

MINUTES  
San Bernardino County  
**BEHAVIORAL HEALTH COMMISSION MEETING**  
June 7, 2018 - 12:00-2:00 pm

**Commissioners Present:** Veatrice Jews, Carol Kinzel, Lorrie Denson, Michael Grabhorn, May Farr, Troy Mondragon.

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

**Absent:** Christopher Massa Akin Merino.

**Guests:** Joshua Taylor, Rene Keres, Brenda Madison, Telana Courseault, Amber Carpenter, Heidi Mayer, Jennifer Alsina, Linda Hart, Rebecca Calabrese, Sarah Hayes, Sonia Rubio, Kristy Ruiz, Derrick Cannon, Victoria Hall, Kerry McLaughlin, Jessica Cuevas, Jose Williams, Cynthia Gutierrez, Miriam Clark, Maria Payne, Charles Yoshian, Nathaly Beltran, Adan Gomez, Andy Gruchy, Andre Bossieux, Wandalyn Lane, Patricia Verduzco, Laura Mancha, Sandi Guimote, Alyce Belford, Vivien Bermudez, Alicia Harris, Nancy Olsen, Michelle Dusick, Connie Fee, Michael Sweitzer, Cesar Bernal, Jennifer Pacheco, Claudia Silva, Beverly Scott, Michael Knight, Karen Cervantes, Kristen Mungcal, Rudy Armendariz, Elissa Padilla, Faith Ikeda, Jaime Lopez, Edmond Wayne.

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

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

Secretary, May Farr called the meeting to order at 12:10 p.m. and led the Pledge of Allegiance; self-introductions followed.

**Tab 4:** Review Minutes of 5/3/2018. No quorum available, item deferred to meeting on 6/5/18.

**PUBLIC COMMENTS**

Linda Hart of the African American Mental Health Coalition (AAMHC) provided public comment regarding several resource centers that have been identified for specific ethnic groups, however she has observed a disparity for the African American population. She would like to know why this population is not being served

- Assistant Director Michael Knight also advised that DBH is collecting data and will respond to Linda's public records request
- Commissioner Veatrice Jews inquired on the timeline related to the funding cycle for the current resource centers and when the request for action will be released.
- Sonia Rubio, Program Manager I for Prevention and Early Intervention (PEI) advised that the Family Resource Center (FRC) contracts have just gone through procurement the new contracts for services will become effective July 1. These contracts were approved by the Board of Supervisors two weeks ago. These contracts are for a five year period. Sonia also added that FRCs are not specific to ethnic groups, they are to serve all ethnicities and populations.
- Commissioner Jews inquired on services being provided the west end area. It is her understanding that the current FRC provider is not providing services in the west end area. She asked if the new contracts will now provide services in that area.
- Michael reiterated that DBH is pulling information and reviewing for gaps in services. The data being pulled will include information specific to the populations being served at the FRCs to-date. DBH will share the information provided to Ms. Hart with the Commission. It is DBHs practice to continuously review data for gaps in services.

**CHAIRPERSON'S REPORT**

Secretary May Farr provided updates on the conferences, meetings and trainings she attended over this past month, including the Second District Advisory Committee meeting. She commended the speakers at the Evening with the Stars event and all of the videos submitted at the Directing Change event. She also attend the High Desert Mental Health Summit with other commissioners.

## COMMISSIONERS' REPORT

### First District:

Commissioner Michael Grabhorn attended the Senior Citizen Community meeting in the High Desert and attended Evening with the Stars in May. He also participated in conducting safety surveys regarding liquor stores, smoke shops and transients in the High Desert area.

Commissioner Lorrie Denson provided opening remarks at the High Desert Mental Health Summit, there were over 20 in attendance with breakout sessions and vendors. She also attend the Inland Empire Screening and Award Ceremony/ Directing Change and Evening with the Stars. She and Commissioner Grabhorn met with Behavioral Health Advocate Vickie Mack to continue work on building resources in the High Desert area. Victor Valley College hosted a mental health march event. A National Alliance on Mental Illness booth was set up and collected 20 names of those interested in joining.

### Second District:

Commissioner Carol Kinzel acknowledges she was not present at last month's meeting as she was attending the Annual Behavioral Health Informatics Conference. This last month she attended both the Rim Family Services and Board of Director's monthly meeting, and Rim Communities Resource Network meetings. Rim Family Services, Doves, and the Mountain Homeless Coalition collaborated to conduct a four-week seminar on healthy and unhealthy relationships, this seminar will be offered again soon.

### Third District:

Commissioner Troy Mondragon attended Evening with the Stars, the Annual Cal State University San Bernardino Mental Health Event, and the Latino Subcommittee meeting this past month. He plans to continue his ongoing participation in planning for the Latino Heritage Month Event.

### Fifth District:

Commissioner Veatrice Jews is participating with "Sister Circles" at the New Hope Family Life Center in San Bernardino, this is a 6-8 week course focused on reducing stigma and providing a safe place for people in the community to receive services.

### Tab 6: SUBJECT MATTER PRESENTATION: Substance Use Disorder and Recovery Services, Youth Services

Presenter: Jennifer Alsina, Program Manager I; Amber Carpenter, Program Manager I.

The Department of Behavioral Health (DBH) provides a full range of Substance Use Disorder (SUD) prevention, treatment, education and aftercare services for communities and residents of San Bernardino County through contracts with Community Based Organizations (CBOs) and County Clinics, including service for youth.

- Substance use can disrupt a youth's ability to adequately meet developmental tasks and impair identity development. Substance using youth will find it more difficult to negotiate the demands of transitioning from early adolescence to young adulthood and leave them unprepared for the demands of adult life. Any substance use tends to interfere with a youth's ability to cope with feelings that are a necessary component of developmental tasks. Studies show that the younger a youth engages in substance-use the more likely they can develop a substance use disorder.
- Prevention programs work with schools, families and communities to help reduce substance use and try to change the reasons and risks youth face when using alcohol and/or drugs, by providing education on: types of drugs and how they are constantly changing; trends in use; access to substances in the community; prevention advocates for change within San Bernardino Communities.
- Prevention successes in Fiscal Year 16/17 include the implementation of a new prescription drug collection box in the City of San Bernardino, community education of prescription drop box locations and prescription drop off services; and the development of the Designated Driver Program in Big Bear. More than 30 retailers are part of a program to practice safe retail beverage service practices and encourage identification and use of designated drivers.
- Prevention activities include Friday Night Live (FNL) and Club Live (CL), both programs encourage young people to develop programs that are fun and meaningful, they offer conferences and trainings to develop leadership skills, provide support and opportunities and encourage and empower active leaders and community resources.
- FNL and CL Chapters have been established throughout five regions of the county with 560 core youth participants enrolled. Members partnered with San Bernardino County Sheriff, Police Departments in Fontana, Ontario, Redlands, San Bernardino,

California Highway Patrol (CHP), and the Gang and Drug Task Force agencies to participate in Start Smart, Teen to Teen Traffic Safety, Roadwatch, and Safe & Sober Prom 2017.

- The National Institute on Drug Abuse (NIDA) recommends youth treatment should be backed by scientific evidence and should be tailored to the treatment to the needs of each patient. Individual treatment plans must be assessed and modified as needed to meet changing needs; the duration of treatment should be sufficient and aftercare programs and self-help groups can complement and extend the effects of professional treatment by providing social support that promote and sustains drug-free lifestyles.
- The Screening Assessment and Referral Center (SARC) screen clients for SUD, assesses for proper level of care based on American Society of Addiction Medicine (ASAM) Criteria, assesses funding options, provides treatment placement referral(s) and coordinate treatment placement; and provides additional community agency referrals as needed. Services are for any client 12 years of age or older.
- SUD treatment services include the following components: intake, individual Counseling, Group Counseling, Family Therapy, education, Medication Services, Collateral Services, Crisis Intervention Services, Individualized Treatment Planning, and Discharge Services.
- Outpatient services for youth ages 12-17 are designed to assist in changing a client's thinking and behavior toward progressive change in the use of alcohol and/or other drugs.
- Intensive Outpatient Treatment (IOT) for youth ages 12-17 is an organized service which provides a planned regimen of treatment, consisting of regularly scheduled sessions within a structure program.
- Residential Treatment for youth ages 13-17 is operated to provide twenty-four (24) hour monitoring and care. It's designed to address an individual's functional cognitive deficits which may require treatment that is slower paced, more concrete and repetitive in nature. The daily regimen and structured patterns of activities are intended to restore cognitive functioning and build positive behavioral patterns within a community.
- Withdrawal Management (Detoxification) services for youth ages 13-17 provide interventions aimed at managing acute intoxication and withdrawal. Withdrawal Management seeks to minimize the physical harm caused by the substance use disorder. Withdrawal Management alone is not sufficient in the treatment and rehabilitation of substance use disorders.
- Recovery Services can be accessed after completing a course of treatment whether the youth is triggered, has relapsed or as a preventive measure to prevent relapse.
- For information on accessing any service through the DBH-ADS continuum of care, please contact DBH Substance Use Disorder and Recovery Services at 800-968-2636.

### **NEW BUSINESS – ACTION ITEM(S)**

- Identify Commissioner to Prepare Presentation Findings:

Commissioner Carol Kinzel 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: May Farr/ Veatrice Jews

AYES: Carol Kinzel, Lorrie Denson, Michael Grabhorn, Troy Mondragon

ASBSTAIN:

ABSENT: Monica Wilson, Susan McGee-Stehsel, Catherine Inscore, Jennifer Spence-Carpenter, Jane Godager, Christopher Massa Akin Merino.

### **DIRECTOR'S REPORT**

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

- Michael attended the 18<sup>th</sup> Annual Behavioral Health Informatics Conference and Exposition in Carlsbad, May 1-3. He participated in sessions on health information exchange to allow for connecting other Electronic Health Records (EHR) to interface with other agencies while maintaining compliance with the Health Insurance Portability and Accountability Act.
- He thanked Commissioners and staff for their support at the recent Evening with the Stars event.
- DBH is currently recruiting for the Deputy Director for Administrative Services and Public Information Officer positions. He encouraged those interested to apply. He also advised, Information Technology and Facilities and Project Management now

report directly to him as the Assistant Director both programs previously reported to the Administrative Services Deputy Director.

- Michael attended the Inland Empire Screening and Award Ceremony, Directing Change. This collaborative event with Riverside County is part of the Each Mind Matters statewide effort to promote the mental health awareness with students. Veronica and the Director for Riverside County also submitted a video. We will plan to show it at the next meeting she attends.
- DBH is submitting four nominations for the California State Association of Counties (CSAC) awards for the following programs/projects: Behavioral Health Integration Complex Care Initiative, Recovery Based Engagement Support Teams, Psychiatric Partnering and the Video Interpretation Pilot. More information will be shared on the awards in the coming months.

### **OUTSIDE AGENCY REPORTS**

- Claudia Silva reported out on upcoming DBH events:
  - DBH is scheduling grand openings for the Crisis Residential Treatment Centers and Crisis Stabilization Units to take place later in the summer. More information will be shared as dates are secured.
  - The NAMI Walk will take place Saturday October 27, 2018. More information to come.

### **ADJOURNMENT**

Meeting adjourned at 2:00 p.m.

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*May Farr, Secretary*  
Behavioral Health Commission

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*Raquel Ramos*  
Clerk of the Behavioral Health Commission