

BEHAVIORAL HEALTH ADVISORY BOARD
YOUTH & FAMILY COMMITTEE
MINUTES ■ Wednesday, February 8, 2017

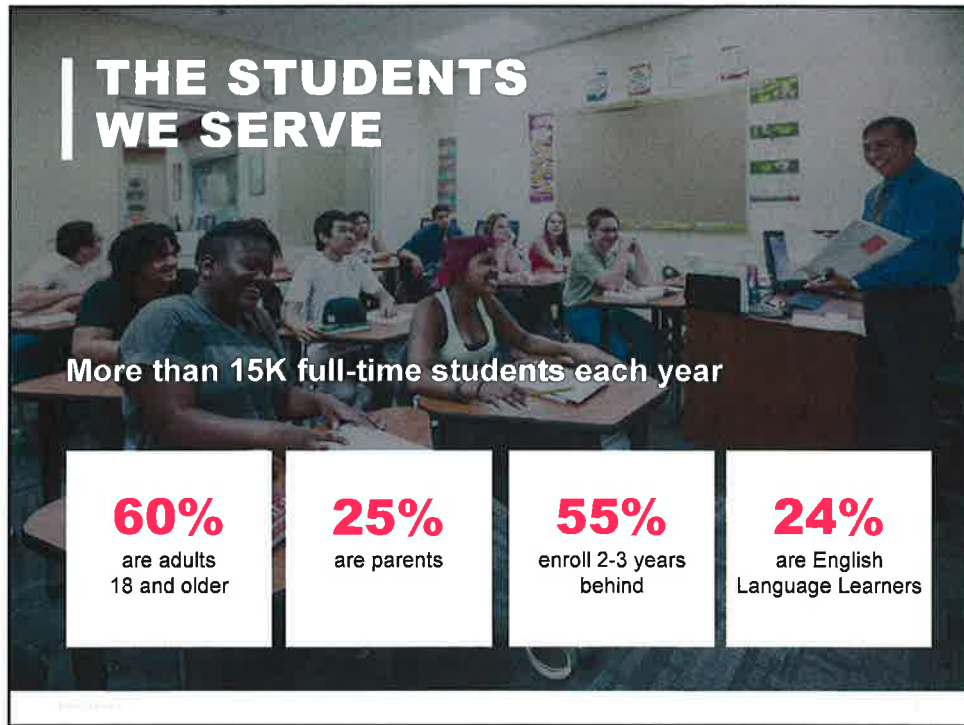
<p>Present Denise Nielsen, Chair Karyn Bates, BHAB Martie Miles, Aspiranet Kimberly Bennett, Casa Pacifica Karina Garcia, Kids & Families Together Crystal Cummings, Kids & Families Together Daisy Polido, New Dawn Sheri Long, Vista Real Charter High School Regina Reed, SELPA Lori Litel, United Parents</p>	<p>VCBH Managers/Staff Present Jennifer Dougherty, Youth & Family Manager, East County Kiran Sahota, MHSA Manager Pam Roach, Transformational Liaison Gracie Lopez, Youth & Family Division Assistant</p> <p>NEXT MEETING: Wednesday, March 8, 2017, 10:00 a.m. – 12:00 pm</p> <p>Ventura County Behavioral Health 1911 Williams Drive, Training Room (first floor), Oxnard</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 Chair Nielsen called the meeting to order at 10:05.		
II.	Approval of the Agenda Ms. Nielsen asked the Committee to review and approve today's agenda.	The agenda was approved as written. M/S/C	
III.	Approval of the Minutes Ms. Nielsen asked the committee to review and approve the minutes of the January 11, 2017 meeting.	The minutes were approved as written. M/S/C	
IV.	Welcome and Introductions Ms. Nielsen welcomed everyone and asked for introductions.		
V.	Chair Announcements The Children's Crisis Stabilization Unit in Oxnard opened in December 2016. The ribbon-cutting ceremony took place on January 26.		
VI.	Public Comments None.		
VII.	New Business A. Presentation: Vista Real Public Charter High School – Sheri Long Vista Real is run under Learn4Life, which has campuses throughout California. The publicly-funded school offers a free high school diploma program and job skills training. The program is free, and the teachers are credentialed. Enrollment fluctuates between 900 and 1100 students. Special Education students are welcome. The school mostly serves students at risk or who are falling through the cracks, e.g. homeless, foster children, special needs. Some students attend for a while, then return to their local school, where they graduate with their class. See attached presentation for details. B. List of Resources for the Child Abuse Council At the January meeting Laurie Jordan of Rainbow Connection had requested to establish a list of resources for the Child Abuse Council. This committee is also looking into creating an app that would list available resources and simplify the updating of the list.		

<p>VIII.</p>	<p>Old Business</p> <p>A. Suicide Prevention workgroup – Kiran Sahota On the first Friday of every month the Suicide Prevention Committee meets from 10:00 to 11:30. Everyone is welcome to attend. Last year the committee reached many of its goals: Mental Health First Aid and SafeTALK, the first Suicide Prevention Conference, the creation of a card that law enforcement can hand out to families in the aftermath of a loved one's completed suicide. The committee is setting new goals: more school outreach, continue prevent/respond/recover efforts while addressing the need of youth, TAY, adult and older adult. From 2015 to 2016 the number of completed suicide dropped from 97 to 81, with a drop from four youth in 2015 to one youth in 2016.</p> <p>B. Parent workgroup – Lori Litel United Parents is looking to schedule the next parent training in March.</p> <p>C. VCBH update – Jennifer Dougherty Pete Pringle provided some information that Jennifer Dougherty shared with the committee:</p> <ol style="list-style-type: none"> 1. Mr. Pringle will contact Chair Nielsen and others to set up a meeting to plan the creation of a phone app. 2. The Continuum of Care Reform (CCR) is slowly ramping up. 3. The ribbon-cutting ceremony of the Children's Crisis Stabilization Unit (CSU) in Oxnard took place on January 26. It was well attended, and four of the five Supervisors spoke in support of the facility and program. The public was able to tour the Compass side of the building, which will house a short-term residential unit. This unit is currently on hold due to licensing. Since opening in December, the CSU has served over 50 youth, with a better than 50% diversion rate. Seneca, which is contracted to run the CSU, continues to do outreach at local hospitals' emergency departments to ensure staff there know about the program and how to refer patients to the CSU. 4. The 11th Annual Youth Carpe Diem, held at the Ventura County Office of Education, mostly for 11th and 12th graders in ED (Emotional Disturbance) classes was attended by 200 students. It included a motivational speaker, a lunch prepared by the Phoenix School culinary arts students, and an experiential art directive. 5. Marika Collins from Casa Pacifica has proposed to give a presentation on its new Short-Term Residential Treatment Program (STRTP) on campus to allow a tour of the facility. Ms. Nielsen noted that she had contacted the BHAB Chair, Janis Gardner, who is concerned that a BHAB meeting off-site might be misconstrued as favoritism. <p>D. VCBH Youth & Family Division Medical Director's update – Dr. Thurber Dr. Thurber was not in attendance.</p>		
<p>IX.</p>	<p>Committee Members' Comments, Activities, updates, items of interest</p> <p>A. Regina Reed noted that SELPAs throughout the state are dealing with funding challenges. Currently SELPAs get AB602 Special Education funds and disperse them to the districts based on total average daily attendance. It has been recommended that those funds and the mental health funds that SELPAs receive go directly to the districts' general funds, unrestricted. It is unclear who is pushing for this. Theoretically, most of the funding for Special Education comes from the Federal government, states provide some funding, and the school districts very little. In reality, districts are now funding at least half.</p>		

	<p>Ms. Reed also noted that:</p> <ol style="list-style-type: none"> 1. On March 6 from 4:00 to 6:00 p.m. SELPA's Community Advisory Committee will present an IEP Basics workshop for parents. 2. Carpe Diem will take place on March 10. Registrations are still being accepted. 3. A Transitions fair will take place on Saturday, March 11 from 9:00 to noon. It is for students 15 years old and up who have an IEP. <p>B. Pam Roach noted that she is working on the updated Youth and Family Support and Safety Plan. She will present it at the next meeting.</p> <p>C. Lori Litel thanked Casa Pacifica for helping United Parents apply for a statewide grant.</p> <p>D. Karyn Bates noted that on February 10 the Client Network will present a workshop on loneliness and compassion. Everyone is welcome. Ms. Bates also spoke about the state Data Notebook, a survey to gather information and data on services in each county. This year the survey focuses on children and youth. Ms. Bates read some of the questions on the survey and invited anyone interested in participating in a data notebook group to contact her.</p>	<p>Safety Plan review at March 8 meeting</p>	<p>P. Roach</p>
<p>X.</p>	<p>Items for the Next Meeting Agenda Ms. Dougherty will follow up with Pete Pringle regarding Seneca. The committee agreed that Seneca should send a representative at every committee meeting. A suggestion was made to have Tri-Counties Regional Center address the special needs of children under five years old.</p>	<p>Seneca's participation in this committee</p> <p>Invite TCRC to discuss under-5 children</p>	<p>P. Pringle</p>
<p>XI.</p>	<p>Adjourn The meeting adjourned at 11:45.</p>		

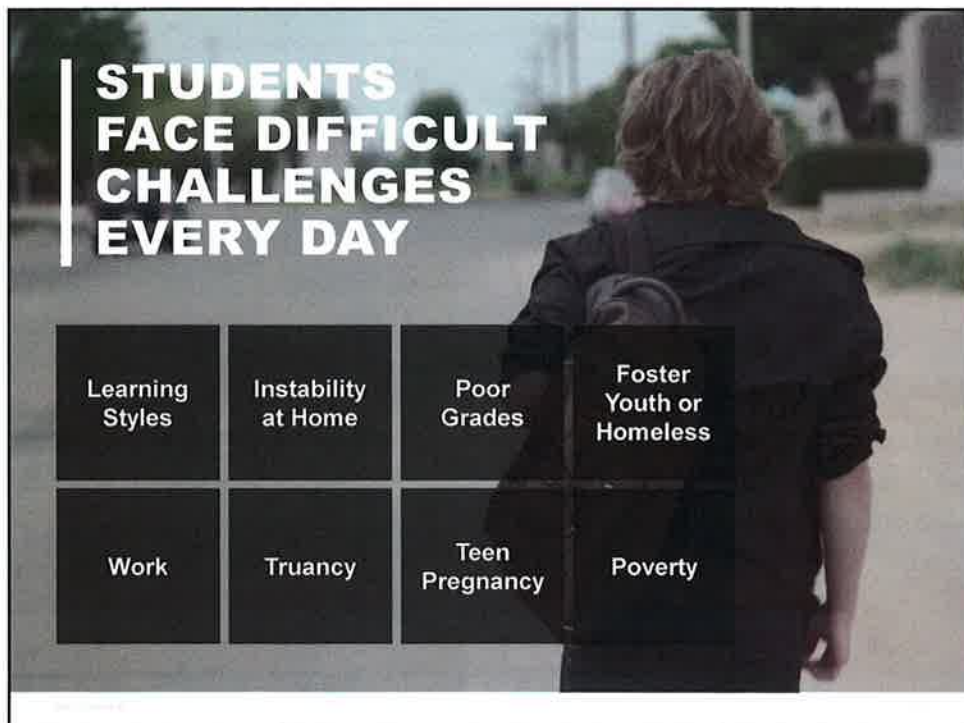




THE STUDENTS WE SERVE

More than 15K full-time students each year


60% are adults 18 and older	25% are parents	55% enroll 2-3 years behind	24% are English Language Learners
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STUDENTS FACE DIFFICULT CHALLENGES EVERY DAY

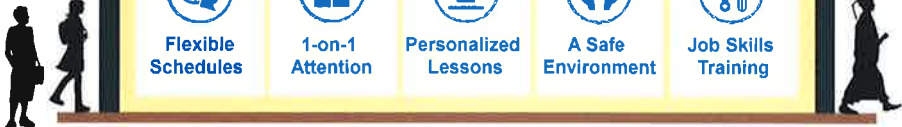
Learning Styles	Instability at Home	Poor Grades	Foster Youth or Homeless
Work	Truancy	Teen Pregnancy	Poverty

A MODEL TO TRANSFORM AT-RISK STUDENTS INTO FUTURE GRADS



Our model has proven success

-  Flexible Schedules
-  1-on-1 Attention
-  Personalized Lessons
-  A Safe Environment
-  Job Skills Training







JOB SKILLS TRAINING




- In partnership with more than 45 approved WIOA service providers throughout the state
- We provide employability skills, work based learning opportunities, internships and job opportunities
- Every student must complete a 10-week job skills course that prepares them for work in the professional workplace

DROPOUTS HAVE FEW PROSPECTS


			
90% of jobs are out of reach	31% of dropouts live in poverty	6X more likely to be incarcerated	40% of female dropouts give birth before the age of 20

DROPOUTS HAVE CHILDREN WHO ARE MORE LIKELY TO DROP OUT



WE HELP THEM CHANGE THEIR STORIES

86% of Learn4Life students are successful	34% return to their local school to graduate with their class	40% go to college after graduation
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INTEGRATED INTO THE COMMUNITY

Vista Real Charter High School



LEARN4LIFE
CHANGE YOUR STORY

STARBUCKS COFFEE

BOYS & GIRLS CLUBS

PathPoint

Career Advancement Center
OFFICE OF EDUCATION
VENTURA COUNTY

FOOD SHARE
Ventura County's Food Bank

PROJECT
at San Buenaventura

CITY OF OXNARD
Oxnard Housing Authority

CITY OF SAN BUENAVENTURA

LEARN4LIFE
CHANGE YOUR STORY

SHERI LONG
VISTA REAL CHARTER HIGH SCHOOL
COMMUNITY OUTREACH
(805) 437-9332
SLONG@LEARN4LIFE.ORG



Friday March 10, 2017
Ventura County Office of Education Conference Center
5100 Adolfo Road, Camarillo, CA 93012

Sponsored by Ventura County Special Education Local Plan Area, United Parents, Rainbow Connection Family Resource Center,
 Ventura County Behavioral Health, Casa Pacifica, Ventura County Office of Education,
 Vista del Mar Hospital, Aspirant, Pacific Clinics

You are responsible for assuring that payment is received at the SELPA office prior to the event or you will be responsible for making the payment at the door. No refunds. No purchase orders for less than \$100.

Late registrations (received after February 17, 2017) must include a \$10 late fee. Seating, lunch, and materials may not be guaranteed for late registrations. Cash or check only.

Parents/Caregivers for assistance with registration, or questions about scholarships, please call 805-437-1560.

Spanish translation (via headset) or sign language interpretation provided for selected sessions if requested at least 2 weeks in advance.

Continuing Education Units

This course meets the qualifications for 5.5 hours of continuing education credit for licensed MFTs, LCSWs, LEPs and LPCCs as required by the California Board of Behavioral Sciences (Casa Pacifica Centers for Children and Families; Provider 2522).

This course meets the qualification for 5.5 hours of continuing education credit for Certified Addictions Treatment Counselors as required by the California Association for Alcohol and Drug Educators (CAADE Provider CP10914C1113).

Casa Pacifica is approved by the American Psychological Association to sponsor continuing education for psychologists. Casa Pacifica Centers for Children and Families maintains responsibility for this program and its content.

TO REGISTER FOR CEUs: CEU registration will be conducted at the event and is separate from event check-in. After check-in please proceed to CEU registration where you will pay the \$10 CEU fee, provide your license number and sign in. In addition, you must sign-out upon completion of conference or you will not receive a CEU certificate.

The 23rd Annual

allergies

23rd Annual Carpe Diem Registration
March 10, 2017

Register Online at: <http://vcoe.k12oms.org/1630-126664>
 Deadline: February 17, 2017 (\$10 late fee at the door)

If you are an employee of a district within VC SELPA and are interested in attending this conference, please complete the following information and submit directly to your district office for authorization and registration. All others please register online as indicated above.

Name _____ e-mail _____

School/District _____

Please mark your first and second workshop choices with a "1" and "2".
 Every effort will be made to accommodate your first choice.

Session I: A B C Session II: D E F

- Spanish Translation Requested or Sign Language
- \$65 Professionals \$20 Parents/College Students (Student I.D. required at door)
- Scholarship (Parents/Caregivers call for scholarship opportunities)
- \$10 Late Fee (after 2/17/17 Deadline)

How to Register:
 Online: <http://vcoe.k12oms.org/1630-126664>

You'll receive an email confirmation if we receive your registration by February 17, 2017 and your email is complete.

Agenda

- 8:00 – 8:30 Registration/Resource Faire
- 8:30 – 8:45 Welcome
- 8:45 – 10:00 Keynote Presentation
- 10:00 – 10:15 Break
- 10:15 – 11:30 Keynote Continued
- 11:30 – 12:00 Plenary Session
- 12:00 – 12:45 Lunch/Resource Faire
- 12:45 – 2:15 Session I
- 2:15 – 2:30 Cookie Break/Passing
- 2:30 – 4:00 Session II

Keynote Presentation

"MINDFULNESS: Good for You, Good for Your Student"

Christiane Wolf, M.D., Ph.D., InsightLA, Director of Mindfulness Programs

The presentation...Mindfulness is an evidenced based practice that has conquered psychotherapy in the West in the last 10 years. This presentation will be a mix of data and hands on practices. An overview of relevant applications will be presented as well as research outcomes. Participants will explore a number of different ways to be mindful in formal and informal ways. Participants will leave with a solid understanding of what mindfulness is and its relationship to compassion as well as with a toolset for brief simple practices for themselves and to instruct those in their care.

About the Speaker...Dr. Wolf is a physician turned mindfulness teacher and teacher trainer. She started meditating shortly after finishing high school and she believes that this saved her sanity during medical school and her residency. She is the Director for Mindfulness-Based Stress Reduction programs at InsightLA in Los Angeles and serves as a consultant and program director for the Mindfulness and Compassion Training Program at the Greater Los Angeles' Veterans Administration. Dr. Wolf is the co-author of "A Clinician's Guide to Teaching Mindfulness", a hands-on approach to start facilitating mindfulness with groups and individuals.

Plenary Session

Title: First Day in Care

This panel session will focus on the strengths of youth, their first day in care and what they wish others would be mindful of. Members on the panel will describe their own experiences and how they have benefited from mindfulness practices.

Session I (12:45 pm – 2:15 pm)

- A Title: Compassion Fatigue. Why you put the oxygen mask on yourself first on an airplane.**
This session will focus on how mindfulness and compassion training can prevent and reverse symptoms of compassion fatigue and burn-out. Participants will use different techniques and practices that can be used at home and throughout the day.

Presented by: Christiane Wolf, MD, PhD, InsightLA, Director of Mindfulness-Based Programs

- B Title: Relaxation/Mindfulness in the Schools**

This session will share how mindfulness and relaxation techniques can be used in the school setting. Presenters will share strategies to include students and how to implement a daily practice in an educational setting.

Presented by: Steven Reigelman; Kimberly Prendergast; Dianne Miller, Phoenix School

- C Title: Living Better – Mental Health Wellness**

Need a stress break? Need to live better? Promotoras in Santa Paula and Fillmore are promoters of mental health wellness. Working with community individuals and groups, they guide and support people to find their own ways to better survive and to thrive.

Presented by: Maria Jimenez and Sandra Reynoso, and Lennie Kwock, LCSW, Promotoras

Cookie Break 2:15 pm – 2:30 pm

Session II (2:30 pm – 4:00 pm)

- D Title: Mindfulness in Schools**

This workshop will allow participants to gain awareness of their inner experience (i.e., physical sensations, emotions, thoughts) and enhance the capacity to self-regulate in everyday life.

Presented by: Ali Hedayat, M.ED., InsightLA

- E Title: The Use of Mindfulness in Therapeutic Relationships**

An experiential workshop that will guide you through several mindfulness skills. These skills are useful for clinicians, parents, teachers or specialists working with children and adolescents.

Presented by: Heidi Kelly, LMFT, Casa Pacifica

- F Title: Simple Mindfulness: Applications for yourself and those you serve.**

Mindfulness – friendly, present moment awareness – is a transformative tool to use for yourself and during client interactions. In this interactive workshop participants will learn simple and proven practices to use anywhere to help re-center, de-stress and recharge.

Presented by: Christiane Wolf, MD, PhD, InsightLA, Director of Mindfulness-Based Programs

