

MINUTES  
San Bernardino County  
**BEHAVIORAL HEALTH COMMISSION MEETING**  
October 3, 2019 - 12:00-2:00 pm

**Commissioners Present:** Michael Grabhorn, Vickie Mack, Christopher Masa, Carol Kinzel, Monica Caffey, Veatrice Jews, Laurie Marsden.

**Excused Absence:** Troy Mondragon, Akin Merino, May Farr, Lorrie Denson, Catherine Inscore, Jennifer Spence-Carpenter,

**Absent:** Jane Godager, Susan McGee-Stehsel

**Guests:** Jon Buffong, Sonia Rubio, Michelle Dusick, Raun Flowers, Cary Stueland, Clinit Lewis, Laurence Gonzaga, Christina Alves, Eric Rutherford, Jessica Cuevas, Toni Harris, Alfredo Jauregui, Karen Cervantes, Erin Zamora, Laretta Ross, Christina Entz, Christy Brady, Jessica Montecinos, Dori Baeza, C Karp, Mark Parrel, Scott Rigsby, Rochelle Moss, Garth Pezant, Gregory Nyx, Harry Cass, Jennifer Pacheco, Rene Keres, Nicole Justo, Marina Espinosa, Kristen Mungcal, Doris Turner, Shannon Meehan.

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

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

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

**Tab 5:** Review Minutes of August 1, 2019. Quorum not present, item tabled for November 7 meeting.

**Tab 6:** Review Minutes of September 5, 2019. Quorum not present, item tabled for November 7 meeting.

**PUBLIC COMMENTS**

No public comment.

**CHAIRPERSON'S REPORT**

Chair Caffey shared that she and Commissioners Akin Merino and Troy Mondragon presented on Suicide Prevention to teachers at Montclair High School. She thanked Dr. Taylor for his work on the Fourth District Advisory Committee meetings. She is working with Ontario High School on presenting a film October 10, she has asked the Department of Behavioral Health (DBH) to be present at the event.

**COMMISSIONERS' REPORT**

**First District:**

Commissioner Michael Grabhorn attended a presentation at Burning Bush Church on homelessness and drugs. Mothers Against Drunk Driving (MADD) attended the First District DAC meeting in September. He attended Recovery Happens and commented that attendance levels are growing every year. He encouraged meeting attendees to attend their local DACs, as this is an opportunity for the community to tell commissioners what they feel is needed in behavioral health.

Commissioner Vickie Mack shared she is coordinating a Mental Health Crisis Intervention Forum in November. The event is meant to raise awareness and organize how resources may be accessed. Flyers for the event are available at the sign in table. She plans to attend the National Alliance on Mental Illness (NAMI) walks event in October at Diamond Valley Lake. She is working with Saint Mary Desert Valley Hospital for their first annual Behavioral Health Career Symposium for local High School Students; DBH is participating.

### Second District:

Commissioner Carol Kinzel attended the Rim Communities Resource Network and DAC meetings. She participated in the Homeless Services Resource Fair, the Snow Valley for Rim Special Olympics and Game of Skate. She had separate meetings with Dr. Taylor and Andre Bossieux of DBH.

### Third District:

Commissioner Christopher Massa encouraged attendees to participate in their local DAC meetings.

### Fourth District:

No Fourth District Commissioners present. See Chair's report.

### Fifth District:

Commissioner Veatrice Jews is continuing her work with faith based groups for grief counseling and spreading the word on DBH resources. She plans to attend the October Fifth District DAC and homeless coalition meetings.

## Tab 7: DATA NOTEBOOK PRESENTATION

Presenter: Dr. Joshua Taylor

- The California Behavioral Health Planning Council is a consumer and family member advisory board that advocates on behalf of those with severe mental illness to advise the legislature on behavioral health issues, policies and priorities in California.
- The data notebook is an opportunity for the Behavioral Health Commission to collaborate with the county to identify critical issues related to behavioral health.
- This year's data notebook focused on Trauma Informed Care.
- In Fiscal Year (FY) 2018-1 the county assisted a total of 284 consumers with some or all of the costs to reside in an Adult Residential Care Facility (ARF).
- There were a total of 356 homeless persons sheltered in emergency shelter and 319 sheltered in transitional housing.
- Currently there are 7 Short Term Residential Therapeutic Programs in San Bernardino County (SBC), DBH contracts with a total of 28 congregate care and/or STRTPs. Children and Youth Collaborative Services (CYCS) within DBH provides a clinical liaison to each contract for intensive consultation and support.
- Trauma informed practices used in SBC include: Trauma Focused-Cognitive Behavioral Therapy (TF-CBT), Eye Movement Desensitization and Reprocessing (EMDR), Seeking Safety, Parent-Child Interaction Therapy (PCIT), Incredible Years, Attachment, Regulation and Competency (ARC), ACEs, Functional Family Therapy (FFT), Trauma Resiliency Model, Disaster Mental Health, Intro to Trauma-Informed Care, Vicarious Traumatization, and Vicarious Transformation.
- Information on Trauma informed care has also been presented to the BHC. Presentations include: Services for Children and Transitional Age Youth (TAY), November 3, 2016, Working with School Districts for More Effective Mental Health Services to Students, January 5, 2017, Behavioral Health Services in Rural San Bernardino County, July 6, 2017, Patient Care Process Behavioral Health Services Collaborative Partnership between Arrowhead Regional Medical Center (ARMC) and the Department of Behavioral Health (DBH), September 7, 2017, Drug and Alcohol Services and Treatment for Youth, June 7, 2018., Supporting Youth Wellness: a Collaborative Approach, July 5, 2018, Promoting Youth Wellness through Prevention and Early Intervention, September 6, 2018, Training Program for Law Enforcement and Community Partners, November 1, 2018, Behavioral Health Services in Rural San Bernardino County, March 7, 2019, Trauma Informed Care and Toxic Stress Reduction, May 5, 2019, Suicide Prevention Support in San Bernardino County, June 6, 2019, and Criminal Justice Partnerships, August 1, 2019.
- Priorities for children and youth services include:
  1. Screen for ACEs throughout our MHP.
  2. Increase training to STRTP's on Trauma-Informed Care.

3. Increase access to Trauma-Informed Trainings for MHP staff.
- Priorities for adult services include:
    1. Safe sleeping sites for the homeless.
    2. Trauma informed training for Primary Care providers.
    3. Further collaborate and promote with schools to develop new practitioners.
  - Priorities for older adults include:
    1. Promote training for care facilities.
    2. Further collaboration with Department of Aging and Adult Services.
    3. Promote appropriate levels of care that can address the co-occurring needs for older adults.
  - Once submitted, The Data Notebook will be made available for review on the BHC website.

### **NEW BUSINESS – ACTION ITEMS**

- Commissioners May Farr and Troy Mondragon volunteered to participate in the 2019 Data Notebook Ad Hoc Committee at the September BHC meeting. This item will be reviewed and approved at the November meeting, as there was no quorum present.
- Commissioners Jews, Merino and Denson will be the Annual Awards Selection Committee. This item will be reviewed and approved at the November meeting, as there was no quorum present.
- Commissioners Kinzel, Mondragon, Mack and Grabhorn will be the 2020 Election of Officers Committee. This item will be reviewed and approved at the November meeting, as there was no quorum present.
- Commissioner Mack volunteered to prepare the findings from today's presentation. The memo will be reviewed and approved during the next BHC Executive Session.

### **Tab 8: SUBJECT MATTER PRESENTATION: 2019 Status of Our Vital Signs**

Presenter: Cassandra Leier, Health Assessment and Research for Communities

- Meeting attendees took a survey related to the community health needs assessment.
- Based on the recent community health needs assessment, some of the biggest concerns in SBC are transportation and cost of living/ affordable housing.
- The largest population by age group is the working population. Information on growing populations, race and ethnicity in SBC were reviewed.
- A majority of accessible food is fast food, the presenter discussed access to healthy food and how this may impact health and wellness in the community.
- 30% of kids ages 0-5 have received dental care in the past year.
- Sexually Transmitted Diseases is a growing issue among young adults.
- Since 2015 there has been a gradual decline in poverty rates for SBC, however SBC is still higher than the state average.
- Unemployment rates have decreased, however SBC is still higher than the state average.
- Graduation rates have increased, SBC is higher than the state average.
- The rate of violent crime in SBC decreased in 2012 and increased in 2017.
- Copies of today's presentation will be posted on the Community Vital Signs website.

### **DIRECTOR'S REPORT**

Assistant Director Michael Knight provided a report on behalf of Dr. Veronica Kelley.

- He thanked those that attended Recovery Happens. The event took place at the Orange Show Fair grounds during a separate dental health fair. This worked well for both events. Assembly Person Ramos attended the event and provided a tribal song.
- Assembly Person Ramos also visited the Windsor Crisis Stabilization Unit facility, then attended a round table discussion at the Transitional Age Youth Center. Assembly Person Ramos has been an advocate for behavioral health at the state level.

- He thanked the Commission for their contributions to this year's Data Notebook.
- The following promotions were announced: Dr. Joshua Taylor promoted to Senior Program Manager for Community Behavioral Health and Recovery Services; Julie Hale promoted to Senior Program Manager for 24 Hour and Emergency Services.

**OUTSIDE AGENCY REPORTS**

- Alfredo Jauregui reported out on upcoming DBH events, Hispanic Heritage Month and Day of Prayer. Flyers with detailed information are available at the sign in table.
- Gareth Plezant suggested DBH bring the Conditional Release Program back.

**ADJOURNMENT**

Meeting adjourned at 2:00 p.m.

---

*Monica Caffey, Chair*  
Behavioral Health Commission

---

*Raquel Ramos*  
Clerk of the Behavioral Health Commission