

MINUTES  
San Bernardino County  
**BEHAVIORAL HEALTH COMMISSION MEETING**  
October 4, 2018 - 12:00-2:00 pm

**Commissioners Present:** Michael Grabhorn, Carol Kinzel, May Farr, Troy Mondragon, Monica Wilson, Susan McGee Stehsel, Veatrice Jews, Jane Godager, Gayle Covey.

**Excused Absence:** Catherine Inscore, Lorrie Denson, Akin Merino.

**Absent:** Christopher Massa, Jennifer Spence-Carpenter.

**Guests:** Doris Turner, Marlene Hernandez, Maria Aceves, Adan Gomez, Lesford Duncan, Sabastian Rodriguez, Derrick Cannon, Vickie Mack, Nancy Jackson, Lawrence Gonzales, Rene Keres, Jennifer Pacheco, Beverly Scott, Rachel Cierpich, Karen Cervantes, Maria Mora, Matt P., Jason Resas, Linda Hart, M. Oliver, Andre Bossieux, Georgina Yoshioka, M. Schertell, Julianna Fry, Cesar Bernal, Michelle Castorena, Lisa Robbins, Laverne Herbert, Faith Ikeda, Felix Benabe, Gayle Morrow, David Denkers, E. Yoshioka, Michelle Dusick, Claudia Silva, Dianne Sceranka, Leanna Ficarra, Alyce Belford, Sonia Rubio, Kristen Mungcal, Teresa Frausto, Heather Louer, Andy Gruchy.

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

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

Vice Chair, Susann McGee Stehsel called the meeting to order at 12:15 p.m. and led the Pledge of Allegiance; self-introductions followed. Gayle Covey, advised attendees she brought the proclamation from a recent Board of Supervisors meeting recognizing the month of September as National Suicide Prevention Month in the County of San Bernardino. Assistant Director Michael Knight accepted it on behalf of the Department of Behavioral Health.

**NEW BUSINESS – ACTION ITEM(S)**

- **Tab 7:** Approval to Pay Ca Association of Local Mental Health Boards and Commission Annual Dues of \$1,500: Commissioners expressed interest in California Association of Local Mental Health Boards/ Commission increase in annual dues. Clerk of the Commission, Raquel Ramos will request financial reports. This item was tabled to a future agenda, until financial reports are received.

- **Identify Commissioner to Prepare Presentation Findings:**  
Vice Chair Susan McGee Stehsel 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: Jane Godager/ Veatrice Jews

AYES: Michael Grabhorn, Carol Kinzel, May Farr, Troy Mondragon, Monica Wilson, Susan McGee Stehsel

ASBSTAIN:

ABSENT: Jennifer Spence-Carpenter, Lorrie Denson, Akin Merino, Catherine Inscore, Christopher Massa.

- **Establish the Annual Awards Ceremony Selection Committee:**  
Commissioners Veatrice Jews, Jane Godager and Troy Mondragon volunteered as members for the Annual Awards Ceremony Selection Committee.

**APPROVED**

Motion/Second: Carol Kinzel / May Farr

AYES: Michael Grabhorn, Jane Godager, Veatrice Jews , Troy Mondragon, Monica Wilson, Susan McGee Stehsel

ASBSTAIN:

ABSENT: Jennifer Spence-Carpenter, Lorrie Denson, Akin Merino, Catherine Inscore, Christopher Massa.

- Establish the 2019 Election of Officers Committee:

Commissioners Troy Mondragon, Akin Merino, Jane Godager volunteered as members for the 2019 Election of Officers Committee.

#### **APPROVED**

Motion/Second: Carol Kinzel / Michael Grabhorn

AYES: May Farr, Jane Godager, Veatrice Jews , Troy Mondragon, Monica Wilson, Susan McGee Stehsel

ASBSTAIN:

ABSENT: Jennifer Spence-Carpenter, Lorrie Denson, Akin Merino, Catherine Inscore, Christopher Massa.

**Tab 5:** Review Minutes of September 6, 2018.

The minutes were approved with the following change:

Page 2, Third District, Commissioner Mondragon's report changed from: This event focuses on higher education for homeless youth. To: This event focuses on higher education for *foster and* homeless youth.

#### **APPROVED**

Motion/Second: Troy Mondragon / Michael Grabhorn

AYES: May Farr, Jane Godager, Veatrice Jews, Monica Wilson, Carol Kinzel.

ASBSTAIN: Susan McGee Stehsel, Monica Wilson

ABSENT: Jennifer Spence-Carpenter, Lorrie Denson, Akin Merino, Catherine Inscore Christopher Massa

#### **PUBLIC COMMENTS**

Vickie Mack of Sterling Solutions shared information on Career Pathway Training in First District. She identified herself as a consumer, mental health advocate, National Alliance on Mental Illness (NAMI) board member and the Project Director for Mental Health Occupations for Rural Employment. Rural communities suffer a historical disproportional shortage of mental health professionals. She is partnering with Victorville Career center for a Career Pathway training project. She attended today's meeting to ask the county to support her efforts by stimulating interest in mental health careers and providing job shadowing sites in the High Desert area. Please visit [www.MHSworkforce.org](http://www.MHSworkforce.org). She is asking First District Commissioners to collaborate in working on a plan for cultivating High Desert sites for job shadowing.

#### **CHAIRPERSON'S REPORT**

Vice Chair McGee Stehsel provided Chair Wilson's report on her behalf. As she had to leave the meeting. Chair Wilson is continuing her work on Youth Mental Health First Aid Training. The past month she provided training to Chaffey High School parents and teachers and is providing workshops weekly. She attended the Community Vital Signs steering Committee meeting and plans to attend the quarterly California Behavioral Health Planning Council meeting.

#### **COMMISSIONERS' REPORT**

##### **First District:**

Commissioner Michael Grabhorn is continuing his work with CASA, he provided a brief overview of the program and advised those interested in participating in this program in support of foster youth to see him after the meeting. He attended the District Advisory Committee (DAC) meeting, High Desert Coalition meeting and is continuing his work in the community to prevent human trafficking and underage drinking. He also attended the special screening The "S" Word in recognition of suicide prevention month.

##### **Second District:**

Commissioner May Farr attended the DAC meeting for the Second District and attended several meetings over the past month. She also attended Recovery Happens at the National Orange Show Fairgrounds. The event was well attended.

Commissioner Carol Kinzel attended the Mountain Provider Homeless meeting, Rim Communities for Youth meeting and is continuing her participation in the Rim Communities Resource Network and Mountain Homeless Coalition. She advised she has

articles and handouts on the Game of Skate coordinated by Rim Communities for Youth, reports from Supervisor Rutherford and the "Give Big" donation campaign for San Bernardino County. She also attended the Governmental Affairs meeting local to Blue Jay. She plans to attend the Evening on the Mountain Top event for special Olympics athletes on October 6.

**Third District:**

Commissioner Troy Mondragon attended the Valley Disabilities Fair, an event geared toward both physical and mental disabilities. He is emceeing the upcoming NAMI Walk on October 27. He is continuing his outreach to schools to encourage participation in the upcoming annual mental health events, "Embrace the Change" and "The Parade of Flowers." He plans to attend the October 24, Crafton Hills College Disability Fair.

**Fourth District:**

Commissioner Akin Merino advised she lives in the district where the recent student suicides took place. Conversations are still ongoing. She is continuing her work in bringing mental health awareness to the community, especially increasing dialogue with the youth. She expressed interest in increasing wellness among youth. The community is traumatized. When things like this happen DBH should put something out there and be more active in hosting meetings to support the community.

**Fifth District:**

Commissioner McGee Stehsel advised she has been busy with family health matters and other events related to mental health. She has no additional information to report.

Commissioner Veatrice Jews attended the DAC meeting and is working with Deputy Director, Andrew Gruchy on a project for the west side of San Bernardino. She will have more information to report out next month.

Commissioner Jane Godager advised she missed the DAC meeting, however she is interested and very concerned about complaints she has received from the west end regarding lack of community programs.

**Tab 6: SUBJECT MATTER PRESENTATION: Physician and Nursing Recruitment and Retention**

Presenters: Teresa Frausto, Medical Director, Behavioral Health; Dianne Sceranka, Nurse Manager, Behavioral Health.

- This presentation will include the vision of Medical Services Division, a description of workforce shortages, physician and nursing recruitment and retention, the role education plays in recruitment and retention, and workforce expansion and development.
- Medical Services Division vision is to provide a system of seamless accessible and effective services, timely access to evidenced based psychiatric and substance use disorder (SUD) services, care coordination of medical treatment, and training the next generation of psychiatrists and nurses.
- A US Department of Health and Human Services study shows there is a need for 3,000 more psychiatrists. By 2025 there will be a 25% increase to that shortage. By 2030 California will be more than 193,000 nurses short. For the past 20-30 years, California has only produced 50% of the nurses it needs. There are only 11,291 California Registered Nurses per year.
- Out of 58 counties in California, there are 26 designated by the California Healthcare Workforce Policy Commission as registered nurse shortage areas. There are currently 28,682 vacant registered nurse positions in California. San Bernardino County is a Registered Nurse Shortage area with more than 1,776 vacant Registered Nurse positions.
- In 2012 Medical Services Division had 25 psychiatrists, 2 internal medicine physicians, 1 nurse supervisor, 15 mental health nurses and 14 psychiatric technicians.
- Dr. Frausto provided an overview of the psychiatry education pathway.
- DBH's residency training program has 74 total residents in Fiscal Year (FY) 18/19. Training sites include Arrowhead Regional Medical Center, Loma Linda University, Kaiser Fontana and Pomona Valley Hospital.
- DBH's Medical Student training program has 41 total students for FY 18/19 and an estimated 60 for FY 20/21. Schools include Loma Linda University Medical School, Western University Medical School, Pacific Northwest University of Health Sciences, Touro University of Osteopathic Medicine and California University of Science and Medicine,
- DBH's Nurse Practitioner Student Program has 18 total nursing students for FY 18/19 with students from Loma Linda University, Azusa Pacific University and Walden University.

- DBH's Registered Nurse Student Program has 60 total students for FY 18/19. All students are from Azusa Pacific University.
- DBH was previously successful in receiving National Health Shortage Area Designation for all county clinics allowing for loan repayment. This assisted with recruitment efforts. This year only the High Desert Area received designation. DBH is applying to be re-designated for all county clinics.
- An overview of the DBH nursing career was provided, including minimum requirements for each classification.
- An overview of a nurse's role in DBH was provided, including how they interface with psychiatrists.
- The growth of the DBH Nursing Program has allowed for an increase in care coordination with physical health care providers as well as the creation of Clozaril Clinics.
- As of 2018 Medical Services Division has 1 Medical Director, 3 Associate Medical Directors, 55 Psychiatrists, 1 Addiction Medicine Psychiatrist, 7 Licensed Physicians, 2 Nurse Managers, 5 Nurse Supervisors, 3 Psychiatric Mental Health Nurse Practitioners, 36 Mental Health Nurses, 1 Registered Nurse Care Manager, 6 Licensed Vocational Nurses, 14 Psychiatric Technicians and 10 Clinic Assistants.
- A handout on the Behavioral Health Integration and Complex Care Initiative was provided.

### **DIRECTOR'S REPORT**

Assistant Director Michael Knight provided the Director's report on behalf of Veronica Kelley.

- He thanked Dr. Frausto and Medical Services for providing today's presentation. It's amazing to see how the Medical Services Division is expanding.
- He thanked Supervisor Ramos' and the Third District office for acknowledging DBH and presenting the Suicide Prevention proclamation. Prevention and Early Intervention (PEI) as well as Community Outreach and Education (CORE) did a lot of work in engaging the community and promoting the department's efforts in support of the National Suicide Awareness month. He thanked Michelle Duscik, Sonia Rubio and Claudia Silva.
- The Morongo Crisis Residential Treatment Center is open and now providing services. There are 16 beds, 3 are full. Please remember this resource as an alternative to emergency departments.
- Michael participated in a ride along with the Homeless Outreach and Proactive Enforcement (HOPE) and the Homeless Outreach and Support Team (HOST). DBH Substance Use Disorder and Recovery Services were also on the ride along. He was amazed to see the direct connection with the community and praised both programs. He thanked Michael Sweitzer for coordinating the ride along.
- There is a tremendous amount of information from the Federal and State level regarding homeless services and funding. Though DBH may not necessarily be the ones that are receiving the funding, we do provide services that are often attached to these programs. He thanked Andrew Gruchy and Alyce Belford for their work on these recent grant opportunities.

### **OUTSIDE AGENCY REPORTS**

- Claudia Silvia of CORE provided information on upcoming DBH events. She advised flyers for these events are available at the back table as you exit the room.
  - The Morongo Crisis Residential Treatment Center is now open. Please see the flyer for more information on services, location and phone number for referrals.
  - The Annual Wellness Triathlon is now underway. The first event will take place October 13, the Mind Body and Spirit Competition; followed by the NAMI Walk in October 27 at Diamond Valley Lake and last the Awards Night on November 13. Please see the flyer for more details.

### **ADJOURNMENT**

Meeting adjourned at 1:40 p.m.

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*Susan McGee-Stehsel, Vice Chair*  
Behavioral Health Commission

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*Raquel Ramos*  
Clerk of the Behavioral Health Commission