

BEHAVIORAL HEALTH ADVISORY BOARD  
 YOUTH & FAMILY COMMITTEE  
**MINUTES ■ Wednesday, February 14, 2018**

<p><b>Present</b>          Denise Nielsen, Committee Chair          Gane Brooking, BHAB          Marlen Torres, BHAB          Martie Miles, Aspiranet          Marika Collins, Casa Pacifica          Josh Lepore, Casa Pacifica          Laurie Jordan, Rainbow Connection          K. Borney, Rainbow Connection          Carole Shelton Kenewell, Rainbow Connection          Regina Reed, SELPA          Steve Graff, TCRC          Sheri Long, Vista Real Charter High School          Rosalind Groodin</p>	<p><b>VCBH Managers/Staff Present</b>          Dr. Lisa Acosta, Y&amp;F Division Medical Director          Dina Olivas, Youth &amp; Family Division Sr. Manager          Hilary Carson, MHSA Manager          Edith Pham, BHAB Assistant</p> <p><b>NEXT MEETING:</b>  <b>Wednesday, March 14, 2018, 10:00 a.m. – 12:00 pm</b></p> <p>Ventura County Behavioral Health          1911 Williams Drive, Training Room (first 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 Nielsen called the meeting to order at 10:10 a.m.		
II.	<b>Approval of the Agenda</b> Ms. Nielsen asked the Committee to review and approve today's agenda. Regina Reed moved to approve, Martie Miles seconded. The motion passed unanimously.	The agenda was approved as written. <b>M/S/C</b>	
III.	<b>Approval of the Minutes</b> Ms. Nielsen asked the committee to review and approve the minutes of the January 10, 2018 meeting. Edith Pham noted that she received a written request for amendment from Tyler Baker-Wilkinson, Seneca's Program Director of the Crisis Stabilization Unit (CSU). He requested that item VIII.C. (CSU and COMPASS) read "The CSU and COMPASS programs operate at full staffing levels and continue to maintain a capacity of four spaces on the CSU and two spaces on COMPASS, as it has since it opened." Gane Brooking moved to approve as amended, Martie Miles seconded. The motion passed unanimously.	The minutes were approved as amended. <b>M/S/C</b>	
IV.	<b>Welcome and Introductions</b> Ms. Nielsen welcomed everyone and asked for introductions.		
V.	<b>Chair Announcements</b> None		
VI.	<b>Public Comments</b> None.		
VII.	<b>Presentation: Alcohol and Drug Programs (ADP) – Richard LaPerriere, Clinic Administrator, Oxnard ADP</b> All ADP clinics have bilingual staff and at least one licensed counselor. They conduct orientations for adults and teens on the services that ADP provides. Afterwards, it takes on average five days for new clients to get an assessment.  Groups and appointments for adolescents are typically scheduled after school hours. Services are also provided in some schools. Most adolescents are in treatment for about six months.  The ADP clinics are Medi-Cal certified, so the clients must meet medical necessity. The target population is people with mild to moderate mental illness and severe drug or alcohol problem.	Information	

	<p>Confidentiality rules are very strict. Teens can refuse to sign releases of information for ADP staff to speak with their parents.</p> <p>The recent legalization of recreational marijuana for those 21 and over does not change the way treatment is provided. Most adolescents who use are using two to four substances.</p> <p>There are currently no beds in the county for residential detoxification for adolescents. Josh Lepore noted that Casa Pacifica is working on this.</p> <p>See attached for details.</p>		
VIII.	<p><b>Committee Membership</b> Following revisions to the BHAB bylaws, committee chairs can now appoint community members to their committees. Members will be participants who regularly attend the Youth &amp; Family Committee meetings. Ms. Nielsen asked those who would rather not be appointed to this committee to let her know.</p>		
IX.	<p><b>VCBH Youth &amp; Family Division Update – Dina Olivas</b></p> <p>A. Continuum of Care Reform (CCR) VCBH is currently reviewing the program statements of agencies that would like to become Short-Term Residential Treatment Programs (STRTP).</p> <p>The Human Services Agency (HSA) and VCBH are implementing an accelerated process for assessing all youth entering the foster care system. HSA will now refer them to VCBH within five days. VCBH will meet with the caregivers and families early on.</p> <p>B. Crisis Stabilization Unity (CSU) and Comprehensive Assessment and Stabilization Services (COMPASS) Since its inception, the CSU has had 548 admissions; of those, 359 came on an involuntary hold. For all admissions, 300 were discharged to their home and 248 were hospitalized, for a diversion rate of 55%.</p> <p>C. Insights Program This program, which serves youth who are on probation, is a collaboration between several agencies. Its goal is to reduce re-incarceration and hospitalization. Currently, 21 youth are receiving services.</p> <p>D. Other None.</p>		
X.	<p><b>VCBH Youth &amp; Family Division Medical Director’s Update – Dr. Acosta</b> VCBH is working on safe prescribing guidelines for foster youth, including outlining the assessment and review processes.</p> <p>A nurse practitioner is working at three clinics. VCBH is actively recruiting for psychiatrists.</p> <p>The Conejo Adult and Youth &amp; Family clinics are piloting a program to conduct intake assessments within 24 hours.</p>		
XI.	<p><b>Committee Participants Updates</b></p> <p>A. Parent Workgroup Update – Lori Litel, United Parents Ms. Litel was not in attendance.</p> <p>B. MHSA Update – Hilary Carson, MHSA</p> <ol style="list-style-type: none"> <li>1. The Mental Health Services Oversight and Accountability Commission (MHSOAC), which oversees all MHSA funding in the state, is making changes to the type of data that counties can collect on children.</li> <li>2. VCBH is applying for a new triage grant, with specific carving-out for youth. The outcomes will be measured the same way for the entire state.</li> </ol>		

	<p>3. A company has been hired to prepare a needs assessment and is currently collecting preliminary data. The needs assessment process will include focus groups to assess gaps in services.</p> <p>4. Two Innovation projects are scheduled to be presented at the BHAB General meeting on February 26.</p>		
XII.	<p><b>Committee Members' and Participants' Comments, Activities, Updates</b></p> <p>A. Regina Reed reminded all that Carpe Diem will take place on March 2<sup>nd</sup>; the registration deadline has been extended to February 19. A conference on autism will take place on April 19 from 4:00 to 7:00 p.m. at the Ventura County Office of Education. Parents are invited.</p> <p>B. Gane Brooking noted that during its General meeting on February 26, the BHAB will discuss redefining "gravely disabled."</p>		
XIII.	<p><b>Items for the Next Meeting Agenda</b></p> <p>Ms. Nielsen proposed getting presentations from Gold Coast Health Plan or Ventura early Intervention Prevention Services (VIPS).</p>		
XIV.	<p><b>Adjourn</b></p> <p>The meeting adjourned at 11:20 a.m.</p>		



## What's next? After high school?

The *Ventura County Transition Project*  
and the *Ventura County SELPA*  
are pleased to present the 2017-2018



# Spring Transition Fair

For 15-22 year-old diploma and certificate bound special education students and their families!  
Meet directly with the representatives from adult service agencies in Ventura County.



## Plan Ahead!

It's never too early to learn about resources for students with disabilities after high school. Help your high school student prepare for the quality adult life they envision. There are multiple options to investigate for your child's path toward adult life. Learn about the transition to adult life process and support agencies available.

**Saturday, March 10, 2018**

**Open House**

**9:00AM – 12:00PM**

### Ventura County Office of Education

Conference and Educational Services Center  
5100 Adolfo Rd., Camarillo CA 93012

**Cost is Free! Student attendance is encouraged!**

- Visit agency booths (Open House) 9:00am – 12:00pm
- Overview of the transition process (Adults) 9:30am or 10:30am
- Transition Activity (Students) 9:30am or 10:30am
- "Hear My Story": A young adult's journey into adult life (Students/Adults) 9:30am

**CAUTION . . .  
Adult Life Ahead**

### Meet representatives from the following agencies:

Department of Rehabilitation  
Regional Center  
Community Colleges  
Behavioral Health  
Public Health and many more!

Sign Language Interpretation is available but must be reserved 2 weeks in advance. Call 805.437.1560  
For more information on Transition go to [www.vcsepa.org](http://www.vcsepa.org) /Transition to Adult Life

**THE INTERSECTION OF ATTACHMENT THEORY AND  
DEVELOPMENTAL NEUROBIOLOGY:  
COLLABORATING WITH EACH OTHER AND WITH CAREGIVERS TO UNDERSTAND THE  
BEHAVIOR OF YOUNG CHILDREN**



**MONDAY, MARCH 26, 2018**

**OXNARD PERFORMING ARTS AND CONVENTION CENTER**

**9:00am – 4:00pm**

This event will bring together professionals across the county to learn about current research in developmental neurobiology, prenatal and perinatal psychology, psychoneuroimmunology, and trauma theory. Presenters will foster discussion on a new way of understanding the behavior of both young children and adults and its implications. Professionals will look at how they currently engage and support caregivers and identify the importance of acknowledging personal biases, how they share information and what corrections can be made to practices to help families flourish. Small group discussion will include a review of case studies to form the basis for exploration of children's behavior across the spectrum of ages.

**Presented By:**

**Michael Trout** graduated from Alma College (B.A., cum laude, honors in Philosophy) and Central Michigan University (M.A., Psychology), and did his specialized training in infant psychiatry at the Child Development Project, University of Michigan Department of Psychiatry, under Prof. Selma Fraiberg.

**Karen Doyle Buckwalter, LCSW**, is Director of Program Strategy at Chaddock, a multi-service agency providing a range of residential, educational, and community-based services for youth, birth through age 21, and their families. She is a Theraplay® trainer and supervisor and consults with individuals and organizations desiring to shift to attachment-based trauma-informed ways of working with children.

**OBJECTIVES**

1. Participants will be able to describe one functional result of adequate attachment between infant and primary caregiver, and one developmental result of adequate attachment between infant and primary caregiver.
2. Participants will be able to describe a time when they have wondered, followed, or held in their own work with a caregiver.
3. Participants will be able to describe one neurological or somatic reaction to stress in an infant or toddler, and describe the evolutionary function of such reaction.
4. Participants will be able to write a description--hypothetical or from their own life or work--of problematic behavior in a young child, along with an explanation of why, all things considered in the life of that child, the behavior makes sense.

**Conference Fees (lunch included):**

**Registration for Non-Members \$85**

**Registration for Members \$65**

**Registration for Students \$50**

**Best Deal:**

**Individual Membership and Conference \$110**

**Interested in Sharing Your Resources at the Event?**

Click Here for Resource Table Options:

<https://cedca.wufoo.com/forms/conference-exhibitor-registration/>

Continuing Education Units (CEUs) for MFTs/LCSWs as required by the California Board of Behavioral Sciences. CEUs provided by Kids & Families Together - Provider #64094. Apply at the training for a fee of \$25.

**Registration Deadline:**

**March 9, 2018**

Registrations will be accepted after the deadline, but will be treated as "walk-ins." You will receive a confirmation letter along with a map prior to the summit. For information, questions, or concerns, please contact Sonia Sandoval-Edinger at (805) 285-2440 or [psfc.conference@gmail.com](mailto:psfc.conference@gmail.com)

**REGISTER ONLINE AT:**

<https://cedca.wufoo.com/forms/partnership-conference/>

# CAREGIVER RESILIENCY:

## Reducing Stress & Building Resilience for Parents & Providers

**FREE Training for:**

**Providers - February 23  
9:00 - 3:00 pm**

**Parents - February 24  
9:00 - 2:30 pm**

Training by:

UCLA Division of Population  
Behavioral Health,

Nathanson Family Resilience Center,

Patrick Gardner, President

Young Minds Advocacy &

Laura Stillmunkes, Executive Director

Capital Adoptive Families Alliance

**Location:**

**Haynes Family of Programs**

**233 W. Baseline, Box 400**

**La Verne, CA 91750**

- Continental Breakfast
- Lunch
- Training Certificate
- Giveaways
- Child Care

**Registration: [www.cacaregivers.org/training](http://www.cacaregivers.org/training)**

For more information: Jenn 530-312-0480, [jrexroad@cacaregivers.org](mailto:jrexroad@cacaregivers.org)

Parents & Caregivers for Wellness is a collaborative project to strengthen the voice of parents & caregivers, and improve services and supports for families.



Nathanson Family  
Resilience Center  
*Strong Families. Healthy Lives.*



**CMHACY**



EAST BAY  
CHILDREN'S  
LAW OFFICES



YOUNG MINDS  
ADVOCACY



UCLA  
Division of  
Population  
Behavioral  
Health

A PROJECT OF THE MENTAL HEALTH SERVICES  
OVERSIGHT AND ACCOUNTABILITY COMMISSION

# RESILIENCIA DEL CUIDADOR:

## Reduciendo el estrés y creando resiliencia para los padres de familia y proveedores

**Capacitación GRATIS para:**

**Proveedores- 23 de febrero  
9:00 – 3:00 pm**

**Padres- 24 de febrero  
9:00 – 2:30 pm**

**Domicilio:**  
**Haynes Family of Programs**  
**233 W. Baseline, Box 400**  
**La Verne, CA 91750**

Capacitación por:

UCLA Division of Population Behavioral Health,  
Nathanson Family Resilience Center,  
Patrick Gardner, Presidente  
Young Minds Advocacy &  
Laura Stillmunkes, Directora Ejecutiva  
Capital Adoptive Families Alliance

- Desayuno continental
- Almuerzo
- Certificado de capacitación
- Premios
- Cuidado de niños
- Traducción al español

Inscripción: [www.cacaregivers.org/training/](http://www.cacaregivers.org/training/)

Para más información: Jenn 530-312-0480, [jrexroad@cacaregivers.org](mailto:jrexroad@cacaregivers.org)

Parents & Caregivers for Wellness es un proyecto colaborativo para fortalecer la voz de los padres y cuidadores, y mejorar los servicios y apoyos para las familias.

 **Children's Law Center**  
of California  
EXCELLENCE IN ADVOCACY

 **HAYNES**  
FAMILY OF PROGRAMS

 **UCLA**

Nathanson Family  
Resilience Center  
*Strong Families. Healthy Lives.*

 **CAC**  
CALIFORNIA  
ALLIANCE OF  
CAREGIVERS

  
**PARENTS & CAREGIVERS  
FOR WELLNESS**



**CMHACY**



**EAST BAY  
CHILDREN'S  
LAW OFFICES**



**YOUNG MINDS  
ADVOCACY**



A PROJECT OF THE MENTAL HEALTH SERVICES  
OVERSIGHT AND ACCOUNTABILITY COMMISSION



- Spanish Translation Requested or  Sign Language
- \$75 Professionals  \$25 Parents/College Students (Student I.D. required at door)
- Scholarship (Parents/Caregivers call for scholarship opportunities)
- \$10 Late Fee (after 2/12/18 Deadline)

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

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

School/District \_\_\_\_\_

Name \_\_\_\_\_

e-mail \_\_\_\_\_

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.

Register Online at: <http://vcce.k12oms.org/1630-145179>  
Deadline: February 12, 2018 (\$10 late fee thereafter)  
March 2, 2018  
24<sup>th</sup> Annual Carpe Diem Registration

#### How to Register:

Online: <http://vcce.k12oms.org/1630-145179>

You'll receive an email confirmation if we receive your registration by February 12, 2018 and your email is complete. 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 12, 2018) 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 24<sup>th</sup> Annual

Norman & Ellen Linder

*carpe diem*  *conference*

for parents and professionals who care about children with emotional challenges

Friday March 2, 2018

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, Aspiranet, Pacific Clinics

## 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

#### “Building Resiliency in Stressful Times”

**Lennie Kwock, LCSW**

**The presentation...** The Adverse Childhood Experiences (ACE) study informs us of the impact of adverse experiences in childhood, which increase a person's risk for physical and emotional health problems. Lennie Kwock will provide a framework from which to understand the impact of adverse childhood experiences, the world of feelings, and strategies to promote hope, healing and health for people, especially for those who have experienced adverse childhood experiences. The presentation will have a particular focus on children and some of the recent neuroscience findings related to trauma, attachment, and resiliency.

**About the Speaker...** Lennie is a Licensed Clinical Social Worker with over 30 years of experience in community mental health services. He has worked as a mental health clinician with families and children with early childhood trauma, delinquency/gang involvement, substance abuse and/or severe emotional disturbances. He has worked in community outpatient clinics, juvenile detention facilities, and school day treatment programs. He was the manager over the juvenile justice programs and children's clinics of the behavioral health departments of Santa Barbara and Ventura Counties. His passion has been clinical supervision and helping everyone interested in getting better at this difficult art of helping others live better. He is recently retired and currently in private practice, if not on the golf course with his wife and dog.

#### Plenary Session (11:30 a.m.-12:00 p.m.)

**Title: Taking Care of You**

Parents will share their experience navigating through the mental health world with their child(ren) and the tips and techniques they used to care for themselves.

#### Session I (12:45 pm – 2:15 pm)

##### **A Title: Know the Signs of Trauma**

This session will discuss the effects of trauma and how they are related to our physical and mental well-being. Participants will be introduced to some of the wellness and healing modalities that are a part of the Capactar International trainings. These practices will enhance personal wellness and offer you tools to care for others through stress reduction techniques.

**Presented by: Claudia Lozano, United Parents**

##### **B Title: Restorative Justice**

Learn how Gateway Community School utilizes restorative approaches to provide a safe and respectful environment that enables students to build caring relationships with adults and peers, while learning to self-regulate their emotions and behaviors in order to succeed in an academic setting.

**Presented by: Kenneth Loo, Principal, Monica Rodriguez, School Counselor and Jemma Pujol, TSA, Gateway Community School, VCOE**

##### **C Title: Building Resiliency Among Staff**

This workshop will be centered on several ways to build self-care into your staff culture by promoting the key aspects of resiliency. Resiliency is fostered by positive relationships, the ability to make plans and take action, managing difficult emotions and effective communication.

**Presented by: Kimberly Prendergast, LMFT and Wesley Coultas, LMFT, Empire Therapeutic & Creative Services**

#### Cookie Break 2:15 pm – 2:30 pm

#### Session II (2:30 pm – 4:00 pm)

##### **D Title: Resiliency through Advocacy**

This workshop will discuss how parents/teachers/therapists can be advocates for youth in the mental health system from the first psychiatry appointment to a crisis situation or hospitalization.

**Presented by: Dr. Lisa Acosta, VCBH**

##### **E Title: Relax, Are You Kidding? Stress management for parents of children with special needs.**

Parenting a child with special needs is stressful. During this session we will share tips for relaxing on the go and help you find a way to help yourself to be your best for your child.

**Presented by: Colleen Duncan, Autism Coordinator, Tri-Counties Regional Center**

##### **F Title: Helping Children Live Better: Tools for Resiliency and Growth**

This workshop will be a skills-building experience for helpers wanting practical strategies and techniques to help children develop their skills to better face past and present life situations. We will focus especially on grounding and problem-solving techniques to be practiced through hands-on activities. Additionally, we will focus on techniques to strengthen internal protective factors.

**Presented by: Lennie Kwock, LCSW**



- \$10 Cobro Tardío (después de 2/12/18 fecha límite)
- Beca (Padres/Cuidadores llamen para oportunidades de becas)
- \$75 Profesionistas  \$25 Padres/Estudiantes (Se requiere I.D. de estudiante en la puerta)
- Solicito intérprete al Español o  Lenguaje de Señas

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

Favor de marcar su primera y segunda opción de taller con un "1" y "2"  
Se hará todo lo posible para acomodar su primera opción.

Domicilio/Ciudad \_\_\_\_\_

Título \_\_\_\_\_

correo electrónico \_\_\_\_\_

Nombre \_\_\_\_\_

Teléfono \_\_\_\_\_

**24th Annual Carpe Diem Registro**  
2 de marzo, 2018  
Registro por internet: <http://vcoe.k12oms.org/1630-145179>  
o envíe esta forma por correo con su pago a:  
VC SELPA 5100 Adolfo Rd., Camarillo, CA 93012  
Fecha de Plazo: 12 de febrero, 2018 (\$10 cobro tardío)

**Como Registrarse:**

Via internet: <http://vcoe.k12oms.org/1630-145179>  
o Envíe su **registración por correo con cheque a:**

Ventura County SELPA  
Conference Registrations  
5100 Adolfo Rd.  
Camarillo, CA 93012

**?Preguntas? 805-437-1560 o [Brush@vcoe.org](mailto:Brush@vcoe.org)**

Recibirá una confirmación por correo electrónico si recibimos su registro antes del 12 de febrero de 2018, y su correo electrónico está completo. Usted es responsable de asegurar que el pago se reciba en la oficina de SELPA antes del evento o usted será responsable de hacer el pago en la puerta. No hay reembolsos.

Los registros tardíos (recibidos después del 12 de febrero de 2018) deben incluir un cargo por retraso de \$10. Los asientos, el almuerzo y los materiales no pueden ser garantizados para registros tardíos. Efectivo o cheque solamente.

Padres / cuidadores para ayuda con el registro, o preguntas sobre becas, por favor llame al 805-437-1560.

Se proporcionará traducción al español (a través de auriculares) o interpretación de lenguaje de señas para las sesiones seleccionadas, si se solicita con al menos 2 semanas de anticipación.

**Unidades de Educación Continua**

Este curso cumple con los requisitos para 5.5 horas de crédito de educación continua para la licencia MFTs, LCSWs, LEPs y LPCs como es requerido por la Junta de California de Ciencias del Comportamiento (Centros de Casa Pacifica para Niños y Familias; Proveedor 2522), Alcohol y Drogas (CP10914C1113 Proveedor CAADE).

Casa Pacifica está aprobado por la Asociación Psicológica Americana para patrocinar la educación continua para psicólogos. Centros de Casa Pacifica para Niños y Familias mantiene la responsabilidad de este programa y su contenido.

**PARA REGISTRARSE PARA CEUs:** registro para CEUs se llevará a cabo en el evento y es independiente del evento de registro. Después de registrarse proceder a la inscripción de CEU, donde tendrá que pagar la tarifa de \$10, proporcione su número de licencia y **firmar su asistencia**. Adicionalmente, **debe firmar al término** de la conferencia o no recibirá un certificado CEU.

*La 24ª Conferencia*

*Norman & Ellen Linder*

*carpe diem conference* 

*for parents and professionals who care about children with emotional challenges*

**Viernes, 2 de Marzo, 2018**

Oficina del Condado de Ventura Centro de Conferencias Educativo

5100 Adolfo Road , Camarillo, CA 93012

## Agenda

8:00 – 8:30	Registro/Feria de Recursos
8:30 – 8:45	Bienvenida
8:45 – 10:00	Presentación de Orador Principal
10:00 – 10:15	Pausa
10:15 – 11:30	Continuación de Orador Principal
11:30 – 12:00	Sesión Plenaria
12:00 – 12:45	Almuerzo/Feria de Recursos
12:45 – 2:15	Sesión I
2:15 – 2:30	Merienda de Galletas/Cambio
2:30 – 4:00	Sesión II

### Presentación de Orador Principal

#### "Desarrollar Resiliencia en Tiempos Estresantes"

Lennie Kwock, LCSW

**La presentación...** El estudio Experiencias Adversas de la Niñez (ACE) nos informa sobre el impacto de las experiencias adversas de la niñez, que aumentan el riesgo de una persona de tener problemas de salud física y emocional. Lennie Kwock proporcionará un marco para comprender los efectos de las experiencias de la niñez, el mundo de los sentimientos, y las estrategias para promover la esperanza, la curación y la salud de las personas, especialmente para aquellos que han experimentado efectos de experiencias de la niñez. La presentación tendrá un enfoque particular en los niños y algunos de los descubrimientos recientes de la neurociencia relacionados con el trauma, el apego y la resiliencia.

**Acerca del Orador...** Lennie es un Trabajador Social Clínico Licenciado con más de 30 años de experiencia en servicios comunitarios de salud mental. Ha trabajado como clínico de salud mental con familias y niños con trauma en la niñez temprana, delincuencia/participación en pandillas, abuso de sustancias y/o trastornos emocionales severos. Ha trabajado en clínicas comunitarias para pacientes ambulatorios, centros de detención juvenil y programas de tratamiento en el día escolar. Fue gerente de los programas de justicia juvenil y clínicas para niños de los departamentos de salud mental de los condados de Santa Bárbara y Ventura. Su pasión ha sido la supervisión clínica y ayudar a todos aquellos interesados en mejorar en este difícil arte de ayudar a otros a vivir mejor. Recientemente se jubiló y actualmente se encuentra en la práctica privada, si no en el campo de golf con su esposa y su perro.

### Sesión Plenaria

Título: Cuidando de Ti

Los padres compartirán su experiencia navegando a través del mundo de la salud mental con sus hijos y los consejos y técnicas que usaron para cuidar de sí mismos.

Sesión I (12:45 pm – 2:15 pm)

#### A Título: Conozca las Señales de Trauma

Esta sesión discutirá los efectos del trauma y cómo se relacionan con nuestro bienestar físico y mental. Los participantes serán introducidos a algunas de las modalidades de bienestar y alivio que son parte de los entrenamientos de Capacitar Internacional. Estas prácticas mejorarán el bienestar personal y le ofrecerán herramientas para cuidar a otros a través de técnicas de reducción del estrés.

Presentado por: Claudia Lozano, United Parents

#### B Título: Justicia Restaurativa

Aprenda cómo la Escuela Comunitaria Gateway utiliza enfoques restaurativos para proporcionar un ambiente seguro y respetuoso que permita a los estudiantes construir relaciones afectuosas con adultos y compañeros, mientras aprenden a autorregular sus emociones y comportamientos para tener éxito en un ambiente académico.

Presentado por: Kenneth Loo, Director, Monica Rodriguez, Consejera Escolar y Jenna Pujol, TSA, Escuela Comunitaria Gateway, VCOE

#### C Título: Desarrollar Resiliencia Entre el Personal

Este taller se centrará en varias maneras de incorporar el autocuidado en la cultura de su personal, promoviendo los aspectos clave de la resiliencia. La resiliencia es fomentada por las relaciones positivas, la capacidad de hacer planes y tomar acción, manejar las emociones difíciles y la comunicación efectiva.

Presentado por: Kimberly Prendergast, LMFT y Wesley Coultas, LMFT, Empire Therapeutic & Creative Services

Merienda de Galletas 2:15 pm – 2:30 pm

Sesión II (2:30 pm – 4:00 pm)

#### D Título: Resiliencia a Través de la Abogacía

Este taller discutirá cómo los padres, maestros y terapeutas pueden ser defensores de los jóvenes en el sistema de salud mental desde la primera cita psiquiátrica hasta una situación de crisis u hospitalización.

Presentado por: Dr. Lisa Acosta, VCBH

#### E Título: Relájate, ¿Estás Bromearando? Manejo del Estrés para Padres de Niños con Necesidades Especiales

Ser padre de un niño con necesidades especiales es estresante. Durante esta sesión, compartiremos consejos para relajarse mientras en camino y ayudarte a encontrar la manera de ayudarte a sí mismo para ser lo mejor para su hijo.


Presentado por: Colleen Duncan, Coordinador de Autismo, Centro Regional de los Tres Condados

#### F Título: Ayudando a los Niños a Vivir Mejor: Herramientas para la Resiliencia y el Desarrollo

Este taller será una experiencia de desarrollo de habilidades para ayudantes que desean estrategias y técnicas prácticas para ayudar a los niños a desarrollar sus habilidades para enfrentar mejor las situaciones de la vida pasada y presente. Nos enfocaremos especialmente en las técnicas de formación y resolución de problemas que se practicarán a través de actividades prácticas. Además, nos centraremos en las técnicas para fortalecer los factores de protección internos.

Presentado por: Lennie Kwock, LCSW





VENTURA COUNTY  
**BEHAVIORAL HEALTH**  
A Department of Ventura County Healthcare Agency

March 2, 2018

# VCBH Alcohol and Drug Programs

Jonathan Eymann, BH Clinic Administrator  
Richard LaPerriere, BH Clinic Administrator

## VCBH Alcohol and Drug Programs

- ▶ California State and Medi-Cal certified Clinics
- ▶ California Certified counselors
- ▶ Bilingual and bi-cultural staff
- ▶ Treatment provided in English and Spanish
- ▶ Translation services for other languages including ASL
- ▶ Referrals using ASAM Placement Criteria



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## VCBH Alcohol and Drug Programs

- ▶ Detoxification services referrals
- ▶ Perinatal Program
- ▶ Co-Occurring Disorders Treatment (COD)
- ▶ Intensive Outpatient Treatment (IOT)
- ▶ Early Recovery Treatment (ER)
- ▶ Relapse Prevention (RP)
- ▶ Adolescent Treatment



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## Access to Treatment

- ▶ VCBH ADP Outpatient Clinics are open for clinical services from 8:30 a.m. to 8 p.m. Prospective clients are scheduled for an orientation to our services with a substance abuse counselor.
- ▶ Each VCBH ADP clinic conducts orientations to treatment services. Those are scheduled by front desk staff or the counselor on-call: Walk-in/telephone calls and agency referrals.
- ▶ Releases of Information are obtained to aid in coordination of care with the referral source and support system.



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## Time to Services

- ▶ Clients are scheduled to an Orientation to VCBH ADP services.
- ▶ Orientation schedules vary from clinic to clinic; most having two or more a week, serving different populations.
- ▶ Clients are scheduled for an assessment appointment within 7 days of orientation – average 5.
- ▶ Assessment and admissions completed client is scheduled for treatment planning session – within 7 days. Defines medical necessity for treatment.



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## Time to Services

- ▶ Assessment thoroughly reviewed in clinical staffing led by Medical director.
- ▶ Treatment planning session determines the treatment course including group schedule, length of initial stay; referrals as needed. Reviewed and vetted by Medical Director.
- ▶ VCBH ADP average for orientation to treatment services: 10 days.



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## Medical Necessity

- ▶ 22 CCR § 51303
- ▶ In order to qualify for DMC Health Care Services a diagnosis of a current chemical dependency disorder must be rendered which is:
- ▶ Clinically significant (is a condition identified as a Substance Use Disorder in DSM V).
- ▶ Is associated with serious symptoms--It impairs the patient's ability in one or more major life functions.
- ▶ The treatment is one which can be reasonably expected to improve the patient's condition or level of functioning.



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## Medical Necessity

- ▶ Clients therefore must meet diagnostic criteria (medical necessity) based on a thorough assessment.
- ▶ Assessment reviewed and approved by medical director.
- ▶ Treatment is defined as a prescription to address the diagnosed condition.




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## ADP Target Population Quadrant 3

Kenneth Minkoff Treatment Matching Paradigm


<b>Quadrant 1</b> Low severity MH Low severity AOD	<b>Quadrant 2</b> High severity MH Low severity AOD
<b>Quadrant 3</b> Low severity MH High severity AOD	<b>Quadrant 4</b> High severity MH High severity AOD



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## A Word on Confidentiality

- ▶ Under 42 U.S.C. § 290dd-2(a); 42 C.F.R. § 2.1 – 2.3. the law requires:
- ▶ Any federally assisted alcohol or drug program to protect the confidentiality of the “identity, diagnosis, prognosis or treatment of any patient.”
- ▶ These confidentiality rules have been in effect for more than twenty-five years.



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## CFR 42 Part II

Congress enacted these rules because:

**“many individuals will not seek or stay in life saving treatment and prevention programs, out of fear that highly personal and stigmatizing information may be disclosed and have damaging consequences to their personal, family and/or working lives.”**

Source:

Legal Action Center, Confidentiality and Communication: A Guide to the Federal Drug & Alcohol Confidentiality Law



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## ADP Outpatient Program Services

- ▶ Services begin with a comprehensive assessment using SAMHSA approved Best Practice tools; ASAM Assessment; urinalysis; psychosocial and alcohol/drug history.
- ▶ Treatment course determined by medical necessity.
- ▶ Treatment occurs in group setting using Best Practice curriculum.
- ▶ Individual sessions as determined by client needs.
- ▶ Length of Treatment determined by severity of condition, client progress. Most courses begin with a 90 days length and based on re-assessment can continue up to a year. Most clients complete within 6 months.



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## A New Start For Moms target population

- pregnant and substance using; or
- parenting and substance using, with a child(ren) ages birth through 17.
- Parenting also includes a woman who is attempting to regain legal custody of her child(ren).

### Priority admission:

pregnant injection drug users;  
pregnant substance users;  
parenting injection drug users; and  
parenting substance users.



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## A New Start For Moms Mental Health Services

A unique integrated mental health program embedded in ADP.  
Only clients enrolled in ANSFM ADP are eligible for MH services through New Start.

Services provided by Pre-doctoral interns and supervised by Dr. Linda Gertson

Target population: perinatal, quadrant 3

42 CFR rules apply to both ADP and MH services at ANSFM



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## ADP Group Curriculum

- ▶ Living in Balance- Moving from a life of addiction to a life of recovery
- ▶ Matrix Model – treatment approach for stimulant use
- ▶ Matrix Model for Adolescents
- ▶ Hazelden Co-occurring Disorders Program
- ▶ Seeking Safety

## A New Start For Moms Curriculum

Living in Balance- Moving from a life of addiction to a life of recovery  
Matrix Model- treatment approach for stimulant use  
Co-occurring Disorders Program  
Effective Parenting  
Seeking Safety  
Anger Management  
Mindful Parenting – forming secure attachments

## VCBH ADP Services

- ▶ Currently in our 5 clinics we have Spanish speaking access and services staff
- ▶ Office Assistants/transport: 7
- ▶ Clinical staff: 9
- ▶ ADP assessment/intake materials in Spanish
- ▶ ADP Publications are in Spanish and English



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## VCBH ADP Services

- ▶ **Ventura Center**  
24 E. Main Street, Ventura, CA 93001  
(805) 652-6919 Fax: (805) 652-0868  
Clinic Administrator: Chris Huey
- ▶ **Simi Center**  
3150 Los Angeles Avenue, Simi Valley, CA 93065  
(805) 577-1724 Fax: (805) 577-1721  
Clinic Administrator: Cris Ford
- ▶ **Oxnard Center**  
1911 Williams Drive, Suite C, Oxnard, CA 93036  
(805) 981-9200 Fax: (805) 981-9201  
Clinic Administrator: Richard Laperriere
- ▶ **A New Start For Moms**  
1911 Williams Drive, Suite 140, Oxnard, CA 93036  
(805) 981-9250 Fax: (805) 981-9251  
Clinic Administrator: Jonathan Eymann



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## VCBH ADP Services

▶ **Fillmore Center**

828 W. Ventura Street, Suite 250, Fillmore, CA 93015  
(805) 524-8644 Fax: (805) 524-8950  
Clinic Administrator: Shahram Shafa

▶ **Thousand Oaks Center**

▶ 125 W. Thousand Oaks Blvd., Thousand Oaks, CA 91360  
(805) 777-3570 Fax: (805) 777-3515  
Clinic Administrator: Sharon Gasset



## Questions?

