

COMMUNITY CONNECTIONS

Issue 29 • March 2022



Message from Alma

Helping Parents

By Alma Ixta, Community Services Coordinator

So much has happened already in 2022. As I have been going out in the community and presenting to parents at different school events, online and in-person, the need for our substance use prevention efforts is much needed. Parents have concerns about how to prevent drug use. Our Latino communities often face language barriers and must rely on their children to translate when they have questions regarding these topics.

Students may not be completely honest with their parents when it comes to drugs. That's why I feel very strongly about our role out in the community and reaching parents. Parents are the very first educators for their children we can help them to be equipped with tools and resources. Many parents rely on school staff to address the issue of drugs at school but I tell parents that their children

do listen to them.

I always look forward to being out in the community and interacting with parents so we can share all of our valuable information that can help them with their own prevention efforts in their homes.

Take time to talk with your children about healthy choices. Talk with your kids about vaping, drugs and alcohol. See [Tips for Talking With Your Kids](#) to help start the conversation.

Out & About

Community Outreach Happenings

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

Here are some of the places and people we met. We had resource tables and gave presentations on substance use awareness and prevention in English and Spanish. We are still giving presentations via zoom, but meeting parents, students and the community in person has been great. We look forward to seeing more of you in the coming year.



- Agency 101 community event: an interagency collaborative event that provides networking for agencies working with children and youth needing intensive services and/or residential placement
- Lemonwood School, Oxnard
- Mexican Consulate, Oxnard
- English Language Advisory Committee (ELAC) presentations for parents of Pacific High School, Oxnard

Photo: Alma Ixta, Mexican Consulate

Spotlight: Going Out? Plan Ahead Drink Spiking Campaign



This campaign helps bring awareness to the problem of drink spiking at bars. Here are helpful tips we recommend to prevent drink spiking and stay safe when out with friends.

Be Careful About Alcohol

If you drink, keep it manageable so you can stay aware. Drink water or a nonalcoholic drink in between to slow down and stay hydrated. Eat before or while drinking. Sip slowly and make your drink last longer. Don't mix alcohol & drugs - it increases risks and the potential for unpredictable reactions.

- If you drink, keep it manageable so you can stay aware.
- Drink water or a nonalcoholic drink in between to slow down and stay hydrated.
- Eat before or while drinking. Sip slowly and make your drink last longer.
- Don't mix alcohol & drugs - it increases risks and the potential for unpredictable reactions.

Check out the website for more safety tips in English and Spanish.

[Plan Ahead](#)



New Resources from Industry Partners

Stay Informed of Recent News & Research

Suicides by drug overdose increased among young people, elderly people, and Black women, despite overall downward trend.

A NIDA study of intentional drug overdose deaths, or suicides by an overdose of a medication or drug, found an overall decline in recent years in the U.S., but an increase in young people aged 15-24, older people aged 75-84, and non-Hispanic Black women. The study also found that women were consistently more likely than men to die from intentional drug overdoses, with the highest rates observed in women ages 45 to 64.

“The distinction between accidental and intentional overdose has important clinical implications, as we must implement strategies for preventing both,” said Nora Volkow, M.D., senior author on the study and director of NIDA. “To do so requires that we screen for suicidality among individuals who use opioids or other drugs, and that we provide treatment and support for those who need it, both for mental illnesses and for substance use disorders.”

Learn more:

NIDA. 2022, February 2. [Suicides by drug overdose increased among young people, elderly people, and Black women, despite overall downward trend.](#)

**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®](#)

Surveying How the Tobacco Industry Markets Flavored Products

Flavored tobacco products continue to fuel dangerous youth nicotine use. More than 80% of youth who have used tobacco report that they began with a flavored product. As the youth e-cigarette epidemic continues, more than eight in 10 (84.7%) of the 2.04 million high school and middle school students who vape use flavored e-cigarettes, according to the 2021 National Youth Tobacco Survey.

Exposure to tobacco marketing and advertising contributes to youth tobacco use initiation. Children and adolescents more frequently exposed to point-of-sale tobacco promotion have 1.6 times higher odds of having tried smoking and 1.3 times higher odds of being susceptible to future smoking compared to those less frequently exposed. Not only do the flavored products and their colorful packaging attract youth, but youth also perceive these flavored products as less harmful. A survey of tobacco retailers in five cities, in three states, highlights how in-store marketing and particulars of place, inventory, price and other variables can make flavored tobacco products more accessible to youth.

Learn more:
[Truth Initiative](#)

Just for Fun

Delightful Recipes - From the Kitchens of Alma & Erika

By Alma Ixta, Community Services Coordinator

In our Latino kitchens it is a tradition to always have a variety of salsas so even when our kids are very young, they are encouraged to taste. I remember growing up I didn't like spicy food and my siblings would make fun of me. I was even told I was not a real Mexican because I didn't like chile (a small pepper with a very hot flavor), so I made myself try it until I fell in love with spicy food and now I cannot eat without chile.



Salsa Bandera or Pico de Gallo

Ingredients:

- Red tomatoes
- Onion
- Green chiles (serrano if you want it spicy or jalapeño if you don't)
- Cilantro
- Salt

How to:

- Dice 1 or 2 tomatoes into small pieces
- Dice ¼ of an onion into small pieces
- Dice as many chiles as you'd like (less if you don't want it too spicy)

- Slice cilantro into small pieces
- Add salt and mix all ingredients in bowl

You can eat this with chips or in your meat tacos. **Enjoy!**



Featured Resources

What's Happening at Your Library

The Oxnard Public Library is now open with regular hours. The library offers job and career information, homework centers, children and family events, study rooms, online databases and meeting rooms. Who knew the library had so much to offer?



The library services are especially useful during these times. Many children have had to miss school and may need to catch up. Tutoring is offered in person and virtually. The library has computers, Wi-Fi, high-speed internet access and printers.

Need a quiet place to study or work because the house is noisy? There are study rooms available. Or just looking for fun activities to keep your children busy? Check out their Teen Council, a teen leadership group for junior and high school students. It's a wonderful neighborhood resource. And maybe you are just looking for a good book to read.

Learn more:

www.oxnard.org/library

[Kick It California](#), formerly California Smokers' Helpline, is a free tobacco cessation program operated by UC San Diego.

KICK / T
California



Local Heroes Spotlight

Hero: “a person who is admired for great or brave acts or fine

qualities.”

We are excited to introduce our new series “Local Heroes” with interviews from community members who inspire and are admired in their communities. Often our local heroes make a difference in small ways, impacting others, and those small actions can change lives and neighborhoods. There are countless small gestures and acts of kindness that all go to make our days brighter. If you know of a hero to highlight, please let us know. Send an email to Alma.lxta@ventura.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

Cannabis in the Era of Commercialization

March 9, 9:00 AM, PT

New England Addiction Technology Transfer Center (ATTC), and the New England Association of Recovery Court Professionals (NEARCP)

[Register](#)

MPATTC Cannabis Series: Older Adults

March 9, 9:00 AM, PT

Mountain Plains ATTC

[Register](#)

Big Ideas in Overdose Prevention: Invest in Health Equity

March 9, 11:00 AM, PT

National Overdose Prevention Network (NOPN)

[Register](#)

MPATTC Cannabis Series: Cannabis & Maternal Health

March 23, 10:00 AM, MT

Mountain Plains ATTC

[Register](#)

Responsibly Fun Zoom Meeting: Giving Sober Driving the Green

Light

March 24, 6:00 PM, PT

[BRITE](#)

[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/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

