

**BEHAVIORAL HEALTH ADVISORY BOARD
PREVENTION COMMITTEE
MINUTES - Tuesday, November 9, 2021**

<p>Members Present</p> <p>Janis Gardner, Chair BHAB Prevention Committee Commander James Fryhoff, BHAB Jesse Finkbeiner, BHAB Patricia Mowlavi, BHAB Elizabeth Stone Gabe Teran, VCOE Jeanne Spencer, Idea Engineering Katherine Gross, Saving Lives Camarillo Liz Warren, The Client Network Mark Stadler, Crisis Intervention Team (CIT) Priscila Hazrun Roland Roberts, Reality Improv Connection - BRITE Scott Walker, Crisis Intervention Team (CIT) Stuart Fiedler Theresa Plante, Casa Pacifica Vanessa Cortez, Pacific Clinics' TAY Tunnel</p>	<p>Ventura County Behavioral Health (VCBH) Managers/Staff Present</p> <p>Dr. Jamie Rotnofsky, MHSA Sr. Manager Anastasia Flores, Driving Under the Influence (DUI) Program Dan Hicks, Manager, Substance Use Services (SUS) Prevention Cari Kawell, Substance Use Services (SUS) Prevention Greg Bergan, MHSA Program Administrator - Data Alli Adam, SUS – Management Assistant to SUS Division Chief</p> <p>Priscila Hazrun, Interpreter, Homeland Language Services</p> <p>NEXT MEETING: Tuesday, January 11, 2022, 3:15 – 4:30 p.m.</p>
<p>Others Present</p> <p>Chris, Career Counselor</p>	<p>Ventura County Behavioral Health - 1911 Williams Drive, Oxnard, CA 93036</p> <p>Zoom link: https://us02web.zoom.us/j/85118862194?pwd=ZmwwRVQ1cDNRY2pFQ1kwCHAZ3Y0VvUT09 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 3:17 p.m.</p>		
II.	<p>Welcome and Introductions (Roll Call) Chair Gardner welcomed everyone. Alli Adam, Zoom Engineer, read the Meeting instructions. Roll call was completed by Chair Gardner.</p>		
III.	<p>Approval of the Agenda Ms. Gardner asked the Committee to review and approve the November 9, 2021 agenda. The motion carried unanimously through roll call.</p>	<p>The agenda was approved as written. M/S/C</p>	<p>Motion: Scott Walker Second: Commander James Fryhoff</p>
IV.	<p>Approval of the Minutes Ms. Gardner asked the committee to review and approve the minutes of the September 14, 2021 meeting. The motion approved.</p>	<p>The minutes were approved as written. M/S/C</p>	<p>Motion: Claudia Armann Second: Commander James Fryhoff</p>
V.	<p>Chair Announcements Chair Gardner shared the following items:</p> <ul style="list-style-type: none"> Acknowledgment was given to Substance Use Services Chief, Dr. Loretta Denering, for her recent participation on the new local NPR radio station show, "One Oh One." Dr. Denering reported out on the Fentanyl Crisis in Ventura County. CA State's Mental Health Services Oversight Accountability is going to have an agenda and webinar for cultural and linguistic competency – a teleconference meeting which is going to be held on Wed., Nov. 10th. For additional details, email Chair Gardner directly. 		

VI.	<p>Public Comments n/a</p>		
VII.	<p>BHAB Prevention Committee Member Comments</p> <p>A. Elizabeth Stone introduced one of her new staff members, Chris.</p> <p>Ms. Stone thanked Dan Hicks, Manager, VCBH SUS – Prevention, for his Prevention efforts, and asked how a person can acquire Fentanyl test strips. For more information, call: (805) 652-6112.</p> <p>Ms. Stone stated that her team is doing outreach efforts in downtown Ventura for unsheltered people. It was noted that many of these people are using meth & fentanyl and that the SUS – OD Prevention resources will be very helpful.</p> <p>B. Claudia Armann mentioned that when her son had his wisdom teeth removed the oral surgeon prescribed opioids. Ms. Armann kept the Rx locked-up and gave her son as little as possible.</p> <p>Ms. Armann noted that because of the great education by Katherine Kasmir, Executive Director, BRITE Youth, and Dan Hicks, Manager, VCBH – SUS Prevention, she knew that the prescription needed to be safely disposed. The challenge with this disposal was that Ms. Armann had to make six phone calls to find out where in Ventura could she take these meds to properly dispose of them. Ms. Armann eventually obtained the name of three disposal locations from the Ventura Police Department.</p> <p>Ms. Armann wondered if outreach about opioids had been done for local oral surgeons regarding prescribing opioids and if there was a list of Rx disposal locations. Ms. Armann is hoping that efforts could be made for the Ventura County residents for ease with proper Rx disposal.</p> <p>C. Dan Hicks, Manager, VCBH – SUS Prevention, provided a screen share to illustrate the local Rx Safe Disposal locations which can be found at: https://www.coastventuracounty.org/</p> <p>D. BHAB PC Chair Janis Gardner added that her daughter also had her wisdom teeth removed and that she was also prescribed opioids as a painkiller.</p> <p>Chair Gardner asked Dan Hicks to send the <i>Rx Safe Disposal</i> website information to her for distribution to the BHAB General Committee.</p>		
VIII.	<p>Ventura County Behavioral Health (VCBH) Staff Updates</p> <p>A. Greg Bergan, VCBH – MHSA Program Administrator provided the following updates:</p> <ul style="list-style-type: none"> • On Tuesday, November 9 and on Thursday, November 18, the VCBH MHSA Team will be hosting an event on the Zoom platform - a community presentation about MHSA. For more information email: mhsa@ventura.org • MHSA is working on its FY 2020-21 Annual Report update which should be available for review within the next couple of months. They have been meeting with their different contract providers to gather data for this report. • Elizabeth Stone asked if there was an opportunity for community members to be involved in the FY 2020-21 Annual Report meetings. Ms. Stone mentioned that she observed a pattern that there was a restriction on receiving input from stakeholders regarding MHSA Annual Reports and requested greater community involvement. <p>B. Dr. Loretta Denering, VCBH – SUS Division Chief, responded to Ms. Stone’s concerns re: community involvement in the MHSA Annual Report process of gathering data. The process had to be altered for the last year and a half due to the COVID-19 procedures which has been very difficult thus the BHAB updates and the MHSA community forums are not a substitute for those more in-depth community process planning events that will happen. Unfortunately, VCBH has been constrained due to COVID-19 as it is much easier to do process planning events in-person as opposed to on Zoom. In-person meetings will resume as soon as VCBH is able to accommodate such events.</p> <p>C. Dan Hicks, Manager, VCBH SUS – Prevention, shared the following items:</p> <ul style="list-style-type: none"> • Prevention Services has been carrying out a compliance monitoring process with its contracted Substance Use Services Prevention Contractors. • The current Strategic Prevention Plan has been extended into 2023. • State DHCS is developing, for the first time, a Statewide Strategic Prevention Plan (SPP). Ventura County will participate in the process to ensure our needs are reflected. 		

<p>VIII.</p>	<p>Ventura County Behavioral Health (VCBH) Staff Updates (continued)</p> <ul style="list-style-type: none"> • SUS – Prevention is continuing to work on the Prevention Initiatives that are established in the current state-approved Strategic Prevention Plan—originally a 5-year; now 6 years. • The Statewide Plan for Substance Use Prevention is under development which includes attention to the two new and biggest synthetic drugs of concern - Fentanyl and Meth. • Some of these messaging campaigns are being ramped up to address drug safety and the availability of drug overdose kits, due to the fact that Fentanyl is now found in almost every street drug available. • VCBH Overdose Rescue (Naloxone) Kits now have 3 doses of nasal Narcan, not just two. • In the last 2 months, there has been about a 30% increase trend in the number of OD Kits distributed which is good because the OD Prevention Program has limited resources, but the community need is very high. The OD Prevention Program is trying to target people who are at the highest risk for overdose; and to promote the No-OD phone line - (805) 667-6663 for people who may be at risk of an opioid overdose, or who live with someone who is. • SUS – Prevention also has a Meth Trends Report under development which should be sharable by the next BHAB PC Meeting. • In a recent BHAB General Meeting there was a note about people experiencing homelessness (unsheltered people) which mentioned that the use of shelters is up by 46% - year over year from 2019 to 2020. • Highlighted was the fact that many of the Overdose deaths by Meth were also up 46% from 2019 to 2020. <p>D. Scott Walker, CIT, shared a personal experience about trying to obtain Narcan which was difficult for him. Mr. Walker stated that the VCSD does not issue Narcan to non-deputies (non-sworn), so they don't have any if they needed it personally or professionally. Mr. Walker learned that he could obtain Narcan from a CVS Pharmacy, although he found it still difficult to obtain from the pharmacist.</p>		
<p>IX.</p>	<p>Time Certain Presentation – Commander James Fryhoff presented, <i>“Therapeutic Management Inmate Unit TIMU”</i> and Dan Hicks, Manager, VCBH SUS – Prevention, presented <i>“Safe Choices Campaign”</i>- www.safechoicesvc.org</p> <p>A. Commander James Fryhoff, shared the following items:</p> <ul style="list-style-type: none"> • Recently, Commander Fryhoff spoke at the Adult Services Meeting about TMU and a couple other innovative things they are doing at the jail to provide better services to those who are in their care. Soon tours will be provided to look at the Therapeutic Inmate Management Unit (TIMU). • A substantial number of people are in care at TIMU who are suffering from mental health crises and they want to be able to work with their families to try and address what their triggers are so they can get the best treatment they can while they are in custody. • TIMU has Naloxone in a couple of their sections. Once they determine if the boxes of Naloxone are resistant to tampering, they will have them in every section of Ventura County Jails because despite their best efforts to keep narcotics out of the NIMU facilities, they are still present on-site. It's not uncommon that inmates are overdosing because of these narcotics. • The goal is to have inmates be able to self-rescue from an overdose, if necessary, because Saving a Life is more important than anything else. • Additional group discussion was held regarding psychiatric care as relates to mental health directives and regarding the possibility of OD kits being issued to the jail discharges to enhance kit distribution. • Commander Fryhoff stated than OD kits would not be issued to jail discharges at this time, but, that information brochures about the dangers of and increased risk to overdose because they jail discharges have been sober for a period. <p>B. Dan Hicks shared the following about the <i>Safe Choices Campaign</i> – www.SafeChoicesVC.org:</p> <ul style="list-style-type: none"> • This campaign was motivated by experiences staff and contractors have had on both the Treatment and Prevention sides of the Division—getting actionable information to high-need residents in a convenient and mobile-friendly way. The double-sided cards are a bit hit. • One of these turning points was when Gold Coast Transit and the Oxnard Transit Center were experiencing large amounts of encampment, open drug use, paraphernalia, and sharps that were unprotected. It became clear that bus drivers needed to be better informed and better equipped to deal with the problems of the physical space, but also to get people to the care they need and to have a consistent message about what resources are available. 		

IX.	<p>Time Certain Presentation - (continued)</p> <ul style="list-style-type: none"> Because of working with Gold Coast and Prevention Contractor Give an Hour, Prevention Staff and other Stakeholders including Public Health and Oxnard Polid3 and 211 and others, a simple card was developed – English/Spanish – that gives people information about <i>Safe Choices</i>. Mr. Hicks provided an online screenshare for meeting participants to review the <i>Safe Choices</i> area of the website when using the QR code from the 4x6 <i>Safe Choices</i> card which is optimized for mobile devices – more info at: https://www.safechoicesvc.org/ This QR code can be scanned easily from the <i>Safe Choices</i> card for people to see the HCA One Stop Center resource locations for self-care and food and shelter information. Also, by scanning the QR code and calling the No OD phone line, Naloxone kits are available as well as online training and getting access to resources like Fentanyl test strips. The <i>Safe Choices</i> cards are being distributed first by Oxnard PD and Gold Coast Transit, and soon, at outreach events with Prevention Services staff and contracted providers. 		
IX.	<p>Provider and Stakeholder Comments</p> <p>A. Gabe Teran, Operations Specialist, Friday Night Live - Health & Prevention Programs – VCOE- gave updates that included:</p> <ul style="list-style-type: none"> During the first week of October, VCOE held a pre-recorded virtual conference for youth mental health which included an address from VC Supervisors Carmen Ramirez and Matt Laverre, VCOE Superintendent Dr. Cesar Morales and others. The keynote speaker was on Day 1. Day 2 was a workshop. There were 2907 registered participants for this event which included grades 6 – 12, VCBH Prevention Provider – BRITE Youth also provided a pre-recorded session for this event. VCOE/FNL is also looking at their February tobacco-focused conference to use the same structure of pre-recorded sessions as was utilized in the February youth mental health conference. These conference recordings are available to school sites after the events are held. VCOE received requests from the Wellness Centers to provide suicide alertness training for the students and staff who are the wellness peers and the coordinators at the sites. Oxnard, Channel Islands, Buena, and Mesa High Schools are receiving these requested trainings. Suicide Alertness Training called “Safe Talk” has been developed by Living Works, a suicide awareness organization. “SafeTalk” is a skills-based training where participants can learn how to identify someone who is having thoughts of suicide and to help connect them to resources that will help them thru their crisis. “Safe Talk” is available to students ages 15 and older, adults, professionals, and community members. <p>B. Katherine Kasmir, Executive Director, BRITE Youth provided the following information:</p> <ul style="list-style-type: none"> So far, BRITE has had excellent success in Ventura County schools returning to providing some on-site presentations at multiple schools every day. During this school year, there have been over 70 classroom drug and alcohol prevention education workshops with about 2000 students that have participated in at least one workshop; and 5 adult/parent presentations – one was for the school staff of Vista Charter Schools. Last count was 232 students who have participated in some sort of advocacy projects. A recent BRITE “Reality Party” was done with video versions of the scenes and done within one of their BRITE Connections live streams. The Wellness Centers at VC schools are turning out to be very successful with a lot of student participation on campuses. This year, some of the difficult to reach communities that BRITE has encountered such as Santa Paula and Fillmore have opened to more BRITE interaction and presentations especially surrounding the vaping topic. Ms. Kasmir gave thanks to Dan Hicks, Manager, SUS – Prevention regarding the <i>Safe Choices</i> website which has been incorporated into the 3D virtual BRITE Avatar World. Ms. Kasmir recommended that to access VCBH SUS – Prevention online resources, to visit: www.venturacountylimits.org where it is possible to link to other specialized websites and resources that address Prevention education topics. 		
X.	<p>VCBH Contracts Review n/a</p>		
XI.	<p>Old Business n/a</p>		
XII.	<p>New Business Chair Gardner invited attendees to email her ideas for future BHAB PC meeting presentations.</p>		
XIII.	<p>Adjourn The meeting adjourned at 4:07 p.m.</p>		