

**BEHAVIORAL HEALTH ADVISORY BOARD
PREVENTION COMMITTEE
MINUTES - Tuesday, November 10, 2020**

<p>Members Present</p> <p>Janis Gardner, Chair BHAB Prevention Committee Claudia Armann, BHAB Cmdr. James Fryhoff, BHAB Elizabeth R. Stone, BHAB Jesse Finkbiner, BHAB Ratan Bhavnani, BHAB Patricia Mowlavi, BHAB Ezequiel Sanchez Gabe Teran, Ventura County Office of Education (VCOE) Javier Bautista, TAY Tunnel Katherine Kasmir, Reality Improv Connection - BRITE Lori Litel, United Parents Mark Stadler, Crisis Intervention Team (CIT) Melissa Hannah, United Parents Scott Walker, Crisis Intervention Team (CIT) Soledad Barragain Stuart Fiedler, P.E. Theresa Plante, Casa Pacifica Vicky Gonzales, Ventura County Public Health (VCPH) Yaakov Cahnman, Saving Lives Camarillo</p>	<p>Ventura County Behavioral Health (VCBH) Managers/Staff Present</p> <p>Dr. Loretta Denering, SUS Division Chief Anastasia Flores, Driving Under the Influence (DUI) Program Cynthia Salas, VCBH Ethic Services Manager Dan Hicks, Substance Use Services (SUS) Prevention David Tovar, Substance Use Services (SUS) Prevention John Rivera, VCBH, Oxnard DUI Brad Friday, Substance Use Services (SUS) Prevention Cari Kawell, Substance Use Services (SUS) Prevention Helen Tosh, Substance Use Services (SUS) Prevention Joanna Peterson, MHSA Team, Zoom Engineer Alex Zajdman, Interpreter, Homeland Language Services</p> <p>NEXT MEETING: Tuesday, January 12th, 2020, 3:15 – 4:30 p.m.</p>
<p>Others Present</p> <p>Carmen Wyttenbach, Ventura County Human Services Agency (VCHSA)</p>	<p>Ventura County Behavioral Health 1911 Williams Drive, Oxnard, CA 93036 Zoom link: https://us02web.zoom.us/j/85118862194?pwd=ZmwwRVQ1cDNRY2pFQ1kwcHA3Y0VyUT09 Meeting ID: 851 1886 2194 Password: 332632 Dial-in: 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
I.	<p>Call to Order Chair Gardner called the meeting to order at 3:15 p.m.</p>		
II.	<p>Approval of the Agenda Ms. Gardner asked the Committee to review and approve the November 10, 2020 agenda. The motion carried unanimously through roll call.</p>	<p>The agenda was approved as written. M/S/C</p>	<p>Motion: Jesse Finkbiner Second: Claudia Armann</p>
III.	<p>Approval of the Minutes Ms. Gardner asked the committee to review and approve the minutes of the September 8, 2020 meeting. The motion carried unanimously through roll call.</p>	<p>The minutes were approved as written. M/S/C</p>	<p>Motion: Patricia Mowlavi Second: Katherine Kasmir</p>
IV.	<p>Welcome and Introductions Ms. Gardner welcomed everyone and stated that introductions would be completed through roll call during the approval of the agenda and minutes.</p>		
V.	<p>Chair Announcements Due to the full agenda, Chair Gardner deferred her time to the group.</p>		
VI.	<p>Public Comments None were mentioned.</p>		

VII. Ventura County Behavioral Health (VCBH) Staff Updates

A. Dr. Loretta Denering, Chief, SUS Division

1. Recently, the Mental Health Services Act (MHSA) team has had some personnel changes that include Kiran Sahota, MHSA Sr. Manager and Clara Barron, MHSA/PEI Manager who have both retired. MHSA is currently recruiting and interviewing for the Sr. Manager position. In the meantime, Dr. Denering will be leading and overseeing the MHSA team.
2. The La Clave training course program is a cooperative project between VCBH and the University of Southern California to train the Latino Community on how to identify early signs of mental illness in the community. This Train the Trainer type model is underway with a series of trainings beginning in a few weeks.
3. The MHSA Suicide Prevention Conference will take place on December 10, 2020.
4. The MHSA Suicide Prevention Committee will begin holding meetings again soon – dates are forthcoming.
5. One Step a la Vez and Ignite Teen Centers in Fillmore and Santa Paula are opening again while following social distancing guidelines.
6. The One Step a la Vez Center in Fillmore currently has a job opening for Executive Director.

B. Dan Hicks, Substance Use Services (SUS) Prevention Services

1. Prevention Services has been part of an effort to make Overdose Prevention a priority and to make Naloxone available to people who are at elevated risk of overdose.
2. Countywide, we just passed the 1,000 lives saved mark for local residents who have had their overdoses reversed through the Overdose Rescue/Naloxone distribution program.
3. Because of the leadership of Dr. Loretta Denering and others who are making these efforts possible, even since March 2020 during the COVID crisis, the program is continuing to make available training and lifesaving drug Naloxone available.
4. Across Ventura County, there are indicators of increased morbidity with stimulants. In some cases the stimulants are cut with Fentanyl. There is more local stimulant use than in previous years with fatal and non-fatal overdose episodes, and challenges remain.
5. The Suicide Prevention Conference will take place by way of a web-based, virtual platform on Thursday, December 10, beginning at 9 a.m. until 11:30 a.m. Pablo Campos from Active Minds is the featured presenter.

C. David Tovar, Substance Use Services (SUS) Prevention Services

1. On Saturday, December 5, Prevention Services in conjunction with Oxnard Police Department, will host a prescription medication take-back event in Oxnard at the Oxnard Police Station.
2. The drug take-back event will be “drive-up” style, observing social distancing requirements for safe disposal.
3. For the last 5 ½ years, VCBH SUS – Prevention has had an Office of Traffic Safety (OTS) grant focused on preventing impaired driving and reducing the harms of people driving under the influence of substances. The FFY 2019-20 grant was focused on prescribing and prescribers and working on their habits and patterns of the medications they give their patients.
4. At the end of this grant, Prevention is able to provide outreach to 953 dentists and dental specialists, to engage with them about how they’re talking to their clients about the medications they’re prescribing to them.

D. Vicky Gonzales, Public Health Tobacco Policy Coordinator, Ventura County Public Health

1. They are having a Smoke-free Multi-unit Housing Task Force meeting on Thursday, November 12. The objective of this Task Force is to advance smoke-free, multi-unit housing policy in the City of Oxnard.
2. On Saturday, November 19, the Ventura County Action on Smoking & Health Coalition Meeting will be held from 10 a.m. to 11:30 a.m.
3. On Tuesday, May 11, 2021, a webinar will be held that focuses on how smoke-free, multi-unit housing property owners can make their properties smoke-free. The event will be free-of-charge to all property managers.

E. John Rivera, VCBH, Oxnard DUI

1. Oxnard DUI is going strong with its operations at about 86% of their pre-COVID capacity.
2. When COVID began, they did take a hard hit, but, they have managed to build operations and services back up by utilizing Zoom and providing Zoom groups.
3. They are looking at doing an implementation plan so that when they receive the green light from the State of California and the Ventura County Behavioral Health Department they can safely provide services for small groups to come into the clinics.

<p>VII.</p>	<ol style="list-style-type: none"> 4. They are having some challenges with some of the clients who are experiencing technological issues – ie: no computer access or no Zoom software knowledge. Some of the DUI counselors are making contact with these clients to see if they can be of help in accessing DUI services. 5. For clients who have technological issues and can't utilize Zoom, phone sessions are made available to continue providing them with DUI services. 6. Oxnard DUI is also looking at ways to utilize interpreters to help serve the Mixteco client population. 		
<p>VIII.</p>	<p>Prevention Committee Member Comments</p> <p>Jesse Finkbiner, BHAB member, introduced himself as:</p> <ol style="list-style-type: none"> 1. A new BHAB member and also new to the BHAB Prevention Committee. For the last 5 years, Mr. Finkbiner has promoted substance use services in Ventura County, particularly Simi Valley schools, and, is a strong believer in SUS prevention education. <p>Commander James Fryhoff, BHAB member, shared the following:</p> <ol style="list-style-type: none"> 1. At the last Thousand Oaks City Council meeting, one of the high school participants in the Miller Family YMCA Youth & Government group spoke during the Public Comments portion of the meeting – as a result, Commander Fryhoff reached out to the Miller Family group to find out how the group sees Law Enforcement as relates to their efforts. 2. Cmdr. Fryhoff saw this introduction as an opportunity to better prepare the Miller Family group with prevention strategies and to find out what issues they're seeing at the high school level and how the City of Thousand Oaks Law Enforcement can best assist them with their efforts. <p>Elizabeth R. Stone, BHAB member, asked for:</p> <ol style="list-style-type: none"> 1. Further clarification from Dan Hicks, Manager, SUS – Prevention, about what trends Prevention is seeing around stimulants and how that tracks statewide and nationwide. Mr. Hicks gave a response. 		
<p>IX.</p>	<p>Provider and Stakeholder Updates</p> <p>Gabe Teran, VCOE gave updates that included the following:</p> <ol style="list-style-type: none"> 1. A high school youth mental health conference was held on October 7 from 9 a.m. to 2:30 p.m. with just under 200 youth and school staff in attendance. 2. A keynote speaker was featured and workshops were held which included Reality Improv Connection, BRITE, and other community organizations who focus on working with and serving youth with mental health services. 3. An upcoming middle school event will be held for a half day on December 9th for grades 6 – 8. This event will be similar in structure to the aforementioned high school youth mental health conference. 4. An additional mental health will also be held for 4th & 5th grade students for 1 hour on December 10th beginning at 9 a.m. This event will promote healthy lifestyles and self-care. <p>Katherine Kasmir, BRITE, mentioned the following:</p> <ol style="list-style-type: none"> 1. The BRITE team is still very busy during COVID times promoting their services and connecting to youth and parents through Zoom, Google Meets, and wherever Ventura County schools are meeting. They are hosting about 10 to 20 workshops per week along with online prevention games. 2. Teachers are also able to present the BRITE Prevention games and are assigning students to participate. There are hundreds of students each week that participate in these self-paced activities. 3. BRITE is continuing its work with virtual 3D environments using avatars. They also have youth who are creating wellness centers and working on prevention activities. 4. The "Reality Parties for Parents" is being created in this virtual world in the style that parents have been asking for which features a place that the parents' avatar can go with their students' avatar to interact with the BRITE content. <p>Lori Litel, United Parents shared the following items:</p> <ol style="list-style-type: none"> 1. A Suicide Prevention workshop was recently held that featured a speaker from the American Alliance for Suicide Prevention. More than 100 parents and caregivers were in attendance. 2. On December 3rd, United Parents is hosting a statewide webinar on emergency preparedness to get parents and caregivers thinking about safety and self-care as a result of the local disasters that Ventura County has been through over the last several years. They plan to give away 25 to 30 preparedness kits to help parents - particularly those with special needs children. 		

IX.	<p>3. In January 2021, United Parents will have another statewide webinar on the topic of warning parents and caregivers about the dangers of social media as it relates to youth. The event date has yet to be determined.</p> <p>4. Currently, they have the largest parents support group they've ever had with 22 parents in participation.</p> <p>5. They have been running their "Nurturing Families" curriculum, an evidence-based program for parents and caregivers. Every week a different topic is featured in English & Spanish.</p>		
X.	<p>Old Business</p> <ul style="list-style-type: none"> • Chair Gardner led group discussion to begin defining the FY2020-21 Prevention Committee Objectives which will be included in the FY19-20 BHAB PC Annual Report. • Chair Gardner invited participants to send her their ideas via email re: the new FY 21-22 BHAB PC Objectives. 		
XI.	<p>Items for the Next Meeting Agenda</p> <ul style="list-style-type: none"> • Chair Gardner asked for volunteers to participate in an impromptu December 2020 sub-committee meeting to finalize the new FY 20-21 BHAB Prevention Committee Objective. Date to be determined. • FY 19-20 Annual Report final draft will be discussed and reviewed as an action item. 		
XII.	<p>Adjourn The meeting adjourned at 4:25 p.m.</p>		