

**VENTURA COUNTY BEHAVIORAL HEALTH ADVISORY BOARD  
 BHAB PREVENTION COMMITTEE  
 1911 WILLIAMS DRIVE, STE. 210, LAKE TAHOE CONFERENCE ROOM, OXNARD, CA**

**MINUTES □ July 9, 2019**

<p><b>Present</b></p> <p>Janis Gardner, Chair BHAB Prevention Committee, BHAB Member          Captain James Fryhoff, BHAB Member, VCISO/Ojai Police Dept.          Claudia Armann, BHAB Member          Ezequiel A. Sanchez, BHAB Member, Turning Point          Marlen Torres, BHAB Member          Patricia Mowlavi, BHAB Member          Gabe Teran, Ventura County Office of Education (VCOE)          Lisa Miller, Conejo Valley Unified School District (CVUSD)          Lori Litel, United Parents          Maya Lazus, Vista del Mar Hospital          Stuart Fiedler, The Client Network          Vanessa Alva, Straight Up          Yaakov Cahnman, Saving Lives Camarillo (SLC)</p>	<p><b>VCBH Staff Present</b></p> <p>Kiran Sahota, VCBH/MHSA/PEI          Jessica Davis, VCBH-ADP DUI          Dan Hicks, VCBH/ADP Prevention          David Tovar, VCBH/ADP Prevention          Cari Kawell, VCBH/ADP Prevention</p> <p><b>NEXT MEETING:</b>  <b>Tuesday, August 13, 2019, 3:15 – 4:30 p.m.</b></p> <p>Ventura County Behavioral Health (VCBH)          1911 Williams Drive, Lake Tahoe Conference Room          (2<sup>nd</sup> floor), Oxnard, CA 93036</p>
<p>Note: The committee has not yet approved these minutes. There may be additions/deletions or corrections before the minutes are accepted in final form.</p>	

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
<b>I.</b>	<b>Call to Order</b> The meeting was called to order at 3:15 p.m. by Chairperson, Janis Gardner.		
<b>II.</b>	<b>Welcome and Self-Introductions</b> The Chair welcomed all. Self-introductions were made around the table.		
<b>III.</b>	<b>Approval of the Agenda (Action)</b> Agenda for July 9, 2019 was approved as written.	Approved as written.  M/S/C	Motion: Vanessa Alva 2 <sup>nd</sup> : Captain James Fryhoff
<b>IV.</b>	<b>Approval of the Minutes (Action)</b> Minutes for June 11, 2019 were approved as written.	Approved as written.  M/S/C	Motion: Ezequiel Sanchez 2 <sup>nd</sup> : Lori Litel
<b>V.</b>	<b>Chair Announcements</b> Janis Gardner, Chair, BHAB Prevention Committee announced the following: <ul style="list-style-type: none"> <li>Recently there was a <i>VC Star</i> article on the Ventura County Grand Jury findings which appear to include misinformation and inaccuracies. Chair Gardner was very disappointed with this and hopes that Ventura County has a good response.</li> <li>The Backpack giveaway donation drive for foster resource kinship and adoptive children is being organized by kids and family together. The deadline for donating school supplies is August 5.</li> <li>The Tuesday, July 9<sup>th</sup> edition of the <i>VC Star</i> included statements by VCBH, MHSA/PEI Sr. Manager, Kiran Sahota, regarding the new MHSA/PEI program called, "Bartenders as Gatekeepers." The idea of this program is to train bartenders to understand the warning signs of suicide and effectively react to them. The trainer is the VCBH MHSA/PEI manager, Hilary Carson, who is the point person for these efforts.</li> <li>The annual "Night in Oaxaca 2019" event will be held on August 16, 2019 from 5:30 p.m. to 8:30 p.m. at the Olivas Adobe in Ventura.</li> <li>Saving Lives Camarillo will have a booth at the upcoming <i>Camarillo Fiesta and Street Fair</i> (July 18-21) in old town Camarillo. There they will promote drug prevention and offer a raffle, games and prizes.</li> </ul>		
<b>VI.</b>	<b>Public Comments</b> Stuart Fiedler identified himself as, The Client Network, licensed professional engineer with Consumer Affairs, victims' advocate for the District Attorney's Office, and, a CA State Auditor, and mentioned that:		

	<ul style="list-style-type: none"> <li>• Mr. Fiedler stated that there was a court order for California revenue and taxation code 19280 enforcement which spells out the \$1.9 million in criminal restitution that is owed is being addressed by the CA Franchise Tax Board who is tracking down the criminal and garnishing wages, seizing property, bank accounts, houses, cars, etc. These proceeds are payed back to the State by administrative fees that are being billed back to the criminal.</li> <li>• Mr. Fiedler wondered how come 19280 is not being taught in schools as a public prevention effort, and, what if children in Kindergarten were taught that crime doesn't pay. And, that their parents were going to have 19280 enforced against them until their children become 21, and then, whatever is left, will be taken from them.</li> <li>• If this were Public knowledge, gangs wouldn't have any more pull, and communities would be much calmer and people wouldn't have to be afraid to go out at night.</li> <li>• Mr. Fielder shared that when he asked the District Attorney's Office about making the public aware of 19280 since it is a law and how it could be enforced, they threatened litigation.</li> </ul>		
<p><b>VII. Staff / Provider Updates</b></p>	<p><b>A.) Dan Hicks, Manager, ADP Prevention Services:</b></p> <ul style="list-style-type: none"> <li>• 2 print publications were distributed to the group for review that support some of Prevention's targeted messaging to physicians and prescribers about tapering down patient opioid use: a VCBH ADP "<i>Medication Safety at Home</i>" pocket guide, and, a U.S. Dept. of Health and Human Services, Center for Disease Control and Prevention (CDC) "<i>Tapering Opioids for Chronic Pain</i>" pocket guide.</li> <li>• Prevention is in the middle of their 5-year strategic plan. At the national level, big-picture, the focus is on demand reduction and supply-side strategies. One advantage that Prevention has at the local level through collaboration with other agencies is that VCBH has the ability to do both.</li> <li>• Tapering people down from opioids is important because so many people are on high-dose opioids for chronic pain management when evidence really isn't there for long-term use.</li> <li>• In addition to commercial medical supply, there is a different supply side that is also important and has come up recently in the media, and that's home supply, the social supply of prescription opioids.</li> <li>• 1 in 6 high school juniors has used a prescription medication to get high according to the California Healthy Kids Survey (CHKS). The way the system is set-up, we've made it very easy to get drugs into the hands of the community, but, not very easy for people to safely and legally get rid of these drugs. But, safe disposal is getting easier with more easy access locations around Ventura County.</li> <li>• The City of Oxnard has more administrations of Naloxone than any other city in Ventura County.</li> <li>• Prevention is working the social supply side of "reverse" distribution in cooperation with various police departments; safe drug disposal.</li> <li>• In addition, there is a public and private collaboration with Walgreen's – for example, the store at Rose and Gonzales in Oxnard, has one of the very few DEA approved Rx disposal bins for schedule 2 substances.</li> <li>• Vicodin and other prescribed opioids can be dropped off at this Oxnard Walgreen's location so people to not have to go to a Law Enforcement disposal bin to comply with the law when disposing of medications.</li> <li>• Currently, throughout Ventura County, anyone can drop-off old prescriptions safely, securely and confidentially at various locations without having to show an ID.</li> <li>• A few months ago, the Walgreen's Rx disposal bin was emptied 1x per month, whereas now, it's emptied more than 1x per week.</li> <li>• Santa Paula and Fillmore Walgreen's Rx disposal sites are coming soon.</li> <li>• A video about the Ventura County Overdose Prevention Program was shown to the group. To view, please click here: <a href="https://venturacountyresponds.org/en/news-and-updates/countdown-to-the-national-rx-drug-abuse-heroin-summit-in-atlanta-april-22-25-2019-atlanta-ga">https://venturacountyresponds.org/en/news-and-updates/countdown-to-the-national-rx-drug-abuse-heroin-summit-in-atlanta-april-22-25-2019-atlanta-ga</a></li> </ul> <p><b>B.) David Tovar, Office of Traffic Safety (OTS) Coordinator, ADP Prevention Services,</b> mentioned the following items:</p> <ul style="list-style-type: none"> <li>• ADP Prevention Services has a new 2019 summer intern, Jessica Ramirez, who is back for her second internship while completing her Ph.D. in Social Welfare with the University of Washington.</li> <li>• Ms. Ramirez has been tasked with affecting change within the Fillmore School District on the issue of Marijuana and the social issues around vaping.</li> <li>• A new grant proposal which was submitted to and accepted by the CA Office of Traffic Safety for messaging around impaired driving will begin in October 2019.</li> </ul>		

	<ul style="list-style-type: none"> <li>• Prevention has been working on impaired driving messaging for the past 4 years.</li> <li>• There are 4 objectives to this new grant, as follows: <ol style="list-style-type: none"> <li>1.) Collaboration and targeted outreach to medical offices and health care agencies to talk about the dangers of impaired driving due to medications;</li> <li>2.) To improve prescriber and furnishers (ie: pharmacists understanding) to improve their usage of C.U.R.E.S. which is the CA State Prescriber database as a tool to recognize impairing combinations;</li> <li>3.) To Increase understanding for prescribers to engage their patients in talking about issues that could arise from prescribing multiple types of substances;</li> <li>4.) To improve access to drug disposal and to create new messaging for pharmacies where people can easily drop-off their medications.</li> </ol> </li> </ul> <p><b>C.)</b> Captain James Fryhoff, BHAB Member and VCSO/Ojai Police Dept., gave the following updates:</p> <ul style="list-style-type: none"> <li>• There is an area of northern Ventura County called the Lockwood Valley which is a remote backcountry area of 610 square miles that borders Santa Barbara, Kern, and Los Angeles counties.</li> <li>• Two sheriff's deputies are residents of this area and are on call 24-7. Because of the remote nature of their location and because there are no Emergency Medical Services (EMS) nearby, these Ventura County Sheriff's District officers may be first on the scene and carry Naloxone to help save people who may overdose within this area.</li> </ul> <p><b>D.)</b> Yaakov Cahnman, Community Coordinator, Saving Lives Camarillo, shared multiple items that included:</p> <ul style="list-style-type: none"> <li>• SLC finished out FY 2018-19 with an advertising campaign that focused on safe Rx disposal (2 locations in Camarillo); and, the locking-up of and securing prescription drugs within the Camarillo community.</li> <li>• These ads were televised on cable tv, promoted through print media pieces, and, through local newspapers such as, <i>"The Acorn"</i> and <i>"The Ventura County Star."</i></li> </ul>		
<b>VIII.</b>	<p><b>Prevention Committee Member Comments</b></p> <p><b>A.)</b> Marlen Torres, BHAB Member and Vista del Mar Psychiatric Hospital, announced that:</p> <ul style="list-style-type: none"> <li>• For a few weeks now, Vista del Mar hospital has been at full capacity at 55 beds.</li> <li>• This hospital typically sees a decrease in patients during the summer months. Currently, the adolescent beds are at 10.</li> <li>• Vista del Mar is promoting their outpatient services which are open for adolescents and adults.</li> </ul> <p><b>B.)</b> Claudia Armann, BHAB Member shared that:</p> <ul style="list-style-type: none"> <li>• Before the FY 2018-19 school session was out for the summer, Ms. Armann had the opportunity to attend one of the events held by Straight Up, a VCBH ADP Prevention Provider. This bilingual "Reality Party for Parents" event discussed material on vaping.</li> <li>• The City of San Francisco recently passed an ordinance to ban the sale of e-cigarettes and related products at retail outlets within their city limits with the intention to limit youth access to these items.</li> <li>• San Francisco is one of the first cities to ban flavored vapes.</li> </ul>		
<b>IX.</b>	<p><b>Old Business</b></p> <ul style="list-style-type: none"> <li>• Group discussion was held concerning the FY 2019-20 BHAB Prevention Committee Mission Statement, Objectives and the related Action Plan.</li> </ul>		
<b>X.</b>	<p><b>New Business</b></p> <ul style="list-style-type: none"> <li>• Group discussion was held concerning future Time Certain Presentations for upcoming BHAB Prevention Committee meetings which included mention of the Ventura County Area Agency on Aging to possibly feature a presentation on the prevention efforts for older adults ages 60+.</li> <li>• Also mentioned was the possibility of having future presenters from the MHSA/PEI side of Prevention re: older adults, youth and Transitional Aged Youth (TAY).</li> </ul>		