



**San Bernardino County
Behavioral Health Commission
Meeting Minutes**

**Date: March 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 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"> Alex Martell, Department of Behavioral Health (DBH) Community Education Training: Announced the following training courses available for the community: <ul style="list-style-type: none"> Listen/Engage: A way to collaborate with the population so they can receive needed treatment and medication. Youth and Adult Mental Health First Aid: Comparative to CPR for mental health. The youth event will be held at 303 E. Vanderbilt Way on March 11, 2026. The adult event will be held at the Yucaipa Community Center off Glen Oak Road. Flyers are available in the lobby. Individuals must register for the class, and it is on a first come first serve basis and can be done on the DBH website. John Michael Williams: Shared his experience with mental health. He is struggling with patterns he thought he overcame only to resurface again with moments of clarity feeling like a lie just a day later. Having to deal with internal pressure, unresolved stress and massive amount of untreated mental health challenges his inner system reached capacity. There is uncertainty in homelessness because when you do not know where you are sleeping, you cannot rest, your mind doesn't plan and personal growth becomes theoretical. A year ago, he entered Team House, a clubhouse in San Bernardino. He then regained stability, his ability to think, and take a breath. He now has consistent treatment, developing relationships and provided solid footing to begin repairing his life. Michael Moreno: Recited a poem he wrote regarding homelessness. Mark Franks, Pathways Clubhouse: Celebrated Chinese New Year, Year of the Horse. Activities included a trivia game along with learning how to eat with chopsticks.



	<p>Jesse Armendarez, Supervisor</p> <p>Dakota Westlake, Commissioner</p> <p>Allie Mink, Commissioner</p> <p>Dr. Valerie Samuel, Secretary</p>	<ul style="list-style-type: none">○ Various food drives and diaper banks in Adelanto and Victorville.● Attended/participated in the following:<ul style="list-style-type: none">○ Point-In-Time count in Fontana.○ Moving forward on The West End Navigation Center to be in Fontana and includes Chino, Chino Hills, Ontario, Montclair Fontana, Upland and Rancho Cucamonga in working towards having a place for the homeless.○ \$120,000.00 contributed by the Second District to Apple Valley for the Woman's River's Edge Ranch. While they do have the people, they need additional operational expenses.○ Open house for Pacific Clinic in Apple Valley.○ Visited the San Bernardino Multidimensional Anti-Recidivism Program (MAP) Program for the forestry and fire recruitment program and presentation on the program process and preparation.○ Second District Advisory Committee (DAC) meeting.● Attended/participated in the following:<ul style="list-style-type: none">○ Third DAC meeting.○ May Event Ad Hoc committee meeting.● Attended/participated in the following:<ul style="list-style-type: none">○ NAMI warm line offering resources to the public.○ Support groups for peers and families.○ Lead a class for the Medical Peer Support Specialist (MPSS) training, graduating 58 people.○ Third DAC meeting.○ Caregiver webinar on peer mental health.○ May Event Ad Hoc committee meeting.○ Conference Ad Hoc committee meeting.○ NAMI Walks kickoff dinner.○ NAMI quarterly meeting.● Attended/participated in the following:<ul style="list-style-type: none">○ May Event Ad Hoc committee meeting.○ Conference Ad Hoc committee meeting.○ Housing Collaborative meeting on a pilot program for the needs of the 55 and older population.○ Community Based Organization (CBO) meeting with community providers on funding, rules and regulations.○ Training with Water of Life Church on mental health.
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	<p>Michael Hall, Vice Chair</p> <p>Delenia Lewis, Commissioner</p> <p>John Chapman, 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">○ Virtual Suicide Prevention Subcommittee where youth are starting a 3-1-1 program.○ Visited the MAP Program.○ NAMI Walks kickoff dinner.• Thanked DBH staffers Sharon Nguyen and Luisa Limon for their professionalism and keeping the district on track and on schedule.• Attended/participated in the following:<ul style="list-style-type: none">○ Fourth DAC meeting thanking Edith Lockerman for her presentation on homelessness and support services.○ Preparation for the next DAC meeting featuring La Trese Armstrong, Director of Inspire Together, a short-term youth residential placement facility for females between the ages of 13 to 18.• Attended/participated in the following:<ul style="list-style-type: none">○ Hospital Association of Southern California Inland Empire Behavioral Health Collaborative composed of hospitals, health plans and community leaders to get a substance use disorder center in San Bernardino County.○ State of the Region at the Ontario Convention Center including panels on health care with Allison Eisner, Chief Executive Officer (CEO) of the Physician Society of San Bernardino discussing statistics on general behavioral health in the Inland Empire.○ Opening of San Antonio Hospital's first behavioral health Urgent Care center on Mountain Avenue in Ontario.○ Mental Health and Substance Use Awareness Subcommittee. Advised that when he asked who among the 400 attendees had heard of the BHC meetings with no hands going up. He recommended making use of social media platforms such as Facebook and Instagram along with hospitals and podcasts.• Attended/participated in the following:<ul style="list-style-type: none">○ Judged a student speaker contest on youth mental health overcoming barriers to well-being. at the Lion's Club. Contestants were invited to the BHC meeting.○ Aided two senior families getting help in dealing with dementia and other services. Noted San Bernardino County having the highest growth of the senior population in California.
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	Memo of Findings	<ul style="list-style-type: none">• Reviewed by the commissioners; no question or requests for revisions.
G. Discussion Items	Members of the Commission	<ul style="list-style-type: none">• May Event Ad Hoc Committee Update: Commissioner Mink advised a meeting has taken place with another scheduled for March. More information will be provided when available.• 2026 Conference Calendar Ad Hoc Committee Update: Committee Chair Commissioner Mink advised a meeting has taken place going over the following:<ul style="list-style-type: none">○ Commissioner attendance of past conferences.○ Purpose and goals of each conference and how they align with the BHC.○ Past budget implications of attending conferences.○ Will be making recommendations on additional conferences.• 2025 Annual Report: Clerk John Granado advised we will be starting to gather information for the Report. A detailed timeline will be established and process provided to the commissioners and at that time an Ad Hoc Committee will be established. Once formed, we will coordinate with our Public Relations and Outreach (PRO) to put the actual report, including statements, templates and statistics on the specific focal points used in the 2024 Report. More information will be provided as we progress.• DAC Meetings: Chair Cahow reminded the commission that although there has been discussion on restricting the number of DAC meetings to every three months or bi-monthly as the current bylaws state the meetings are to take place monthly. Also, the Welfare and Institutions Code (WIC) does not specify a set number of meetings. Clerk John Granado informed the commissioners that there has been communication with our PRO department promoting these meetings through their Facebook page in hopes of increasing attendance. Commissioner Mink advised some Districts may want to revamp how they hold their respective meetings, possibly holding a meet and greet for the community. An online option was also discussed as certain districts are in person only. County Counsel Jolena Grider advised the commission a change to the bylaws may be recommended by the Commission then it would go to the Board of Supervisors (BOS) for final approval. Further discussion went on about how to maximize these meetings. How to make them more inclusive and meaningful.<ul style="list-style-type: none">○ A motion was made by Commissioner Uptergrove to hold a minimum of four (quarterly) DAC meetings per calendar year, per district. A second was provided by Supervisor Armendarez. County Counsel advised a group vote is acceptable. All commissioners in attendance voted “Yes” with no abstentions.



		<ul style="list-style-type: none"> • Location of Future Meetings/Satellite Locations: Commissioner Westlake had no further information to add other than keeping this option in mind for future meetings to widen engagement within the communities. • 2025/2026 Commission Budget: Chair Cahow attended the most recent budget review with Clerk John Granado and Treasurer Dr. Oglesby, along with other DBH staff looking into what use any leftover funds for the current fiscal year budget might be allocated for. Asking if this fiscal year's funds can roll over to next fiscal year, Acting Director Joshua Dugas asked that Clerk Granado reach out to DBH Fiscal department on this topic. Chair Cahow spoke about his idea to use additional funds on clubhouses, DAC meetings and any resources needed within the communities. • Chair's Report on Direction of the Behavioral Health Commission: Chair Cahow discussed going over the WIC Code to get a better understanding of the standards set for Commissions. <ul style="list-style-type: none"> ○ Recited the Commissions mission statement and stated he does not want to be the type to pick apart people's job. He hopes to support what goes on as behavioral health is a hard enough job. As stated in the bylaws, a purpose of the BHC is to advise the San Bernardino County BOS and the Director of DBH as to any aspect of the local behavioral health program and to provide other duties mandated by law review and evaluate the community's public behavior, health needs services and facilities. ○ As he would not want anyone to do a job he has not done himself, he would like to be more involved in all aspects and take the opportunity to meet with Mark Callahan at the Victor Community Support Services campus, introducing himself as a commissioner and participating in their day's activities. He used this as an example of what he would like to see practiced throughout the commission. ○ Encouraged all commissioners to continue their efforts and let hm know of their ideas to expand the influence of the BHC in their communities advising the commissioners that Assistant Director Jennifer Alsina has offered community training as well. ○ Asked if there is a way to lessen the three-month window to visiting a facility. Knowing that some facilities may require that much notification he would like to get visits accommodated as soon as possible.
<p>H. Outside Agencies and Announcements</p>		<ul style="list-style-type: none"> • Lorrie Butler: Thanked the commissioners that attended the NAMI Walks dinner. She asked if there was anyone present who wished to sponsor that there would be a 30-minute Zoom



		<ul style="list-style-type: none">• Office of Equity and Inclusion (OEI): Maribel Gutierrez announced the following:<ul style="list-style-type: none">○ The Behavioral Health Services Act (BHSA) Integrated Plan has been distributed to the BHC and posted for public comment on the DBH website. Reminded attendees that stakeholder comment and feedback is year-round and this component is for the Integrated Plan and will stop collecting information for that until April. Community planning is continuous, so if it's not collected in this plan, it will go to the next.○ Pacific Clinics will be hosting two in-person community forums, one in Apple Valley and the other in Yucca Valley, where she and her team, along with Dr. Young, will be presenting the Integrated Plan and doing stakeholder comment in person.○ After six years, the San Bernardino Team House on Mill Street will be moving to 900 East Gilbert Cottage. They will be fully operational on Monday. Local transportation will be provided to learn the new routes and to tour.○ DBH is looking into a 3-1-1 innovation project to tract usage and work with the creator on ensuring the content for behavioral health for the county is on that app.○ There will be a public hearing at the next BHC meeting on the Integrated Plan, and it will provide the opportunity for the BHC to suggest any changes or give input before it goes to the BOS. • Legislative Updates: Commissioners were referred to the agenda documentation included on their tablets. Megan Kidwell provided the following:<ul style="list-style-type: none">○ The vote to fund the Department of Homeland Security (DHS) failed today. The partial shutdown will continue affecting the Federal Emergency Management Agency (FEMA), the Transportation Security Administration (TSA) and other programs. The rest of the government is fully funded through September 2026 and the California legislature deadline passed on February 20, 2026.○ Roughly 1,800 bills were introduced this year.○ California is in the early stages of finalizing the 26/27 fiscal budget. The next milestone is the May revision which is expected to be significantly different from January's version based on the fact there have been significant revenue changes over the last couple of months.
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Adjournment	Jonathan Cahow, Chair	<ul style="list-style-type: none"> With no further business or discussion, the meeting was adjourned at 1:47 p.m.
Next Meeting		DATE/TIME: Thursday, April 2, 2026 12:00 p.m. – 2:00 p.m LOCATION: 850 East Foothill Boulevard F120 Rialto, CA 92376

ATTENDANCE

FIRST DISTRICT	SECOND DISTRICT	THIRD DISTRICT	FOURTH DISTRICT	FIFTH DISTRICT	Board Representative
Jonathan C. Cahow <i>Present</i>	Jennifer Oglesby <i>Excused</i> <i>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>Present</i>	Dr. Valerie Samuel <i>Present</i>	Troy Mondragon <i>Unexcused</i> <i>Absence</i>	John T. Chapman <i>Present</i>	Eloisa Contreras <i>Excused</i> <i>Absence</i>	
Samuel Shoup <i>Present</i>	Michael A. Hall <i>Present</i>	Dakota I. Westlake <i>Present</i>	VACANT	Kelvin D. Moore <i>Excused</i> <i>Absence</i>	

GUESTS

John Granado, Marybel Valadez, Marina Espinosa, Jolena Grider, Joshua Dugas, Jeanine Wymer, Liset Castaneda, Carlos Roque, Jan Williams, Eric G. Gibbs, Tina Entz, Chris Summers, David Williams, Beth Fishell, Benjamin Henry, Tamela Hutchinson, Mariam Aldaz, John Baxter II, Edan Roston, Esmirna Robles, Liliana Rivera, Selina Mejia, Amber Carpenter, Sky Pedroza, Michael Moreno, Megan Kidwell, Dr. Rebecca Scott Young, Emanuel Perez, Maribel Gutierrez, Mark Franks, Derrick Cannon, Jennifer Esparza, Lilly Ayala, Javier Artienga, Kristen Mungcal, Naomi Santoya, Jimmy Jackson, Karyn Douglass, Victor Tarros, Natalie Sanders, Dr. Alyce Belford, Marcellus Everett, Lehanna Grimaldi, Leonard Guerra, Maria Hernandez, Bryan Clark, Yadaiyah LaSakalhaahmath, Mauricio Cruz, Lydia Session, Martha Parra, Lori Butler and Stephanie Hedrick-Harwell
Apple Valley: Tanya Lavelle and Nichole Williams-Artry
Yucca Valley: Sally Dauphinais