

BEHAVIORAL HEALTH ADVISORY BOARD  
 TRANSITIONAL AGE YOUTH (TAY) COMMITTEE  
 MINUTES ■ Thursday, May 24, 2018

<p><b>Members Present</b>          Cmdr. Ron Nelson, Committee Chair          Anna Colangelo, Casa Pacifica          Georgia Perry, NAMI          Vanessa Cortez, TAY Tunnel</p> <p><b>Others Present</b>          Jerry Harris, BHAB Chair          Ratan Bhavnani, BHAB          Monica Vergara, Interface          Rachel Mellott, TAY Tunnel          Denise Pont, VIPS          Cindy Douth, Telecare          Art Carrera, Probation          Rachel McDuffee, Aegis Treatment Centers          Tamara Lemalu, Aegis Treatment Centers</p>	<p><b>VCBH Staff Present</b>          Loretta Denering, Alcohol &amp; Drug Program Division Chief          Anna Flores, ADP Manager          Sara Sanchez, Transitions          Greg Bergan, MHSA          Pam Roach, Transformational Liaison          Edith Pham, BHAB Assistant</p> <p><b>NEXT MEETING:</b>  <b>Thursday, June 28, 2018, 10:30 – 12:00 p.m.</b></p> <p>Ventura County Behavioral Health          1911 Williams Drive, Lake Tahoe Room (second floor), Oxnard</p>
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Note: The committee has not yet approved these minutes. There may be additions/deletions or corrections before the minutes are accepted in final form.

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	<b>Call to Order</b> Chair Cmdr. Ron Nelson called the meeting to order at 10:30 a.m.		
II.	<b>Approval of the Agenda</b> Cmdr. Nelson asked the Committee to review and approve today's agenda. Vanessa Cortez moved to approve. The motion passed unanimously.	The agenda was approved as written. <b>M/C</b>	
III.	<b>Approval of the Minutes</b> Cmdr. Nelson asked the committee to review and approve the minutes of the April 26, 2018 meeting. Anna Colangelo moved to approve. The motion passed unanimously.	The minutes were approved as written. <b>M/C</b>	
IV.	<b>Welcome and Introductions</b> Cmdr. Nelson welcomed everyone and asked for introductions.		
V.	<b>Chair Announcements – Cmdr. Nelson</b> During its General Meeting on May 21 <sup>st</sup> , the BHAB discussed AB 1971. If this bill passes, it will expand the definition of "gravely disabled", to include medical treatment.  NAMI and the Diversity Collective Ventura County will present Prism of Thought on June 8. This is an artistic exploration of LGBTQ mental health and opinion.		
VI.	<b>Public Comments</b> None.		
VII.	<b>Presentation: Turning Point Foundation Dual Diagnosis Treatment – Jason Meek, Executive Director</b> There are nearly 8 million adults in the U.S. with a dual diagnosis of a mental health disorder and a substance use disorder. The highest percentage of those with a dual diagnosis is among youth ages 18 to 25.  Turning Point Foundation offers many programs to help those with a dual diagnosis, all based on recovery. Programs are tailored to the individual clients' needs. A comprehensive assessment is followed by an exploration of the diagnosis, substance of choice, and the impact that substance use has on the clients' lives. Once they graduate, the clients can choose to be members and have access to Turning Point's programs for life.		

	<p>Programs are offered to people age 18 and over. Some programs are based on 12 -steps. Others are non-faith based. People on methadone or other medication are accepted.</p> <p>Engaging those who are not asking for help is done in various ways: through outreach, motivational interviewing, connecting action with consequences. Turning Point uses the data from the yearly point-in-time homeless count to engage the homeless.</p> <p>See attached for details.</p> <p>A discussion took place regarding outreach and engagement:</p> <ol style="list-style-type: none"> <li>1. Monica Vergara noted that it takes a lot of work to provide outreach to TAY.</li> <li>2. Loretta Denering noted that VCBH relies on contractors to do the outreach, and the VCBH clinics provide the treatment; only 20% of federal funding may be used for prevention and outreach, although DMC-ODS should change this.</li> <li>3. Cmdr. Nelson noted that inmates become sober during their jail stay, but many are service-resistant.</li> </ol>		
VIII.	<p><b>New Business</b></p> <p>A. Summer Schedule After a brief discussion, Cmdr. Nelson and the members decided, by a show of hand, to go dark in August.</p>	Go dark in August	
X.	<p><b>VCBH Transitions Update – Sara Sanchez, Transitions Clinic Administrator</b></p> <p>A. Transitions is fully staffed and currently serves 289 clients. B. An upcoming outing will be a visit to the botanical garden in Santa Barbara. C. A new mind-body group will start in a week.</p>		
XI.	<p><b>VCBH Alcohol &amp; Drug Program Update – Anna Flores, ADP Manager</b></p> <p>A. ADP continues to serve a large number of TAY clients in collaboration with Probation. About 50% of these clients are over 18 years of age. B. ADP is tracking trends with clients ages 25 and under, especially regarding polysubstance abuse. C. ADP is working with families on overdose prevention.</p>		
XII.	<p><b>Providers Update</b></p> <p>A. Vanessa Cortez noted that the TAY Tunnel will host a presentation by Public Health on tobacco on June 27. See attached flyer. The TAY Tunnel is still looking to hire peer partners; see attached job description. An employment specialist and a health navigator have been hired.</p> <p>B. Denise Pont, Clinical Director of Ventura early Intervention Prevention Services (VIPS) gave a brief description of her program. VIPS provides services to youth ages 16-25 showing the early signs of mental illness or who have had psychotic symptoms for up to one year.</p>		
XIII.	<p><b>Committee Members’ and Participants’ Comments, Activities</b></p> <p>A. Loretta Denering, the new VCBH Alcohol and Drug Program Division Chief, provided some information about herself. She has extensive experience in Substance Use Disorders (SUDs) and Drug Medi-Cal Organized Delivery System (DMC-ODS). She noted the concerted efforts statewide and nationwide to get away from silo treatment, and the need to revisit the limitations of data sharing as related to SUDs.</p>		
XIV.	<p><b>Items for Next Meeting Agenda</b></p> <p>Anna Flores suggested a presentation from Interface on its new program that deals with human trafficking. Monica Vergara and Edith Pham will schedule this.</p>	Schedule presentation for next meeting	M. Vergara, E. Pham
XV.	<p><b>Adjourn</b></p> <p>The meeting adjourned at 11:45 a.m.</p>		

National Alliance on Mental Illness  
&  
Diversity Collective Ventura County

*present*

# Prism of Thought

an artistic exploration of LGBTQ mental health and opinion



Join us for a special evening of  
conversation, art, music, & food

**Friday, June 8 5:30 – 8:00 pm**

Diversity Collective Community Resource Center  
2471 Portola Road, #100 ~ Ventura, CA 93003

Questions?

email David at [david.deutsch@namiventura.org](mailto:david.deutsch@namiventura.org)



## Turning Point Foundation



### Dual Diagnosis Treatment

## Definition and Relevant Statistics



- ☞ Co-occurring or Dual Diagnosis is the coexistence of both a mental health disorder and substance use disorder.
- ☞ Recent studies show that over 26% of those with a mental health diagnosis use drugs and/or alcohol.
- ☞ There are nearly 8 million adult Americans with dual diagnosis.
- ☞ 1 in 5 veterans experiencing mental health, PTSD, and/or Traumatic Brain Injury use drugs or alcohol.

## Continued...



- œ Over 54% of those experiencing co-occurring disorders do not receive treatment for either mental health or substance abuse.
- œ Of the remaining percentage, only 7% receive treatment for both.
- œ The highest percentage of those experiencing serious mental illness and substance abuse is 18 to 25 years of age (36%).
- œ Undiagnosed or those that have not come to terms with their mental illness often leads to substance abuse... "self-medicating".
- œ The side effects of medications can be very unpleasant and often lead to utilizing drugs and/or alcohol as a substitute.

## Turning Point's Dual Diagnosis Program



- œ Recovery is the foundation of all of our programs.
- œ Our dual diagnosis programs are treated as an intricate component of the individual's overall wellness... part of the entire person.
- œ We know that there are countless reasons for an individual with mental health issues to use substances, thus, we tailor the program to their individual needs.
- œ We provide the services in their language, and if preferred, by those that have similar life experiences, i.e. those with lived experience (have a mental health diagnosis), veteran, former use of drugs and alcohol, etc.
- œ We foster an environment that is safe for self-exploration, promotes empowerment, personal responsibility, free from stigmatization, and enhances self-advocacy.

## Continued...



- ☞ First, there is a comprehensive assessment.
- ☞ Then we spend a great deal of time exploring the dynamics of their diagnosis, substance of choice, and the impact that use has had on their life.
- ☞ We often use many of the principles of the Wellness Recovery Action Plan (WRAP).
- ☞ Self-discovery: Developing skills and utilizing personalized tools that identify triggers, potentially upsetting events, early warning signs, support systems, and a Crisis Plan.

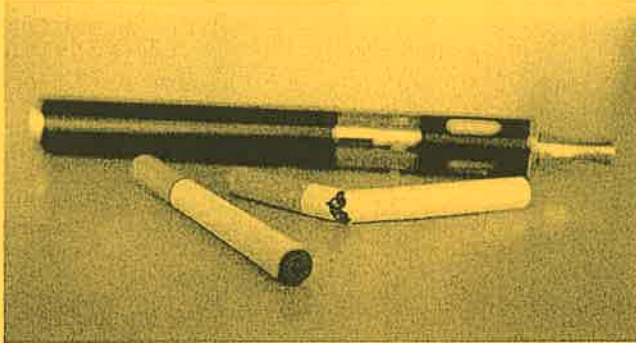
## Open-Ended



- ☞ Our goal is to assist our members in discovering themselves, and developing and implementing skills to keep them on the path of wellness.
- ☞ We understand that mental illness is life-long and symptoms, as well as life's circumstances can change.
- ☞ Although individuals graduate from the program, if they chose, they can be members and have access to our programs for life.

# PACIFIC CLINICS TAY TUNNEL

IS HOSTING A  
PRESENTATION



FROM

**Ventura County  
Public Health  
Tobacco Program**

Location: 141 West Fifth Street Ste. D

Oxnard, Ca 93030

Date: June 27, 2018

Time: 12:30-3:00

**Lunch will be provided  
Raffle Drawings  
RSVP by: June 20th**

*For more information please contact:*

*Anthony Marron*

*Phone: (805) 240-2538*

*[amarron@pacificclinics.org](mailto:amarron@pacificclinics.org)*

**BE INFORMED**

Cigarettes

**E-cigarettes**

**Education**

**Awareness**



Pacific Clinics  
ADVANCING BEHAVIORAL HEALTHCARE  
TAY Tunnel

## NOW HIRING PEER PARTNERS

Apply at <http://www.pacificclinics.org/careers>

Pacific clinics is a non-profit organizational searching for young professionals interested in working in a peer run peer driven center.

**The ideal candidate would be:**

Between the ages of 18-25

Bilingual Spanish - not required

Have lived experience in a system of care (Foster Care, Mental Health, Criminal Justice, and or Juvenile Justice)

Basic computer knowledge

Flexible work schedule

**Position Summary**

Under direct supervision, the peer partner provides peer-to-peer support drawing on shared experience as a peer to validate the consumer's experience. Provides guidance and encouragement to consumer to take responsibility and actively participate in their own recovery. This position models competency in recovery and serves as a mentor for consumers in a Wellness Center setting.

If you would like more information, please contact Vanessa Cortez at 805-240-2438 or email at [vcortez@pacifcclinics.org](mailto:vcortez@pacifcclinics.org).

*The TAY Tunnel empowers individuals to take an active role in creating positive lifestyle changes within a supportive, safe and understanding environment. By creating stepping stones to independent living, we can all light the path to a happier and healthier lives*

**Made possible through the California Mental Health Services Act and Ventura County Behavioral Health.**