better ways of supporting students and families. VCBH Prevention Services is in the beginning stages of working on content area for marijuana prevention in the Fillmore community.</p> <p>Mr. Hicks shared that VCBH Prevention is working with its contracted agencies, including Redleaf Resources, to provide technical assistance and training to Fillmore Unified SD. Fillmore Schools will be benefitting from the input from the BHAB Prevention Committee and from the Prevention Services Department. Mr. Hicks mentioned that Conejo Valley USD took the bold step of investing heavily in changing the way student assistance programs are run at the District Level by emulating successful programs that used the Brief Risk Reduction Interview & Intervention model (BRRIM). The idea behind BRRIM is that a lot of young people have a minor incident and then the question is “Do you suspend that kid?” or “Do you provide support?” “What do you do?” There are a lot of young people who (one way or another) get a punitive rather than supportive experience. Society is very good at diagnosing or pathologizing behavior rather than looking for strengths.</p> <p>The BRRIM program is based largely on the Murrieta Valley School District Program which is a youth, student and family centered approach. The cornerstone of the BRRIM program is a 90 minute interview called a “Brief Risk Reduction Interview”. This is an opportunity to quickly and efficiently find out what’s going on with the young person and</p>		

	<p>what their challenges are and to build (not a treatment plan) but, a Prevention plan. We wouldn't have this in our County if it weren't for what Conejo Valley USD was able to bring to the table and the investments they made in staffing and putting policies in place to support kids who are more likely to have problems on the Universal, Selected and Indicated scale. This includes kids who are involved with substances or who have challenges at home.</p> <p>Mr. Hicks mentioned that Fillmore as a high-need community is interesting in trying to figure out how to implement BRRIM. Fillmore doesn't have the kind of resources Conejo Valley USD does, so VCBH Prevention Services is trying to work with Fillmore in a positive, constructive way. The key is putting the student first and having high administrator "buy-in", and then, sustainability after the initial implementation. The contract has ended with VCBH Prevention and Conejo USD, but, VCBH still tries to meet the District where they are and support long-term, student-centered, strength-based approaches as opposed to turfing people for treatment. The BRRIM program is offered "in-addition" to an intake program.</p> <p>B.) Dr. Juan Santos, Conejo Valley Unified School District, Director of Student Support Services, mentioned that in the Conejo Valley USD, the BRRIM program is a 12-week program. Conejo Valley USD is currently moving the BRRIM model more into the middle and elementary schools now that it has already been established in the high schools.</p> <p>C.) David Tovar, VCBH ADP Prevention Services, Office of Traffic Safety (OTS) Grant Coordinator gave multiple updates including the Drugged Driving Forum which was held on August 18th – a collaboration between VCBH and the CA Office of Traffic Safety at the Ventura County Office of Education (VCOE) in Camarillo. The event was a morning forum with several different areas of the community coming together to speak about the important issue of impaired driving. Jannette Sanchez from Assemblymember Jacqui Irwin's Office talked about the bill to ban the sales of powdered alcohol (AB1554) which is currently on the Governor's desk to be signed. Don Aguilar, the head of the Drug Recognition Expert (D.R.E.) Committee for the Ventura County Sheriff's Office, spoke on current enforcement techniques and countermeasures for combatting impaired driving. In addition, Simon Dixon from IDEA Engineering, a VCBH ADP Prevention Provider, spoke on changing the media messages about how we talk about impaired driving and how we can get people to understand what the actual rules are right now.</p> <p>D.) David Deutsch, Director, NAMI Ventura County, gave an update on the NAMI CA State Conference held in San Francisco a few weeks ago. Ventura County was well-represented as several of the NAMI Board members were there and 5 members from The Client Network. Some speakers were: Father Gregory Boyle, Founder of Homeboy Industries, who reminded people of the fact that some people have gotten caught up in really, hardcore, criminal activities who would like to have a better life and live in a different place; and, retired Major Sam Cochran, who was the coordinator for the Memphis Police Services Crisis Intervention Team (CIT) and who created CIT in 1988.</p>		
X.	<p>New Business</p> <p>A.) Janis Gardner, Chair, BHAB Prevention Committee asked the group if any BHAB PC members wanted to volunteer to lead a Site Visit to the VCBH Contract Providers for the Alcohol and Drug Division and Mental Health Division. Ms. Gardner emphasized that there is a strict site protocol that VCBH BHAB Site Leaders must follow for their Site Visits.</p> <p>B.) Katherine Kasmir, Executive Director, Straight Up, a VCBH contracted ADP Prevention Provider, offered to have one of her upcoming "Reality Party" events as a Site Visit location to show youth and parents in action. In addition, Ms. Kasmir mentioned that a potential Site Visit location could also be to attend one of the classroom educational events put on by Straight Up in one of the Ventura County Schools.</p>		
XI.	<p>Prevention Committee Member Comments</p> <p>June Ewart, Community Coalition United discussed that there is a rising local interest in Mental Health First Aid and that local agencies have been welcoming the MHFA classes. Ms. Ewart announced multiple "open to the public" events and distributed related flyers that included: Youth Mental Health First Aid events on November 28 and December 1 at the Simi Valley Library; Rancho Simi Valley Recreation and Park District is hosting Youth MHFA in October and December; and, the Simi Valley Senior Center is hosting Adult MHFA classes on January 30 and 31, 2017. To learn more about events for older adults please contact: maryellencollins@voiceforfamilies.com</p>		

XII.	Future Meeting Discussion Janis Gardner, Chair, BHAB Prevention Committee announced that the Time Certain Presentation for the October 10 th BHAB Prevention Committee meeting will be from the Ventura County Office of Education, Comprehensive Health and Prevention Department. Ms. Gardner also noted that the DRAFT copy of the FY15/16 BHAB PC Annual Report would be sent out to the BHAB PC group for review and feedback.		
XIII.	Adjourn Meeting was adjourned at 4:30 PM.	Next Meeting: Nov 14, 2016	