

BEHAVIORAL HEALTH ADVISORY BOARD
YOUTH & FAMILY COMMITTEE
MINUTES ■ Wednesday, May 9, 2018

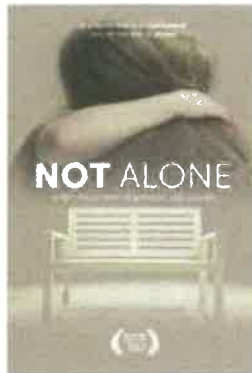
<p>Members Present Denise Nielsen, Committee Chair Marlen Torres, BHAB Marika Collins, Casa Pacifica Ken McDermott, Children and Family Services Heather Davidson, First 5 Ventura County Laurie Jordan, Rainbow Connection Regina Reed, SELPA Dr. Steven Graff, Tri-Counties Regional Center Lori Litel, United Parents Sheri Long, Vista Real Charter High School</p> <p>Others Present Denise Pont, VIPS Josh Tirado, VIPS Joelle Vessels, Interface Gina Johnson, Probation Carmen Franco, Children and Family Services</p>	<p>VCBH Managers/Staff Present Dina Olivas, Youth & Family Division Sr. Manager Dr. Lisa Acosta, Y&F Division Medical Director Hilary Carson, MHSA Pam Roach, Transformational Liaison Edith Pham, BHAB Assistant</p> <p>NEXT MEETING: Wednesday, June 13, 2018, 10:00 a.m. – 12:00 pm</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.	Call to Order Chair Nielsen called the meeting to order at 10:05 a.m.		
II.	Approval of the Agenda Ms. Nielsen asked the Committee to review and approve today's agenda. Regina Reed moved to approve, Dina Olivas seconded. The motion passed unanimously.	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 April 11, 2018 meeting. Marlen Torres moved to approve, Laurie Jordan seconded. The motion passed unanimously.	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 Camarillo Council of PTAs will host the screening of the movie "Not Alone" on May 14 at 6:30 p.m. at the Camarillo Roxy Theater. The movie was created by a high school student to raise awareness of teen mental illness and suicide.		
VI.	Public Comments None.		
VII.	Presentation: Ventura early Intervention Prevention Services (VIPS) – Denise Pont, LMFT, Clinical Director, and Josh Tirado, vocational-educational specialist VIPS is an Evidence-Based Program that serves young people ages 16 to 25 who are at risk for developing psychosis or who have had psychotic symptoms for up to one year. Anyone can make direct referrals, such as family members, schools, VCBH. VIPS conducts a phone screening, then completes an assessment either in the office or in the field. Staff include bicultural and bilingual therapists, a psychiatrist, a registered nurse, a vocational-educational specialist. Services include joint sessions with families, psychiatric services and medication support. At the discretion of the psychiatrist, clients who are self-medicating may be allowed to remain in the		

	<p>program. Clients are assessed at intake and again at six and 12 months. While enrolled in VIPS, clients do not receive services through VCBH. Clients receive two years of intensive services, then one year of less-intensive services.</p> <p>Adolescents who are 15 years old can receive services through VIPS, but not younger ones as there would be too much of an age gap with the older clients.</p> <ul style="list-style-type: none"> Ms. Nielsen and Dr. Acosta spoke in support of VIPS providing services to younger adolescents. <p>Vocational, educational and socialization services are provided, using the peer model. VIPS works with teachers so that the clients can reach their academic goals, and it helps clients explore job and college options. VIPS will soon celebrate its clients' high school graduation.</p> <p>The program is funded through the Mental Health Services Act (MHSA). It can bill Medi-Cal and helps clients sign up for Medi-Cal when appropriate.</p> <p>VIPS does community outreach to schools, county agencies, private doctors. Its offices are in Ventura and Simi Valley.</p> <p>See attached brochure for more information.</p>		
VIII.	<p>New Business</p> <p>A. Committee Membership – Appoint Marlen Torres Ms. Nielsen appointed Marlen Torres, BHAB member, to be a member of this committee.</p> <p>B. Committee Objectives for 2018-19 The committee reviewed its list of objectives for the current year and updated it for Fiscal Year 2018-19:</p> <ol style="list-style-type: none"> Remove the heading Continuum of Crisis Stabilization Options. <ul style="list-style-type: none"> 1.a will be moved to Continuum of Care Reform. 1.b will be deleted. Add the following objective: "Advocate for the re-creation of psychiatric hospital beds in the county for the pediatric population." Under Community and Parent Outreach, add "Raise awareness of services for children ages 0-5 and access to those services." <p>Dr. Acosta moved to approve the updated objectives for FY2018-19. The motion passed unanimously.</p> <p>C. Summer Schedule After a brief discussion, Ms. Nielsen moved to go dark in July. The motion passed unanimously.</p>	<p>Appoint Marlen Torres as a member</p> <p>Approve the updated FY 2018-19 objectives M/S/C</p> <p>Go dark in July M/C</p>	<p>Chair Nielsen</p>
IX.	<p>Ventura County Behavioral Health (VCBH) Youth & Family Division Updates</p> <p>A. Youth & Family Division – Dina Olivas</p> <ol style="list-style-type: none"> VCBH is actively participating in community outreach; e.g. Dia de los Niños (sponsored by the Mexican Consulate), and a conference in Santa Paula, where two Spanish-speaking VCBH clinicians provided education on mental health services. VCBH is looking at how to best utilize the services of Dr. Barbara Stroud, a consultant who has trained over 200 clinicians and public health nurses. VCBH participated in a Department of Health Care Services (DHCS) meeting and discussed the Continuum of Care Reform (CCR), Pathways to Wellbeing, prevention, and treatment residential centers. Statewide, many group homes are struggling to shift to residential treatment center. <p>B. Youth & Family Division Medical Director – Lisa Acosta, M.D.</p> <ol style="list-style-type: none"> As of October the Division will be fully staffed with psychiatrists and nurse practitioners. Vista del Mar Psychiatric Hospital is opening its intensive outpatient program. VCBH is working to use some of Vista del Mar psychiatric beds for VCBH clients. 		

	<p>3. Dr. Acosta will give a talk at Casa Pacifica with staff from Non-Public Schools (NPS) to educate them on psychotropic medication.</p> <p>4. VCBH is working with Screening, Triage, Assessment and Referral (STAR), the Crisis Stabilization Unit (CSU), and hopefully the juvenile justice system, to create a standardized risk assessment form for suicidal and homicidal risk.</p> <p>5. A gap in services for eating disorders, both for youth and adults, has been identified. VCBH is in the early stages of addressing this gap. Anyone interested in participating should contact Dr. Acosta.</p> <p>C. Mental Health Services Act (MHSA) – Hilary Carson</p> <p>1. The public comment period for the MHSA Annual Report, posted online, will close on May 16, and community input will be discussed during the BHAB General Meeting of May 21st.</p> <p>2. A one-hour suicide talk is provided through Ventura County Office of Education (VCOE).</p> <p>3. VCBH has extended its contract with NAMI, to include In Our Own Voice and a four-hour Friends and Family pilot meeting.</p> <p>4. Ms. Carson will start her maternity leave soon and will return in September. Kiran Sahota, MHSA Senior Manager, will attend this committee's meetings when available.</p>	<p>Work to address services for eating disorders</p>	<p>Contact Dr. Acosta</p>
<p>X.</p>	<p>Committee Members' and Participants' Comments, Activities, Updates</p> <p>A. Ken McDermott noted that the state legislature is working on allowing the 529 college savings account to be converted to able accounts that can be used to provide services without impacting the youth's Supplemental Security Income (SSI).</p> <p>B. Regina Reed noted that the Pleasant Valley and Oxnard school districts are impacted when out-of-county children are placed at Casa Pacifica. SELPA has a hard time getting consents when they are not in the referral packets, thus delaying mental health services to those students. Marika Collins invited Ms. Reed to contact her directly when such issues arise as Casa Pacifica gives a list of needed placement documents to counties.</p> <p>C. Marika Collins noted that the following day Casa Pacifica will host a forum on CCR and Short-Term Residential Therapeutic Centers (STRTP).</p> <p>D. Lori Litel noted that United Parents will present a conference the following week. It will include five workshops.</p> <p>E. Joelle Vessels briefly described Home Builders, a program that helps families whose children are at imminent risk of removal. Referrals are made through Children and Family Services (CFS). Home Builders clinicians provide in-home services to families for ten hours per week for four weeks.</p> <p>F. Laurie Jordan, noting the array of programs in place, requested a document that would list all available programs. Ms. Carson noted that she has created such a document, but it needs to be updated. A brief discussion took place regarding the family resource app and outdated information and documents that are online. It was noted that 2-1-1 usually has the most current information.</p>		
<p>XI.</p>	<p>Items for the Next Meeting Agenda Request a presentation on 2-1-1.</p> <p>Other proposed presentations: CSEC, and Forever Found.</p>	<p>Request a 2-1-1 presentation</p>	<p>E. Pham</p>
<p>XII.</p>	<p>Adjourn The meeting adjourned at 11:45 a.m.</p>		



Parent and Community Education Event

The Camarillo Council of PTAs will be hosting a screening of “Not Alone”

(a film about teen depression and suicide)

Monday, May 14 at 6:30 pm at the Camarillo Roxy Theater

“Suicide is the SECOND leading cause of death for ages 10-24.”

This film, *Not Alone*, was created to raise awareness of teen mental illness and to initiate an important discussion about suicide prevention within our community. The film was created by a high school student and features several students who share their personal stories of struggling with depression, anxiety, and self harm. The goal of the film is to help youth and adults recognize signs of depression and mental illness and learn how to Ask Questions, Listen, and Get Help.

We encourage parents, high school and middle school students**, teachers, counselors, and community members to attend this film screening. Following the film, there will be a panel discussion about how to recognize signs of mental illness and depression and how to help someone who is struggling.

Thank you for your support!

Tickets are \$5 per person.*

Seating is limited and tickets must be purchased in advance.

BUY NOW

**price includes a small popcorn*

** this film is recommended for ages 14 and up. Parents should use their judgment when bringing middle school students. Students need to be accompanied by a parent or guardian.

<http://www.camarillopta.org/not-alone-film-screening/>



ABOUT TELECARE

Telecare is a family- and employee-owned company that has been treating individuals with serious mental illness since 1965. We specialize in innovative, outcomes-driven services for high-risk individuals with complex needs. Our programs are recovery-focused and clinically effective and are designed in partnership with local, county, state and other behavioral health organizations.

TELECARE'S MISSION

Telecare's mission is to deliver excellent and effective behavioral health services that engage individuals with complex needs in recovering their health, hopes, and dreams.

OUR STATEMENT OF PURPOSE

We exist to help people with mental impairments realize their full potential.

REFERRAL GUIDELINES:

To participate in the VIPS program, individuals must meet the following criteria:

- Meet any of the warning signs
 - Be 16-25 years old
 - Live in Ventura County
- Psychotic symptoms up to one year
 - Be 16-25 years old
 - Live in Ventura County

GET CONNECTED!

If you are interested in receiving information, education, and/or materials on the VIPS program, please contact us at: 805-477-9848 or 805-526-3539.

SIMI VALLEY OFFICE

1919 Williams St., Suite 200
Simi Valley, CA 93065
Phone: 805-526-3539
Fax: 805-526-3758

CONTACT VIPS

VENTURA OFFICE

1746 S. Victoria Avenue, #220
Ventura, CA 93001
Phone: 805-477-9848
Fax: 805-477-9849



TELECARE CORPORATION

VIPS:

Ventura early Intervention Prevention Services

Serving young people ages 16-25 in Ventura County at risk for developing psychosis or have had psychotic symptoms for up to one year.

For more information or referrals please call the Ventura office at 805-477-9848 or the Simi Valley office at 805-526-3539.

TELECARE CORPORATION | WE EXIST TO HELP PEOPLE WITH
MENTAL IMPAIRMENTS REALIZE THEIR FULL POTENTIAL

vips@telecarecorp.com
www.telecarecorp.com/vips

ABOUT VIPS: WHO WE ARE

VIPS is an exciting program offered by Ventura County Behavioral Health in partnership with Telecare Corporation. This program is modeled after the Portland Identification and Early Referral (PIER) model.

WE HELP THE COMMUNITY TO BE AN ACTIVE AND ESSENTIAL PART OF THE TREATMENT PROCESS

Research has indicated that educating the public and community leaders will increase the chances that a young person will receive early treatment that can slow the progression of psychosis. VIPS actively outreaches to the communities of Ventura County to provide information about early identification and treatment.

WHO CAN HELP?

Community members who are most likely to help identify these young people include:

- Staff at high schools and colleges
- Nurses and physicians
- Spiritual leaders
- Police
- Mental health professionals
- Community centers



WHO WE SERVE

VIPS provides confidential assessment and early assistance for young people between the ages of 16 and 25 who are at risk for mental illness or who have had psychotic symptoms up to one year in west county (Ventura) and east county (Simi Valley and Santa Clarita).

SYMPTOMS MAY INCLUDE:

The following symptoms are behaviors or feelings that can indicate a temporary reaction to significant stressors, or they can be early signs of a developing psychotic illness. If the young person presents a combination of symptoms, or the symptoms appear to worsen over time, this may indicate the onset of a mental illness.

- Difficulty in maintaining focus, concentration or memory
- Hearing sounds or voices, seeing visions, or experiencing strange sensations that others don't perceive
- Difficulty with conversations or being understood
- Feeling overly fearful or suspicious
- Changes in sensitivity to light, sound or touch; decreased sense of smell
- Dramatic changes in behaviors, ideas, sleep or appetite
- Withdrawal from friends and family
- Deterioration in school or work functioning
- Suicidal thoughts

WHAT WE DO

VIPS consists of a diverse clinical team trained to assess and treat young people experiencing the early warning signs of psychosis or experiencing psychosis.

The VIPS team assists young people and their families to build coping skills, reduce stress, and increase performance in all areas of the young person's life. Consultations and assessments with trained professionals will determine whether an individual could benefit from VIPS services.

OUR TEAM WILL:

- Educate community members who will help identify young people who are exhibiting the early warning signs of psychosis
- Conduct confidential assessments specifically designed to identify risk for actual psychosis
- Provide individualized treatment for the young person and their family

TREATMENT INCLUDES:

- Multi-Family Groups
- Psycho-education
- Psychiatric/Medication options
- Bicultural/Bilingual Services
- Education and Employment Support
- Nursing Services



SOBRE TELECARE

Telecare es una compañía familiar y de propiedad de los empleados que trata a individuos con enfermedades mentales graves desde 1965. Nos especializamos en servicios innovadores y orientados hacia resultados para individuos de alto riesgo con necesidades complejas. Nuestros programas se enfocan en la recuperación y son clínicamente efectivos, además de estar diseñados en sociedad con organizaciones de la salud conductual locales, del condado, estatales y otras.

LA MISIÓN DE TELECARE

La misión de Telecare es proveer servicios de salud conductual excelentes y efectivos que involucran a individuos con necesidades complejas en la recuperación de su salud, esperanzas y sueños.

NUESTRA DECLARACIÓN DE PROPÓSITO

Existimos para ayudar a las personas con deficiencias mentales a materializar todo su potencial.

CONTACTE A VIPS

VENTURA OFFICE

1746 S. Victoria Avenue, #220
Ventura, CA 93001
Teléfono: 805-477-9848
Fax: 805-477-9849

SIMI VALLEY OFFICE

1919 Williams St., Suite 200
Simi Valley, CA 93065
Teléfono: 805-526-3539
Fax: 805-526-3758



GUÍA PARA LAS DERIVACIONES:

Para participar en el programa VIPS, las personas deben satisfacer los siguientes criterios:

- Satisfacer algunas de las señales de advertencia
- Tener de 16-25 años
- Vivir en el Condado de Ventura
- Síntomas psicóticos de hasta un año
- Tener de 16-25 años
- Vivir en el Condado de Ventura

¡CONÉCTESE!

Si está interesado en recibir información, educación y/o materiales en el programa VIPS, comuníquese con nosotros al: 805-477-9848 o 805-526-3539.

TELECARE CORPORATION

VIPS:

Servicios de Prevención e
Intervención temprana Ventura

Atender a personas jóvenes de 16-25 años en el Condado de Ventura en riesgo de desarrollar psicosis o haber tenido síntomas psicóticos durante hasta un año.

Para más información o derivaciones, llame a la oficina de Ventura al 805-477-9848 o a la oficina Simi Valley, al 805-526-3539.



TELECARE CORPORATION | EXISTIMOS PARA AYUDAR A PERSONAS CON DEFICIENCIAS MENTALES A DESARROLLAR TODO SU POTENCIAL

vips@telecarecorp.com
www.telecarecorp.com/vips

ACERCA DE VIPS: QUIÉNES SOMOS

VIPS es un programa interesante ofrecido por Salud Conductual del Condado de Ventura en asociación con Telecare Corporation. Este programa está organizado siguiendo el modelo de Identificación y Derivación Temprana de Portland (PIER).

AYUDAMOS A LA COMUNIDAD A SER PARTE ACTIVA Y ESENCIAL DEL PROCESO DE TRATAMIENTO

Las investigaciones han indicado que educar al público y a los líderes de la comunidad aumentará las probabilidades de que una persona joven reciba tratamiento temprano que pueda disminuir el avance de la psicosis. VIPS se acerca de manera activa a las comunidades del Condado de Ventura para proporcionar información sobre la identificación y el tratamiento tempranos.

¿QUIÉNES PUEDEN AYUDAR?

Los miembros de la comunidad con más probabilidades de ayudar a identificar a estos jóvenes, son:

- Personal de las escuelas secundarias y universidades
- Enfermeros y médicos
- Líderes espirituales
- Policía
- Profesionales de salud mental
- Centros comunitarios



A QUIÉNES ATENDEMOS

VIPS proporciona evaluación confidencial y ayuda temprana para personas jóvenes de 16 a 25 años, en riesgo de enfermedad mental o que tienen síntomas psicóticos de hasta un año en un condado del oeste (Ventura) y un condado del este (Simi Valley y Santa Clara).

LOS SÍNTOMAS PUEDEN INCLUIR:

Los síntomas siguientes son conductas o sentimientos que pueden indicar una reacción temporal a estresantes significativos, o pueden ser señales tempranas del desarrollo de una enfermedad psicótica. Si el joven presenta una combinación de síntomas, o parece que los síntomas empeoran con el tiempo, esto puede indicar la aparición de una enfermedad mental.

- Dificultad para mantenerse enfocado y con la concentración y memoria.
- Escuchar sonidos o voces, ver visiones o tener sensaciones extrañas que otros no tienen
- Dificultad con las conversaciones o en hacerse entender
- Sentirse exageradamente temeroso o sospechoso
- Cambios en la sensibilidad a la luz, sonido o tacto; disminución del sentido del olfato
- Cambios importantes en las conductas, ideas, sueño o el apetito
- Aislamiento de los amigos y familiares
- Deterioro en el rendimiento escolar o laboral
- Ideas suicidas

LO QUE HACEMOS

VIPS cuenta con un equipo clínico diverso capacitado para evaluar y tratar a personas jóvenes que presentan señales de alerta tempranas de psicosis o que ya experimentan la psicosis.

El equipo de VIPS ayuda a personas jóvenes y a sus familias a construir capacidades para afrontar situaciones, reducir el estrés y aumentar el rendimiento en todas las áreas de la vida de las personas jóvenes. Las consultas y las evaluaciones con profesionales capacitados determinarán si una persona se beneficiaría de los servicios de VIPS.

NUESTRO EQUIPO:

- Educará a los miembros de la comunidad que ayudarán a identificar a los jóvenes que muestran las señales de alerta tempranas de psicosis
- Realizará evaluaciones confidenciales diseñadas específicamente para identificar el riesgo real de psicosis
- Brindará tratamiento individualizado para las personas jóvenes y sus familias

EL TRATAMIENTO INCLUYE:

- Grupos multifamiliares
- Educación psicológica
- Opciones psiquiátricas/medicación
- Servicios biculturales/bilingües
- Soporte educativo y laboral
- Servicios de enfermería

Ventura County Behavioral Health Advisory Board Youth & Family Committee

Mission

The BHAB Youth & Family Committee advocates for the continuum of care and development in the delivery of services for youth and their families, believing that addressing the unique needs of minors and their caregivers is essential to the health of the community.

2017-18 Objectives

- 1. Continuum of Crisis Stabilization Options**
 - a. Monitor the Crisis Stabilization Unit. Identify remaining gaps in the continuum of crisis services.
 - b. The Committee will receive ongoing updates from the Suicide Prevention workgroup.

- 2. Continuum of Care Reform**

Follow and evaluate the implementation of the Continuum of Care Reform (CCR). Identify further needs or gaps in services to children in foster care.

- 3. Community and Parent Outreach**
 - a. Engage community agencies to schedule presentations regarding the role and activities of this Committee.
 - b. Recruit community members to serve on the Committee, and inform families about mental health services available.
 - c. Create innovative strategies to increase parent participation in this Committee.
 - d. Raise awareness of alcohol and drug use information. Actively disseminate alcohol and drug use prevention information to the community partners, including community-based organizations (CBOs), law enforcement, and school districts.
 - e. Maintain the availability of relevant materials on the Ventura County Behavioral Health's [wellnesseveryday/saludsiempre](#) website.
 - f. Continue to oversee the development of the family resource app.