

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

MINUTES ☐ June 6, 2016

<u>PREVENTION MEMBERS PRESENT</u>	
Janis Gardner	BHAB Prevention Committee Member, Chair
Gane Brooking	BHAB Prevention Committee Member
Karyn Bates	BHAB Prevention Committee Member
Katherine Kasmir	BHAB Prevention Committee Member, Straight Up
Mark Stadler	BHAB Prevention Committee Member, Crisis Intervention Training (CIT)
Sandra Wolfe	BHAB Prevention Committee Member
<u>VCBH STAFF PRESENT</u>	
Dan Hicks	VCBH, Alcohol & Drug Programs Manager, Prevention Services
Cari Kawell	VCBH, Alcohol & Drug Programs Management Assistant II, Prevention Services
<u>GUEST PRESENTERS</u>	
Regina Poynter	BHAB Prevention Committee Member, The Client Network
<u>GUESTS</u>	
David Tovar	VCBH, Prevention Services, Office of Traffic Safety (OTS) Grant Coordinator
Benjamin Valdez	TAY Tunnel
Josh Tirado	Ventura Early Intervention Prevention Services (VIPS)
Laurie Jackson	Saving Lives Camarillo
Sara Williams	Vista Del Mar Hospital

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	Call to Order The meeting was called to order at 3:16 PM by Chairperson, Janis Gardner.		
II.	Approval of the Agenda (Action) Agenda for June 6, 2016 was approved as written.	Approved as written M/S/C	
III.	Approval of the Minutes (Action) Minutes of May 9, 2016 were approved.	Approved M/S/C	
IV.	Welcome and Introductions The Chair welcomed all. Self-introductions were made around the table.		
V.	Chair Announcements Janis Gardner, BHAB Prevention Committee Chair, announced that "May Is Mental Health Month" and that Dr. Celia Woods recently gave a presentation re: Cognitive Behavioral Therapy (CBT) at the Conference on Anxiety which was very well-attended. Primary areas of concern were regarding the implementation of CBT which they believe is the new form of therapy to help people reduce anxiety rather than the prescription drugs (i.e.: Benzodiazepines) that are usually prescribed. Many VCBH Clinicians are prescribing CBT in addition to anxiety medications. Dan Hicks, Manager, ADP Prevention Services clarified that the concern is not that prescription drugs and CBT are mutually exclusive, but that it is the duration of the use of "Benzo's" that is in question. It is not about whether these prescription drugs are ever used, but whether they're used longer term and used in ways that are not best.		
VI.	Public Comments N/A		
VII.	Staff Update A.) Dan Hicks, Manager, ADP Prevention Services shared a video called " Marijuana and Your Kids Brain " that discussed how marijuana is 3 to 5x stronger than it used to be 20 years ago with potency continuing to rise. The effects include slower reaction time,		

	<p>shorter attention span and shorter memory. Developing teen brains aren't the same as adult brains because during adolescence neural connections get stronger so information can travel faster.</p> <p>But, using marijuana frequently as a teen can slow brain development. Stopping use as an adult may be too late. The major phases of brain development are complete. Changes can be permanent such as slower processing speed, worse problem solving, low verbal comprehension, less control of emotions and poorer memory. I.Q. can drop up to 8 points and not rise again. This can lead to lower grades and fewer options in life. For instance, teens who start using MJ by age 15 are almost 4x less likely to get a college degree. For more information on this topic visit: www.venturacountylimits.org</p> <p>This video is available in both English & Spanish.</p> <p>Dan shared additional updates on ADP Prevention Services activities that included a series of 6 presentations in Fillmore within the last 8 weeks. The above video was part of an overall offering on Marijuana and the Teen Brain and is for everyone to use to have informed discussions around cannabis use. Also available is a suite of tools for educating college age people, parents and even policy makers on Marijuana/Cannabis and "What the Science Says." Resources available online at: www.venturacountylimits.org and in print format from the VCBH Prevention Services Dept.</p> <p>Mr. Hicks also stated that in the past, a lot of parents of middle and high school students express support for just going with what the data says - not a pro/con kind of discussion but more of what the factual evidence says. What people decide to do or not to do, vote for or not vote for, believe or not believe, is really something different. As a Department, Prevention Services is educating and informing people about "What The Science Says" about cannabis use and in particular, how it affects the developing teen brain.</p> <p>He also promoted the upcoming September 28, 2016 event called "What Future Do You See?" at the Oxnard Marriott Hotel River Ridge that will discuss the issues surrounding marijuana in Ventura County. It was discussed that a lot of people in California are talking about what it means if marijuana is legalized? There is a whole spectrum of public opinion on this topic which will be addressed by a variety of experts in the field at the September event.</p> <p>Dan also reported on Overdose Prevention Education & Rescue stating that the VCBH endorsed and recognized Naloxone Kit distribution was continuing with the support of Project Safer, a VCBH Prevention Provider, who is helping get the kits into the hands of those who need them. Ventura County loses 80 to 100 people every year to overdoses, including prescription opiates. VCBH wants to reduce these numbers by 50% by 2017.</p> <p>Mr. Hicks brought a sample of an O.D. Rescue Kit for the Prevention Committee Meeting attendees to look at and discussed that the kit is being presented by VCBH and its affiliates during Trainings on how to appropriately recognize and respond to an opiate overdose. O.D. rescue kits are soon to be in the hands of those likely to witness an O.D. event so they can effectively respond. Mr. Hicks emphasized that educating people about the nature of opiate overdose and why those deaths occur is of primary importance. The #1 cause of death for an opiate overdose is respiratory arrest. More information can be found at: www.venturacountylimits.org</p> <p>In addition, Mr. Hicks shared a research publication that highlights the latest in the increasingly public discussion on "What the Science Says About Cannabis." The document uses local data and peer-reviewed research data in its report. Particular attention was given to pages 6 & 7 of this "Marijuana White Paper" publication which discusses that as availability and potency of marijuana go up, from a Prevention Early Intervention (P.E.I.) standpoint, Ventura County may need to protect the vulnerable youth brain so that it is not exposed to THC products that appear to put adolescents at risk for schizophrenia-like psychotic disorders.</p> <p>B.) Janis Gardner, VCBH BHAB Prevention Committee Chair, mentioned that re: Naloxone, Gold Coast approved \$52,000 for the Alcohol & Drug Program for new Naloxone Kits (nasal and injectable).</p>		
VIII.	<p>Time Certain Presentation 3:45 PM</p> <p>Regina Poynter, Administrative Assistant from The Client Network distributed multiple flyers that included event announcements such as: "Preventing Suicide Help & Hope" to take place on Friday, Sept. 16, 2016 from 7:30 am to 12:00 pm at CSU Channel Islands, Camarillo - mhsa@ventura.org; and, the "Walk To Fight Suicide - Out of the Darkness"</p>		

	<p>Community Walk” to take place on Saturday, Sept., 17, 2016 at Constitution Park in Camarillo - http://afsp.donordrive.com/event/Ventura/</p> <p>Ms. Poynter also presented an overview of The Client Network whose Mission Statement is to “foster a client-centered approach to Mental Health recovery as a client-driven, culturally sensitive advocacy network, that supports clients in becoming full partners in their unique treatment and recovery journeys.”</p> <p>Ms. Poynter shared that The Client Network was established in April 1999 as a grassroots collaboration of clients, family members, and professionals to promote hope, respect, personal empowerment and self-determination through client-driven Mental Health services and programs. The Client Network currently sponsors “bus passes” to assist clients in getting to appointments and services.</p> <p>The Client Network, an All Peer Run Organization, develops and hosts community forums on topics relevant to client-related issues. The Client Network is comprised of 2 Staff, 4 Officers and 40 Members who are Stakeholders, the Voice for Consumers and Advocates at the Local, State and Federal levels. The Client Network works with VCBH in the Development of Policy and Programs and has Staff and Members who sit on the following Committees: VCBH Adult Services, BHAB Committee, Community Leadership Committee (CLC), Laura’s Law Workgroup, BHAB Prevention Committee, Housing Authority Council and VC Regional Suicide Prevention. Members and Officers of The Client Network are facilitators, members and volunteers for the American Foundation for Suicide Prevention (AFSP), the Depression and Bipolar Support Alliance (DBSA), the Mental Health First Aid (MHFA) and the National Alliance on Mental Illness (NAMI) Ventura County and attend various conference and workshops.</p>		
IX.	<p>Old Business N/A</p>		
X.	<p>New Business</p> <p>A.) David Tovar, VCBH, Prevention Services, Office of Traffic Safety Grant Coordinator, shared information about the Ventura County Medical Marijuana Regulation Meetings in Oxnard and Thousand Oaks that were held to discuss regulations in unincorporated Ventura County. Last year after the Medical Marijuana Regulation Safety Act was passed by the State Legislature and subsequently signed by Governor Brown, Ventura County took steps to review the content of this legislation and what control local and municipal governments have over Medical Marijuana Regulation.</p> <p>Mr. Tovar mentioned that the Ventura County Board of Supervisors directed Ventura County Staff to look into Medical Marijuana Regulations within the unincorporated areas of Ventura County because that is where the County has regulatory authority. These two meetings were recently held by a combined effort from the Ventura County Resource Mgmt. Agency, Ventura County Public Health and Ventura County Sheriff’s Dept. VCBH sent attendees regarding formal regulation. The East County Meeting was held on Wed., May 25, 2016 from 6 to 8 pm at the Grant R. Brimhall Library – Community Room in Thousand Oaks and the West County Meeting was held of Thurs., May 26, 2016 from 6 to 8 pm at the Ventura County Public Health – Conference Room in Oxnard.</p> <p>Mr. Tovar attended these meetings from a Public Safety standpoint, since he manages the impaired driving efforts, that marijuana impairment is real and that it is well understood. 41% of people who say they use marijuana say that they believe that marijuana doesn’t impair them or they don’t know the impairing effects. Also discussed was the topic of VCSO Law Enforcement Drug Recognition Experts (known as DRE’s - about 70 in Ventura County) who evaluate impairment level.</p> <p>The two County meetings were for Public Input on what they’d like to see for medical marijuana in Ventura County; whether that is cultivation, distribution, sales or transported sales. The meetings were well-attended and informational in two days over 100 people, community members, patients – many of whom were confused on what the County can and can’t do. The gathered data from these meeting goes to the Ventura County Resource Mgmt. Agency who will draft ordinances that will be submitted to the B.O.S. in December.</p> <p>To share your opinions or for more information write to: mmjcomments@ventura.org</p> <p>B.) Dan Hicks, Manager, ADP Prevention Services shared information on a recent Friday Night Live (FNL) event held at the Ventura County Office of Education (VCOE) Conference and Event Services Center (CESC) in Camarillo on May 24, 2016. The</p>		

	<p>event featured FNL youth that have been doing Prevention Projects around the County for their communities and at their campuses. FNL has evolved into the CA preeminent youth leadership program that creates opportunities for engagement, education and advocacy. It is led by young people with youth supported projects -: i.e., Lee Law Compliance on alcohol and tobacco advertising. FNL is funded in part by VCBH and run by V.C.O.E.</p>		
XI.	<p>Prevention Committee Member Comments</p> <p>A.) Katherine Kasmir, Executive Director of Reality Improv Connection, Straight Up thanked Laurie Jackson from Saving Lives Coalition, Camarillo, for hosting a Spanish Speaking “Reality Party” event on May 22, 2016.</p> <p>B.) Mark Stadler, Crisis Intervention Training (CIT) announced that last year he was first approached by June Ewart from Rancho Simi Recreation & Park District, Community Coalition United to discuss a first time collaboration between Law Enforcement and the VCBH sponsored MHFA training. This collaboration utilizes Law Enforcement agencies to host a location where Mental Health First Aid Trainers, CIT Law Enforcement (CIT LE) and the Ventura County community can collaborate through VCBH and where trainers can come in and do training. Also, one of the police administrators would come in and do a welcome, in addition to Mr. Stadler giving a CIT overview before the MHFA trainers begin. VCSO has hosted an adult and youth class in Camarillo, and a youth class in Moorpark. The Ventura Police Dept. is currently working on scheduling training with MHFA. This is being offered by the Ventura County Law Enforcement CIT Program as a collaboration with other VC agencies and to Ventura County communities to sponsor the site to get a connection between LE and the community. VCBH is funding the training.</p> <p>Mr. Stadler also mentioned that recently 39 law enforcement officers graduated from the 41st CIT Academy Class. Santa Barbara County has been sending deputies to the Ventura County CIT Training Classes. There is a CIT Academy every 4 months. Mr. Stadler also shared that CIT Training gives Law Enforcement Officers a deeper understanding of their jobs and he recommends that after a minimum of 18 months of experience, officers receive CIT Training.</p>		
XII.	<p>Future Meeting Discussion</p> <p>N/A</p>		
XIII.	<p>Adjourn</p> <p>Meeting was adjourned at 4:29 PM.</p>	<p>Next Meeting: July 11, 2016</p>	