

# VENTURA COUNTY BEHAVIORAL HEALTH ADVISORY BOARD

## PREVENTION COMMITTEE

### MINUTES ■ December 08, 2014

#### Members Present

Janis Gardner, BHAB Member, Chair, Prevention Committee  
June Ewart, Rancho Simi Valley Parks and Recreation Dept, Community Coalition United  
Kiran Sahota, BHAB Member  
Karyn Bates, BHAB Member

#### Members Absent

Joseph Preciado, VCSO  
Nancy Borchard, BHAB Member  
Ratan Bhavnani, NAMI Ventura County  
Katherine Kasir, Straight Up Ventura County  
Katalina Martinez, MICOP  
Kate Mills, BHAB Member  
Regina Poynter, Client Network

#### VCBH Managers/Staff Present

Rajima Danish, VCBH - MHSA  
Dan Hicks, ADP Prevention Services Manager  
Jeen Rha, Mgmt. Asst., PEI

#### Others Present

Jeanne Spencer, Idea Engineering  
Sandra Wolfe, BHAB Member  
Kristin Tignac, City of Simi Valley  
Tim Lopez, Consumer  
Paul Lopez, Consumer  
Adriana Almazan, Straight Up Reality Improv  
Debbie Pastor, Aspira Counseling  
Lana Sue Sawyer, NAMI Ventura - Volunteer  
Dawn Anderson, VCOE

#### **NEXT MEETING:**

**December 8, 2014, 3:15 - 4:30 PM**

Ventura County Behavioral Health  
Lake Cachuma Conference Room "C"  
1911 Williams Dr., Suite 200, Oxnard CA 93036

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ACTIONS	RESPONSIBLE
I.	<b>Call to Order</b> The meeting was called to order at 3:15 PM by Chair, Janis Gardner		
II.	<b>Approval of the Agenda</b> Approval of agenda for December 8, 2014.	<b>Agenda approved M/S/C</b>	
III.	<b>Approval of the Minutes</b> Minutes of November 10, 2014 were approved with the following amendment: In Section X. Member Comments, A.: "Simi Valley Parks" should be amended to read: "Rancho Simi Valley Parks". In Members Present: "June Ewart, Community Coalition United" should be "June Ewart, Rancho Simi Valley Parks Recreation, Community Coalition United"	<b>Minutes approved as amended M/S/C</b>	

<b>IV.</b>	<b>Welcome and Introductions</b>		
	The Chair welcomed all and introductions were made around the table.		
<b>V.</b>	<b>Chair Announcements</b> The Chair made the following announcements and distributed handouts as follows: <b>A.</b> Ventura County Reporter article: "The problem of pain" dated 12/4/2014: Suicide rates are increasing specially among middle-aged (50-59yo). Suicide is now 2 <sup>nd</sup> leading cause of death in US. In Ventura County, it is 3 <sup>rd</sup> leading cause of death in youth (10-24). Depression is No. 1 diagnosis for suicide & related to mental illness or medication side effects. FDA called for blackbox warning labels regarding increased risk for suicide in minors when taking antidepressants & anxiolytics.		
<b>VI.</b>	<b>Public Comments</b> Kristin Tignac mentioned a Simi Valley PD detective Dan Swanson who ran a suicide prevention program in middle school with counselors on site.		
<b>VII.</b>	<b>Staff Update</b> <b>A.</b> Rajima Danish: For MHFA modules for veterans & law enforcement, one of our trainers is trained in this module but she needs someone else from law enforcements to conduct this module. She is asking for names of people that might be interested in being trained in this module for her to partner with. June Ewart mentioned someone from Simi PD that she will forward the contact to Rajima. Kim Evans' contact to be sent to Rajima as well. <b>B.</b> Dan Hicks: State Dept of mental health and State Dept. of Alcohol & Drug program have merged and now SUD (Substance Use Disorder) branch on 1700 K street is moving and many existing telephone numbers are changing this month. Laura Colson (Dept of Health Care Services, Policy & Prevention Svcs), an advocate for prevention policies, is stepping down on 12/19. Lots of interest from community in collaboration of prevention/early intervention and ADP as it's more common for clients to have comorbidity in mental issues and alcohol/drug issues. 5 year strategy plans runs through 2015 and ADP will be writing new plans to emphasize new areas they are working on.		
<b>VIII.</b>	<b>New Business</b>		
	<b>A.</b> The chair stated a plan to present topics on marijuana for this month and for next meeting. Marijuana effects on teen brain for this month and more in depth information for the January meeting. <b>B.</b> For the February meeting, the topic for presentation needs to be on mental health. Possibility of hearing from VIPS (Ventura early Intervention Prevention Services) or R.I.S.E was discussed. <ol style="list-style-type: none"> <li>VIPS (Ventura early Intervention Prevention Services serves Transitional Aged Youth (TAY) 16-25yo at risk for mental illnesses in partnership with Telecare; funded by MHSA, VCBH, Medicaid psycho-education; We can reach out to Barry Boatman for presentation possibility after February meeting.</li> <li>Rapid Integrated Support &amp; Engagement (RISE)  Community outreach program launched by VCBH to link clients to mental health care, specifically reaching out to homeless, post-psychiatric inpatient hospital clients.  Robert Mendoza or Randy Brown who oversee RISE can be reached out to do a presentation in February</li> </ol>		
<b>IX.</b>	<b>Old Business</b> <b>A.</b> Site visits <ol style="list-style-type: none"> <li>Each committee is tasked with two site visits to clinics.</li> <li>Only BHAB members can do the visits</li> <li>Discussion about Conejo Valley Unified School District program (breakthrough program), VCOE programs (SafeTalk, restorative justice, prescription drug abuse)</li> <li>We can go to VCOE offices to find out about sites to visit</li> <li>We need to discuss more options</li> </ol>		

	B. Prevention Committee Primary Goal Tabled for next meeting		
X.	<b>Presentation</b> A. Jeanne Spencer, Idea Engineering - Video Presentation on Marijuana and the Effects on the Teen Brain <ol style="list-style-type: none"> <li>1. Current potency is now 3 times stronger than 20 years ago</li> <li>2. 5% usage in 7th grade growing to 17% usage in 9th grade</li> <li>3. Effects on teen brains that are still developing: <ol style="list-style-type: none"> <li>1) slower reaction time</li> <li>2) shorter attention span</li> <li>3) poorer memory</li> <li>4) if started using by age 15, 4 times less likely to get a college degree</li> </ol> </li> <li>4. more info available in English/Spanish on website (venturacountylimits.org)</li> <li>5. better understanding of risks leads to less marijuana use</li> <li>6. Dan Hicks: Higher psych emergency hospitalization in youth; increased paranoid symptoms may be related to higher potency of marijuana and more availability of marijuana in youth</li> <li>7. Janis: edible pot takes longer to work so people eat more of it enough to overdose on it. Oil used in vape pens has 87% THC.</li> </ol>		
XI.	<b>Member Comments and Announcements</b> A. June Ewart: New flyer for a MHFA session in Rancho Simi Valley Parks and Recreation Dept location distributed B. Debbie Pastor, Aspira Counseling will be having a free screening of The Anonymous People at 4587 Telephone Rd, Ste 210, Ventura on December 12. C. Lana, Nami volunteer, NAMI holiday party December 9 at 9am-4pm.		
XII.	<b>Future Meeting Discussion</b> A. June Ewart: State of Michigan has a youtube video about MHFA as a first aid kit for mental health. It summarizes the program well. We can watch this to see if we can use something similar for Ventura County. Video is available via <a href="https://www.youtube.com/watch?v=7R2j-gxPePE">https://www.youtube.com/watch?v=7R2j-gxPePE</a> B. We will discuss about establishing a broad goal for Prevention Committee for next meeting		
XIII.	<b>Adjourn</b> Meeting was adjourned at 4:26 PM	<b>Next Meeting:</b> January 26, 2015	