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## NEWS RELEASE

### FOR IMMEDIATE RELEASE

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#### **County of Ventura Behavioral Health Department Collaborates with Ventura County Office of Education and the BRITE Program to Host Community Mental Wellness Event for Youth**

**(Ventura, CA)** – We know – now more than ever – the importance of talking about mental health and wellness, building connections, and providing access to resources, especially for youth.

On Saturday, June 4, Ventura County Behavioral Health (VCBH), along with the Ventura County Office of Education and the BRITE Program are hosting an inspiring, no-cost, community mental wellness event, *Empower Up!* The focus for the event is on teens and young adults, ages 15 to 25, though all are welcome to attend.

The event, taking place at the Oxnard Performing Arts Center, will feature music, dance, stories, art, food, and a resource fair. On-site childcare, as well as Spanish and ASL interpreters will be available. For those who cannot attend in person, the event will also be livestreamed.

Dr. Jamie Rotnofsky, Mental Health Services Act Director for VCBH emphasizes the importance community plays in mental wellness and building resiliency. “We are a community, and together we can ensure that no one has to struggle alone. It is important to nurture our mental health by connecting with who we are, accepting where we are and directing our own lives. Connecting with others in a supportive, creative environment like the *Empower Up!* Event, is one way to begin this process.”

Ventura County Behavioral Health provides mental health and substance use treatment services as part of an integrated component of the Ventura County Health Care Agency. VCBH is committed to reducing stigma and discrimination, and promotes wellness through a whole-person care approach where clients and families are empowered by appropriate, accessible, timely, culturally sensitive, and collaborative behavioral health services.

The BRITE Program, *Building Resilience and Inclusion Through Engagement*, is Ventura County nonprofit, made possible through funding from VCBH, that engages youth/young adults in prevention advocacy around topics such as alcohol and drug abuse, impaired driving, and mental health.

#### **Event Details: *Empower Up!***

**Date:** Saturday, June 4, 2022

**Time:** 11:00 AM – 2:30 PM

**Location:** Oxnard Performing Arts Center – 800 Hobson Way, Oxnard 93030

Register Now at: [www.vcbh.org/empower](http://www.vcbh.org/empower).

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