Minutes of the General Membership – Video Conference via Zoom
Thursday, March 11, 2021 - Attendance = 33

I. Welcome and Introductions: Aaron Byzak.

II. Meeting Minutes Approval: February 11, 2021. Meeting minutes were accepted into the record as presented.

III. Treasurer’s Report: Nanette Stamm provided the following report/account balances:

General Account: $1,267.58  Youth Coalition: $3,287.87
TCMC: $2,150.00  SAMSHA: $630.00
Walmart: $1,675.13  TOTAL: $9,010.58
ENA: $1,464.51

IV. Guest Presentation – Megan Patrick-Thompson, North Coastal Mobile Crisis Response Team (MCRT):
Megan reported that MCRT is a non-law enforcement mobile crisis intervention program, offering services from Camp Pendleton to Del Mar with the City of Vista included. Services range from crisis line to PERT (Psychiatric Emergency Response Team). General purpose of the program is to offer support for various mental health needs of the community that do not require police presence. Each MCRT team consists of a Licensed Mental Health Clinician, Case Manager, and Peer Support Specialist. When available the response times are within an hour. MCRT is available 7 days a week from 8:00am-6:30pm and they support the gray zone of crisis for residents over 18 years of age. MCRT is not a replacement for PERT.

Megan shared the various ways MCRT can offer support to eligible residents and services for residents not able to access outpatient mental health care. There are also outreach opportunities for North County schools and community centers. Anyone who is within their service area will be serviced. Ineligible MCRT services are those that may be violent or in the current state of drug use that makes them unsafe.

Questions from the general membership included program statistics, specific types of services, and funding scenarios. Please visit the Website link for more information: https://www.exodusrecovery.com/san-diego-mcrt/ FYI: recent article highlighting the MCRT program: https://www.countynewscenter.com/county-officials-highlight-early-success-of-mobile-crisis-response-team-program/

V. Program Updates:
Community Forum: Erica Leary reported on virtual community forum scheduled for March 23, 2021, 6 to 7:30 PM. OHS Principal, Jose Villarreal, will provide “welcome” and Spanish translation. The forum will be facilitated by youth from OHS Be the Resistance Club and featuring guest presenters Dr. Caroline DuPont from the Institute for Behavior and Health and One Choice Initiative; and Joe Eberstein, Marijuana Prevention Initiative. NCPC members viewed a short event promo video designed/led by the OHS students.

420 Remix: Riane Fletcher shared 420 Remix PSA Marijuana Prevention flyer; contest application information and rules can be found on the NCPC website here: https://northcoastalpreventioncoalition.org/get-involved/2021-psa-contest/ John Byrom reported that several organizations are supporting this event with funds for gift cards and cash prizes. Deadline for PSA entries is April 5.

General members were invited to participate in a brief survey to gather input on how to proceed with the 420 Remix virtual event. Survey Results:

<table>
<thead>
<tr>
<th>Question</th>
<th>Response</th>
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<tbody>
<tr>
<td>Q1: Should NCPC’s virtual 420 Remix event on April 20 be connected to NCPC’s PSA contest?</td>
<td>69% in favor</td>
</tr>
<tr>
<td>Q2: Should NCPC’s virtual 420 Remix event be focused in our region (Carlsbad, Oceanside, Vista)?</td>
<td>69% in favor</td>
</tr>
<tr>
<td>Q3: Should NCPC’s virtual 420 Remix event target specific grade levels?</td>
<td>69% in favor</td>
</tr>
</tbody>
</table>

VI. Announcements/Networking:
COVID Vaccine: Aaron Byzak reported that anyone can access COVID-19 vaccinations at Tri City Hospital; call 760-940-5544.

Following the GM meeting, event flyers included below were distributed to the NCPC email roster; please share/distribute to your colleagues/community partners as appropriate. Thank you.

San Dieguito Alliance – Family Forum
MGM Rady Children’s Hospital – The Teen Brain Explained
Marijuana Prevention – NCPC’s 420 PSA and Arts Contest
Marijuana Prevention/NCPC Community Forum – Protecting Adolescent Brain Health
VCC Tobacco Program – MUH Owners/Managers Training

VII. Adjourn: Meeting adjourned at 9 a.m.
Next scheduled NCPC General Membership meeting will be Thursday, April 8, 2021, 8-9AM.

Respectfully submitted by Debbie Obregon on behalf of Jose Villarreal, Secretary
Healthier Habits for Work or School

SDA Family Forum - students & parents
March 18 at 6:30 p.m.
- Body Mechanics & Workspace
- Nutrition Tips
- Nurture Your Creative Outlet

North Coastal Prevention Coalition's Annual 420 Remix
Marijuana Prevention
PSA Video & Arts Contest
Open to all middle & high school students in San Diego County

Theme: "Smoking is NOT Coping"
Create an image, audio or video design to prevent teens from using marijuana

Contest Rules:
ncpc.org
Under 'Get Involved'
For more information:
Riane.K.Fletcher@vcc.org
760-631-5000 x3997

Winners may receive up to $250 in cash!
Enteries due by April 5th 2021 at 11:59 p.m.

Parent Engagement Series
Brought to you by the Diegueño PTSA & Rady Children's Hospital - San Diego

A Teenager's Brain:
Neuroscience Explained

March 11, 2021
6:30 PM
With special guest
Jong Rho, MD

Join us for this free webinar focused on explaining the teenage brain from a neuroscience perspective. Learning how the brain works can help parents understand how to best support a teen’s growing brain.

Guest Speaker Jong Rho, MD is the Division Chief of Neurology at Rady Children’s Hospital - San Diego and a Professor of Neurosciences and Pediatrics at UC San Diego School of Medicine.

Please click the link below to join the webinar:
https://replay.zoom.us/r/d31158831727
Passcode: 491754
Telephone: US: +1 858 966 8899
Webinar ID: 981 1686 3172
Protecting Adolescent Brain Development
Addressing the Myths of Marijuana and Mental Health

Tri-City family forum for middle & high school students and parents

- Welcome from Dr. Jose Villarreal, Oceanside High School Principal
- Facilitated by Oceanside High School’s Be the Resistance Club
- Speakers include:
  - Joe Eberstein, Program Manager with Marijuana Prevention Initiative
  - Dr. Caroline DuPont, Vice President with Institute for Behavior and Health
- Spanish translation available

Tuesday, March 23, 2021
6 PM to 7:30 PM *Virtual Event-Register Here
https://us02web.zoom.us/webinar/register/WN_l4dtLILfS52HbcUXbtJscCw

For more information, contact Erica Leary, Program Manager, NCPC/VCC, eleary@vcc.org

FREE TRAINING
Opportunity Drawings

INVITASIS A UN DOS-PARTES
FUMADA-GRATIS MULTI-UNIDAD VIVIENDA ENTRENAMIENTO

QUIÉN:
Propietarios, Gerentes & Personal de Viviendas UF

CUANDO:
Viernes, 3/17/21, 1-2PM PST
Parte I: Guía para Implementar una Política Sin Fumada
Jueves, 3/18/21, 1-2PM PST
Parte II: Cumplimiento y Aplicación

DÓNDE:
Entrenamiento Virtual a través de Zoom

ZOOM REGISTRO AQUÍ:
https://us02web.zoom.us/webinar/register/WN_l4dtLILfS52HbcUXbtJscCw

PARA MÁS INFORMACIÓN, COMUNÍQUESE CON Carmina Muñoz, Especialista en Prevención, NCPC/VCC, cmunoz@vcc.org

Training will provide:
- Tips on Defining Your Smoke-Free Policy
- Drafting a Smoke-Free Policy
- Developing an Enforcement Protocol
- Communication Strategies
- Create an Implementation Plan
- Resources for Manager
- Breakout sessions

Benefits of 100% Smoke-Free Policies:
- Reduced costs of unit turnover
- Reduced insurance rates
- Healthier residents and staff
- Reduced complaints
- Less litter
- Lower risk of fire

Nancy Rocha, Program Supervisor
nracha@vcc.org / (760) 631-5000 x1050

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