

# VENTURA COUNTY BEHAVIORAL HEALTH ADVISORY BOARD

## PREVENTION COMMITTEE

1911 WILLIAMS DRIVE, LAKE CACHUMA ROOM, OXNARD, CA

### MINUTES ☐ October 12, 2015

#### MEMBERS PRESENT

Janis Gardner	BHAB Member, Chair, Prevention Committee
Karyn Bates	BHAB Member
Sandra Wolfe	BHAB Member
Daniel Jordan	BHAB Member
David Deutsch	BHAB Member, NAMI Director

#### VCBH STAFF PRESENT

Dan Hicks	VCBH, Alcohol and Drug Programs Manager, Prevention Services
Kiran Sahota	VCBH, MHSA Manager, PEI
Erin Rodgers	VCBH, MHSA Management Assistant, PEI
David Tovar	VCBH, Alcohol and Drug Programs, Prevention, OTS Grand Coordinator

#### GUEST PRESENTERS

Kristin Tignac	Community Services Specialist & Youth Council Coordinator, City of Simi Valley
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#### GUESTS

June Ewart	Rancho Simi Recreation & Park District, Community Coalition United
Katherine Kasmir	Straight Up Ventura County
Laura Flores	Turning Points Wellness Center, Manager
Lori Litel	United Parents
Mark Stadler	Crisis Intervention Training, VCSO

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
<b>I.</b>	<b>Call to Order</b> The meeting was called to order at 3:19 PM by Chairperson, Janis Gardner.		
<b>II.</b>	<b>Approval of the Agenda (Action)</b> Agenda for October 12, 2015 were approved as written.	<b>Approved as written M/S/C</b>	
<b>III.</b>	<b>Approval of the Minutes (Action)</b> Minutes of September 14, 2015 were approved with no changes.	<b>Approved as written M/S/C</b>	
<b>IV.</b>	<b>Welcome and Introductions</b> The Chair welcomed all. Self-introductions were made around the table.		
<b>V.</b>	<b>Chair Announcements</b> Janis Gardner, BHAB Committee Chairperson, reminded everyone that October 2015 is Breast Cancer Awareness Month, National Substance Abuse Prevention Month and also Anti-Bullying Month.  Governor Brown has signed three recent bills to provide Statewide rules for marijuana growers & sellers.  There was also a groundbreaking ceremony for a new Mental Health Rehabilitation Center (MHRC) that should be up and running within 6-8 months.  Actor and motivational substance abuse prevention speaker, Danny Trejo, addressed youth at the Juvenile Justice Center on September 15, 2015. 18 <sup>th</sup> Annual Probation Juvenile Justice Awards Ceremony was last week. NAMI Ventura recognized volunteers – over 9k hours donated – 24 NAMI volunteers received awards.		

<b>VI.</b>	<b>Public Comments</b> N/A		
<b>VII.</b>	<b>Staff Update</b> <p><b>A.)</b> Dan Hicks, Alcohol and Drug Programs (ADP) Manager for Prevention Services, mentioned that they are attempting to gain more funding for prevention services. Currently, ADP gets about 20% of the County's funding through the Substance Abuse Prevention and Treatment Block Grant. There have been monetary cuts in previous years and this year is "Flat Funded." In order to accomplish the most important parts of the Prevention Services plan, \$299,677 in grant funds have been awarded by the Office of Traffic Safety to bring awareness to drug impaired driving. Prevention Services is trying to partner and leverage resources to get new resources and information. Now with Governor Brown signing the new medical marijuana legislation into law, it has changed the landscape in California. If marijuana is viewed as an industry, it is easier to see the regulation of sales and cultivation, but, that will greatly affect us on a local level. People need to be aware of the known harms of marijuana and its lasting effects – especially for the developing teenage brain.</p> <p><b>B.)</b> David Tovar, OTS Grant Coordinator from VCBH's ADP Prevention Services, shared that the new fiscal year will bring in the OTS grant which will double the previous year's grant! This is the only campaign addressing drug impaired driving in California and one of the only across the nation. The grant is paying for the media that Prevention Services is creating such as printed items, billboards, social media &amp; TV commercials.</p> <p><b>C.)</b> Kiran Sahota, MHSA Manager for VCBH mentioned that there will be a heavy focus on Suicide Prevention. There have been 8 completed suicides throughout the County within the last 2 months. Monthly meetings for the Suicide Prevention Team are held, but efforts need to be picked up and more support is needed. 10 people are enrolled in the "Train the Trainer" classes next week.</p> <p><b>D.)</b> Retired Commander Mark Stadler from the Ventura County Police Department announced that 27 people attended the ASIST (Applied Suicide Interventions Skills Training) classes last week. It was heavily attended by the Ventura Office of Education and the police force. It provides a method and procedure to follow when interacting with a person with suicidal motivations.</p>		
<b>VIII.</b>	<b>Time Certain Presentation 4:00 PM</b> <p>Kristin Tignac, Community Service Specialist and Youth Council Coordinator, City of Simi Valley, presented "Anti-Bullying: Prevention Measures and Strategies." Simi Valley's Youth Council develops a work plan every year to go over their top issues (bullying being one of the top concerns as well as drug and alcohol usage). They have enacted a "Stop Bullying" pledge in all middle schools and high schools. The Boys and Girls Club, as well as local libraries, have begun to participate as well. 2014 was the first year for Simi Valley to declare October as "Stop Bullying" Month.</p> <p>The Soroptimist International Club held an iMatter Conference on October 3<sup>rd</sup> and invited motivational speaker, Lauren Galley, to attend. There were about 80 girls in attendance. The Laramie Project play will be at Santa Susana High School's Performing Arts Center on Friday, October 16<sup>th</sup> at 7pm and on Saturday, October 17<sup>th</sup> at 2pm and 7pm.</p> <p>The Youth Council Summit meets with elected officials to discuss their concerns and to come up with possible solutions to these problems. In February 2015, the Summit was attended by about 230 students. Students vote on who the elected official(s) will be that are invited to speak.</p> <p>School Updates: There have been increases in random on-site drug searches with the K9 unit. There will be more to come, but they will be smaller searches. Crisis numbers are available on the back of all school ID's. The Council calls the provided numbers on the back of the ID cards every July to ensure that the numbers are up-to-date and accurate.</p> <p>General Wellness Updates: The "Putt-Putt" community bike ride took place on October 11<sup>th</sup>. The Free Clinic of Simi Valley's Tooth Fairy Run and Health Expo is on October 17<sup>th</sup>. The Simi Valley Education Foundation's Cycling for Education with a Family Health &amp; Wellness Expo is on November 7<sup>th</sup>. The Boys and Girls Club of Simi Valley's Glow Run with Wellness component will be on December 5<sup>th</sup>. If the County would like to promote anything, please reach out to Kristin!</p> <p>Drug and Alcohol Enforcement Updates: In 2014, Officer Cory Baker had 82 DUI arrests and was recognized by MADD. His partner has 36 arrests in 2014. There is an increased enforcement and community awareness of drug and alcohol issues. Heroin usage is still high. The creation of the Task Force on Heroin Prevention has been a big focus – with a walk that recognized September 12<sup>th</sup> as National Heroin Overdose</p>		

	Awareness Day. There are 6 public meetings a year; and, Heroin Anonymous Meetings at a local Simi Valley restaurant. Police have noted that Prop 47 has resulted in a 51% increase in heroin arrests & 25% increase in meth arrests.		
<b>IX.</b>	<b>Old Business</b> Web-based Resources for Prevention update: Check out <a href="http://www.venturacountylimits.org">www.venturacountylimits.org</a> to view the updated website. This page is now optimized for mobile devices!		
<b>X.</b>	<b>New Business</b> <b>A.)</b> Janet Kaplan and Kiran Sahota will be presented with recognition awards at the next BHAB meeting (Monday, October 19th at 1pm in the VCBH Training Room) to recognize their efforts with the community and BHAB. <b>B.)</b> Janis Gardner, BHAB Committee Chairperson, met an Anti-Violence trainer/speaker while attending the Juvenile Justice Awards and will reach out to see if she is available to speak. <b>C.)</b> The BHAB Executive Committee approved the letter of support regarding the Prescription Workgroup/California Healthcare Foundation. The group discussed that the Behavioral Health community needs to be aware of how common overdose is and to understand why this movement is so important. People tend to turn to heroin when they can't get their regular prescription drugs. Heroin use starts very young around 13 - 15 years old. Doctor prescription practices need to change and they need to participate in the prescribed drug monitoring program going forward. People could be helped sooner once doctors start using these safe prescribing practices. David Deutsch mentioned the trend in the field for treatment right now is to prescribe the long-term use of Suboxone. David Deutsch, Dan Hicks and Chair Gardner did not seem to be proponents of Suboxone. Chair Gardner mentioned Vivitrol as a possible alternative.		
<b>XI.</b>	<b>Prevention Committee Member Comments</b> June Ewart from Rancho Simi Recreation & Park District (RSRPD), Community Coalition United praised the "Walk Out of the Darkness" event. Mental Health First Aid USA courses are available on October 13-14 <sup>th</sup> (youth) and November 17-18 <sup>th</sup> (adults) at the Sycamore Drive Community Center from 9am-1:30pm. Rancho Simi Recreation and Park District will be hosting 'Triple P' and 'Raising Resilient Children' classes on October 22 <sup>nd</sup> . The Teen module has been moved to Wednesday, October 14 <sup>th</sup> . Community Coalition United and Rancho Simi Park District will be at the Simi Valley Hospital Health Expo this weekend, October 17 <sup>th</sup> and 18 <sup>th</sup> . KVTB, a news station focusing on Ventura and Santa Barbara counties, shared the Community Coalition United's Facebook page: <a href="https://www.facebook.com/CommunityCoalitionUnited">https://www.facebook.com/CommunityCoalitionUnited</a> Ms. Ewart also promoted the Angel Program with regards to Prop 47 where she states the Simi Valley Chief of Police is looking into helping release troubled youth into specialized programs and getting them assistance with their drug use.		
<b>XII.</b>	<b>Future Meeting Discussion</b> Dan Hicks shared that they are looking for a host home in Ventura for a Reality Party for parents on November 14 <sup>th</sup> . Interested parties, please email Dan at <a href="mailto:Daniel.hicks@ventura.org">Daniel.hicks@ventura.org</a> or Katherine Kasmir, Executive Director, Reality Improv Connection, Inc. – Straight Up – at: <a href="mailto:Katherine@straightupvc.org">Katherine@straightupvc.org</a>		
	<b>Adjourn</b> Meeting was adjourned at 4:30 PM.	<b>Next Meeting:</b> <b>November 9th</b>	