MINUTES
San Bernardino County
BEHAVIORAL HEALTH COMMISSION PUBLIC SESSION
September 6, 2012: 12:00-2:00 pm

Commissioners Present:
May Farr, Bill Swift, Gabriel Gonzales, Mike Grabhorn, Veatrice Jews, Akin Merino, Susan McGee-Stehsel, Monica Alonso, Jane Godager, Chris Massa, Dena Nunez

Excused Absent: Roberto Casas, Michael Hill, Monica Wilson

Guests:
Roster attached to original minutes only. 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 12:12 p.m. Commissioner Massa led the Pledge of Allegiance and self-introductions followed.

Clerk of the Commission, Debi Pasco made several announcements:

- Commissioner Dena Nunez, Third District was appointed to the BHC by Supervisor Neil Derry on 8/21/12.
- Commissioner Gabriel Gonzales, First District was reappointed to the BHC by Supervisor Brad Mitzelfelt on 7/10/12.
- Commissioner Susan McGee-Stehsel, Fifth District was reappointed by Supervisor Josie Gonzales on 7/10/12.

A motion made by Commissioner Merino and seconded by Commissioner Godager: The 7/5/12 Behavioral Health Commission (BHC) minutes were approved as written. *Motion passed; no abstentions.*

CULTURAL COMPETECY AWARD OF EXCELLENCE
Dr. Hanh Truong, DBH Cultural Competency Officer, acknowledged September award recipient, Kathy Estes, Mental Health Coordinator, Superintendent of Schools:
"Kathy specializes in Bullying Prevention Training and is nationally known and certified. Additionally, Kathy is a national trainer in Ruby Payne's framework for poverty training. Kathy just recently conducted a week long no cost Student mental Health and Wellness Workshop for over 500 participants in Riverside and San Bernardino County" CONGRATULATIONS, KATHY!

PUBLIC COMMENTS
Beverly Scott asked if the recent Clubhouse evaluation results will be shared with the public. Lynn Neuenswander, Consumer Support/Outreach Program Manager I, stated that the Department of Behavioral Health (DBH) is currently compiling feedback received and expect to present their findings next month.

Beverly Scott inquired whether DBH has funds to hire more psychiatrists. Director Thomas responded there is a workforce issue for far reaching communities. Deputy Director Veronica Kelley will follow up with Dr. Frausto, Medical Director, as well as Morongo Basin Mental Health which is a contract provider with DBH.

CHAIRPERSON'S REPORT
Chair Susan McGee-Stehsel shared topics discussed during today's Executive Session, which is also open to the public.

- Established a short term education committee.

- The 2012 BHC Holiday Tea Awards Ceremony will be held on Tuesday, 12/11/12, to avoid conflicting with the Cultural Competence & Mental Health Summit to be held in San Diego on December 6-7. An additional category was added to the BHC Award nomination form; creative artists/performers. The nomination form will be sent to all community stakeholders.

Susan attended the National Alliance on Mental Illness (NAMI) CA conference last month, attending a Prevention and Early Intervention (PEI) workshop focused on strategies to ward off psychosis.

Susan encouraged individuals to participate in their local District Advisory Committee meetings to provide input on the behavioral health services needed in your community.

COMMISSIONERS' REPORTS

First District:
Commissioner Michael Grabhorn announced that through the efforts of Corie Lopez, Adelanto is the first community to pass a ban on the sale of synthetic drugs. The homeless shelter in Victorville is in need of blankets and jackets for the upcoming winter. Reach Out Here is a great resource on Facebook regarding stigma and discrimination.

Commissioner Bill Swift appreciated Director Thomas and DBH staff presenting at the First District Advisory Committee meeting on 8/21/12.

Commissioner Gabriel Gonzales, the artist, participated in five workshops during the NAMI CA conference. He donated clothes to the Victor Valley Clubhouse. The Clubhouse is having a car wash to raise funds for a field trip to Silverwood Lake.

Second District:
Commissioner May Farr attended the Substance Abuse Mental Health Services Administration (SAMHSA) Voice Awards, which honors those in the entertainment/sports industry who are in recovery. The results of the CA Reducing Disparities Project (CRDP): African American Population Report were presented by Dr. V. Diane Woods, CRDP Director on 8/27/12 at New Hope Family Life Center.

Commissioner Monica Alonso will participate on the BHC Education Committee. She participates in the Governing Board meeting at Amazing Place Clubhouse.

Third District:
Commissioner Dena Nunez is a member of the Consumer Advisory Board (CAB) in Morongo Basin, which serves a voice for consumers to providers. Their successful focus groups are being shared with their sister CAB in 29 Palms.

Commissioner Chris Massa also attended the NAMI CA conference. Many of the workshops were presented by individuals in recovery. NAMIWalks will be held on 10/29/12 at Diamond Valley Lake in Hemet. Chris has met someone at Valley College helping him raise funds for the Walk. He enjoyed the Positive Thinking presentation during the last Third DAC meeting.

Fourth District:
Commissioner Akin Merino spent time with Active minds, a National Mental Health organization on college campuses. She also provided the following report on behalf of Vice-Chair Monica Wilson, who had to leave early.

Vice-Chair Monica Wilson also attended the SAMHSA Voice Awards There has been discussion at the Second/Fourth DAC, who meet jointly, to change the meeting time to increase consumer attendance. An AB 109 presentation will be provided at the next DAC meeting on 9/13/12.

Fifth District:
Treasurer Veatrice Jews stated that African American Mental Health Coalition (AAMHC) is preparing for African American Mental Health week summit to be held in February 2013, at Cal State San Bernardino. The AAMHC hosted the final regional meeting of the statewide CA Reducing Disparities Project (CRDP): African American Population Report presented by Dr. V. Diane Woods. Feedback included:

- Public is not aware of Crisis Walk-in Centers
- Need for more Crisis Intervention Training (CIT) among law enforcement

Commissioner Jane Godager attended the DBH State of the Department held at the One-Stop Transitional Age Youth (TAY) Center and was provided a tour of the newly renovated facility.

DIRECTOR'S REPORT

Director CaSonya Thomas confirmed that there will be an Innovation presentation at the next Fifth DAC meeting. Susanne Kulesa, Program Manager I, will provide a brief Innovation presentation today during Other Reports. In addition, Jonathan Buffong, DBH CIT Coordinator, will provide a brief CIT update during Other Reports.

Mental Health Services Act (MHSA) Update:
Due to recent media attention critical of PEI programs throughout the state, Director Thomas sent a letter to DBH stakeholders to affirm San Bernardino County's MHSA programs which were implemented as a result of stakeholder input. In order to maintain the integrity of the MHSA as intended by voters, Senator Darrell Steinberg asked the Joint Legislative Audit Committee to authorize an outcome and performance review. Of the four large counties to be reviewed, it is likely that San Bernardino or Riverside County will be included in the audit.

The PEI Expansion Plan has been posted online for public review and comment from 8/28/12 through 9/28/12.

SPECIAL PRESENTATIONS

Synthetic Drugs in our Community by Corie Lopez, Prevention Specialist, Institute for Public Strategies
Synthetic drugs, also known as spice and bath salts, are sold prevalently over the counter with no age limit to purchase. Marketing is geared towards youth and sold and marketed toward youth.

- Bath salts have been around since 2009, replicating the effects of methamphetamine, PCP and cocaine; usually sold in a white powder or crystal form. Side effects include severe psychosis, seizures, hallucinations, violent tendencies, even death.
- Spice has been around since 2008, and is a mixture of plants or herbs sprayed with a mixture of toxic chemicals, replicating the effects of marijuana. Side effects include increased heart rate, hallucinations, paranoia, seizures, anxiety, panic attacks, and increased blood pressure.

Spice and bath salts are commonly found in smoke shops, liquor stores, gas stations and on the internet, are highly addictive, unregulated and untested. There is no age limit to purchase and these drugs are often marketed toward youth. This is a $5 billion industry making huge profits with pricing up to $30 per gram.

County of San Bernardino Negotiated Net Amount (NNA) Compliance Review by Vickie Baumbach, Substance Abuse Manager, DBH
CA Alcohol and Drug Programs (ADP) receives federal funding under the Substance Abuse Prevention and Treatment Block Grant to administer prevention, early intervention, treatment and recovery support services. ADP

contracts with counties, through the Negotiated Net Amount (NNA) Contract. San Bernardino County's NNA 3-year contract is $51,135,282 to provide:

- Detoxification,
- Methadone maintenance,
- Residential recovery homes,
- Outpatient clinics.

The results of the NNA Review conducted by ADP in June 2012 found no deficiencies in any of the areas reviewed. Additionally, the state analysts were impressed with the collaborative efforts among DBH, contract providers, cultural competency, and the Department of Public Health. San Bernardino County was asked to serve a field test for ADP's new County Monitoring Instrument. Recovery Happens will be held on 9/8/12 at Sylvan Park in Redlands from 10am-3pm.

Upcoming special presentations to the Behavioral Health Commission include:

- 10/5/12: Public Hearing: MHSA PEI Expansion Plan by Michelle Dusick, Program Manager I
  PEI Statewide Initiatives by Michelle Dusick, Program Manager I
- 11/1/12: Crisis Intervention Training by Jonathan Buffong
- 12/6/12: BHC will be **DARK**
- 12/11/12:BHC Holiday Tea and Awards Ceremony from 2-4pm

NEW BUSINESS

Establish Holiday Tea Awards Selection Committee

A motion made by Commissioner Grabhorn and seconded by Chair McGee-Stehsel: Commissioners Jews, Massa, Godager and Alonso were appointed as the 2012 Awards Selection Committee.

OUTISIDE AGENCY AND OTHER REPORTS

MHSA Innovation Update by Susanne Kulesa, DBH Program Manager I

With the enactment of AB 1467 on 6/27/12, the Mental Health Services Oversight and Accountability Commission (MHSOAC) now has the responsibility for Innovation Program approval. If an Innovation Program was approved by the County Board of Supervisors on or before 6/27/12, per AB 100, these programs would require MHSOAC approval. San Bernardino County is "Pre-AB 100 Innovation Programs" and have already been approved by the MHSOAC on 3/21/11.

Crisis Intervention Training (CIT) by Jonathan Buffong, DBH CIT Coordinator

CIT is a partnership with law enforcement officers, providing resources and tools to assist officers in the field interact with individuals who experience mental illness. One week of CIT is provided during the Academy. Jonathan will provide a more detailed report at the 11/1/12 BHC meeting.

Family Service Agency (FSA)

As a result of First 5 and MHSA PEI funding, FSA has opened a new Family Resource Center in Yucca Valley.

ADJOURNMENT

Today's meeting adjourned at 2:03 p.m.

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