

**BEHAVIORAL HEALTH ADVISORY BOARD
TRANSITIONAL AGE YOUTH (TAY) COMMITTEE
MINUTES ■ Thursday, March 28, 2019**

<p><u>Members Present</u> Margaret Cortese, Committee Chair Anna Guerin, Casa Pacifica Laura Estrada, Children and Family Services Erin Locklear, Interface Georgia Perry, NAMI Vannessa Cortez, TAY Tunnel Cathi Nye, Ventura County Office of Education</p> <p><u>Others Present</u> Anthony Marron, TAY Tunnel Joshua Damo, TAY Tunnel Stuart Fiedler, The Client Network Diana Hernandez, The Client Network</p>	<p><u>Ventura County Behavioral Health (VCBH) Staff Present</u> Dr. John Schipper, Adult Division Chief Sara Sanchez, Transitions Manager Greg Bergan, Mental Health Services Act (MHSA) Pam Roach, Transformational Liaison Edith Pham, BHAB Assistant</p> <p>NEXT MEETING: Thursday, April 25, 2019, 10:30 – 12:00 p.m.</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.	Call to Order Chair Margaret Cortese called the meeting to order at 10:35 a.m.		
II.	Approval of the Agenda Ms. Cortese asked the Committee to review and approve today's agenda. Anna Guerin moved to approve, Vannessa Cortez seconded. The motion carried unanimously.	The agenda was approved as written. M/S/C	
III.	Approval of the Minutes Ms. Cortese asked the committee to review and approve the minutes of the February 28, 2019 meeting. Anthony Marron moved to approve, Ms. Cortez seconded. The motion carried unanimously.	The minutes were approved as written. M/S/C	
IV.	Welcome and Introductions Ms. Cortese welcomed everyone and asked for introductions.		
V.	Chair Announcements None.		
VI.	Public Comments Stuart Fiedler spoke about the 19280 code, which deals with restitution from individuals under the jurisdiction of the Department of Corrections.		
VII.	<p>Old Business Action Plan Update Greg Bergan distributed and reviewed the data and narrative that he had extracted from the results of the 5,000 community surveys that MHSA recently received and from the focus groups held afterwards; see attached. Dr. Schipper noted that the survey inquired about the services in the county but was not limited to VCBH services.</p> <p>The following gaps in services were identified:</p> <ul style="list-style-type: none"> - Gaps in geographic locations (two VCBH Transitions clinics to serve the county); - Transportation needs. <p>The following barriers to services were identified:</p> <ul style="list-style-type: none"> - Occasionally having to wait for a call back from Screening, Triage, Assessment and Referral (STAR) when making a referral to VCBH; - Lack of knowledge about the available resources. <p>Other problems identified include:</p> <ul style="list-style-type: none"> - Services that clients may receive outside of VCBH and VCBH-contracted providers; 		

	<ul style="list-style-type: none"> - The waiting list at Beacon; - The difficulty of navigating through complex systems to obtain services; a flow chart would be helpful. <p>Anthony Marron agreed to discuss at the committee’s April meeting the results of a focus group discussion that will be organized by the TAY Tunnel.</p> <p>The committee reviewed the Action Plan’s objective title and specific objective. It agreed to focus only on gaps and barriers as related to mental health and substance use disorders for the remainder of the fiscal year, and to set aside gaps related to work and volunteer opportunities and to the child welfare and justice systems. The committee also agreed to delete action step # 3 regarding social media.</p>	Organize focus group at TAY Tunnel	A. Marron
X.	<p>VCBH Transitions Update – Sara Sanchez</p> <ul style="list-style-type: none"> A. The census is 300 clients. Six clinicians provide individual therapy for those who are interested. Group therapy is also offered. B. Transitions continues its partnership with the Department of Rehabilitation and PathPoint to get TAY connected to resources that help them gain and maintain employment. This will be done county-wide. C. The most popular activity is volunteering at the Camarillo animal shelter to provide support to the animals. D. Today Transitions and the TAY Tunnel are having an ice cream social at the TAY Tunnel. <p>Dr. Schipper noted that:</p> <ul style="list-style-type: none"> A. about 200 youth receive services at the adult clinics located in the cities that do not have a VCBH Transitions program. B. Clients need to have both a specific diagnosis and a functional impairment in order to qualify for VCBH services. C. The RISE Expansion grant is targeting TAY, outreaching to them and encouraging them to receive services at the clinics. 		
XI.	<p>VCBH Alcohol & Drug Program Update – Anna Flores</p> <p>Ms. Flores was not in attendance.</p>		
XII.	<p>Committee Members’ and Participants’ Comments, Activities</p> <p>Cathi Nye noted that the Continuum of Care is working to submit a Youth Homelessness Demonstration Program Grant application to the U.S. Department of Housing and Urban Development (HUD).</p> <p>Georgia Perry noted that NAMI will hold an open house at its new offices on April 10.</p> <p>Anthony Marron noted that the TAY Tunnel is having a pizza and ice cream fling today. He distributed a flyer and brochure on the TAY Tunnel’s services. Vanessa Cortez noted that the TAY Tunnel is having a Spring Open House every Thursday from April 4th through May 2nd; this is an opportunity for youth and agencies to tour the center.</p> <p>Erin Locklear noted that Interface has expanded its housing and support services. A new department will oversee street outreach, managing the TAY shelter and the TAY sheltering option. Ralph Reyes is the director.</p>		
XIII.	<p>Items for Next Meeting Agenda</p> <p>Results of a focus group at the TAY Tunnel (Anthony Marron).</p> <p>Requests were made for presentations on the RISE Expansion, STAR, Beacon and the Department of Rehabilitation/PathPoint. A flow chart was requested to help understand how to access the various services available to TAY.</p>		
XIV.	<p>Adjourn</p> <p>The meeting adjourned at 12:05 p.m.</p>		

**CONSEJO ASESOR DE SALUD AL COMPORTAMIENTO
JÓVENES EN EDAD DE TRANSICIÓN (TAY) COMITÉ
MINUTOS ■ Jueves, 28 de marzo 2019**

<p><u>Miembros presentes</u> Margaret Cortese , presidenta del comité Anna Guerin , Casa Pacifica Laura Estrada , Servicios Infantiles y Familiares. Erin Locklear, Interface Georgia Perry, NAMI Vannessa Cortez, Túnel TAY Cathi Nye, Oficina de Educación del Condado de Ventura</p> <p><u>Otros presentes</u> Anthony Marron, TAY Tunnel Joshuaun Damo, Túnel TAY Stuart Fiedler, la red de clientes Diana hernandez, la red de clientes</p>	<p><u>Personal de Salud Conductual del Condado de Ventura (VCBH)</u> <u>Presente</u> Dr. John Schipper, Jefe de División de Adultos Sara sanchez, gerente de transiciones Greg Bergan, Ley de Servicios de Salud Mental (MHSA) Pam Roach, enlace transformacional Edith Pham, Asistente BHAB</p> <p>SIGUIENTE JUNTA: jueves 25 de abril de 2019 , 1 0:30 - 12 : 00 pm</p> <p>Condado de Ventura de salud del comportamiento 1911 Williams Drive , Sala Lake Tahoe (segundo piso) , Oxnard</p>
<p>Nota: El comité aún no ha aprobado estas actas. Puede haber adiciones / eliminaciones o correcciones antes de que se acepten las actas en su forma final.</p>	

	DISCUSIÓN / CONCLUSIONES	RECOMENDACIONES / COMPORTAMIENTO	RESPONSABLE
YO.	Llama para ordenar Silla Margaret Cortese convocó la reunión a las 10:35 am		
II.	Aprobación de la Agenda La Sra. Cortese pidió al Comité que revisara y aprobara la agenda de hoy. Anna Guerin hizo la moción de aprobar, secundó Vannessa Cortez . La moción fue aprobada por unanimidad.	El orden del día fue aprobado como está escrito. M / S / C	
III.	Aprobación del Acta La Sra. Cortese solicitó al comité que revise y apruebe las actas de la reunión del 28 de febrero de 2019 . Anthony Marron hizo la moción para aprobar, la Sra. Cortez la secundó. La moción fue aprobada por unanimidad .	Las actas fueron aprobadas según lo escrito. M / S / C	
IV.	Bienvenida y Presentaciones La Sra. Cortese les dio la bienvenida a todos y pidió presentaciones.		
V.	Anuncios de la silla Ninguna.		
VI.	Comentarios públicos Stuart Fiedler habla sobre el código 19280, que trata sobre la restitución de individuos bajo la jurisdicción del Departamento de Correcciones.		
VII	Viejo negocio Actualización del plan de acción Greg Bergan distribuyó y revisó los datos y la narrativa que extrajo de los resultados de las 5,000 encuestas comunitarias que MHSA recibió recientemente y de los grupos de enfoque que se llevaron a cabo posteriormente ; ver adjunto . El Dr. Schipper señaló que la encuesta indagó sobre los servicios en el condado, pero no se limitó a los servicios de VCBH. Se identificaron las siguientes brechas en los servicios: <ul style="list-style-type: none"> - G aps en ubicaciones geográficas (dos clínicas de Transiciones VCBH para servir al condado); - Necesidades de transporte. 		

	<p>Se identificaron las siguientes barreras a los servicios:</p> <ul style="list-style-type: none"> - Ocasionalmente, tener que esperar una devolución de llamada de Screening, Triage, Assessment and Referral (STAR) al hacer una referencia a VCBH; - Falta de conocimiento sobre los recursos disponibles. <p>Otros problemas identificados incluyen :</p> <ul style="list-style-type: none"> - Servicios que los clientes pueden recibir fuera de VCBH y VCBH - proveedores contratados ; - La lista de espera en Beacon; - La dificultad de navegar a través de sistemas complejos para obtener servicios; un flujo de flujo sería útil. <p>Anthony Marron acordó discutir en la reunión de abril del comité los resultados de una discusión de grupo de enfoque que será organizada por el Túnel TAY.</p> <p>El comité revisó el título del objetivo del Plan de Acción y el objetivo específico. Acordó enfocarse solo en las brechas y barreras relacionadas con la salud mental y los trastornos por el uso de sustancias durante el resto del año fiscal, y establecer brechas relacionadas con las oportunidades de trabajo y voluntariado y con los sistemas de bienestar y justicia infantil. El comité también acordó suprimir la acción paso # 3 en relación con los medios de comunicación social.</p>	<p>Organizar el grupo focal en el túnel TAY</p>	<p>A. Marron</p>
<p>X.</p>	<p>Actualización de las transiciones de VCBH - Sara Sanchez</p> <p>A. El censo es de 300 clientes. Seis clínicos brindan terapia individual para aquellos que estén interesados . También se ofrece terapia de grupo.</p> <p>B. T ransitions continúa su asociación con el Departamento de Rehabilitación y PathPoint para conectar a TAY con recursos que les ayudan a obtener y mantener un empleo. Esto se hará en todo el condado.</p> <p>C. La actividad más popular es el voluntariado en el refugio de animales de Camarillo para brindar apoyo a los animales.</p> <p>D. Las transiciones de hoy y el túnel TAY están teniendo un evento social de helados en el túnel TAY .</p> <p>El Dr. Schipper señaló que :</p> <p>A. aproximadamente 200 jóvenes reciben servicios en las clínicas para adultos ubicadas en las ciudades que no tienen un programa de Transiciones VCBH .</p> <p>B. C lientes necesita tener tanto un diagnóstico específico y una función al deterioro con el fin de calificar para los servicios VCBH.</p> <p>C. La subvención RISE expansión se dirige a TAY, dolor outré a ellos y animándoles a recibir servicios en las clínicas.</p>		
<p>XI .</p>	<p>Actualización del programa de alcohol y drogas VCBH - Anna Flores</p> <p>La Sra. Flores no estuvo presente.</p>		
<p>X I I.</p>	<p>Comentarios de los miembros del Comité y de los participantes, actividades</p> <p>Cathi Nye notó que Continuum of Care está trabajando para presentar una solicitud de Garantía del Programa de Demostración de Jóvenes sin Hogar al Departamento de Vivienda y Desarrollo Urbano de los Estados Unidos (HUD).</p> <p>Georgia Perry señaló que NAMI realizará una jornada de puertas abiertas en sus nuevas oficinas el 10 de abril.</p> <p>Anthony Marron notó que el túnel TAY está teniendo una aventura de pizza y helado hoy. Distribuyó un folleto y un folleto sobre los servicios del túnel TAY . Vanessa Cortez señaló que el túnel TAY está teniendo un resorte de puertas abiertas todos los jueves a partir del 4^{de} abril a través de 2^{de} mayo; Esta es una oportunidad para jóvenes y agencias para recorrer el centro.</p>		

	Erin Locklear señaló que Interface ha ampliado sus servicios de vivienda y apoyo . Un nuevo departamento se encargará de supervisar el alcance de la calle, administrando el refugio TAY y la opción de refugio TAY. Ralph Reyes es el director.		
XIII	Artículos para la próxima reunión Resultados de un grupo focal en el túnel TAY (Anthony Marron). Se hicieron solicitudes para presentaciones sobre la Expansión RISE, STAR, Beacon y el Departamento de Rehabilitación / PathPoint . Se solicitó un diagrama de flujo para ayudar a comprender cómo acceder a los diversos servicios disponibles para TAY.		
XI V.	Aplazar Se levanta la sesión a las 12:05 pm.		

Comité BHAB TAY Acta del 28 de marzo de 2019

COUNTY OF VENTURA – BEHAVIORAL HEALTH ADVISORY BOARD

ACTION PLAN – TAY Committee

As of 3/11/19

OBJECTIVE TITLE: Advocate for and update availability of TAY services related to work and volunteer opportunities and justice system

SPECIFIC OBJECTIVE: Identify strategies, including advocacy, to address gaps in services for the TAY population related to mental health and substance abuse treatment, work and volunteer opportunities, and the child welfare and justice systems.

KEY INDICATORS: 1. _____
 2. _____
 3. _____

ACCOUNTABILITY: _____ TARGET COMPLETION DATE: _____

	ACTION STEPS	START DATE	COMPLETION DATE	ACCOUNTABILITY	ACTION STEP ON TARGET	ACTION STEP DELAYED*	STATUS
1.	MHSA Needs Assessment, review report	2/28/19	4/28/19	Greg Bergan			Greg Bergan will use the Needs Assessment, extract data and narratives related to TAY. Sara Sanchez and Georgia Perry will review, identify gaps in services.
2.	Focus Groups, enhancement of schedule, maybe every 6 months	2/28/19	3/28/19	Anthony Marron			Anthony Marron will hold a focus group to validate the results of the Needs Assessment
3.	Use social media to disseminate to and engage TAY						
4.							

*Explain project delays in status column, revise target dates as required, and state actions required to overcome/remove obstacle(s).

Community Mental Health Needs Assessment – Ventura County: Relating to TAY demographic (excerpt)

March 2019

NOTE: The Needs Assessment Report is not yet finalized. The following are snippets from the report relating to the TAY population. Final report will be published at a later date.

TAY Demographics (Those that responded to survey)

Demographics

Exhibit 1. Age of Respondent

	n	Mean	Median	Min	Max
Age	597	21.35	21	18	25

Exhibit 2. Race/Ethnicity of Respondent¹ (n=594)

Race/Ethnicity	%
Hispanic	73.9%
White (non-Hispanic)	20.5%
Black/African American	5.4%
Asian/Pacific Islander/Hawaiian	4.9%
Indigenous	4%
American Indian/Alaska Native	1.7%
Other	1.0%
Middle Eastern	0.5%
Asian Indian	0.2%

Exhibit 3. Language Spoken Most Often at Home (n=596)

	%
English	56%

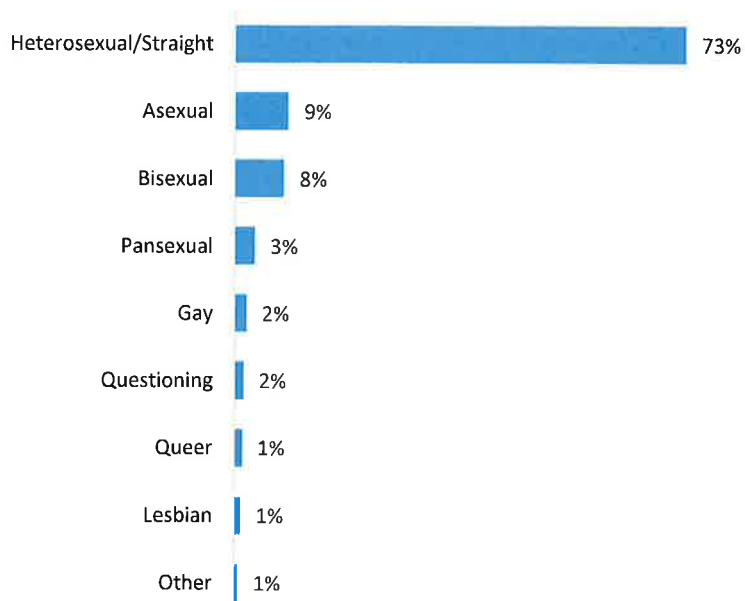
¹ Respondents could select more than one option.

Community Mental Health Needs Assessment – Ventura County: Relating to TAY demographic (excerpt)

March 2019



Exhibit 4. Current Sexual Orientation (n=538)



Community Mental Health Needs Assessment – Ventura County: Relating to TAY demographic (excerpt)

March 2019

Exhibit 5. Current Living Situation (n=578)

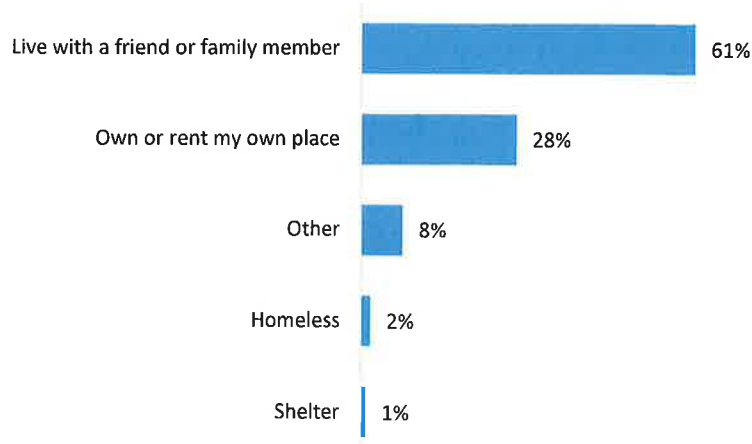
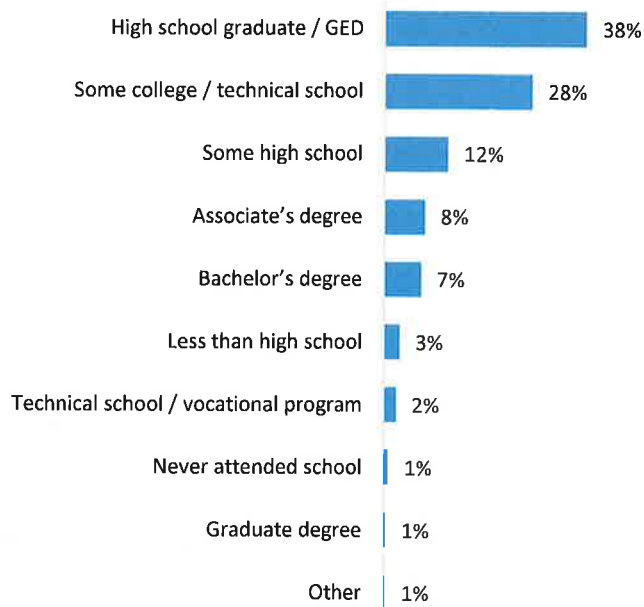


Exhibit 6. Highest level of education (n=574)

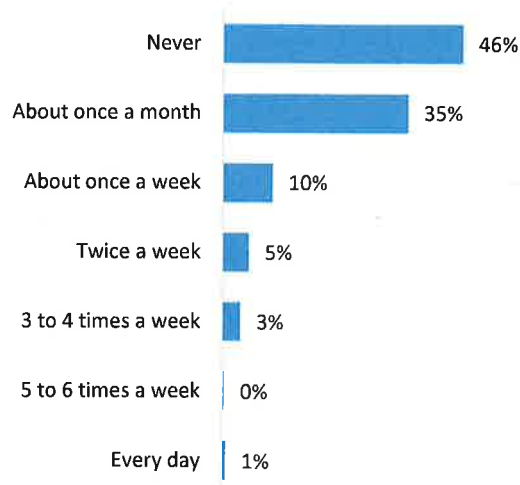


Community Mental Health Needs Assessment – Ventura County: Relating to TAY demographic (excerpt)

March 2019

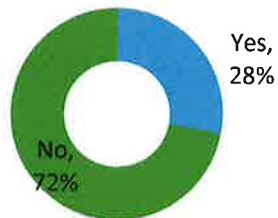
Mental Health

Exhibit 7. Alcohol Consumption in the last 12 months (n=558)



Substance Use in the Last 12 Months (n=557)

(Higher substance use: 28% vs 15%)



Community Mental Health Needs Assessment – Ventura County: Relating to TAY demographic (excerpt)

March 2019

Mental Health Rating (n=555)

Note: Lower mental health rating: 42% vs 33% (Higher denotes lower mental health rating)

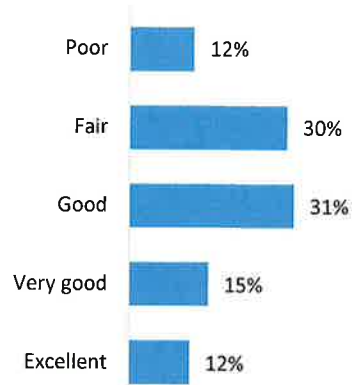
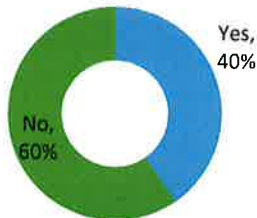


Exhibit 8. Age of First Mental Health Diagnosis

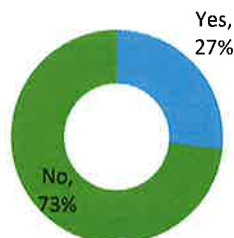
	n	Mean	Median	Min	Max
Self	238	15.84	16	2	27
Family	111	24.33	21	1	73

Suicide Ideation / Attempt (Note: Substantially higher suicidal ideation or attempt by self: 40% vs 27%)

Self (n=532)



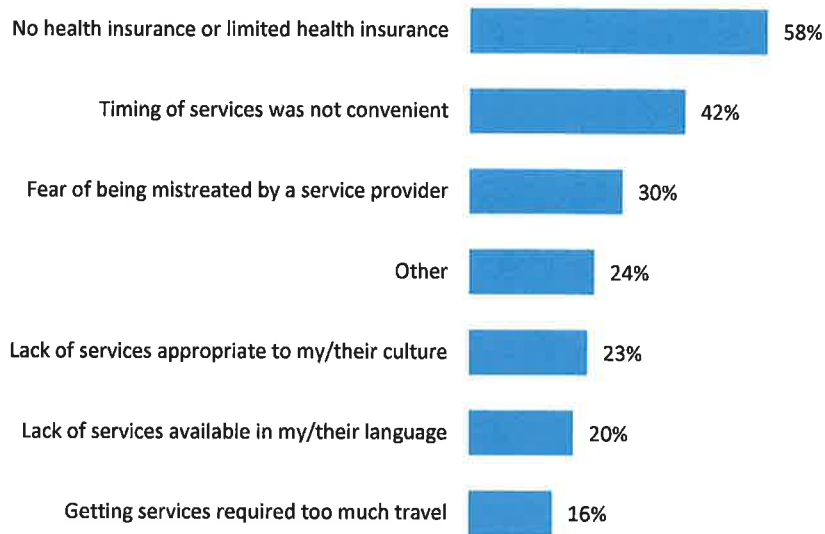
Family (n=469)



Community Mental Health Needs Assessment – Ventura County: Relating to TAY demographic (excerpt)

March 2019

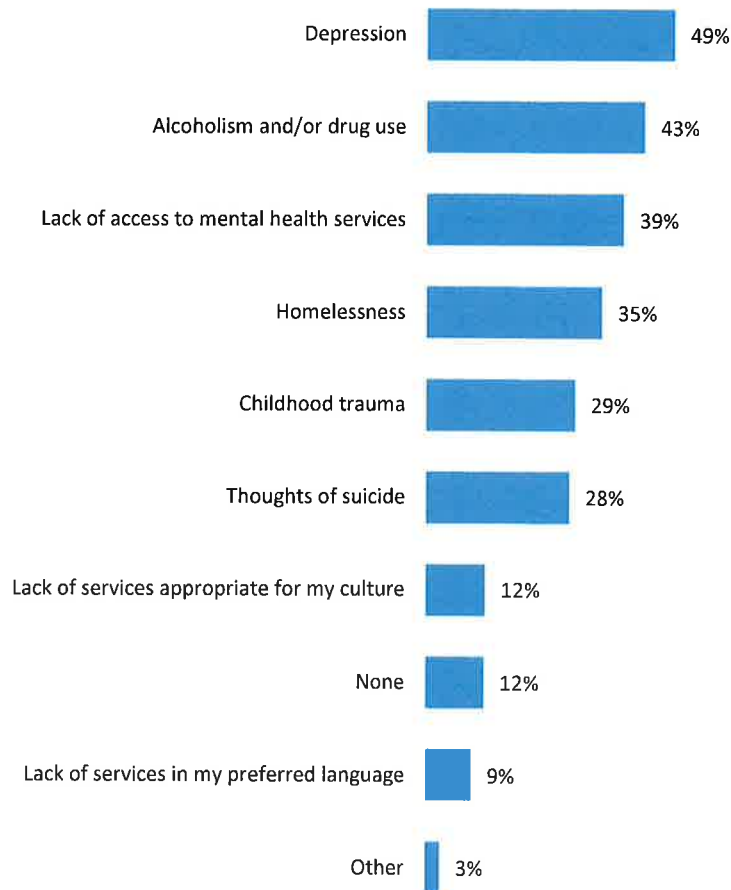
Exhibit 1. Main reasons Why Mental Health Services were NOT Received (n=74)



Community Mental Health Needs Assessment – Ventura County: Relating to TAY demographic (excerpt)

March 2019

Exhibit 2. Most Urgent Mental Health Issues in the Community (n=532)



TAY Focus Groups

Community Priorities

Participants in the TAY focus groups identified stress and anxiety as the most urgent mental health conditions affecting youth and young adults. These adverse emotions appeared to be prevalent among people of this age group, who are in a state of transition into adulthood and the responsibilities that come with it.

Mental Health Access, Barriers & Quality

Some participants mentioned that they are able to access all the services they need, but must do so through various different programs. Nevertheless, TAY noted barriers to access to services, such as

Community Mental Health Needs Assessment – Ventura County: Relating to TAY demographic (excerpt)

March 2019

difficulty with transportation and knowing where services were located. Additionally, they noted a lack of clinicians as another significant barrier to accessing mental health services.

These barriers to access were often exacerbated by long wait times once they were able to connect with needed care. The intersectionality between being a TAY and being undocumented also posed barriers to finding a clinician, since some participants felt the options for mental health providers were more limited for those without documentation.

“Just finding a psychologist is very hard. There's a waiting list, and then after that waiting list you have to wait. I myself am undocumented, so I have to specifically find somebody that would take in my situation. And then, even then, I'm limited to a very small amount of help after being helped.”

Community Recommendations

Participants recommended the implementation of a culturally competent support system that includes schools, expanded crisis intervention services, group therapy, and skill-building workshops. Because of the multiple needs of TAY with mental illness, integration of the numerous services to which a TAY may need access was seen as critical to quality of care. Some participants expressed the importance of social interaction and peer support for this age group, and that services that incorporate a social or peer component might better retain TAY clients.

“I think cultural competency and cultural connectedness has to be essential - it has to be the driving force. So you don't feel judged and you don't feel, you know, like you don't belong.”

“Why can't we have free group therapy? We should. Just all you gotta do is get one facilitator and just let it flourish and get food and get drinks and people come and that could save so many lives. That is pure therapy and that's a lot cheaper than hiring a bunch of therapists. If you could just make people do it together, work it out together - people just wanna talk.”

PACIFIC CLINICS

TAY
TUNNEL

SPRING OPEN HOUSE

EVERY THURSDAY

APRIL 4TH – MAY 2ND

10AM – 1PM

LOCATION

141 W Fifth St Suite D Oxnard.
Ca



No appointment needed

Light refreshments will be
provided

Free Service

Are you or do you know a youth between the ages of 18-25? If so, come join us at our weekly open house where individuals can learn about our program and get to know staff.



Pacific Clinics
ADVANCING BEHAVIORAL HEALTHCARE

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

April 2019

T.A.Y Tunnel
(Transitional Age Youth)



141 W. Fifth St. Ste. D
805-240-2538

Center Events

TAY Closed:

TAY Events:

TAY Parent Network Project: make an appointment

TAY Council: Members and staff discuss concerns, events, and even suggestions to improve TAY

<https://www.facebook.com/TayTunnel>

Community Partner Meetings

One Stop: Every Wednesday 10:00am – 11:30am you can attend One Stop at Community Action in Oxnard. Members are welcome to make an appointment staff can assist to access One Stop resources.

Class Descriptions

Plan your Day: Members are encouraged to plan appointments and tasks to accomplish during this time.

WRAP: During this class individuals develop their own Wellness Recovery Action Plan.

Youth WRAP: During this class individuals develop a Wellness Recovery Action Plan for overall wellness.

WRAP for Addiction: During this class individuals develop a Wellness Recovery Action Plan for addictive behaviors.

Life Skills: Participants focus on developing social interaction and independent living skills.

Creative Expression: Members are encouraged to use various artistic mediums to express themselves.

Positive Interaction: Series of activities that promote positive social interaction.

TAY WRAP (section): An 8 session formal course in which members receive a certificate of completion from Pacific Clinics- TAY Tunnel. Course focuses on indentifying strengths, triggers, and developing tools to maintain wellness.

TAY Spectrum: This group provides a safe space for LGBTIQQ individuals and their allies to discuss issues pertaining to the community, activism, and community building.

Nutritional Health: In class we will be learning the fundamentals of a healthy eating. This will include understanding the complexities of nutrition labels, calorie counting, separating fact vs. fiction, and researching diet patterns.

Job Preparation: Employment techniques and tools such as resume writing and interviewing are explored.

Creative Writing: Members are encouraged to present their creative outlets in written form to develop healthy emotional expression.

Mission Statement

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.

April 2019

T.A.Y Tunnel
(Transitional Age Youth)



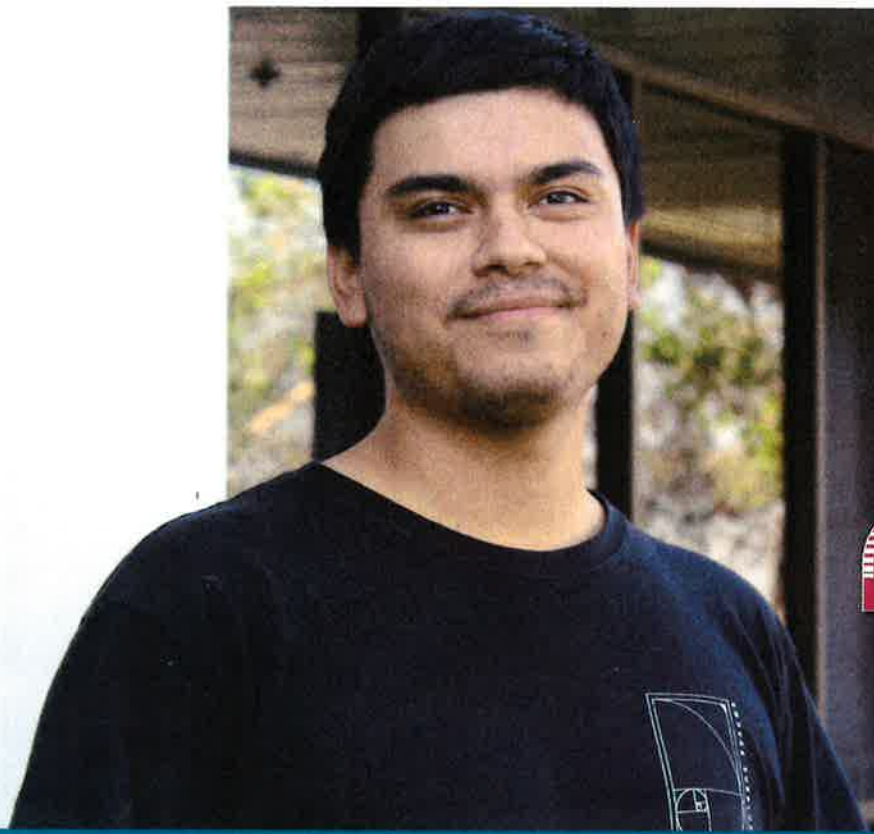
141 W. Fifth St. Ste. D
805-240-2538

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Center Opening at 11:00 11-12 Job Preparation 1-2 Nutritional Health 3-4 TAY Council Open: 11-5:00	2 9-10 Plan your Day 10-11 Youth WRAP 11-12 TAY Council 1-2 Job Preparation 2-3 WRAP Class 3-4 TAY Spectrum 4-5 Positive Interaction Open: 9-5:30	3 9-10 Plan your Day 10-11 Creative Expression 11-12 TAY Council 1-2 Life Skills Class 2-3:30 TAY WRAP (7) 4-5 Nutritional Health Open: 9-5:30	4 9-10 Plan your Day 10-1 TAY Tunnel Open House 10-11 Creative Expression 11-12 Job Preparation 1-2 WRAP for Addiction 3-4 Creative Writing 4-5 Positive Interactions Open: 9-5:30	5 9-10 Plan your Day 10:30-11 Food Pantry 11-12:30 TAY WRAP (4) 2-3 Creative Expression 3-4 Youth WRAP 4-5 Positive Interactions Open: 9-5:30	6 Open 10-2:45 10-11 productive Hour 11-12 Youth WRAP 1-2 creative expression
8 9-10 Plan your Day Closing at 11:00 am Center Closing Staff training 11-2:30 Re-open at 2:30 pm 3-4 TAY Council 4-5 Creative Expression	9 9-10 Plan your Day 10-11 Youth WRAP 11-12 TAY Council 1-2 Job Preparation 2-3 WRAP Class 3-4 TAY Spectrum 4-5 Positive Interaction Open: 9-5:30	10 9-10 Plan your Day 10-11 Creative Expression 11-12 TAY Council 12-2 Closed Staff Meeting Reopen at 2:00 2-3:30 TAY WRAP (8) 4-5 Nutritional Health Open: 9-5:30	11 9-10 Plan your Day 10-1 TAY Tunnel Open House 10-11 Creative Expression 11-12 Job Preparation 1-2 WRAP for Addiction 3-4 Creative Writing 4-5 Positive Interactions Open: 9-5:30	12 9-10 Plan your Day 10:30-11 Food Pantry 11-12:30 TAY WRAP (5) 2-3 Creative Expression 3-4 Youth WRAP 4-5 Positive Interactions Open: 9-5:30	13 Open 10-2:45 10-11 productive Hour 11-12 Youth WRAP 1-2 creative expression
15 9-10 Plan your Day 10-11 Creative Expression 11-12 Job Preparation 1-2 Nutritional Health 3-4 TAY Council Open: 9-5:00	16 9-10 Plan your Day 10-12 Youth WRAP 11-12 TAY Council 1-2 Job Preparation 2-3 WRAP Class 3-4 TAY Spectrum 4-5 Positive Interaction Open: 9-5:30	17 9-10 Plan your Day 10-11 Creative Expression 11-12 TAY Council 1-2 Life Skills Class 2-3:30 TAY WRAP (1) 4-5 Nutritional Health Open: 9-5:30	18 9-10 Plan your Day 10-1 TAY Tunnel Open House 10-11 Creative Expression 11-12 Job Preparation 1-2 WRAP for Addiction 3-4 Creative Writing 4-5 Positive Interactions Open: 9-5:30	19 9-10 Plan your Day 10:30-11 Food Pantry 11-12:30 TAY WRAP (6) Closing at 1:00 Staff Meeting Open: 9-1:00	20 Open 10-2:45 10-11 productive Hour 11-12 Youth WRAP 1-2 creative expression
22 9-10 Plan your Day 10-11 Creative Expression 11-12 Job Preparation 1-2 Nutritional Health 3-4 TAY Council Open: 9-5:00	23 9-10 Plan your Day 10-11 Youth WRAP 11-12 TAY Council 1-2 Job Preparation 2-3 WRAP Class 3-4 TAY Spectrum 4-5 Positive Interaction Open: 9-5:30	24 9-10 Plan your Day 10-11 Creative Expression 11-12 TAY Council 1-2 Life Skills Class 2-3:30 TAY WRAP (2) 4-5 Nutritional Health Open: 9-5:30	25 9-10 Plan your Day 10-1 TAY Tunnel Open House 10-11 Creative Expression 11-12 Job Preparation 1-2 WRAP for Addiction 3-4 Creative Writing 4-5 Positive Interactions Open: 9-5:30	26 9-10 Plan your Day 10:30-11 Food Pantry 11-12:30 TAY WRAP (7) Closing at 2:30 Staff Training Open: 9-2:30	27 Open 10-2:45 10-11 productive Hour 11-12 Youth WRAP 1-2 creative expression
29 9-10 Plan your Day 10-11 Creative Expression 11-12 Job Preparation 1-2 Nutritional Health 3-4 TAY Council Open: 9-5:00	30 9-10 Plan your Day 10-11 Youth WRAP 11-12 TAY Council 1-2 Job Preparation 2-3 WRAP Class 3-4 TAY Spectrum 4-5 Positive Interaction Open: 9-5:30			**Please note schedule may change. We appreciate your flexibility. Please feel free to call ahead.	

Mission Statement

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.



“They’ve helped me get a place to live, with clothing and food, and to go to school. They support you. They don’t judge you and that’s one of the biggest things that’s helped.”

— Brandon



Pacific Clinics
ADVANCING BEHAVIORAL HEALTHCARE

TAY TUNNEL WALK-IN CENTER

For Teens and Young Adults (ages 18-25)

Pacific Clinics’ 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 happier and healthier lives.

Everything we offer is completely free and we are open 6 days a week. Walk-ins always welcome. Our services include:

PERSONAL NEEDS AND CARE:

- Clothing
- Showers
- Laundry facilities
- Recreational area
- Computer center

CENTER CLASSES:

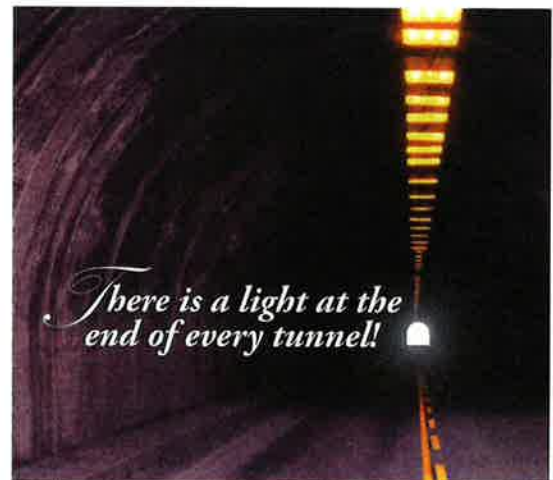
- Creative Expression
- Nutritional Health
- Positive interactions
- TAY Spectrum
- Wellness Recovery Action Plan (WRAP)

JOB OPPORTUNITIES:

- Job search
- Job preparation
- Employment Specialists

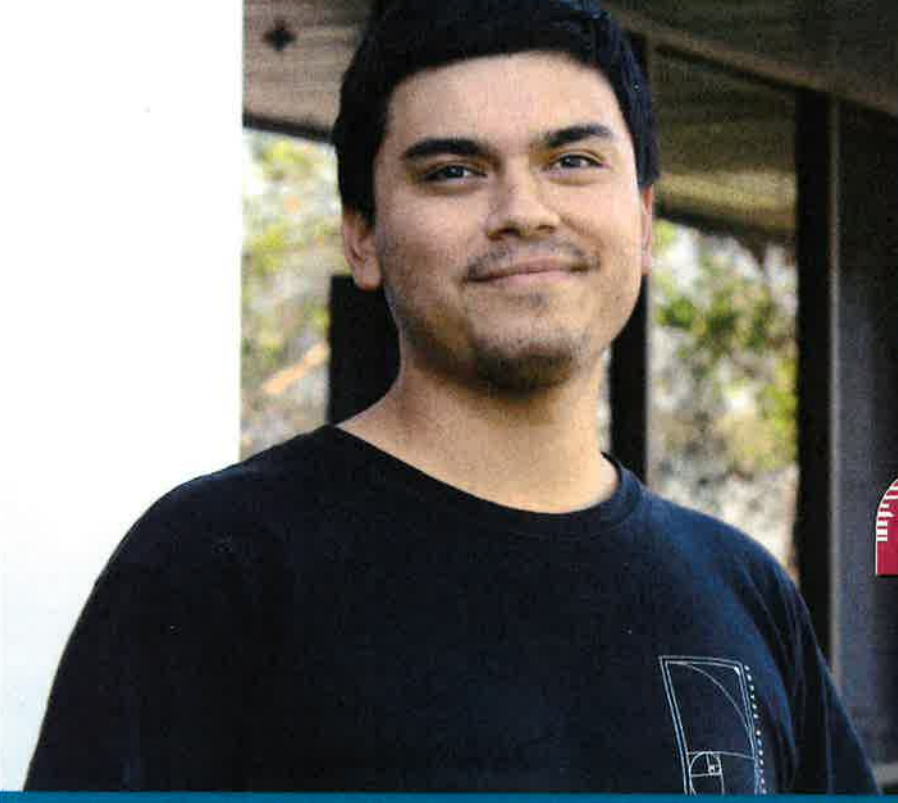
SUPPORTIVE HELP:

- Access to food pantries
- Transportation services
- Housing resources
- Medi-Cal/SSI application
- Healthcare linkage
- Safe Zone for LGBTQ+
- Group outings



Walk-ins welcome! Monday-Friday 9:00am-5:30pm, Saturday 10:00am-3:00pm
Please give us a call to learn more, for transportation needs, or to confirm hours.
TAY Tunnel | 141 West Fifth Street, Suite D, Oxnard, CA 93030 | (805) 240-2538

STAY CONNECTED
 **@taytunnel**



“Me han ayudado a conseguir un lugar para vivir, ropa, comida, e ir a la escuela. Ellos te apoyan y no te juzgan. Esas son las mejores maneras en que pueden apoyarte.”
— Brandon



Pacific Clinics
ADVANCING BEHAVIORAL HEALTHCARE

TAY TUNNEL WALK-IN CENTER

Para adolescentes y adultos jóvenes (edades 18-25)

Pacific Clinics' TAY Tunnel inspira a los jóvenes a ser activos en la creación de cambios positivos en sus vidas en un lugar que brinda apoyo, seguridad y amabilidad. Mostrando los pasos hacia una vida independiente, todos podemos iluminar el camino hacia vidas más felices y sanas.

Todo lo que ofrecemos es completamente gratis y estamos abiertos 6 días a la semana. No se requiere cita. Nuestros servicios incluyen:

NECESIDADES Y CUIDADO PERSONALES:

- Ropa
- Duchas
- Lavandería
- Área recreativa
- Centro de computación

CLASES:

- Expresión creativa
- Salud nutricional
- Interacciones positivas
- TAY Spectrum
- Plan de acción de recuperación de bienestar (WRAP)

OPORTUNIDADES PARA EL EMPLEO:

- Búsqueda de trabajo
- Preparación del trabajo
- Especialistas de empleo

AYUDA DE APOYO:

- Acceso a despensas de alimentos
- Servicios de transporte
- Recursos de vivienda
- Aplicación para Medi-Cal/SSI
- Vinculación de la salud médica
- Zona segura para LGBTQ+
- Salidas en grupo



¡Conectate!

 **@taytunnel**

¡Bienvenidos sin cita! Estamos abierto lunes a viernes de 9:00 am a 5:30 pm y sábados de 10:00 am a 3:00 pm

Llámenos para obtener más información, para necesidades de transporte o para confirmar horarios.

TAY Tunnel | 141 West Fifth Street, Suite D, Oxnard, CA 93030 | (805) 240-2538

La financiación para TAY Tunnel proviene, en parte, del Departamento de Salud Conductual del Condado de Ventura a través de la Ley de Servicios de Salud Mental de California.

TAY TUNNEL

WALK-IN CENTER

CALL US!
(805) 240-2538

Walk-ins always welcome!
Monday-Friday 9:00am-5:30pm,
Saturday 10:00am-3:00pm

141 West Fifth Street, Suite D
Oxnard, CA 93030

www.pacificclinics.org



09102918-0192

DO YOU NEED...



Housing support?

A place to shower
and wash your
clothes?



Help getting
other services?

Learn how we can help you.

TAY TUNNEL WALK-IN CENTER

For Teens and Young Adults

There is a light at the end of every tunnel!

TAY Tunnel empowers 18-25 year-olds to take an active role in creating positive lifestyle changes in a supportive and safe environment.

"They've helped me get a place to live, with clothing and food, and to go to school. They support you. They don't judge you and that's one of the biggest things that's helped."

— Brandon

All services are free and we are **open 6 days a week**. Transportation is available.

WE CAN PROVIDE YOU WITH:

- Clothing
- Showers
- Laundry facilities
- Computer center
- Access to food pantries
- Transportation services
- Recreational area
- Peer Support
- Housing resources
- Medi-Cal/SSI application
- Healthcare linkage
- Safe Zone for LGBTQ+
- Group outings
- Employment Specialists
- Classes

Funding for TAY Tunnel comes, in part, from the Ventura County Department of Behavioral Health through the California Mental Health Service Act.

(805) 240-2538

 [@taytunnel](https://www.facebook.com/taytunnel)



Pacific Clinics
ADVANCING BEHAVIORAL HEALTHCARE

TAY Wellness & Recovery Center
141 W. Fifth Street Suite D
Oxnard, CA 93030

Anthony Marron
Recovery Specialist

Phone (805) 240-2538
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