

NORTH COASTAL PREVENTION COALITION
Serving the Communities of Carlsbad, Oceanside, and Vista
www.northcoastalpreventioncoalition.org

8:00 AM **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: Nannette Stamm provided the following report/account balances:

General Account: \$1,267.58	Youth Coalition: \$3,287.87
TCCM: \$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:

Q1: Should NCPC’s virtual 420 Remix event on April 20 be connected to NCPC’s PSA contest?	69% in favor
Q2: Should NCPC’s virtual 420 Remix event be focused in our region (Carlsbad, Oceanside, Vista)?	69% in favor
Q3: Should NCPC’s virtual 420 Remix event target specific grade levels?	69% in favor

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

Email
sda4teens@gmail.com
for Zoom Link

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



Follow us on
Instagram

@smokingisnotcoping



Theme: "Smoking is NOT Coping"

Create an image, audio or video design to prevent teens from using marijuana

Contest Rules:

ncprc.org
Under 'Get Involved'

For more information:
Riane.K.Fletcher@vcc.org
760-631-5000 x3997

Winners may receive up to \$250 in cash!

Entries due by April 5th 2021 at 11:59 p.m.

Vista Community Clinic serves as the fiscal agent for NCPCC grants and contracts.
Funded in part by the County of San Diego, IHSA, Behavioral Health Services



Parent Engagement Series

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

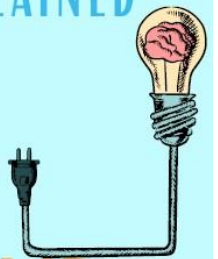
A TEENAGER'S BRAIN: NEUROSCIENCE EXPLAINED

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://rchs.zoom.us/j/93118863172?](https://rchs.zoom.us/j/93118863172?pwd=OGp0akc2OWZOMyRlO2lvejdMljlIdz09)
[pwd=OGp0akc2OWZOMyRlO2lvejdMljlIdz09](https://rchs.zoom.us/j/93118863172?pwd=OGp0akc2OWZOMyRlO2lvejdMljlIdz09)
Passcode: 481734

Telephone: US: +1 858 966 8899
Webinar ID: 931 1886 3172

Protecting Adolescent Brain Development

Addressing the Myths of Marijuana and Mental Health

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

➤ Speakers ➤ Resources ➤ Q&A

Tuesday, March 23, 2021

6 PM to 7:30 PM *Virtual Event-Register Here

https://us02web.zoom.us/webinar/register/WN_I4dTILHfS52HbcUXbtJsCw

Substance use prevention & healthy communication

- 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



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



Protegiendo el Desarrollo del Cerebro de los Adolescentes

Hablando de los Mitos de la Marihuana y la Salud Mental

Evento familiar para padres y jóvenes de secundaria y prepa

➤ Oradores ➤ Recursos ➤ Diálogo

Martes, 23 de marzo de 2021

6:00 a 7:30 PM *Evento Virtual- Registrarse Aquí

https://us02web.zoom.us/webinar/register/WN_I4dTILHfS52HbcUXbtJsCw

Prevención de abuso de sustancias y consejos para una buena comunicación

- Bienvenida por el Dr. José Villarreal, Director de Oceanside High School
- Facilitado por el club "Be the Resistance" de Oceanside High School
- Oradores:
 - Joe Eberstein, Mánager de Marijuana Prevention Initiative
 - Dra. Caroline DuPont, Vicepresidenta de Institute for Behavior and Health
- Tendremos Traducción al español



Para más información, comuníquese con Carmela Muñoz, Especialista en Prevención, NCPC/VCC, cmunoz@vcc.org



 @sdsta y informed
 @VCCtoBacco

FREE TRAINING
Opportunity Drawings



 Vista Community Clinic
Choose Health

INVITES YOU TO A TWO-PART SMOKE-FREE MULTI-UNIT HOUSING TRAINING

WHO:
Owners, Managers & Staff of Multi-Unit Housing

WHEN:
Wednesday, 3/17/21, 1-2PM PST
Part I: Guide to Implement a Smoke-Free Policy
Thursday, 3/18/21, 1-2PM PST
Part II: Compliance and Enforcement

WHERE:
Virtual Training via Zoom

ZOOM REGISTRATION HERE:
<https://tinyurl.com/Smoke-freeMUHTrainingVCC>

FOR MORE INFORMATION, CONTACT:
Nancy Rocha, Program Supervisor
nrocha@vcc.org / (760) 631-5000 x1050

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

- ✓ Reduces costs of unit turnover
- ✓ Reduces insurance rates
- ✓ Healthier residents and staff
- ✓ Reduces complaints
- ✓ Less litter
- ✓ Lower risk of fire

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