

**VENTURA COUNTY BEHAVIORAL HEALTH ADVISORY BOARD  
 BHAB PREVENTION COMMITTEE  
 1911 WILLIAMS DRIVE, VCBH TRAINING ROOM, OXNARD, CA**

**MINUTES □ August 13, 2017**

<p><b><u>Present</u></b>          Janis Gardner, Chair, BHAB Member          Claudia Armann, BHAB Member          Gane Brooking, BHAB Member          Patricia Mowlavi, BHAB Member          Sandra Wolfe, BHAB Member          Ascencion Romero, Pacific Clinics TAY Tunnel          David Deutsch, NAMI Ventura          Ezequiel A. Sanchez          Hunter Poulson, Ventura County Office of Education (VCOE)          Kelli Tignac, TAY Tunnel          Josh Tirado, VIPS          June Ewart, Community Coalition United          Katherine Kasmir, Straight Up Ventura County          Natalie Gabric, Aegis Treatment Centers          Sara Bavar, NAMI Ventura          Theresa Plante, Casa Pacifica</p>	<p><b><u>VCBH Staff Present</u></b>          Dan Hicks, Alcohol &amp; Drug Programs, Prevention Services          David Tovar, Alcohol &amp; Drug Programs, Prevention Services          Cari Kawell, Alcohol &amp; Drug Programs, Prevention Services          Esperanza Ortega, MHSA / PEI          Hilary Carson, MHSA Innovations</p> <p><b>NEXT MEETING:</b>  <b>Monday, September 11, 2017, 3:15 – 4:30 p.m.</b></p> <p>Ventura County Behavioral Health          1911 Williams Drive, Lake Tahoe Conference Room (2<sup>nd</sup> floor),          Oxnard, CA</p>
<p>Note: The committee has not yet approved these minutes. There may be additions/deletions or corrections before the minutes are accepted in final form.</p>	

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
<b>I.</b>	<b>Call to Order</b> The meeting was called to order at 3:15 PM by Chairperson, Janis Gardner.		
<b>II.</b>	<b>Approval of the Agenda (Action)</b> Agenda for August 13, 2017 was approved as written.	<b>Approved as written</b>  <b>M/S/C</b>	<b>Motion:</b> <b>Claudia Armann</b> <b>2<sup>nd</sup>: Sandra Wolfe</b>
<b>III.</b>	<b>Approval of the Minutes (Action)</b> Minutes for July 10, 2017 were approved.	<b>Approved as written</b>  <b>M/S/C</b>	<b>Motion:</b> <b>Sandra Wolfe</b> <b>2<sup>nd</sup>: Claudia Armann</b>
<b>IV.</b>	<b>Welcome and Introductions</b> The Chair welcomed all. Self-introductions were made around the table.		
<b>V.</b>	<b>Chair Announcements</b> Janis Gardner, Chair, BHAB Prevention Committee announced multiple items that included: <ul style="list-style-type: none"> <li>Tuesday, August 29, 2017 the Opioid Solutions Summit will begin at 8:30 am at the Ventura Beach Marriott. Registration is required. More info at: <a href="http://my.yapp.us/OPIOIDSUMMIT">http://my.yapp.us/OPIOIDSUMMIT</a></li> <li>The National NAMI CA Summit takes place at the Newport Beach Marriott from Aug 24 – Aug 27 with the 24<sup>th</sup> being the NAMI Multicultural Symposium from 8:30 - 4:30 p.m.</li> <li>The CA Institute for Behavioral Health Solutions announced: Military and Veterans Suicide Awareness &amp; Prevention Day is Sept. 6, 2017.</li> <li>The Stand Down Summit for Veterans took place on July 28 &amp; 29, 2017, and offered information on every type of service that a Veteran might need.</li> <li>The upcoming Preventing Suicide Help &amp; Hope 2<sup>nd</sup> Annual Conference will be held on Wednesday, Sept. 20, 2017 from 8 am to 12:30 pm at the Performing Arts Center at Oxnard College. Admission is free. For more info, email <a href="mailto:mhsa@ventura.org">mhsa@ventura.org</a></li> <li>The NAMI Ventura County's 1<sup>st</sup> "Evening at the Theater" Fundraising Gala will be held on Saturday, October 21, 2017 at the Newbury Park High School Performing Arts Center at 456 N. Reino Rd., Newbury Park, CA 91320. More info at: <a href="http://www.namiventura.org">www.namiventura.org</a> or email: <a href="mailto:info@namiventura.org">info@namiventura.org</a></li> </ul>		
<b>VI.</b>	<b>Public Comments</b> <b>A.)</b> Ascencion "Cici" Romero from Pacific Clinics TAY Tunnel announced that Pacific Clinics		

	<p>TAY Tunnel is celebrating with an Open House for its 10 year service to the community on September 29, 2017 from 11 am to 2 pm at Pacific Clinics TAY Tunnel at 141 W. Fifth St., Ste. D., Oxnard, CA 93030. For more information, contact Vannessa Cortez at: <a href="mailto:vcortez@pacificclinics.org">vcortez@pacificclinics.org</a> or at 805.240.2538 More info at: <a href="http://www.tinyurl.com/taytenyears">www.tinyurl.com/taytenyears</a></p> <p><b>B.)</b> Kristin Tignac, City of Simi Valley's Youth Council &amp; Community Services announced that they have partnered with the Simi Valley School District to put teen crisis phone numbers on the back of student ID cards. This year they have expanded this service to middle schools.</p>		
<p><b>VII.</b></p>	<p><b>Staff/Provider Updates</b></p> <p>Dan Hicks, Manager, ADP Prevention Services, distributed a copy of the Ventura County Rx Abuse &amp; Heroin Workgroup publication called "<i>Saving Lives - Reducing Supply – Reducing Demand</i>". Ventura County's collaborative efforts regarding the Opioid Crisis are highlighted within the publication.</p> <p>Mr. Hicks encouraged attendance at the August 29, 2017 Opioid Solutions Summit Conference to be held at the Ventura Beach Marriott. Summit Registration information is listed on the back of the booklet. To sign up for this event, visit: <a href="http://my.yapp.us/OPIOIDSUMMIT">http://my.yapp.us/OPIOIDSUMMIT</a></p> <p>In the marijuana policy realm, there have been some developments – more information on the VCBH ADP Prevention Services position on protecting developing teen brains can be found at <a href="http://www.venturacountylimits.org">www.venturacountylimits.org</a></p> <p>Mr. Hicks shared that there are four domains within VCBH's municipal marijuana policy interest area: 1.) the cultivation provisions of local ordinances; 2.) the dispensary rules and provisions of local city and county ordinances; 3.) the minimum distance requirements (which FNL and others have looked at with alcohol outlets and their density especially their distance from youth sensitive land uses like parks and recreational centers); and 4.) age provisions (such as who can be a customer AND who can work within a marijuana business).</p> <p>It is estimated that about 80% of the people who have a medical marijuana card will admit that they don't have a "legitimate" medical condition. The idea of establishing a "high bar" in these areas at the local level for what cannabis is probably limits the collateral effects for young people. What we know is that, like alcohol, the more marijuana is available, the more young people have access to it and possibly the more potential damage can be done while the brain is still developing.</p> <p>The Statewide Substance Use Disorder (SUD) Conference is being held this month from Aug 21st – Aug 24th in Pomona, CA.</p> <p><b>A.)</b> David Tovar, VCBH ADP Prevention Services OTS Grant Coordinator, shared that on Thursday, August 17<sup>th</sup> an Office of Traffic Safety (OTS) Conference will be held in Orange County. It is the 30<sup>th</sup> Anniversary of the CA State Office of Traffic Safety.</p> <p>A Task Force is being created around impaired driving and cannabis. The CHP Commissioner has asked VCBH's David Tovar, OTS Grant Coordinator, ADP Prevention Services to join in this Task Force and to assist with shaping the future of impaired driving policies and enforcement.</p> <p><b>B.)</b> Hilary Carson, MHSA Innovations, Program Administrator, shared a "Save the Date" for the "2<sup>nd</sup> Annual Suicide Prevention – Help &amp; Hope Conference to be held on Wednesday, September 20, 2017 from 8 am to 12:30 pm at Oxnard College. Admission is free. The workshops will be held in English and Spanish and there will be community resource tables. The keynote speaker will be Chamique Holdsclaw, WNBA Basketball All-Star and Mental Health and Wellness Activist. For more information, email <a href="mailto:mhsa@ventura.org">mhsa@ventura.org</a></p> <p>Ms. Carson updated the group regarding the Innovations Community Forums which so far have taken place in Santa Paula, Newbury Park and Oxnard. 6 months ago, MHSA has begun a new process of ongoing annual community program planning. There are now community forums to educate anybody who is interested in what Innovations funding is and how they can submit an idea that will qualify in the local approval process – that is any program idea that can contribute to the mental health field knowledge base.</p> <p>Ms. Carson stated that 37 ideas have been submitted thus far in FY17-18 and MHSA is continuing to accept submissions. Ideas are submitted within priority groups that include:</p>		

	<p>Transitional Age Youth, School-based services, Criminal Justice, Mental Health, Housing, Prevention Co-Occurring Disorders, Technology and Improved Access to Mental Health Services or other. For more information and to submit an idea, please visit: <a href="http://www.wellnesseveryday.org/innovations">www.wellnesseveryday.org/innovations</a></p>		
<b>VIII.</b>	<p><b>Prevention Committee Member and Participant Comments</b> Sandra Wolfe, BHAB Member, extended thanks to those who came to the ribbon cutting at the new office facility for the Diversity Collective Resource Center for the LGBTQ Community. This Saturday, August 19, is their Pride Day at Promenade Park in Ventura.</p>		
<b>IX.</b>	<p><b>Time Certain Presentation</b> David Deutsch, LCSW, CATC IV and Executive Director of NAMI Ventura presented a PowerPoint entitled “Co-Occurring Disorders and Prevention.”</p> <p>Mr. Deutsch explained that Co-Occurring Disorders were previously called “Dual Diagnosis” with respect to persons with both mental health and substance use disorders. In 2014, approximately 7.9 million adults in the U.S. had co-occurring disorders – those persons who have biological, psychological and social components to their conditions. Persons with either disorder are co-occurring at least 50% of the time.</p> <p>Mr. Deutsch shared that mental health disorders are characterized by changes in mood, thought and behaviors and impacts activities of daily living to the point where it impairs ability to function. Mental Health Disorders affect 43.6 million adults ages 18 and older – 18.1% of the population every year. Treatment often involves use of psychiatric medications. Mental illness precedes the substance use disorder 80% of the time. Marijuana use is associated with psychosis so education and prevention approaches for substance use are critical.</p> <p>Mr. Deutsch discussed Substance Use Disorder Data and gave statistics from 2014 stating that there were 21.2 million people over the age of 12 with a substance use disorder which includes alcohol and illegal drugs. Only 2.5 million people received specialized treatment for these disorders – about 12%. The Affordable Care Act &amp; Mental Health Parity &amp; Addiction Equity Act have removed some barriers to treatment.</p> <p>Also mentioned was Integrated Treatment – a research-proven model of treatment for people with mental illness and co-occurring substance use disorders. These clients receive combined treatment for both disorders at the same time, from the same practitioner or treatment team, where they get one consistent message about treatment and recovery.</p> <p>Co-occurring disorders are treated based on the stage of recovery that is applicable to the client. Motivational Interventions are used to treat clients in all stages, but, especially in the Contemplation &amp; Preparation stages. Treatment also targets individual needs and is integrated on organizational and clinical levels where it can assist in reducing substance use, improving levels of functioning, decreasing hospitalizations and psychiatric symptoms and improve quality of life.</p>		
<b>X.</b>	<p><b>New Business</b> None.</p>		
<b>XI.</b>	<p><b>Old Business</b> Janis Gardner, Chair, BHAB Prevention Committee Chair discussed with the Group editorial revisions to DRAFT 9 of the FY 16/17 BHAB Prevention Committee Annual Report.</p>		
<b>XII.</b>	<p><b>Future Meeting Discussion</b> Janis Gardner, Chair, BHAB Prevention Committee Chair asked the group for suggestions for featured guests for the September 2017 BHAB Prevention Committee meeting Time Certain Presentation. Esperanza Ortega, Community Services Coordinator from MHSA agreed to look into asking one of the MHSA Prevention Early Intervention Providers.</p>		
<b>XIII.</b>	<p><b>Adjourn</b> Meeting was adjourned at 4:32 PM.</p>	<b>Next Meeting: Sept. 11, 2017</b>	