MINUTES
County of San Bernardino
BEHAVIORAL HEALTH COMMISSION MEETING
September 4, 2014 - 12:00-2:00 pm

Commissioners Present:
Susan McGee-Stehsel, Ed O'Brien, Monica Alonso, Christopher Massa, Veatrice Jews, Troy Mondragon, and Supervisor James Ramos and Molly Wiltshire on behalf of Supervisor Ramos, Third District

Excused Absence: Jane Godager, Michael Grabhorn, Monica Wilson, Akin Merino, May Farr

Guests:
Aurora Hernandez, Office of Supervisor Josie Gonzales, Molly Wiltshire, Lizett Santoro, Office of Supervisor James Ramos; Victoria Ostermann, County Administrative Office, Lisa Viveros, Sarah Massatt, Tabith Crane, Michael Moreno, Michael Conte, Thomas Castellanos, Patricia Barnes, Ray Blevins, April Saavedra, Faith Ikeda, Mary Oliveros, Harry Cass, Richard Holland, Pathways to Recovery; Lupita Mendez, El Sol; Sherie Park, Steven Hale, Elsie Barton, Valley Star; Sandra Cheatham, CSUSB student; Leea Kasten, Beverly Scott, ITS; Paloma Hernandez-Barker, County Fire Department; Robin Freeman, Family Service Agency; CaSonya Thomas, Sonia Rubio, Michelle Dusick, Hector Ortega, Jonathan Benvenisti, Sharon Williams, Veronica Kelley, Michael Sweitzer, Sherwin Farr, Kristen Mungcal, Imo Momoh, Doris Turner, Lauretta Ross, André Bossieux, Tracy Bomberger, Victoria Hall, Cristina Froude, Karen Cervantes, Nancy Olsen, Dr. Teresa Frausto, David Denkers, Karen Torres-Gonzales, Cheryl Long, Mariann Ruffolo, Carol Davis, Jon Buffong, Dianne Sceranka, Stacy Ansara, Paula Rutten, Georgina Yoshioka, Clifford Craig, 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 McGee-Stehsel, called the meeting to order at 12:06 p.m. Monica Alonso led the Pledge of Allegiance and self-introductions followed.

Tab 6: Review Behavioral Health Commission (BHC) Agenda of 9/4/14 – To ensure a quorum for action items on today's agenda a request was made to move Public Comment and New Business before the Cultural Competency Award of Excellence.

APPROVED
Motion/Second: Troy Mondragon/Chris Massa
AYES: Ed O'Brien, Susan McGee-Stehsel, Monica Alonso, Veatrice Jews, Molly Wiltshire on behalf of Supervisor James Ramos

PUBLIC COMMENTS
No public comment provided

Tab 7: Review BHC Minutes of July 3, 2014

APPROVED
Motion/Second: Ed O'Brien/Troy Mondragon
AYES: Chris Massa, Susan McGee-Stehsel, Monica Alonso, Veatrice Jews, Molly Wiltshire on behalf of Supervisor James Ramos

NEW BUSINESS-ACTION ITEM
Tab 9: Review Managed County Performance Contract with Department of Health Care Services (DHCS)

REVIEWED
Motion/Second: Ed O'Brien/Chris Massa
AYES: Troy Mondragon, Susan McGee-Stehsel, Monica Alonso, Veatrice Jews, Molly Wiltshire on behalf of Supervisor James Ramos

CULTURAL COMPETENCY AWARD OF EXCELLENCE

September 2014 award recipient: Sharon Williams, Office Assistant III, Quality Management, Department of Behavioral Health: Nomination-
"Sharon is a caring, well rounded person. She demonstrates the epitome of a person who is culturally competent because when consumers call in she is patient, kind, and works with them and understands the cultural differences. She implements many skills that are not seen often such as giving a listening ear to the consumers, co-workers and diversifies herself with obtaining culture differences between many. Gaining knowledge and applying it to her lifestyle, she amplifies this through her work, conversation, and just speaking and meeting new people walking down the hallways, outside, break room and auditorium. Being open and able to work efficiently with anyone and remain sensitive to the differences. She is willing to locate a solution that may arise for a consumer or co-worker. She continues to learn about different cultures and interacts with diverse groups. She is passionate about treating others fairly and maintains this in her daily practices no matter their culture."

Sharon thanked the BHC for the recognition, and stated she comes to work with, "An attitude of gratitude."
CONGRATULATIONS, SHARON!

CHAIR'S REPORT

Chair Susan McGee-Stehsel attended the NAMI CA Conference August 1-2, attending an enlightening workshop about dialectic treatment for borderline personality disorder, designed to help people change patterns of behavior that are not effective. During the summer she visited DBH programs: Crisis Intervention Training sessions and perinatal substance abuse centers. In addition, due to ongoing concern about the number residential recovery centers located in the mountain area she is gathering information; more on this to come.

COMMISSIONERS' REPORTS

First District:

As the supervising Public Defender representing clients through the Civil Commitment Unit, Commissioner Ed O'Brien is very interested in the treatment of mentally ill clients in the courts. While working with fellow Commissioners and Department of Behavioral Health (DBH) staff on the 2014 Data Notebook, recently submitted to the CA Mental Health Planning Council (CMHPC), he has experienced first-hand the good work that DBH does in the county. Staff answers all questions with substant' answers.

Second District:

Commissioner Alonso announced that Upland Community Counseling and Amazing Place Clubhouse are moving to the new Mariposa Community Counseling site in Ontario in mid-September. She urged consumers to work with their doctor to get the appropriate medication; if you don't feel good, let your doctor know! It makes all the difference. Monica's currently working as a Production Executive in the film industry. The CEO focuses on social justice themes; however, she is working on correlating mental health into their films. She attended the following workshops at the NAMI Conference: PTSD, and Working with the Legal System.

Third District:

Commissioner Chris Massa also attended the NAMI Conference, participating in a workshop about helping families in the criminal justice system.

Commissioner Troy Mondragon introduced his mom and thanked her for her constant support and dealing with his early intervention. Troy was honored to represent the County of San Bernardino statewide when he received the 2014 Outstanding Youth Advocate award at the NAMI Convention. He's gearing up for the NAMI Walk with the Cal State Team (Howling Coyotes), which will be held on 10/25/14, at Diamond Valley Lake in Hemet.

Fourth District:

On behalf of Vice Chair Monica Wilson, the following report was provided. Grants are available for graduate schools to expand the behavioral health workforce. As the Chair of CMHPC, Monica will participate in the quarterly meeting to be held October 15-17, at Lake Natoma, CA. She will also attend the following conferences: Latino Behavioral Health and Children's Network.

Fifth District:
Treasurer Veatrice Jews attended the Spirituality 101 Training on 8/19/14. The Mental Health Friendly Community and Congregations culminating event, "A Bridge over Troubled Waters," will be held on 9/20/14, at the Ingram Community Center. A Holistic Campus presentation was held at the Fifth District Advisory Committee meeting in August.

Board of Supervisors:
Supervisor James Ramos applauds the members of the Behavioral Health Commission for their time and commitment to quality behavioral health services. Supervisor Ramos has been working with colleagues on the Homeless Children and Youth Act of 2014 legislation, sponsored by Senator Dianne Feinstein. The County of San Bernardino Sheriff Department has created the Homeless Outreach Proactive Enforcement (HOPE) Team to assist and connect homeless individuals to appropriate service providers.

DIRECTOR'S REPORT

Director CaSonya Thomas announced that DBH Administration relocated to 303 E. Vanderbilt Way, San Bernardino in August. In mid-September, Upland Community Counseling and Ontario Holt Clinic will merge to one location, Mariposa Community Counseling, 2940 Inland Empire Blvd, Ontario 91764.

On 8/19/14, the Board of Supervisors approved the acceptance of funds for the SB 82 Investment of Mental Health Wellness Grant, which will provide crisis services staff in outlying areas. On 9/15/14, DBH will submit an application for the second part of this grant opportunity that could provide a crisis residential site in San Bernardino for up to 30 day stays. With cooperation between cities in the High Desert and the county, we plan to have a crisis residential site selected in this area for a third round of grant funding.

Director Thomas appeared before the Equal Opportunity Commission (EOC) on 9/4/14, to highlight DBH employment practices. Comments from the EOC included high marks for diversity in management, cultural competency trainings, and succession planning efforts. DBH has implemented its own Leadership Development Program, reflecting the hard work and commitment of staff.

EDUCATIONAL PRESENTATIONS

Recovery Based Engagement Support Teams (RBEST) by Paula Rutten, Program Manager II: Four years ago there was discussion whether San Bernardino County would implement Laura's Law (allows courts to order mentally ill to comply with psychiatric treatment while living in the community.) Through the Mental Health Services Act (MHSA) community planning process, RBEST was developed to explore options to Laura's Law.

RBEST is an MHSA Innovation funded, time limited program, developed to activate individuals into needed psychiatric care and reduce the frequency of psychiatric hospitalization without outpatient follow-up.

- Four outreach teams, consisting of a Mental Health Specialist and a Peer and Family Advocate, will be created to serve all regions of the county.
- Identify individuals who are high users of inpatient admissions.
- Improve and increase knowledge of caregivers to continue providing care for their mentally ill loved ones.

Data collection will occur continuously throughout the duration of the project. Strategies may evolve throughout the course of the project as learning occurs. RBEST is a 4-year project which began March 2014, with the hiring and training of staff and creation of business processes and forms. Referrals will be accepted beginning mid-September and services will begin October 2014.

The last 12 months of the project will be devoted to: termination of services and transition of any open cases to other programs; analysis of the data; and final reporting of results. Sustainability of the project depends on outcome measures and funding other than MHSA Innovation funding.

Suicide Prevention by Erica Porteous, Acting Program Manager I: September 8-12, 2014, is the 40th annual Suicide Prevention Week, an opportunity to inform and engage health professionals and the public about suicide prevention and warning signs.

- Suicide is the 10th leading cause of death in the U.S.
- 800,000 people per year worldwide die from suicide.
- In the U.S, in 2010, there was an average of 105 suicides each day.
- 3.7% of the adult U.S population reported having suicidal thoughts in the past year.

Suicide Prevention is one of the Prevention and Early Intervention Statewide Initiatives; a partnership between the CA Mental Health Services Authority (CalMHSA), as the administrative/fiscal structure, and member counties. Local impact includes:

- Know the Signs Suicide Prevention Campaign: San Bernardino County (SBC) residents received information through local billboards, TV, online, magazines, resulting in 37.8 million total views of the campaign material.
- Suicide Prevention Crisis Call Center: In 2013, received 2, 612 calls from SBC residents.
- Suicide Prevention Training: 127 SBC participants have been trained on suicide prevention skills.

To promote mental health wellness and reduce stigma and discrimination among youth, CalMHSA sponsored the Directing Change Student Film Contest. CA students were invited to create a 60-second Public Service Announcement video to prevent suicide or help change minds about mental illness. Students were recognized at awards ceremonies locally and at the state level.

OUTSIDE AGENCY AND OTHER REPORTS

Karen Cervantes, DBH Community Outreach and Engagement, announced upcoming events:

- 9/20/14: Recovery Happens, from 10-3pm, at Cucamonga-Guasti Regional Park
- Six MHSA Community Forums will be held throughout the county in September
- Wellness Triathlon events:
  - 9/27/14: Bowling, 1-3pm, Del Rosa Lanes, San Bernardino
  - 10/25/14: NAMIWalks, 9am-1pm, Diamond Valley Lake,Hemet
  - 11/19/14: Talent & Awards Night, 5-8pm, Health Services Auditorium, Rialto

Kristen Mungcal, Program Manager I, Amazing Place Clubhouse is moving to the new Mariposa Clinic in Ontario, which will include; laundry facilities, training room, etc. Members have created their own website http://amazingplace.org/.

Leea Caston announced the Inland Collaborative Triathlon will be held 9/13/14 in Lake Arrowhead Village. Proceeds will benefit disadvantage children and families.

ADJOURNMENT: Meeting adjourned at 1:54 p.m.

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