

COMMUNITY CONNECTIONS

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Out & About

Community Outreach Happenings



By Erika Fernandez, Community Services Coordinator

In January, I participated in the Pacifica High School De-Stress Resource Fair. We had a table with information about our different prevention initiatives with a focus on marijuana and the teen brain, vaping, meth, and prescription drug use. I also had the opportunity to collaborate with BRITE, our Prevention Services contractor, in supporting a vaping presentation for the parents of the Rio School District. The presentation was done via zoom in English and Spanish. Both events had a high rate of attendance and a great outcome.

Learn more:

[Vaping FactCheck](#)
[BRITE](#)

Photo: BRITE Vaping Presentation

Spotlight: Friday Night Live



Friday Night Live and Club Live (FNL) continues to serve diverse youth grades 5 to 12 across Ventura County. FNL values youth as partners and actively engages them in decision-making, planning, and implementation of activities that enhance communities. This includes conversations and education surrounding the risks of substance use, the negative effects it has on the developing teen brain, and the negative impact it has in communities.

Ventura County's Youth Advisory Council (Y.A.C) has been meeting virtually since October 2021 to plan the Annual FNL Youth Leadership Conference. This Countywide FNL chapter is made up of students grades 6-12 throughout Ventura County and members have been meeting collaboratively to plan the 19th Annual FNL virtual conference for grades 6-8 titled: A Slice of Happiness. This youth led effort will feature a variety of workshops from a wide range of community partners to promote student engagement, advocacy and healthy decision making for overall community

health.

FNL provides youth with important developmental supports and opportunities that young people need to thrive. This includes safe and supportive environments, caring relationships, connections with their community and school, leadership and advocacy opportunities, and valuable skills development.

"Seeing how others are genuinely inspired and excited to be part of this movement has helped me."

Learn more:

[Friday Night Live](#)

Photo: McKinna Elementary FNL Chapter

Featured Campaign: Fentanyl is Forever



Reflecting the United States struggles with tragic drug overdoses exceeding 100,000 deaths in 12 months, Ventura County's local accidental fatal overdoses have also risen dramatically. In both cases, the increases are driven and sustained by illegal fentanyl, a powerful synthetic opioid that has flooded the illicit drug supply.

In response to the covert dangers of fentanyl, Ventura County Behavioral Health (VCBH) just released a new community campaign, "Fentanyl is Forever" (English) and "El Fentanilo es para Siempre" (Spanish). The prevention messages unfold through five diverse short stories that allow people to experience and understand the risks of fentanyl to their friends, families, and communities. In addition to warning the public about the dangers of fentanyl, viewers are then linked to local resources for more information and help.

The goals of the campaign are to increase awareness of fentanyl risks and its impact on communities, and to decrease the stigma

related to talking about substance misuse and addiction. It complements messaging related to naloxone preparedness and substance use disorder treatment.

Learn more:

Campaign Websites

www.FentanylVenturaCounty.org - English

www.FentaniloVentura.com - Spanish

Ventura County Responds

www.venturacountyresponds.org/preventing-overdose

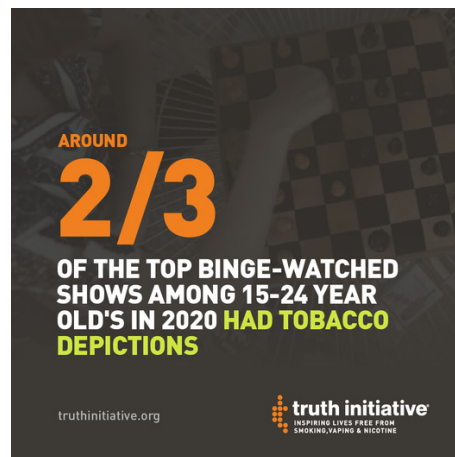
New Resources from Industry Partners

Stay Informed of Recent News & Research

Nicotine on Demand

Tobacco remains rampant in the year's most popular shows, movies, and music videos, fueling the ongoing youth e-cigarette epidemic

Truth Initiative's fourth annual report looking at tobacco imagery in entertainment, "While You Were Streaming: Nicotine on Demand," finds that as young people watched more video content than ever before in 2020, pervasive smoking and vaping imagery lit up their screens.



Young people were bombarded with tobacco imagery across these entertainment sources in 2020, posing a significant threat given the on-going youth e-cigarette epidemic. According to the latest CDC data, over 2 million middle and high school students are using e-cigarettes, and of high school students who vape, 43% do so on a near daily basis. Smoking, often portrayed as glamorous and edgy, remains pervasive onscreen even as a landmark 2020 Truth Initiative study found that exposure to tobacco imagery through episodic programming can triple a young person's odds of starting to vape, building on well-established research that shows exposure to smoking in movies causes young people to start using tobacco.

Learn more:

[Nicotine on Demand](#)

Truth Initiative

See the video "While You Were Streaming: Nicotine on Demand"



National Drug & Alcohol Facts Week®, March 21-27

National Drug and Alcohol Facts Week®, or NDAFW, is an annual, week-long, health observance that inspires dialogue about the science of drug use and addiction among youth.



Learn more:
[National Drug & Alcohol Facts Week®](#)

Making Addiction Treatment More Realistic and Pragmatic: The Perfect Should Not be the Enemy of the Good

Dr. Nora Volkow, Director, NIDA

Drug addiction is a chronic but treatable disorder with well-understood genetic and social contributors. It is not a sign of a person's weakness or bad character. Continued or intermittent use of drugs, even by people who know they have a disorder and are trying hard to recover from it, must be acknowledged as part of the reality of the disorder for many who struggle with it. Just as we must stop stigmatizing addiction, we must also stop stigmatizing people who use drugs as being bad or weak, and instead offer them support to help prevent addiction's most adverse consequences.

Learn more:
NIDA. 2022, January 4. [Making Addiction Treatment More Realistic and Pragmatic: The Perfect Should Not be the Enemy of the Good.](#)

Be Prepared to Have the Difficult Conversation

This data visualization from SAMHSA illustrates the correlation between alcohol use and other substance use to inform parents/guardians and communities.

Learn more:
[SAMHSA](https://www.samhsa.gov/underage-drinking)



White House Releases List of Actions Taken by the Biden-Harris Administration Since January 2021 to Address Addiction and the Overdose Epidemic

At a time when overdose deaths, driven primarily by illicitly manufactured synthetic drugs, have reached a record high, the Biden-Harris Administration took action through its first-year drug policy priorities to significantly expand access to evidence-based prevention, treatment, harm reduction, and recovery support services, as well to reduce the supply of illicit drugs like fentanyl.

Learn more:
[The White House](https://www.whitehouse.gov)

DEA Reveals Criminal Drug Networks Are Flooding the U.S. with Deadly Fentanyl

The Drug Enforcement Administration has issued a Public Safety Alert warning Americans of the alarming increase in the lethality and availability of fake prescription pills containing fentanyl and methamphetamine. The Public Safety Alert coincides with the launch of DEA's "One Pill Can Kill" Public Awareness Campaign to educate the public of the dangers of counterfeit pills and urges all Americans to take only medications prescribed by a medical professional and dispensed by a licensed pharmacist.

Learn more:
[One Pill Can Kill](https://www.dea.gov/onepillcankill)



Featured Resources

Resources for Farm Workers

UFW Foundation

For 15 years, the UFW Foundation has mobilized farm workers and their organizations across the country to advocate for more equitable policies, such as immigration reform, pesticide protections, heat standards, hazard pay, and other worker protections.

Learn more:

[Human Services Agency](#)

[UFW Foundation](#)

Recursos Para Trabajadores Agrícolas
\$1,000 ASISTENCIA FINANCIERA
¿Qué recursos están disponibles?
✓ Asistencia financiera GRATIS ✓ Transporte GRATIS ✓ Estancia GRATUITA en un hotel por hasta 14 días
✓ Revisiones de salud GRATIS ✓ Alimentos GRATIS
¿Quién podría calificar?
Trabajadores agrícolas del condado de Ventura que han estado expuestos o han dado positivo por COVID-19 en los últimos 14 días.
• Trabajadores de Campo • Trabajadores de Viveros o necearias • Trabajadores de Empaques de Comida
UFW FOUNDATION • CONDADO DE VENTURA
1-877-881-8281
ufwfoundation.org & sispuede.org

Resources for Farm Workers
\$1,000 FINANCIAL ASSISTANCE
What resources are available?
✓ FREE Financial Assistance ✓ FREE Transportation ✓ FREE Food
✓ FREE Hotel up to 14 Days ✓ FREE Health Check-ups
Who could qualify?
Farm workers from Ventura County who have been exposed to or tested positive for COVID-19 in the last 14 days.
• Field Workers • Nursery Workers • Food Packing Plant Workers
UFW FOUNDATION • VENTURA COUNTY
1-877-881-8281
ufwfoundation.org & sispuede.org

Calendar

We will keep you posted on upcoming events in each newsletter.



Circle of Care Monthly Meeting

1st Wednesday of every month at 1:00 PM

Contact: Ana Rosa Rizo-Centino,

anarosa@myonestep.org

Oxnard Police Department Outreach Coordinator Meeting

1st Wednesday of every month at 10:30 AM

Contact: Teresa Telles, teresa.telles@oxnardpd.org

MPATTC Cannabis Series: Serious Mental Illness & Cannabis

Feb 9, 9:00 AM, PT

[Register](#)

Alcohol and Cancer Webinar Series: Communication Approaches for Increasing Awareness of the Link Between Alcohol and Cancer

Feb 9, 9:00 AM, PT

[Register](#)

VCOE Agency 101 Virtual Event

February 16, 3:00 PM

Contact: Barbara Rush, BRush@vcoe.org

Trauma Informed Care Through Lens of COVID-19

Feb 22, 7:00 AM, PT

[Register](#)

Just for Fun

Delightful Recipes - From the Kitchens of Alma and Erika

By Erika Fernandez, Community Services Coordinator

Fresas con Crema (Strawberries and Cream)

Ingredients

- 3 cups chopped fresh strawberries
- 1 can media crema (table cream)
- 3 tablespoons sweetened condensed milk
- 1 teaspoon vanilla extract
- Granola or walnuts (optional)



Instructions

1. Wash the strawberries and discard the stems. Slice strawberries and place them into a bowl.
2. Add the media crema (table cream), sweetened condensed milk, and vanilla extract. Mix to combine.
3. If desired, garnish with granola or walnuts.

Enjoy!

Remember: Doing fun things with your kids can be an opportunity to talk about drugs and alcohol and how to stay safe. For more resources check out [Tips for Talking With Your Kids](#) and [Wellness Every Day](#).

Helpful Resources

If you are looking for resources in the community, check out our websites. We continually add news, campaigns and more.

Ventura County Limits

www.venturacountylimits.org



Ventura County Responds
venturacountyresponds.org
[COAST Opioid Data Dashboard](#)

Vaping FactCheck
www.vapingfactcheckvc.org

Social Determinants of Health
www.healthequityvc.org

Ventura County Behavioral Health
vcbh.org

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

Check out our Newsletters
www.venturacountylimits.org/community-connections
www.healthequityvc.org/newsletters
www.coastventuracounty.org/newsletter

About Us

Supporting Health – Preventing Harm

Ventura County Behavioral Health, Substance Use Services - Prevention, 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 and community-based organizations.

Contact Us

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Photo: Alma Ixta and Erika Fernandez



STAY CONNECTED

