

BEHAVIORAL HEALTH ADVISORY BOARD
YOUTH & FAMILY COMMITTEE
MINUTES ■ Wednesday, January 9, 2019

<p>Members Present Denise Nielsen, Committee Chair Margaret Cortese, BHAB Gina Petrus, BHAB Irene Pinkard, BHAB Martie Miles, Aspiranet Marika Collins, Casa Pacifica Ken McDermott, Children and Family Services Heather Davidson, First 5 Ventura County Joelle Vessels, Interface Crystal Cummings, Kids & Families Together Laurie Jordan, Rainbow Connection Yanka Ricklefts, SELPA Dr. Steven Graff, Tri-Counties Regional Center</p> <p>Others Present Danielle Shaw, M.D., Casa Pacifica Ariann Bulger, Seneca Scott Walker, CIT Carole Shelton, Rainbow Connection</p>	<p>VCBH Managers/Staff Present Angela Riddle, Youth & Family Division 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, February 13, 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. Margaret Cortese moved to approve, Dr. Acosta 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 November 14, 2018 meeting. Ms. Cortese moved to approve, Heather Davidson 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 None.		
VI.	Public Comments None.		
VII.	<p>New Business: Update the Safety Plan Joelle Vessels noted that the phone number for Interface should be listed as “Interface Youth & Transitional Age Youth Outreach Line” or “Interface Youth Outreach Line”. Pam Roach agreed to contact United Parents to verify their information and after-hour coverage. Scott Walker confirmed that the CIT information is correct.</p> <p>The committee discussed several ideas:</p> <ol style="list-style-type: none"> 1. Print the information on a business card, include a QR code and a link to the document online. 2. Switch the 0-18 years old and 12-24 years old. List as “Parents of children 0-18”. 3. Add at the bottom: “Unsure? Call 2-1-1” <p>Angela Riddles noted that the flyer is distributed at the clinics and to contractors and schools. Ms. Roach will update the document, and the committee will review and finalize it at the next meeting.</p>	<p>Confirm United Parents information</p> <p>Update Safety Plan</p>	<p>P. Roach</p> <p>P. Roach</p>

<p>VIII.</p>	<p>Old Business: Finalize Action Plan The committee reviewed the draft Action Plan. It was agreed that:</p> <ol style="list-style-type: none"> 1. when the objective was approved, there was a lack of local psychiatric beds. Since then, the situation has improved, and the objective title and specific objective were changed to reflect this. 2. better data are needed. The VCBH Crisis Team, Seneca (which operates the Crisis Stabilization Unit) and the Hospital Association of Southern California should be asked to provide data. Also, track the new legislation that supports non-involuntary hospitalizations. 3. Marika Collins agreed to raise the issue of care coordination between providers when children and youth are hospitalized; she will do so at the next meeting of the Hospital Association of Southern California. <p>Ms. Cortese moved to approve a revised Action Plan with emphasis on advocating for communication and care coordination of medical information between care providers and hospital beds for children ages 0 to 12. The motion passed unanimously.</p>	<p>Approve revised Action Plan M/C</p>	
<p>IX.</p>	<p>Ventura County Behavioral Health (VCBH) Youth & Family Division Updates</p> <p>A. Youth & Family Division – Angela Riddle</p> <ol style="list-style-type: none"> 1. VCBH partnered with the Human Services Agency to connect 250 families to Holiday Toy vouchers. 2. VCBH and the Oxnard School District and Oxnard Union High School District have been meeting to increase collaborative efforts to facilitate connecting families to appropriate level of care/VCBH services. Recently, the Crisis Team and Beacon have been partnering on this. A referral roadmap will be developed to help streamline the process. VCBH and the Ventura County Office of Education (VCOE) are looking into possible funding to increase services and supports in the schools. VCBH will give a presentation to VCOE on January 30th. 3. Overall, between its opening in 2016 and 1/5/19 the Crisis Stabilization Unit (CSU) has had a 55% hospital diversion rate. 4. VCBH continues to provide Cognitive Behavior Therapy (CBT) as the primary Evidence-Based Practice (EBP). Currently 40 clinicians act as peer mentor “coaches” for their programs; 14 of them are trained to be Trainers and will provide ongoing CBT training. <p>B. Youth & Family Division Medical Director – Lisa Acosta, M.D.</p> <ol style="list-style-type: none"> 1. The Youth & Family Division is fully staffed with psychiatrists. 2. On December 1st the Drug Medi-Cal Organized Delivery System (DMC-ODS) went live. It covers services for all age groups, from children to adults. The 24-hour Access Line number is 1-844-385-9200. 3. The Eating Disorder Workgroup continues to meet. Clinicians are getting trained. The initial focus is on anorexia, bulimia and binge eating disorders in the Medi-Cal population. Efforts are being made to develop a robust program that brings together various organizations and providers. <p>C. Mental Health Services Act (MHSA) – Hilary Carson</p> <ol style="list-style-type: none"> 1. The team is finishing last year’s report and preparing the results of the recent Community Needs Assessment. 2. Prevention and Early Intervention (PEI) is being considered for revamping. 3. The start of push technology is being delayed to January 15. 		
<p>X.</p>	<p>Committee Members’ Comments, Activities, Updates Heather Davidson noted that VCOE participated in the last meeting of this committee’s workgroup to provide information to preschool teachers on early warning signs. The workgroup is working on service mapping. Of note, San Luis Obispo County has received a grant for developmental screening.</p>		

	<p>Carole Shelton made available several flyers for various workshops. See attached.</p> <p>Ken McDermott noted that Agency 101 will be on January 30 in the afternoon. Many agencies will send representatives who will share information about their programs.</p>		
XI.	<p>Items for the Next Meeting Agenda Finalize the update of the Safety Plan.</p>		
XII.	<p>Adjourn The meeting adjourned at 11:55 a.m.</p>		

MESA CONSULTIVA DE BEHAVIORAL HEALTH
COMITÉ DE FAMILIA Y JUVENTUD
Minutos ▪ Miércoles, 09 de enero de 2019

<p>Miembros presentes Denise Nielsen, Presidente del Comité Margaret Cortese, BHAB Gina Petrus, BHAB Irene Pinkard, BHAB Martie Miles, Aspiranet Marika Collins, Casa Pacifica Ken McDermott, Children and Family Services Heather Davidson, First 5 Ventura County Joelle Vessels, Interface Crystal Cummings, Kids & Families Together Laurie Jordan, Rainbow Connection Yanka Ricklefts, SELPA Dr. Steven Graff, Tri-Counties Regional Center</p> <p>Otros presentan Danielle Shaw, M.D., Casa Pacifica Ariann Bulger, Seneca Scott Walker, CIT Carole Shelton, Rainbow Connection</p>	<p>VCBH Directores y Personal Presente Angela Riddle, Gerente de la División de Jóvenes y Familia Dr. Lisa Acosta, División Medical Director Y & F Hilary Carson, MHSA Pam Roach, Transformational Liaison Edith Pham, BHAB Asistente</p> <p>PRÓXIMA REUNIÓN: Miércoles, 13 de febrero, 10:00 – 12:00</p> <p>Ventura County Behavioral Health 1911 Williams Drive, Training Room (primer piso), Oxnard</p>
<p>Nota: El Comité aún no ha aprobado estas minutas. Puede haber adiciones/supresiones o correcciones antes de que los minutas son aceptadas en forma definitiva.</p>	

	DISCUSIÓN Y CONCLUSIONES	RECOMENDACIONES / ACCIONES	RESPONSABLE
I.	Llamar al orden El Presidente Nielsen inició la reunión a las 10:05 a.m.		
II.	Aprobación de la Agenda La Sra. Nielsen pidió a la Comisión revisar y aprobar el orden del día. Margaret Cortese hizo la moción para aprobar, Dr. Acosta secundó. La moción fue aprobada por unanimidad.	La agenda fue aprobada como está escrita. M/S/C	
III.	Aprobar las minutas La Sra. Nielsen pidió a la Comisión revisar y aprobar la minuta de la reunión del 14 de noviembre de 2018. La Sra. Cortese hizo la moción, Heather Davidson la secundó. La moción fue aprobada por unanimidad.	Las minutas se aprobaron como están escritas. M/S/C	
IV.	Bienvenida y presentaciones La Sra. Nielsen dio la bienvenida a todos y pidió presentaciones.		
V.	Anuncios del Presidente Ninguno.		
VI.	Comentarios del público Ninguno.		
VII.	Nuevos asuntos: Actualización el Plan de seguridad Joelle Vessels señaló que el número de teléfono de Interface debe ser catalogado como "Línea de Alcance Interface para la Juventud y la Juventud en Edad Transicional" o "Interface Alcance Juvenil". Pam	Confirmar la información de	P. Roach

	<p>para aumentar los servicios y apoyos en las escuelas. VCBH le dará una presentación a VCOE el 30 de enero.</p> <p>3. En general, entre su apertura en 2016 y el 1/5/19, la Unidad de Estabilización de Crisis (CSU, por sus siglas en inglés) tuvo una tasa de desviación hospitalaria del 55%.</p> <p>4. VCBH continúa brindando terapia cognitiva conductual (TCC) como la práctica primaria basada en la evidencia (PBE). Actualmente, 40 médicos actúan como mentores de "mentores" para sus programas; 14 de ellos están capacitados para ser capacitadores y proporcionarán capacitación continua sobre TCC.</p> <p>3. En general, entre su apertura en 2016 y el 1/5/19, la Unidad de Estabilización de Crisis (CSU) tuvo una tasa de desviación hospitalaria del 55%.</p> <p>4. VCBH continúa brindando terapia cognitivo conductual (TCC) como la práctica primaria basada en la evidencia (PBE). Actualmente, 40 médicos actúan como mentores de "mentores" para sus programas; 14 de ellos están capacitados para ser capacitadores y proporcionarán capacitación continua sobre TCC.</p> <p>B. Directora Médica de la División de Juventud y Familia - Lisa Acosta, M.D.</p> <p>1. La División de Juventud y Familia está integrada a su capacidad total por psiquiatras.</p> <p>2. El 1 de diciembre se puso en marcha el Sistema de Entrega Organizada de Medicamentos Medi-Cal (DMC-ODS). Cubre servicios para todos los grupos de edad, desde niños hasta adultos. El número de la línea de acceso las 24 horas es 1-844-385-9200.</p> <p>3. El grupo de trabajo del trastorno alimentario continúa reuniéndose. Los médicos se están capacitando. El enfoque inicial se centra en la anorexia, la bulimia y los trastornos por atracones en la población de Medi-Cal. Se están realizando esfuerzos para desarrollar un programa sólido que reúna a varias organizaciones y proveedores.</p> <p>C. Ley de Servicios de Salud Mental (MHSA) - Hilary Carson</p> <p>1. El equipo está terminando el informe del año pasado y está preparando los resultados de la reciente evaluación de necesidades de la comunidad.</p> <p>2. La prevención y la intervención temprana (PEI) se están considerando para la renovación.</p> <p>3. El inicio de la tecnología push se está retrasando hasta el 15 de enero.</p>		
<p>X.</p>	<p>Comentarios de los miembros del comité, actividades, actualizaciones</p> <p>Heather Davidson señaló que VCOE participó en la última reunión del grupo de trabajo de este comité para brindar información a los maestros de preescolar sobre las señales de alerta temprana. El grupo está trabajando en la asignación de servicios. Cabe destacar que el condado de San Luis Obispo ha recibido una subvención para la evaluación del desarrollo.</p>		

	<p>Carole Shelton puso a disposición varios folletos para varios talleres. Ver información adjunta.</p> <p>Ken McDermott señaló que la Agencia 101 se realizará el 30 de enero por la tarde. Muchas agencias enviarán representantes que compartirán información sobre sus programas.</p>		
XI.	<p>Asuntos para la agenda de la próxima reunión</p> <p>Finalizar la actualización del Plan de Seguridad.</p>		
XII.	<p>Cierre de la Junta</p> <p>La reunión concluyó a las 11:55 a.m.</p>		

Support/Safety Plan for Child/Youth

Imminent

Threat

Escalating

IF YOUR CHILD/YOUTH:

CALL:

- Is physically assaultive or destroying valuable property
- Has obtained a weapon
- Is at imminent risk of harm to self or others

Call **911** immediately Request a **Crisis Intervention Team (CIT) Trained Officer**
24 hours/7 days a week

- All ages:
- Is threatening to harm/kill self
 - Is threatening to harm/kill others and/or destroy property
 - Is presenting as gravely disabled (may include signs of psychosis)
 - Under 18: unable to accept care for primary needs from others
 - Over 18: unable to care for primary needs of self
 - Is engaging in dangerous or risky behaviors (running into traffic, cutting, elopement/threats of elopement)

Ventura County Behavioral Health Crisis Team
1-866-998-2243
24 hours/7 days a week

- 0 to 18 years old:
- Has erratic/escalating behavior or mood
 - Is verbally abusive
 - Is refusing to take medications
 - Is threatening to run away
 - Is refusing to go to school

United Parents
(805) 384-1555
Monday-Friday
9:00am-5:00pm

- 12 to 21 years old:
- Is a runaway or threatening to run away
 - Is a homeless or street youth or is facing homelessness
 - Has been kicked out of the house
 - Is couch surfing
 - Needs supportive connections to community resources

Interface Outreach Line
(805) 469-5882
24 hours/7days a week

COUNTY OF VENTURA – BEHAVIORAL HEALTH ADVISORY BOARD YOUTH & FAMILY COMMITTEE ACTION PLAN FY 2018-19

OBJECTIVE TITLE: Advocate for pediatric psychiatric hospital beds and care coordination between providers.

SPECIFIC OBJECTIVE: Advocate for the availability of psychiatric hospital beds in the county for the pediatric population. Ensure communication and care coordination of medical information between care providers.

- KEY INDICATORS:
1. Invite Beacon and law enforcement to send representatives to this committee meeting.
 2. Get a flow chart of services that are available through the Crisis Team.
 3. Establish a liaison with hospitals.
 4. Share grievance form from Dept. of Managed Health Care to request approval for privately insured children to receive inpatient services.

ACCOUNTABILITY: Denise Nielsen, Committee Chair

TARGET COMPLETION DATE: _____

ACTION STEPS	START DATE	COMPLETION DATE	ACCOUNTABILITY	ACTION STEP: ON TARGET	ACTION STEP: DELAYED*	STATUS
1. Identify contacts at Beacon, Ventura County Sheriff's Office, and police departments in Oxnard, Port Hueneme, Santa Paula, Simi Valley, Ventura.	1/9/19		Denise Nielsen (DN)			
2. Invite above agencies to send a representative to the committee meetings	1/9/19		Edith Pham (EP)			
3. Contact Crisis Team Manager, request a flow chart of services that are available through that office	1/9/19		EP			
4. Gather information on the current process for admission to county and non-county emergency rooms and inpatient psychiatric facilities.	1/9/19		DN			

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

	ACTION STEPS	START DATE	COMPLETION DATE	ACCOUNTABILITY	ACTION STEP: ON TARGET	ACTION STEP: DELAYED*	STATUS
5.	Identify points in the admission process where communication with VCBH can be strengthened.	1/9/19		DN			
6.	Present above information to VCBH and advocate for the use of a liaison between VCBH and ERS/inpatient psychiatric facilities.						
7.	Obtain state grievance form that can be used by parents/guardians whose private health insurance has denied psychiatric hospitalization for their children.	1/9/19		EP			
8.	Provide copies of and links to the state grievance form to committee members.	1/9/19		EP			

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

For youth ages
14-24

MY FUTURE MATTERS

Leadership and mentorship for youth with disabilities.

Locations are physically accessible. Contact Alexa Martin at 805-650-5993 x202 or email amartin@ilrc-trico.org for additional accommodation needs.

FRIDAY JAN 11 • SAN LUIS OBISPO

SATURDAY JAN 12 • SANTA MARIA & SANTA BARBARA

SUNDAY JAN 13 • THOUSAND OAKS

For more info on times and locations, and to RSVP,
please visit

www.ilrc-trico.org





Special Needs Planning Presentation

All About ABLE Accounts

Presented by
Martin T. Yarnell
Attorney at Law

**January 12, 2019
10:00 AM – 11:30 AM
Oxnard**

CalABLE took effect December 18, 2018

Join us for an informational presentation that will explain why ABLE accounts are a great way to create a level of freedom for beneficiaries of a Special Needs Trust, allow money to be placed into an account for someone with special needs without affecting public benefits, and keep monies safe from federal and state income taxes if spent on Qualified Disability Expenses.

You will learn:

- The purpose of an ABLE account and how it can benefit you, or your loved one
- If you qualify for an ABLE account
- If an ABLE account is the right fit for you

Registration Required

Phone: 805-485-9643

E-mail: rainbow@tri-counties.org

Website:

**[http://rainbowconnectionfrc.weebly.com/
register-now.html](http://rainbowconnectionfrc.weebly.com/register-now.html)**

Follow us on:



FAMILY RESOURCE CENTER



One Out of Every Four Students Is Bullied

Is it happening to your child? Did it ever happen to you, or someone you know?

**Presented by
PACER's National Bullying Prevention Center**

**January 15, 2019
6:00 PM – 7:30 PM
Oxnard**

Bullying can impact an entire community and have lasting effects on a child's health, success, and relationships. This parent education session on bullying will help you learn what it is and what you can do about it.

Topics covered will be:

- **Common views and myths about bullying**
- **Recognizing bullying in all it's forms**
- **Who gets bullied/Who bullies**
- **How to create a kinder and more inclusive school community**

Registration Required

Phone: 805-485-9643

E-mail: rainbow@tri-counties.org

Website:

**[http://rainbowconnectionfrc.weebly.com/
register-now.html](http://rainbowconnectionfrc.weebly.com/register-now.html)**

Follow us on:





Uno de cada cuatro Estudiantes es Acosado/Intimidado

**¿Le está pasando esto a su hijo/a?
¿Alguna vez le paso a usted, u alguien
que conoce?**

**Presentado por
PACER's National Bullying Prevention Center
(centro de prevención de acoso/intimidación)**

**Enero 22, 2019
6:00 PM – 7:30 PM
Oxnard**

El acoso puede afectar a toda una comunidad y tener efectos duraderos en la salud, el éxito y las relaciones de un niño. Esta sesión educativa para padres sobre el acoso escolar le ayudara aprender que es y que puede hacer.

Temas que cubrirán:

- **Opiniones y mitos comunes sobre el acoso escolar.**
- **Reconociendo el acoso en todas sus formas.**
- **Quien es intimidado / quien acosa/intimida.**
- **Como crear un kínder y una comunidad de escuela más inclusiva.**

Registración Requerida

Teléfono: 805-485-9643

Correo: rainbow@tri-counties.org

Website:

**[http://rainbowconnectionfrc.weebly.com/
register-now.html](http://rainbowconnectionfrc.weebly.com/register-now.html)**

**PACER's
National Bullying Prevention Center**

Together we can help create a world without bullying

Siganos en:



FAMILY RESOURCE CENTER



Policia Comunitaria • Evitando la Escalada de la Situación • Conciencia de Prevención de Elopemento • Seguridad del Hogar • Seguridad del agua

Acompáñanos para aprender información sobre Seguridad y comunicación con los primeros respondedores

Enero 17, 2019
5:30 PM – 7:00 PM
Tri-Counties Regional Center, Oxnard

PREOCUPACIONES SOBRE LA SEGURIDAD DE PERSONAS CON AUTISMO Y LA COMUNICACIÓN CON EL DEPARTAMENTO DE POLICIA

La seguridad es una gran preocupación para todos.
En una crisis o emergencia, es difícil reaccionar con calma.
Ven y aprende de un experto.
Brian Herritt – The Autism Cop,
un oficial jubilado con experiencia y padre de un adolescente
que no habla y está en el espectro del Autismo.

Los temas incluirán:

- Como comunicarse con la policía durante una emergencia.
- Como puede usted ayudar a la policía para que puedan servirte mejor.
- Consejos Importantes que pueden Salvar Vidas
- La Importancia de la Auto Revelación
- Qué hacer en caso de fuga.

**Cuidado de Niños Disponible
Reservación Requerida**

Registrese: <https://bit.ly/2OXviJw>

Preguntas: Programs@AutismVentura.org Teléfono: 805-496-1632

Este Programa es Patrocinado por Autism Society Ventura County



Ventura County SELPA CAC News January 2019

Information for Families with Students with Special Needs

Happy New Year!

www.vcselpa.org

Website Highlight for January

Preparing for Life's Transitions
What's Next After Early Start?
Transition to Adult Life

CAC Announcements

February 4, 4pm-6pm, CAC Meeting at SELPA Office (Santa Paula Room), 5100 Adolfo Road, Camarillo, CA 93012.
You are invited, please join us!

Consider joining the SELPA Community Advisory Committee (CAC), made up of parents and others representing students with disabilities. The CAC promotes services and resources for special education students and their families. We meet quarterly on the first Monday of November, February and May See the SELPA website's button, Information for Families for a schedule.

SELPA Events

January 30, 1 pm -4 pm, Agency 101

Learn about new services available to youth and families.

February 7, 8 am -3 pm, NCPI For Parents

This workshop will provide parents and caregivers with an overview of some of the concepts and strategies taught in the Nonviolent Crisis Intervention training programs.

March 9, 9 am -12 pm, Spring Transition Fair

The purpose of this fair is for parents, teachers, care-providers and students in special education to learn about the transition to adult life process and the support agencies available. This event provides the opportunity to meet directly with the representatives from adult service agencies in Ventura County.

VC SELPA Future Events

You can also find the fliers for any /all SELPA events by clicking the "Staff Development" tab on the SELPA website www.vcselpa.org homepage, then click on the date.

Rainbow Connection Events

January 2-4, 1 pm -4 pm Camp Sibling, Facilitated by Sarah Pelangka, Ph D, BCBA-D, E.S.C. (Ages 9-13)

January 7, 9 am -12 pm Rainbow Connection will be at CRPD-TR, Old Meadows Center

January 15, 6 pm -7:30 pm Create a World Without Bullying, Presented by PACER's

January 25, 10:30 am -12 pm Ventura County Behavioral Health, An Overview of Services

Please call to sign up and for more information!

- For ongoing Support Groups, Training & Activities go to:

www.rainbowconnectionfrc.weebly.com or call 805 485-9643 or 800 332-3679

Community Resources

My Future Matters!, Presented by ILRC, Leadership and mentorship for youth with disabilities.

Sunday, January 13th in Thousand Oaks. Please visit ILRC for additional information.

Tri Counties Regional Center Oxnard

<https://www.tri-counties.org/>

Autism Society of Ventura County

ASVC Board of Directors Meeting- Wednesday, January 2, 6:30 pm – 8:30 pm at 3701 Las Posas Rd, Camarillo, CA 93010

Parent Support Group Support Group –January 10 and 24 from 6 pm -7:30 pm in Camarillo

To sign up please email: programs@autismventura.org

Commendations- To nominate someone (Teacher, Student, Parent, Specialist) for "going above and beyond" in serving special education students and/or families, go to the SELPA website, click on "Information for Families" and look under CAC for an application.