



San Bernardino County
Behavioral Health Commission
Meeting Minutes

Date: Thursday, February 5, 2026
Time: 12:00 p.m. – 2:00 p.m.

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 meeting was called to order at 12:03 p.m. 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 1/8/2026	Members of the Commission	<ul style="list-style-type: none"> Minutes were reviewed and no changes were recommended. Motion to accept minutes made by Commissioner Shoup with a second by Commissioner Uptergrove. Motion was unanimously passed.
D. Public Comment	John Granado, Clerk of the Commission	<ul style="list-style-type: none"> Linda Hart: Recognized the second week in February is designated as African American Mental Health Awareness Week. She thanked the San Bernardino County Department of Behavioral Health (DBH) for helping navigate the system regarding her son’s conservatorship. As a caregiver and parent, she would like to collaborate with other parents under that umbrella to help bring more awareness to how conservatorship and guardianship work. Francisco Martinez: Program Director for the Multidimensional Anti-Recidivism Program (MAP). This program partners with San Bernardino Probation and Community Solutions Incorporated. Together, they are committed to public safety, rehabilitation, restorative long-term community stability and reducing recidivism by serving individuals and loved ones who are affected by the criminal justice legal system. They hope to restore dignity, stability and opportunity through course management and vocational training. With housing being foundational to reintegration, he is asking any organization with housing resources to be a part of this program and made an open invitation for Commissioners to visit their facilities in San Bernardino. Flyers and business cards are available in the lobby. Ricardo Diego: Shared his experience with Amazing Place. After 11 years on the streets and living a life of uncertainty, he was looking for direction. After doing a Google search, he found Amazing Place and visited. After some time of going just to charge his phone, he would go to eat and shower. After some time, visiting a few times a month turned into visiting almost every day. He felt more included with each visit as the staff made every effort to invite him to participate. Eventually he was housed. He now attends school and takes steps to clear his record and has a more positive outlook. Stella Grosso: Spoke on suicide prevention and how it does not mention how most patients don’t know their rights. Usually,



		<p>they are rushed by staff to put on a gown or scrubs, even if the patient has a change of clothes. This can be especially uncomfortable for females. Another issue involves restraints, when used, and medication through injection as the patients' medical charts should be checked. She is hoping to see an improvement in how mental hospitals are run, referencing a Chino hospital as having a good process as there are therapy sessions, recreational groups, an accessible cafeteria, basketball courts and other activities. After discharge, patients are provided with aftercare services and an outpatient program where transportation is provided to and from your residence or care facility.</p> <ul style="list-style-type: none"> • 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"> • As the newly elected Chair, he is continuing to learn more and thanked his fellow Commissioners for their insight and he is looking forward to helping in any areas he can. He shared his personal history including obtaining a bachelor's degree in psychology, associate's degree in behavioral science and a master's in educational counseling from the University of Redlands. His professional experience includes working with group homes where he learned a lot about communication as a person and not just as an officer. With the last 20 years spent as a law enforcement officer, he is currently a Deputy Sheriff assigned as a Lieutenant to the Victor Valley station. He has an interest in making sure everyone is getting the mental health services they need and receiving proper care.
<p>F. Commissioners Reports</p>	<p>Samuel Shoup, Commissioner</p> <p>Amanda Uptergrove, Commissioner</p> <p>Allie Mink, Commissioner</p>	<ul style="list-style-type: none"> • As a new Commissioner, he does not have any activities to report on this month. • Participated in the following: <ul style="list-style-type: none"> ○ Two city council meetings. ○ Food drives in the High Desert and outside Adelanto. ○ Clothes drive in Victorville, Apple Valley and Victorville. ○ Visited Genesis Christian counseling to learn about their services. ○ Diaper bank. • Participated in the following: <ul style="list-style-type: none"> ○ Third District Advisory Committee (DAC) meeting with a presentation from Dr. Taylor's team on addressing challenges and best practices for mental health serving mountain communities in San Bernardino County. ○ Supported Cal State University San Bernardino (CSUSB) in Applied Suicide Intervention Skills Training (ASIST).



	<p>Dakota Westlake, Commissioner</p> <p>Dr. Valerie Samuel, Treasurer</p> <p>Michael Hall, Vice Chair</p> <p>Eloisa Contreras, Commissioner</p>	<ul style="list-style-type: none"> ○ National Alliance on Mental Illness (NAMI) training on mental health of the mind and body. ○ Inland Empire Concerned African American Churches (IECAAC) Martin Luther King, Jr. breakfast. ○ California Association of Local Behavioral Health Boards & Commissions (CALBHBC) training on being an effective board member and Brown Act. ○ Answered warm calls providing information to facilitate both peer and family support groups. <ul style="list-style-type: none"> ● Participated in the following: <ul style="list-style-type: none"> ○ Third District (DAC) meeting discussing Crisis Intervention Training (CIT) protocols and highlighting challenges in the mountain communities. ○ Behavioral Health Services Act (BHSA) meeting with the Community Policy Advisory Committee (CPAC). ● Acknowledged Black History Month. ● Participated in the following: <ul style="list-style-type: none"> ○ Point in Time Count to account for those that are unhoused. ○ Met with Deputy Director Maribel Gutierrez and three community providers regarding mental health services in San Bernardino County. ○ Visited Pathways clubhouse. ○ Attended Allison Cunningham’s retirement and spoke with the Children’s Services staff. ● Participated in the following: <ul style="list-style-type: none"> ○ Had lunch with one of the original Tuskegee Airmen. ○ Second District (DAC) meeting. ○ IECAAC Martin Luther King, Jr. breakfast. ○ Point in Time Count to account for those that are unhoused. ○ Provider planning meeting. ○ Community meeting with Supervisor Armendarez. ○ BHSA meeting with the CPAC. ● Acknowledged Black History Month. ● Participated in the following: <ul style="list-style-type: none"> ○ Public safety commission meeting in San Bernardino. ○ Coffee with a cop in San Bernardino. ○ Belvedere Neighborhood Association meeting providing resources. ○ Human trafficking webinar on impact, common warning signs, risk factors and 2023 reporting procedures. Modes of transportation used by
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	Memo of Findings	<p>traffickers are 52% bus, 47% taxi, 38% airplane, 30% rail, 9% rideshare and 3% cruise ship.</p> <ul style="list-style-type: none"> ○ Met with Esmirina Robles Islas from Pacific Clinics resource center as they are starting a new program called Familia's Unidas. ○ Cup of coffee with Supervisor Joe Baca at the Baker Family Learning Center to discuss the quality of life in Muscoy including the expansions of the Kern Street Residential Facility and Baker Library. <ul style="list-style-type: none"> ● Reviewed by the commissioners; no question or requests for revisions. Advised Commissioner Mink she is assigned the Memo of Findings for today's presentation on Juvenile Justice and Mental Health.
G. Discussion Items	Members of the Commission	<ul style="list-style-type: none"> ● May Event Ad Hoc Committee Update: The committee has set up a series of four meetings, the first happening Monday February 9, 2026. More information to follow. ● 2026 Conference Schedule Recommendations: Clerk John Granado advised the commissioners they have been provided with a handout on the upcoming conferences that have been regularly attended by the Behavioral Health Commission (BHC) which are the following: <ul style="list-style-type: none"> ○ California Mental Health Advocates for Children and Youth (CMHACY) May 6-8 in Sacramento, CA ○ The Wellness Conference July 22-24 in Anaheim, CA ○ Wellness Together Conference September 9-11 in San Diego, CA ○ NAMI Conference October 8-9 in Anaheim, CA. ● Registration fees are available for CMHACY at \$600.00 and \$735.00 after March 25th and NAMI at \$250.00 until May 24th. Discounted hotels are not yet available. Also advised, the commission CMHACY is the only conference that will affect the 25/26 fiscal year budget which is \$51,658.00 with \$28,960.05 currently available. ● Chair Cahow advised the commission to take the budget into consideration along with providing all commissioners with an opportunity to attend. ● Due to being within the recommended 90 days, an e-mail will be sent out to the BHC on who would like to attend the CMHACY conference. ● Ad Hoc Committee was created that includes Commissioner Mink (Chair), Commissioner Westlake and Secretary Dr. Samuel.
H. Subject Matter Presentations	Dr. Timothy Hougen, Gayle Morrow, Heather Copeland and Christian Romero	<ul style="list-style-type: none"> ● Presentation on Juvenile Justice and Mental Health can be found here 3. JJP Presentation - BH Commission 2026 2 5 PRO FINAL.pptx ● Q&A:

		<ul style="list-style-type: none"> • Commissioner Mink asked how often participants are reassessed. <ul style="list-style-type: none"> ○ Dr. Hougen answered they go with whatever the initial assessment was for that period. Gail added they would conduct an assessment periodically so at least every year. If a participant is in court often, a check-in would occur every six to eight months to see their progress using available services. A recommended step-down program, such as SSI/SDI, Outreach, Access and Recovery (SOAR), where they are moved to a halfway house having access to community and different type services. • Commissioner Mink asked if these programs are in multiple facilities. <ul style="list-style-type: none"> ○ Dr. Hougen answered there are five programs in their division. Two are out of custody and three are short term. A Restorative Integration for Successful Engagement (ARISE) in Apple Valley and SOAR in San Bernardino are longer term. Nobody is being sent out of the county for Short-Term Residential Therapeutic Program (STRTP) program. • Commissioner Mink asked if the family has any control in what is going on or are they no longer the custodian. <ul style="list-style-type: none"> ○ Gayle answered it depends on the disposition of the youth at the court hearing. Some families are very much involved in communicating with the probation department. Others are wards of the probation department in which parents are consulted and, on a case-by-case basis. • Commissioner Westlake asked if Trinity Youth Services in Apple Valley is under their jurisdiction. <ul style="list-style-type: none"> ○ Dr. Hougen advised yes, they are in their jurisdiction. • Commissioner Westlake asked if there are statistics on Lesbian, Gay, Bisexual, Transexual and Queer (LGBTQ)+ available. <ul style="list-style-type: none"> ○ Gayle advised yes but is not available to her right now. • Secretary Dr. Samuel asked if someone leaves the program then comes back, is there another clinical assessment and if so, how long. <ul style="list-style-type: none"> ○ Dr. Hougen clarifies they do not leave the program; they are released by probation. And yes, there is another clinical assessment. • Secretary Dr. Samuel asked when talking about 34% being successful versus 64%, if this is statistically significant. <ul style="list-style-type: none"> ○ Gayle advised yes, it is. • Linda Hart asked how they coordinate with school districts. <ul style="list-style-type: none"> ○ Gayle advised for those in detention, they are involved. If the child is currently with the program, there is a structure with them being bundled toward prudence.
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		<p>Dr. Hougen added that if they have not been through the program and received formal involvement, they are not but other DBH programs could be.</p>
<p>I. Outside Agencies and Announcements</p>		<ul style="list-style-type: none"> • Lorrie Butler: A date for the NAMI walk was announced, April 19, 2026, at Westwind Park in Ontario. After the walk, the group will attend a baseball game at the new stadium in Ontario. There will also be an informative meeting on March 3, 2026, at 6:00pm. There is a sponsorship packet available, and flyers are available in the lobby. • Linda Hart: In recognition of African American Mental Health History Month, there will be a parade on Saturday starting at 10:00am on Mt. Vernon and Baseline ending at Arroyo Valley High School where there will be a resource fair. • Mauricio Cruz: Director, Pacific Clinic club houses, invited attendees to an open house in Apple Valley. They have been working with food distributors in collaboration with other agencies to create a network for their members. Kristen Mungcal added this is their 11th clubhouse in the Victorville/Barstow area and first with showers. She thanked Pacific Clinic for their assistance with updating some of the club houses.
<p>J. Director's Report</p>	<p>Joshua Dugas, Acting Director</p>	<ul style="list-style-type: none"> • Clerk Items: Clerk John Granado advised on a few housekeeping items: <ul style="list-style-type: none"> ○ Reappointment of commissioners include Commissioners Shoup, Mondragon and Moore. Asked that those not yet reappointed to reach out to their respective supervisors if not done already. ○ Announced the resignation of Fourth District Commissioner Jennifer Spence-Carpenter and thanked her for her contributions to the BHC. • BOS Items: Commissioners were referred to the agenda item documentation included on their tablets. • DBH Executive Staffing Updates: Acting Director Joshua Dugas announced the retirement of Dr. Georgina Yoshioka, effective February 21, 2026. Starting with the county in 2008, she provided leadership in many different areas before becoming Interim Director in 2021 and appointed Director in 2022. He wished her the best and thanked her for her many years of service. He also thanked those he has met so far in his role as Acting Director and is working to learn as much as he can and looks forward to working with everyone. • Legislative, Megan Kidwell: <ul style="list-style-type: none"> ○ Federally, the package that just narrowly passed a bipartisan vote reopened the government except for the Department of Homeland Security whose funding was extended to February 13, 2026. ○ Critical deadlines that are impacting what's happening include a January 31, 2026, deadline for bills that had



		<p>to move from one house to the next has been extended to February 20, 2026. Bills are being reviewed and analyzed that have been left behind since last session as they are impactful to the behavioral health setting.</p> <ul style="list-style-type: none"> ○ In the document provided, there are a few updates on those bills that are leftover. ● Public Relations and Outreach (PRO): Miranda Canseco announced the following: <ul style="list-style-type: none"> ○ Hosting the first medical conference as a county and department, flyers are available in the lobby. ● Office of Equity and Inclusion (OEI): Maribel Gutierrez announced the following: <ul style="list-style-type: none"> ○ CPAC meeting for the BHSA on February 19, 2026, in the High Desert. The topic will be housing and homelessness. Lunch will be provided with a discussion on the LGBTQ community and their housing needs. Flyers are available in the lobby. ● Opening the floor to the commissioner on future agenda items: <ul style="list-style-type: none"> ○ Commissioner Uptergrove asked for a discussion on DAC meetings and their requirements. ○ Commissioner Westlake asked if it would be possible to hold meetings at the satellite locations for consumer feedback and involving these communities better. ○ Chair Cahow would like to discuss the direction of the BHC.
Adjournment	Jonathan Cahow, Chair	<ul style="list-style-type: none"> ● With no further business or discussion, the meeting was adjourned at 1:45 p.m.
Next Meeting		<p>DATE/TIME: Thursday, March 5, 2026 12:00 p.m. – 2:00 p.m. 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>Excused Absence</i>	Allie Mink <i>Present</i>	Delinia Lewis <i>Excused Absence</i>	Lynn Summers <i>Unexcused Absence</i>	Supervisor Jesse Armendarez <i>Unexcused Absence</i>
Amanda Uptergrove <i>Present</i>	Dr. Valerie Samuel <i>Present</i>	Troy Mondragon <i>Unexcused Absence</i>	John T. Chapman <i>Excused Absence</i>	Eloisa Contreras <i>Present</i>	
Samuel Shoup <i>Present</i>	Michael A. Hall <i>Present</i>	Dakota I. Westlake <i>Present</i>	VACANT	Kelvin D. Moore <i>Unexcused Absence</i>	

GUESTS



Behavioral Health

John Granado, Marybel Valadez, Jennifer Alsina, Jolena Grider, Joshua Dugas, Kellie Bryciel, Michael Morales, Maria Hernandez, Bryan Clark, Ricardo Diego, Naomi Santoya, Clifford Craig, Yadaiyah L., Gerardo Parra, Mark Franks, Lydia Session, Liset Castaneda, Mariam Aldaz, Mayra Centeno, Megan Kidwell, Maribel Gutierrez, Jennifer Esparza, Leticia Manzano, Marcellus Everett, Derrick Cannon, Zakiya Otis, Linda Hart, Dr. Timothy Hougen, Christian Romero, Gayle Morrow, Heather Copeland, Emanuel Perez, Josephine Perez, Laretta Ross, Jamie Artenga, Jennifer Weaver, Stephanie Hedrick-Harwell, Bismark Olivas, Carlos Roque, Sonia Navarro, Lizette Vazquez, Stella M. Grosso, Manuel Cardoza, Victor Tarros, Edwin Parra, Krystle Rowe, Julie Hale, Tina Entz, Erica Ochoa, Allyson Nottingham, Tamela Hutchinson, Sean Kruckenberg, Alicia Trivision, Lori Butler, Heather Louer

Apple Valley: LaShawn Sifuentes, Elisa Braggins, Elizabeth Torres, Vanessa Jimenez, Davis Muro, Nichole Williams-Artrel

Yucca Valley: Sally Dauphanis