

**CONTRA COSTA COUNTY ALCOHOL AND OTHER DRUGS ADVISORY BOARD MEETING  
MINUTES  
Wednesday, February 24, 2016  
Board of Supervisors Chambers  
651 Pine Street  
Martinez, CA 94553**

Members Present: James Ryan, Tom Aswad, Robin Houdashell, Shirley Cheney (arrived late), Guita Bahramipour, Catherine Taughinbaugh, Brianna Robinson, Jerry Lasky (left early), Katherine Webster (arrived late), Hayden Padgett (arrived late)

Members Absent: Jill Chioino (U)

Staff Present: Fatima Matal Sol, AOD Program Chief, Isabelle Kirske, AOD Prevention Coordinator

Member Liaisons: Sam Yoshioka - Mental Health Commission

TOPIC	ISSUE/CONCLUSION	ACTION/ RECOMMENDATION
I. <b><u>CALL TO ORDER</u></b>	James Ryan called the meeting to order at 4:15pm	<b>MEMBERS AND GUESTS INTRODUCED THEMSELVES.</b>
II. <b><u>ADOPT THE AGENDA</u></b>	James Ryan opened the floor to adopt the agenda.	<b>TOM ASWAD MMS BY BRIANNA ROBINSON TO ADOPT THE AGENDA AND MOVE UP THE DISCUSSION OF GOALS AND OBJECTIVES AFTER THE MARIJUANA LECTURE SERIES. MOTION APPROVED.</b> <b><u>AYES:</u></b> Antwon Cloird, James Ryan, Tom Aswad, Robin Houdashell, Guita Bahramipour, Catherine Taughinbaugh, Brianna Robinson, Jerry Lasky. <b><u>NOES:</u></b> None <b><u>ABSENT:</u></b> Shirley Cheney, Hayden Padgett, Katherine Webster, Jill Chioino
III. <b><u>APPROVAL OF MINUTES</u></b>	Approval of the December 2, 2015 meeting minutes. There was no meeting in January 2016 due to the lack of quorum. The minutes were approved as presented.	<b>TOM ASWAD MMS ANTWON CLOIRD TO APPROVE THE DECEMBER 2, 2015 MINUTES WITH NO CORRECTIONS. APPROVED, ONE ABSTENTION.</b> <b><u>AYES:</u></b> Antwon Cloird, James Ryan, Tom Aswad, Robin Houdashell, Guita Bahramipour, Catherine Taughinbaugh, Jerry Lasky. <b><u>NOES:</u></b> None <b><u>ABSENT:</u></b> Shirley Cheney, Hayden Padgett, Katherine Webster, Jill Chioino <b><u>ABSTAIN:</u></b> Brianna Robinson
IV. <b><u>PUBLIC COMMENT</u></b> The public and Board members may comment on any agenda item of public interest within the jurisdiction of the Alcohol and Other Drugs Advisory Board. (Maximum three minutes per speaker.)	Tom Aswad, shared information about Support4Recovery's speaker for recovery celebration at fundraising event. More information to follow. The date is May 24, 2016 and will be held at the Leshar Center for the Arts in Walnut Creek. Tickets go on sale after March 1 <sup>st</sup> on the Leshar Center Website.	

Tom Aswad shared his visit to Discovery House, and indicated that the lobby is dirty and paint is chipping. The Program Supervisor stated that they have contacted General Services but the repair list is long.

Antwon Cloird, shared information about his attendance to a Youth Commission meeting in Richmond. The Commissioners would like to get hands-on job experience for Richmond youth.

Antwon Cloird, spoke about the rise in crime in his district and the lack of mental health resources. He told the story about how a woman's son committed suicide. She went to the police department to ask for services but no one paid any attention to her, or knew how to help. Antwon would like for the Board to address the lack of Mental Health services in Richmond.

Robin Houdashell, indicated that she attended a recent Martinez Safety Subcommittee meeting where they talked about the possible legalization of Marijuana in 2016. They are considering similar education series and invited people to attend this Board meeting.

Fatima Matal Sol, apologized for not sending a reminder or flier about the change of location of the meeting.

Catherine Taughinbaugh, reminded everyone about the Dose of Awareness Walk on Sunday February 28<sup>th</sup>, 2016.

**V. MARIJUANA LECTURE**  
**SERIES PRESENTS:**  
**Marijuana the Adolescent Brain and**  
**Addiction. Presented by; Stephen**  
**Sooter**

Mr. Stephen Sooter gave a presentation on the topic of how Marijuana Affects the Adolescent Brain. Mr. Sooter shared some findings from his research with the Board:

- According to the DSM V there is a classification of Cannabis Use Disorder.
- 9% of people who use Marijuana will become dependent on it. If use of Marijuana starts in adolescents the percentage increases to 17%. If someone uses Marijuana daily it increases their risk of dependency to 25-50%.
- Cannabis is available as: edibles, teas, bongs, blunt, cigarettes. Cannabis extracts have now been found to contain anywhere from 50%-80% THC, which is the main chemical in Marijuana. The higher the THC

levels are, the greater the chance of addiction. There are also over 500 ingredient compounds found within Marijuana and we only know about approximately 100 of them.

- The effects of marijuana: altered or heightened senses, mood changes, sense of time changes. Psychomotor impairment occurs which means body movement is abnormal. Cognition can also be impaired, increased of heart rate which can last for up to 3 hours. Lung irritation and coughing leads to elevated risk of lung conditions. There is also an elevated risk of testicular cancer among young men.
- He said that there is strong evidence showing that the brain's ability to integrate short term memory into long term memory is impaired with marijuana use. This is of particular concern because the youth brain is undergoing development.
- The cerebellum which regulates balance is also affected. People cannot balance and reaction time is impaired as well.
- A concern about the development of the brain is the connectivity within the brain which can be affected with Marijuana use, in some cases permanently.
- Marijuana deregulates dopamine creation, which is thought to play a role in the development of schizophrenic conditions.

He summarized his presentation by providing some suggestions and strategies for prevention such as: increase education to parents and youth, increase environmental protections and decrease availability of substances online.

#### **X. New Business** **2016 Goals and Objectives**

James Ryan said that as the Board starts 2016, new goals and objectives should be updated. He asked Board members to review the current goals that could be carried over or changed. He added that the Executive Committee will then further discuss and develop a plan to be approved by the Board in March. Each goal was discussed individually.

**Goal 1:** "Reduce Youth Use and Access of Alcohol and Marijuana." Discussion ensued about clarification of the language. The new reworded goal states: "Support the reduction of youth use and access of Alcohol and Marijuana."

**TOM ASWAD MMS ANTWON CLOIRD MOTION TO END DISCUSSION OF GOAL 1. APPROVED.**

**AYES:** Antwon Cloird, James Ryan, Tom Aswad, Robin Houdashell, Guita Bahramipour, Catherine Taughinbaugh, Brianna Robinson, Hayden Padgett, Shirley Cheney.

**NOES:** None

**ABSENT:** Jerry Lasky, Katherine Webster, Jill Chioino

**ABSTAIN:**

Contd. 2016 Goals and Objectives

**TOM ASWAD MMS ANTWON CLOIRD TO CARRY OVER GOAL 1 AND CHANGE THE LANGUAGE TO “SUPPORT THE REDUCTION OF YOUTH USE AND ACCESS OF ALCOHOL AND MARIJUANA.” APPROVED.**

**AYES:** James Ryan, Antwon Cloird, Hayden Padgett, Brianna Robinson, Catherine Taughinbaugh, Guita Bahramipour, Shirley Cheney, Robin Houdashell, Tom Aswad

**NOES:** None

**ABSENT:** Jerry Lasky, Katherine Webster, Jill Chioino

**ABSTAIN:**

**Goal 2:** “Assess AOD-Related Reentry Resources and Needs.” Discussion ensued about the importance of retaining this goal. Antwon explained that this is still a relevant issue.

**HAYDEN PADGETT MMS BRIANNA ROBINSON MOTION TO END DISCUSSION OF GOAL 2. APPROVED.**

**AYES:** Antwon Cloird, Hayden Padgett, Brianna Robinson, Catherine Taughinbaugh, Guita Bahramipour, Shirley Cheney, Robin Houdashell, Tom Aswad, James Ryan

**NOES:** None

**ABSENT:** Jerry Lasky, Katherine Webster, Jill Chioino

**ABSTAIN:**

**ANTWON CLOIRD MMS BRIANNA ROBINSON TO ADOPT GOAL 2 AS WRITTEN “ASSESS AOD-RELATED REENTRY RESOURCES AND NEEDS.” APPROVED.**

**AYES:** Antwon Cloird, James Ryan, Tom Aswad, robin Houdashell, Shirley Cheney, Guita Bahramipour, Catherine Taughinbaugh, Brianna Robinson, Hayden Padgett

**NOES:** None

**ABSENT:** Jerry Lasky, Katherine Webster, Jill Chioino

**ABSTAIN:**

**Goal 3:** “Increase Awareness of Prescription Drug Abuse.” No discussion.

**CATHERINE TAUGHINBAUGH MMS HAYDEN PADGETT TO ADOPT GOAL 3 AS WRITTEN “INCREASE AWARENESS OF PRESCRIPTION DRUG ABUSE.” APPROVED, TWO ABSTENTIONS.**

**AYES:** James Ryan, Tom Aswad, Robin Houdashell, Shirley Cheney, Guita Bahramipour, Catherine Taughinbaugh, Hayden Padgett, Antwon Cloird

**NOES:** None

**ABSENT:** Jerry Lasky, Jill Chioino

**ABSTAIN:** Brianna Robinson, Katherine Webster

Following the discussion about goals, the Key Priority Areas were also reviewed individually:

**Key Priority Area 1:** “Raise Awareness About 55+ AOD Related Needs”

**SHIRLEY CHENEY MMS ANTWON CLOIRD TO MAINTAIN KEY PRIORITY AREA #1 AS A KEY**

**PRIORITY. APPROVED, ONE ABSTENTION.**

**AYES:** James Ryan, Antwon Cloird, Katherine Webster, Brianna Robinson, Catherine Taughinbaugh, Guita Bahramipour, Shirley Cheney, Robin Houdashell, Tom Aswad

**NOES:** None

**ABSENT:** Jerry Lasky, Jill Chioino

**ABSTAIN:** Hayden Padgett

**Key Priority Area 2:** “Promote and Support More Interaction Between the Board and its Constituents.”

**TOM ASWAD MMS ANTWON CLOIRD TO MAINTAIN KEY PRIORITY AREA #2 AS A KEY PRIORITY. APPROVED.**

**AYES:** Antwon Cloird, Hayden Padgett, Katherine Webster, Brianna robinson, Catherine Taughinbaugh, Guita Bahramipour, Shirley Cheney, Robin Houdashell, Tom Aswad, James Ryan

**NOES:** None

**ABSENT:** Jerry Lasky, Jill Chioino

**ABSTAIN:**

**Key Priority Area 3:** “Prepare Recommendations for the Board of Supervisors’ Legislative Platform as they Relate to AOD.” Discussion ensued about which committee would retain function. Fatima explained that under the new structure of the Board, Public Policy becomes a function of all committees.

**HAYDEN PADGETT MMS ANTWON CLOIRD TO KEEP KEY PRIORITY AREA #3 BUT ASSIGN IT TO THE EXECUTIVE COMMITTEE. APPROVED.**

**AYES:** James Ryan, Antwon Cloird, Hayden Padgett, Katherine Webster, Brianna Robinson, Catherine Taughinbaugh, Guita Bahramipour, Shirley Cheney, Robin Houdashell, Tom Aswad

**NOES:** None

**ABSENT:** Jerry Lasky, Jill Chioino

**ABSTAIN:**

James Ryan then opened the floor for New Goals and Priorities:

Tom Aswad, recommended adding a goal to Advocate for More Affordable Sober Living Options.

**TOM ASWAD MMS GUITA BAHRAMIPOUR TO ADOPT GOAL #4 WHICH WILL READ “ADVOCATE FOR MORE AFFORDABLE SOBER LIVING.” APPROVED, TWO ABSTENTIONS.**

**AYES:** Antwon Cloird, Brianna Robinon, Cahterine Taughinbaugh, Guita Bahramipour, Shirley Cheney, Robin Houdashell, Tom Aswad, James Ryan

**NOES:** None

**ABSENT:** Jerry Lasky, Jill Chioino

**ABSTAIN:** Hayden Padgett, Katherine Webster

Antwon Cloird, asked the Board to assess what type of mental health services should go to West Contra Costa County. Fatima reminded all Board members to remain within the jurisdiction of the AOD Board and to defer to the Mental Health Commission as the body where Mental health issues are discussed and addressed.

**CONTACT THE MENTAL HEALTH COMMISSION TO REQUEST A PRESENTATION VIA STAFF OR LIAISON.**

## Contd, 2016 Goals and Objectives

James Ryan, suggested to add a goal of strengthening Board relationships with other existing committees and associated boards and commissions.

The following summarizes all of the approved 2016 Goals:

**Goal 1:** Support the reduction of youth use and access of Alcohol and Marijuana.

**Goal 2:** Assess AOD- Related Reentry Resources and Needs.

**Goal 3:** Increase Awareness of Prescription Drug Abuse.

**Goal 4:** Advocate for more affordable Sober Living Housing.

**Goal 5:** Strengthen our relationships with existing committees and associated boards and commissions

### **Key Priority Areas:**

1) Raise Awareness about 55+ AOD related needs.

2) Promote and support more interaction between the Board and its constituents.

3) Prepare recommendations for the Board of Supervisors' Legislative Platform as they relate to AOD

## VI. **AOD Chief's Report**

Fatima Matal Sol officially introduced Isabelle Kirske as the new Prevention Coordinator who will assist the Board.

She announced that Thunder Road is back in business and currently accepting only boys; however, the contract with R'House is close to completion and they serve adolescent girls.

Fatima stated that AOD received 2 letters of intent for services in West County. One agencies proposes to provide services to Transgender clients, but the proposal includes transporting clients to San Francisco. The second agency will finalize the proposal for services in West Contra Costa County. The second proposal includes identifying a site in Richmond/San Pablo area. Then they need to become Drug Medical certified in anticipation of the Waiver.

## VII. **COMMITTEE HIGHLIGHTS** Community Awareness Committee

Robin Houdashell reported that they have opened the People Who Make A Difference

**JAMES RYAN MMS TOM ASWAD TO ADOPT GOAL 5 WHICH WOULD READ: "STRENGTHEN OUR RELATIONSHIPS WITH EXISTING COMMITTEES AND ASSOCIATED BOARDS AND COMMISSIONS" APPROVED.**

**AYES:** Antwon Cloird, James Ryan, Tom Aswad, Robin Houdashell, Shirley Cheney, Guita Bahramipour, Catherine Taughinbaugh, Brianna Robinson, Katherine Webster

**NOES:** None

**ABSENT:** Jerry Lasky, Jill Chioino, Hayden Padgett

**ABSTAIN:**

Contd. Community Awareness  
Committee Report

Award nomination period. She added that next month for the Marijuana Speaker Series will present Captain Dan Hoffman and Detective Anthony Rossi from the Sherriff's Department along with Chief Assistant District Attorney Doug McMaster who will speak about ***Possible Implications of Legalization of Marijuana on Law Enforcement.***

Executive Committee

The Executive Committee did not meet.

Youth and Family Committee

The Youth and Family Committee did not meet.

## **IX. LIAISON REPORT**

Guita Bahramipour mentioned that she continues to advocate to the Contra Costa County Inter-jurisdictional Council on Homelessness for Sober Living Housing. People are finally realizing that there is a cycle of Drug Addiction to Homelessness and back to Drug Addiction.

CPAW is looking for an alternate to represent Alcohol and Other Drugs. This is the first time they are asking for one of us to be in attendance. Guita solicited participation and added that is a great learning experience.

## **X. NEW BUSINESS**

Recommendation to the Board of Supervisors to Support Reinstatement of a Countywide Youth Commission as Requested by Tom Aswad

James Ryan would like to keep the County Wide Youth Commission on the agenda at the next meeting.

## **XI. PUBLIC COMMENT**

**The public and Board members may comment on any item of public interest within the jurisdiction of the Alcohol and other Drugs Advisory Board. (Maximum three minutes per speaker.)**

Tom Aswad, stated that a Starbucks in Concord has applied to sell alcohol. Fatima Matal Sol added that Starbucks selling alcohol is a new trend which should be monitored.

Fatima Matal Sol wanted to remind the Board about Palcohol which is powdered alcohol and is just as dangerous.

Brianna Robinson, added that East County needs funding as well as West County.

Catherine Taughinbaugh, asked if any active recruiting is being done for Board vacancies Fatima added that Supervisors conduct outreach and recruitment on ongoing basis, and added that there is an application for District 1, and there is a new at-large seat that will be filled on March 1<sup>st</sup>.

## **XII. ADJOURNMENT**

Meeting adjourned at 6:40PM.

