

# COMMUNITY CONNECTIONS

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## Connecting with our Community - Making a Difference

We are involved in outreach in our Ventura County communities, educating and increasing awareness about the risks and realities of alcohol and drug misuse and abuse. Typically, we are out and about, meeting people in your communities, sharing our publications and giving presentations to community groups and parents. During this time of COVID-19 and social distancing, we want to continue our connection with everyone, as our message about substance use risks are especially important during these times. Please continue to contact me about ways we can meet and talk to each other, through phone contact, online meetings and more. This is a new way for us to stay in touch, and for you to have a way to share your stories too.

*Photos: Local scenes*

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## Message from Erika

As a Community Services Coordinator, it has been a difficult transition to work from home. Specifically, in continuing community outreach prevention efforts without

being out in the community. My transition comes with two kids at home, in need of help with daily class assignments and planned activities to help them stay busy at home. Attempting to maintain a normal routine while juggling drastic changes can drain anyone and make you want to pull your hairs out! I can definitely relate to that. We need to remember that education and prevention are key in helping us maintain healthy habits.



Educating ourselves in what is healthy for us, such as exercising, family game time, eating healthy and what can harm us, such as over eating, drinking alcohol, or smoking, is a great way to start and once we know the information, we can work on preventing those unhealthy choices. What helps me maintain balance is keeping a routine and staying organized. Setting up a schedule for the kids will help them stay busy and will help you stay on top of things. It also helps to take some time for yourself to relax and come back to the present, even if it is just five minutes. Check out our Building Healthy Habits Campaign at [www.vcbh.org/habits](http://www.vcbh.org/habits) and [www.vcbh.org/habitos](http://www.vcbh.org/habitos) and feel free to share with others.

*Photo: Alma Ixta and Erika Fernandez, Community Services Coordinators at work.*

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## Featured Website

Check out our Vaping website and share this with your partners. Our News Blog is updated daily.

[www.vapingfactcheckvc.org](http://www.vapingfactcheckvc.org)  
[www.vapeverificado.org](http://www.vapeverificado.org)



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## Resources

Building Healthy Habits: [www.vcbh.org/habits](http://www.vcbh.org/habits)  
[www.vcbh.org/habitos](http://www.vcbh.org/habitos)

For help to stop vaping call 805-201-STOP

For Substance Use Treatment Services call Ventura County Access Line at 1-844-385-9200

Ventura County Coronavirus Information: [www.vcemergency.com](http://www.vcemergency.com)

Learn how to cope during coronavirus:  
[www.wellnesseveryday.org/coping-during-coronavirus](http://www.wellnesseveryday.org/coping-during-coronavirus)

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## Featured Agency & Events

We will keep you posted on upcoming events, trainings and meetings in each Newsletter. If your agency is planning any type of online meetings, please send to us so we can post this. This month we are featuring BRITE (Building Resilience & Inclusion Through Engagement). BRITE offers fun, interactive prevention games and advocacy activities for youth and young adults. They are also passionate about being a resource for teachers and schools, parents and families.



Check out their website at BRITE [www.brite.mykajabi.com/brite-online](http://www.brite.mykajabi.com/brite-online)

Beginning in May, they will be offering online webinars about vaping.

### **Vaping: What You Need to Know Live Webinar on May 7**

Our most popular presentation for parents, educators and other caring adults is now available as a webinar with important information that you need to know about teens and vaping. Learn about the products, the trends, and the dangers, including nicotine's impact on the developing teen brain. For registration go to [www.brite.mykajabi.com/brite-online](http://www.brite.mykajabi.com/brite-online)

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## Share your Photos

Send us photos of Ventura County scenes (be sure to get permission if people's faces are in the images) and we'll share in future newsletters.



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## Contact Us

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STAY CONNECTED

