

# COMMUNITY CONNECTIONS

Issue 34 • October 2022



**Spotlight: Just Not Worth It Prevention Campaign**

**Educating Teens on Substance Use Risks**

**“She got busted taking  
someone else’s  
Adderall.”**

**“I’ll miss having  
my friend at  
college.”**

justnotworthit

**“La cacharon con  
el Adderall de  
alguien más.”**

**“Voy a extrañar  
a mi mejor amiga  
en la uni.”**

nolovale

The “Just Not Worth It” prevention campaign is targeted toward teens and young adults who may be at risk for trying and continuing to use drugs illegally. This encompasses both illicit drugs (like heroin and meth) legal drugs taken illegally—typically cannabis and prescription

medications.

The goal of the campaign is to educate teens and young adults on the risks to their health, well-being, life-opportunities, and relationships. However, as a critically important component of any campaign targeting young adults, the mood and method of the messaging is purposefully constructed to avoid triggering the reflexive opposition so common to young adults. Instead, the campaign's messaging allows them a way to choose a different path without losing face.

Instead of blame, the campaign addresses the issue from the perspective of friends that love and miss the person that is currently using. By showing only love and despondence on their friends' part, there is no negative accusation to push back against. As a secondary goal, the campaign serves as a discussion platform for adults to discuss illegal drug use with young adults in their care.

View the Just Not Worth It websites and videos:

[English](#)

[Spanish](#)

---

## Out & About

### Community Outreach Happenings



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

*Community outreach involves being in the community and educating people about the negative effects of alcohol and drug use. Informing families about the risks of marijuana, vaping, opioids, fentanyl, meth, and alcohol helps to prevent and reduce alcohol and drug-related issues across Ventura County. We strive to develop relationships with partner organizations and members in the community for collaboration and support regarding substance use prevention.*

During the past few months, we attended and participated in many



outreach events and offered presentations. Here are a few highlights:

- **Pacifica High School Freshman Orientation Resource Fair in Oxnard.** This was a great event to attend because not only did youth attend but many parents accompanied them. The incoming freshman can get their schedule, hear an introduction from the school administrators and staff, get a tour of the campus, and learn about the academic and athletic programs the school has to offer. Incorporating a resource fair to this event was great for the families because they had the opportunity to see what the community has to offer for their new high schoolers. Many parents were interested in our vaping and marijuana resources.
- **Adelante Comunidad Conejo Resource Fair in Thousand Oaks.** More than 120 families attended and many stopped at our table to take brochures and ask questions. Adelante Comunidad Conejo is a community organization whose main goals are advocacy, networking, and support for the Latino community. Many Spanish-speaking parents had questions regarding opioids, fentanyl, and fake pills. Several had heard about it from the news but didn't know how it may affect them or their families. Community members shared how grateful they were to have us educating them about these issues.
- **911 Emergencies in the 805 in Thousand Oaks.** In July Assemblymember Jacqui Irwin (D-Thousand Oaks) and the city of Thousand Oaks co-hosted this event highlighting the local emergencies and challenges with respect to water, wildfires, medical issues and landscape sustainability. We provided resources about our overdose prevention program.
- **Santa Paula PRIDE Resource Fair in Santa Paula.** We attended Santa Paula's first PRIDE Resource Fair event. The focus was to offer LGTB youth of Santa Paula, Fillmore and Piru a safe place and friendly environment where they could get resources and enjoy a day of activities. Several agencies were in attendance offering resources for LGTBQ youth. We shared our Prevention resources and how to access treatment services.

*Photos: Chicana Chicano -Cultural Resource Fair, Santa Paula Veteran's Park; Pacifica High School Freshman Orientation Resource Fair, Oxnard*

---

## Local Heroes Spotlight

**Almary Amador, Resident and Community Services Coordinator, Cabrillo Economic Development Corporation**



*Hero: "a person who is admired for great or brave acts or fine qualities."*

*Our Local Heroes section features 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.Ixta@ventura.org](mailto:Alma.Ixta@ventura.org). This month we are featuring Almary Amador, Resident and Community Services Coordinator, Cabrillo Economic Development Corporation.*

#### **Tell us a little about yourself.**

**Almary:** I was born in San Pedro Sula, Honduras. I immigrated to the United States when I was four years old and have lived in Ventura County since then. Service has always been a huge part of my life and I love getting to work with the community. I am a big believer that you can always learn something new with every person you meet, and they can learn from you as well. For 11 years I worked with the Catholic church, which opened the doors in getting to work more with diverse communities throughout the state of California. I am a public speaker and try and use my voice and platform to uplift and give a voice to the voiceless. I love Disney, Star Wars, animals, food, and traveling.

#### **Tell us about the work you do in your community.**

**Almary:** I work for the Cabrillo Economic Development Corporation, which provides housing and services to veterans, farm workers, seniors, people with disabilities, and low-income families. I help people from all walks of life and build relationships with them. I bring in different community organizations that are educational and uplifting for them.

#### **How has the pandemic affected you during the past years?**

**Almary:** I was laid off in June of 2019 and then the pandemic hit. I took the time to rest and travel when it was safe. It was very much needed and I was able to focus on my health, hike, and enjoy the beautiful nature in Ventura County.

### What are your hopes for the future?

**Almary:** To continue working with the community and serve others. To be more united as a community. I have seen first-hand that when you put your own beliefs aside and just talk with a person without judgement, you can learn so much from them.

### What does a “hero” mean to you?

**Almary:** A “hero” can be anyone of any age and background. Whether you’re seen or not, always know that you can make a difference in someone’s life. You never know how a simple “hello” can go a long way. Being a hero doesn’t mean you have to have any special superpowers or doing something heroic like running into a burning building. It’s holding the door open for someone, giving up your seat to an elder, or wishing someone a good day. It’s the little moments that can go a long way.

### Do you have any words of inspiration for us?

**Almary:** “Do small things with great love” - St. Teresa of Calcutta. This has always been my motto in life, especially during those times where it feels like what I am doing is not enough. It’s the little things and moments that come from the heart that will touch people more. Even if they don’t tell you, I promise they will remember how you made them feel.

*Thank you Almary for sharing your story with us. You are an inspiration and a true Local Hero!*

**Cabrillo Economic Development Corporation** develops and manages service-enriched, inclusive residential communities, ensuring access to affordable, secure, quality housing that creates the foundation for our residents to grow and thrive.

---

## Spotlight on Vaping

**Did you Know?**  
**Answer These Questions About Vaping**



*By Erika Fernandez, Community Services Coordinator*

### **Let's test your knowledge:**

1. True or False: Secondhand vaping affects other people too.
2. True or False: The chemical particles from vaping can go from room to room, even between apartments.
3. True or False: The indoor vaping risks from vaping can last for days.

Vaping can potentially cause harmful effects on your body; however, you might decide you want to vape anyway, but what about the people around you?

Secondhand vaping is like secondhand smoking, when someone vapes around you or indoors, it affects other people too, especially children. The chemical particles from vaping can go from room to room, even between apartments. They can go through air vents and electrical outlets so just vaping in another room is not safe for your loved ones or neighbors, if you live in homes that share walls, such as apartments or townhomes.

The aerosol in vaping sticks to everything it lands on, furniture, carpet, toys, and more, and the chemicals don't go away until it's cleaned; therefore, the vaping risks from vaping can last for days. This can be dangerous for children and even pets.

### **How to Help**

Talk to your child:

- Find the right moment
- Be informed and answer their questions
- Be patient and listen

**Learn more:**

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

[www.mjfactcheck.org](http://www.mjfactcheck.org)

(all answers are true)

---

## Featured Resource: Song for Charlie: "Fentapills - You Need to Know"



Produced by Song for Charlie, this educational video is a 4-minute video intended for middle school and high school students, parents, and educators. Song for Charlie is a partner of National Fentanyl Awareness Day and is dedicated to spreading awareness about the dangers of fentanyl and counterfeit prescription pills.

**Learn more:**  
[Song for Charlie](#)

*Song for Charlie is a national family-run nonprofit charity dedicated to raising awareness about 'fentapills' – fake pills made of fentanyl.*

---

## Featured Resource: 988 Suicide & Crisis Lifeline





Call for yourself or someone you care about. You're not alone.

### **988 - New and Easy to Remember**

A new, easy way to access support in a time of crisis is available. The National Suicide Prevention Lifeline is now the 988 Suicide & Crisis Lifeline. If you or someone you care about is thinking about suicide, call or text 988 now. It's free, confidential, and available 24/7.

Share this number to help link anyone in distress or crisis with a trained counselor who will listen compassionately and provide caring support and crisis resources.

**Learn more:**

[English](#)

[Spanish](#)

---

## **October Awareness Month Celebrations**

**Hispanic Heritage Month** is observed each year from September 15 to October 15. This year's theme, "Unidos: Inclusivity for a Stronger Nation," encourages us to ensure that all voices are represented and welcomed to help build stronger communities and a stronger nation. During Hispanic Heritage Month, OMH will partner with other federal offices and stakeholders to disseminate and amplify bilingual educational messages about disease prevention and health promotion.



**Learn more:**

[minorityhealth.hhs.gov/hispanic-heritage-month](https://minorityhealth.hhs.gov/hispanic-heritage-month)

---

### **National Prescription Drug Take Back Day, October 29, 10:00 AM**

The drug overdose epidemic in the United States is a clear and present public

health, public safety, and national security threat. DEA's National Prescription Drug Take Back Day reflects DEA's commitment to Americans' safety and health, encouraging the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting.



**Learn more:**

[www.dea.gov/takebackday](http://www.dea.gov/takebackday)

[Medication Disposal Drop-Off Locations](#)

Stay in touch with Awareness Month Celebrations and Prevention updates at [www.venturacountylimits.org/updates](http://www.venturacountylimits.org/updates)

---



## Calendar

### Monthly Community Meetings

#### Circle of Care Monthly Meeting

1st Wednesday of every month at 1:00 PM

Contact: Ana Rosa Rizo-Centino, [anarosa@myonestep.org](mailto: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](mailto:teresa.telles@oxnardpd.org)

#### Community Insight Coalition Meeting, GCHP

1st Thursday of every month at 10:00 AM

Contact: [CommunityRelations@goldchp.org](mailto:CommunityRelations@goldchp.org)

#### Santa Paula Social Services Coalition Meeting

3rd Thursday of every month at 2:00 PM

Contact: [SPSocialServiceCoalition@gmail.com](mailto:SPSocialServiceCoalition@gmail.com)

---



## Helpful Resources

Ventura County Limits

## 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

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

Community Services Coordinators:  
**Erika Fernandez**  
[Erika.Fernandez@ventura.org](mailto:Erika.Fernandez@ventura.org)

**Alma Ixta** [Alma.Ixta@ventura.org](mailto:Alma.Ixta@ventura.org)



STAY CONNECTED



[Unsubscribe antony@ideaengineering.com](#)

[Update Profile](#) | [Constant Contact Data](#)  
[Notice](#)

Sent by [feedback@venturacountylimits.org](mailto:feedback@venturacountylimits.org)