

COMMUNITY CONNECTIONS

Issue 32 • June 2022



Empower Up! Mental Wellness Event for Teens & Young Adults - June 4



Please share with young people and families in our community:
Join us for arts and stories in the courtyard - live performances,
inspiration and community connections - and free tacos!

Register now!

Saturday, June 4th, 2022
11:00 AM - 2:30 PM
Oxnard Performing Arts Center
www.vcbh.org/empower
www.vcbh.org/empodera



Awareness Month Celebrations

A promotional poster for the Juneteenth Freedom Day Celebration. The top features a red and orange patterned border with a circular logo for the Juneteenth Celebration of Ventura County (JCVC) and the website juneteenthoxnard.org. The main text reads 'JUNETEENTH Freedom Day Celebration' in large yellow and white letters, followed by 'PLAZA PARK' in green. The location is 'Downtown, 500 S. C St., Oxnard' and the date is 'JUNE 18th, 2022 · 10a-5p'. A green button says 'Free To the Public'. Below are six buttons: 'Local Artists' (blue), 'Entertainment' (red), 'Exhibits' (yellow), 'Food' (red), 'Vendors' (green), and 'Health and Wellness Info' (green). At the bottom, it says 'For more information, visit: juneteenthoxnard.org' and includes the City of Oxnard logo.

JUNETEENTH
Freedom Day Celebration
PLAZA PARK
Downtown, 500 S. C St., Oxnard
JUNE 18th, 2022 · 10a-5p

Free To the Public

Local Artists Entertainment Exhibits

Food Vendors Health and Wellness Info

For more information, visit:
juneteenthoxnard.org

CITY OF OXNARD
CALIFORNIA

Juneteenth

The Juneteenth Celebration, presented by the Juneteenth Committee of Ventura County (JCVC), is taking place on Saturday, June 18 at Plaza Park. This holiday commemorates the emancipation of enslaved people in the US. The holiday was first celebrated in Texas, where on that date in 1865, in the aftermath of the Civil War, slaves were declared free under the terms of the 1862 Emancipation Proclamation.

Learn more:

www.juneteenthoxnard.org



"During Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex (LGBTQI+) Pride Month, we reflect on the progress we have made as a Nation in the fight for justice, inclusion, and equality while reaffirming our commitment to do more to support LGBTQI+ rights at home and abroad. I often say that America can be defined by one word: possibilities. This month, we celebrate generations of LGBTQI+ people who have fought to make the possibilities of our Nation real for every American.

This month, we honor the resilience of LGBTQI+ people, who are fighting to live authentically and freely. We reaffirm our belief that LGBTQI+ rights are human rights. And we recommit to delivering protections, safety, and equality to LGBTQI+ families so that everyone can realize the full promise of America."

—JOSEPH R. BIDEN JR.

[A Proclamation on Lesbian, Gay, Bisexual, Transgender, Queer, And Intersex Pride Month, 2022](#), The White House

[The Trevor Project](#)
[Active Minds](#)

June is PTSD Awareness Month

Help us spread the word that effective PTSD treatments are available. Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life. During PTSD Awareness Month, and throughout the entire year, help raise awareness about the many different PTSD treatment options.

Learn more:

[National Center for PTSD](#)

U.S. Department of Veterans Affairs

[Wellness Everyday](#)



Spotlight: Underage & Binge Drinking

Keeping Youth Safe

Underage drinking is common as youth continue to have easy access to alcohol in retail, public and social settings, resulting in excess consumption and dangerous consequences. Our goal is to reduce underage drinking in commercial, public, and social settings.

Over the past several years, our focus has increasingly shifted to reducing current non-medical marijuana use among local youth, the prevalence of vaping among youth, and addressing the opioid and fentanyl crisis in Ventura County. However, in this issue we'd like to feature the continuing realities of underage drinking, and the resources for parents to learn how to talk to their kids about alcohol.



June is the month of celebration. Graduations. Proms. Weddings. Barbecues. Picnics. Celebrating with food and drink. Watermelon. Ice-cream. Alcohol. At home, at parties, in school and at events. Teens will go out and celebrate with friends, and may be the driver, or be in the car with others who drive. It's a good time to talk about driving safety. It's a good time to set some house rules and responsibilities. And as a parent, we can make sure that our kids are not at an underage drinking party.

Why Do I Need To Monitor Home Parties?

Underage drinking is when anyone under the minimum legal drinking age of 21 drinks alcohol. It is a risk to youth and a widespread public health problem. There are "Social Host Laws" in Ventura County that hold adults responsible for parties where alcohol is served to underage people. The adult who owns or rents the property is responsible, no matter who provides the alcohol. The fines vary by community but are up to \$2,500.

Social Host Ordinances (SHOs) in Ventura County are local laws with civil penalties (fines) providing law enforcement a tool for addressing underage drinking in home party settings, and to deter those who may host a loud or unruly party. In September 2007, Ventura County became one of the first counties in the nation to have seamless coverage of SHOs across all municipalities,

including the unincorporated areas of the County. It is important to know the social host ordinance laws in your city.

Learn more:

[Tips for Teens: The Truth About Alcohol](#)



Spotlight: Just Not Worth It Prevention Campaign



The newly launched “Just Not Worth It” prevention campaign is targeted toward teens and young adults who may be at risk for trying and continuing to use drugs illegally. This encompasses both illicit drugs (like heroin and meth) legal drugs taken illegally—typically cannabis and prescription medications.

The goal of the campaign is to educate teens and young adults on the risks to their health, well-being, life-opportunities, and relationships. However, as a critically important component of any campaign targeting young adults, the mood and method of the messaging is purposefully constructed to avoid triggering the reflexive opposition so common to young adults. Instead, the campaign’s messaging allows them a way to choose a different path without losing face.

Instead of blame, the campaign addresses the issue from the perspective of friends that love and miss the person that is currently using. By showing only love and despondence on their

friends' part, there is no negative accusation to push back against.

As a secondary goal, the campaign serves as a discussion platform for adults to discuss illegal drug use with young adults in their care.

View the Just Not Worth It websites and videos:

[English](#)

[Spanish](#)

Out & About

Community Outreach Happenings

*By Alma Ixta and Erika Fernandez,
Community Services Coordinators*

What a busy month! Here are some of the places and people we've met recently. We look forward to seeing more of you in the coming year.



- Laguna Vista Elementary School Open House
- Fillmore High School Resource & Wellness Fair
- Fillmore Health & Wellness Fair
- AIDS Walk Ventura
- NAMI Walks Your Way Ventura County
- Mar Vista Elementary School Open House
- Oxnard Adult School Open House & Resource Fair
- Pacifica High School Health Fair
- Mexican Consulate- Ventanilla de Salud
- Oxnard Police Department Outreach Coordinator Meeting, Circle of Care Outreach Meeting in Fillmore
- Acacia School ELAC Parent Presentation
- Westminster Free Clinic
- Camarillo High School ELAC Meeting for Parents
- Oxnard Unified High School District Health Fair
- Haycox Elementary School Parent Night
- Adelante Community Resource Fair
- Friday Night Live Awards Night
- Oxnard High School Student Presentations



Words from Erika & Alma

Summer Fun with Children

By Erika Fernandez, Community Services Coordinator

Summertime is always a fun exciting season. It can also be a stressful time for parents. How do you keep your children busy, safe, healthy, and active these three months? I work full-time so summertime means a lot of planning. Summer programs are important because they keep kids physically, and mentally active. Summer is a time for celebrations, graduations, Father's Day, July fourth, BBQs, picnics, and finding fun alcohol-free activities is important to model, especially for my 12-year-old son. He is now in middle school and is at that age where he wants to hang out

with friends. It is the perfect time to start to talk about drugs and alcohol. Ask open-ended questions, listen, discuss your expectations, and provide alternative activities that will keep your kids busy in healthy ways such as, summer programs, sports, and hobbies.

My kids love going to the park, playing baseball, music, and dance. I signed them up for my local summer programs. Other options you can do with your family this summer are cook something fun together, take a walk at the beach, have a picnic at the park, play some baseball, do some crafts, or have a movie night at home. You don't have to spend a lot of money or time because what matters is being together. A family activity helps your family and everyone's overall health.

Learn more:

[Tips for Talking With Your Kids](#)

Being in the Community Again

By Alma Ixta, Community Services Coordinator

I'm really excited to be out in the community again. COVID-19 changed everyone and everything around us. We are beginning to work outside the home and adapting to making new changes in our lives. May was Mental Health Awareness Month and it is a reminder to take care of our mental health every day.

Being back out in the community has given me the opportunity to connect face to face with people again, share our prevention information, and help people to access help if they need it. I am grateful to our community partners who continue to do good work in the community.

Just for Fun

Delightful Recipes - From the Kitchens of Alma & Erika

By Erika Fernandez, Community Services Coordinator

Overnight Oats

It's one of the easiest, no cooking breakfast options that will leave you with healthy grab-and-go breakfast. The best part of it is that you can make them as simple or creative as you'd like. You will never get bored, the options are endless (Banana Bread, Apple Cinnamon, PB&J, Carrot Cake,



Strawberry Protein). Whatever your heart or stomach desires, just go for it. Here is a basic recipe to start with.

Ingredients

- ½ cup old fashion rolled oats
- ½ cup milk (I prefer almond milk)
- ¼ cup Greek yogurt
- 1 tablespoon chia seeds
- 1 tablespoon maple syrup or honey

Instructions

1. In a small jar, stir together the oats, milk, yogurt, chia seeds, and maple syrup or honey.
2. Let it soak in the fridge overnight.
3. Top your overnight oats with your desired toppings (fresh fruits, dried fruits, nuts, coconut flakes, nut butter, granola, or cinnamon).



Featured Local Resources

Arroyo Verde Park Inclusive Play Area

Arroyo Verde Park is located on Foothill Road in Ventura. The park includes hiking trails, BBQ areas, and a brand-new play area. This is Ventura's first fully inclusive play area for youth of all abilities. It features a

colorful play surface, new landscaping, gathering areas, a sensory garden, a motion-inclusive carousel and more. It is a great place to have some family fun time. You can hike, have the kids play in the play area, bring your dog for a walk, have a picnic or BBQ, play catch, throw a football, or simply enjoy nature and the fresh air, all for free.



Learn more:

[Arroyo Verde Park Inclusive Play Area](#)

Santa Paula Social Services Coalition

The [Santa Paula Social Services Coalition](#) is about connecting resources to the community. Focus areas include networking/education, marketing/outreach, and community

awareness/events. The Coalition meets once a month, alternating between Zoom and in-person meetings at partner sites across Ventura County.



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

Community Insight Coalition Meeting, GCHP

1st Thursday of every month at 10:00 AM

Contact: CommunityRelations@goldchp.org

Santa Paula Social Services Coalition Meeting

3rd Thursday of every month at 2:00 PM

Contact: SPSocialServiceCoalition@gmail.com

Empower Up! Mental Wellness Event for Teens & Young Adults

Saturday, June 4th, 11:00 AM - 2:30 PM

Oxnard Performing Arts Center

[Register](#)

The Ongoing Opioid Epidemic Part 1: The Current Landscape

June 7, 2022 10:00 AM - 11:30 AM

Central East PTTC

[Register](#)

Alcohol is STILL a Drug: An Exploratory Webinar Series

June 7, 10:00 AM (CT)

Great Lakes PTTC

[Register](#)

Jornada Sabatina

June 11, 8:00 AM-2:00 PM, Mexican Consulate in Oxnard

Contact: Nelva Guzman, nelva@visionycompromiso.org

Spring into Summer Community Festival

June 11, 4 PM to sunset at Veterans Memorial Park

Santa Paula Social Services Coalition

Contact: SPSocialServiceCoalition@gmail.com

The Ongoing Opioid Epidemic Part 2: Lessons Learned and Looking Ahead

June 14, 2022 10:00 AM - 11:30 AM

Central East PTTC

[Register](#)

Racial Disparities In Substance Use Prevention

June 15, 2022 10:00 AM - 11:30 AM

Central East PTTC

[Register](#)



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/VCBbehavioralHealth

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

