

MINUTES  
San Bernardino County  
**BEHAVIORAL HEALTH COMMISSION MEETING**  
April 5, 2018 - 12:00-2:00 pm

**Commissioners Present:** Monica Wilson, Lorrie Denson, Michael Grabhorn, Carol Kinzel, May Farr, Troy Mondragon, Akin Merino Julianne Torres on behalf of Supervisor James Ramos.

**Excused Absence:** Susan McGee-Stehsel, Catherine Inscore, Jennifer Spence-Carpenter, Veatrice Jews, Jane Godager.

**Absent:** Christopher Massa.

**Guests:** Lauretta Ross, Justin Napod, Derrick Cannon, Patricia Verduzco, Alfredo Jauregui, Cesar Bernal, Amber Carpenter, Sheryl Prinz, John Buffong, Kerry McLaughlin, Linda-Marie Griffey, Tamara Glinerelo, Jessica Cuevas, Lesford Duncan, Gayle Morrow, Charvey Yoshioka, Neil De La Rosa, Cynthia Gutierrez, Chris Morton, Brigitte Shaw, Beverly Scott, Claudia Silva, Alexis Garza-Irons, Donna Villasenor, Randy Speyer, Linda Hart, Michelle Dusick, Terri Franklin, Cynthia White, Martha Marquez, Georgina Yoshioka, Michael Schertell, Jennifer Pacheco, Michael Sweitzer, Wandalyn Lane, Hanna Keith, Garrett Bedke, Tina Entz, Adan Gomez, Sonia Rubio, Kevin Mahany

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

**CALL TO ORDER PLEDGE OF ALLEGIANCE AND INTRODUCTIONS**

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

**Tab 6:** Review Minutes of 3/1/2018.

**APPROVED**

Motion/Second: Michael Grabhorn/ Lorrie Denson

AYES: Monica Wilson, Carol Kinzel, May Farr, Troy Mondragon, Akin Merino

ASBSTAIN:

ABSENT: Jennifer Spence-Carpenter, Susan McGee-Stehsel, Veatrice Jews, Catherine Inscore, Jane Godager, Christopher Massa.

**PUBLIC COMMENTS**

Linda Hart of the African American Mental Health Coalition (AAMHC) provided public comment regarding mental health outreach and requested to submit her comments in writing, they were provided to Chair Wilson. She reported AAMHC is continuing outreach efforts and engaging the community, specifically outreach that took place Jan 30, Feb 3 and March 23. AAMHC is continuing to provide services via donations from the community.

Bridgette Shaw introduced herself as a representative of the AAMHC. The AAMHC taught her the how to recognize the symptoms of depression. She was able to identify depression in a close family member and was able to get help for her and her family member because of what she learned from the AAMHC. She attended today's meeting to emphasize the importance of community outreach.

Shawn Acrie introduced herself as a consumer and family member of Bridgette Shaw and reiterated Bridgette's sentiments toward the importance of the community outreach AAMHC is responsible for.

**CHAIRPERSON'S REPORT**

Chair Monica Wilson informed the group of the upcoming event she is participating in, National University is hosting a Mental Health Awareness Symposium on May 5, 2018, 10-1pm at the National University Riverside Campus. A flyer will be sent out to Community Stakeholders following this meeting. Chair Wilson participated as a panelist in the San Bernardino County Superintendent of Schools "Transforming Lives" conference and had an amazing experience interacting with the students. She

informed attendees that she is declaring that she “will make students a priority.” She is continuing to provide Youth Mental Health First Aid Training and is teaching on Youth Mental Health and Illness at National University.

## **COMMISSIONERS’ REPORT**

### **First District:**

Commissioner Michael Grabhorn participated on the evaluation team for Requests for Proposals. A representative from Department of Aging and Adult Services attended last month’s District Advisory committee meeting regarding programs available in the Victorville area. He attended a Co Dependents Anonymous meeting and continues to participate in reviewing local businesses requests to serve alcohol.

Commissioner Lorrie Denson plans to attend the Mental Health Summit Conference on May 9, 8:30-4:30pm at the Apple Valley Conference Center. Free food is given out every Wednesday 11:30-1:30 at the Burning Bush Church Rescue Mission in Victorville. She asked attendees to pass the information along.

### **Second District:**

Commissioner Carol Kinzel continues to attend the planning meetings for the upcoming Health and Resource Fair in Crestline. She attended the Second District DAC and is also attending ongoing planning meetings for the upcoming Game of Skate event in Crestline.

Commissioner May Farr attended last month’s DAC Community Policy Advisory Committee (CPAC) and Board of Supervisors’ meetings. She is still participating in the California Behavioral Health Planning Council and continues to develop the National Alliance on Mental Illness (NAMI) group she moved to Victorville. She reminded attendees of the upcoming Evening with the Stars event in May.

### **Third District:**

Commissioner Troy Mondragon is working with DBH on new dates, times and locations for the Third District DAC. He plans to attend the Cal State University 6<sup>th</sup> Annual Mental Health event on May 22, 2018. This past month he reached out to the Yucaipa/Calimesa School District and will be reaching out to the San Bernardino School District in April. He is scheduled to be the Master of Ceremonies at the May 5, 2018 Mental Health Symposium event at National University, as referenced by Chair Wilson earlier this meeting.

### **Fourth District:**

Commissioner Merino reported that in her involvement with the community, she was with touch with a group and had to call the Community Crisis Response Team. The team was very helpful. She plans to attend a gun violence workshop in April and the Suicide Awareness conference at Argosy University, May 16.

### **Fifth District:**

No Commissioners in attendance.

## **NEW BUSINESS – ACTION ITEM(S)**

- Identify Commissioner to Prepare Presentation Findings:

Commissioner Akin Merino volunteered to prepare the findings from today’s Subject Matter presentation. The memos will be reviewed during the next BHC Executive Session.

### **APPROVED**

Motion/Second: Carol Kinzel/ May Farr

AYES: Monica Wilson, Troy Mondragon, Akin Merino, Michael Grabhorn Lorrie Denson

ASBSTAIN:

ABSENT: Jennifer Spence-Carpenter, Susan McGee-Stehsel, Veatrice Jews, Catherine Inscore, Jane Godager, Christopher Massa.

## **Tab 7: SUBJECT MATTER PRESENTATION: Spirituality and Faith-Based Services**

Presenters: Lesford Duncan

- The Office of Cultural Competence and Ethnic Services has administrative oversight for embedding and integrating the tenets and philosophy of cultural competency across every department/program in the Department of Behavioral Health (DBH) and at every level of the organization.
- A set of congruent behaviors, attitudes, and policies that come together in a system, agency, or among professionals and enable that system, agency, or those professionals to work *effectively* in cross-cultural situations is considered Cultural competency in behavioral health care.
- The term 'faith' ranges in meaning from a general religious attitude on the one hand to personal acceptance of a specific set of beliefs on the other hand. (Hellwig, 1990, p. 3)
- Spirituality is that aspect of human existence that gives it its 'humanness'. It concerns the structures of significance that give meaning and direction to a person's life and helps them deal with the vicissitudes of existence. As such it includes such vital dimensions as the quest for meaning, purpose, self-transcending knowledge, meaningful relationships, love and commitment, as well as [for some] a sense of the Holy amongst us. (Swington & Pattison, 2001)
- Religion is a social/ cultural phenomenon that is embedded in human political, social and cultural life. They also assume that religion shapes and is shaped by the social/historical contexts out of which particular religious expressions and influences emerge.
- Faith, spirituality and behavioral health are intricately intertwined. Research shows that religious involvement is related to better coping with stress and less depression, suicide, anxiety, and substance abuse (Koenig, 2009). Faith communities can provide a sense of social cohesion or social inclusiveness (Hodges, 2002). Spiritual practices such as prayer and meditation have been associated with improved behavioral health (Nicholls 2002 as cited in Cornah, 2006).
- The role of spirituality can be awesome in recovery from Substance Use Disorders (SUD) as well. Spirituality has historically played an important in addiction recovery. Addiction was seen as limiting ones spirituality. To fully recover from our addiction the thought was one must reconnect to their own personal spirituality.
- The belief of many is that addiction takes away our ability to choose. Everything becomes *centered* on using and the addiction. An important element of spirituality is *choosing* for ourselves: Deciding on our beliefs; exploring our purpose and meaning; and Honestly connecting with people and powers beyond ourselves.
- It is also thought that addiction limits our ability to grow. Although the life of an addict can seem random, chaotic and uncertain, it is actually very *predictable* and extremely *routine*.
- Addiction has been thought to take away our ability to sustain real relationships. Inversely, an important element of spirituality is *connecting* to more than ourselves, ultimately with everything.
- DBH has the following strategies when partnering with Faith-Based Organizations (FBO): Collaborative Goals for Partnership; Ongoing Collaborative Efforts; Outreach and Engagement; Cultural Specific Community Events; Capacity Building and Creating a Collective Purpose; Staff/Community Education.
- The following are collaborative efforts with Faith Based Organizations: National Day of Prayer for Behavioral Health Recovery and Understanding; October 6, 2015 - Board of Supervisors of the County of San Bernardino proclaimed the first full week of October through the year 2020 as Mental Illness Awareness Week; Congregational presentations by Dr. Gloria Morrow; Partnering with Faith-based Organizations on May Mental Health Month events.
- The Spirituality Awareness Subcommittee offers an array of services including resource development, trainings, policy advocacy, and other culture-specific activities that raise behavioral health awareness, increase access to care and educate staff and the community on how to integrate spirituality into behavioral health services. Meetings take place the second Tuesday of each month at DBH-Administration, 303 E. Vanderbilt Way, San Bernardino, CA 92415; 1:00 p.m. - 2:30 p.m.
- DBH has an active community education program that has successfully partnered with several FBO throughout the county; including Inland Empire Concerned African American Churches (IECAAC); Faith Advisory Council on Community Transformation (FACCT); Children and Family Services Faith in Motion; First Baptist Church of Redlands; Congregation Emanu El; Mount Zion Baptist Church; Diocese of San Bernardino; Christian Counseling Services; and Azusa Pacific University.

- Trainings facilitated for FBO include Spirituality 101; Mental Health First Aid (MHFA); ASIST (Applied Suicide Intervention Skills Training); and General Mental Health Presentations. Spirituality 101 distinguishes the role of Spirituality as a coping resource for behavioral health clients/consumers. Mental Health First Aid is an eight hour training that teaches the signs of addiction and mental illness. ASIST is a two day, 16 hour workshop that prepares participants to provide suicide first aid interventions.
- Please contact Lesford Duncan at [Lesford.Duncan@dbh.sbcounty.gov](mailto:Lesford.Duncan@dbh.sbcounty.gov) for additional information.

## **DIRECTOR'S REPORT**

Assistant Director Michael Knight provided the following updates on behalf of Veronica:

- Veronica Kelley is at the National Drug Abuse and Heroin Summit in Atlanta Georgia.
- The Centers for Disease Control (CDC) are reporting a 30% increase in opioid overdoses between the third quarter of 2016 to the third quarter of 2017. On March 22, 2018 the House and the Senate passed a spending bill to allocate 3.3 billion dollars in funding toward treatment services. Though opioids are not the primary drug of choice in our communities, this is still an important reminder that this is an important issue. The recent implementation of the Drug Medi-Cal Organized Delivery System (DMC-ODS) will allow DBH the opportunity to leverage more funding to provide more services.
- April is Child Abuse Awareness Month. Michael reported that he attended the Children's Network Shine the Light on Child Abuse awards breakfast earlier this morning where DBH's Centralized Children's Intensive Case Management Services was recognized for the services they provide to children and families.
- The External Quality Review Organization is conducting a site visit Tuesday April, 24 – Thursday, April 26. Commissioners were invited to attend the exit interview on Thursday, April 26. Additional information on the findings will be reported out in the months to come.
- Next month's Behavioral Health Commission presentation will be on the contract procurement process.

## **OUTSIDE AGENCY REPORTS**

- Claudia Silva reported out on upcoming DBH events.
  - The Mental Health Services Act (MHSA) Summit is taking place April 19, 2018, 8-4:30pm at the Double Tree by Hilton.
  - May is Mental Health months event are also scheduled. Flyers for each event are available on the sign in table.
    - The month's celebrations will be kicked off with the Behavioral Health Commission meeting May 3, 2018. Remember to wear green.
    - Patton Museum Tours are scheduled to take place every Tuesday in May. Reservations are required.
    - May 10, 2018 the Directing Change Film and Awards event will be held at the Fox Theatre in Riverside.
    - May 19, 2018 DBH is collaborating with Chino Police Department for a Mental Health and Wellness Expo taking place at the Chino City Hall.
    - The 13<sup>th</sup> Annual Evening with the Stars is taking place on Thursday, May 24, 2018m 6-8:30pm at the Double Tree by Hilton in Ontario.
- Doris Arroway made a correction to the DBH Events Calendar. The Consumer and Family Awareness Subcommittee meets on Monday, April 23, 2018, 1-2:30pm at DBH Administration.
- Andre Bossieux informed the group of the upcoming Transitional Age Youth (TAY) Open House on Wednesday, April; 18, 2018, 12-5pm at the Ontario One Stop.
- Michelle Dusick reminded that the MHSA Annual Update is posted for public comment. Please visit the DBH website for more information.
- May Farr informed the group of the upcoming California Behavioral Health Planning Council meeting taking place April 18-20 in Redwood City. She plans to attend and bring back updated information.

**ADJOURNMENT**

Meeting adjourned at 1:45 p.m.

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*Monica Wilson, Chair*  
Behavioral Health Commission

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*Raquel Ramos*  
Clerk of the Behavioral Health Commission