

**VENTURA COUNTY BEHAVIORAL HEALTH ADVISORY BOARD
BHAB PREVENTION COMMITTEE
1911 WILLIAMS DRIVE, STE. 210, LAKE TAHOE CONFERENCE ROOM, OXNARD, CA**

MINUTES □ November 13, 2018

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| <p>Present Janis Gardner, Chair BHAB Prevention Committee, BHAB Member Patricia Mowlavi, BHAB Member Anthony Marron, Pacific Clinics TAY Tunnel Beth Burke, Casa Pacifica Gabe Teran, Ventura County Office of Education/Friday Night Live Jennifer Goble, Pacific Clinics TAY Tunnel Stephanie Flournoy, Interface Children & Family Services Vanessa Alva, Reality Improv, Straight Up Yaakov Cahnman, Saving Lives Camarillo (SLC)</p> | <p>VCBH Staff Present Ashley Nettles, VCBH/ADP Prevention Cari Kawell, VCBH/ADP Prevention</p> <p>NEXT MEETING: Tuesday, January 8, 2019, 3:15 – 4:30 p.m.</p> <p>Ventura County Behavioral Health 1911 Williams Drive, Lake Tahoe Conference Room (2nd floor), Oxnard, CA 93036</p> |
| <p>Note: The committee has not yet approved these minutes. There may be additions/deletions or corrections before the minutes are accepted in final form.</p> | |

| | DISCUSSION/CONCLUSIONS | RECOMMENDATIONS/ ACTIONS | RESPONSIBLE |
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| I. | Call to Order The meeting was called to order at 3:17 p.m. by Chairperson, Janis Gardner. | | |
| II. | Welcome and Self-Introductions The Chair welcomed all. Self-introductions were made around the table. | | |
| III. | Approval of the Agenda (Action) Agenda for November 13, 2018 was approved as written. | Approved as written. M/S/C | Motion: Claudia Armann 2 nd : Patricia Mowlavi |
| IV. | Approval of the Minutes (Action) Minutes for October 9, 2018 were approved as written. | Approved as written. M/S/C | Motion: Patricia Mowlavi 2 nd : Janis Gardner |
| V. | Chair Announcements Chair Gardner announced the following: <ul style="list-style-type: none"> On October 5, 2018, the California Department of Justice funded the Rx Abuse & Heroin Suppression efforts with a 3-year grant in the amount of \$935,401. This grant was awarded to Ventura County Behavioral Health to use to better address the opioid crisis. In October 2018, the Ventura County Board of Supervisors voted unanimously to join a lawsuit against the manufacturers of certain opiate drugs as part of a multi-jurisdictional complaint. Ventura County may be entitled to funds if a final settlement for the damages is realized by the drug industry. On October 11, The Client Network announced that it was National "Coming Out" Day. Recently, the FY 2018-19 BHAB Prevention Committee's Action Plan was submitted to Edith Pham, BHAB Assistant, and, Jerry Harris, BHAB Chair. Ventura County Office of Education (VCOE) announced that student-focused, Safe TALK Training for suicide awareness has begun at Camarillo High School. VCBH Prevention Provider, Straight Up, Reality Improv, presented last month to the BHAB Prevention Committee on the topic of environmental prevention through youth engagement. | | |
| VI. | Public Comments N/A | | |
| VII. | Staff / Provider Updates A.) Ashley Nettles, Overdose (OD) Prevention Program, VCBH Alcohol & Drug Programs Prevention Services shared the following with the group: <ul style="list-style-type: none"> From October 2014 to October 2018, the OD Prevention Program has given out 2656 OD Rescue Kits to laypersons. Those people that qualify for kits are those that are active opiate users or who live with active opiate users. Others who can receive and qualify for OD Rescue Kits are those enrolled in substance abuse treatment programs whose drug of choice was opiates. Since October 2014, over 380 Overdose Prevention Educators have been trained | | |

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| | <p>who are able to give the OD education and also distribute OD kits to others.</p> <ul style="list-style-type: none"> • Since October 2014, 459 lives have been saved from the efforts of this OD program. • The OD Prevention Program distributes Narcan and Naloxone to laypersons throughout Ventura County as well as providing education and prevention efforts. • There are 33 distributions sites within Ventura County, most of which are alcohol & drug programs through VCBH. • In addition, Ventura County Law Enforcement Agencies receive training and OD Rescue Kits. They have received 330 OD Rescue kits and have over 454 officers who have been trained. • There have been 8 Narcan administrations out in the field by Law Enforcement. <p>B.) Yaakov Cahnman, Community Coordinator, Saving Lives Camarillo Coalition provided multiple updates:</p> <ul style="list-style-type: none"> • SLC Coalition provides outreach to serve 12 sectors of the Camarillo community to reduce substance abuse among youth. • SLC is coordinating a variety of speaking engagements within Camarillo schools to talk about self-esteem and the power to make the right choices. • On Tuesday, November 27th, SLC is sponsoring a speaking engagement at the Camarillo Public Library featuring celebrity attorney Robert Shapiro, founder of the Brent Shapiro Foundation. Mr. Shapiro will be speaking about his experiences with losing his son, Brent, to substance abuse. More information is available by writing to: communitydirector@savinglivescamarillo.net or by calling: 805-738-8942. • SLC will be announcing the winners of their student essay contest from Camarillo High School. The essay asked these high school students how they stay away from substance abuse and find an enriching life. • Within the Camarillo community, SLC is distributing Rx lock boxes to parents to protect prescription medication from youth. • SLC also recently completed a Public Service Announcement promoting the use of Rx lock boxes. This PSA is running at the Roxy Theater in Camarillo. SLC partnered with other VCBH ADP Prevention Provider Straight Up to create this PSA. • Some Rx medication lock box funding is federal. The boxes are given out for free to those who promise to use them. More information at www.savinglivescamarillo.net <p>C.) Vanessa Alva, Reality Improv, Straight Up, announced the following:</p> <ul style="list-style-type: none"> • Last month, Straight Up had a Reality Party in Oxnard. They reached over 100 parents and families. A small crew staffed the educational engagement which was a big success. Oxnard PD was present and participated in the event. • An upcoming Reality Party will be held on February 2nd from 2 p.m. to 6:30 p.m. at a home in Ventura. This educational improv event is accepting volunteers and can offer community service hours for those seeking them. For more information, write to: info@StraightUpVC.org or call: 805.279.0059 (texts preferred). To register for the event online, visit: www.straightupvc.org/register. <p>D.) Gabe Teran, Ventura County Office of Education shared several updates that included:</p> <ul style="list-style-type: none"> • On Friday, Nov. 16th, the “Designing a Healthy Community” forum will be held at VCOE at 5100 Adolfo Road in Camarillo. This event is a collaborative effort coordinated by VC Public Health and VC Behavioral Health and runs from 8 a.m. to 12 p.m. The focus of this event will be a continuing educational effort to address health disparities and healthy communities. • The end of October was “Red Ribbon Week” for VCOE’s Comprehensive Health and Prevention and Friday Night Live programs where school sites share their prevention work with VCOE. • Recently, Mr. Teran visited Isbell Middle School in Santa Paula where they did a “Driving under the Influence” demonstration for the students there. The middle school age group focus is to help promote not getting into a car where people are under the influence of drugs or alcohol. • VCOE oversees all the public school programming and efforts within grades K-12. They have occasional requests for private schools with whom they can contract with to provide services. | | |
| VIII. | <p>Prevention Committee Member Comments N/A</p> | | |
| IX. | <p>Time Certain Presentation (3:45 pm): Pacific Clinics TAY Tunnel Program Director, Jennifer Goble and Recovery Specialist, Anthony Marron, presented a PowerPoint entitled, “Pacific Clinics TAY Tunnel 2018.” The presentation included the following:</p> <ul style="list-style-type: none"> • Pacific Clinics TAY Tunnel is a Transitional Age Youth Wellness and Recovery Center that supports TAY ages 18-25 by providing peer-driven activities and | | |

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| | <p>services such as the Wellness Recovery Action Plan (WRAP) classes, skills for life training, job preparation, creative expression, community activities, advocacy, support, etc.</p> <ul style="list-style-type: none"> • Pacific Clinics TAY Center is staffed by professional young adults and is part of the continuum of care – a portal of entry to engage unserved or underserved TAY and provides support for TAY moving forward with recovery. • In 2017-18, Pacific Clinics TAY Center has served 285 unduplicated individuals who received outreach, engagement and linkage to essential services in the community; 35% were former foster care youth; 52% were male, 40% were female, and .09% were other. • Essential services provided in FY 2017-18 included the following: Mental Health Services, Housing Services, Re-entry Services, Physical Health Care and Basic Needs. • The Pacific Clinics TAY Health Navigator is employed and certified to work with the TAY in order to successfully connect them to primary health care services and specialty health care. Services such as vision, dental, and substance abuse services are explored to teach the TAY to self-manage their health care needs. • In FY 2017-18, 17 TAY have received comprehensive Health Navigation services. • In FY 2017-18, Pacific Clinics TAY Tunnel completed 32 outreach events with 943 TAY in attendance. In addition, 1,041 informational materials were distributed. • Pacific Clinics TAY Tunnel offers the following Prevention Classes: Nutritional Health Education; Substance Awareness; Sexual Transmitted Infections (STI's) Testing; and Smoking Cessation. • In addition, Pacific Clinics TAY Tunnel offers classes on Sexual Health such as: The ABC's of Sexual Health and Healthy Sexual Presentation. • Also offered is the "Wellness on Wheels" 45-minute interactive presentation which is facilitated by individuals with lived experience. These facilitators draw upon lived experience to share and lead a discussion on personal wellness, coping skills, and suicide awareness/prevention. The target group is 16-25 year olds or those that have contact with them with little to no behavioral health experience. Presentations are held at various community locations. • For more information, call TAY Tunnel at (805) 240-2538. | | |
| X. | <p>Old Business N/A</p> | | |
| XI. | <p>New Business Future meeting presentation discussion confirmed that Ventura County Probation Agency will do the January 2019 Time Certain Presentation and Saving Lives Camarillo will do the February 2019 Time Certain Presentation.</p> <p>The BHAB Prevention Committee will be dark in December 2018 – no meeting will be held.</p> | | |
| XII. | <p>Adjourn Meeting was adjourned at 4:24 p.m.</p> | | |