

**VENTURA COUNTY BEHAVIORAL HEALTH ADVISORY BOARD
 BHAB PREVENTION COMMITTEE
 1911 WILLIAMS DRIVE, STE. 210, LAKE TAHOE CONFERENCE ROOM, OXNARD, CA**

MINUTES □ August 13, 2019

<p><u>Present</u> Janis Gardner, Chair BHAB Prevention Committee, BHAB Member Claudia Armann, BHAB Member Ezequiel A. Sanchez, BHAB Member, Turning Point Alison Lucas, Saving Lives Camarillo Carey Aldava, VC Human Services Agency, Adult Protective Services Gabe Teran, Ventura County Office of Education (VCOE) Johanna Lawrence, Alzheimer’s Association Mark Stadler, Ventura County Law Enforcement Crisis Intervention Team (CIT) Martha Shapiro, Alzheimer’s Association Maya Lazos, Vista del Mar Hospital Melissa Hannah, United Parents Stephanie Flournoy, Interface Children & Family Services Teri Helton, Faith in Action Theresa Plante, Casa Pacifica Vanessa Alva, BRITE, formerly Straight Up Vickie Gonzales, VC Public Health Yaakov Cahnman, Saving Lives Camarillo (SLC)</p>	<p><u>VCBH Staff Present</u> Jessica Davis, VCBH-ADP DUI Dan Hicks, VCBH/ADP Prevention David Tovar, VCBH/ADP Prevention Alma Ixta, VCBH/ADP Prevention Cari Kawell, VCBH/ADP Prevention Clara Barron, VCBH/MHSA/PEI Esperanza Ortega, VCBH/MHSA/PEI</p> <p>NEXT MEETING: Tuesday, September 10, 2019, 3:15 – 4:30 p.m.</p> <p>Ventura County Behavioral Health (VCBH) 1911 Williams Drive, Lake Tahoe Conference Room (2nd floor), Oxnard, CA 93036</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
I.	Call to Order The meeting was called to order at 3:18 p.m. by Chairperson, Janis Gardner.		
II.	Welcome and Self-Introductions The Chair welcomed all. Self-introductions were made around the table.		
III.	Approval of the Agenda (Action) Agenda for August 13, 2019 was approved as written.	Approved as written. M/S/C	Motion: Ezequiel A. Sanchez 2nd: Claudia Armann
IV.	Approval of the Minutes (Action) Minutes for July 9, 2019 were approved as written.	Approved as written. M/S/C	Motion: Claudia Armann 2nd: Ezequiel A. Sanchez
V.	Chair Announcements Janis Gardner, Chair, BHAB Prevention Committee announced the following: <ul style="list-style-type: none"> • A moment of silence was held in memory of those who were killed in early August 2019 in the mass shootings in Texas and Ohio. • Supervisor Bennett, at the August 6th Ventura County Board of Supervisors Meeting, addressed gun violence and asked that VC residents write letters to our lawmakers and take a stand and share whatever personal feelings we may have. • Chair Gardner shared a letter from the CA Attorney General that was signed by Attorneys General nationwide addressing the national opiate crisis and mental health. • The aforementioned letter asks that lawmakers replace the cumbersome outdated privacy rules contained in 42CFR Part II with the effective more familiar privacy rules contained in the Health Insurance Portability & Accountability Act – HIPAA. • The letter also asked that lawmakers pass HR2482, the Mainstreaming Addiction Treatment (MAT) Act and eliminate unnecessary burdens on Buprenorphine prescribing imposed by the Drug Addiction Treatment Act of the year 2000. • The letter also asked that lawmakers fully repeal the “Medicate Institutions for Mental Diseases” – the IMD Exclusion Waiver for mental illness and substance 		

	<p>abuse.</p> <ul style="list-style-type: none"> The Ventura County Health Care Agency (HCA) Director, William Foley, has agreed to give a quarterly update to the BHAB which will likely affect the Mental Health and ADP units in the Ventura County system. Chair Gardner invited the group to join the next BHAB General Meeting. The BHAB Prevention Committee looks at issues concerning mental health and substance abuse. 		
VI.	Public Comments N/A		
VII.	Old Business <ul style="list-style-type: none"> Group discussion was held concerning the FY 2019-20 BHAB Prevention Committee Mission Statement and Objectives. Group discussion was held regarding the FY 2019-20 BHAB Prevention Committee Annual Report. The new Mission Statement and Objectives were decided and then approved as written. 	Approved as written.	Motion: Claudia Armann 2nd: Ezequiel A. Sanchez
VIII.	Time Certain Presentation (4 p.m.) Alma Ixta, Community Services Coordinator, VCBH, ADP Prevention Services, presented a PowerPoint entitled, “ <i>Latino Community Outreach</i> ” which included: <ul style="list-style-type: none"> Prevention efforts within the community are making a difference. Some of the recent events mentioned were: a parent presentation at the Cabrillo Housing Development in Piru for farm worker families; an Oxnard Police Department Night Out event in Colonia & Project Access in North Oxnard; Prevention education was held at the Guelagueta MICOP event; a Santa Paula Community Health Fair; and, open houses and back to school nights continue to be held throughout Ventura County. Recently, the Mexican Consulate awarded Alma Ixta recognition as “Woman of the Year” for her ADP Prevention Services efforts in the Latino Community. During FY 2018-19, there were 190 community events, presentations, and meetings of which 95 were targeted to a Spanish-speaking audience; and, 18,221+ people were reached through ADP Prevention Community Services efforts. 10,546+ brochures were distributed throughout the community. Samples of Spanish Language Resources were shown to the group. Multiple Spanish Language Campaigns were mentioned such as the Naloxone Billboard Campaign; Planificate. No te busques un WEEDUI (Plan Ahead. Don’t get a WEEDUI Campaign); Sólo Cinco (“No Drive Five” Campaign); and, The Opioid Crisis: Ventura County Responds. Vaping presentations to parents and schools are continually held around Ventura County. Online resources to help the community stay connected are offered in both English and Spanish at the Ventura County Limits Website (http://venturacountylimits.org/); Ventura County Responds Website (https://venturacountyresponds.org/en/); Marijuana FactCheck Website (https://www.mifactcheck.org/); and, at the VCBH.org website (https://vcbh.org/en/) Alma Ixta and Erika Fernandez are two of the ADP Prevention Services Community Services Coordinators. They speak at events, attend health fairs, work closely with community agencies, and, give presentations to educate parents, families and the community about the risks of alcohol and drug misuse. They are bilingual and engage in many efforts to reach the underserved populations in our community. 	M/S/C	All in favor.
IX.	Prevention Committee Member Comments A.) Claudia Armann, BHAB Member announced that: <ul style="list-style-type: none"> Last month, the Ventura City Council met and directed their staff to create an ordinance to ban flavored tobacco products. Ms. Armann thanked Vanessa Alva, Straight Up, for doing a presentation at the aforementioned Ventura City Council meeting. In attendance at this city council meeting, were community members, local convenience store owners, and, a tobacco lobbyist, who were opposed to the idea of a ban on flavored tobacco products. The Ventura City Council unanimously voted to direct their staff to create the ordinance which in about 6 months will come back to the city council for review. A mental health student survey called, “<i>Why VUSD Should Invest in more Mental Health Resources</i>” was distributed to the group. For more information visit: www.causenow.org B.) Ezequiel A. Sanchez, BHAB Member, Turning Point, announced that his term as a BHAB Member will end in August 2019, and, there will soon be an open seat for a BHAB Member with District 2 - Supervisor Parks’ District.		
X.	Staff / Provider Updates A.) Vicky Gonzales, Staff Services Specialist, Ventura County Public Health, mentioned that: <ul style="list-style-type: none"> During recent communications with the City of Ventura attorney, Ms. Gonzales 		

learned that during the week prior to a recent Ventura City Council Meeting, two tobacco organizations/sponsors: the National Association of Tobacco Outlets; and, the National Local Advocacy Alliance; came to Ventura County to meet with the local convenience store owners who attended the recent Ventura City Council Meeting.

- These retailers showed up to the Ventura City Council Meeting with talking points that were in favor of the tobacco retail licensing ordinance, but not the flavors portion of it.

B.) David Tovar, Office of Traffic Safety (OTS) Coordinator, VCBH ADP Prevention Services, mentioned the following items:

- Multiple English/Spanish brochures used in ADP Prevention Services community outreach were distributed to the group, such as: the *"DUI Did You Know..?"* checkpoint brochure used at every Law Enforcement Agency's DUI checkpoint here in Ventura County; a cannabis dispensary handout; and, the *"Pharmaceutical Disposal Bins"* card, listing prescription drug take back locations around Ventura County.
- In Ventura County, DUI checkpoints are no longer used for arrests, but, instead are used as educational opportunities since 1000 to 2000 people pass thru them a night. It's a way to come in contact with the community and talk to them about impaired driving issues.
- Several cities here in Ventura County have chosen to regulate cannabis. VCBH ADP Prevention Services is working with each of these jurisdictions so that educational materials are provided to every cannabis dispensary.
- These efforts are made in both English and Spanish so people understand the risks of impaired driving and youth access.
- Last week, Mr. Tovar went to Sacramento to attend the CHPS Impaired Driving Taskforce meeting which is currently setting up recommendations for the CA legislature to fund programs and propose legislation to deal with impaired driving in California.
- Today you are more likely to drive under the influence of prescription drugs than by alcohol.
- The issue of impaired driving and the legalization of marijuana includes the lack of a measurable threshold that defines impairment like alcohol 0.08 ppm.
- ADP Prevention Services has 2 new staff members: Helen Tosh, Community Services Coordinator, and Sheila Murphy, Sr. Program Administrator, Ventura County Opioid Abuse Suppression Task Force (COAST) Grant.

C.) Clara Barron, VCBH MHSA/PEI gave updates that included:

- Ventura County Behavioral Health Mental Health Services Act (MHSA), has an area of Prevention focused outreach called Prevention Early Intervention (PEI).
- VCBH MHSA is training their own Esperanza Ortega, Community Services Coordinator, to be able to serve additional targeted groups in addition to the Hispanic Community, such as the LGBTQ+ and TAY populations.
- MHSA funds about 1/3 of the programs at VCBH including: Prevention Early Intervention; severely mentally ill programs; the adult treatment program; and, specialty mental health services.
- The upcoming Suicide Prevention Conference will be held on Friday, September 13, at Moorpark College.
- MHSA is working on a new contract with VCOE to address K-12 mental health needs in Ventura County schools.
- MHSA is also working on addressing mental health needs for older adults including mid-life depression. A forum/focus group is assisting to determine what their specific needs are. An RFP will likely follow to see which Providers will be handling the older adult efforts.
- There is a new PEI program for eating disorders. The populations served by this program are pediatric and TAY that are experiencing symptoms of anorexia nervosa, bulimia nervosa, and, binge eating disorder.
- MHSA is currently working on their new 3-year plan to set goals for their programs including: how many will be served, and, how much funding they will put toward each program.
- In June 2020, the plan will be sent to the State of California for approval.

D.) Gabe Teran, Operations Specialist for Youth Development, Friday Night Live, Ventura County Office of Education (VCOE), mentioned that:

- With the recent redefinition in the State of California regarding vaping products under tobacco products, the Federal Drug Administration (FDA) is looking at the tobacco

	<p>industry as a whole which includes vape product manufacturers, such as JUUL, who will still have access to advertising on the airwaves.</p> <ul style="list-style-type: none"> • VCOE receives funding from both MHSA and the SABG block grant which allows them to promote both mental health and prevention initiatives with the same materials that ADP Prevention Services and MHSA would use to promote their own initiatives. • VCOE is gearing up for another school year with a number of new initiatives. • Stanford University created a vaping and marijuana curriculum for schools to utilize in the classroom as a supplement to the Dept. of Education’s approved curriculum which is outdated. • Last year on June 18, VCOE held a countywide day of training for teachers on a new curricula called the Stanford Prevention Toolkit. • This Toolkit includes PowerPoint presentations and interactive games which are available for free on a portal for schools to access. <p>E.) Yaakov Cahnman, Community Coordinator, Saving Lives Camarillo, brought a sample of a prescription drug lockbox that they are promoting for home use to protect children from youth access.</p> <p>F.) Mark Stadler, Crisis Intervention Team (CIT), announced that:</p> <ul style="list-style-type: none"> • CIT will begin a training next week - a request by Ventura County jail personnel. This will be a 4-hour class about trauma-informed criminal justice systems. • Ventura County CIT is going to attend the upcoming CIT International event. • This is the 14th year in a row that Ventura CIT has been selected to attend. • The August 2019 Conference will be held in Seattle. <p>G.) Alison Lucas, Intern, Saving Lives Camarillo, introduced herself as a member of the Saving Lives prevention team.</p> <ul style="list-style-type: none"> • They will be participating in the “Wings over Camarillo” event on the upcoming weekend. <p>H.) Martha Shapiro, Alzheimer’s Association, supports senior concerns and announced that:</p> <ul style="list-style-type: none"> • Recently, Ms. Shapiro met with a doctor who was discussing Cannabidiol (CBD) and that seniors are getting into cannabis. • The Alzheimer’s Association is trying to do more outreach and is finding that few people in the community know they have an office in Ventura. • Many people who are dealing with dementia do not know of the resources that are available to them. • More information is available at: https://www.alz.org/cacentralcoast?set=1 <p>I.) Carey Aldava, VC HSA, Adult Protection Services (APS), shared multiple items:</p> <ul style="list-style-type: none"> • APS investigates the elder independent abuse reports in Ventura County. Primarily APS has found that with the clients they serve, there is an increase in marijuana use in older dependent adults (ages 18 to 64), but, that mostly the substance abuse in this population is from prescription drugs. • Typically there is co-occurring mental illness with this substance abuse. <p>J.) Teri Helton, Community Nurse, Faith in Action, announced that:</p> <ul style="list-style-type: none"> • Ms. Helton has made a change in the last few months and has stopped working full time at Livingston Memorial as a Program Manager. • Ms. Helton felt a real “call” in the end of life conversations that she had with patients. • Loneliness is a big problem with seniors and youth illustrating a need to have education within Ventura County faith communities. <p>K.) Vanessa Alva, Youth Development Specialist, BRITE, formerly Straight Up, distributed an informational sheet to promote an upcoming free workshop called, “<i>Introduction to Applied Improvisation</i>” to be held on Friday, August 16, 2019, and, Saturday, August 17, 2019, at Namba Arts – 47 S. Oak St, Ventura 93001.</p>		
XI.	<p>New Business</p> <ul style="list-style-type: none"> • Group discussion was held concerning future Time Certain Presentations for upcoming BHAB Prevention Committee meetings. • Vickie Gonzales, VC Public Health, was confirmed as the presenter for the Time Certain Presentation at the September 10, 2019 meeting. 		
XII.	<p>Adjourn Meeting was adjourned at 4:42 p.m.</p>		