

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

MINUTES □ September 11, 2018

<p>Present Janis Gardner, Chair BHAB Prevention Committee, BHAB Member Claudia Armann, BHAB Member Patricia Mowlavi, BHAB Member Beth Burke, Casa Pacifica Diana Hernandez, The Client Network Ezequiel Sanchez, Community Partner Gabe Teran, Ventura County Office of Education/Friday Night Live Jan Ryan, Redleaf Resources Javier Bautista, Pacific Clinics' TAY Tunnel June Ewart, Community Coalition United Katherine Kasmir, Reality Improv, Straight Up Mark Stadler, Crisis Intervention Team – C.I.T. Melissa Hannah, United Parents Mia Lewis, Pacific Clinics' TAY Tunnel Stephanie Flourmoy, Interface Children & Family Services Theresa Plante, Casa Pacifica</p>	<p>VCBH Staff Present Dan Hicks, VCBH/ADP Prevention David Tovar, VCBH/ADP Prevention Cari Kawell, VCBH/ADP Prevention</p> <p>NEXT MEETING: Tuesday, October 9, 2018, 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
I.	Call to Order The meeting was called to order at 3:15 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 September 11, 2018 was approved.	Approved as written. M/S/C	Motion: Claudia Armann 2 nd : Patricia Mowlavi
IV.	Approval of the Minutes (Action) Minutes for August 14, 2018 were approved.	Approved as written. M/S/C	Motion: Diana Hernandez 2 nd : Claudia Armann
V.	Chair Announcements Chair Gardner announced the following: <ul style="list-style-type: none"> • The Suicide Prevention “<i>Out of the Darkness Walk to Fight Suicide</i>” event will be held on Saturday, September 15 at Constitution Park in Camarillo. A flier was distributed. Registration available at www.afsp.org/VC • Chair Gardner shared an AP News article by Lindsey Tanner called, “<i>Mind-altering breast milk? New pot study poses that question.</i>” • The 3rd Annual Suicide Prevention Conference will take place on Wednesday, September 19 from 9 a.m. to 12:30 p.m. at Oxnard College. The keynote speaker is Chris Hayes, a retired FNL player, former Super Bowl Champion, author and motivational mentor. For more information, write to: mhsa@ventura.org or visit https://www.eventbrite.com/e/preventing-suicide-help-and-hope-3rd-annual-conference-tickets-49404676718 • The NAMI Walk will take place on Saturday, October 13th at the Ventura Pier. • The 3rd Annual Haunted Housing Run will take place at San Buenaventura State Beach on Saturday, October 27th. This fundraising event is for a scholarship program for the City of Ventura Housing Authority. • The Ventura County Sheriff's Department Pharmaceutical (Rx) Crimes Taskforce headed by Sergeant Matt Young are continuing to do a lot of drug busts and are finding illegal arms in most of these busts throughout Ventura County. • The BHAB Prevention Committee has now finished the FY 2017-18 BHAB PC Annual Report and will resume with updating the periodic BHAB Committee Action Plan form. The Action Plan reports committee progress and outcomes as relates to their annual objectives which include mental health prevention and also cannabis efforts. • MHSA is doing a Ventura Countywide Needs Assessment Survey which can be 		

	accessed at www.wellnesseveryday.org It is available in English, Spanish and Mandarin.		
VI.	Public Comments N/A		
VII.	<p>Staff / Provider Updates</p> <p>A.) Dan Hicks, Manager, VCBH Alcohol & Drug Programs Prevention Services shared the following with the group:</p> <ol style="list-style-type: none"> 1.) A PowerPoint presentation overview of recent Prevention Services activities including participation in the Substance Use Disorder (SUD) Statewide Conference in Garden Grove, CA where Ventura County was well-represented. The event held sessions that supported the ADP Prevention Services Strategic Prevention Plan while there was also a heavy focus on Treatment (Tx) and DMC-ODS. 2.) Mr. Hicks also recently attended the NPN Conference in Boston, MA. A variety of informative sessions were held featuring notable individuals such as: Former Drug Czar Michael Botticelli, CSAP Director Harding, and a SAMHSA Panel. <ul style="list-style-type: none"> • Mr. Hicks shared several NPN Conference takeaways such as: <ol style="list-style-type: none"> A.) As relates to Alcohol & Other Drugs (AOD) there is a much bigger emphasis on 15 to 30 year olds, including innovative needs assessment for 19 y+, as well as young adult health promotion. B.) There is also a need to balance evidence-based practice with local adaptation since the NREPP is no longer in effect. Instead we must now use CSAP EBP resource center; continue to invest in research and evaluation, as the future of funding will be "less restrictive," but "requires more local data support." C.) We must not limit our efforts to a "medical model," like SBIRT since there is a wide range of community health promotion and innovation that may be needed. Focus on "Knowing your populations, and go where the data lead you." 3.) The Marijuana Factcheck info card in both English and Spanish was distributed to the group. More info about cannabis and youth health and safety is available at: www.mjfactcheck.org and www.datosmarihuana.org 4.) Prevention Services local outreach is making a difference. During FY 17-18, Prevention Services participated in 184 Health Fairs & Presentations; 61 local meetings; 159 Latino Community Outreach to Spanish Speaking Persons; 20,930 people were reached with Prevention Services efforts; and, 15,989 brochures were distributed. 5.) Prevention Services is ramping up and has just begun its Opioid Awareness Campaign with a CEO Mailing to employees. There will be more to come in October with these focused efforts to address the Opioid Crisis in Ventura County. <p>B.) Katherine Kasmir, Executive Director, Straight Up, mentioned that an upcoming Reality Party for Parents will be held on Saturday, October 20, 2018 from 2 pm to 6:30 pm at a home in Thousand Oaks. To register online, visit: www.straightupvc.org/register</p>		
VIII.	Prevention Committee Member Comments N/A		
IX.	<p>Time Certain Presentation (3:45 pm): Gabe Teran, Operations Specialist, VCOE/FNL presented on behalf of Hunter Poulson, VCOE, who was unable to be present at this meeting.</p> <ul style="list-style-type: none"> • Mr. Teran shared a PowerPoint and gave an overview of Ventura County Office of Education's Comprehensive Health and Prevention Programs. • VCOE provides leadership, service, and support for all learners in collaboration with local educational and community agencies. • The Comprehensive Health and Prevention Programs assist schools and districts by supporting academic achievement and health behavioral outcomes for students in a safe, supportive, and healthy school environment with positive school climates. • VCOE provides direct services to student populations with specialized programs such as: Special Education; Career Education Center; Incarcerated Youth; Expelled and at-risk youth; and, Special populations (Cal-Safe, Homeless, and Migrant). • VCOE's Comprehensive Health and Prevention Programs include: School Health Services, Health and Prevention Education, Professional Learning Opportunities, and, Youth Development Programming. • VCOE collaborates with Partner Community Agencies such as: Ventura County Behavioral Health (ADP Prevention Services & MHSA), Ventura County Public Health (Tobacco Control - Education & Policy), the V.C. BHAB, the VC Rx Drugs & Heroin Workgroup, and, Straight Up Ventura County. • VCOE assists with Suicide Prevention efforts. The following data was shared: Suicide 		

	<p>is the 10th leading cause of death in the U.S.; each year, 44,965 Americans die by suicide; for every suicide, there are 25 attempts; and, suicide costs the US \$69 Billion annually.</p> <ul style="list-style-type: none"> • Within California in 2018, suicide was the 11th leading cause of death. • During FY 17-18, 700 people were trained in Ventura County for safeTALK – a skills based lay level suicide alert training. Since inception, 2,448 people were trained in total. • VCOE is part of the Suicide Prevention Council with a mission to promote Help and Hope to everyone at risk or affected by suicide. They engage in collaborative e-dialogue to: raise public awareness, identify resources provide education and support innovative suicide prevention and intervention initiatives. The council meets the 1st Friday of each month from 10 a.m. to 11:30 a.m. at VCBH on Williams Dr., Ste. 210 in Oxnard. 		
X.	<p>Old Business The group reviewed the final draft of the FY 17-18 BHAB Prevention Committee Annual Report and approved it as complete.</p>		
XI.	<p>New Business Future Meeting Presentation discussion confirmed that Straight Up would give the Time Certain Presentation at the October 11, 2018 BHAB PC meeting.</p>		
XII.	<p>Adjourn Meeting was adjourned at 4:30 PM.</p>		



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Exposing today's teen party culture

Reality Party for Parents

Facing Reality

Many adults feel drinking and partying are a rite of passage and think teen parties are the same as when they were young. Straight Up youth want parents to face the current realities and learn why and how we need adults to help change these dangerous social norms.

What You Will See at a Reality Party

Reality Parties are open to the public (adults only) and are FREE. Participants will tour a home set up to portray a teen party with youth actors voicing concerns expressed by local teens and young adults.

Saturday, October 20, 2018

2:00-6:30pm (Reservations required)
One-hour tours start every half hour

A home in Thousand Oaks
Address given when you register

Register Online:
www.straightupvc.org/register

Sponsored by Straight Up
in collaboration with
community partners



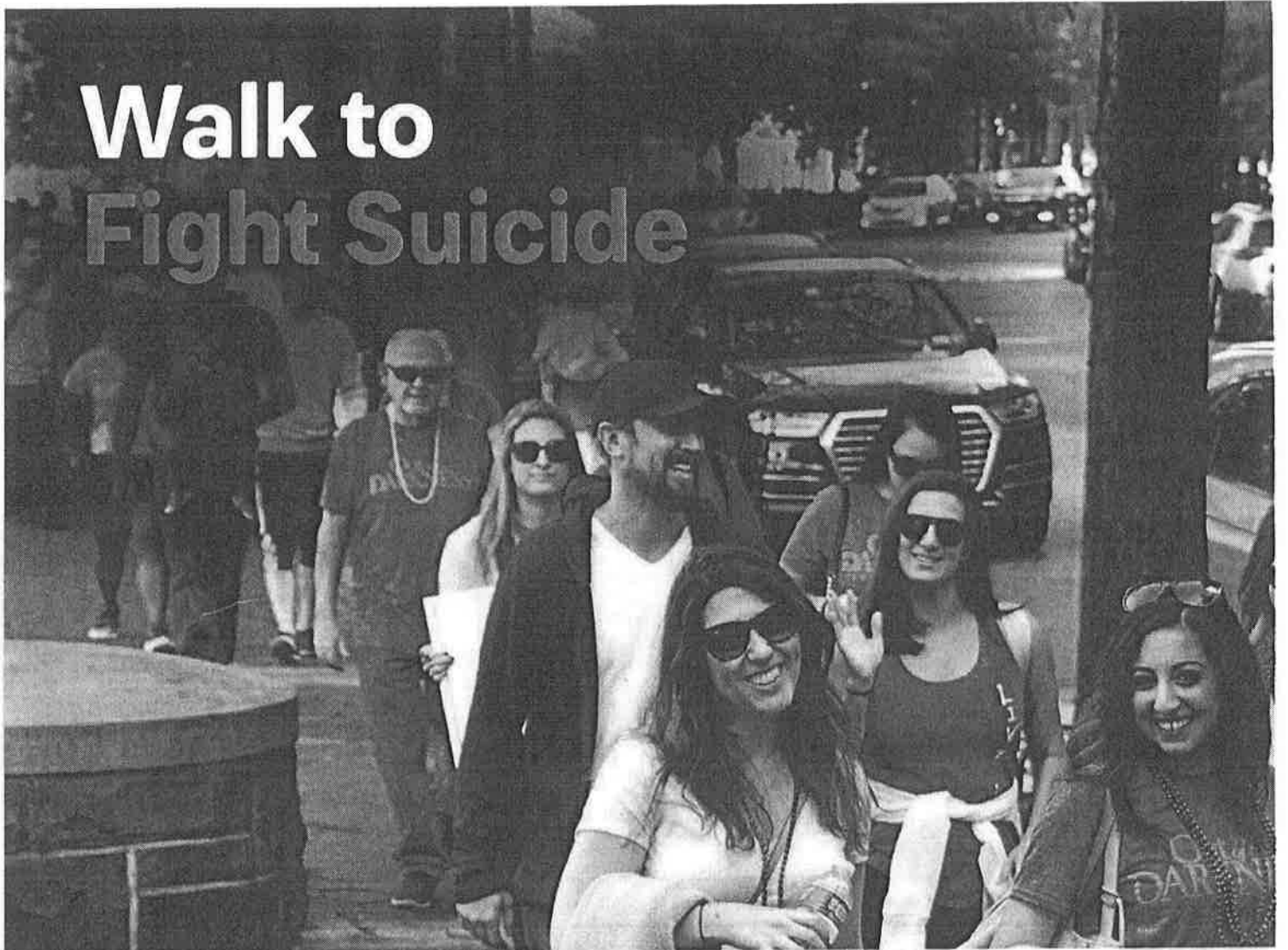
MORE INFO:
info@StraightUpVC.org
805-647-4622

Community Partners



Straight Up is made possible through funding from Ventura County Behavioral Health Department, Alcohol and Drug Programs.

Walk to Fight Suicide



Ventura County

September 15th, 2018

Constitution Park, Camarillo

Register Today!

afsp.org/VC

Presenting Sponsor:



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Mind-altering breast milk? New pot study poses that question

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By LINDSEY TANNER
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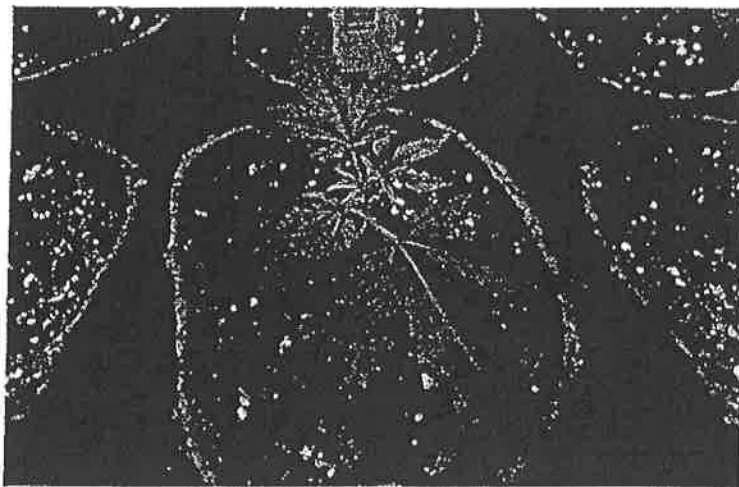


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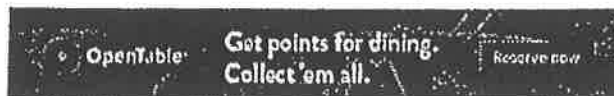
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CHICAGO (AP) — Marijuana’s main mind-altering ingredient was detected in nursing mothers’ breast milk in a small study that comes amid evidence that more U.S. women are using pot during pregnancy and afterward.

Experts say the ingredient, THC, has chemical properties that could allow it to disrupt brain development and potentially cause harm, although solid evidence of that is lacking.



The new study involved 50 nursing mothers who were using pot and provided breast milk samples to researchers

at the University of California, San Diego. Lab testing found small amounts of THC, the psychoactive chemical that causes marijuana's "high," in 34 of 54 samples up to six days after they were provided. Another form of THC and cannabidiol, a pot chemical touted by some as a health aid, were detected in five samples.

The study authors said "it is reasonable to speculate" that exposing infants to THC or cannabidiol "could influence normal brain development," depending on dose and timing.

The results echo findings in case reports from years ago, when pot was less potent than what's available today, said study co-author Christina Chambers, a pediatrics professor. It's not known if the amounts detected pose any risk, but she said her research team is studying children whose moms' were involved to try to answer that question.

Two small studies from the 1980s had conflicting results on whether pot use affects breastfed infants. One found no evidence of growth delays; the other found slight developmental delays in breastfed infants, but their mothers had used pot during pregnancy too.

Most pediatricians encourage breastfeeding and its health benefits for infants, but "they're stuck with a dilemma" with infants whose mothers use pot, Chambers said.

A new American Academy of Pediatrics report recommending against pot use while pregnant or nursing acknowledges that challenge.

"We still support women breastfeeding even if using marijuana but would encourage them to cut down and quit," said Dr. Seth Ammerman, a report co-author and Stanford University pediatrics professor.

“In counseling patients about this, it’s important to be nonjudgmental but to educate patients about the potential risks and benefits,” Ammerman said, to ensure “a healthy outcome for themselves and their baby.”

The study and report were published Monday in the journal Pediatrics .



The American College of Obstetricians and Gynecologists has similar advice.

The academy report says its advice is based on theoretical risks to developing brains, but it acknowledges conflicting evidence and a dearth of research. Some studies have linked pot use during pregnancy with lower birth weights or preterm birth, along with developmental delays and learning difficulties in older children. But additional factors including women’s use of other drugs during pregnancy complicated the results, the report says.

Marijuana is legal for recreational use in nine states and Washington, D.C., and for medical use in 31 states, according to the National Conference of State Legislatures.

As more states legalize marijuana, its use is increasing along with the “false impression” that it is safe, the

academy's report says. Ammerman said caution makes sense, given the uncertainties.

According to U.S. government data, about 1 in 20 women report using marijuana during pregnancy. Estimates for use among breastfeeding mothers vary, but a study in Colorado, where recreational marijuana is legal, put the number at almost 20 percent among women in a government supplemental food program.

The report, study and a journal editorial all said more research is needed.

Last year, a federal advisory panel said lack of scientific information about marijuana poses a public health risk.

Research has been hampered by federal government restrictions based on its view that marijuana is an illegal drug.

That has contributed to a stigma and shaded doctors' views, said Keira Sumimoto, an Irvine, California, mother who used marijuana briefly for medical reasons while pregnant and breastfeeding. She said smoking a joint daily helped her gain weight when she was sick before learning she was pregnant, and eased childbirth-related pain, but that she quit because of backlash from marijuana opponents.

She said her daughter, now 8 months old, is healthy and advanced for her age.

Sumimoto runs [@cannabisandmotherhood](#), an Instagram account that she says aims to present truthful information about marijuana so women can make their own choices.

She said she agrees with advice to be cautious, but that the academy's stance is "is just a little too much."

“The fear is taking over and the need and want to understand this plant is being ignored by the stigma,” Sumimoto said.

Follow AP Medical Writer Lindsey Tanner at [@LindseyTanner](#) . Her work can be found [here](#) .

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