



San Bernardino County
Behavioral Health Commission
Meeting Minutes

Date: April 2, 2026
Time: 12:00pm – 2:00pm

Minutes Recorded and Transcribed by: *John Granado, Clerk of the Commission*

OPENING REMARKS	PRESENTER	ACTION/OUTCOME
A. Call to Order	Jonathan Cahow, Chair	<ul style="list-style-type: none"> The Behavioral Health Commission (BHC) meeting was called to order at 12:07pm. Attendees were welcomed and led in the Pledge of Allegiance.
B. Roll Call	Jonathan Cahow, Chair	<ul style="list-style-type: none"> Roll Call took place; there is a quorum.
INFORMATION ITEMS		
C. Review and Approve Minutes From 2/5/2026	Members of the Commission	<ul style="list-style-type: none"> Minutes were reviewed and no changes were recommended. Motion to accept minutes made by Vice Chair Hall with a second by Commissioner Westlake. Motion was unanimously passed.
D. Public Comment	John Granado, Clerk of the Commission	<ul style="list-style-type: none"> Dino Bucci: Speaking of the size and relocation of the clubhouse in Barstow due to the limitations of the current space: <ul style="list-style-type: none"> The new location has a seating capacity of 25 individuals while more than 50 pass through each day, limiting access to essential services. Creating a less than welcoming environment due to no wheelchair access Not allowing personal belongings into the restroom, security monitoring restroom access time Members are not allowed to wait outside or in the lobby regardless of weather. Yadaiyah LaSakalhaahmath, continuing previous topic of the clubhouse: <ul style="list-style-type: none"> Despite signs in the clinic to stay hydrated, clinic staff complain when asked for a bottle of water. Due to the clinic supervisor not wanting members to use the mail service, members are unable to get basic needs such as birth certificates, ID and Direct Express cards. The laundry room is in the kitchen, and the space is too small to accommodate both causing times of no showers permitted forcing members to use the clinic bathroom. Threats of loitering when sitting in the lobby or in the patio area. Although the clinic acts as a vital bridge to clinical services, it can be unwelcoming and make it hard for members to utilize their services. Suggest relocating to a larger more accessible space to meet the standards of care and dignity that members deserve.



		<ul style="list-style-type: none">● Maria Hernandez, continuing previous topic of the clubhouse:<ul style="list-style-type: none">○ As a member of Desert Stars for a few years, she also realizes the space is too small to provide needed services and keep members comfortable during the upcoming summer heat and cooling period later in the year.○ Security continues to make members uncomfortable asking them to move from the front of the building while waiting for the clinic to open, sometimes causing members to miss their bus and not allowing them inside to wait for the next one.● David Williams, Team House:<ul style="list-style-type: none">○ Appreciative of all they do.○ Along with positive staff, there is more room to move around, provides and in closer proximity to locations for mental health services.● Eric Gibbs, Team House:<ul style="list-style-type: none">○ The new building offers a more streamlined feel about what is going on and is more accessible to behavioral health services.○ In building traffic is safer during the morning and fewer areas are sanctioned off.○ The location is next to a bus line providing a convenient way for members to access public transportation.● John - Michael Williams, Department of Behavioral Health (DBH) Clubhouses:<ul style="list-style-type: none">○ Along with Samuel Montez, founded the Men's Resilience Group. As they noticed men walking in and out of the club houses, the mission of this group is to help men realize they are not fundamentally broken, forever flawed or not deserving of stability. It will be a special space where they can come together, share stories and be truthful.● Kari Fu, Los Osos High School:<ul style="list-style-type: none">○ According to the National Alliance on Mental Illness (NAMI), 1-5 teens experience a mental disorder each year with most never receiving treatment.○ For youth, mental health affects school performance, relationships, identity and self-worth.○ Awareness alone is not enough, we must also advocate for clear policy, structural reform, prioritizing mental health education in schools, insurance reform, expanding peer mental health training programs, mental health days as sick days and establishing mandatory counselor-to-student ratios.
--	--	--



		<ul style="list-style-type: none"> ○ Last year at her school, a community came together mourning two students. The moment of silence shared haunted their hallways with shock and anger from teachers, classmates and friends. These stories have been heard for far too long and should never be repeated. ○ Overcoming barriers to youth mental illness starts with choosing empathy over judgement and listening instead of dismissing. ○ Real strength is to speak up, listen and choose to care. Together, check in on your friends, encourage open conversations, put down our phones and step outside together. Look for ways to uplift one another and be the reason someone chooses to stay because youth mental health is not someone else's problem. ● Dr. Julie Kasarjian, Medical Director Veteran's Alcoholic Rehab Program (VARP) Gibson House: <ul style="list-style-type: none"> ○ Expanding both outpatient and new residential beds. ○ Doctors in San Bernardino and Riverside counties continue to educate about low barrier access to medication assisted treatment while advocating for what is out in the drug supply. ○ Asked attendees to be aware of kratom, or mitragynine that is being sold at Circle K and 7-11 as an energy drink. This is an opioid that in very small doses can make people calm or energetic depending on their metabolism at high doses. The withdrawal for this is like meth. This has been outlawed in the city of Ontario and on the list for the city of San Bernardino. ○ Found in the cities of Fontana and Yucaipa and a smoke shop being offered in bright colors that is easily accessible to kids. ○ A stronger dose, 7 OH, is a metabolite of kratom. It is supposedly good for chronic pain with a big lobby of people making money from it. ○ Another supplement, Tianeptine, is making its way here from the east Coast. This is stronger than opioids and has been taken off the market. ● Satellite Locations: There are no public comments from the Apple Valley and Yucca Valley locations.
<p>E. Chair's Report</p>	<p>Jonathan Cahow, Chair</p>	<ul style="list-style-type: none"> ● Attended/participated in the following: <ul style="list-style-type: none"> ○ Taught the Needs, Beliefs and Behaviors portion at the Shock Program in Apple Valley. This is a juvenile justice program run by the Sherriff's Department for at risk youth. ○ Meeting regarding the Behavioral Health Services Act (BHSA).



	<p>Michael Hall, Vice Chair</p> <p>Delenia Lewis, Commissioner</p> <p>Eloisa Contreras, Commissioner</p> <p>Lynn Brown-Summers, Commissioner</p>	<ul style="list-style-type: none">• Attended/participated in the following:<ul style="list-style-type: none">○ Various program visits. He encouraged other locations, club houses and programs to invite Commissioners to their areas.○ Disabilities Awareness Subcommittee meeting. Also encourage other subcommittees to reach out to the BHC in hopes of bringing in new attendees.○ Meeting regarding the Behavioral Health Services Act (BHSA). • Attended/participated in the following:<ul style="list-style-type: none">○ Community Based Organization (CBO) Subcommittee.○ DAC meeting. Also attended by Latrice Armstrong, Chief Executive Officer (CEO) of Inspire a Youth, a short-term residential facility for high school age women, discussing mental health and staff on grounds.○ Woman's History Month celebration featuring guest speaker Cynthia Moran, Chino hills Councilwomen. She discussed personal experiences with incarcerated family members and available resources. • Attended/participated in the following:<ul style="list-style-type: none">○ Blue Envelope training with the San Bernardino Police Department to enhance safety, reduce anxiety and improve communication between police and individuals with disabilities.○ San Bernardino Valley College Centennial Gala, honoring 100 years.○ The Wellness Fest, hosted by the I Am Gifted Foundation.○ San Bernardino City Council Meeting.○ Will be having an Easter Egg hunt on April 4th at the following locations; Ayala Park in Bloomington from 10:00am-12:00pm, Cesar Chavez Park in Colton from 10:00am-2:00pm and Frisbee Park in Rialto from 10:00am-2:00pm. • Attended/participated in the following:<ul style="list-style-type: none">○ Individual Education Program (IEP) meetings, two high school and one elementary. They discussed how to incorporate programs with behavioral health.○ Garden classes for a Veteran's group and two group homes. These classes allow participants to reduce stress and let out aggression.
--	--	--



<p>H. Presentation</p>	<p>Dr. Josephine Perez and Jeremy Sanquist</p>	<ul style="list-style-type: none">• Power Point on TAY System of Care can be found here 2. DBH ADA Compliant PPT Template FINAL.pptx• Angela, Personal Story:<ul style="list-style-type: none">○ As part of an immigrant family, was assisted by Dr. Perez and Dr. Sikowitz with homelessness and behavioral health. They also helped with her Supplemental Security Income (SSI) and obtain a job.• Ariana, Personal Story:<ul style="list-style-type: none">○ She came from a background where mental health was not favorably looked upon, and her family denied her the services she needed.○ As she was feeling lost, TAY opened her eyes and though her case manager and therapist realized life was worth living.• Pluto Aruza, Personal Story:<ul style="list-style-type: none">○ Has been involved in the TAY program in September of 2025 as he was in a domestic violence situation at home.○ At TAY, he is accepted for who he is and was welcomed with open arms.○ He received help while dealing with an eating disorder and with the help of the staff, he is recovering.• Linden, Personal Story:<ul style="list-style-type: none">○ Very young, he dealt with depression, family troubles, the pandemic and school.○ After a certain crisis he was transferred to Windsor where he started receiving services.○ TAY has helped establish a connection to other services such as case management therapy and the garden group.○ TAY connected him to resources that helped him choose a career in healthcare and join a Certified Nurse Assistant (CNA) course where is on the registry for certification.• Alexis, Personal Story:<ul style="list-style-type: none">○ She was directed to TAY by a therapist at a different clinic during a hard time in her life where she was able to get therapy case management.○ While in therapy, she has been able to obtain her diploma and now has the resources to achieve her goals and work toward independence.• Q&A:<ul style="list-style-type: none">○ Commissioner Brown-Summers asked that due to the stigma of young African American women, you must have a mental illness. As youth have told her that parents do not allow their children to access services, how is a diagnosis determined? Jeremy answered
------------------------	--	---



		<p>that clinicians can come out to evaluate and if they meet specialty criteria, with or without family consent. Acknowledging there is a stigma among young African American women, they want to help reduce this thinking. Dr. Perez added that if a person needs services right away, they can do an assessment that day while case management and groups are offered if a person wants to move at a slower pace.</p>
I. Public Hearing	Maribel Gutierrez, Deputy Director	<ul style="list-style-type: none">• Power Point on BHSA Integrated Plan can be found here 3. BHSA IP Public Hearing 4.1.26 PRO FINAL BHCommission version.pptx• Q&A:<ul style="list-style-type: none">○ Supervisor Armendarez commented previously low engagement and would like more use of the resources at his disposal to improve on the 53 people who participated out of 2.3 million. He recommended future reports obtain more adequate responses before presenting.○ Commissioner Mink commented that although she did see Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ), she did not see older adults and being a majority in the county they should have more value, and they may need more hands-on assistance in participating.○ Secretary Dr. Samuel commented there is a Senior Center in Fontana where groups such as the aging can come together and participate with in house help.○ Vice Chair Hall commented that it takes everyone to make this successful. When individuals see club houses shut down, programs not performing to their capabilities, DBH not providing services in certain areas it is up to all of us to make these things known and participating in these areas is beneficial to everyone.○ Dr. Alyce Belford commented that she has assisted the BHSA and wanted to put it in perspective; Los Angeles County put out data that there were 450 unduplicated people in the county that were presented with the material and 109 responded. She acknowledged the data could be better and one thing they can incorporate into the integrated plan is solicit responses as out of 1,100 people, only 50 were willing to respond.○ Commissioner Brown-Summers commented she is familiar with the process and will do her best to get the numbers up while working with her faith based and garden groups.



		<ul style="list-style-type: none"> • Clubhouse Visits: Will work on a better process to establish a shorter wait time in visiting clubhouses. Also acknowledged visits are based on other factors including availability, operations and any privacy concerns. • Legislative Updates, Megan Kidwell: <ul style="list-style-type: none"> ○ Federally, the Senate submitted a Department of Homeland Security (DHS) funding package, hoping to have a vote by end of the day or tomorrow. Hearings will continue items such as House Resolution (HR) 1 impacts that will directly impact San Bernardino County constituents, particularly the medical staff. ○ Assembly Bill (AB) 618, a bill allowing better coordination of services amongst entities that are providing HR1 services. Supported by the County Behavioral Health Director's Association (CBHDA). ○ Senate Bill (SB) 1060, a bill that would prohibit recovery or treatment facilities serving more than six residents within 1,000 feet of schools or daycares. Opposed by CBHDA, we want to service the people where they are living. • Public Relations & Outreach, Miranda Canseco: <ul style="list-style-type: none"> ○ Reminder to wear lime green for the May Mental Health Month kickoff meeting. ○ Directing Change: Meet the Artists flyers are available in the lobby. ○ Into Light Exhibition is on display in Rancho Cucamonga
Adjournment	Jonathan Cahow, Chair	<ul style="list-style-type: none"> • With no further business or discussion, the meeting was adjourned at 2:23pm.
Next Meeting		<p>DATE/TIME: Thursday, May 7, 2026 12:00pm – 2:00pm</p> <p>LOCATION: 850 East Foothill Boulevard F120 Rialto, CA 92376</p>

ATTENDANCE

FIRST DISTRICT	SECOND DISTRICT	THIRD DISTRICT	FOURTH DISTRICT	FIFTH DISTRICT	Board Representative
Jonathan C. Cahow <i>Present</i>	Jennifer Oglesby <i>Unexcused Absence</i>	Allie Mink <i>Present</i>	Delinia Lewis <i>Present</i>	Lynn Summers <i>Present</i>	Supervisor Jesse Armendarez <i>Present</i>
Amanda Uptergrove <i>Excused Absence</i>	Dr. Valerie Samuel <i>Present</i>	Troy Mondragon <i>Present</i>	John T. Chapman <i>Excused Absence</i>	Eloisa Contreras <i>Present</i>	
Samuel Shoup <i>Unexcused Absence</i>	Michael A. Hall <i>Present</i>	Dakota I. Westlake <i>Excused Absence</i>	VACANT	Kelvin D. Moore <i>Present</i>	

GUESTS



Behavioral Health

John Granado, Suzanne Bryant, Joshua Dugas, Marybel Valadez, Marina Espinosa, Jennifer Alsina, Johnny Bucher, Desmond Villanueva, Yadaiah LaSakalhaahmath, Gabriel Horne, Jeremy Saquist, Chloe Yamas, Dr. Alyce Belford, Marcellus Everett, Mark Franks, Jeanine Wymer, Naoni Santoya, Alicia Harris, Dr. Rebecca Scott Young, Natalie Sanders, Victor Tarros, Maribel Gutierrez, Derrick Cannon, Dr. Julie Kasajian, Candace Armijo, Dr. Joshua Taylor, Tamela Hutchinson, Dino Bucci, Stephanie DeForrest, Kimmy Walker, Jonathon Serrano, Maria Hernandez, Alicia Rodriguez, Anna Duarte, Teri Morrell, Pluto Aruza, Angela Romero, Ariana Hunter, Amber Carpenter, Lionel Moran, Heather Louer, Yvonne Morgan, Vivian Bermudez, Tina Entz, Megan Kidwell, Clifford Craig, Catrina Figueroa, Stella Grosso, Josie, De Vera, Tina Hughes, Eric Gibbs, David Williams, Lamika Lydee, Lakiya Otis, Dr. Reginald Allen, Leo Ibarzola, Carlos Vazquez, Lori Butler, Erica Ochoa, Marlene Abriz, Lana Frausto, Linda Gary, Alexis Mendia, Edith Lockerman, Jonathan Corral, Sky Pedraza and Corrie McCabe

Apple Valley: Gregory Williams and Nichole Williams-Artry

Yucca Valley: No attendees