

MINUTES
San Bernardino County
BEHAVIORAL HEALTH COMMISSION MEETING
February 2, 2017 - 12:00-2:00 pm

Commissioners Present: Ed O'Brien, Veatrice Jews, Susan McGee-Stehsel, Troy Mondragon, Christopher Massa, Paul Williams, Michael Grabhorn, Catherine Inscore, Carol Kinzel, Lizett Santoro on behalf of Supervisor James Ramos.

Excused Absence: Monica Wilson, May Farr, Jennifer Spence-Carpenter,

Absent: Jane Godager, Akin Merino

Guests: Veronica Kelley, Cheryl Placide, Jance Both Grass, Ashley Banks, Eric Rutherford, John Robles, Greg Rossler, Edwin Henderson, Carol Bailey, Georgina Yoshioka, Charles Pearson, Lynn Neuenswander, Gayle Morrow, Donna Villasenor, DeAndrea Porch, Socorro Gomez, Karen Cervantes, Liz Santoro, Kristen Mungcal, Greg P., Hanna Keith, Jennifer Pacheco, Denise Zaremba, Wandaly Lane, Zakiya Otis, Doris Turner, Laretta Ross, Michelle Pollard, Dave Arnold, Coleman Greene, Alfredo Jauregui, Gwen Rodgers, Jorge Terrones, Sarah B Rios, Aidery Hernandez, Claudia Silva, Douglas Fazekas, Richard Lindsey, Jessica Romo-Gutierrez, Stephanie Guix, Sally Mitchell, Rachel Cierpich, Tracy Bomberger, Linda Hart, Michelle Dusick, Gabby Montes, Leeann Ficarra, Kia Harris, Isabel Terrones, Laurence Gonzaga, Julia Fernandez, Antonio Canelo, Sonia Rubio, Teresa Frausto, Azar Hamrany, Roberto Terrones, Kristiann Wolfe, Jon Buffong, Eva Gonzalez, Jacqueline Falcon, Tina Nguyen, Josh Morgan.

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

CALL TO ORDER AND INTRODUCTIONS

Vice Chair, Ed O'Brien called the meeting to order at 12:07p.m. Commissioner Troy Mondragon led the Pledge of Allegiance and self-introductions followed.

CULTURAL COMPETENCY AWARD OF EXCELLENCE

Roberto A. Torres, California Health Collaborative – San Bernardino

Roberto is not only a first generation graduate student but also has worked many years with the community. During his time at Loma Linda University while obtaining his graduate degree in Health Education, Roberto developed a community based program where he had firsthand experience not only developing a program but implementing it with his colleagues and local community. In addition, Roberto worked for the Mexican Consulate in San Bernardino for two years and was able to provide assistance to primarily low income Spanish speaking individuals from all over the county. Currently, Roberto works as a program coordinator for California Health Collaborative and continues to meet with local decision makers, community members, and coalition members who come from diverse backgrounds. Through his extensive work with the community in San Bernardino County, Roberto has been receptive, sensitive, and aware of issues that affect individuals from all cultures. He is also a member of various committees such as the LGBQ, Latino, and Co-Occurring and Substance Abuse Awareness Subcommittee. Congratulations Roberto!

Tab 4: Review Minutes of 1/5/2017.

APPROVED

Motion/Second: Christopher Massa, Michael Grabhorn

AYES: Susan McGee-Stehsel, Paul Williams, Catherine Inscore, Troy Mondragon, Ed O'Brien, Veatrice Jews, Ed O'Brien,

ASBSTAIN: Carol Kinzel

ABSENT: Jennifer Spence-Carpenter, Jane Godager, Akin Merino, Monica Wilson, May Farr

PUBLIC COMMENT

Linda Hart from African American Mental Health Coalition (AAMHC) provided comments regarding African American Mental Health Awareness Week. She thanked the Behavioral Health Commission for the opportunity to provide a comment. Several years ago legislation was approved to recognize African American Mental Health Awareness week. This year AAMHC is working

with the community and family members to present Community Consumer Beautiful Art hosted by Santos Manuel Student Union, February 13-15 at Cal State University.

Michelle Pollard from the African American Mental Health Coalition provided comments regarding African American Mental Health Services. She commented on the need to streamline services in the instance a program is discontinued. When the AAMHC was not allowed to provide services, they stopped abruptly and left many organizations without service and little notice. They lost their credibility in the community and ultimately the community suffered.

NEW BUSINESS – ACTION ITEM(S)

Identify Commissioner to Prepare Subject Matter Presentation Findings

Vice Chair Ed O'Brien volunteered to prepare the findings from today's Subject Matter Presentation to be reviewed during the next BHC Executive Session.

APPROVED

Motion/Second: Christopher Massa, Troy Mondragon

AYES: Susan McGee-Stehsel, Paul Williams, Catherine Inscore, Troy Mondragon, Ed O'Brien, Veatrice Jews, Carol Kinzel, Michael Grabhorn, Ed O'Brien,

ASBSTAIN:

ABSENT: Jennifer Spence-Carpenter, Jane Godager, Akin Merino, Monica Wilson, May Farr

Establish 2016 Data Notebook Ad Hoc Committee

Volunteers include: Vice Chair Ed O'Brien and Commissioners Veatrice Jews and Troy Mondragon.

APPROVED

Motion/Second: Catherine Inscore, Michael Grabhorn,

AYES: Susan McGee-Stehsel, Paul Williams, Troy Mondragon, Ed O'Brien, Veatrice Jews, Carol Kinzel, Ed O'Brien, Christopher Massa, Troy Mondragon.

ASBSTAIN:

ABSENT: Jennifer Spence-Carpenter, Jane Godager, Akin Merino, Monica Wilson, May Farr

EDUCATIONAL PRESENTATION: Suicide Prevention, Intervention, and Resources

Presenters included Teresa Frausto, Medical Director and Sonia Rubio Program Manager I. They presented on suicide as a community health problem and noted that not all suicides are reported, Non-fatal suicide behaviors, people with thoughts of suicide and people affected when someone dies by suicide are also to be considered.

This presentation will cover:

- Who is at risk for suicide;
- How to assist a suicidal person to safety; and
- Local and national resources.

Terminology was outlined:

- Suicide means killing oneself.
- Death by suicide means the person has died by killing oneself.
- A suicide attempt involves a serious act that the individual believes will lead to suicide.
- Suicide is the 10th leading cause of death in the United States.
- Suicide is **1** of the top **3** causes of death in adolescents and young adults.
- In 2014, there were 42,773 suicides in the United States.
- The leading method of suicide in the United States remains firearms.
- It is more common in men than women.
- The limiting of the purchasing of firearms by local and state background checks has decreased the rate of suicide by guns.
- Police and public safety officers are at increased risk for suicide.
- Firefighters also have a high incidence of suicide.

- Physicians, especially those who deal with progressively terminally ill patients, as well as dentists, also have a high rate of suicide.
- Suicide risk in military personnel has been increasing...

Protective Factors for Suicide:

- Involvement in social networks of friends, family, and co-workers.
- Having a therapist that one feels connected to.
- Having a strong religious faith that does not sanction suicide and affirms life.
- Refraining from keeping firearms in the house, or making sure that there is no ammunition available.
- Using suicide and crisis hotlines.

Some Suicide Related Activities and Characteristics were covered:

- Giving away possessions or making a will.
- Withdrawal (family, friends, school, work).
- Loss of interest in sports and leisure.
- Misuse of alcohol, drugs.
- Impulsive/reckless behavior.
- Disturbed sleep.
- Change/loss of appetite, weight.
- Physical health complaints.
- Comments like "All of my problems will end soon." "No one can do anything to help me now." "Now I know what they were going through."

Intervention Techniques were discussed:

- Talk, allow them to tell you about their thoughts of suicide. You may not be the first or only person they want to tell.
- Ask, once they have given you reason to believe that there may be thoughts of suicide, ask them about it. Be as direct and clear as you can.
- Listen, be a good active listener. Listen for what they *have* to say and not what they *want* them to say.
- Practice safety. They may not know what to do next, help them think about what needs to be done, help them avoid dangers they may not have thought of.

Additional Resources were provided as handouts:

- Suicide Hotline.
- Crisis Walk-In Clinics.
- Community Crisis Response Teams.
- Know the Signs.
- Each Mind Matters.
- My3 App for mobile devices.
- The most important resource is you and taking the time to learn about this topic.

Sonia and Dr. Frausto received questions on where they can go for more statistical information on children and suicide, social media and its correlation to increase in depression and suicide. Sonia advised she will continue to research information on these topics.

DIRECTOR'S REPORT

- Veronica advised the group that the County Chief Executive Officer (CEO), Mr. Greg Devereaux announced he plans to retire in March. Dena Smith the current County Chief Operating Officer will serve as the interim while the nationwide recruitment takes place.
- Ron Buttram, Director for Department of Aging and Adult Services passed away last month, Sharon Nevins, Deputy Director for Behavioral Health has been filling in while he was out on a leave. She will continue to provide coverage while the next steps to finding the permanent replacement are determined.

- The Substance Abuse and Mental Health Services Administration (SAMHSA) finalized a rule to improve the exchange of medical information. Confidentiality of Alcohol and Drug Abuse Patient Records Regulations, 42 Code of Federal Regulations (CFR), Part 2 will allow for the patient to consent to release general information. In the past the consent was very specific. This will also allow the patient to see who is looking at their information. This will promote health integration and information exchange within new health care models.
- The President signed an Executive Order intended to minimize the economic burden of the Affordable Care Act (ACA) on states, pending repeal. The Governor of California has already expressed his desire to keep ACA in California.
- DBH is attending a state meeting next week with the Oversight and Accountability Commission to address our Triage Engagement and Support Team (TEST) and Emergency Department. Representatives from TEST and Loma Linda and Saint Mary's Hospital.

CHAIR'S REPORT

Vice Chair Ed O'Brien expressed his desire for more information on what schools are doing for children who may be exhibiting signs of emotional or mental health distress. This is more about fact finding than it is any relationship the schools may have with DBH.

COMMISSIONERS' REPORT

First District:

Commissioner Michael Grabhorn met with the planning commission in Hesperia in an effort to develop an ordinance for liquor stores in the area. He participated in a Peace Walk in honor of Martin Luther King Day and attended the Coalition Against Sexual Exploitation (CASE) walk.

Commissioner Paul Williams participated in the San Bernardino County Annual Point in Time Count. His team included staff from Apple Valley Code Enforcement. Paul continues to work to establish the National Alliance in Mental Illness (NAMI) in the High Desert.

Second District:

Commissioner Carol Kinzel also attended the CASE walk. It was a great turnout. She attended the District Advisory Committee (DAC) and visited the Clubhouse after. She was impressed with the level of support offered at the Clubhouse. She also attended the Building a Culture of Empathy community night event sponsored by Rim Family Services.

Third District:

Commissioner Catherine Inscore thanked Georgina Yoshioka and her staff for the training they provided to Copper Mountain College. Catherine is scheduled to attend Mental Health First Aid training and also plans to share what she learns with her colleagues at Copper Mountain College.

Commissioner Christopher Massa attended the DAC meeting at Team House. Different types of meditation were introduced at the meeting. He also attended the CASE walk.

Commissioner Troy Mondragon participated in a Request for Proposals (RFP) review committee for Shelter Services. He plans to attend the Latino Sub-Committee meeting later this month.

Fourth District:

No Commissioners from the Fourth District present.

Fifth District:

Commissioner Veatrice Jews will be meeting with teachers from San Bernardino School Districts on resources and further fact finding.

Commissioner Susan McGee-Stehsel attended a HARC meeting in Coachella Valley. She received statistics on health, including mental health. She is interested in de-escalation training techniques and how these trainings vary from an outpatient setting like DBH to an inpatient setting. She is concerned we may be confusing staff going back and forth from different facilities.

OUTSIDE AGENCY REPORTS

Each Mind Matters is sponsoring a community event on February 18, 11am-10pm in Redlands to raise Mental Health awareness and promote wellness initiatives.

DBH is collaborating with the Lewis Library and Technology center for the Black History Month Arts Masquerade, February 21, 3-7pm at the Lewis Library in Fontana.

Mental Health Services Act Stakeholder Engagement meetings are taking place at all upcoming DAC meetings, Community Policy Advisory Committee and subcommittees.

Additional information on Directing change is available at the back table.

ADJOURNMENT

Meeting adjourned at 2:05 p.m.

Ed O'Brien, Vice Chair
Behavioral Health Commission

Raquel Ramos
Clerk of the Behavioral Health Commission