MINUTES
San Bernardino County
**BEHAVIORAL HEALTH COMMISSION MEETING**
February 7, 2013: 12:00-2:00 pm

**Commissioners Present:**
May Farr, Gabriel Gonzales, Bill Swift, Mike Grabhorn, Monica Wilson, Jane Godager, Susan McGee-Stehsel, Veatrice Jews, Akin Merino, Chris Massa and Supervisor James Ramos

**Excused Absent:** Monica Alonso

**Absent:** Michael Hill, Roberto Casas and Dena Nunez

**Guests:**
Linda Hart, Nile Williams, African American Mental Health Coalition; Christopher Oltman, Cal State Nursing student; Vanessa Holm, Novela Freeman, Family Service Agency; Vikki Ostermann, County of San Bernardino Legislative Analyst; Jennifer Luu, South Coast Community Services; Mimi Swift, Edna Rivera, Rebecca Hernandez, public; Beverly Scott, family member; Theodora King, Inland Behavioral Health Services; CaSonya Thomas, Jennifer Gonzalez, Janeth Tran, Lilly Payton, Andy Gruchy, Tina Pham, Cheryl Long, Michael Oliver, Sherwin Farr, Justine Rangel, Richard Sible, Mariann Ruffolo, Jon Buffong, Georgina Yoshioka, Elizabeth Elliott, Dr. Roberto Mariano, Adolfo Estrada, Lynn Neuenswander, Jane Smith, Nancy Olsen, Karen Cervantes and Dr. Teresa Frausto, DBH. Minutes recorded by Debi Pasco, Clerk of the Behavioral Health Commission.

## CALL TO ORDER, INTRODUCTIONS AND MINUTES FROM LAST MEETING

Chair Susan McGee-Stehsel called the meeting to order at 12:15 p.m. Commissioner Massa led the Pledge of Allegiance and self-introductions followed.

*A motion made by Commissioner Massa and seconded by Commissioner Godager:* The 1/3/13 Behavioral Health Commission (BHC) minutes were amended as follows: Page 3, first bullet, "LGBTQ: the Q stands for Questioning or Queer". *Motion passed; no further abstentions.*

## CULTURAL COMPETENCY AWARD OF EXCELLENCE

Nomination: *"Justine Rangel, DBH Alcohol and Drug Counselor, serves clients in recovery and those with co-occurring disorders with distinction and in the most culturally informed fashion possible. Her ability to integrate an awareness of cultural background into her mode of treatment and offer respectful informed care to all consumers she has contact with is noted by her colleagues and consumers alike; Justine utilizes the most expansive definition of culture possible and includes all aspects of the client's sexuality, spiritually, physical ability, age, cohort and socioeconomic history. Justine is also a great proponent of identification of "drug culture" and utilization of pro-social norms and values based on the culture, which her clients identify with. Justine is a mentor to colleagues and tireless advocate of change for clients, and embodies the best aspects of cultural competency in her practice.*

*Justine is tasked among her many duties with interfacing with allied agencies such as policing agencies, child welfare organization, community providers, and school based services. On a recent occasion Justine encountered a worker whom was being demeaning and unreasonable in their approach to a client. As Justine evaluated this client she found that impediments to progress were not due to the client's resistance but rather insufficient understanding of how to*

*accomplish her stated goals. As this client was on the verge of having parental rights termination she was on the verge of crisis, but this often took the shape of violence and aggression as this is the environment she was raised in. Justine engaged the client and was able to, over as series of weeks, resolve legal issues which had arose from her lack of understanding. Justine assisted in enrolling this client in a local college and the client showed marked improvement in all areas of her life. Justine took a position of intellectual humility when dealing with this client and in doing so she was able to reach a consumer on the verge of being lost to our system. This represents the level of Justine's commitment to cultural competency on a daily basis."*

Congratulations, Justine!

**PUBLIC COMMENTS**

Linda Hart, President African American Mental Health Coalition (AAMHC) announced the Third Annual African American Mental Health Awareness Week Symposium will be held on 2/13/13 from 9am-12pm at Valley College. She thanked DBH for their collaboration.

**CHAIRPERSON'S REPORT**

Chair Susan McGee-Stehsel mentioned items discussed during today's Executive Session:

- BHC goals review – Goals will be discussed during upcoming DAC meetings for continued focus or amendment.
- BHC bylaws are being reviewed for possible revisions
- Dr. Teresa Frausto, DBH Medical Director and Sharon Nevins DBH Deputy Director provided an overview of CA Welfare & Institutions Code Section 5300 regarding involuntary holds.

**COMMISSIONERS' REPORTS**

**First District:**

Commissioner Gonzales submitted paperwork to Supervisor Lovingood's office for reappointment to the BHC.

Commissioner Swift attended a statewide conference in November focused on integrating substance use, mental health and primary care services in preparation for health care reform.

Commissioner Grabhorn states that due to the efforts of Corie Lopez, Phelan had its first arrests related to the sale of synthetic drugs. Victor Valley Council may pass an ordinance prohibiting the sale of synthetic drugs due to OSHA packaging violation. He also attended the Suicide Prevention conference.

**Second District:**

Commissioner May Farr announced Commissioner Monica Wilson was elected as President Elect to the CA Mental Health Planning Council – the quarterly meeting in April will be held in Ontario. Patton State Hospital annual conference will be held February 21-22.

**Third District:**

Commissioner Chris Massa will attend the African American Mental Health Coalition (AAMHC) Symposium on 2/13/13. The next Third District Advisory Committee (DAC) meeting will be held

on 2/28/13 at Phoenix Community Counseling. He has also submitted his paperwork to Supervisor James Ramos office to be reinstated the BHC.

**Fourth District:**
Vice Chair Monica Wilson has become certified by the United Advocates for Children and Families to teach and train parents of children with mental health issues.

Secretary Akin Merino will introduce local churches to the community during the Second/Fourth DAC meeting which will be held on 2/21/13 at the Rancho Cucamonga Family Resource Center.

**Fifth District:**
Treasurer Veatrice Jews announced that CaSonya Thomas was the recipient of the Public Service Award for outstanding public service during the Martin Luther King Jr. Prayer Breakfast on 1/21/13. AAMHC meetings serve as a forum to educate the community as well as a voice concerns. A recent concern included medication formulary changes and drug interactions. Director Thomas asked Cynthia White to work with Dr. Frausto to research options. Upcoming DAC presentations for Fifth District include Holistic Campus in February, Room and Board Coalition in March and MHSA Annual Update stakeholder forum in April.

Commissioner Godager was reappointed the BHC on 1/8/13 by Supervisor Josie Gonzales. As a member of the CA Senior Legislature she announced that all ten of their proposals last year were enacted into law. The use of anti-psychotic drugs in skilled nursing facilities is currently being investigated.

**DIRECTOR'S REPORT**
Director CaSonya Thomas made several announcements:

- Mental Health Oversight & Accountability Commission will be holding a community forum on the impact and progress of the Mental Health Services Act (MHSA) on 3/14/13 at Loma Linda University
- MHSA Annual Update stakeholder forums to discuss new projects or expansions begin in April. An Innovation workgroup in support of consumer employment is one idea brought about by Beverly Scott, family member.
- MHSA State Auditors will be here 2/11/13, to review documentation from FY 06-07 to present. Their questions so far have included contracts and demographics. DBH feels prepared.

FY13-14 State Budget – Governor Brown released the budget last month. There were no reductions to community mental health. MHSA funding should remain steady through FY 14-15.

**EDUCATIONAL PRESENTATION: Women with Perinatal Mental Health Disorders**
Faye Herrmann, DBH Clinic Supervisor and Loretta Schnaus, SPHN: Members of the Inland Empire Perinatal Mental Health Collaborative work to promote maternal and family mental health by raising awareness, decreasing stigma and providing effective resources for women experiencing perinatal mood disorders; to reduce child abuse and promote long term quality of life of the mother and her family.

- 2/3 of adults with mental illness are parents; 35% of women living in poverty experience a perinatal mood disorder

- Anxiety, depression and stress have a negative impact on fetal neurodevelopment
- Treatment includes; support groups, exercise, sunshine, behavioral health treatment, holistic treatment, intensive case management for women with psychotic disorder
- Medication use during pregnancy: weigh risks of fetal exposure to untreated depression against exposure to medication.
- Infants/children of depressed mothers cry more, smile less, attention difficulties, development delays
- Advocate for pediatrician screening for post partum depression

The annual Perinatal Conference will be held on 6/3/13 in Riverside. Faye will send flyer to Debi Pasco for distribution.

Upcoming educational presentations to the Behavioral Health Commission:

- 3/7/13: PEI Statewide Initiatives Update by Michelle Dusick, DBH Program Manager I
- 4/4/13: Hospital Services Diversion Program, Paula Rutten, DBH Program Manager II
- 5/2/13: Coalition Against Sexual Exploitation by Anne-Michelle Ellis, CASE Coordinator
- 6/6/13: MHSA Annual Update Public Hearing by Susanne Kulesa, Program Manager I

**NO NEW BUSINESS – ACTION ITEMS**

**OUTISIDE AGENCY AND OTHER REPORTS**

Vanessa Holm announced that Family Service Agency uses Prevention and Early Intervention (PEI) funding to treat pregnant women. On 5/7/13, the 40th annual Children's Conference, focusing on understanding autism will be held at Cal Baptist University.

Beverly Scott stated that the accomplishments that have come about after only two consumer employment workgroup meetings she is very optimistic that individuals who want to work will have a brighter future.

**ADJOURNMENT**

Today's meeting adjourned at 2:00 p.m.

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| *Susan McGee-Stehsel* | *Debi Pasco* |
| Chair | Clerk of the Behavioral Health Commission |