

**BEHAVIORAL HEALTH ADVISORY BOARD (BHAB)  
PREVENTION COMMITTEE  
MINUTES - Tuesday, May 10, 2022**

<p><b>Members Present</b></p> <p>Janis Gardner, Chair BHAB Prevention Committee          Claudia Armann, BHAB          Carmen Wyttenbach, Human Services Agency, APS          Katherine Kasmir, BRITE Youth          Liz Warren, The Client Network          Melissa Hannah, United Parents</p>	<p><b>Ventura County Behavioral Health (VCBH) Managers/Staff Present</b></p> <p>Kathy Mulford, Substance Use Services (SUS) Division Chief          Dr. Jamie Rotnofsky, Mental Health Services Act (MHSA) Sr. Manager          Annastasia Flores, SUS DUI Manager          Dan Hicks, Manager, SUS Prevention          Cari Kawell, SUS Prevention          Greg Bergan, MHSA          Katie Stefl, MHSA          Joanna Peterson, VCBH Administration &amp; Zoom Engineer</p>
<p><b>Others Present</b></p> <p>Amber Macias, Ventura County Office of Education (VCOE)          Connor Kubeisy          Deanna Salas, VCOE          Lucy Marrero, Gold Coast Health Plan          Suzanne Weist, VCOE</p>	<p>Facundo Alvarez, Interpreter, Homeland Language Services</p> <p><b>NEXT MEETING:</b>  <b>Tuesday, July 12, 2022, 3:15 – 4:30 p.m.</b></p> <p>Ventura County Behavioral Health - 1911 Williams Drive, Oxnard, CA 93036</p> <p><b>Zoom link:</b>  <a href="https://us02web.zoom.us/j/85118862194?pwd=ZmwwRVVQ1cDNRY2pFQ1kwHA3Y0VYUT09">https://us02web.zoom.us/j/85118862194?pwd=ZmwwRVVQ1cDNRY2pFQ1kwHA3Y0VYUT09</a>  <b>Meeting ID:</b> 851 1886 2194  <b>Password:</b> 332632  <b>Dial-in:</b> 669 900 9128</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.

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
<b>I.</b>	<p><b>Call to Order - Welcome and Introductions (Roll Call)</b>            Chair Gardner called the meeting to order at 3:15 p.m.            Chair Gardner welcomed everyone. Joanna Peterson, Zoom Engineer, read the Meeting instructions.            Roll call was completed by Chair Gardner.</p>		
<b>II.</b>	<p><b>Approval of the Agenda</b>            Ms. Gardner asked the Committee to review and approve the May 10, 2022, agenda. Agenda was approved as written.</p>	<p>The agenda was approved as written.   <b>M/S/C</b></p>	<p><b>Motion:</b> Claudia Armann  <b>Second:</b> Katherine Kasmir</p>
<b>III.</b>	<p><b>Approval of the Minutes</b>            Ms. Gardner asked members to review and approve the minutes of the March 8, 2022, meeting. The March minutes were approved with an amendment: Correct meeting date was March 8<sup>th</sup>.            March 9 to March 8.</p>	<p>The minutes were approved with an amendment.   <b>M/S/C</b></p>	<p><b>Motion:</b> Liz Warren  <b>Second:</b> Claudia Armann</p>
<b>IV.</b>	<p><b>Chair Announcements</b></p> <ul style="list-style-type: none"> <li>• May is “Mental Health Matters” &amp; “Mental Health Awareness” month</li> <li>• From May 8<sup>th</sup> to the 14<sup>th</sup>, is National Prevention Week and entitled, “Creating Hope” is a national, public education platform bringing together communities and organizations to raise awareness about the importance of substance use prevention and positive mental health.</li> <li>• Ventura County Behavioral Health (VCBH) is arranging in-person and hybrid BHAB committee meetings. The next BHAB PC Meeting will be held on July 12, 2022.</li> <li>• The NAMI Walk will be held on Sunday, May 22 at the Port Hueneme Beach Pier.</li> <li>• VCBH is putting on 4 Prescriber’s Care Preventing Overdose &amp; Opiate Misuse events. The events are part of SUS – Prevention Strategies and are consistent with the Center for Disease Control and Prevention (CDC) and Office of National Drug Control Policy (ONDCP). Entitled “Latest Trends in Overdose,” “Evidence-based Safe Prescribing,” “De-prescribing is Good Prescribing,” and, “Person-centered Strategies” to be held at Sterling Hills Golf Course beginning on Wednesday, May 11<sup>th</sup> through Wed., September 21<sup>st</sup>. These events are for licensed health professionals, not the general public.</li> </ul>		

IV.	To attend, please contact <a href="mailto:Ashley.Nettles@ventura.org">Ashley.Nettles@ventura.org</a>		
V.	<p><b>Public Comments</b></p> <p>Simi Valley resident, Connor Kubeisy, a Communications &amp; Policy Associate with Smart Approaches to Marijuana, introduced himself and mentioned that Smart Approaches to Marijuana is a national organization that opposes the legalization of marijuana. Mr. Kubeisy previously interned at The Office of National Drug Control Policy during the Trump-Biden administrations.</p> <p>Since the last BHAB PC meeting in March, Simi Valley High School hosted the “Every 15 Minutes” program which aims to prevent drunk driving. Subsequently, it was favorably covered in <i>The Ventura County Star</i> and the <i>Simi Valley Acorn</i>. The program was also held in Thousand Oaks, Camarillo, Fillmore, Oxnard, and Ventura. The centerpiece of the program is the simulation of a car crash which supporters often argue that dissuades youth from driving drunk.</p> <p>When the “Every 15 Minutes” program was established in 1995, there were approximately 35,000 annual deaths from alcohol impaired driving. This has now decreased to approximately 10,000 or about 1 every 52 minutes.</p> <p>Some may credit the “Every 15 Minutes” program for playing a part in this decline, however, Mr. Kubeisy, stated that the decline has happened not because of programs like this but rather in- spite of them. The program is premised on the use of scare tactics which have been found to be ineffective, suggesting other changes are responsible for the decline, such as certain requirements for those charged with a DUI.</p> <p>“Shatterproof,” a leading organization, committed to addressing addiction, found that, “When it comes to preventing teens from using alcohol and other drugs, the evidence is clear, scare tactics don’t work.” After analyzing studies that investigated the effectiveness of school-based prevention programs, the Washington State Traffic Safety Commission concluded that programs such as, “D.A.R.E.,” “Every 15 Minutes,” and “Grimm Reaper Mock Crashes” have not produced significant long-term outcomes on attitudes or behavior “Evidence shows that programs premised on “scare tactics” often fail to prevent drunk driving as well as substance misuse and that students are not less likely to drive drunk in the months following their participation in them.</p> <p>Mr. Kubeisy mentioned that the BHAB Prevention Committee appears to be broadly focused on prevention, is well-positioned to nudge Ventura County School Districts to discontinue the “Every 15 Minutes” program on the basis that it doesn’t work to prevent drunk driving.</p>		
VI.	<p><b>BHAB Prevention Committee Member Comments</b></p> <p>A.) Claudia Armann, BHAB, announced an event - a panel that is being hosted by the “805” about the UndocuFund theme of serving the immigrant community in disaster and beyond. The idea is for those who have participated in the “805 UndocuFund” (which distributed \$6 million to undocumented immigrants during the pandemic) to share what they learned about the cultural competency it takes to serve that community. This free Zoom webinar event will be held on Wednesday, May 18 at 10 a.m. To register, please visit: <a href="https://805undocufund.org">https://805undocufund.org</a></p> <p>B.) Katherine Kasmir, Executive Director, BRITE, announced that BRITE’S “Reality Party for Parents” in the City of Thousand Oaks, is happening on Saturday, May 21<sup>st</sup> – tours start at 1 p.m. This free event is almost at maximum registration capacity. Ms. Kasmir invited the BHAB Prevention Committee meeting attendees who have never before seen a “Reality Party for Parents,” to contact her directly to sign-up before a waitlist happens.</p> <p>C.) Liz Warren gave thanks to Dan Hicks, SUS – Prevention and the Prevention Team for their Prevention education awareness efforts. Ms. Warren was particularly impressed with the Fentanyl media, noting that she has seen these television spots as part of the campaign and thinks they are extremely powerful because they use family members and friends who share their painful stories. Ms. Warren also liked the simple and clear messaging.</p>		

<p><b>VII.</b></p>	<p><b>Ventura County Behavioral Health (VCBH) Staff Updates</b></p> <p>A.) Dr. Jamie Rotnofsky, MHSA Sr. Manager, mentioned that the upcoming “<i>Key to Getting Help for Serious Mental Illness</i>” webinars will be done in both English &amp; Spanish. Interpretation will be offered in both languages.</p> <p>Dr. Rotnofsky extended thanks to Suzanne Weist, VCOE, and, also Katherine Kasmir, Executive Director, BRITE, and her team who are producing the upcoming event (details below) on Saturday, June 4<sup>th</sup> at The Oxnard Performing Arts Center. Event registration will be through Eventbrite.</p> <p>B.) Greg Bergan, MHSA Program Administrator, announced multiple upcoming webinar events that will be held on Monday, May 16 and Thursday, May 19 from 5:30 p.m. to 7 p.m. entitled, “<i>The Key to Getting Help for Serious Mental Illness.</i>”</p> <p>On Tuesday, May 24 from 5:30 p.m. and 7:00 p.m. entitled, “<i>Talking About Mental Health</i>” – this webinar is about the difference between healthy stress and unhealthy anxiety between normal sadness and serious depression</p> <p>On Saturday, June 4<sup>th</sup>, there will be a community event with a focus on youth and young adults with immersion performances. It is currently being planned. This event will be held at The Oxnard Performing Arts Center starts at 11 a.m. Free tacos, drawings and gift bags will be handed out.</p> <p>C.) Dan Hicks, Manager – SUS Prevention shared the following:</p> <p>Mr. Hicks announced that SUS – Prevention is in the process of launching a new evidence-based program, “<i>Teen Intervene</i>” which will begin in FY 22-23. It is an SBIRT-- screening, brief intervention and referral to treatment-based program serving primarily young people. Mr. Hicks thanked Connor Kubeisy for his comment about evidence-based practices.</p> <p>Tuesday, May 10, is National Fentanyl Awareness Day. The latest special report from the Ventura County Medical Examiner’s Office showed that not only was there a dramatic increase in accidental overdose deaths in 2021, rising by 66 cases in a single year, but, that street fentanyl (not prescribed by a physician) was a major contributor to this rise in OD deaths.</p> <p>Fentanyl is an extremely powerful, synthetic painkiller. It is now frequently found in “street drugs” such as cocaine, pressed pills, and Xanax. It’s 100x more powerful than morphine.</p> <p>Part of the SUS – Prevention “Fentanyl is Forever” campaign that is out now emphasizes the risks of fentanyl use and makes sure that people know that it can be found in any street drug.</p> <p>SUS – Prevention has continued to expand its efforts this year – now at 54 different sites with OD Prevention Education and Naloxone OD Rescue Kits with trained rescue educators. This is one way that Prevention is making Naloxone more widely available countywide.</p> <p>Prevention’s latest media campaign across Ventura County is a combination of Fentanyl awareness and suicide prevention education through a vendor called “<i>Hispanic Indoor Media.</i>”</p> <p>Some examples of this media messaging were shown to the meeting attendees. The campaign will run through June 2022 at 114 different convenience stores, 25 laundromats, 80 barber shops or salons, grocery stores, the recycling bins in downtown Ventura, and all 5 DMV offices across Ventura County. These messages include information about both Fentanyl awareness and suicide prevention.</p> <p>All 5 DMV offices around Ventura County are also running the “<i>Safe Choices</i>” campaign. For more information, please visit: <a href="http://www.venturacountyresponds.org">www.venturacountyresponds.org</a></p>		
<p><b>VIII.</b></p>	<p><b>Time Certain Presentation</b> – Suzanne Weist, Program Coordinator; Amber Macias, Operations Specialist; and Deanna Salas, Administrative Assistant from Ventura County Office of Education’s Comprehensive Health and Preventions Programs Department presented, “<i>VCOE Wellness Centers</i>” and shared information that included the following:</p> <ul style="list-style-type: none"> <li>Wellness Center Goals include preventing mental illness from becoming severe and disabling; reducing risk factors that negatively affect mental health and academic success; improving access to school and community based mental health service; providing safe and supportive environments where high school students can discuss concerns and needs in a confidential, nonjudgmental space; are for Peers by Peers.</li> </ul>		

VIII.	<p><b>Time Certain Presentation (continued)</b></p> <ul style="list-style-type: none"> <li>• There are 5 School Districts in Ventura County: Oxnard Union High, Ventura Unified, Fillmore Unified, Moorpark Unified and Santa Paula Unified</li> <li>• There are 8 Wellness Centers in Ventura County across the 5 VC School Districts located at Fillmore High School, Moorpark High, Channel Islands High, Hueneme High, Oxnard High, Pacifica High, Santa Paula High, and Buena High.</li> <li>• The Wellness Centers target the following populations: Migrant, Foster, Homeless, LGBTQ+, Low socio-economic status and chronically absent, at risk of drop out, suspended and expelled youth.</li> <li>• The VCBH Wellness Center Clinician, Alfonso Gutierrez, was mentioned for his contributions to screening, assessment, and on-site triages, conducting Mental Health Psychoeducation presentations and workshops, providing short-term treatment service and long-term treatment referrals and linkage. The Wellness Center Clinicians also liaise with partner placement agencies and community organizations, work closely with Mental Health and Child Protective Services, law enforcement agencies, employers and health and welfare to provide coordinated care.</li> <li>• The VCBH Wellness Center Community Services Coordinator, Angeles Small, was mentioned for her contributions to screening students’ needs to link them with MH services and other programs; linking clients in accessing VCBH services, Beacon Health Services or related services, and presenting a variety of psychoeducational MH workshops for students and parents.</li> <li>• Wellness Peer Roles include the following: providing support to Wellness Center participants, suggesting ways of managing emotions, de-escalating emotional situations, referring students to the center and community resources, providing mental health education to students, and distributing information about on-site resources.</li> <li>• A video featuring a Wellness Peer from OUHSD – Channel Islands High School was shared.</li> <li>• Group discussion followed the presentation.</li> <li>• For more information, contact: Suzanne Weist, M. Ed., PPS Coordinator – <a href="mailto:Sweist@vcoe.org">Sweist@vcoe.org</a> - (805) 437-1366; Amber Macias, M.A. Ed., PPS, Operations Specialist – <a href="mailto:Amacias@vcoe.org">Amacias@vcoe.org</a> - (805) 437-1390; or, Deanna Salas, Administrative Assistant – <a href="mailto:DSalas@vcoe.org">DSalas@vcoe.org</a> – (805) 437-1378</li> </ul>		
IX.	<p><b>Provider and Stakeholder Comments</b></p> <p>A. Katherine Kasmir, Executive Director, BRITE, shared that their prevention efforts are going well. They have just under 10,000 participants so far this school year in their presentations and workshops in their youth advocacy projects.</p> <p>BRITE submitted 5 mental health videos to a mental health contest – one of the videos from Rio Del Valle Middle School won 3<sup>rd</sup> place. Also, one of the videos created by a Providence High School student from the Juvenile Detention Facility received an honorable mention.</p> <p>BRITE has had the opportunity to be in all the Ventura County School Wellness Centers in a variety of ways. Ms. Kasmir expressed gratitude for being able to collaborate and provide drug and alcohol prevention services to students through these Wellness Centers.</p>		
X.	<p><b>VCBH Contracts Review</b></p> <p>Chair Gardner invited the meeting attendees to discuss multiple contracts and she thanked Cari Kawell, SUS – Prevention for creating and disseminating the BHAB PC meeting minutes.</p> <p>Liz Warren shared her thoughts on the Telecare contract and the casas that they oversee. They’re talking now for the first time about using the more scale along with a treatment perceptions survey. Ms. Warren was uncertain why they previously had not used milestones of the recovery scale up until this point. This surprised Ms. Warren and she’s glad they are now using this scale. They also are now giving residents a treatment perception survey. Because of various revisions, they’ve now revised the review process from monthly to quarterly. Ms. Warren hoped to speak with someone from the VCBH Contracts Unit to get clarification on this Telecare contract.</p> <p>Chair Gardner requested that Liz Warren email her questions and she would get them to the appropriate person at VCBH to provide insight.</p>		
XI.	<p><b>Old Business</b> n/a</p>		
XII.	<p><b>New Business</b></p> <p>Chair Gardner invited attendees to give ideas for future presentations. It was proposed that a possible topic could be an update from the Logrando Bienestar program.</p>		
XIII.	<p><b>Adjourn</b></p> <p>The meeting adjourned at 4:25 p.m.</p>		