

MINUTES
San Bernardino County
BEHAVIORAL HEALTH COMMISSION MEETING
May 2, 2019 - 12:00-2:00 pm

Commissioners Present: Monica Wilson-Caffey, Michael Grabhorn, Vickie Mack, Carol Kinzel, Troy Mondragon, Susan McGee Stehsel

Excused Absence: Lorrie Denson, Jennifer Spence-Carpenter, Catherine Inscore, Veatrice Jews, May Farr

Absent: Christopher Massa, Jane Godager, Akin Merino

Guests: Kristen Figueroa, Sonia Rubio, Laurence Gonzaga, Michael Hayes, Georgina Yoshioka, Acacia Lovett, Charles Pearson, Deana Kahle, Joyce Carota, Dion Taylor, Jessica Williams, Jessica Cuevas, Linda Hart, Christina Entz, Toni Harris, Melissa Duchesue, Michelle Dusick, Claire Lemos, Julie Hale, Beverly Scott, Cynthia Gutierrez, Dario G., Shannon Gordon, Courtney Weber, Marlen Hernandez, Charles Siu, Charles Orr, Darcie Edwards, Cat F., Juliana Fry, Gayle Morrow, Jessica Vega, Karen Cervantes, Stephane, Julie Diaz, Cesar Bernal, Tim Hougen, Lauretta Ross, Lavern Herbert, Gary Burke, Deborah Donahue, Cistobal Medina, Laura Castaneda, Olympia Beteta, Adan Gomez, Clint Lewis, M. Clark, Julion Elison, Faith Ikeda, Mathew Pannon, Dick Crines, Holly Rudd, Samantha Stone, Carlos Tinoc, Lenore Moses, Merya Ahmed, Frances Berry, M. Oliver, windell Bridgewater, Hector Lopez, Nestor Lopez, Matthew Randipi, Lawrence Jones, Valerie Maybrier, William Long, Cheryl Placide, Sarah Hayes, Linda Marie Griffey, Patricia Verduzco, Justine Rangel.

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 12:03 p.m. and led the Pledge of Allegiance; self-introductions followed.

Tab 4: Review Minutes of April 4, 2019. No quorum present, item deferred to meeting on June 6, 2019.

PUBLIC COMMENTS

Linda Sibio of Bezerte Productions informed the audience that she has been coming to the Department of Behavioral Health (DBH) since 2004. The department has come a long way. She is proud to be living in San Bernardino County because of DBH.

CHAIRPERSON'S REPORT

Chair Wilson shared information on the Mental Health First Aid (MHFA) for Teens pilot project that is working to establish a training for teens to use with their fellow students. This training will be taught by peers. The organization is looking for teens interested in becoming trainers. For more information including the application to become a trainer please go to www.mentalhealthfirstaid.com. July 2019 is the official roll out of this new training. Tuesday, May 7, 2019, Crafton Hills College is hosting a Movies of Mental Health event taking place 12-3pm at the campus in Yucaipa. She is continuing efforts to highlight and empower the May is Mental Health Month initiative and indicated Commissioner Mondragon will share more on what they are doing at local college campuses.

COMMISSIONERS' REPORT

First District:

Commissioner Michael Grabhorn shared that he visited the Zen Monastery in Lucerne Valley and spent time visiting other churches. The Inland Empire Health Plan (IEHP) opened up a new resource center in Victorville. He visited the site this past month and shared that these services are available to everyone, not just those with insurance. He is continuing his participation in the Older Adult subcommittee; the group is planning an event in September. He attended the Transitional Age Youth (TAY) Golden Celebration and graduation this past month and attended a lecture on human trafficking.

Commissioner Vickie Mack attended the National Alliance on Mental Illness (NAMI) board meeting in Victorville. The group is working to increase collaboration with faith-based organizations. She attended the First District Advisory Committee (DAC) meeting and spoke at the California Health Collaborative where smoking and vaping was a popular topic. She attended a No Drugs America community event in Hesperia and plans to participate in the Annual Mental Health Summit and Suicide Prevention Walk events later in May.

Second District:

Commissioner Carol Kinzel is working with the California Health Collaborative for the Healthy Stores Health Community campaign with efforts focused on tobacco marketing. This past month she participated in a botany and repair seeding community service with local High School Students in support of being one with nature and its relation to mental health. May 18, 2019 is the Rim Community Resource Network Health Fair in Crestline, all are welcome to attend. She passed out flyers for upcoming local events.

Third District:

Commissioner Troy Mondragon acknowledged this meeting is kicking off May is Mental Health Month. This will be the seventh year for the Mental Health college campus event taking place May 7, 2019, the event expands to more college campuses every year, with local campuses like Crafton, Valley College, National University and Cal State San Bernardino participating. This year the DBH clubhouses are also participating in a moment of solidarity with the campuses.

Fifth District:

Commissioner Susan McGee Stehsel shared that she is a nurse, educator, retiree and a consumer. She is struggling with depression and is sharing and studying as methods to cope. She is finding nurture in nature, looking at different depressions and resiliency yoga. She read an article on college students and depression and the recovery process. She attended the DAC where they continued to focus on the wellness center. She expressed interest in the Electronic Health Record and psychiatric advanced directive.

Chair Wilson emphasized on the importance of DACs and Commissioners consistent participation.

NEW BUSINESS – ACTION ITEMS

Chair Monica Wilson volunteered to prepare the findings from today's Subject Matter presentation. The memos will be reviewed during the next BHC Executive Session.

Tab 5: SUBJECT MATTER PRESENTATION: Trauma Informed Care

Presenter: Robert Macy PhD, International Trauma Center

- Today's presentation will cover: compassion care planning for the workforce, understanding the 'Mentalist Model', Understanding psychological trauma, understanding the dynamics of toxic stress and reducing and preventing toxic stress.
- Attendees participated in a physical, intellectual, emotional and spirituality check in.
- The main point of trauma informed care is we cannot care for others if we cannot care for ourselves.
- Examples of mentalist models in trauma organized systems were provided then linked to the severe impacts of service workers.
- The concept of survival of the fittest was discussed with the idea that survival requires mutual help and cooperation.
- The definition of psychological trauma is when demands placed on the physiological system that result in the loss of control.
- There is a relationship between psychological trauma and toxic stress. This can become engineered into the body and mind. When life is organized around the impacts of toxic stress adaptive abilities are compromised. Communication breaks down and risks and toxic workplace stress increase.
- Attendees were encouraged to promote resilience, innovation self-care programs and co-regulation. Make plans to reduce restraint, seclusion and coercion in daily living.

- Flyers with more information on today's presentation and additional presentations Dr. Macy is conducting were placed at the sign in table for attendees to collect as they leave the meeting.

DIRECTOR'S REPORT

Deputy Director Andrew Gruchy provided the Director's report on behalf of Dr. Veronica Kelley. Due to the meeting running over he advised attendees that information collected from the Recent Point in Time Count is now posted online at www.sbcounty.gov.

OUTSIDE AGENCY REPORTS

- Claudia Silva informed attendees of the upcoming May is Mental Health Month activities. The Meet the Artist Pop Up Gallery will be open throughout the month of May, Patton State Museum Tours are available on Tuesdays in May and the final event will be the Evening with the Stars, May 30 at the Mitten Building in Redlands. A flyer with detailed information on each event and how to register is available at the sign in table.

ADJOURNMENT

Meeting adjourned at 2:10 p.m.

Monica Wilson-Caffey, Chair
Behavioral Health Commission

Raquel Ramos
Clerk of the Behavioral Health Commission