

**Contra Costa County  
Alcohol and Other Drugs Advisory Board  
2019 ANNUAL REPORT**

**Meeting Time and Location:** Meetings are regularly scheduled on the fourth Wednesday of each month from 4:00 to 6:15 pm in Martinez; except when the Board meets in different supervisorial districts to effectively outreach to those residents.

**Board:** 11 members; 1 from each supervisorial district plus 6 At-large, and 3 At-large alternates. Each member is appointed by the Board of Supervisors.

**Chair:** Michael Collins

**Staff:** Fatima Matal Sol

**Mission** (as approved by the Board of Supervisors (BOS) on August 28, 2012): *The mission of the Alcohol and Other Drugs Advisory Board (AODAB) is to assess family and community needs regarding prevention and treatment of alcohol and other drug-related problems. Resultant findings and recommendations are forwarded to the Health Services Department and the Board of Supervisors.*

**Activities:**

During 2019, the AODAB adopted two goals: (1) Support the reduction of substance use and access, and (2) Promote and support more interaction between the Board and its constituents to better identify and address needs and opportunities. In addition, the Board continued its efforts in the following priority areas: (1) Increase Board member capacity to address substance use issues in the community; (2) Prepare recommendations for the BOS Legislative Platform (3) Increase awareness of prescription drug use/misuse.

**Accomplishments:**

In January 2019, the Board members participated in a strategic planning retreat, which resulted in the development of the 2019 AODAB Action Plan. The Action Plan highlighted key priority areas and included updated goals and objectives for the year. The retreat provided a platform to evaluate the previous year's plan and to discuss emerging trends that helped guide the development of the goals and objectives for the upcoming year. Furthermore, within the context of the Action Plan, strategies, activities and action steps to help guide the Board's three committees were outlined.

To encourage greater community involvement, the Board held its regularly scheduled October meeting at the Ambrose Community Center located in Bay Point. The meeting included presentations from East County based prevention and treatment providers. Additionally, there was active participation from community members to voice concerns and ask any clarifying questions related to the Board's advisory role and/or its involvement in countywide efforts.

The AODAB supported annual campaigns to raise awareness about Substance Use Disorder (SUD) prevention, treatment and recovery efforts in the community. Examples of campaigns included obtaining support from the BOS to adopt proclamations declaring *Prescription Drug Abuse Awareness Month* in March and *National Recovery Month* in September.

The AODAB recognizes the need to acknowledge community members for their outstanding service to combat SUD throughout the County. In doing so, the Board obtained support from the BOS to formally acknowledge 8 individuals, 3 of which were youth leaders and 3 youth groups from community based

organizations. All individuals and groups were recipients of the annual “People Who Make a Difference” Awards. In addition, in October 2019 the Board recognized two long time advocates declaring them to be “Recovery Champions”.

In the spirit of fulfilling the Board’s mission to assess community needs and promoting interaction with its constituents, Board members participated in the “Soulful Softball Sunday” event held in Richmond. The event was aimed at educating the community on Alcohol and Other Drugs (AOD) related issues and connecting individuals to prevention and treatment resources. Additional community engagement included participation in the Los Lomas Wellness Fair in Walnut Creek and the *Youth Marijuana Prevention Summit* in Concord. Furthermore, the Board participated in the *Dose of Action film festival* by launching two films about alternative pain therapy and the issues surrounding prescription drug use/misuse.

The Board continued to work in conjunction with the Contra Costa Council on Homelessness, the Mental Health Commission, the Contra Costa County MEDS Coalition and the Tobacco Prevention Coalition to work towards reaching common goals and interests.

The Programs and Services Committee reviewed the *Increasing Collaboration Across Contra Costa’s Drug Medi-Cal Organized Delivery System* report in which four goals were outlined. This report resulted in the creation of a *Provider County Advisory Collaborative Working Group* as a way to improve communication between AODS and their contracted providers. There has been committee representation during the bi-monthly collaborative meetings where the AODAB members have actively engaged in a dialogue with service providers to identify system gaps and discuss possible solutions to address those gaps. Along with the support of AODS staff, AODAB was also able to participate in quarterly AODS *System of Care* meetings. These meetings connected the AODAB with the County’s contracted SUD treatment providers to gain a better understanding of the strengths and challenges that programs face.

**Advisory Board Challenges:** The Board achieved quorum on ten meetings in 2019 and canceled two due to lack of quorum. As a result, the BOS changed the quorum structure of the AODAB from 18 to 11 seats to facilitate the achievement of quorum.

**Training and Certification:** All new members received an orientation on internal governance, the Ralph M. Brown Act and the County’s Better Government Ordinance, as well as on confidentiality standards, AODS structure, etc. In addition, presentations from representatives from various community-based organizations, county-run facilities, community coalitions as well as from the Director of Behavioral Health Services were delivered.

**Proposed Work Plan/Objectives for 2020:** The annual strategic planning retreat has been scheduled for January 25, 2020, which will allow for highlighting priority areas and developing the 2020 goals and objectives. Strategies will include community outreach, education and advocacy. There will be a greater focus on the upcoming changes to the State’s restructuring of Medi-Cal that will impact AOD services. The members of the AODAB are grateful to be of service to the BOS and the people of Contra Costa.