

**VENTURA COUNTY BEHAVIORAL HEALTH ADVISORY BOARD  
PREVENTION COMMITTEE  
1911 WILLIAMS DRIVE, LAKE CACHUMA ROOM, OXNARD, CA**

**MINUTES □ May 9, 2016**

<b><u>PREVENTION MEMBERS PRESENT</u></b>	
Janis Gardner	BHAB Prevention Committee Member, Chair
Larry Hicks	BHAB Prevention Committee Member, Co-Chair
David Deutsch	BHAB Prevention Committee Member, NAMI Director
Dawn Anderson	BHAB Prevention Committee Member, VCOE, Director Comprehensive Health and Prevention
Karyn Bates	BHAB Prevention Committee Member
Larry Hicks	BHAB Prevention Committee Member
Ezequiel A. Sanchez	BHAB Prevention Committee Member, TAY Tunnel
Gene Brooking	BHAB Prevention Committee Member
Sandra Wolfe	BHAB Prevention Committee Member
Rachel Jones	BHAB Prevention Committee Member, Straight Up
<b><u>VCBH STAFF PRESENT</u></b>	
Cari Kawell	VCBH, Alcohol & Drug Programs Management Assistant II, Prevention Services
Kathy Mulford	VCBH, BH Manager / DUI Admin
<b><u>GUEST PRESENTERS</u></b>	
David Deutsch	BHAB Prevention Committee Member, NAMI Director
Joan Higgins	NAMI
<b><u>GUESTS</u></b>	
Rachel McDuffee	Aegis Treatment Centers
Katie Pfeiffer	Aegis Treatment Centers
Josh Tirado	Ventura Early Intervention Prevention Services (VIPS)
Laura Flores	Turning Point Foundation
Laurie Jackson	Saving Lives Camarillo
Sara Williams	Vista Del Mar Hospital
Valeria Buhain	Aegis Treatment Centers

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	<b>Call to Order</b> The meeting was called to order at 3:16 PM by Chairperson, Janis Gardner.		
II.	<b>Approval of the Agenda (Action)</b> Agenda for May 9, 2016 was approved as written.	Approved as written M/S/C	
III.	<b>Approval of the Minutes (Action)</b> Minutes of March 14, 2016 were approved with the following amendment. Moving forward, there will be two sign-in sheets for Prevention Committee Meetings: one for Prevention Committee Members (people who come on a regular basis and participate) and another for Guests (people who attend infrequently).	Approved as Amended M/S/C	
IV.	<b>Welcome and Introductions</b> The Chair welcomed all. Self-introductions were made around the table.		
V.	<b>Chair Announcements</b> Janis Gardner, BHAB Committee Chairperson, announced that the Public Health Dept. will be giving a presentation to the BHAB Advisory Board at the General Meeting on Monday, May 16 <sup>th</sup> in the VCBH Downstairs Training Room. It is open to the Public (a Brown Act meeting). The topic is the tobacco initiative which will be a recommendation to the Ventura County CEO's office and to the Board of Supervisors that the current County Tobacco-Use Ordinances be updated to not only include e-cigarettes, but, also to designate all County buildings 100% "tobacco-free." Smoking would not be allowed on any of the Ventura County campuses.		

	<p>Chair Gardner distributed a recently published <i>Washington Post</i> article called “<i>5 Reasons Marijuana Is Not Medicine</i>.” The article gives an overview of the guidelines defining “medicinal marijuana” and emphasizes that the drug be regulated and that dosages be specific. Many people believe that this coming November 2016, marijuana will be legalized for recreational use by California voters. The BHAB Prevention Committee takes no position on legalization or adult use. The only concern is how marijuana affects Youth and the developing brain until age 25. The concern is if easier access and availability to cannabis and cannabis related infused products, (i.e. edibles, etc.) might contribute to increased usage by youth.</p>	
VI.	<p><b>Public Comments</b></p> <ul style="list-style-type: none"> <li>A.) Josh Tirado, Ventura Early Intervention Prevention Services (VIPS) shared that the VIPS Program has been expanded to a new office in Simi Valley where the program is no longer limited to 30 days of prodromal symptoms, but has increased to 18 months. VIPS targets 16 to 25 year olds showing prodromal symptoms – early warning signs of psychotic illness.</li> <li>B.) Mr. Tirado distributed two brochures (English &amp; Spanish versions) called “<i>VIPS: Ventura Early Intervention Prevention Services</i>.”</li> <li>C.) Laura Flores from the Wellness Center at the Center Point Mall in Oxnard announced that she's seeking peer staff that can work with mental health challenges and/or drug and alcohol recovery - preferably people at least 5 years into their diagnosis and substance recovery stage who are bilingual. Open positions are for evening staff and for the Outreach component which services the Oxnard communities by discussing the Wellness Center and Wellness in general.</li> <li>D.) Rachel Jones from Straight Up announced that they recently completed translating their Prevention Game Show into Spanish - thanks to Adriana Almazan (Straight Up) - which premiered in Fillmore last week.</li> <li>E.) Chair Gardner asked for referrals for a Spanish translator to assist with the Spanish version of the new BHAB brochure.</li> </ul>	
VII.	<p><b>Staff Update</b> N/A</p>	
VIII.	<p><b>Time Certain Presentation 4:00 PM</b></p> <p>Prior to the Time Certain Presentation, Chair Gardner explained to new meeting attendees that the BHAB Prevention Committee has a lot of stakeholders and members that share information with one another by giving presentations each month on either mental illness or alcohol and drugs and by talking about outreach and doing extensive networking.</p> <p>Mr. Deutsch, Director, NAMI Ventura County (VC) mentioned that the annual NAMI Walk took place on Saturday, April 30 at the Ventura Beach Promenade with 1300 people attending this fundraising event bringing NAMI VC very close to reaching their financial goal by the deadline on June 30, 2016.</p> <p>Joan Higgins, Program Manager and David Deutsch from NAMI VC, National Alliance of Mental Illness, gave an overview of their various programs and Prevention efforts. NAMI, the nation's largest grassroots mental health organization with more than 1100 affiliates, is comprised of mainly volunteers and was founded to provide <u>emotional support</u>, <u>education</u> and <u>resources</u> for families affected by mental illness. Through community collaboration and education, NAMI VC advocates for a life of quality and dignity – one without discrimination – for all people affected by mental illness. NAMI members are families, friends and people living with mental illnesses.</p> <p>Mr. Deutsch shared that 1:5 people in Ventura County live with a mental health challenge and 1:17 are living with a serious mental illness (i.e. – thought and mood disorders). NAMI's Prevention efforts are focused primarily on the 1:17 which is the group that most of the studies are done on in terms of health interests, measures and legislation. NAMI focuses on reducing the ratios by assisting during treatment by becoming aware of early warning signs before the 1<sup>st</sup> psychotic break so these individuals do not have to be hospitalized or incarcerated.</p> <p>Ms. Higgins outlined several Prevention programs that range from PowerPoints to Videos to Client presentations that include: the “Parents &amp; Teachers Allies” program; the “Ending Silence” program; the “In Our Own Voice” school presentation; the “Family to Family” program; and, the “Provider Education” program.</p>	

	To sign-up for the NAMI newsletter or for more information on the NAMI programs visit: <a href="http://www.namiventura.org">www.namiventura.org</a> To schedule a presentation, please contact 805.641.2426 or e-mail: <a href="mailto:info@namiventura.org">info@namiventura.org</a>		
IX.	<p><b>Old Business</b></p> <p>A.) Janis Gardner, BHAB Prevention Committee Chair shared that Karyn Bates and Sandra Wolfe, BHAB Prevention Committee Members, completed a Site Visit to Khepora House on June 5, 2016.</p> <p>B.) David Deutsch shared information on the recent “<b>Suicide Prevention Resource Fair</b>” that happened in March in Fillmore. The Ventura County resources that were represented there were great. Kiran Sahota, VCBH, MHSA Manager, PEI, organized the event which came about as a result of a tragic incident when the Fillmore Fire Chief, a well-respected man, took his own life which affected the community pretty hard.</p> <p>C.) Janis Gardner, BHAB Prevention Committee Chair reminded the group that the BHAB Advisory Board has to submit the Prevention Committee’s Annual Report included in that will be Prevention Committee information consisting of Presentations, Goals, Challenges and everything that has been done in the last Fiscal Year. The Annual Report will be sent out to regular Prevention Committee Members for feedback.</p>		
X.	<p><b>New Business</b></p> <p>Janis Gardner, BHAB Prevention Committee Chair stated that the “<b>May Is Mental Health Month</b>” Conference just happened a couple days ago. Presentations happened all day long one of which was by VCBH Medical Director, Dr. Celia Woods, who presented on “Anxiety and Research” within the Ventura County Area Clinics. Discussion was about how Prescribers are reducing the number of prescriptions of benzodiazepine and how they’re going about it. Also covered at this presentation was role-playing on how to communicate with the Client that their prescriptions are being cut. Cognitive Behavioral Therapy was also a discussion topic.</p> <p>Chair Gardner promoted another upcoming event covering the topic of marijuana/cannabis which will be held on September 28, 2016 at the Oxnard Marriott called, “<b>Marijuana, What Future Do You Want to See?</b>” featuring presenters who are experts in the cannabis field.</p>		
XI.	<p><b>Prevention Committee Member Comments</b></p> <p>Dawn Anderson, Director, Comprehensive Health and Prevention Programs for the Ventura County Office of Education (VCOE), mentioned that they have several programs funded through ADP/PEI that target Youth. Ms. Anderson announced an upcoming event put on by VCOE called Friday Night Live (FNL) Awards night which will be held on Tuesday, May 24<sup>th</sup> at 6pm at the VCOE – Camarillo Educational Services Center (CESC).</p> <p>FNL programs are Youth Advocacy Clubs and Mentoring programs that work with middle school participants and have a curriculum that focuses on Drug and Alcohol Prevention and Education. This year, a Youth Advisory Council is in place and is comprised of alumni, students and seniors who are provided a small stipend to participate in the program. 220 middle school students and high school seniors participated in a recent Youth Advocacy event for preventing alcohol and drug use.</p>		
XII.	<p><b>Future Meeting Discussion</b></p> <p>A.) Janis Gardner, BHAB Prevention Committee Chair suggested that someone from ADP/DUI might do the June 2016 BHAB Prevention Committee Presentation on DUI.</p> <p>B.) Kathy Mulford, VCBH, BH Manager / DUI Admin, mentioned that VCBH ADP/DUI is partnering with RAND in a Nationally funded Research project introducing Cognitive Behavioral Therapy (CBT) based DUI curriculum to 1<sup>st</sup> offenders. RAND will test whether delivering CBT as a part of a DUI program improves health outcomes, reduces alcohol use and DUI recidivism compared to existing DUI program services.</p> <p>RAND has implemented this research project in Los Angeles County with great feedback from participating clients. VCBH ADP/DUI looks forward to working with RAND and having the opportunity to participate in a research study aimed at increasing positive outcomes for DUI clients.</p>		
XIII.	<p><b>Adjourn</b></p> <p>Meeting was adjourned at 4:21 PM.</p>		<p><b>Next Meeting:</b> <b>June 6, 2016</b></p>