

**BEHAVIORAL HEALTH ADVISORY BOARD  
PREVENTION COMMITTEE  
MINUTES - Tuesday, May 11, 2021**

<p><b>Members Present</b></p> <p>Janis Gardner, Chair BHAB Prevention Committee          Claudia Armann, BHAB          Jesse Finkbeiner, BHAB          Marlen Torres, BHAB          Patricia Mowlavi, BHAB          Alyson Lucas, Saving Lives Camarillo          Ezequiel Sanchez          Gabe Teran, Ventura County Office of Education (VCOE)          Katherine Kasmir, Reality Improv Connection - BRITE          Mark Stadler, Crisis Intervention Team (CIT)          Theresa Plante, Casa Pacifica          Vanessa Cortez, Pacific Clinics' TAY Tunnel</p>	<p><b>Ventura County Behavioral Health (VCBH) Managers/Staff Present</b></p> <p>Dr. Jamie Rotnofsky, MHSA Sr. Manager          Anastasia Flores, Driving Under the Influence (DUI) Program          Dan Hicks, Substance Use Services (SUS) Prevention          Cari Kawell, Substance Use Services (SUS) Prevention          Erika Fernandez, Substance Use Services (SUS) Prevention          Greg Bergan, MHSA Program Administrator - Data          Joanna Peterson, VCBH Administrative Division, Zoom Engineer</p> <p>Priscila Hasrun, Interpreter, Homeland Language Services</p> <p><b>NEXT MEETING:</b>  <b>Tuesday, July 13, 2021, 3:15 – 4:30 p.m.</b></p>
<p><b>Others Present</b></p> <p>Carmen Wyttenbach, Ventura County Human Services Agency (VCHSA)          Gail C. Parker, Drug Enforcement Agency (DEA) Administration, Operation Engage Program</p>	<p>Ventura County Behavioral Health          1911 Williams Drive, Oxnard, CA 93036  <b>Zoom link:</b>  <a href="https://us02web.zoom.us/j/85118862194?pwd=ZmwwRVQ1cDNRY2pFQ1kwcHA3Y0VyUT09">https://us02web.zoom.us/j/85118862194?pwd=ZmwwRVQ1cDNRY2pFQ1kwcHA3Y0VyUT09</a>  <b>Meeting ID:</b> 851 1886 2194  <b>Password:</b> 332632  <b>Dial-in:</b> 669 900 9128</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>	<p><b>Call to Order</b>            Chair Gardner called the meeting to order at 3:15 p.m.</p>		
<b>II.</b>	<p><b>Welcome and Introductions</b>            Chair. Gardner welcomed everyone. Joanna Peterson, Zoom Engineer, read the Meeting instructions. Roll call was completed by Chair Gardner by using the attendee list from the March 9, 2021 Minutes.</p>		
<b>III.</b>	<p><b>Approval of the Agenda</b>            Ms. Gardner asked the Committee to review and approve the May 11, 2021 agenda. The motion carried unanimously through roll call.</p>	<p>The agenda was approved as written.   <b>M/S/C</b></p>	<p><b>Motion: Jesse Finkbeiner</b>  <b>Second: Katherine Kasmir</b></p>
<b>IV.</b>	<p><b>Approval of the Minutes</b>            Ms. Gardner asked the committee to review and approve the minutes of the March 9, 2021 meeting. The motion carried unanimously through roll call.</p>	<p>The minutes were approved as written.   <b>M/S/C</b></p>	<p><b>Motion: Alyson Lucas</b>  <b>Second: Claudia Armann</b></p>
<b>V.</b>	<p><b>Chair Announcements</b>            Chair Gardner shared with the group the BHAB Prevention Committee Mission Statement, as follows:            "To promote measures which prevent mental illness and/or substance use issues from becoming destabilizing components in the lives of Ventura County residents. Our aim is to</p>		

<p><b>V.</b></p>	<p><b>Chair Announcements (continued)</b>  collaborate and help support education, prevention and early intervention efforts with particular emphasis on community health, engagement and the interaction of mental health and substance use challenges.”</p> <p>Chair Gardner announced that May 2021 is Mental Health Awareness Month. Stakeholders and Providers around Ventura County are holding events including a walk on May 14<sup>th</sup> from 10 a.m. to 2 p.m. on Wendy Drive and Potrero Road in Newbury Park with the Thousand Oaks Police Department and Ventura County Sherriff’s Office. In addition, various facilities around the county will be lit up in green in support of May is Mental Health Awareness Month.</p> <p>Chair Gardner also mentioned more upcoming events that included: a 1<sup>st</sup> Responders training that will take place on May 12<sup>th</sup> with the Port Hueneme Police Department addressing suicide within youth in the community and within the profession. In addition, a suicide prevention for student athletes, coaches and personnel will take place via Zoom on May 26<sup>th</sup>. For more information on these events, please contact Vista Del Mar Hospital at 805.794.1009.</p> <p>Chair Gardner announced that anyone who shops at Target can support our Ventura County Indigenous Community by mentioning that you are supporting MICOP.</p>		
<p><b>VI.</b></p>	<p><b>Public Comments</b>  Ezequiel Sanchez stated that he has seen around Ventura County in a variety of strategic locations the various VCBH media promotions on the topics of Prevention and Mental Health.</p>		
<p><b>VII.</b></p>	<p><b>BHAB Prevention Committee Member Comments</b>  None.</p>		
<p><b>VIII.</b></p>	<p><b>Provider and Stakeholder Comments</b></p> <p><b>A.</b> Katherine Kasmir, Executive Director, Reality Improv Connection – BRITE, shared items that included the following:</p> <ol style="list-style-type: none"> <li>1. BRITE is doing great, have resumed in-person meetings over the last month, and, are wrapping up multiple youth advocacy projects.</li> <li>2. On May 19<sup>th</sup>, at 6 p.m., BRITE, in collaboration with the Fillmore School District, will host a parent presentation that will be held in both Spanish and English. This event is a parent version of the BRITE Prevention Game that includes alcohol, vaping and other drugs including prescription drugs.</li> <li>3. The BRITE World Expo is underway through the end of May 2021 which include activities in their 3D virtual environment. Students from Simi Valley put on an event on the pirate ship a vape and marijuana prevention search for treasure hunt for treasure chests. More information on BRITE World and the youth and family activities going on there, please contact Katherine at: <a href="mailto:katherine@BRITEyouth.org">katherine@BRITEyouth.org</a></li> <li>4. May 27<sup>th</sup> is BRITE’s Facebook live stream called, “ BRITE CONNECTIONS” – which will be a discussion around opioids and begins with a young person’s story. More information can be found at: <a href="http://www.briteyouth.org">www.briteyouth.org</a> and <a href="https://brite.mykajabi.com/">https://brite.mykajabi.com/</a></li> </ol> <p><b>B.</b> Gail Parker, Community Outreach Specialist, Drug Enforcement Agency Administration, Operation Engage Program, made announcements as follows:</p> <ol style="list-style-type: none"> <li>1. They are currently seeking a few youth (ages 14 to 18) to work on the Community Anti-Drug (CADCA) Youth Leadership Program. The goal is at least 5 youth trained as ambassadors who will represent CADCA within Ventura County who are empowered to use their voice on a local/national level.</li> <li>2. Ms. Parker announced that Alyson Lucas, Saving Lives Camarillo, has partnered with Operation Engage, to find funding for and promote a new stigma campaign with local pharmacies.</li> </ol> <p><b>C.</b> Gabe Teran, Operations Specialist, VCOE - Comprehensive Health and Prevention Programs, announced the following:</p> <ol style="list-style-type: none"> <li>1. On May 26<sup>th</sup> at 6 p.m. The Annual FNL &amp; TUPE Awards Night which is open to the entire community will be held virtually. This event highlights prevention efforts that Ventura County youth have done around alcohol, tobacco and drug prevention and creating awareness around mental well-being and health.</li> <li>2. A virtual version of VCOE’s Prescription Drug Awareness Campaign – specific to opioid use and misuse – was held this year. One comprehensive high school was focused on in order to provide students with some basic information about opioids and how becoming addicted can be very easy and how difficult it can be to stop these addictions.</li> </ol>		

	<ol style="list-style-type: none"> <li>3. VCOE had some really great results from the pre and post-tests from the aforementioned Rx Drug Awareness Campaign outcomes that came from the retained knowledge and increased perception of harm around opioid misuse.</li> <li>4. Updates on the Wellness Centers Initiative were given and included mention that currently, they are at 5 school districts and are in-process of being physically furnished. In addition, they are also recruiting the wellness peers who are students who are participating and engaged in this process.</li> <li>5. The Wellness Centers are looking to purchase resources for the students who will be participating as well as those who are frequenting the centers.</li> <li>6. The Wellness Centers have gone virtual for the time being but will return to in-person when deemed appropriate by their respective school districts.</li> <li>7. They have set-up Q &amp; A sessions, check-in meetings and consortium meetings with the wellness center coordinators to be able to provide support as needed for the start-up process.</li> <li>8. They are hoping to transition back to in-person instruction for the coming school year.</li> </ol> <p>D. Alyson Lucas, Community Coordinator, Saving Lives Camarillo (SLC), mentioned that in April, they did a collaborative drug take-back event with the Camarillo Police Department to pass out educational materials to the public as they came to dispose of their prescription drugs. This event was inspired by Ms. Lucas' conversations about building community awareness with Gail Parker from the DEA Administrations Operation Engage Program.</p> <p>SLC also recently held a tabling event with a local pharmacy called The Medicine Shoppe on Lantana St. in Camarillo. After speaking with the pharmacy manager, it was determined that there was a need for a "dispose properly" sticker campaign. The stickers would be placed on their prescriptions for patient education.</p> <p>SLC will also hold a free, parent workshop on May 25 from 5:30 p.m. to 6:30 p.m. called, "Strategies for Raising a Drug Free Kid" featuring Patrick Madden, M.A., LEP, a well-known licensed educational psychologist. This event will help parents understand a child's brain and the various phases of adolescence and what might signal if your child is using drugs and how to cope with that.</p> <p>Recently, Ms. Lucas met with Diedre Young, the ACHS Intervention Specialist, who is looking for programs that will address drug and alcohol use, social and emotional well-being and alcohol education on campus.</p>		
<p><b>IX.</b></p>	<p><b>Ventura County Behavioral Health (VCBH) Staff Updates</b></p> <p>A. Dr. Jamie Rotnofsky, MHSA, announced that VCBH took the lead in joining "Strive for Zero," a CA State run collaborative for suicide prevention. MHSA is excited to develop a suicide prevention plan as relates to "Strive for Zero" to make data informed decisions.</p> <p>The next Suicide Prevention Committee Meeting will be held on Friday, June 4 from 10 a.m. to 11:30 a.m. VCBH Prevention Provider, EVALCORP, will have the results from a survey given to council meeting participants. "Strive for Zero" will also be participating in this meeting.</p> <p>B. Greg Bergan, MHSA/Prevention Early Intervention (PEI) shared the following: May 2021 is Mental Health Awareness month. VCBH MHSA has related awareness posters and pins in English &amp; Spanish available for interested people on the topic of mental health and stigma reduction.</p> <p>C. Dan Hicks, Manager, SUS – Prevention Services, mentioned the following:</p> <ol style="list-style-type: none"> <li>1. Mr. Hicks gave thanks to VCBH contractors, collaborators and staff for their efforts during the challenging times in February, March and April 2021 across the many different initiatives such as impaired driving, the opioid crisis, mental health promotion and stigma reduction.</li> <li>2. At least 50% of the SUS – Prevention Services staff have at one time been deployed as COVID Disaster Service Workers. During these deployments, Prevention continued to maintain services and have found new ways of delivering services while also expanding media campaigns not just in substance use but also for mental health promotion and stigma reduction.</li> <li>3. There are two mobile billboards that are making their way around Ventura County on 5 different loops across all communities. These include stigma reduction messaging as well as the new "Meth – Don't Buy the Lie" campaign presented in a variety of formats including print, electronic billboards and digital and streaming video.</li> <li>4. Prevention is amidst its annual contract season.</li> </ol>		

	<p>5. Mr. Hicks encouraged the group to take advantage of VCOE’s Brief Risk Reduction Interview &amp; Intervention Model (BRRIM) and Student Assistance Program expansion. These efforts are great for the emotional and social support of students and their families – especially as people are trying to adapt to how things will be after COVID sequestration.</p>		
<p><b>X.</b></p>	<p><b>Time Certain Presentation – 3:45 p.m. – Jesse Finkbeiner, LMFT, Executive Director of Behavioral Health Services, Aspire Counseling Services, Inc., presented , “Living Prevention”</b></p> <ul style="list-style-type: none"> <li>• Mr. Finkbeiner mentioned that he takes an unconventional approach as a therapist working with individuals and with families and in today’s Bhab Prevention Committee presentation, his goal is to connect with the attendees’ hearts.</li> <li>• Mr. Finkbeiner asked that the group take 20 seconds of silence to pay respects to the lost life of a Simi Valley resident who recently overdosed on Fentanyl.</li> <li>• A story was shared from about 15 to 20 years ago from the Special Olympics during a final co-ed race one of the contestants tripped and fell at the start of the race, all the other runners stopped and walked back, a little girl kissed the fallen boy on the forehead and they all walked to the finish line together.</li> <li>• Mr. Finkbeiner shared this story to preface his presentation by illustrating that Prevention is a movement of the heart.</li> <li>• Mr. Finkbeiner stated that during COVID, the lack of in-person interaction with the many families he sees daily, made it very difficult to conduct his substance use disorder counselling services.</li> <li>• There is an opinion that the opposite of addiction is not sobriety but instead connection and a community.</li> <li>• Mr. Finkbeiner expressed thanks for the prevention efforts of the Bhab Prevention Committee and those who are involved in promoting prevention education.</li> <li>• Aspire Counseling goes into schools in Simi Valley to run groups as well as preventative campaigns to mitigate suffering and help people look at their lives and awaken to who they really are.</li> <li>• A video was presented with teachings of Ram Dass, spiritual teacher, psychologist and author.</li> <li>• Mr. Finkbeiner is a proponent of meeting individuals where they are at emotionally, mentally and spiritually to assist in recovery.</li> </ul>		
<p><b>XI.</b></p>	<p><b>Old Business</b> None.</p>		
<p><b>XII.</b></p>	<p><b>New Business - Future Presentations</b></p> <p>Chair Gardner asked that a presentation about the Wellness Centers be presented in the coming months.</p> <p>Dan Hicks, Manager, VCBH SUS -Prevention was invited to present new prevention media campaign materials and the May is Mental Health Month information that is being disseminated into the community.</p> <p>Katherine Kasmir volunteered to do an upcoming presentation on BRITE’s prevention education efforts.</p> <p>Mark Stadler, CIT Program, volunteered to do a July presentation on the CIT Program efforts for the Bhab Prevention Committee. Chair Gardner acknowledged this offer and agreed it would be relevant.</p> <p>Marlen Torres, Bhab Member, and Chair Gardner suggested that perhaps updates could be done during the July Bhab PC Meeting that would highlight MHSA/PEI and SUS – Prevention Services funding.</p>		
<p><b>XIII.</b></p>	<p><b>Adjourn</b> The meeting adjourned at 4:20 p.m.</p>		