

MINUTES
San Bernardino County
BEHAVIORAL HEALTH COMMISSION MEETING
September 1, 2016 - 12:00-2:00 pm

Commissioners Present: Catherine Inscore, David Caine, Troy Mondragon, Jennifer Spence-Carpenter, Christopher Massa, Veatrice Jews, Ed O'Brien, May Farr, Monica Wilson, Jane Godager, Lizett Santoro on behalf of Chairman James Ramos, Board of Supervisors

Excused Absence: Akin Merino, Susan McGee-Stehsel

Absent: Jennifer-Spence-Carpenter

Guests: Veronica Kelley, Nestor Lopez, Dave Arnold, April Clay, Richard Lindsay, Michael Sweitzer, Alicia Harris, Joanne Mitchell, Julie Bryan, Maurin Saucedo, Brian Chambers, Tiffany Espinosa, Josh Morgan, Linda Hart, Georgina Curt, Michelle Dusick, Viviana Esparza, Faith Ikeda, Renee Compton, Brenda Garcia, Edwin Henderson, Andre Bossieux, Gregory Nyx, Shannon Swims, Ashley Banks, Lana Frausto, Gayle Morrow, Laverne H, Beverly Scott, Supriya Barrows, Karen Cervantes, Ruben Quiroz, Chris Morton, Lorraine Armenta, Jamesia Brown, Angela Cogg, Raquel Ramos, Merritt Peterson, Jusine Rangel, Lynn Neuenswander, Andy Gruchy, Cynthia White, Nadia Talley, Aimara Freeman, Joshua Taylor, Imo Momoh, Wayne Henkelmann, Vickie Mack, Rhonda Cleeland, Gabriela Layseca, Mark Sorensen, Jennifer Pacheco, Lauretta Ross, Cynthia Gutierrez, Holly Pratt, Candice Martinez, Tracy Bomberger, Teresa Ethridge, Victoria Hall, Aidery Hernandez, Kristen Mungcal, Greg Vander Haeghen, Patricia Aguilera, Matthew Parra, Esther Parra, Clint Edwards, Stephanie Williams, Claudia Silva, Silvia Cajero, Lois Mergener, Tonya Linde, Leeann Ficarra, Miriam Clark, David Denkers, Bev Paulson. Minutes recorded by Debi Pasco, Clerk of the Behavioral Health Commission (BHC)

CALL TO ORDER AND INTRODUCTIONS

Chair Monica Wilson called the meeting to order at 12:05p.m. Commissioner Troy Mondragon led the Pledge of Allegiance and self-introductions followed.

CULTURAL COMPETENCY AWARD OF EXCELLENCE

Gabriela Layseca, Program Manager, Ontario/Montclair School District (OMSD) nomination: *Children in Ontario and Montclair face a range of social problems. These problems are often coupled with unmet mental health needs. This is where Gaby works to serve children and families, and in doing so, has laid the foundation for others to follow. Her work as the first Lead Case Manager brought a strengths-based, solution-focused system-wide approach that is still in use over fifteen years later. Gaby has always sought out research-based approaches and promising practices to augment and support a system-wide continuum of care; started the OMSD EPSDT Counseling Center and was able to quickly build capacity and immediately have a substantial impact on the large number of students and families needing support. Gaby is among the handful who have helped to "build the field" of mental health professionals. Her personal engagement in mentoring, training, and collaboration has been responsible for not only the professional growth of numerous individuals, but also the trajectory of their professional careers, and is a founding member of OMSD's Cultural Competency Committee and embraces its core mission to "develop, implement, and evaluate high quality, culturally and linguistically competent practices to meet the diverse needs of the district's students and families. Congratulations, Gabriela!*

Tab 5: Review Minutes of 6/2/16 - Commissioner Mondragon requested a change to page 2, paragraph 7 to read as follows: "Recommended reading - "My Life for your Life" addresses police suicide and understanding why these brave men and women struggle to accept help."

APPROVED WITH CHANGES

Motion/Second: May Farr / Christopher Massa

AYES: Catherine Inscore, David Caine, Troy Mondragon, Jennifer Spence-Carpenter, Christopher Massa, Veatrice Jews, Ed O'Brien, May Farr, Monica Wilson, Jane Godager, Lizett Santoro on behalf of Chairman James Ramos, Board of Supervisors

ABSTAIN: Catherine Inscore

ABSENT: Akin Merino, Susan McGee-Stehsel, Jennifer Spence-Carpenter

Tab 6: Review Minutes 7/7/16

APPROVED

Motion/Second: Monica Wilson / Troy Mondragon

AYES: Catherine Inscore, David Caine, Troy Mondragon, Jennifer Spence-Carpenter, Christopher Massa, Veatrice Jews, Ed O'Brien,

PUBLIC COMMENT

Dr. Teresa Etheridge speaks with many families in the county who are concerned that their children, who experience mental illness, psychosis and substance use disorders, are not receiving necessary behavioral health services. There is a need to provide Youth Mental Health First Aid training in the community. Your guidance is requested to address these issues, including suicide.

Assistant Director Veronica Kelley requested DBH Program Manager Andre Bossieux meet with Dr. Etheridge after the meeting to provide assistance. She also invited Dr. Etheridge to attend the BHC meeting on 11/3/16, where there will be a presentation regarding services for children and transitional age youth (TAY).

Vickie Mack of Sterling Solutions reported they have a contract to implement workforce training and career path supports for consumers with lived experience in San Bernardino and Riverside counties. There has been limited participation from San Bernardino County. They are interested in training consumers to become providers.

CHAIR'S REPORT

Chair Monica Wilson announced that CaSonya Thomas has been appointed by the Board of Supervisors (BOS) as Assistant Executive Officer, Human Services. In closed session, on 8/4/16, the BHC unanimously voted to approve Veronica Kelley as DBH Director to succeed CaSonya. Their recommendation was provided to the BOS.

As a family member, Monica thanked Sarah Eberhardt-Rios and her team publicly for the compassionate guidance to navigate the behavioral health system in another county for her loved one, who is now in recovery.

During the Substance Use Disorder Conference in Orange County in August there was much discussion of CA Proposition 64, also known as the "Adult Use of Marijuana Act" that will be voted upon during the 11/8/16 election. There was a lot of discussion, controversy and mixed feelings on this subject.

COMMISSIONERS' REPORT

First District:

Vice Chair Ed O'Brien was disappointed to hear that the Sheriff Department has hired a contractor, rather than DBH, to provide mental health services in the jail. Ed will staff the Public Defender's Office resource table at Recovery Happens on 9/17/16. They are able to assist in helping individuals restore personal criminal records to a better level.

Commissioner Michael Grabhorn attended the film screening and panel discussion of "Dark Side of the Full Moon", a look at postpartum depression/psychosis, which can occur up to two months after birth. He conducted a program visit at Home Sweet Home, a transitional housing sober living in Adelanto. The fee of \$650 per month includes utilities, meals, in-house meetings and transportation to appointments and 12-step meetings. He spoke at the Interfaith Council monthly meeting about substance use disorders. Their goal is to work together to improve communities.

Second District:

Commissioner David Caine attended the Veteran's Subcommittee, which was focused on Post Traumatic Stress Disorders and housing for veterans.

Secretary May Farr attended the NAMI National Convention in Denver, as well as the NAMI CA conference in Burlingame, CA. She also attended the Voice Awards in Los Angeles, which honors consumer/peer/family leaders and television and film professionals who educate the public about behavioral health. Many TAY were in attendance.

Third District:

Commissioner Troy Mondragon presented at the TAY Healthy Mind and Body wellness event on July 31, which was a welcoming and uplifting place to be. He thanked Miriam Clark, who does an exceptional job representing DBH at the Crisis Intervention Training for law enforcement. He will be applying to teach at National University. Continue to celebrate Recovery!

Commissioner Christopher Massa will attend Recovery Happens on 9/17/16 at Cucamonga-Guasti Regional Park in Ontario. The Third District Advisory Committee meeting will be held on 9/20/16 at TEAM House. All are welcome to attend.

Fifth District:

Treasurer Veatrice Jews attended the NAMI CA Conference in Burlingame August 26-27. She participated in the following workshops:

- Helping college students organize student led self-advocacy groups to reduce stigma, improve mental health and increase academic success.
- Black men and suicide prevention: Ask the tough questions. It may save a life.

A town hall meeting will be held on 10/20/16, at the Catholic Diocese, featuring Dr. Gloria Morrow. Panel discussions will include the awareness of mental illness and reducing stigma.

Commissioner Jane Ann Godager attended “Boot Camp” for Commissioners at City Hall, which focused on the Brown Act. She was disappointed she was unable to attend the NAMI CA Conference in August.

SUBJECT MATTER PRESENTATION: Efforts Toward Reducing Health Disparities

Imo Momoh, Cultural Competency Officer, provided San Bernardino County’s demographic indicators and penetration rates by region, ethnicity and age groups. Due to the Affordable Care Act, counties have experienced a dramatic increase of Medi-Cal beneficiaries in the last few years. Medi-Cal penetration rates change over time.

Recent studies conducted locally and statewide provided valuable information used to improve our current system of care and increase access to mental health services:

- Project Access (published in 2009) findings include:
 - Race, ethnicity, gender and age must be addressed when developing strategies to increase usage of services
 - Cultural and language specific marketing is important in reducing stigma
 - Organizational barriers such as service hours and referral processes contribute to decrease service utilization
- California Reducing Disparities Project (CRDP), 2009-present - findings include:
 - Community defined practices and focused solutions are key to reducing disparities in access and utilization of services
 - It is important to develop local system approaches to treatment that are safe welcoming, culturally and linguistically appropriate
 - Developing culture specific approaches to care is effective in addressing barriers

Barriers to service for historically unserved, underserved and inappropriately served communities include:

- African American/Black - stigma; language/cultural; perceived discrimination from service provider; overutilization of crisis services; lack of African American/Black providers
- Asian/Pacific Islander – stigma; lack of mental health awareness; language; lack of disaggregated data; lack of culturally defined treatment
- Hispanic/Latino – stigma; lack of mental health awareness/information; immigration status; lack of culturally and linguistically appropriate services and lack of skilled bilingual/bicultural staff; rigid system of care
- Native American – lack of community defined treatment options; jurisdictional and systemic barriers; tribal enrollment status; historical trauma; loss of culture and cultural identity

DBH efforts to reduce mental health disparities and address barriers:

- Psychiatric Triage Diversion Program – reduce unnecessary hospitalizations by referring consumers to least restrictive level of care
- Community Crisis Response Team – mobile crisis response to reduce unnecessary hospitalizations and arrests/incarceration; services available 24/7
- Native American Resource Center – one stop healthcare center that provides healthcare, mental health, and substance use treatment; culturally based outreach, education, family support, parenting and youth empowerment; incorporates cultural traditions and identity into treatment

- Promotores de Salud/Community Health Workers – program designed to address the needs of our culturally diverse communities to increase community awareness and connection to community-based prevention and behavioral health services
- Family Resource Centers – offers programs that are culturally and linguistically competent and meet the identified needs of the communities they serve
- Resilience Promotion if African American Children – provides mental health prevention services in culturally appropriate settings incorporating African-American philosophies and traditions. Services are offered at school site locations and focus on the strengths of the African American community
- Cultural Competency Advisory Committee (CCAC) and 12 sub-committees
- Cultural competence trainings (internal and external)
- Language services – video interpretation and translation services provided
- Culturally and linguistically appropriate materials provided in English and Spanish in an easily understood format
- Community education courses – Mental Health First Aid; Applied Suicide Intervention Skills Training (ASIST)
- Crisis Intervention Training for local law enforcement

Goals and strategies for reducing mental health disparities:

1. Increase access to mental health services – create additional opportunities for co-location; resource guides; continue utilizing schools for centers of wellness; prioritize prison/jail reentry programs
2. Improve the quality of services – continue developing a culturally and linguistically diverse workforce; continue activities that promote linguistic access to services; ensure culturally and linguistically competent services
3. Build on community strengths to increase the capacity of and empower unserved, under served and inappropriately served communities - continue encouraging stakeholder participation in CCAC and sub-committees; continue engaging the faith-based community; support community involvement and engagement
4. Develop, fund and demonstrate the effectiveness of population specific programs – establish a network of community health workers and traditional healers; fund culturally specific research and develop culturally specific practice models
5. Develop local and statewide infrastructure to support the reduction of mental health disparities – engage the community in the CRDP implementation process; collaborate with other county departments and organizations that are committed to reducing disparities; develop ongoing community/county partnerships.

Vice Chair O'Brien is interested to learn more on what approaches are being used and/or explored to address the high utilization rates of crisis services by African Americans.

Vice Chair O'Brien asked what are challenges that some community organizations might face in trying to secure funding for programs like the Community Health Worker program. *Imo Momoh responded that organizational capacity to meet certain contract deliverables is a common factor. Imo shared that DBH continues to design and provide capacity building trainings and technical assistance to assist organizations build capacity.*

Linda Hart, President of African American Mental Health Coalition, stated that 40 African American community health workers have recently been trained; however, over time when contract terms or provider changes, there is a loss of trained community health workers, hence programs have to constantly recruit. From Linda's perspective, the loss of staffing capacity during contract transition periods has an impact on penetration rate which could cause a decrease in the rate.

NEW BUSINESS

- Identify Commissioner to Prepare Subject Matter Presentation Findings

Vice Chair O'Brien volunteered to prepare the findings from today's Subject Matter Presentation to be reviewed during the 10/6/16, BHC Executive Session. Commissioner Massa volunteered to assist.

APPROVED

Motion/Second: Monica Wilson / Troy Mondragon

AYES: Catherine Inscore, David Caine, Troy Mondragon, Jennifer Spence-Carpenter, Christopher Massa, Veatrice Jews, Ed O'Brien, May Farr, Monica Wilson, Jane Godager, Catherine Inscore, Lizett Santoro on behalf of Chairman James Ramos, Board of Supervisors

ABSENT: Akin Merino, Susan McGee-Stehsel, Jennifer Spence-Carpenter

DIRECTOR'S REPORT

Assistant Director Veronica Kelley thanked DBH staff for their role as first responders during the recent Blue Cut Fire disaster. The fire raged from August 16-23 and burned 36,000 acres; 75 DBH staff were deployed; DBH Disaster Operation Center was open 24/7; Community Crisis Response Team, escorted by the CA Highway Patrol, delivered supplies up the hill. More than 3000 residents were evacuated to the County's Shelter Operations Compound (SHOC). DBH counselors were on hand to address needs and provide resources. Download the #SBReady app on your phone to stay prepared for the impacts of emergencies and disasters.

In recognition of September as Recovery Month, DBH and its contracted Alcohol and Drug Services providers will host Recovery Happens on 9/17/16, from 10am-3pm at Cucamonga-Guasti Regional Park in Ontario. This year's theme is Our Families, Our Stories, Our Recovery. One in five individuals will have a substance user disorder in their lifetime and some of them also have a mental illness. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

OUTSIDE AGENCY REPORTS

Aimara Freeman, DBH Media Specialist, reminded encourage to subscribe to DBH social media site so they won't miss out on exciting events.

Kristen Mungcal, Program Manager I, announced the dates for the 10th Annual Wellness Triathlon:

- 10/8/16: Amazing Wellness Race - Inland Empire Jobs Corps Center, San Bernardino
- 10/29/16: NAMI Walk – Diamond Valley Lake, Hemet
- 11/10/16: Talent and Awards Night, Health Services Auditorium, Rialto

ADJOURNMENT

Meeting adjourned at 1:57 p.m.

Monica Wilson, Chair
Behavioral Health Commission

Debi Pasco
Clerk of the Behavioral Health Commission