

BEHAVIORAL HEALTH ADVISORY BOARD
YOUTH & FAMILY COMMITTEE
MINUTES ■ Wednesday, February 9, 2022

<p>Members Present Kevin Clerici, Chair Dr. Steven Graff, Tri-Counties Regional Center Melissa Hannah, United Parents Laurie Jordan, Rainbow Connection Martie Miles, Aspiranet Regina Reed, SELPA Dr. Danielle Shaw, Engage Treatment Carole Shelton, Rainbow Connection</p> <p>Others Present Vanessa Acaín, Youth Advocate, Independent Ctr. Lorena Carrasco Reyes, Seneca CSU Clarissa Cijiau, Interpreter Susan Guffee, Seneca CSU C. Guzman</p>	<p>Ventura County Behavioral Health (VCBH) Managers/Staff Present Hilary Carson, VCBH MHSA Joanna Peterson, BHAB Assistant Gracie Lopez, VCBH Minute Taker</p> <p>NEXT MEETING: April 13, 2022</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 Clerici called the meeting to order at 10:00 AM.		
II.	Approval of the Agenda Mr. Clerici asked the Committee to review and approve today's agenda. Carole Shelton moved to approve; Dr. Danielle Shaw seconded. The motion carried unanimously through roll call.	Agenda approved as written. M/S/C	
III.	Approval of the December 8, 2021 Minutes Mr. Clerici asked the Committee to review and approve the minutes of the December 8, 2021, meeting. Dr. Steven Graff moved to approve; Carole Shelton seconded. The motion carried unanimously through roll call.	Meeting minutes approved as written. M/S/C	
IV.	Welcome and Introductions Mr. Clerici welcomed everyone and asked for introductions.		
V.	Chair Announcements If anyone who is a participant and not a member wants to become a member, the protocol is that you will need to attend three consecutive meetings and after that time period if your desire is to become a member, you can make a request to the Chair.		
VI.	Presentation: None		
VII.	Public Comments ❖ Carole Shelton - Individuals with developmental disabilities and a psychiatric disorder or the dual diagnosed here in the county can have better access and equity and service that improves their outcomes over their lifetime. Sadly, this is not something that occurs consistently. In doing so it does not eliminate or prevent two agencies from serving you. Hopeful that this is something we look at and change because unfortunately it affects children and families at a vulnerable time of their life's.		
VIII.	Contracts Review for November & December 2021 No comments to report.		
IX.	❖ Ventura County Behavioral Health (VCBH) Youth & Family Division Updates A. New Chief of Youth and Family services is Cheryl Fox. B. Mental Health Services Act (MHSA) – Hilary Carson, Program Administrator, Innovations ❖ An additional community webinar is scheduled for Thursday, February 24 from 12:00 noon to 1:30 pm entitled, Understanding and Managing Stress. Dr. Rotnofsky will conduct a webinar on Stress and Selfcare. Sign up is required and the QR code can be scanned from the flyer.		

	<ul style="list-style-type: none"> ❖ MHSA is participating in a Community Health Improvement Collaborative, which includes Hospitals, Public Health and Behavioral Health which have various required need assessments. The survey will be sent out later this month. ❖ In March, MHSA will be posting their annual update. MHSA annually posts its update which provides the community with data on all programs that are currently funded both in-house and through contractors. All changes are noted from the last Three-year plan that are going to take effect this year or next year. March through April will be the timeframe to provide any comments or feedback. ❖ The next Innovation project (Senior Supports for Housing Stability) will be posted on February 18. The public comment period will begin on February 18. The Public Hearing will be scheduled for the March BHAB General. 		
X.	<p>Committee Members' Comments, Activities, Updates</p> <ul style="list-style-type: none"> ❖ Melissa Hannah - United Parents has an IEP educational advocacy basic information training state-wide event scheduled for February 22 and will be welcoming parents throughout the state to attend. Parent story telling every second Tuesday of the month. We have parents with lived experience, and they share their stories about caring for a youth with special needs. Melissa will share flyers. ❖ Regina Reed - Annual Carpe Diem will be held March 24 from 8:30 am-3:30 pm and is planned to be held in person. ❖ Carole Shelton - SELPA/Parent support group has been taking place since December and on March 8 from 9:30am to 10:30am. Parents support topics that include Making it Through the Remainder of the School Year and Transitions and Simple Conflict Resolution Strategies. Another session with the same content will take place on March 8 from 4:00pm-5:00pm. On March 9th from 10:00am-11:00am will be Coffee Talk with Janine Murphy who is family student school collaboration will take place on March 9 from 10:00am to 11:00am. There are also additional dates and times for Spanish speaking families. A Spring Transition Fair will be held Saturday, March 5 from 9:00am to 12:00 noon to help young adults with disabilities ages 15 to 22. ❖ Rainbow Connections is doing lots of great things in support of families and the people that are served. More information is available on Facebook, if interested in following them. To be added to their mailing list, please email rainbow@tri-counties.org. 		
XI.	<p>Items for the Next Meeting Agenda</p> <p>No discussion.</p>		
XII.	<p>Adjourn</p> <p>The meeting adjourned at 11:28 a.m.</p>		

Community
Education and
Support

WEBINAR

Understanding and Managing Stress: Positive Self-Care for our Times

Join us for this special community webinar.

Learn techniques to manage stress and enhance
your health and well-being.

THURSDAY, FEBRUARY 24th
12:00 NOON – 1:30 PM

Register Now for this Free Zoom Event

www.vcbh.org/self-care



For mental health and well-being resources, visit www.WellnessEveryDay.org

Funding is made through Ventura County Behavioral Health, Mental Health Services Act.

March 24, 2022

Norman & Ellen Linder
carpe diem
conference
for parents and professionals who care about children with emotional challenges

How to Register:

Online registration is required. You are responsible for ensuring that payment is received at the SELPA prior to the event.

Spanish translation provided if requested at least 2 weeks in advance.

Continuing Education Units

This conference, including the Keynote Presentation and each of the Session I, Session II and Session III workshops, meets the requirements for up to 4 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Full attendance at each session and complete course evaluations are required to receive full credit.

Casa Pacifica Centers for Children and Families is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs (Provider 016190). Casa Pacifica maintains responsibility for this program and its content.

The cost for continuing education is \$15. To register for continuing education or request additional information about continuing policies, please contact Casa Pacifica **PRIOR to the conference** at training@casapacifica.org or (805) 366-4064.

Requests and Payments for continuing education credit must be received by April 29, 2022.

Carpe Diem Registration

March 24, 2022

NOTICE: This workshop requires online registration. Individuals will need to setup an OMS account.

Go to <http://vcce.k12oms.org/> to create an OMS account

If you already have an account go <http://vcce.k12oms.org/1630-214945> to register for this conference.

You have the opportunity to choose two workshops for the afternoon sessions.

Every effort will be made to accommodate your first choice.

When completing your registration online you will be asked to select from the following:

Session I: A B C Session II: D E F
Session III G H I

- Spanish Translation Requested or Sign Language
- \$100 Professionals \$25 Parents/College Students

If you are having difficulty accessing the system or you do not have computer access, please call (805) 437-1560 or

Email: Ana Teran at Aolvera@vcce.org

Agenda

8:30am Check-In
9:00am – 10:30am Keynote Presentation
10:30am – 10:45am Break
10:45am – 11:15am Plenary Session
11:15am – 11:45am Lunch
12:00pm --1:00pm Session I
1:05pm – 2:00pm Session II
2:05pm – 3:00pm Session III

“Why Not Challenge”

Keynote Presentation by:
Jacqueline L. Sanderlin, Ed.D

Dr. Jacqueline L. Sanderlin served over 30 years as an educator, curriculum specialist, assistant principal, principal, district office administrator, and executive director of school and community engagement, working predominantly in the Southern California school districts of Compton and Inglewood. She also lectures and consults on diversity and inclusion in the workplace, education setting, and wider society. She holds a Doctorate in Education, Leadership, Administration and Policy from Pepperdine University.

The pandemic has been an ongoing disruption to life as we have known it for two years now. Students, Families, and Professionals alike have all been under the pressure of these extraordinarily difficult circumstances. Dr. Sanderlin brings a wealth of knowledge and experience to provide a sense of hope and optimism in the midst of what can seem so overwhelming, with returning to school, self-care and supporting students.

Session I (12:00 pm – 1:00 pm)

A The Why Not Challenge Pt 2
The Why Not Challenge focuses on challenging ourselves as educators to build community, connections and bridges. Participants will be inspired to develop a why not (growth) mindset and think bigger about impacting their school communities.
Presented by: Dr. Jacqueline L. Sanderlin, Ed.D.

B ACES the Impact of COVID on Students and Families
Adverse Childhood Experiences (ACE) and trauma are widespread across class, race and gender. This session will focus on how to best support these students who are now undergoing the impact of COVID.
Presented by: Dr. Chris Landon, MD

C Restorative Justice
This session outlines the essential components of restorative justice practices as a model for addressing misbehavior and harm.
Presented by: Chris Ridge

Session II (1:05 pm – 2:05 pm)

D The Why Not Challenge Pt 2
The Why Not Challenge focuses on challenging ourselves as educators to build community, connections and bridges. Participants will be inspired to develop a why not (growth) mindset and think bigger about impacting their school communities.
Presented by: Dr. Jacqueline L. Sanderlin, Ed.D.

E ACES the Impact of COVID on Students and Families
Adverse Childhood Experiences (ACE) and trauma are widespread across class, race and gender. This session will focus on how to best support these students who are now undergoing the additional impact of COVID.
Presented by: Dr. Chris Landon, MD

F Building Your Crisis Toolkit
This interactive workshop helps parents and caregivers identify triggers that lead to crisis moments. You will be able to create an individualized crisis plan specific to the parenting styles and needs of your family.
Presented by: Dayna Freier, MA

Session III (2:05 pm – 3:05 pm)

G Practicing Community Circles
This is an introductory “hands on” training in which participants will experience a community circle in action. Participants will learn and understand how community circles build collective sense of trust, empathy and belonging through a direct experience within a circle.
Presented by: Chris Ridge

H TAY / TAY Tunnel
This session will share information as to who TAY and TAY Tunnel are; the population served and resources available to youth transitioning into adult-hood. Clients are supported in the achievement of their wellness and recovery goals
Presented by: TAY / TAY Tunnel

I Building Your Crisis Toolkit
This interactive workshop helps parents and caregivers identify triggers that lead to crisis moments. You will be able to create an individualized crisis plan specific to the parenting styles and needs of your family.
Presented by: Dayna Freier, MA



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