MINUTES
San Bernardino County
BEHAVIORAL HEALTH COMMISSION MEETING
October 3, 2013 - 12:00-2:00 pm

Commissioners Present:
Susan McGee-Stehsel, May Farr, Christopher Massa, Bill Swift, Gabriel Gonzales, Jane Godager, Veatrice Jews, Mike Grabhorn, and Molly Wiltshire on behalf of Supervisor James Ramos

Excused Absence: Roberto Casas, Troy Mondragon, Monica Wilson, Akin Merino

Absent: Monica Alonso

Guests:
Omar Castro, Field Representative for Supervisor Josie Gonzales; Linda Hart, African American Mental Health Coalition; Ami Davis, Family Assistance Program; Paula McGrew, Debra Billings-Merlos, Department of Aging & Adult Services; Ray Vargas, May Marzouk, Carol Brown, Cheryl Johnson, Victor Community Support Services; Robyn Freeman, Family Service Association; Steven Hale, Valley Star; Brenda Scott, NAMI; Claire Carp, Peter Lopez, Pacific Clinics; Gus Villagrane Jr, Matthew Parrell, Adam Martinez, Kimberly Jones, Carolyn Bennett, Faith Ikeda, Denise Byrd, Pathways to Recovery; Sandi Bentz, Erva Edwards, Chris Allums, Greg Vander-Haeghen, Laverne Herbert, Kim Pitta, Terry Carlton, Amazing Place; CaSonya Thomas, Paula Rutten, Michael Oliver, Cheryl Long, David Denkers, Andy Gruchy, Michael Schertell, Jonathan Buffong, Rebecca Gehlke-Baez, Josh Morgan, Nancy Olsen, Cliff Craig, Joshua Taylor, Jennifer Gonzalez, Nicholas Molina, Alicia Harris-Deaver, Teresa Frausto MD, André Bossieux, Doug Fazekas, Sherwin Farr, Michelle Dusick, Tracy Bomberger; Lauretta Ross, Doris Turner, Mariann Ruffolo, Karen Cervantes, David Miller, Gregory Nyx, Emilia Arellano, Vivien Limon, Susan Abito, Sharon Nevins, Joanne Mitchell, Department of Behavioral Health (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 12:06 p.m. Commissioner Grabhorn led the Pledge of Allegiance and self-introductions followed.

A motion made by Commissioner Farr and seconded by Commissioner Massa: New Business Item on the agenda was moved after Approval of Minutes.

A motion made by Commissioner Godager and seconded by Commissioner Gonzales: The 9/5/13 Behavioral Health Commission (BHC) minutes were approved as written. *Motion passed; no further abstentions.*

NEW BUSINESS – ACTION ITEMS

A motion made by Commissioner Godager and seconded by Commissioner Jews: 2014 Election of Officers Nominating Committee consists of the following Commissioners: Chris Massa, Jane Godager, Monica Alonso.

CULTURAL COMPETENCY AWARD OF EXCELLENCE

Mayada Marzouk – Victor Community Support Services Holistic Campus. **Nomination:** *"Mayada has displayed an outstanding sensitivity and respect of other cultures; her attentiveness to actively learn about the diversity in various cultures goes above and beyond observations in my past experiences with various organizations. Mayada actively participates in the office cultural awareness program in presenting activities and related functions of various cultures. She has a genuine interest in cultures other than her own and easily adapts her profession to advise and counsel those with issues within the family and uses the acquired knowledge in understanding the culture with who she may be working within the family unit."*
CONGRATULATIONS, MAYADA!

PUBLIC COMMENTS

Brenda Scott, NAMI Walks Manager for San Bernardino and Riverside Counties announced the NAMI Walk will be held on Saturday, 11/2/13, at Diamond Valley Lake in Hemet. Volunteer workers and donated raffle prizes from local businesses are needed.

The Pathways Spirit team displayed their NAMI Walks banner and have achieved first place in their fundraising efforts.

David Miller, PFA at Amazing Place recently retired. To honor David, Clubhouse members presented him a certificate of appreciation and provided snacks for today's meeting. Greg Vander-Haeghen expressed, "DAVE IS AWESOME"!

David Miller stated that at this moment he is remembering his mentor, Bob Sudol, former Clubhouse Manager.

CHAIRPERSON'S REPORT

Chairperson Susan McGee-Stehsel announced the Behavioral Health Commission (BHC) Holiday Tea and Awards Ceremony will be held on 12/5/13, from 2-4pm here in the Auditorium. Each year the BHC honors individuals/agencies who promote consumer input and decision making to improve program access and outcomes. On 10/28/13, requests for award nominations will be emailed to behavioral health clubhouses, community stakeholders, and DBH and contract provider staff/programs. Please take a moment to nominate those who truly deserve special recognition!

Susan has concerns regarding continued care of individuals transitioning from contract hospitals to outpatient care, as well as the process for obtaining discharge medications. She has referred this item to CaSonya.

COMMISSIONERS' REPORTS

First District:

Commissioner Swift announced that he will be resigning from the BHC due to his failing eyesight. Although being a member of the Commission has been the most rewarding experience of his life, he will continue advocating for individuals who experience behavioral health issues.

Commissioner Grabhorn has been working with LGBTQ Allies at the Holistic Campus to enhance community services to the LGBTQ community. He is also working with Captain Williams to outlaw synthetic drugs throughout the county.

Second District:
Commissioner Farr attended Recovery Happens events at Sylvan Park, where Supervisor Ramos served as guest speaker. She also attended the Children's Network Conference in September, attending a workshop on synthetic drugs. She announced an upcoming Coalition against Sexual Exploitation (CASE) conference to be held in January in Pomona.

Third District:
Commissioner Massa attended the Aging Well with a Disability Conference, which focused on physical and mental disabilities. He will participate in the Suicide Prevention ASSIST training next month. He will also participate in the DBH Wellness Triathlon events: miniature golf, NAMI Walk and Talent and Awards Night. Chris encouraged everyone to submit BHC Holiday Tea Award nominations when available.

Fourth District:
Chairperson McGee-Stehsel, on behalf of Secretary Akin Merino, emphasized the importance of self care and stress reduction for therapists and counselors so they can continue to be effective clinicians. The BHC Education Committee is open to the public. We are exploring the process of conducting the meeting via Webinar.

Fifth District:
Commissioner Godager attended the CA Senior Legislature Caucus for San Bernardino/Riverside counties that was held at the Twin Peaks Senior Center.

During the Children's Network Conference, Treasurer Jews participated in the following workshops:

- Behavioral Strategies in the Home
- Organization Sustainability and Funding

She participated in the Spirituality and Mental Illness statewide teleconference, which focused on training of the faith based community through a holistic approach. During the September Fifth District Advisory Committee (DAC) meeting, Victor Community Support Services presented programs that addressed gaps in service for youth ages 13-15. Please join the Inland Empire Concerned African American Churches at their 12th annual Physical and Mental Health Wellness festival on 11/9/13, at the New Hope Family Life Center.

Board of Supervisors:
On behalf of Supervisor James Ramos, Molly Wiltshire, Communications Director stated that Supervisor Ramos enjoyed the Recovery Happens event held at Sylvan Park. She commended DBH staff for their good work in the community and for receiving 4 National Association of Counties (NACo) Achievement Awards this year. She is pleased to announce that the Third and Fifth District Board of Supervisors offices will form their own NAMI Walk teams.

DIRECTOR'S REPORT
Director Thomas announced that DBH was recognized by NACo for the following programs:

- Vintage Kendall Senior Apartments Housing Project in San Bernardino - Of the 178 units developed, 21 units are designated as permanent supportive housing for adults 55 and older with serious mental illness that are homeless or at significant risk of becoming homeless.
- Prevention and Early Intervention Community Health Workers Program – Program developed to address the mental health needs of the county's diverse population by connecting to

culturally significant, community-based prevention and behavioral health services without fear of discrimination or stigma.

- Community Crisis Response Team (CCRT) Collaboration with San Bernardino Police Department – In 2011 law enforcement was burdened with calls related to mental health emergencies. With the development of a partnership in 2012, CCRT helped to divert mental health patients from emergency departments in the county, lowering costs. The officers now spend less time on psychiatric calls.
- Interagency Youth Resiliency Team (IYRT) Mentoring Program – Partnership to connect foster care youth with supportive adults to increase the chances of self-sufficiency.

Director Thomas requested Andrew Gruchy, Deputy Director, to provide an overview of SB 82: The Investment in Mental Health Wellness Act of 2013. As result of the passing of SB 82, funding is available to enhance crisis services through two grant opportunities. Increasing access to crisis stabilization services provides an opportunity to reduce costs associated with inpatient and emergency room care, and to better meet the needs of individuals with mental health conditions in the least restrictive environment. DBH has been in the planning process over the last month to submit grant applications by the 1/3/14 deadline.

At the request of Chair McGee-Stehsel, Mr. Gruchy will provide SB 82 presentations at upcoming DAC meetings.

EDUCATIONAL PRESENTATION: What is an Ally?

Ami Davis from the Family Assistance Program is a Community Health Worker for Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) community. She stated that an Ally is one whc advocates for cultures other than your own. An Ally is a safe place. Ms. Davis discussed LGBTQ terms and steps to become an LGBTQ Ally. There is nothing more powerful than a straight Ally. By educating others and offering support and encouragement we can all become an Ally.

OUTISIDE AGENCY AND OTHER REPORTS

Karen Cervantes, DBH Public Information Office, announced the following events:

- 10/3/13: STAY Open House for the Transitional Age Youth Crisis Residential Treatment Center
- Wellness Triathlon events
  - 10/19/13:Miniature Golf at Fiesta Village in Colton
  - 11/2/13: NAMI Walks Diamond Valley Lake, Hemet
  - 12/18/13: Talent and Awards Night

Kristen Mungcal announced that Amazing Place members have been servicing our community by gardening and planting.

Jennifer Gonzalez announced the Native American month celebration will be held on 11/13/13 at University of Redlands.

ADJOURNMENT: Today's meeting adjourned at 2:06 p.m.

Susan McGee-Stehsel
Chair

Debi Pasco
Clerk of the Behavioral Health Commission