

BEHAVIORAL HEALTH ADVISORY BOARD
Prevention Committee Meeting
Tuesday, September 26th, 2023, 3:15 – 4:30 PM
Ventura County Behavioral Health (VCBH)
1911 Williams Drive, Training Room (first floor) Oxnard, CA 93036
In-Person & Virtual meetings via ZOOM

Join Zoom Meeting: <https://us02web.zoom.us/j/85118862194?pwd=ZmwwRVQ1cDNRY2pFQ1kwCHA3Y0VyUT09>

Meeting ID: 851 1886 2194

Password: 332632

Dial-in: 669-900-9128

Under AB 2449 New Teleconferencing Rules:

The Ventura County Behavioral Health Advisory Board Prevention subcommittee may take action at the beginning of the meeting regarding requests for “Just Cause” or “Emergency” allowances provided that related Brown Act guidelines are met. (Guidelines are listed on the last page of this agenda.)

Mission Statement: “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 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.”

AGENDA

- I. Call to Order – Welcome and Introductions
- II. Roll Call to determine Physical Quorum
- III. Roll Call of Members with Just Cause
 - a. State others present in the room over the age of 18
- IV. Approval of the September 26, 2023, Agenda – **ACTION** (Roll Call)
- V. Approval of the March 14, 2023, Minutes – **ACTION** (Roll Call)
- VI. Approval of the July 25, 2023, Minutes – **ACTION** (Roll Call)
- VII. Chair Announcements
- VIII. Public Comments (**3 minutes each**)
- IX. **Time Certain** – “VCOE’s Comprehensive Health and Prevention Programs – Prevention, Early Intervention and Wellness”, Presenter – Chris Ridge, Director of Comprehensive Health, and Prevention (20 min.)
- X. Prevention Committee Goals and Priorities (10 min.)
- XI. Ventura County Behavioral Health (VCBH) Staff Updates (**3 minutes each**)
 - A. Mental Health Services Act (MHSA)/Prevention Early Intervention (PEI)
 - B. Dan Hicks, Substance Use Services (SUS) Prevention Services Manager
- XII. Old Business
- XIII. New Business
 - A. Future Presentations – Discussion
- XIV. VCBH Contracts Review (July 2023)
- XV. Adjourn

NEXT MEETING: November 28, 2023

Brown Act “Just Cause” or “Member Emergency” Allowance Guidelines for Board Members:

Requirements: A local board/commission member may participate remotely without posting their physical location on the agenda if all the following requirements are met:

1. Quorum at Physical Location - At least a quorum of the members of the board/commission participates in person from a singular physical location clearly identified in the agenda.
2. Public Access - (Both Remote and In-Person) The public may access the meeting through:
 - A two-way audiovisual platform or
 - A two-way telephonic service and a live webcasting of the meeting
 - In-Person Public Access to the physical location.

Circumstances: One of the following circumstances applies:

1. **“Just Cause”** - The member notifies the legislative body at the earliest opportunity possible, including at the start of a regular meeting, of their need to participate remotely for just cause, including a general description of the circumstances relating to their need to appear remotely at the given meeting. The provisions of this clause shall not be used by any member of the legislative body for more than two meetings per calendar year. **or**
2. **“Emergency Circumstances”** - The member requests to participate in the meeting remotely due to emergency circumstances and the board/commission takes action to approve the request. The board/commission shall request a general description of the circumstances relating to the member’s need to appear remotely at the given meeting. A general description of an item generally need not exceed 20 words and shall not require the member to disclose any medical diagnosis or disability, or any personal medical information.

Procedures:

1. Member Request - A member shall make a request to participate remotely at a meeting pursuant to this clause as soon as possible. The member shall make a separate request for each meeting in which they seek to participate remotely.
2. Board/Commission Response - The board/commission may take action on a request to participate remotely at the earliest opportunity. If the request does not allow sufficient time to place proposed action on such a request on the posted agenda for the meeting for which the request is made, the legislative body may take action at the beginning of the meeting.
3. Disclosure - The member shall publicly disclose at the meeting before any action is taken, whether any other individuals 18 years of age or older are present in the room at the remote location with the member, and the general nature of the member’s relationship with any such individuals.
4. BOTH Audio & Visual Participation - The member shall participate through both audio and visual technology.
5. Limits to Remote Participation - The provisions of this subdivision [of the Brown Act] shall not serve as a means for any member of a legislative body to participate in meetings of the legislative body solely by teleconference from a remote location for a period of more than three consecutive months or 20 percent of the regular meetings for the local agency within a calendar year, or more than two meetings if the legislative body regularly meets fewer than 10 times per calendar year.

Public comments on agenda items can be made prior to or during consideration of agenda items and are limited to 3 minutes per speaker. Public comment periods are limited to no more than (20) minutes total for all speakers. In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact Behavioral Health Administration at (805) 981-6830. Reasonable advance notification of the need for accommodation prior to the meeting (48 hours advance notice is preferable) will enable us to make reasonable arrangements to ensure accessibility to this meeting.

DEFINITIONS:

“Emergency circumstances”: A physical or family medical emergency that prevents a member from attending in person.

“Just cause” means any of the following:

1. A childcare or caregiving need (for a child, parent, grandparent, grandchild, sibling, spouse, or domestic partner) that requires the member to participate remotely.
2. A contagious illness prevents the member from attending the meeting in person.
3. A need related to defined physical or mental disability that is not otherwise accommodated for.
4. Traveling while on official business of the Brown Act Bode or another state or local agency.
5. Just Cause is limited to two instances per calendar year.

For additional information, see pages 4+ of the Brown Act Guide: calbhbc.org/brown-act

Ventura County
Office of Education
Comprehensive **H**ealth
and **P**revention
Programs

Prevention, Early
Intervention and Wellness



CHPP Team

AKA "The Dream Team"



Matt Wilmot



Luisa Arrechiga



Candice Rizzie



Maritza Martinez



Cecilia Perez



Chris Ridge



Hazel Gonzalez



Krista Roque



Tina Koonce



Suzanne Weist



Amber Macias



Jason Claros

CHPP Services

- Prevention and Early Intervention (PEI)
- Substance Use Services (SUS)
- Wellness Centers (WC)
 - High School
 - Middle School



Prevention and Early Intervention - Goals

Provide

Provide access and linkage to services for those with serious mental illness and serious emotional disturbance

Improve

Improve timely access to services for underserved populations

Reduce

Reduce stigma and discrimination with respect to mental illness

Prevention and Early Intervention – Program Activities

Trainings and awareness for school staff, students, and families:

- Mental wellness/Mental Health
- Stress management
- SEL
- PBIS
- RJ
- Trauma Informed Practices
- Crisis Intervention
- Suicide Awareness and Prevention
- Cultural and Linguistic Competency, and Equity
- Vulnerable (at-risk) populations

Access and linkage to mental health resources

- In-school referrals, screenings, counseling services
- Outreach for increasing recognition of early signs of mental illness
- Improving timely access to mental health resources by bringing services to the student
- Providing resources to students and families

Prevention and Early Intervention - 2022/23 Data

Total Screenings: 33,846

Total Referrals

- Individual (school-based): 23,195
- Group (school-based): 7,051
- Community based: 1,390

Early Intervention Services

- Individual (school-based): 177,781
- Group (school-based): 25,011

Total Training/Family Events: 1,952

- Staff trained: 9,243
- Students trained: 122,250
- Family participants: 58,491

Prevention and Early Intervention - Successes

- Positive feedback and engagement from students on mental health awareness activities, presentations
- *Improved relationships between staff and students*
- Reduction in psychiatric hospitalizations
- *Hiring of additional staff and/or contractors*
- Successful implementation of activities, screenings, or curricula
- *Coordination and support with other on-campus resources*
- Successful partnerships with community organization(s) (e.g., Logrando Bienestar, law enforcement, Daybreak)
- *Success stories of individual students (e.g., successful linkage with treatment, improved performance and wellbeing)*

Substance Use Services

Goals

- Develop formal **Student Assistance Programs (SAP)** within Ventura County public school districts, ideally in communities of high health disparity challenges, to address student ATOD and social-emotional needs.
- **Provide opioid misuse, and overdose prevention awareness** student presentations in Ventura County public school districts, which includes staff awareness of opioid overdose recognition and response.
- Coordinate and provide **Youth Development** opportunities in areas of environmental prevention, advocacy, community outreach and awareness.
- The **Prescription Drug and Heroin prevention education project** will present to at least 500 high school students and school staff on the risks of opioid abuse, and new policies regarding opioid overdose reversal through the use of naloxone.
- Coordinate a 2-day **Drug Impairment Training for Educational Professionals (DITEP) training for school personnel** (teachers, nurses, counselors, school admin) to identify signs and symptoms of individuals under the influence of alcohol, opioids, or other drugs.

2022-2023 Events

"The Dangerous Truth About Today's Marijuana" with Laura Stack
200 attendees

Royer Studios: "Animate Your Prevention Awareness" Youth PSA Contest

60 student participants

Ventura County "Friday Night Live" Program
150 student participants, 12 Chapters

Youth Leadership Conference & Awards Night
180 Students and Parents

Substance
Use Services

Substance Use Services

Student Services

- "Natural High Campaign"
 - Opioid safety / Fentanyl prevention curriculum for students of all ages to learn about the current scientific findings on youth behavior, brain development, social norming, and substance abuse prevention.
 - The curriculum includes opportunities for student storytelling, positive alternatives to drugs, tools for effective engagement, and the skills to a happy and successful life.
- VCOE has been providing [Natural High's Fentanyl Toolkit](#) to schools to learn about the lethal effects of fentanyl and illicitly manufactured pills.
 - Over **95%** students Strongly Agreed they felt more confident to saying no to drugs or alcohol.
 - Over **95%** students Strongly Agreed they felt more confident with sharing information about the dangers of fentanyl with friends, family and their community
 - 400 students served across 3 districts

TUPE OVERVIEW

Tobacco-Use Prevention Education

The California Department of Education provides Tobacco-Use Prevention Education (TUPE) funding for Local Educational Agencies (LEAs) to implement comprehensive programs that utilize evidence-informed tobacco-use prevention, youth development, intervention, and reinforcement activities for tobacco-free school environments, and cessation programs for 6th through 12th grade students.

Primary purpose: To reduce youth tobacco, vaping, and other nicotine use through a host of methods listed below:

Prevention

Intervention

Cessation

Alternatives to Suspension

Youth Development



Tobacco- Use Preventi on Education

TUPE Primary Program Areas

- Student Services
 - Prevention Curriculum
 - Intervention Programs
 - Cessation Programs
- Family/Community Engagement
 - Parent Presentations
 - Community Outreach Events
- Staff Professional Development
 - Alternatives to Suspension Strategies
 - Social Determinants of Health
- Serving Health Disparities
 - Non-Traditional Schools
 - Students with Disabilities
 - LGBTQ+

Tobacco- Use Preventi on Education

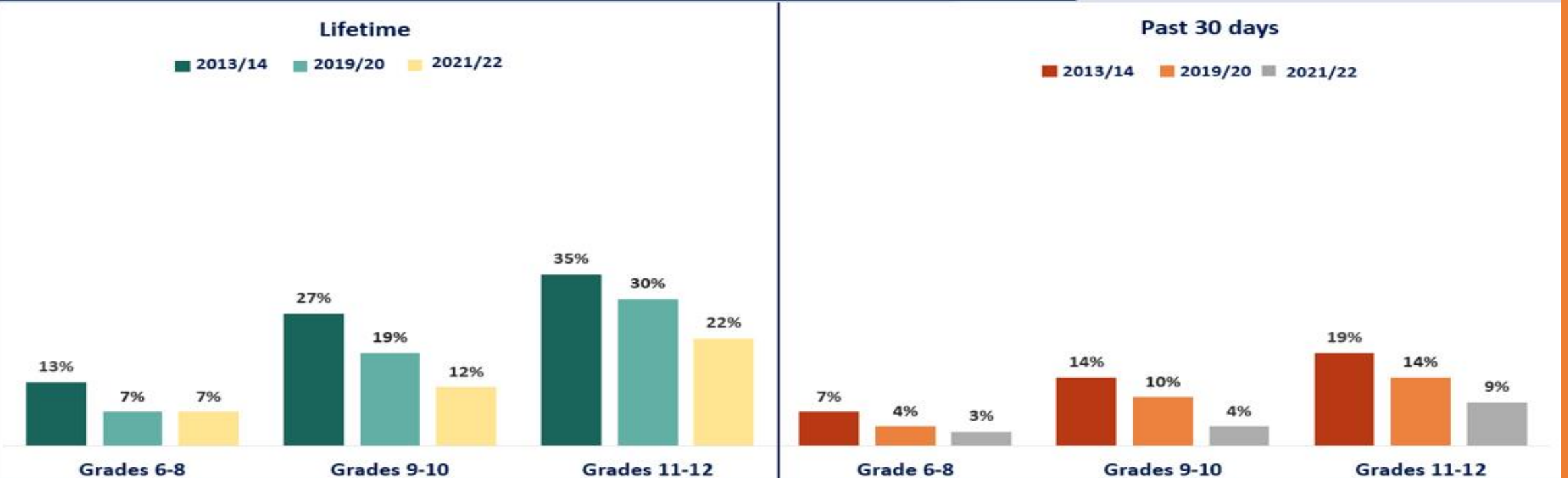
2022-2023 TUPE Activities/Events

- Annual Teens Kick Ash Prevention Conference
 - 300 Middle School & High School Students
- Tobacco/Vaping Prevention (one or more service)
 - 6th Grade – 3276 students
 - 7th Grade – 2849 students
 - 8th Grade – 3609 students
 - 9th Grade – 4166 students
 - 10th Grade – 3667 students
 - 11th Grade – 3612 students
 - 12th Grade – 3035 students
 - Non-Traditional – 469 students

California Healthy Kids Survey 2021-2022 - (22,562 participants)



Use of Vaping Products by Grade Level Ventura County 2021/22



Use of vaping products by students in Ventura County has decreased significantly since 2013-14.

Wellness Center Goals

- Prevent mental illness from becoming severe and disabling
- Reduce risk factors that negatively affect mental health and academic success
- Improve access to school and community-based mental health services
- Create safe and supportive environments where high school students can discuss concerns and needs in a confidential and non-judgemental space
- Create a space for peers by peers

Wellness Center Services

Mental health screenings, assessments, and referrals

Provide prevention and early intervention services

Short-term mental health services

Psychoeducational workshops

Suicide prevention education

Drop-out prevention

Access and linkage to mental health resources

A safe space for students

Wellness Centers – High School

Impact and Outcomes

- Across all schools, there were 25,644 visits to the Wellness Center.
- Across all schools, 1,218 students were enrolled in a mental health service through the Wellness Centers during the 2022-2023 school year.
- Across all schools, over 476,000 students were reached through over 950 awareness and education events during the 2022-2023 school year.
- Across all schools, 3,704 students in 9th grade accessed the Wellness Centers during the 2022-2023 school year.
- Across all schools during the 2022-2023 school year, 130 students who accessed the Wellness Centers were identified as having a serious emotional disturbance. Of these, 105 received either a mental health service referral, were enrolled in mental health service, and/or a safety plan was completed.

High School Campus-wide Pre and Post Survey Results

Figure 7. Pre/Post Knowledge of Services by School, 2022-2023

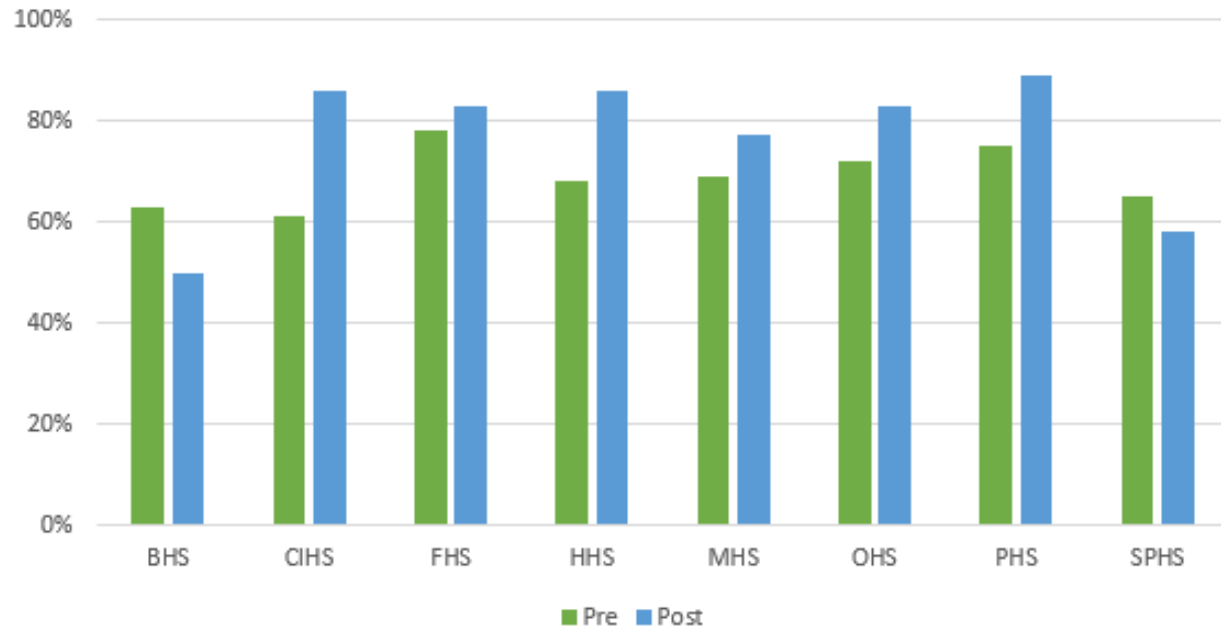
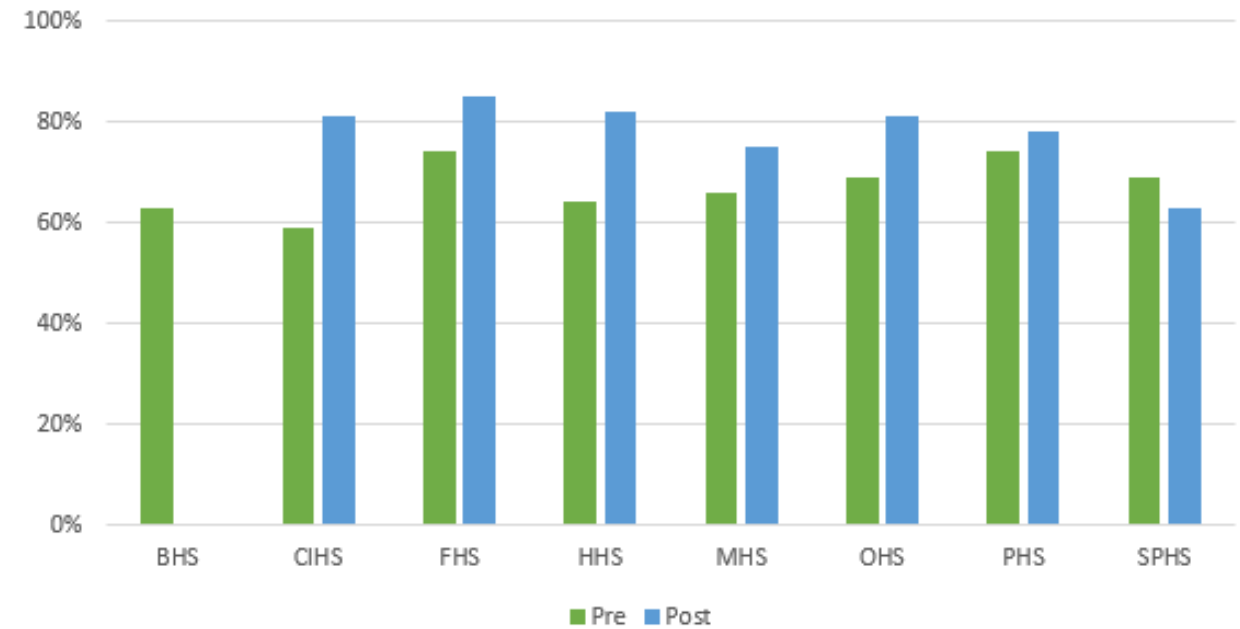


Figure 8. Pre/Post Confidence in Accessing Services by School, 2022-2023



Wellness Centers – Middle School

Impact and Outcomes

- Across the 11 schools, there were 54,954 visits to the Wellness Center.
- Across the 11 middle schools, 1,236 referrals were made to school-based mental health services, and 144 referrals were made to community-based mental health services during the 2022-2023 academic year.
- Of the 1,236 total referrals, 76 were documented as confirmed linkage to services.
- Across the 11 schools, nearly 30,000 students received some form of early intervention service for mental health.
- Across the 11 schools, nearly 200 trainings on mental health topics for staff and/or students were conducted during the 2022-2023 academic year. Over 10,000 individuals attended these trainings, including over 8,000 students.
- Over 100 events on mental health topics for family/community members were conducted during the 2022-2023 academic year across the MHSA schools. Over 11,000 individuals attended these events.

Middle School Impact

"A foster student who often skips classes because they dislike school met with a Wellness Counselor to learn about the benefits of the wellness room. The student typically shies away from conversations with admin/counselors. After a couple of visits, the student began engaging with mindfulness and other activities. The student is now making progress in class attendance, showed a decrease in oppositional behaviors, and shares that they enjoy accessing the Wellness Center to keep calm throughout the school day."

88%
are aware there is a wellness center on their campus.

45%
have used the wellness center on their campus.

"There has been a shift in school culture across our middle schools in recognition of the importance of social emotional support. The schools have implanted school-wide social emotional learning and have been increasingly identifying and referring students for wellness support."

Contacts

Comprehensive Health & Prevention Programs

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THANK YOU

Facing Down Fentanyl

A VENTURA COUNTY TOWN HALL

Wednesday, September 27 • 6:00 – 7:30PM

Ventura County Office of Education • 5100 Adolfo Road, Camarillo, CA

FREE EVENT • DINNER PROVIDED

County leaders will discuss the ongoing opioid crisis in our community, and what you need to know about fentanyl to protect the health and safety of your family.

Brought to you by Ventura County's Behavioral Health Department, in cooperation with Superintendent of Schools Dr. Cesar Morales, attendees at this Town Hall event will hear from panelists:

- District Attorney Erik Nasarenko
- Medical Examiner Dr. Christopher Young
- Public Health Officer Dr. Robert Levin
- Sheriff Jim Fryhoff
- Behavioral Health Division Chief Raena West

181 Fentanyl Overdose Deaths
in Ventura County in 2022



Fentanyl can be found in fake pills and any street drug.

Light dinner and refreshments.

Spanish interpretation available.

Email ahead for ASL interpretation services:
Sheila.Murphy@ventura.org.

REGISTER NOW

<https://fentanylforum.eventbrite.com>



Ventura County Behavioral Health

Board Letter Summary of Contracts for July 2023

Board Date	Contract	Amount	Term	Description
7/11/2023	Ventura County Office of Education (VCOE)	\$8,063,710	July 1, 2023 Through June 30, 2026	<p>FY 2023-26 VCOE Amendment for School-Based Wellness Center Services. VCOE provides school-based Wellness Center services for Ventura County Behavioral Health (VCBH) utilizing Mental Health Student Services Act (MHSSA) grant funding. These school-based Wellness Centers provide service strategies within each school that increase early identification of mental health needs, reduce access barriers, and facilitate linkage to ongoing and sustained services. These Wellness Centers and the collaboration between VCBH have been held out as a model program in the state. Because of the successful MHSSA grant funded collaboration and service delivery, VCBH and VCOE developed eleven additional Wellness Centers within high schools and middle schools last fiscal year utilizing VCBH Proposition 63 Mental Health Services Act (MHSA) funding. Through the proposed First Amendment to the Agreement with VCOE for Wellness Center services, VCBH is seeking to utilize additional MHSA funding to amend the Agreement to fund efforts to create up to a total of 32 Wellness Centers. These Wellness Centers are targeting middle and elementary schools in several existing Local Education Agencies (LEAs) as well as expanding to three new school districts (Hueneme Elementary School District, Oak Park School District, and Ventura Unified School District).</p> <p>The First Amendment to the agreement with VCOE increases the maximum contract amount by \$2,063,710, to fund the expansion of services and replace the previous Scope of Work with updated project goals and outcomes. This agreement is funded by MHSA funding.</p>