

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

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| <p><b>Present</b><br/> Denise Nielsen, Committee Chair<br/> Jerry Harris, BHAB Chair<br/> Ratan Bhavnani, BHAB<br/> Gane Brooking, BHAB<br/> Marlen Torres, BHAB<br/> Martie Miles, Aspiranet<br/> Marika Collins, Casa Pacifica<br/> Savannah Eden, Kids &amp; Families Together<br/> Regina Reed, SELPA<br/> Lori Litel, United Parents<br/> Sheri Long, Vista Real Charter High School<br/> Katherine Kasmir, Straight Up/Reality Improv Connection, Inc.</p> | <p><b>VCBH Managers/Staff Present</b><br/> Dr. Deborah Thurber, Y&amp;F Division Medical Director<br/> Dina Olivas, Youth &amp; Family Division Sr. Manager<br/> Pam Roach, Transformational Liaison<br/> Edith Pham, BHAB Assistant</p> <p><b>NEXT MEETING:</b><br/> <b>Wednesday, January 10, 2018, 10:00 a.m. – 12:00 pm</b></p> <p>Ventura County Behavioral Health<br/> 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/<br>ACTIONS                         | RESPONSIBLE |
|------|---|---|-------------|
| I.   | <b>Call to Order</b><br>Chair Nielsen called the meeting to order at 10:10 a.m.   |   |             |
| II.  | <b>Approval of the Agenda</b><br>Ms. Nielsen asked the Committee to review and approve today's agenda. Regina Reed moved to approve, Marlen Torres seconded. The motion passed unanimously.   | The agenda was approved as written.<br><b>M/S/C</b> |             |
| III. | <b>Approval of the Minutes</b><br>Ms. Nielsen asked the committee to review and approve the minutes of the October 11, 2017 meeting. Pam Roach moved to approve, Gane Brooking seconded. Ms. Reed requested a change to item VII.3, to read: "SELPA will contact the Superintendents." The motion passed unanimously.   | The minutes were approved as amended. <b>M/S/C</b>  |             |
| IV.  | <b>Welcome and Introductions</b><br>Ms. Nielsen welcomed everyone and asked for introductions.  |   |             |
| V.   | <b>Chair Announcements</b><br>A. United Parents will present a training on November 29th for parents, and on November 30 <sup>th</sup> for professionals. Ms. Litel provided details of the event.<br>B. The Exploitation Prevention in Schools and Youth Service Programs will be on December 1 <sup>st</sup> at Cornerstone Community Church in Simi Valley.<br>C. Agency 101 will be on January 24, 2018. The deadline for reserving a both is December 16.  |   |             |
| VI.  | <b>Public Comments</b><br>None.   |   |             |
| VII. | <b>Presentation: Straight Up/Reality Improv Connection – Katherine Kasmir, Executive Director</b><br>The mission of Reality Improv Connection is to engage youth ages 12-25 and parents, and to change community and social norms related to drinking and drug use. The program was started because of local tragedies related to underage drinking. It is a contract provider with VCBH Alcohol and Drug Programs, Prevention Services.<br><br>Through an interactive and collective Jeopardy-like game, Ms. Kasmir provided the following information:<br><br>Since 2005 when it first contracted with VCBH, Straight Up has been addressing the prevention of prescription drug and marijuana abuse, impaired driving, and health disparities. |   |             |

|       |   |  |  |
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|       | <p>Environment prevention is most effective in reducing problems related to underage and binge drinking. "Holding youth solely responsible for underage drinking is like holding fish responsible for dying in a polluted stream" as TV shows, movies, the internet, and adults in the youth' lives normalize or even promote drinking.</p> <p>Other workshops that the program provides are leadership, video advocacy, social change theater, and parent/adult workshops. They help the youth reach out to their peers and think of themselves as advocates. Videos and Public Service Announcements (PSA) made by youth can be viewed at <a href="https://www.youtube.com/StraightUpVC">YouTube.com/StraightUpVC</a>.</p> <p>In September 2017 alone, Straight Up videos or PSAs were aired on the local cable channel Community Access Partners of San Buenaventura (CAPS) 1,063 times.</p> <p>Social Change Theater, which uses improvisation techniques, critically examines social norms. The most common reason that youth give for abusing drugs or alcohol is that it is a way for them to deal with stress and feelings.</p> <p>Reality parties, which are held in private homes, aim at informing parents so that they can communicate with their youth and stop hosting drinking parties. Youth volunteers rehearse the morning of the event. Their motivations are to make a difference or get community service hours for school or court. Once such reality party will be held in Oxnard on December 9 and will be conducted in Spanish.</p> <p>Ms. Kasmir can be reached at <a href="mailto:katherine@straightupvc.org">katherine@straightupvc.org</a> or <a href="http://www.straightupvc.org">www.straightupvc.org</a></p> |  |  |
| VIII. | <p><b>VCBH Youth &amp; Family Division Update – Dina Olivas for Pete Pringle</b></p> <p>Ms. Olivas noted that the previous week saw a terrible car accident which affected six local youth, with three of them dying. VCBH has been working with Community-Based Organizations (CBOs) to provide support. School partners stepped in right away. Some VCBH clinicians are getting help from the county's Employee Assistance Program. VCBH will continue to provide support to children and youth, families and clinicians.</p> <p>Continuum of Care Reform (CCR)<br/>The State is planning to have the entire state use a new Child and Adolescent Needs and Strengths (CANS). This will be used by all CBOs for all children in foster care. VCBH will work on providing training.</p> <p>Currently, most children living in Ventura County group homes are from other counties. VCBH is responsible for providing services to them under presumptive transfer.</p> <p>A. Crisis Stabilization Unit (CSU)<br/>Dr. Thurber noted that from July 1<sup>st</sup> through the end of September 113 children were admitted to the CSU. Of those, 75% have Medi-Cal. Pete Pringle, VCBH Youth &amp; Family Division Chief, intercedes with staff at various emergency rooms when problems arise.</p> <p>B. Insights Program<br/>This program replaces Solutions Court. Insights was established so that youth in the criminal justice system can transition successfully into the community.</p>  |  |  |
| IX.   | <p><b>Committee Participants Updates</b></p> <p>A. Parent workgroup – Lori Litel<br/>United Parents will hold its Parent Partner training in early December. The course is 2 ½ days long.</p> <p>B. MHSA Update – Hilary Carson<br/>Ms. Carson was not in attendance.</p> <p>C. VCBH Youth &amp; Family Division Medical Director's update – Dr. Thurber<br/>The Youth &amp; Family Division is recruiting for psychiatrists. Out-of-state psychiatrists are drawn by VCBH crisis continuum of care.</p>  |  |  |

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| <p><b>X.</b></p>   | <p><b>Committee Members' and Participants' Comments, Activities, Updates</b></p> <p>A. Pam Roach noted that the Probation Agency will have a caroling event at the Juvenile Facilities on December 13. Anyone interested in participating must successfully pass a background check. Ms. Roach will provide the details through the BHAB Assistant.</p> <p>B. Marika Collins noted that Casa Pacifica will design new cottages for Substance Use Disorders (SUDs). In preparation for this, staff have visited the Hazelton/Betty Ford Center in Palm Desert. The new cottages will be for youth based on needs, and not just for foster children. Josh Lepore will oversee the program.</p> | <p>Send information re caroling at the Juvenile Facilities</p> | <p>P. Roach,<br/>E. Pham</p> |
| <p><b>XI.</b></p>  | <p><b>Items for the Next Meeting Agenda</b><br/>Not discussed.</p>   |  |                              |
| <p><b>XII.</b></p> | <p><b>Adjourn</b><br/>The meeting adjourned at 11:25 a.m.</p>  |  |                              |



**Katherine Kasmir**

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**STRAIGHT UP**  
*reality improv*



# Get Involved! Make a Difference! Get Community Service Hours!



**STRAIGHT UP**  
*reality improv*

Engaging youth and young adults in creating social change

### ***Need community service hours?***

Participate in fun, meaningful projects that make a difference in your community.

### ***Have fun making videos?***

Develop your skills or learn to use technology to create powerful videos to get your messages out and help make social change a social effort.

### ***Enjoy acting?***

Use your talents to increase awareness, build community and take action on social, health and mental health issues

### ***Love writing?***

Write for publications! Be an advocate around issues you care about through our blog, social media, opinion pieces and journalism opportunities.

### ***Want to develop leadership skills?***

Learn about media advocacy, community organizing and empowering your peers!

**Straight Up is seeking young people (ages 12-25) for volunteer projects.**

**CONTACT US  
TO GET INVOLVED!**

**805-338-8646** (texts preferred)

**info@straightupvc.org**

**straightupvc.org/volunteer**

**STRAIGHT UP**  
*reality improv*



**@straightupvc**

**United Parents Collaborative Presents**



# **HOW TO KEEP MY CHILD SAFE**

**November 29, 2017**

**Church for the Nations**

**270 W 5th St, Oxnard**

**9.30 am – 7.30 pm**

**RAFFLE  
PRIZES**

**FREE  
FOOD**

**Breakfast Session– 9.30am–12pm. Bullying/Cyberbullying**

**Lunch Session– 12pm–5.00pm. Drugs & Alcohol. What Every**

**Parent Needs to Know followed by Child Personal Safety Education and a  
Wellness Workshop**

**Dinner Session– 5.00pm–7.30pm. How Violence in the Home/Community  
Affects My Child**

**FREE  
CHILD  
CARE**

**RSVP for  
any/all  
sessions  
805.384.1555**

**Padres Unidos colaborativos presenta**



# **CÓMO MANTENER A MI HIJO SEGURO**

**PREMIOS  
DE RIFA**

29 de noviembre de 2017  
Church for the Nations  
(Iglesia de las Naciones)  
270 W 5th St, Oxnard  
9:30 a.m. – 7:30 p.m.

**COMIDA  
GRATIS**

Sesión de desayuno: de 9:30 a.m. a 12 p.m.: Intimidación/ciberacoso

Sesión de almuerzo: de 12 a 5:00 p.m.: Drogas y alcohol: lo que todo padre debe saber seguido de Educación de seguridad personal infantil y un taller de bienestar

Sesión de cena: 5:00 p.m. – 7:30 p.m.: Cómo la violencia en el hogar/comunidad afecta a mi hijo

**CUIDADO  
INFANTIL  
GRATUITO**

**Por favor  
reserve para  
cualquier  
sesión  
805.384.1555**

**Traducción  
al español  
disponible**

United Parents Collaborative Presents

**Working Together: How Professionals can Support Parents in Managing Challenging Behaviors and Advocating for their Child**



When: November 30, 2017

Time: 9am-2pm

Where: Casa Pacifica Centers for Children and Families

975 Flynn Rd., Camarillo

Compassion Room (room 2)

RSVP

805-914-8718

[mhannah@unitedparents.org](mailto:mhannah@unitedparents.org)



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