

COMMUNITY CONNECTIONS

Issue 12 • October 2020

Babies, Babies and More Babies

Life cycle events have impacted us all lately, and with the challenges that COVID-19 has brought to celebrations and family rituals and ceremonies, it is a reminder to us all to hold onto the moments of joy and wonderment that may come our way. Just within our team alone, we have had four babies born to parents and grandparents.



The cycle continues, babies are born, and we are reminded of the promise of new life, and new beginnings. Let this be a reminder of what can be a constant amid the transient nature of life. And congratulations to all who have new babies to enrich their lives.

Spotlight: PhotoVoice Oxnard

Exploring Racism as a Social Determinant of Health



BRITE (Building Resilience & Inclusion Through Engagement), a long-time contract provider with Substance Use Services - Prevention, is proud to share one of their projects, *PhotoVoice Oxnard*.

PhotoVoice is a visual research method that uses photography to capture issues of concern as a means for communication and stimulating social change. Through PhotoVoice, teens can become more engaged in their community and develop an ability to advocate for the changes that they want to see.

"Our experience living in our community allows us to provide evidence that shapes policy on gender, racial equity, behavioral health, and overall wellness. One powerful role we have as community members is sharing our stories on how our social environment affects our health and wellbeing."

Participants spoke to City Council members about their issues of concerns and their suggestions for change. See the photographs, writings and recordings at:

PhotoVoice Oxnard
www.brite.link/photovoice

BRITE
www.brite.link/BRITE

Snapshot: Safe Medication Disposal

National Prescription Drug Take Back Day October 24



Ventura County is committed to preventing prescription drug misuse and abuse. One of the ways the county works to address

the issue locally is by reducing access, especially to teens.

The Ventura County Sheriff's Office in collaboration with Ventura County Behavioral Health established a countywide Rx disposal program that allows residents to safely dispose of unused, unwanted, or expired Rx medication via secure, confidential disposal bins.

The DEA's Take Back Day provides an opportunity to prevent drug addiction and overdose deaths. It encourages people to dispose of prescription drugs while also educating the public about the potential for abuse of medications.

Learn more:

[Medication Disposal Drop-off Locations](#)

DEA Take Back Day

takebackday.dea.gov

Snapshot: "SCHOOL" IS NOT THE SAME

Staying Connected



We have discussed in prior newsletters the challenges of parenting during this time of COVID-19. Many are struggling with remote learning, childcare and parenting stresses since families are home more and schools remain closed. We will continue to feature agencies that are coping in new and innovative ways.

"Back to school" is not the same this year. The changes can be stressful whether students are learning remotely from home or dealing with new health and safety measures at school.

- Follow schedules to help keep days predictable and calmer.
- Stay connected - trusted relationships with family, friends,

and teachers are antidotes to stress.

Resources for Families:

wellnesseveryday.org/coping-during-coronavirus

Check out this great video:

Distance Learning: Tips for Parents Video - Ventura County Office of Education



Snapshot:
Dental Prescribing Toolkit

**Tools to Help Communicate with Patients
about Opioid Risks**



Teens
who take prescription opioids,
such as after removal of
wisdom teeth,
have a
33%
higher risk
of opioid misuse later in life.

5 days
of opioid use can lead to
dependence.

"Dentists
play a pivotal role and have
a professional responsibility to
reduce the misuse
and abuse of
opioids..."
— CALIFORNIA DENTAL
ASSOCIATION

"One in 16
prescribed opioids after a surgical
procedure will become a
long-term user."
— INTERNATIONAL JOURNAL OF
ORAL & MAXILLOFACIAL SURGERY

**DENTAL
PRESCRIBING
TOOLKIT**
Free online resources:
venturacountyresponds.org/dental



Teens who are prescribed opioids after their wisdom teeth are removed have a 33% higher risk of opioid misuse later in life.

"Dentists play a pivotal role and have a professional responsibility to reduce the misuse and abuse of opioids..."
— California Dental Association

The Ventura County Rx Abuse & Heroin Workgroup, in partnership with the Office of Traffic Safety, is committed to working with the local dental community to reduce opioid misuse and fatal overdoses. Prescribers across the county are experiencing new healthcare challenges and evolving standards for patient care.

The Dental Prescribing Toolkit includes information and materials to assist with patient communications on opioids and possible risks.

Working together, we are making a measurable difference locally: to individuals, to families, and to our community.

Learn more:

Dental Prescribing Toolkit

www.venturacountyresponds.org/safe-prescribing/dental-prescribing-toolkit

Around Town & Elsewhere

Our List

Every issue we like to feature stories of individuals and agencies that are making a difference in their communities during this time of COVID-19. Sometimes we just want to give a shout out to the work you are doing, and make a list so everyone knows.

Checking in with our partners around the county:

- In Oxnard, there are monthly Oxnard Police Department Community Outreach Meetings. They share what is timely in the community. Meetings are the first Wednesday of every month at 10:30 am. teresa.telles@oxnardpd.org
- Food Share delivers food to Ventura County residents. Download their app to find pop-up locations. foodshare.com/app
- The naloxone distribution program continues to outreach to community partners and provides overdose rescue kits to those in need. Learn about overdose prevention and how to get an overdose rescue kit at www.venturacountyresponds.org/preventing-overdose
- In Fillmore, there are monthly Circle of Care Meetings. They share what is timely in the community. Meetings are the first Wednesday of every month at 1pm. Contact Joe Ramirez at jramirez@myonestep.org.

What is the latest in your community? Send us a line and we'll add you to the list!

Find out more. Or just check it out.

If you are looking for resources in the community, check out our websites. We continually add news, tips, latest research, blogs, publications and more.

Ventura County Responds
venturacountyresponds.org

Marijuana FactCheck
www.mjfactcheck.org

Vaping FactCheck
www.vapingfactcheckvc.org

Ventura County Limits
www.venturacountylimits.org

Social Determinants of Health
www.healthequityvc.org

Follow us on Social Media
www.facebook.com/venturacountylimits
twitter.com/vclimits

Finding Balance in the "New Normal"
www.wellnesseveryday.org/news

Need Help?

If you or a family member are struggling with addiction, talk to your healthcare provider or call the confidential 24/7

Access Line: 1-844-385-9200.

> Learn about Substance Use Treatment Services.

Happenings

We will keep you posted on upcoming events in each newsletter. If your agency is planning any online meetings, please send us the information so we can post it.

DreamFest 2020, Festival for migrant fieldworker families

November 14, 12pm-4pm

Contact: Blakely Pallock, blakely@embracejesus.org

Got Snapshots?

Send us your photos of Ventura County scenes and we'll share in future newsletters. As the county continues to adapt, we want to capture the changing landscape of our communities. We will give you credit too!

Photos by Alma Ixta: Costco, Oxnard Housing Project Park







About

Supporting Health – Preventing Harm

Prevention Services works upstream to reduce alcohol and drug-related problems in our community. Initiatives are aimed at limiting harms related to impaired driving; underage and binge drinking; marijuana and vaping, especially as it relates to harms to youth; prescription drug abuse; and addressing health disparities among vulnerable populations.

A primary goal is to delay the onset of first use of alcohol and or other drugs by youth. We collaborate with schools, parent groups, government agencies, medical partners, law enforcement, community-based organizations and more.

Contact Us: We Are Here

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Erika Fernandez
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Erika is currently out on maternity leave.

*Share your stories with us.
Want us to feature you and
your work in the community?
Send an email to Alma!*

*Photo: Alma Ixta and Erika Fernandez,
Community Services Coordinators,
pre-COVID-19.*



STAY CONNECTED

