

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

MINUTES □ March 14, 2016

MEMBERS PRESENT

Janis Gardner	BHAB Member, Chair, Prevention Committee
David Deutsch	BHAB Member, NAMI Director
June Ewart	Rancho Simi Recreation & Park District, Community Coalition United
Karyn Bates	BHAB Member
Larry Hicks	BHAB Member
Sandra Wolfe	BHAB Member

VCBH STAFF PRESENT

Patrick Zarate	VCBH, ADP / DUI Division Director
Dan Hicks	VCBH, Manager, Prevention Services
Cari Kawell	VCBH, Alcohol & Drug Programs Management Assistant II, Prevention Services
Kathy Mulford	VCBH, BH Manager / DUI Admin

GUEST PRESENTERS

Katherine Kasmir	BHAB Member, Straight Up
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GUESTS

Barry Boatman	VIPS
Dawn Anderson	VCOE, Director Comprehensive Health and Prevention Programs
Ezequiel A. Sanchez	TAY Tunnel
Javier Bautista	Pacific Clinics TAY Tunnel
Mebe Holmboe	Guest
Valeria Buhain	Aegis Treatment Centers

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	Call to Order The meeting was called to order at 3:18 PM by Chairperson, Janis Gardner.		
II.	Approval of the Agenda (Action) Agenda for March 14, 2016 was approved as written.	Approved as written M/S/C	
III.	Approval of the Minutes (Action) Minutes of February 8, 2016 were approved as written.	Approved as written M/S/C	
IV.	Welcome and Introductions The Chair welcomed all. Self-introductions were made around the table.		
V.	Chair Announcements Janis Gardner, BHAB Committee Chairperson, announced that Laura's Law was approved by the Ventura County Board of Supervisors and is to be implemented by Ventura County. Chair Gardner also mentioned that the Ventura County Office of Education would be hosting the 20 th Annual Carpe Diem Conference on Friday, March 18 from 8 am to 4 pm at 5100 Adolfo Road in Camarillo; and, on Saturday, April 30, there will be a NAMI Walk Fundraiser at the Ventura Beach Promenade – the promotional flyer was distributed to the group. Chair Gardner mentioned a couple news items which included: the first medical marijuana dispensary opened on the Las Vegas Strip and in an interview with radio station Z100, Lady Gaga admitted that she used to be addicted to marijuana and believes that smoking it is related to anxiety and is used for coping and self-medicating. Lady Gaga shared with listeners that she wants young kids to know that they can become addicted to marijuana		

	and that it is harmful. Chair Gardner distributed a related article called <i>"Is Marijuana Addictive? NIH Says Cannabis Use Disorder Affects Nearly 6 Million People"</i> .		
VI.	Public Comments N/A		
VII.	Staff Update <p>A.) Patrick Zarate, ADP / DUI Division Manager at Ventura County Behavioral Health, thanked Chair Gardner for providing the marijuana article she distributed when making Chair Announcements and also for the related marijuana updates.</p> <p>Mr. Zarate discussed that within the division, youth are disproportionately represented and affected by cannabis use. For 71% of our active adolescent treatment population, the primary drug dependence is cannabis. Mr. Zarate stated that for a long time, VCBH has been trying to get upstream on that topic along with other drugs. Mr. Zarate mentioned that back in mid-February, the California Institute for Behavioral Health Solutions (CIBHS), a contracted technical assistance group, invited him to present at the California State Department of Health Services Statewide Policy Forum. This gave VCBH an opportunity to talk about Prevention and the possible passing of the marijuana legislation on the ballot this year.</p> <p>Earlier this year, an article was published that stated 71% of U.S. teens believe smoking marijuana is totally safe. While marijuana may become legal, this does not necessarily mean it's safe. The discussion of it by adults as medicinal means its perceived harm goes down while use may go up. Kids, in particular, pick-up on "adult speak" and think marijuana is an innocuous substance.</p> <p>Mr. Zarate discussed the <i>"How High – Ventura County"</i> presentations given by JAMS Productions, LLC, one of VCBH's media savvy, Prevention Providers. Presented in Ventura County schools to teens, these events give youth an ability to have frank discussions about the impact of marijuana and provide them with a platform for meaningful discussion. These gatherings are shown to be effective and assist in obtaining qualitative data from school districts. Ventura County is tracking (from a data standpoint) kids' feelings about marijuana after the <i>"How High"</i> presentations are given. Polls are taken with 7th, 8th & 9th graders. Mr. Zarate stated that the <i>"How Marijuana Can Harm Health"</i> presentation is given in a clever way to teens and that the poll results show that Prevention efforts can have an effect in our own community. The current State ballot initiative introduces a commercial model for the marijuana Industry which may look like the big tobacco and alcohol industries.</p> <p>B.) Dan Hicks, Manager, Prevention Services distributed some informational marijuana media pieces that included: the new English/Spanish booklet <i>"Weed Myths & Facts"</i> and the DUI Checkpoint brochure created by Prevention Services with the Office of Traffic Safety (OTS) grant funding called <i>"DUI: Did you Know?"</i> Each Ventura County Law Enforcement Agency disseminates DUI Checkpoint booklets. Thousands of these small, fold-out booklets will go out into the community.</p> <p>Mr. Hicks spoke about Ventura County DUI Checkpoints which create both a deterrent effect and give "teachable moment" opportunities. The idea of these DUI Checkpoints is to have a meaningful educational experience and illustrate the risk to the community rather than being about the number of DUI arrests.</p>		
VIII.	Time Certain Presentation 4:00 PM – <p>Katherine Kasmir, Executive Director, Reality Improv Connection, Inc. "Straight Up" presented a Power Point presentation giving an overview of her company and its objectives. Ms. Kasmir shared that her experience in presenting to groups began in High School in Drama Class. Then, as a single mother, Ms. Kasmir learned improvisational techniques to motivate her own children. Ms. Kasmir decided to combine her varied performing arts skills and creativity with her passion into a marketable business that enables her to educate youth and adults in Ventura County and subsequently, created Reality Improv Connection, Inc. – "Straight Up."</p> <p>"Straight Up" promotes a forum for social change through theater, where people come together to explore change and ideas on topics that include alcohol & drug use, mental health, bullying, and more. They also discuss underage binge drinking and ideas regarding various types of programs that would engage children, as well as discussing how to change cultural norms, community perceptions and attitudes. "Straight Up" shares</p>		

	<p>addiction and DUI facts and statistics.</p> <p>Since 2005, "Straight Up" has worked with Ventura County Behavioral Health (VCBH) promoting health and wellbeing. While "Straight Up" does not take a legal stand on the topics they discuss, they do educate on the impact of drugs and alcohol to the developing youth brain. "Straight Up" also partners with multiple Ventura County entities at different Conferences & Events. Ms. Kasmir and her team also present Media Advocacy workshops that use social media to encourage sharing positive messages instead of gossip. "Straight Up" also engages youth in video & audio production which can be found at: https://www.youtube.com/user/StraightUpVC In addition, "Straight Up" provides Leadership Training, Forums, Retreats and more, with a special focus on training teens to be spokespersons to communicate properly with media to promote Prevention in the most effective way.</p> <p>"Straight Up" also provides Parent & Community Outreach that includes hosting "Reality Parties" in Ventura, Los Angeles and Orange Counties. More information can be found at: http://straightupvc.org/realityparties/ Ms. Kasmir also shared that "Straight Up" does Community Assessments, Interviews, Focus Groups and Risk Assessments. "Straight Up" has teamed with VCBH Prevention Provider, Project SAFER, to promote the Designated Driver Awareness Campaign called "Be the DD and Win." A Prize Posse goes out on Friday night to 6 or so bars and distributes wristbands to Designated Drivers. The Designated Driver must blow zero on the alcohol detection breathalyzer in order to receive a prize.</p>		
IX.	<p>Old Business</p> <p>Janis Gardner, BHAB Prevention Committee Chair shared that the Behavioral Health Advisory Board FY2015-16 Annual Report is in process.</p>		
X.	<p>New Business</p> <p>Janis Gardner, BHAB Prevention Committee Chair promoted the upcoming Suicide Prevention Forum & Mental Wellness Resource Fair on Saturday, March 19, 2016 from 11 a.m. to 2 p.m. at the Fillmore Adult Center at 535 Santa Clara Ave. In addition, Chair Gardner discussed the need to change the April 11 BHAB Prevention Committee Meeting to a new date because of a concurrent CLC meeting.</p>		
XI.	<p>Prevention Committee Member Comments</p> <p>N/A</p>		
XII.	<p>Future Meeting Discussion</p> <p>Janis Gardner, BHAB Prevention Committee Chair suggested speakers for the April BHAB Prevention Committee meeting, either VCBH's David Tovar, OTS Grant Coordinator, Prevention Services or Dan Hicks, Manager, Prevention Services.</p>		
XIII.	<p>Adjourn</p> <p>Meeting was adjourned at 4:13 PM.</p>	Next Meeting: May 9, 2016	