

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

**MINUTES □ September 11, 2017**

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| <p><b><u>Present</u></b><br/>         Janis Gardner, Chair, BHAB Member<br/>         Claudia Armann, BHAB Member<br/>         Gane Brooking, BHAB Member<br/>         Mary Haffner, BHAB Member<br/>         Patricia Mowlavi, BHAB Member<br/>         Sandra Wolfe, BHAB Member<br/>         David Deutsch, NAMI Ventura<br/>         Ezequiel A. Sanchez<br/>         Gabe Teran, Ventura County Office of Education (VCOE)<br/>         Katherine Kasmir, Straight Up Ventura County<br/>         Robert Dungal, Vista del Mar<br/>         Sara Cook, Vista del Mar<br/>         Scott Walker, CIT – Crisis Intervention Team<br/>         Taylor de la Rosa – Rainbow Umbrella</p> | <p><b><u>VCBH Staff Present</u></b><br/>         Dan Hicks, Alcohol &amp; Drug Programs, Prevention Services<br/>         David Tovar, Alcohol &amp; Drug Programs, Prevention Services<br/>         Cari Kawell, Alcohol &amp; Drug Programs, Prevention Services<br/>         Clara Barron, MHSA<br/>         Esperanza Ortega, MHSA / PEI</p> <p><b>NEXT MEETING:</b><br/> <b>Monday, October 9, 2017, 3:15 – 4:30 p.m.</b></p> <p>Ventura County Behavioral Health<br/>         1911 Williams Drive, Lake Tahoe Conference Room (2<sup>nd</sup> floor),<br/>         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/<br>ACTIONS                    | RESPONSIBLE  |
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| <b>I.</b>   | <b>Call to Order</b><br>The meeting was called to order at 3:20 PM by Chairperson, Janis Gardner.  |  |  |
| <b>II.</b>  | <b>Approval of the Agenda (Action)</b><br>Agenda for September 11, 2017 was approved as written.   | <b>Approved as written</b><br><br><b>M/S/C</b> | <b>Motion: Claudia Armann</b><br><b>2<sup>nd</sup>: Sandra Wolfe</b> |
| <b>III.</b> | <b>Approval of the Minutes (Action)</b><br>Minutes for August 14, 2017 were approved.  | <b>Approved as written</b><br><br><b>M/S/C</b> | <b>Motion: Sandra Wolfe</b><br><b>2<sup>nd</sup>: Claudia Armann</b> |
| <b>IV.</b>  | <b>Welcome and Introductions</b><br>The Chair welcomed all. Self-introductions were made around the table.   |  |  |
| <b>V.</b>   | <b>Chair Announcements</b><br>Janis Gardner, Chair, BHAB Prevention Committee announced multiple items that included: <ul style="list-style-type: none"> <li>• An update on the Opioid Solutions Summit that took place on Tuesday, August 29, 2017 from 8:30 am to 12:30 pm at the Ventura Beach Marriott. The event was sold out. Two notable speakers were present including best-selling author, Sam Quinones, who shared his book, "Dreamland," and, Recovery advocate and television and movie personality, Danny Trejo. There were three breakout sessions with experts in their fields.</li> <li>• The Suicide Prevention Council Meeting takes place at 10 am on the first Friday of every month here at VCBH. All are welcome.</li> <li>• The Military and Veteran Suicide Awareness &amp; Prevention Day was on Wednesday, September 6<sup>th</sup> at the East Site of the California State Capitol in Sacramento.</li> <li>• Saturday, September 16<sup>th</sup> from 9 am to 12 noon was the "Day of Caring" for the United Way of Ventura County.</li> <li>• The "Out of the Darkness" Community Suicide Prevention Walk will take place on Saturday, September 16<sup>th</sup> at Constitution Park in Camarillo with check-in/registration at 7:45 am. The walk is from 9 am to Noon. To RSVP, write to: <a href="mailto:walks@afsp.org">walks@afsp.org</a></li> <li>• The 2<sup>nd</sup> Annual Suicide Prevention "Help &amp; Hope" Conference will be on Wednesday, September 20 from 8 am to 12:30 pm at Oxnard College. Admission is free. Registration is required. Please visit: <a href="http://www.helpandhope2017.eventbrite.com">www.helpandhope2017.eventbrite.com</a></li> <li>• Pacific Clinic's TAY Tunnel is holding its 10-Year Open House on Friday, September 29<sup>th</sup> from 11 am to 2 pm at TAY Tunnel, 141 West Fifth St., Suite D, Oxnard</li> <li>• The NAMI Ventura County's 1<sup>st</sup> "Evening at the Theater" fundraising gala will be held Saturday, Oct. 21<sup>st</sup> at 6 pm at the Newbury Park High School Performing Arts Center.</li> </ul> |  |  |

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| VI.  | <p><b>Public Comments</b></p> <p>A.) Ezequiel A. Sanchez announced the Pacific Clinic's TAY Tunnel 10-year Anniversary Event to be held on Friday, Sept 29<sup>th</sup> from 11 am to 2 pm at the TAY Center for Wellness and Recovery for Transitional Age Youth located in downtown Oxnard at 141 W. Fifth Street. The TAY Center has been serving the Ventura County TAY population for 10 years.</p>   |  |  |
| VII. | <p><b>Staff/Provider Updates</b></p> <p>A.) Dan Hicks, Manager, ADP Prevention Services, distributed copies of a graph from a VC Star insert from several weeks ago which asks "<i>What Can We Do About the Opioid Crisis?</i>"; the VCBH ADP Issue Briefing "<i>Local Research: Drug-Related Deaths in Ventura County 2008-2014</i>"; and, the CSAP 6 Strategy Definitions which defines the kind of work ADP Prevention can do and how counties can spend their federal block grant money.</p> <p>In the year ahead, people who work in Alcohol and Drug prevention will be asserting that the work they are doing is not limited to just preventing substance use disorders, but, also includes: limiting violence that is alcohol-related by setting standards for alcohol outlet density; and, limiting underage exposure to cannabis that could be damaging and occur without policies being set for commercial outlets just like alcohol and tobacco.</p> <p>Mr. Hicks thanked those who assisted with the recent "Opioid Solutions Summit" including Katherine Kasmir, her staff and the volunteers from Straight Up and David Tovar, VCBH ADP Prevention Services.</p> <p>B.) David Tovar, VCBH ADP Prevention Services OTS Grant Coordinator, announced the upcoming "Driving, Rx Drugs &amp; Aging" forum on September 28, 2017 at 9:30 am at the Ventura Adult and Continuing Education Center (V.A.C.E.). Mr. Tovar invited the group to attend the event to see an expert panel and participate in community conversation and to bring any unused or expired medication to dispose of properly. To RSVP, please contact David Tovar at <a href="mailto:david.tovar@ventura.org">david.tovar@ventura.org</a> or call 805.973.5376.</p> <p>C.) Clara Barron, MHSA, Program Administrator, shared multiple updates that included: MHSA requirements for a community program planning process. VCBH MHSA has created a planning committee and an evaluation committee who are evaluating all providers funded under VCBH MHSA.</p> <p>MHSA Prevention Early Intervention Providers are evaluated for cost effectiveness, outcome measures, contract compliance, and, goal re-evaluation for established contracts. Stakeholders are brought in as independent evaluators to assess data, fill-out evaluation forms and give suggestions as to what should happen (ie: keep it, cut it, modify it) with each evaluated program.</p> <p>Project Esperanza offers extracurricular activities to Ventura County youth in addition to assisting parents with parenting skills. VCBH MHSA helps educate this small organization regarding risk factors so that when they screen kids into their program, they are focused only on "at risk" children. VCBH MHSA assists Project Esperanza in connecting these risks to long term outcomes which helps to clarify their community goals. The hope is reducing possible incarcerations, school drop-outs and more.</p> <p>D.) Katherine Kasmir, Straight Up, Executive Director, announced an upcoming "Reality Party for Parents!" to be held on Saturday, October 21, 2017 from 2 pm to 6:30 pm at a home in Thousand Oaks. For more information, visit: <a href="mailto:info@StraightUpVC.org">info@StraightUpVC.org</a> or call 805.647.4622. To register online, please visit: <a href="http://www.straightupvc.org/register">www.straightupvc.org/register</a></p> <p>Ms. Kasmir mentioned that Straight Up is currently seeking young people to volunteer at the "Reality Party for Parents!" on Saturday, Oct. 21<sup>st</sup>. Youth must be in High School and older. This is an all-day commitment (9 am – 8 pm). To volunteer, visit: <a href="http://www.straightupvc.org/volunteer">www.straightupvc.org/volunteer</a> To learn more about Reality Parties for Parents, visit: <a href="http://www.straightupvc.org/realityparties">www.straightupvc.org/realityparties</a></p> <p>E.) Gabe Teran, Ventura County Office of Education, Friday Night Live, Project Specialist announced two items: VCOE is holding a SafeTALK training on Tuesday, October 10<sup>th</sup> at 8 am located at VCOE in Camarillo. This event is a lay-level suicide alertness and suicide awareness training to give people skills they can use to identify people who are having thoughts of suicide and then connect them with the resources that will help them through that crisis. To sign up, please contact: Kris Trotsky at 805.437.1370.</p> <p>The Statewide FNL Youth Summit will be held Sept. 15 – 17. Ventura County will be taking 18 students from 4 different school districts to attend this event where they will learn about</p> |  |  |

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|              | <p>leadership and Prevention project work. The students will then bring back this information to their Ventura County school district where they can then enhance the work they are doing and/or begin new innovative projects. 2 of the 18 students will be co-presenting with Mr. Teran, on a community assessment project that is in the City of Oxnard. The State asked Mr. Teran to present on this project in one of the break-out sessions at the Statewide FNL Youth Summit.</p> <p><b>F.)</b> David Deutsch, NAMI Ventura, Director announced that the NAMI 1<sup>st</sup> "Evening at the Theater" fundraising event will take place on Saturday, October 21<sup>st</sup> at Newbury Park High School. This event includes catering beginning at 6 pm with a performance starting at 7:30 pm. A limited number of low cost seats are available. For more information, please contact Mr. Deutsch at: <a href="mailto:david.deutsch@namiventura.org">david.deutsch@namiventura.org</a>.</p>  |  |  |
| <b>VIII.</b> | <b>Prevention Committee Member and Participant Comments</b><br>N/A  |  |  |
| <b>IX.</b>   | <p><b>Time Certain Presentation</b></p> <p>Courtney Lindberg, President, and, Taylor de la Rosa, Vice President, of the Rainbow Umbrella Youth Group presented a PowerPoint presentation called "<i>Using Prevention Aspects for Ventura County LGBT Youth.</i>" Ms. Lindberg gave an overview of the Rainbow Umbrella (RU) services.</p> <p>RU is a positive, safe, and welcoming space, free of drugs and alcohol for engaging LGBTQ+ youth. RU is an activities based program that provides support and empowerment for lesbian, gay, bisexual, transgender, intersex, queer and questioning youth ages 12 to 23. RU meets every Friday from 5:30 – 7:30 pm. All youth are welcome. The meetings are free and confidential.</p> <p>RU is run by volunteer facilitators and has funding sources that include: VCBH, Mental Health Services Act (MHSA) – Prevention and Early Intervention, the Social Justice Fund, and, private donors.</p> <p>The RU contract goals with VCBH include the following: support an increase in outreach to vulnerable / at risk LGBTQ+; support an increase in community engagement strategy for service planning; support an increase in community engagement for education and mental health stigma reduction; and, support collaboration with partner agencies.</p> <p>RU provides community presentations, mental health guest speakers, events (Models of Pride), discussion surrounding mental health topics, social media, discussion with parent(s) of RU youth, school staff training and conferences and field trips.</p> <p>RU assists LGBTQ+ youth by creating a sense of belonging and community and helps LGBTQ+ youth to transform and balance their lives. RU hosts a Community Resource Center with training opportunities, after school programs, and, additional youth group nights. There is a focus on training and reducing implicit bias in education toward LGBTQ+ youth.</p> <p>More information at: <a href="mailto:ruyouthgroup@gmail.com">ruyouthgroup@gmail.com</a> - 805.836.0099 – <a href="http://www.rainbowumbrella.org">www.rainbowumbrella.org</a></p> |  |  |
| <b>X.</b>    | <p><b>Old Business</b></p> <p>Janis Gardner, Chair, BHAB Prevention Committee Chair updated the Group regarding DRAFT 10 of the FY 16/17 BHAB Prevention Committee Annual Report and stated that before finalizing the report, during the October 9<sup>th</sup> BHAB PC Meeting, the group will be asked to review and edit the Accomplishments section.</p>   |  |  |
| <b>XI.</b>   | <p><b>New Business</b></p> <p><b>A.)</b> Janis Gardner, Chair, BHAB Prevention Committee Chair encouraged the group to offer their outreach and/or engagement ideas to collaborate with Ventura County Behavioral Health.</p> <p><b>B.)</b> Mary Haffner, BHAB Member, gave the group the Ventura Unified Mental Health Committee Meeting Schedule for 2017/18 and invited all to participate in upcoming meetings. For more information, please contact: <a href="mailto:ann.bidlingmaer@venturausd.org">ann.bidlingmaer@venturausd.org</a> OR <a href="mailto:vida.martineza@ventura.usd.org">vida.martineza@ventura.usd.org</a></p>  |  |  |
| <b>XII.</b>  | <p><b>Future Meeting Discussion</b></p> <p>Janis Gardner, Chair, BHAB Prevention Committee Chair mentioned that the featured guest for the October 9, 2017 BHAB Prevention Committee meeting Time Certain Presentation would be Kim O'Neil, Executive Director, Project SAFER Educational Foundation.</p>   |  |  |
| <b>XIII.</b> | <p><b>Adjourn</b></p> <p>Meeting was adjourned at 4:32 PM.</p>  |  |  |