

COMMUNITY CONNECTIONS

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Plática con Café Podcast Series



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. Join the conversations and stay informed!

**Episode 8: Crystal Meth: Risks, Addiction, and Family Impact
(The Act of Sharing Knowledge and Wisdom)**

This episode is in Spanish, with English subtitles available.

In this latest episode of Plática con Café, we talk about the risks of methamphetamine, also known as crystal meth—how it’s used, its effects on health, and its deep impact on families and those we care about. It’s an honest conversation that seeks to raise awareness and offer tools to support our communities.

So, grab your cafecito and enjoy!

Learn more about meth:

Watch on [YouTube](#)

English: positivepaths.venturacounty.gov/platica

Spanish: positivepaths.venturacounty.gov/es/platica-con-cafe



Out & About With Alma & Ignacio & Erika

Connecting with the Community



By Alma Ixta, Ignacio Ixta, & Erika Fernandez, Intensive Services Coordinators

Community outreach involves being in the community and learning from you about what matters, what concerns you, and the ways in which we can best work together to educate and strengthen our communities. We share our prevention messaging, informing families about the risks of marijuana, vaping, opioids, fentanyl, meth, and alcohol to help prevent and reduce alcohol and drug-related issues in our County. We strive to develop relationships with partner organizations and members in the community for collaboration and support regarding substance use prevention.

We offered presentations throughout the county on various prevention topics including opioids and fentanyl, marijuana and vaping, and alcohol and youth. This past quarter we attended many events, gave presentations and went to 13 Back to School Nights. We loved meeting parents and kids and sharing our prevention information. Here are some of the events we attended:

Jornada Sabatina, Mexican Consulate; Adelante Comunidad Conejo; Swapmeet Justice, Oxnard College; Santa Paula Night Out; Ocean View School, Parent Orientation & Resource Fair; Wellness Fair, Oxnard College; Boys & Girls Club, Presentation; 3rd Annual Family Resource Fair, OUSD; Santa Paula Health Fair, Guadalupe Church; Ventura College Health Fair; Saint Sebastian Food Pantry; Saticoy Lemon Association Health Fair

Back to School Nights

Soria School, Hueneme Elementary School, Marina West School, RJ Frank Middle School, Williams Elementary School, Sierra Linda School, Douglas Penfield School, Chavez School, Curren School, Larsen School, Lemonwood School, Ramona School, Richard Bard School

You can stay in touch with us by watching our [Plática con Café Podcast Series](#).

Highlights from Alma:

This quarter was a very busy quarter for us. We visited many communities and schools throughout the county. At most community events we continue to get many of the same comments or concerns. I am amazed at how much stigma there is around the subject of substance use. Many people still don't completely understand how complex the subject of substance use is, or don't see substance use as an illness. They often say comments like "I'm tired of telling my brother to stop using drugs but he doesn't care how much he's hurting his kids" or "I'm done trying to change my son or daughter, they prefer to get high than to be with their family" and many other comments like these.

I try to help the community understand that addiction is an illness like diabetes or cancer. I explain to them that their brain chemistry changes with substance use and just like with any other illness, we need a medical professional to help treat us. A person with a drug addiction can't stop using alone, they need professional help. I explain to the community the importance of prevention and that we need to be vigilant with our children.

Let's focus on our prevention efforts!

See our [website](#) to learn about the work we are doing in the community.

Highlights from Ignacio:

One of the benefits of working directly in the community is that we're always gaining new insights from the people we meet. Now I am seeing the generations of families that I have worked with over the years. Whenever we are at events we learn about latest substance use trends and concerns that people share with us. It is wonderful to have the opportunity to learn from you. This is why I really enjoy meeting everyone in the community! I look forward to seeing everyone this month!



Drug Use Trends: Kratom

Get the facts about Kratom

Product to product or batch to batch variations can be very significant, leading to accidental overdose which can be harmful or fatal.

Other additives are often present.

Proprietary Blend 75 mg
Mitragyna Speciosa Extract, Dimethylheptanamine, 4-(propargyl-1-methylcyclohexane, White Willow Bark Powder, Valerian Root Extract, Passion Flower Extract, Boswellia Resin Extract.

Proprietary Blend 600 mg
Mitragynine 7-Hydroxymitragynine, 5-Hydroxymitragynine, Y-1, Glutamyl-L-ethylethylamide, gamma-aminobutyric acid, Total Mitragynine % 1.73
Other Ingredients: Maltodextrin, natural flavors, Citric Acid.

75mg Mitragynine
In the US it is generally not in its natural state. Kratom is processed, refined and manipulated.

This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, or prevent any disease.

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Kratom is not regulated, so protections are few.

A new **Prescribers Care** campaign has launched with educational materials for both prescribers and patients about the risks of kratom. Kratom is a traditional herbal extract that is being sold in a variety of forms in places like convenience stores. People use it as a stimulant in low doses and a sedative in higher doses. What is not promoted is that there can be dangerous side effects. In the US there is no regulation and kratom is usually manipulated and mixed with additives. Batches vary significantly. Locally, there have been reports of addiction, overdose and deaths associated with kratom.

Flyers for prescribers and patients are available at PrescribersCare.org.



Featured Campaign: Aquí: In Full Color

Local Community Voices, Shared Strength



Aquí is a grassroots campaign in Ventura County that uplifts the real stories of people too often left out of traditional prevention messaging. Centered on the intersection of queerness and culture, the campaign highlights themes of self-discovery, resilience, and shared experience serving as both a celebration and a community resource.

The campaign sparks dialogue, challenges stigma, and fills critical messaging gaps around substance use, mental health, and belonging. By reflecting people's full identities with cultural relevance, **Aquí** strengthens community connections and expands access to supportive resources.

We invite community partners, leaders, and organizations to join us in extending this visibility. Materials are available at no cost to help you share **Aquí's** message of acceptance, hope, and joy.

Learn more and share MeAqui.com
Outreach materials can be requested [here](#).



Featured Website: Positive Paths

Check out our Prevention Services Website



The best time to prevent substance use issues is before they begin. The second-best time is today. This website contains information and resources that can be used for outreach and education in schools, in the community, and for yourself and your loved ones.

Learn more about the many pathways toward healthier living.

Learn more:

Positive Paths

positivepaths.venturacounty.gov



Awareness Events

DEA National Rx Take Back Day

October 25, 2025 at 10:00 AM. Find your local

collection site. Turn in unneeded medication for safe disposal. Keep them safe. Clean them out. Take them back.



Learn more:

www.dea.gov/takebackday
coast.venturacounty.gov

Substance Use & Misuse Prevention Month.

October is Substance Use & Misuse Prevention Month – and we invite you to tell your prevention story.

To inspire action, each of us can share how prevention is improving lives in our community.



- We aim to prevent substance use in the first place, prevent the progression of use (to a disorder), and prevent consequences associated with use. And we have the prevention playbook to do so.
- Prevention science (with decades of research and community-based experience) shows that prevention works.
- Prevention strengthens protective factors and reduces risk factors – in individuals, families, schools, communities, and society.
- Prevention helps us get ahead of substance use and mental health challenges – so that youth, families, and communities can thrive.

Prevention Month lifts up the national conversation – to showcase prevention’s positive effects on communities across the country.

Learn more: [Prevention Month](#)

Learn about our local Prevention work: positivepaths.venturacounty.gov

SAMHSA leads public health and service delivery efforts that treat mental illness, especially serious mental illness, prevent substance abuse and addiction, and provide treatments and supports to foster recovery while ensuring access and better outcomes for all.



Staying in the Know: Latest Research

Key Substance Use and Mental Health Indicators in the United States: Results from the 2024 National Survey on Drug Use and Health, July 2025



This report provides key findings from the 2024 National Survey on Drug Use and Health (NSDUH) on substance use, mental health, treatment, and recovery among the noninstitutionalized U.S. population aged 12 or older. Estimates are presented by age group and by race/ethnicity for selected measures. [See the report.](#)



Calendar

Community Meetings

- **Circle of Care Monthly Meeting**
One Step A La Vez
1st Wednesday of every month at 1:00 PM
 - **Outreach Coordinator Meeting, OUHSD**
1st Wednesday of every month at 10:30 AM
Contact: teresa.telles@oxnardunion.org
 - **Santa Paula Social Services Coalition Meeting**
3rd Thursday of every month at 2:00 PM
Contact: SPSocialServiceCoalition@gmail.com
Santa Paula Social Services Coalition
 - **Behavioral Health Advisory Board (BHAB) Prevention Committee Meeting**
4th Tuesday every other month at 3:15 PM.
BHAB Prevention Committee
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Stay In Touch

Websites

- [Positive Paths](#)
- [COAST Ventura County](#)
- [Ventura County Behavioral Health](#)

Follow us on Social Media

- www.facebook.com/PositivePathsVC/
- x.com/PositivePathsVC

Check out our Newsletters

- www.positivepaths.org/newsletter
-



About Us

Supporting Health – Preventing Harm

Prevention means working upstream to reduce alcohol and drug-related problems in our community. We are involved in outreach in our communities, educating and increasing awareness about the risks and realities of alcohol and drug misuse and abuse. Read about our Prevention Services initiatives and our work in Ventura County.



Contact Us

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

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STAY CONNECTED

