

BEHAVIORAL HEALTH ADVISORY BOARD

Prevention Committee Meeting Minutes

Ventura County Behavioral Health (VCBH)

1911 Williams Dr, Training Room (first floor) · Oxnard, CA 93036

IN-PERSON & VIRTUAL MEETING VIA ZOOM

Tuesday, September 26, 2023, 3:15 PM – 4:30 PM

Members Present:

Janis Gardner, Chair

Claudia Armann, BHAB Member

Melissa Hannah, United Parents

Aaron Kitzman, VC CIT

Liz Warren, BHAB Member

Guests:

Samantha Argabrite, Community

Amy Duganne, BRITE

Stuart Fiedler, The Client Network

Priscila Hazrun, Spanish Interpreter

Patricia Otani, Community

Chris Ridge, VCOE

Jessica Rodriguez, TAY Tunnel

Mark Stadler, VC CIT

Gabe Teran, Next Gen Community

Alejandra Valencia, Idea Engineering

Scott Walker, VC COSSUP

Suzanne Weist, VCOE

Carmen Wyttenbach, VC HSA

Ventura County Behavioral Health (VCBH) Staff Present:

Annastasia Flores,

Erika Fernandez, Prevention Community Services Coordinator

Monica Neece, MHSA Suicide Prevention Coordinator

Jakeline De Leon, Management Assistant/Zoom Engineer

- I. **Call to Order** – The meeting was called to order at 3:14 PM by Chair Janis Gardner. All who joined the meeting introduced themselves. Priscila Hazrun and Lorena Suarez, the Spanish Interpreters, introduced themselves and provided instruction on the interpretation services available for the meeting.
- II. **Roll Call to Determine Physical Quorum** – Chair Gardner conducted the roll call; a physical quorum was present.
- III. **Roll Call of Members with Just Cause** – NONE.
State others present in the room over the age of 18.
- IV. **Approval of the September 26, 2023 Agenda** – The Behavioral Health Advisory Board Prevention Committee agenda for September 26, 2023, was approved (Warren/Armann/Passed). It was motioned to approve as written.
- V. **Approval of the March 14, 2023 Minutes** – The Behavioral Health Advisory Board Prevention Committee minutes for March 14, 2023, were tabled due to lack of quorum vote.
- VI. **Approval of the July 25, 2023 Minutes** – The Behavioral Health Advisory Board Prevention Committee minutes for July 25, 2023 were approved (Warren/Armann/Passed). Ms. Warren abstained.
- VII. **Chair Announcements** – Chair Gardner announced Chief Raena West for VCBH Substance Use Services Division gave a presentation to the Behavioral Health Advisory Board.
- VIII. **Public Comments** – NONE.
- IX. **Time Certain Presentation** – Chris Ridge, Ventura County Office of Education’s Director of Comprehensive Health and Prevention presented a PowerPoint presentation on, “VCOE’s Comprehensive Health and Prevention Programs”. The presentation will be attached to these minutes.
- X. **Prevention Committee Goals and Priorities** – Chair Gardner asked all members to share any ideas they may have for goals and priorities. The ideas will be presented to the full BHAB.
- XI. **Ventura County Behavioral Health (VCBH) Staff Updates**

- A. Mental Health Services Act (MHSA)/Prevention Early Intervention (PEI)** – Ms. Neece provided an update for MHSA. The Suicide Prevention forum took place on September 12th with keynote speaker Gabe Teran. The Ventura County Suicide Prevention Council has developed a draft for the Suicide Prevention Strategic Plan and community members are able to make comments at wellnesseveryday.org. Lastly, the Mental Health Services Act has their 3-year plan for 2023-2026 update and the Community Planning Process will take place via Zoom, Tuesday, October 3rd at 12PM to 1PM and the in person will be Tuesday, October 3rd at 5:30 PM to 7:30 PM. The community can register at www.vcbh.org/cpp1.
- B. Dan Hicks, Substance Use Services (SUS) Prevention Services Manager** – Ms. Flores provided an update on behalf of Mr. Hicks. A number of the SUS staff attended an integrated conference in Long Beach and the focus was on the CalAim initiatives and integration for care. The prevention department is working well to distribute the fentanyl test strips and treatment services are working well to implement the electronic health record. There are new psychology interns working on mindful parenting for the New Start for Moms program. Lastly, DUI services have released an RFP and it closed Friday, September 22nd for the DUI program services. They hope to be transitioning the programs to a new provider sometime between February and May of 2024.

XII. Old Business – NONE.

XIII. New Business

A. Future Presentations – Chair Gardner informed all attendees if anyone would like to present or know of anyone who may want to present, to the Prevention Committee please send the request to Ms. De Leon at bhabadmin@ventura.org and herself at janis@panacea-ent.com.

XIV. VCBH Contracts Review – No comments.

XV. Adjourn – The meeting was adjourned at 4:28PM by Chair Janis Gardner.

Ventura County
Office of Education
Comprehensive **H**ealth
and **P**revention
Programs

Prevention, Early
Intervention and Wellness



CHPP Team

AKA "The Dream Team"



Matt Wilmot



Luisa Arrechiga



Candice Rizzie



Maritza Martinez



Cecilia Perez



Chris Ridge



Hazel Gonzalez



Krista Roque



Tina Koonce



Suzanne Weist



Amber Macias



Jason Claros

CHPP Services

- Prevention and Early Intervention (PEI)
- Substance Use Services (SUS)
- Wellness Centers (WC)
 - High School
 - Middle School



Prevention and Early Intervention - Goals

Provide

Provide access and linkage to services for those with serious mental illness and serious emotional disturbance

Improve

Improve timely access to services for underserved populations

Reduce

Reduce stigma and discrimination with respect to mental illness

Prevention and Early Intervention – Program Activities

Trainings and awareness for school staff, students, and families:

- Mental wellness/Mental Health
- Stress management
- SEL
- PBIS
- RJ
- Trauma Informed Practices
- Crisis Intervention
- Suicide Awareness and Prevention
- Cultural and Linguistic Competency, and Equity
- Vulnerable (at-risk) populations

Access and linkage to mental health resources

- In-school referrals, screenings, counseling services
- Outreach for increasing recognition of early signs of mental illness
- Improving timely access to mental health resources by bringing services to the student
- Providing resources to students and families

Prevention and Early Intervention - 2022/23 Data

Total Screenings: 33,846

Total Referrals

- Individual (school-based): 23,195
- Group (school-based): 7,051
- Community based: 1,390

Early Intervention Services

- Individual (school-based): 177,781
- Group (school-based): 25,011

Total Training/Family Events: 1,952

- Staff trained: 9,243
- Students trained: 122,250
- Family participants: 58,491

Prevention and Early Intervention - Successes

- Positive feedback and engagement from students on mental health awareness activities, presentations
- *Improved relationships between staff and students*
- Reduction in psychiatric hospitalizations
- *Hiring of additional staff and/or contractors*
- Successful implementation of activities, screenings, or curricula
- *Coordination and support with other on-campus resources*
- Successful partnerships with community organization(s) (e.g., Logrando Bienestar, law enforcement, Daybreak)
- *Success stories of individual students (e.g., successful linkage with treatment, improved performance and wellbeing)*

Substance Use Services

Goals

- Develop formal **Student Assistance Programs (SAP)** within Ventura County public school districts, ideally in communities of high health disparity challenges, to address student ATOD and social-emotional needs.
- **Provide opioid misuse, and overdose prevention awareness** student presentations in Ventura County public school districts, which includes staff awareness of opioid overdose recognition and response.
- Coordinate and provide **Youth Development** opportunities in areas of environmental prevention, advocacy, community outreach and awareness.
- The **Prescription Drug and Heroin prevention education project** will present to at least 500 high school students and school staff on the risks of opioid abuse, and new policies regarding opioid overdose reversal through the use of naloxone.
- Coordinate a 2-day **Drug Impairment Training for Educational Professionals (DITEP) training for school personnel** (teachers, nurses, counselors, school admin) to identify signs and symptoms of individuals under the influence of alcohol, opioids, or other drugs.

2022-2023 Events

"The Dangerous Truth About Today's Marijuana" with Laura Stack
200 attendees

Royer Studios: "Animate Your Prevention Awareness" Youth PSA Contest

60 student participants

Ventura County "Friday Night Live" Program
150 student participants, 12 Chapters

Youth Leadership Conference & Awards Night
180 Students and Parents

Substance
Use Services

Substance Use Services

Student Services

- "Natural High Campaign"
 - Opioid safety / Fentanyl prevention curriculum for students of all ages to learn about the current scientific findings on youth behavior, brain development, social norming, and substance abuse prevention.
 - The curriculum includes opportunities for student storytelling, positive alternatives to drugs, tools for effective engagement, and the skills to a happy and successful life.
- VCOE has been providing [Natural High's Fentanyl Toolkit](#) to schools to learn about the lethal effects of fentanyl and illicitly manufactured pills.
 - Over **95%** students *Strongly Agreed* they felt more confident to saying no to drugs or alcohol.
 - Over **95%** students *Strongly Agreed* they felt more confident with sharing information about the dangers of fentanyl with friends, family and their community
 - 400 students served across 3 districts

TUPE OVERVIEW

Tobacco-Use Prevention Education

The California Department of Education provides Tobacco-Use Prevention Education (TUPE) funding for Local Educational Agencies (LEAs) to implement comprehensive programs that utilize evidence-informed tobacco-use prevention, youth development, intervention, and reinforcement activities for tobacco-free school environments, and cessation programs for 6th through 12th grade students.

Primary purpose: To reduce youth tobacco, vaping, and other nicotine use through a host of methods listed below:

Prevention

Intervention

Cessation

Alternatives to Suspension

Youth Development



Tobacco- Use Preventi on Education

TUPE Primary Program Areas

- Student Services
 - Prevention Curriculum
 - Intervention Programs
 - Cessation Programs
- Family/Community Engagement
 - Parent Presentations
 - Community Outreach Events
- Staff Professional Development
 - Alternatives to Suspension Strategies
 - Social Determinants of Health
- Serving Health Disparities
 - Non-Traditional Schools
 - Students with Disabilities
 - LGBTQ+

Tobacco- Use Preventi on Education

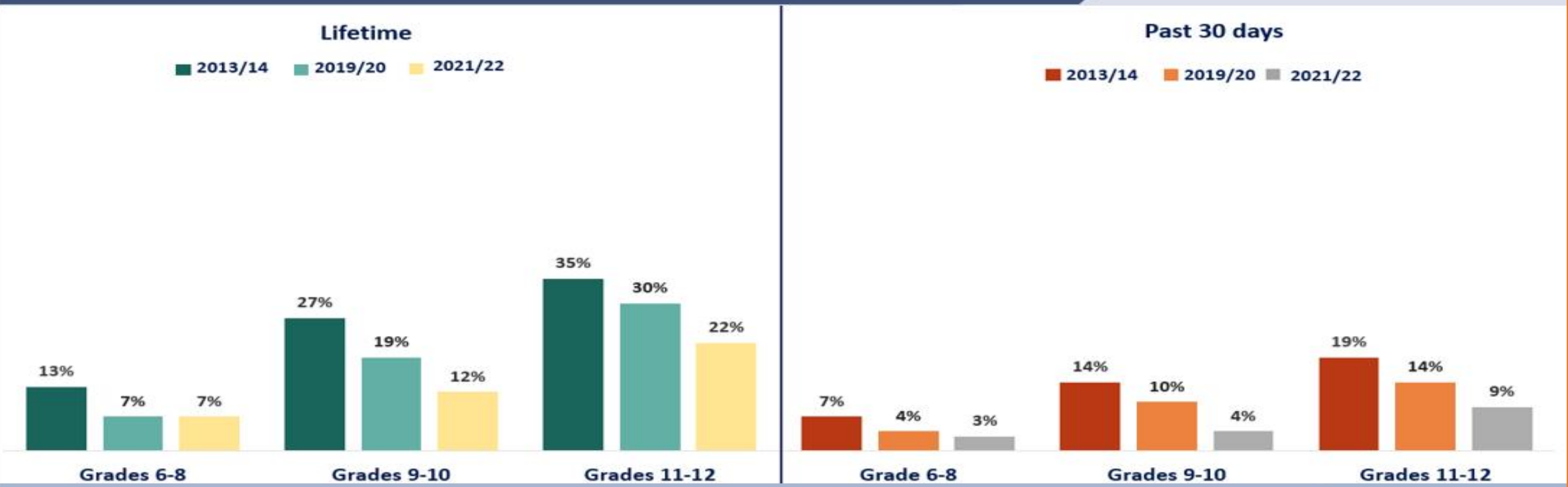
2022-2023 TUPE Activities/Events

- Annual Teens Kick Ash Prevention Conference
 - 300 Middle School & High School Students
- Tobacco/Vaping Prevention (one or more service)
 - 6th Grade – 3276 students
 - 7th Grade – 2849 students
 - 8th Grade – 3609 students
 - 9th Grade – 4166 students
 - 10th Grade – 3667 students
 - 11th Grade – 3612 students
 - 12th Grade – 3035 students
 - Non-Traditional – 469 students

California Healthy Kids Survey 2021-2022 - (22,562 participants)



Use of Vaping Products by Grade Level Ventura County 2021/22



Use of vaping products by students in Ventura County has decreased significantly since 2013-14.

Wellness Center Goals

- Prevent mental illness from becoming severe and disabling
- Reduce risk factors that negatively affect mental health and academic success
- Improve access to school and community-based mental health services
- Create safe and supportive environments where high school students can discuss concerns and needs in a confidential and non-judgemental space
- Create a space for peers by peers

Wellness Center Services

Mental health screenings, assessments, and referrals

Provide prevention and early intervention services

Short-term mental health services

Psychoeducational workshops

Suicide prevention education

Drop-out prevention

Access and linkage to mental health resources

A safe space for students

Wellness Centers – High School

Impact and Outcomes

- Across all schools, there were 25,644 visits to the Wellness Center.
- Across all schools, 1,218 students were enrolled in a mental health service through the Wellness Centers during the 2022-2023 school year.
- Across all schools, over 476,000 students were reached through over 950 awareness and education events during the 2022-2023 school year.
- Across all schools, 3,704 students in 9th grade accessed the Wellness Centers during the 2022-2023 school year.
- Across all schools during the 2022-2023 school year, 130 students who accessed the Wellness Centers were identified as having a serious emotional disturbance. Of these, 105 received either a mental health service referral, were enrolled in mental health service, and/or a safety plan was completed.

High School Campus-wide Pre and Post Survey Results

Figure 7. Pre/Post Knowledge of Services by School, 2022-2023

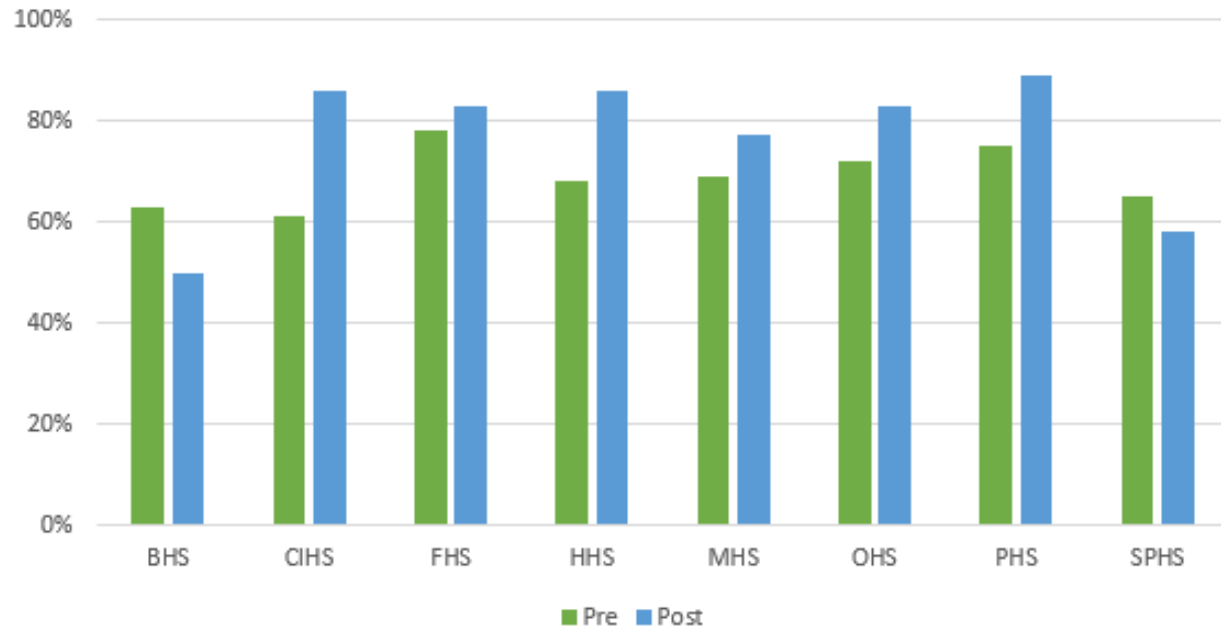
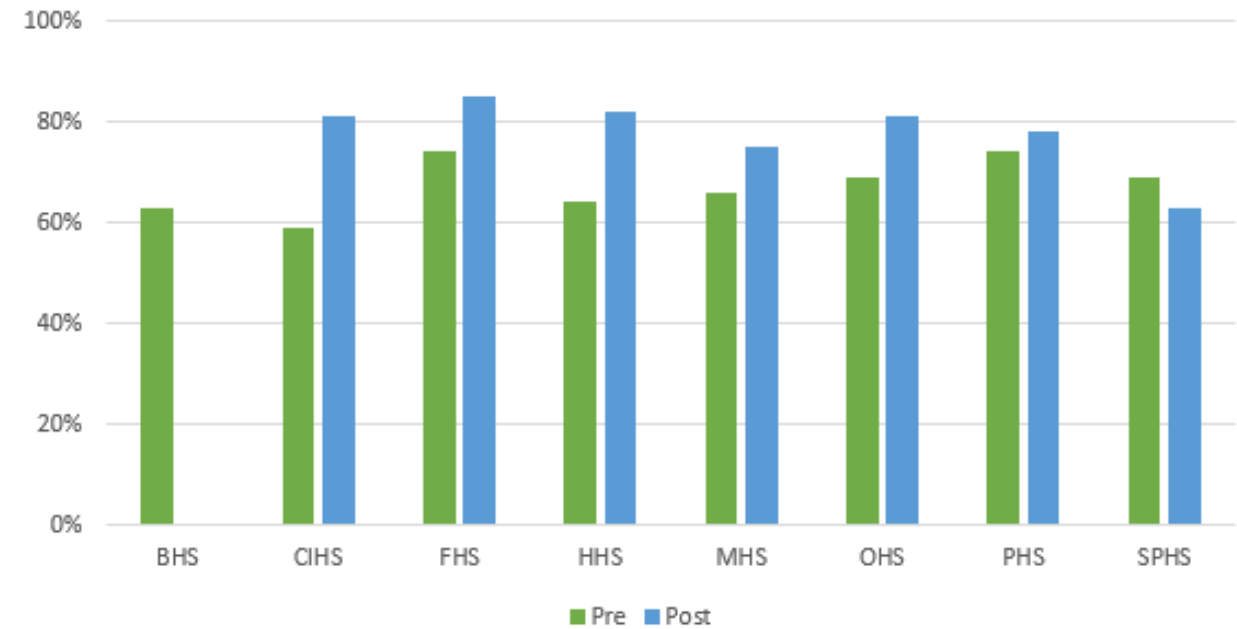


Figure 8. Pre/Post Confidence in Accessing Services by School, 2022-2023



Wellness Centers – Middle School

Impact and Outcomes

- Across the 11 schools, there were 54,954 visits to the Wellness Center.
- Across the 11 middle schools, 1,236 referrals were made to school-based mental health services, and 144 referrals were made to community-based mental health services during the 2022-2023 academic year.
- Of the 1,236 total referrals, 76 were documented as confirmed linkage to services.
- Across the 11 schools, nearly 30,000 students received some form of early intervention service for mental health.
- Across the 11 schools, nearly 200 trainings on mental health topics for staff and/or students were conducted during the 2022-2023 academic year. Over 10,000 individuals attended these trainings, including over 8,000 students.
- Over 100 events on mental health topics for family/community members were conducted during the 2022-2023 academic year across the MHSA schools. Over 11,000 individuals attended these events.

Middle School Impact

"A foster student who often skips classes because they dislike school met with a Wellness Counselor to learn about the benefits of the wellness room. The student typically shies away from conversations with admin/counselors. After a couple of visits, the student began engaging with mindfulness and other activities. The student is now making progress in class attendance, showed a decrease in oppositional behaviors, and shares that they enjoy accessing the Wellness Center to keep calm throughout the school day."

88%
are aware there is a wellness center on their campus.

45%
have used the wellness center on their campus.

"There has been a shift in school culture across our middle schools in recognition of the importance of social emotional support. The schools have implanted school-wide social emotional learning and have been increasingly identifying and referring students for wellness support."

Contacts

Comprehensive Health & Prevention Programs

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Matt Wilmot	Project Specialist	805-437-1374	mwilmot@vcoe.org



THANK YOU

Facing Down Fentanyl

A VENTURA COUNTY TOWN HALL

Wednesday, September 27 • 6:00 – 7:30PM

Ventura County Office of Education • 5100 Adolfo Road, Camarillo, CA

FREE EVENT • DINNER PROVIDED

County leaders will discuss the ongoing opioid crisis in our community, and what you need to know about fentanyl to protect the health and safety of your family.

Brought to you by Ventura County's Behavioral Health Department, in cooperation with Superintendent of Schools Dr. Cesar Morales, attendees at this Town Hall event will hear from panelists:

- District Attorney Erik Nasarenko
- Medical Examiner Dr. Christopher Young
- Public Health Officer Dr. Robert Levin
- Sheriff Jim Fryhoff
- Behavioral Health Division Chief Raena West

181 Fentanyl Overdose Deaths
in Ventura County in 2022



Fentanyl can be found in fake pills and any street drug.

Light dinner and refreshments.

Spanish interpretation available.

Email ahead for ASL interpretation services:
Sheila.Murphy@ventura.org.

REGISTER NOW

<https://fentanylforum.eventbrite.com>



Ventura County Behavioral Health

Board Letter Summary of Contracts for July 2023

Board Date	Contract	Amount	Term	Description
7/11/2023	Ventura County Office of Education (VCOE)	\$8,063,710	July 1, 2023 Through June 30, 2026	<p>FY 2023-26 VCOE Amendment for School-Based Wellness Center Services. VCOE provides school-based Wellness Center services for Ventura County Behavioral Health (VCBH) utilizing Mental Health Student Services Act (MHSSA) grant funding. These school-based Wellness Centers provide service strategies within each school that increase early identification of mental health needs, reduce access barriers, and facilitate linkage to ongoing and sustained services. These Wellness Centers and the collaboration between VCBH have been held out as a model program in the state. Because of the successful MHSSA grant funded collaboration and service delivery, VCBH and VCOE developed eleven additional Wellness Centers within high schools and middle schools last fiscal year utilizing VCBH Proposition 63 Mental Health Services Act (MHSA) funding. Through the proposed First Amendment to the Agreement with VCOE for Wellness Center services, VCBH is seeking to utilize additional MHSA funding to amend the Agreement to fund efforts to create up to a total of 32 Wellness Centers. These Wellness Centers are targeting middle and elementary schools in several existing Local Education Agencies (LEAs) as well as expanding to three new school districts (Hueneme Elementary School District, Oak Park School District, and Ventura Unified School District).</p> <p>The First Amendment to the agreement with VCOE increases the maximum contract amount by \$2,063,710, to fund the expansion of services and replace the previous Scope of Work with updated project goals and outcomes. This agreement is funded by MHSA funding.</p>



MENTAL HEALTH SERVICES ACT (MHSA) THREE YEAR PLAN 2023-2026 UPDATE

COMMUNITY PLANNING PROCESS

We welcome you to participate in the Community Planning Process for the update to the MHSA Three Year Plan 2023-2026. Join us to provide feedback on the plan adjustment.

JOIN US IN-PERSON

TUESDAY, OCTOBER 3, 2023
5:30PM – 7:30PM

*Ventura County Behavioral Health
1911 Williams Drive, Oxnard, CA 93036
Large Training Room, 1st floor*

REGISTER AT:
www.vcbh.org/cpp1



OR JOIN US ONLINE VIA ZOOM

TUESDAY, OCTOBER 3, 2023
12PM – 1PM

*Register for Zoom access
and meeting information.*

REGISTER AT:
www.vcbh.org/cpp2



For more information, contact: MHSA@ventura.org

Interpretation (Spanish & ASL) and childcare available upon request.



WELLNESS · RECOVERY · RESILIENCE

Funding is made through Ventura County Behavioral Health, Mental Health Services Act.

The Ventura County Suicide Prevention Council have developed a draft Suicide Prevention Strategic Plan for Ventura County:

www.WellnessEveryDay.org

The screenshot shows a website header with a blue background. On the left, there is a white search icon (magnifying glass) and a white hamburger menu icon (three horizontal lines). In the center, the logo for "wellness everyday" is displayed, featuring a sun icon above the text. On the right, there are three buttons: a white Facebook icon, a white YouTube icon, and a white button with the text "ESPAÑOL". Below the header, a red arrow points to a white box containing the text "Share comments on the draft Suicide Prevention Strategic Plan for Ventura County >". To the right of this box is a large image of a presentation slide titled "VENTURA COUNTY STRATEGIC PLAN FOR SUICIDE PREVENTION" with the date "2023-2028". Below the slide is a text box with the following content:

The Ventura County Suicide Prevention Council is comprised of countywide stakeholders who are dedicated to reducing suicides by offering help and hope to people of every culture, gender, and socioeconomic group throughout their lifespans.

After the plan is published, the Council will likely be forming workgroups to define specific activities and coordinate progress under each area.

If you are interested in joining the Ventura County Suicide Prevention Council, to request a presentation, training, and/or for more information, please email: MHSA@ventura.org