

MINUTES  
San Bernardino County  
**BEHAVIORAL HEALTH COMMISSION MEETING**  
September 5, 2019 - 12:00-2:00 pm

**Commissioners Present:** Michael Grabhorn, Vickie Mack, Lorrie Denson, Troy Mondragon, Akin Merino, May Farr

**Excused Absence:** Catherine Inscore, Susan McGee Stehsel, Monica Wilson-Caffey, Carol Kinzel, Veatrice Jews, Jennifer Spence-Carpenter

**Absent:** Christopher Masa, Jane Godager

**Guests:** Ernie Logan, Chauncey Bowie, Allison Cunningham, Michelle Dusick, Nicole Rice, Garth Pezant, Drrick Cannon, Jonathan Buffong, Alfredo Jauregui, Christy Brady, Sonia Rubio, Jennifer Halstead, Maria Aceves, Windell B., Ismael Beltran, Victor Navarro, Dave Arnold, Garrett Bedke, Matthew Navarro, Linda Marie Griffey, Karen Cervantes, Linda Hart, Gary Bustin, Rudy Armendariz, Christina Guerra, DeMario Dunn, Cary Stueland, Christina Entz, Patricia Verduzco, Victoria Hall, Steven Scranton, Kiema Maldonado, Julian Ellison, Linda Lindsey, Erin Zamora, Rob Davis, Jennifer Pacheco, Vivien Limon, Anselm Kitro, Deana Kahle, Claire Karp, Charles Yoshioka, Marina Espinosa, Michael Sweitzer, Regina Bell, Maribel Gutierrez, Alicia Harris, Teri Marrell, Rochelle Moss

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

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

Commissioner Akin Merino called the meeting to order at 12:10 p.m. and led the Pledge of Allegiance; self-introductions followed.

**Tab 4:** Review Minutes of August 1, 2019. Quorum not present, item tabled for October 3 meeting.

**PUBLIC COMMENTS**

No public comment.

**CHAIRPERSON'S REPORT**

Chair not present.

**COMMISSIONERS' REPORT**

**First District:**

Commissioner Michael Grabhorn shared that he identifies as an addict and would like to acknowledge that September is National Recovery Happens Month and Suicide Prevention Month. He attended the First District Advisory Committee (DAC) meeting this past month, representatives from Inland Empire Health Plan (IEHP) were also in attendance. Representatives from Moms Against Drunk Driving (MADD) will be in attendance at the next DAC meeting. He and others commissioners from the First District met with the First District Board of Supervisors office to review commissioner roles and set goals. This past month he also attended the National Night Out event in support of the stigma of mental health. He worked with Apple Valley City Council to donate to local homeless shelters and attended a Victorville City Council meeting with the Sheriff on business safety. He is working with Department of Behavioral Health (DBH) staff to provide information on Mental Health 101. He thanked DBH for the noticeable increase in social media presence.

Commissioner Lorrie Denson met with the First District Board of Supervisors office on Commissioner roles in the community and participation in DACs. She participated in a greeting activity, the Mom Mob at Victor Valley High School. She shared that she is suggesting evaluations for commissioners to evaluate themselves.

Commissioner Vickie Mack attended the August Homeless Outreach event and a National Alliance on Mental Illness (NAMI) board meeting. She, and the other First District Commissioners, met with the First District Board of Supervisors office and also

attended the First District DAC. She also attended the Access California Return to Recovery event. She referenced the recent officer involved shooting and encouraged productive conversations in the community. She shared that she feels privileged to be on the Behavioral Health Commission.

### **Second District:**

Commissioner Farr shared that she attended the DBH Clubhouse Comic Con event. The Clubhouses did a great job and there were many activities that attendees had the chance to participate in.

### **Third District:**

Commissioner Troy Mondragon acknowledged September is National Recovery Month. This past month he attended the Latino Subcommittee meeting. He has been participating in discussions of how Latinos are portrayed in the media. The date for the upcoming Health Fair has been changed to October 13. The fair will take place at the Mexican Consulate in San Bernardino. He also acknowledged Hispanic Heritage Month is coming up.

### **Fourth District:**

Commissioner Akin Merino attended the Chaffey Joint Unified Mental Health First Aid Training as well as the African American Subcommittee meeting. She is still planning the African Americans in Diaspora Conference; a flyer will be available soon. She thanked DBH for their ongoing assistance with the event and support with the DAC meetings. She plans to attend the upcoming African Americans subcommittee September 12 and encouraged others to attend.

### **Fifth District:**

No Fifth District Commissioners present.

## **NEW BUSINESS – ACTION ITEMS**

Commissioner Lorrie Denson volunteered to prepare the findings from today's Subject Matter presentation. The memos will be reviewed during the next BHC Executive Session.

Commissioners May Farr and Troy Mondragon volunteered to participate in the 2019 Data Notebook Ad Hoc Committee. This item will be reviewed and approved at the October meeting, as there was no quorum present.

## **Tab 8: SUBJECT MATTER PRESENTATION: Wellness 101**

Presenter: Deana Kahle, DBH Wellness Coordinator

- Well-being is contingent upon the following systems operating optimally: physical, mental, emotional, social and spiritual.
- What we eat, how we move and where we live contribute to our physical wellness.
- Mental wellness is largely contingent upon our thoughts and beliefs.
- Emotional Wellness requires feelings to be interpreted. The three key elements of emotion are subjective experience, physiological response and behavioral response.
- We are social beings that need connection in order to thrive. Connections with ethnicity culture, gender, roles; political or religious affiliations; and relationships are all examples.
- Spiritual wellness is how we interpret our meaning of life and purpose of being.
- Self-care is an independent, active and powerful choice to engage in activities that are required to gain and maintain optimal health.
- Optimal wellness is achieved through self-care. Examples of self-care include: having a bed time or staying up late, taking a lunch break or skipping lunch to run an errand, a weekly date night or a night in, decompression time, or saying "No."
- Self-care is different for everyone but will lead to the same result, wellness.
- For additional questions regarding today's presentation please contact Deana Kahle at [Deana.Kahle@dbh.sbcounty.gov](mailto:Deana.Kahle@dbh.sbcounty.gov) or (909) 388-0911.

## **DIRECTOR'S REPORT**

- Dr. Kelley acknowledged September as National Recovery Happens month. The theme for this year's event is "Together we are stronger." She advised it is important to keep this sentiment in mind.

- September is also Suicide Prevention Month. Corporate Starbucks recently reached out to DBH, as this time last year there were multiple suicides in our county. A local Starbucks had just opened where affected teens had a presence at. Baristas at the Starbucks were impacted. As a result they began writing motivational quotes on cups. Corporate found out and reached out to DBH for information on suicide prevention.
- Dr. Kelley shared that she testified before the California Assembly regarding Mental Health Services Act. There have been discussions to use Prevention and Early Intervention (PEI) funding for other entities, this will mean less funding for DBH, and will impact current service delivery. DBH is planning to do a campaign to tell our story of what we do with PEI funds.

### **OUTSIDE AGENCY REPORTS**

- Victoria Hall spoke on behalf of Program Support Services, Deputy Director, Marina Espinosa. A flyer is being passed around for next month's BHC presentation on Community Vital Signs. We look forward to seeing you all there.
- Alfredo Jauregui shared DBH has many events scheduled for September in honor of National Recovery Month. Today's meeting kicks off the month, September 12 is the play "Finding Our Way Home" taking place at Valley College, September 28 is the annual Recovery Happens event taking place at the Orange Show Fair grounds. A flyer with more details is available at the sign in table.
- Kristen Mungcal informed attendees that DBH is now accepting applications for the Peer and Family Advocate I, II and III. Recruitment closes September 30.
- May reminded attendees that the NAMI walk is coming up in October.

### **ADJOURNMENT**

Meeting adjourned at 1:30 p.m.

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*Akin Merino, Commissioner*  
Behavioral Health Commission

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*Raquel Ramos*  
Clerk of the Behavioral Health Commission