

MINUTES
San Bernardino County
BEHAVIORAL HEALTH COMMISSION MEETING
June 6, 2019 - 12:00-2:00 pm

Commissioners Present: Michael Grabhorn, Vickie Mack, Carol Kinzel, Lorrie Denson, Susan McGee Stehsel, Catherine Inscore, May Farr, Jennifer Spence-Carpenter

Excused Absence: Monica Wilson-Caffey, Troy Mondragon, Veatrice Jews

Absent: Christopher Massa, Jane Godager, Akin Merino

Guests: Deborah Lerma, Laura Mancha, Francesca Michaels, Miriam Clark, Victoria Biandu, DeAndrea Porch, Courtney Weber, Laurence Gonzaga, Melina Ancrum, Jon Buffong, Kristen Mungcal, Agustin Avantes, Sue Abito, Jessica Montecinos, Vicky Miller, Victoria Hall, Beverly Scott, Brian Hermosillo, Jessica Headly, Claudia Silva, Cynthia Hurley, Cesar Bernal, Sonia Rubio, K. Fuller, Jenavie Renteria, Linda Sibio, Linda-Marie Griffey, Adan Gomez, Juliana Fry,

Minutes recorded by Raquel Ramos, Clerk of the Behavioral Health Commission (BHC).

CALL TO ORDER PLEDGE OF ALLEGIANCE AND INTRODUCTIONS

Vice Chair Susan McGee Stehsel called the meeting to order at 12:10 p.m. and led the Pledge of Allegiance; self-introductions followed.

Department of Behavioral Health (DBH) Director, Dr. Veronica Kelley requested a change to the agenda. She asked to move the Director's Report to the top of the agenda to allow for her to make a special acknowledgement.

APPROVED

Motion/Second: Jennifer Spence-Carpenter/ Lorrie Denson

AYES: Michael Grabhorn, Carol Kinzel May Farr, Catherine Inscore, Susan McGee-Stehsel, Vickie Mack

ASBSTAIN:

ABSENT: Jane Godager, Christopher Massa, Troy Mondragon, Veatrice Jews, Monica Wilson-Caffey, Akin Merino

DIRECTOR'S REPORT

Dr. Kelley acknowledged Commissioner May Farr for receiving an Honorary Doctorate Degree from the University of Utah. She read from the alumni article that the University wrote on her. Highlights included May's family history, her current outreach efforts for parents of children with mental health disorders and the impacts she has had on the healthcare system.

Dr. Kelley provided additional updates to the audience:

- California's first-ever Surgeon General Dr. Nadine Burke Harris launched a statewide listening tour to raise awareness about the link between Adverse Childhood Experiences, toxic stress and serious health conditions. She visited San Bernardino Valley College this past month as part of the tour. Dr. Kelley was able to attend this private event that brought together leaders to discuss challenges, best practices and opportunities on how educational institutions and organizations are serving students with trauma.
- Governor Newsom announced a task force on Homelessness and is allocating 1 billion dollars to support the effort. More information will be provided as we find out how this will impact San Bernardino County.
- Governor Newsom has named Tom Insel, former Director for the National Institute of Mental Health, as the mental health czar for the state of California.

- DBH applied to become a member of the National Association of Rural Mental Health (NARMH) and will be participating in a conference August 26-29 in Santa Fe New Mexico.

Tab 6: Review Minutes of April 4, 2019.

APPROVED

Motion/Second: Michael Grabhorn/ May Farr

AYES: Carol Kinzel, Catherine Inscore, Susan McGee-Stehsel, Vickie Mack

ASBSTAIN: Lorrie Denson, Jennifer Spence-Carpenter

ABSENT: Jane Godager, Christopher Massa, Troy Mondragon, Veatrice Jews, Monica Wilson-Caffey, Akin Merino

Tab 7: Review Minutes of May 2, 2019.

APPROVED

Motion/Second: Carol Kinzel/ Vickie Mack,

AYES: Susan McGee-Stehsel, Michael Grabhorn, May Farr

ASBSTAIN: Catherine Inscore, Jennifer Spence-Carpenter, Lorrie Denson

ABSENT: Jane Godager, Christopher Massa, Troy Mondragon, Veatrice Jews, Monica Wilson-Caffey, Akin Merino

PUBLIC COMMENTS

Linda Sibio of Bezerte Productions informed the audience of a project she started in 2001 called cracked eggs. She worked on skid row with the homeless promoting art and healing.

CHAIRPERSON'S REPORT

Vice Chair Susan McGee Stehsel noted that the District Advisory meeting for District 5 was cancelled.

COMMISSIONERS' REPORT

First District:

Commissioner Michael Grabhorn shared that he participated in the first annual suicide awareness walk in Victorville. In support of May is Mental Health Month, he participated in a Patton State Hospital tour. He assisted in coordination of the Victorville street fair as part of his volunteer work with sexual assault services. He also attended a Gay Straight Alliance meeting at Episcopal church and met with the city manager of Victorville on building tiny houses for the homeless.

Commissioner Lorie Denson shared that she was sick in May, however she plans to attend a Homeless and Drug Abuse Prevention workshop headed by Curt Emick. She will report out on the workshop at the next meeting.

Commissioner Vickie Mack shared that she was very busy in May. She attended the Mental Health Summit at Victorville College and in June the city of Adelanto is hosting a mental health expo. The inland valley chapter of the National Alliance on Mental Illness is training consumer family support group facilitators and conducting mental health 101 education. She is continuing her work on grassroots community initiatives to strengthen mental health career pathways.

Second District:

Commissioner Farr advised she was busy in Utah this past month, however she did attend a Suicide Among Latino Youth Conference and Evening with the Stars (EWTS). She praised the EWTS speaker.

Commissioner Carol Kinzel asked the audience to contemplate how far we have come in mental health and racial equity. She attended the 7th Annual Health fair and is working on coordinating the Game of Skate with Rim Communities Family Youth. She organized a discussion on youth in the mountain area with local community leaders, members and stakeholders. The group will meet again in September.

Third District:

Commissioner Catherine Ensore taught a mental health first aid course in Victorville. She shared she had car trouble throughout the month of May so she was limited in what she could participate in.

Fourth District:

Commissioner Jennifer Spence Carpenter promoted May is Mental Health month on social media, she is continuing her studies in addiction and finished NAMI support training. She shared that her brother passed away this past month.

NEW BUSINESS – ACTION ITEMS

Commissioner Vickie Mack volunteered to prepare the findings from today's Subject Matter presentation. The memos will be reviewed during the next BHC Executive Session.

Tab 5: SUBJECT MATTER PRESENTATION: Suicide Prevention Supports in San Bernardino County

Presenters: Sonia Rubio, Program Manager; Jessica Headley Ternes, Behavioral Health Systems Analyst III; Brian Hermosillo, Staff Analyst II.

- Today's presentation will cover: data how suicide is affected the community, strategies in place to raise awareness about suicide prevention and opportunities for the community to join the conversation about suicide.
- The three aspects of suicide are: suicide ideation, suicide attempts and suicide.
- Data was reviewed from the California Health Kids Survey to gauge social emotional health among students ages 10 and above. The highest average of students experiencing chronic sadness/hopelessness are in the rural and isolated areas.
- The Child and Adolescent Needs and Strengths (CANS) Assessment is a tool to support decision making for children's services. The Adult Needs and Strengths (ANSA) Assessment. ANSA is a tool to support decision making for adult services. It includes a Danger to Self module that covers: ideation, intent, planning, suicide history, history of family/friend suicide.
- The national survey on Drug use and Health shows the state of California is below average for those 12 and under that had thoughts of suicide or a major depressive episode.
- Those age 26-59 years old are among the highest demographic by age group for suicide deaths. For 2013-2016 the City of Big Bear Lake had the highest suicide rate in San Bernardino County, in 2009-2012 the city of Yucca Valley was the highest.
- Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well. Participants learn: risk factors and warning signs of mental health problems; information on depression, anxiety, trauma, psychosis, and addiction disorders; A 5-step action plan to help someone developing a mental health problem or in crisis; where to turn for help — professional, peer, and self-help resources. The training target populations both adult and youth populations.
- Suicide Talk focuses on suicide awareness. It's a brief presentation that help people learn more about suicide and how they can prevent it. The presentation examines why people experience thoughts of suicide, encourages open discussion about suicide and attitudes toward it and explores ways people can help to prevent suicide. It is intended for audiences 15 or older who wants to learn more and help make a difference
- safeTALK is a suicide alertness training for the community that helps participants become alert to suicide so they are better prepared to connect persons with thoughts of suicide to appropriate care. Participants learn to notice and respond to situations where suicide thoughts may be present, recognize that signs for help are often overlooked, move beyond the common tendency to miss, dismiss, and avoid suicide, Apply the TALK steps: Tell, Ask, Listen, KeepSafe, and Know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help.
- A suicide alertness training for the community that helps participants become alert to suicide so they are better prepared to connect persons with thoughts of suicide to appropriate care. Participants learn to notice and respond to situations where suicide thoughts may be present, recognize that signs for help are often overlooked, move beyond the common tendency to miss, dismiss, and avoid suicide, and apply the TALK steps: Tell, Ask, Listen, KeepSafe, and Know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help.

- Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first-aid. Participants learn to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. The workshop discusses the ways personal and societal attitudes affect views on suicide and interventions, provides guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs, identifies the key elements of an effective suicide safety plan and the actions required to implement it, explores opportunities of improving and integrating suicide prevention resources in the community at large and covers other important aspects of suicide prevention including life-promotion and self-care.
- DBH is building capacity in the community with other county departments, prevention and early intervention providers and community partners like San Bernardino County Superintendent of Schools.
- For additional questions regarding this content please contact: Sonia Rubio at DBH-PEI@dbh.sbcounty.gov or (909) 252-4050.

OUTSIDE AGENCY REPORTS

- No outside agency reports.

ADJOURNMENT

Meeting adjourned at 2:00 p.m.

Susan McGee Stehse, Vice Chair
Behavioral Health Commission

Raquel Ramos
Clerk of the Behavioral Health Commission