

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

**MINUTES □ December 11, 2017**

<p><b>Present</b></p> <p>Janis Gardner, Chair BHAB Prevention Committee, BHAB Member          Claudia Armann, BHAB Member          Patricia Mowlavi, BHAB Member          Sandra Wolfe, BHAB Member          Dawn Anderson, Ventura County Office of Education (VCOE)          Juan Santos, Conejo Valley Unified School District          Katherine Kasmir, Reality Improv, Straight Up          Kathy Kemp, Casa Pacifica          Mark Stadler, CIT – Crisis Intervention Team          Natalie Gabric, Aegis Treatment Centers</p>	<p><b>VCBH Staff Present</b></p> <p>Dan Hicks, Alcohol &amp; Drug Programs, Prevention Services          David Tovar, Alcohol &amp; Drug Programs, Prevention Services          Cari Kawell, Alcohol &amp; Drug Programs, Prevention Services</p> <p><b>NEXT MEETING:</b>  <b>Tuesday, January 9, 2018, 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 3:16 PM by Chairperson, Janis Gardner.		
<b>II.</b>	<b>Approval of the Agenda (Action)</b> Agenda for December 11, 2017 was approved with 1 amendment: the December 11, 2017 Time Certain Presentation was moved from IX. Time Certain Presentation at 3:45 pm to VII. Staff/Provider Updates at 3:30 pm.	<b>Approved as amended</b>  <b>M/S/C</b>	<b>Motion: Patricia Mowlavi</b> <b>2<sup>nd</sup>: Sandra Wolfe</b>
<b>III.</b>	<b>Approval of the Minutes (Action)</b> Minutes for November 13, 2017 were approved.	<b>Approved as written</b>  <b>M/S/C</b>	<b>Motion: Patricia Mowlavi</b> <b>2<sup>nd</sup>: Sandra Wolfe</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>• Beginning in January 2018, the BHAB Prevention Committee monthly meeting will be changed to the 2<sup>nd</sup> Tuesday of each month – to be held from 3:15 pm to 4:30 pm in the Lake Tahoe Conference Room at Ventura County Behavioral Health Administration – 1911 Williams Dr., Ste. 210, Oxnard.</li> <li>• The NAMI Holiday Party will take place on Tuesday, December 12 from 5 pm to 8 pm at the Elks Lodge in Oxnard.</li> <li>• There are still two Emergency Shelters open in Ventura County for community support for those in need as a result of the Thomas Fire – at the Ventura County Fairgrounds and Oxnard College.</li> <li>• Chair Gardner gave thanks to those VCBH Staff members and Providers for their coordinated efforts to support the Ventura County community during the Thomas Fire emergency events.</li> </ul>		
<b>VI.</b>	<b>Public Comments</b> Natalie Gabric from Aegis Treatment Centers announced that the Aegis Oxnard Facility cancelled their Holiday Open House on Thursday, December 7 <sup>th</sup> from 4 pm to 6:30 pm at 2055 Saviers Rd. in Oxnard. This event will be rescheduled to a future date.		
<b>VII.</b>	<b>Staff / Provider Updates</b> <b>A.)</b> Dan Hicks, Manager, ADP Prevention Services, gave several updates that included distributing handouts to the group: a summary of the new Alcohol & Drug Programs Strategic Prevention Plan (SPP) Initiatives & Goals; and, the IOM Mental Health Intervention Spectrum graph.  Unlike VCBH in general where people think of mental health (80% of the budget), Prevention is upstream to treatment with its efforts toward community health promotion,		

community and institutional policy work, systems design (ie: student assistance programs), and, identifying groups of higher risk to delay the age of first use of exposure.

Mr. Hicks provided information on the new ADP Prevention Services 5 year SPP. Ventura County, like all counties, is required to have a plan that uses a Strategic Prevention Framework defined by the Substance Abuse and Mental Health Services Administration (SAMHSA). The SAMHSA process is to be scientific in planning the approach for services. Prevention Services uses this process throughout the new 70-page SPP document in their continued collaborative efforts with partners.

Several charts based on the California Healthy Kids Survey (CHKS) data were shown providing an overview that the Ventura County trends of alcohol and cannabis youth use are less than in previous years. VCBH goals on this topic include: "holding the line" on youth exposure, and, lifetime and last 30-day use. With a big focus on cannabis, both school-based and in the community, there have been significant reductions in the last 2 years. A look at underage drinking in our community, showed 41% of use among 11<sup>th</sup> graders is now at 26%.

Mr. Hicks distributed a handout summary of the 2017-2022 SPP Summary highlighting multiple items such as: local data on substance abuse, as well as, the risk of problematic use which is not evenly distributed across the population. Different communities have different patterns of availability which shape patterns of problems and use.

Ventura County is focusing on the substances themselves and the trends and patterns of local use including a focus on communities at elevated risk that tend not to be the usual subject of focus – ie. LGBTQ+ youth, African-American youth and adults, various "sub-populations" for which we have very little in the way of local information to guide prevention efforts.

This year, Prevention Services has launched an Addressing Health Disparities Initiative. The goal is to increase the local data available by describing community needs and resources for vulnerable populations – documenting both risk and protective factors.

In addition, we are in the middle of a national Opioid Crisis. The communities that become an exception to this crisis have some of the things that we've tried to focus on – ie: destigmatizing seeking care, and, increasing protective factors. This includes giving people addicted to opiates and at high risk, the ability to have a widely available reversal drug like Naloxone.

Prevention Services is promoting increased use by Prescribers of the CA State Prescription Drug Monitoring system – C.U.R.E.S. In the last couple of years, there has been a dramatic increase of doctors and prescribers using this system. Efforts will be made for more professional development and incentives for prescribers to help prevent fatal overdose and decrease the social availability of the most dangerous prescription drugs – opioids.

Over the next 5 years, Prevention Services will be increasing its messaging efforts for non-narcotic pain management emphasizing that opioids should be limited, and not relied upon for long-term pain management.

The new Prevention Services SPP Marijuana Initiative is focused on youth exposure to cannabis. It is not exclusively about global cannabis policy, but, instead, about delaying or preventing the age of onset. There may be some very positive things that come out of the new regulations. We can shape local social norms to include the legal age of cannabis use to be 21 because it has been shown to be uniquely detrimental to the development of the teen brain. In addition, Ventura County has a Marijuana Interagency Workgroup that has established 16 key baseline data indicators that will be tracked and used to measure local data beyond youth surveys.

The new SPP also has an Underage and Binge Drinking Initiative which covers impaired driving. The strategic SPP planning includes obtaining other funds to support Prevention efforts. For example, the CA Office of Traffic Safety (OTS) grant assists VCBH Prevention with its impaired driving efforts providing resources that go beyond the Federally assigned funding from the Substance Abuse Prevention and Treatment (SAPT) Block grant. Prevention is ambitiously wanting to decrease the number of non-fatal crashes in Ventura County by 10%.

Prevention also funds two Coalitions: the Hip Hop Collective Group and Saving Lives

	<p>Camarillo. As Prevention efforts move along, more localized data will be used to help push their efforts in the right direction.</p> <p><b>B.)</b> On behalf of Kiran Sahota, Chair Gardner mentioned that MHSA was currently in the process of having their new Strategic Prevention Plan approved.</p> <p><b>C.)</b> David Tovar, Office of Traffic Safety (OTS) Grant Coordinator, VCBH ADP Prevention Services, mentioned the upcoming Wednesday, January 10, 2018 event “<b>Scientific and Clinical Perspectives on Cannabis Use</b>” will be held in the Camarillo Room from 3 pm to 5 pm at the Ventura County Office of Education, 5100 Adolfo Road, Camarillo.</p> <p>Two professors from UCLA will be featured: Steven J. Shoptaw, PhD from the UCLA Dept. of Family Medicine, and, David Goodman-Meza, MD from the UCLA David Geffen School of Medicine. This event will provide a Q &amp; A to discuss how cannabis use affects the human body.</p> <p><b>D.)</b> Katherine Kasmir, Executive Director, Straight Up, shared that Straight Up has been focusing some of their Prevention efforts to promote the Vulnerable Populations Initiative of the new VCBH ADP Prevention Services Strategic Prevention Plan (SPP). They have increased their connections with the Ventura County Transitional Age Youth (TAY) and LGBTQ+ youth populations.</p> <p>Ms. Kasmir also discussed that Straight Up has hired a new bilingual staff member to assist with their Spanish Language population Prevention efforts.</p> <p>The Straight Up Reality Party in Spanish that was going to be held in Oxnard on Saturday, Dec. 9<sup>th</sup>, has been cancelled due to the Thomas Fire Emergency Situation. It has been rescheduled for Saturday, January 27<sup>th</sup>.</p> <p><b>E.)</b> Dawn Anderson, Director Comprehensive Health and Prevention, Ventura County Office of Education, gave multiple updates that included a mention that within their VCBH/VCOE Prevention Contract there is a Prescription Opioid Objective toward which they are focusing their efforts within two Ventura County schools: Rio Mesa and Thousand Oaks High School.</p> <p>Currently, VCOE has a sub-committee that is discussing guidelines to support the availability of Naloxone at high school campuses throughout Ventura County School Districts.</p> <p>VCOE combined efforts with multiple Ventura County Agencies and Providers to create a new op-ed cannabis editorial piece that will soon be released.</p> <p><b>F.)</b> Mark Stadler, CIT, Crisis Intervention Team mentioned that for the first time ever, CIT had to cancel a CIT Training due to the Thomas Fire situation. On Monday, December 4<sup>th</sup>, CIT started a class with 50 officers and deputies, but, because the fire impacted multiple students and instructors, the class was cancelled.</p> <p>CIT received all nominations for the next CIT “Officer of the Year” which will be announced at the January 2018 BHAB General Meeting.</p>		
<b>VIII.</b>	<p><b>Prevention Committee Member Comments</b> Patricia Mowlavi, BHAB Member, thanked VCBH Staff for their participation in the emergency relief efforts during and after the Ventura County Thomas Fire.</p>		
<b>IX.</b>	<p><b>Time Certain Presentation (moved from 3:45 to 3:30 pm)</b> Dan Hicks, Manager, ADP Prevention Services provided the group with shortened content for the Time Certain Presentation during his Staff Update due to his re-assignment to the VCBH Emergency Command Center (EOC). Please refer to Mr. Hicks’ comments during <b>Staff Updates</b>.</p>		
<b>X.</b>	<p><b>Old Business</b> Chair Gardner discussed with the group a draft of the FY 2016/17 BHAB Prevention Committee Annual Report. The BHAB Prevention Committee 2017/18 Objectives were reviewed and edits were suggested.</p>		
<b>XI.</b>	<p><b>New Business</b> N/A</p>		
<b>XIII.</b>	<p><b>Adjourn</b> Meeting was adjourned at 4:30 PM.</p>		