

COMMUNITY CONNECTIONS

Issue 36 • April 2023



**Community Conversations:
New Podcast Series**

New Podcast Series



Community Conversations

Nueva Serie de Podcast



Acompáñame Plática con Café

Our community is facing ever-shifting drug trends that may harm those we care about. We sit down to review commonly asked questions and how best we can respond as a community. Alma and Erika discuss the risks and harms of fentanyl and fake pills in our community. Topics include: recognizing an overdose; how to respond to an overdose, including the use of naloxone; and how to stay safe from fentanyl and fake pills. See the conversations below and stay informed!

Click below to view featured clips or for the full version.

English

- [Community Conversations - Fentanyl and Fake Pills](#)
- [Short clip: Fake vs. Real](#)



Spanish

- [Plática con café - Fentanilo y Opioides](#)
- [Video corto: El fentanilo - lo que debemos saber](#)





Out & About

Community Outreach Happenings



By Alma Ixta and Erika Fernandez, Community Services Coordinators

Community outreach involves being in the community and educating people about the negative effects of alcohol and drug use. Informing families about the risks of marijuana, vaping, opioids, fentanyl, meth, and alcohol helps to prevent and reduce alcohol and drug-related issues across Ventura County. We strive to develop relationships with partner organizations and members in the community for collaboration and support regarding substance use prevention.

During the past few months, we attended and participated in many outreach events, meetings and offered presentations. A few of our recent activities include the Oxnard High School Wellness Center Vaping Parent Presentation, GradNation Summit 2023 Resource Fair, Promotoras y Promotores Foundation Fentanyl Parent Presentation, Thousand Oaks High School ELAC Parent Presentation, Oxnard High School Parent Presentation, Frontier High School Spanish Parent Presentation, Oxnard High School Open House, Soria Elementary School Spanish Parent Presentation, Mexican Consulate Outreach events, Adelante Comunidad Conejo Resource Fair, Oxnard College Swap Meet Justice Resource Fair, and many more.

Here are some highlights.

Alma: In January we started to get invitations to school events. I attended the E.P. Foster Elementary School Resource Fair and it was very well attended by parents. The school had special raffle prizes to encourage parent participation. It was very rewarding to see the school

staff interact with parents. Parents were happy to see different agencies present and grateful that I was there with our Prevention information, especially related to fentanyl risks.

March was a busy month with many school presentations. I had the pleasure of presenting to both Ventura High School ELAC parents and Ventura Unified School District DELAC parents on our different prevention initiatives, including vaping, marijuana, opioids and fentanyl risks. It's great being out in the community and talking with parents about substance use concerns.

Erika: On February 15th, we participated in VCOE's annual event, Agency 101. Agency 101 is an interagency collaborative event that provides information and networking for all who are working with children and youth needing intensive services and/or residential placement. So many people attended this event. It was great to be able to meet new faces and discuss how we can collaborate to help our community. We provided over 400 brochures and exchanged several business cards to continue the collaboration. We shared our prevention websites and treatment resources available in the county. Several of the new community organizations we met at this event reached out to us to discuss scheduling a presentations for their parents on substance use prevention and education.

On March 15th, I gave a presentation in Spanish for a parent group from United Parents at the Turning Point Wellness Center in South Oxnard. The presentation was on an overview of all substances, the negative effects it can have on our children, and some tips on what to look for and how to start that conversation with them. Around 25-30 parents attended the presentation. The parents were engaged in the conversation, shared their experiences and concerns, and asked a lot of questions. It was an amazing atmosphere, the parents felt comfortable, and even got to enjoy some delicious Mexican Pozole soup. I am so grateful to be able to have the opportunity to share the information and resources we have with this group of parents.

Learn more:

www.venturacountylimits.org



Spotlight on Alcohol

Did you Know?

By Erika Fernandez, Community Services Coordinator

True or False: Alcohol affects men and women differently.

True or False: It is difficult to tell if someone has spiked your drink.
True or False: Just one drink can impair your driving.
(All are true)

Women and men process alcohol differently. Women generally have less body water, so alcohol concentrations rise more quickly. There is evidence that women break down alcohol slightly differently. The enzyme ADH breaks down alcohol in the liver and in the lining of the stomach; and women have less of it, so alcohol is broken down more slowly.

Most drugs used to spike alcoholic drinks are tasteless, colorless and odorless. This can make it almost impossible to tell if someone has spiked your drink when you drink it. There are things you can do to reduce the chances of your drink being spiked, or to prevent anyone else from getting near it, such as, don't leave your drink unattended, watch the bartender prepare your drink, buy your own drink, and don't accept drinks from strangers, especially if they are opened.

One 1.5-ounce shot of liquor, one 5-ounce glass of wine, and one 12-ounce beer have the same amount of alcohol. Just one drink could impair a person who weighs less than 100 pounds to not be able to drive safely. Alcohol affects each person differently. The best way to ensure that you don't break the law or endanger the lives of others is to not consume any alcohol before driving.

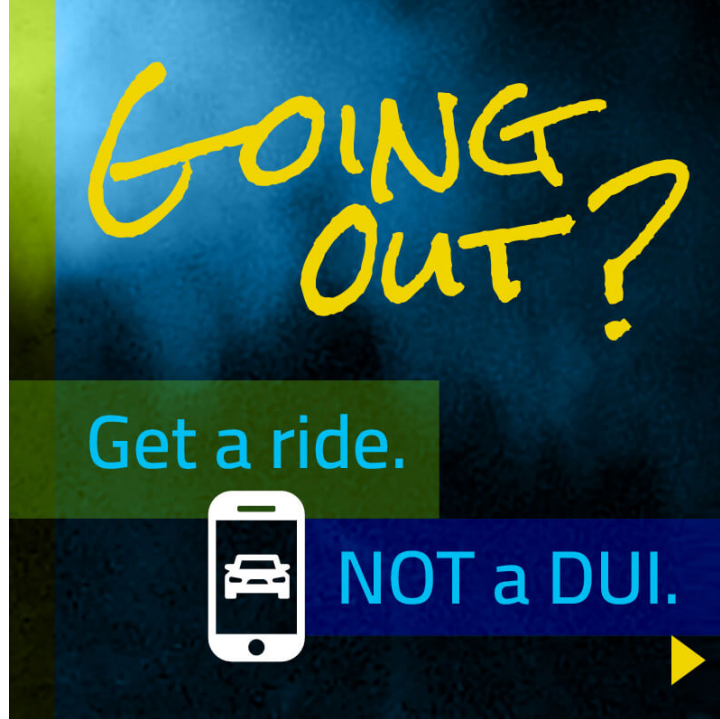
Learn more:

www.planaheadvc.org

www.notadui.org



Spotlight: Impaired Driving & Alcohol Awareness



Every year, thousands of individuals are arrested for impaired driving in Ventura County, causing harms to drivers, passengers and the public. Increasingly, marijuana and prescription drug use, alone or in combination with alcohol, are growing factors in DUIs countywide. Our goal is to reduce impaired driving among Ventura County youth and adults.

Learn more:
[Get a Ride. Not a DUI.](#)



Awareness Month Features

The logo for Alcohol Awareness Month features the words "ALCOHOL AWARENESS MONTH" in white, sans-serif, uppercase letters. The text is centered within a dark blue, rounded rectangular shape. This shape is set against a background of lighter blue wavy lines that suggest a liquid surface.

ALCOHOL AWARENESS MONTH

For **Alcohol Awareness Month** we want to share some resources related to the effects of alcohol on health and well-being and underage drinking prevention.

- The [Rethinking Drinking](#) website was produced by the National Institute on Alcohol Abuse and Alcoholism (NIAAA). Rethinking Drinking provides evidence-based information about alcohol and health along with tips, tools, and resources for those who want to cut down on or quit drinking.
- [Underage Drinking](#), NIAAA
- [National Institute on Drug Abuse](#)
- ["Talk. They Hear You." Underage Drinking Prevention Media Campaign](#), SAMHSA



National Prescription Drug Take Back Day is April 22

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

Safe and Secure RX Drug Disposal

Ventura County is actively engaged and 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.

Learn more:

[Medical Disposal Drop-Off Locations](#)

[National Prescription Drug Take Back Day](#)



Better Health Through Better Understanding | April 2023

National Minority Health Month - Better Health Through Better Understanding

This year's theme focuses on improving health outcomes for racial and ethnic minority and American Indian/Alaska Native communities by providing them with culturally and linguistically competent healthcare services, information, and resources.

Learn more:

[National Minority Health Month](#)



Industry Partners: News & Resources

SAMHSA Seeks \$10.8 Billion in Fiscal Year 2024 to Bolster Mental Health and Substance Use Services Across the Nation

The President's Budget for Fiscal Year (FY) 2024 includes \$10.8 billion for the Substance Abuse and Mental Health Services Administration (SAMHSA). The FY 2024 budget proposal continues to support the President's Unity Agenda to address the national mental health crisis and overdose epidemic. With a multidimensional approach to addressing the nation's behavioral health challenges, SAMHSA's FY 2024 budget proposal includes a historic investment to transform America's behavioral health crisis care system, with the expansion of the 988 Suicide & Crisis Lifeline; a mandatory proposal for Community Mental

Health Centers to increase access to high-quality, comprehensive mental health services in communities across the nation; and the request to Congress to change 'Abuse' to 'Use' in the Agency's and Centers' names, to reduce the historic stigma that too often has proven to be a barrier to seeking and receiving care.

National Institute on Drug Abuse - New Educational Resources for Teachers

NIDA has just launched its latest Kahoot!: [Why are Drugs so Hard to Quit?](#) This new quiz, which was inspired by the animated video, aims to help youth better understand the science of addiction, why stopping drug use can be difficult, and that help is available. Kahoot! is a game-based learning platform used in schools and universities.



Calendar

Community Meetings

- **Circle of Care Monthly Meeting**
1st Wednesday of every month at 1:00 PM
Contact: mzumaya@myonestep.org
 - **Oxnard Police Department Outreach Coordinator Meeting**
1st Wednesday of every month at 10:30 AM
Contact: teresa.telles@oxnardpd.org
 - **Santa Paula Social Services Coalition Meeting**
3rd Thursday of every month at 2:00 PM
Contact: SPSocialServiceCoalition@gmail.com
 - **Behavioral Health Advisory Board (BHAB) Prevention Committee Meeting**
2nd Tuesday every other month at 3:15 PM. These meetings are open to the public.
Contact: [BHAB Prevention Committee](#)
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Helpful Resources

www.venturacountylimits.org

Ventura County Behavioral Health
vcbh.org

Ventura County Responds
www.venturacountyresponds.org



Contact Us



Interested in presentations or publications to share with your communities? Contact Us!

Community Services Coordinators:
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STAY CONNECTED



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