

MINUTES
County of San Bernardino
BEHAVIORAL HEALTH COMMISSION MEETING
May 1, 2014 - 12:00-2:00 pm

Commissioners Present:

Susan McGee-Stehsel, May Farr, Christopher Massa, Veatrice Jews, Monica Alonso, Troy Mondragon, Michael Grabhorn, Monica Wilson, Sr. Carol Therese Grisotti, Akin Merino and Molly Wiltshire on behalf of Supervisor James Ramos, Third District

Excused Absence: Jane Godager

Guests:

Beverly Scott, family member; Art and Nora Alvarez, Joe Garner, Beverly Vargas, Carolyn Bennett, Theresa Martin, Henry Clay; Vikki Ostermann, Legislative Analyst, County Administrative Office; Josue Castillo, Office of Assemblymember Cheryl Brown; Burmalee Manns, African American Behavioral Health Coalition; Patricia Barnes, Angy A., Lindy Tello, John, Faith Ikeda, Adam Manarez, Gus Jr., Rita Rodriguez, Pathways to Recovery; Stacy McLemore, Chad, Lorraine Smith TEAM House; Bonnie Monroe, Lamont Eason, Serenity House; Graciela Tevar, Amazing Place; Sara Bouzidi, Sahaba Initiative; Steven Hale, Sherie Park, Valley Star; CaSonya Thomas, Nathan Trujillo, Elsa Rodriguez, Andy Gruchy, Douglas Fazekas, Michael Oliver, Gregory Nyx, Tanya Bratton, Alicia Perez, Jon Buffong, Clifford Craig, André Bossieux, Jessica Baca, Justine Rangel, Jeanette Montoya, Erica Porteous, Loretta Ross, Doris Turner, Chris Morton, Joann Solomon, Karen Cervantes, Sherwin Farr, Joshua Taylor, Larisa Crossno, Cheryl Long, Erica Watkins, Sherrie Alexander, Mariann Ruffolo, Jonathan Benvenisti, Michael Sweitzer, Jennifer Gonzalez, Susanne Kulesa, 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 12:05 p.m. Vice Chair Monica Wilson led the Pledge of Allegiance and self-introductions followed.

Tab 3: Approve Behavioral Health Commission (BHC) minutes of 4/3/14.

APPROVED

Motion/Second: Monica Alonso/ Chris Massa

AYES: Susan McGee-Stehsel, Monica Wilson, May Farr, Veatrice Jews, Monica Alonso, Troy Mondragon, Michael Grabhorn, Sr. Carol Therese Grisotti, Molly Wiltshire on behalf of Supervisor James Ramos

PUBLIC COMMENTS

Lupita Mendez is a Community Health Worker for El Sol. Members of the community look to us to provide resources and hope. The Inspire Holistic Campus has received a great response from the community as a much needed program; however, we have learned that funding will only be provided for two years. The Workers hope that the Department of Behavioral Health (DBH) will reconsider and continue to fund Inspire Holistic Campus.

John Kim, Community Health Worker at the Inspire Multicultural Holistic Campus prepared and read a letter addressed to the Behavioral Health Commission and DBH staff. He is concerned that the Mental Health Services Act Three-Year Integrated Plan does not reflect the needs and voices of our community. We understand that Innovation funding is temporary; however, we do not understand why some of the Innovation programs will be discontinued over the next year while others are not. Inspire Holistic Campus consumers are asking DBH staff to reconsider this decision because it will extremely affect the trust related with DBH services. The letter was submitted for inclusion in the official meeting record.

Kristen Mungcal, DBH Clubhouse Coordinator stated that members of all county clubhouses met to establish Vision and Mission Statements. The following was read aloud by members:

Clubhouse Vision Statement: We envision a world that honors, accepts and empowers individuals' innovative recovery and wellness without stigma.

Clubhouse Mission Statement: The County of San Bernardino Department of Behavioral Health Clubhouses partner with and empower individuals and family members in successfully accessing peer driven opportunities that enhance and support quality of life, overall wellness, recover and resilience.

Each clubhouse created their own Values Statement and read aloud.

SPECIAL RECOGNITION OF COMMUNITY LIAISONS

The following individuals were recognized for their outstanding community outreach and engagement as a DBH Community Liaison:

- Larissa Crossno
- Jessica Baca
- Benita Ramsey
- Jonathan Buffong

Community Liaisons work closely with diverse community-based, faith-based, grassroots, and non-profit organizations to build capacity and provide technical assistance for the implementation of three Prevention and Early Intervention Initiatives: school-based projects, community based projects, and system enhancement projects. Director CaSonya Thomas stated that due to the valuable relationships established in the community, DBH has dedicated funding for two full-time Community Liaison positions over an extended period of time.

CHAIRPERSON'S REPORT

Chair Susan McGee-Stehsel welcomed everyone to May Mental Health Month. She acknowledged concerns made during Public Comment. The CA Institute of Mental Health recently held a Mental Health Boards/Commission training overview of the California Mental Health Planning Council's Data Notebook Project, which is due in August 2014. This item will be discussed further at the June 5, BHC meeting.

COMMISSIONERS' REPORTS

First District:

Commissioner Mike Grabhorn met with Regina Weatherspoon Bell of Supervisor Lovingood's office. Discussion topics included the Synthetic Drug Ordinance and the need for a crisis facility in the High Desert. He also met with Director of Student Services at Hesperia School District to discuss how DBH can support the District in prevention and early intervention and suicide prevention. He visited Barstow Counseling and spoke with the Clinic Supervisor. He was concerned that clients needing medication are not able to get an appointment in a timely manner. Director Thomas referred the issue to Deputy Director Andrew Gruchy and we will provide a response at the June BHC meeting.

Second District:

Commissioner May Farr attended the CA Mental Health Planning Council and CA Local Mental Health Boards/Commission (CALMHB/C) meetings in Irvine.

Commissioner Monica Alonso is excited by the growth of the Clubhouse program. During the DBH Expo on 5/22/14, she will participate in a Stigma Busters musical. She will also be speaking at the Cal State Mental Health Solidarity Day on 5/6/14.

Third District:

Commissioner Mondragon is connecting Central City Lutheran Mission men's homeless shelter in San Bernardino to DBH services for our homeless population. He has also been involved in planning Mental Health Solidarity Day at Cal State University San Bernardino to be held on 5/6/14.

Commissioner Chris Massa stated that a lot of teamwork was involved in creating the Clubhouse Vision, Mission and Values Statement. He looks forward to attending Evening with the Stars on 5/28/14.

Fourth District:

Secretary Akin Merino acknowledged mental health professionals for all their hard work. The Board of Behavioral Sciences has recently adopted a new license: Licensed Professional Clinical Counselors (LPCC) scope of practice includes treatment of couples and families.

As Chair of the CA Mental Health Planning Council, Monica Wilson attended the quarterly meeting on April 16-18, in Irvine. Mental Health Matters Day is officially May 13, on the South Lawn of the Capitol Building in Sacramento. Senate President pro Tem Darrell Steinberg will reflect on the 10 years since the MHSA.

Commissioner Sr. Carol Therese Grisotti attended two Mental Health Boards & Commissions training:

- 4/19/14 in Irvine: Understanding Program Evaluation-How to Use Data to Measure Outcomes & Change. This training included an overview of the 2014 Data Notebook that is due to CA Mental Health Planning Council in August.
- 4/26/14 in Riverside: Mental Health Board 101 – Information was shared on relationships with DBH Directors and Board of Supervisors in an advisory role, the Brown Act, duties, Robert's Rules of Order, bylaws, member recruitment and effective meetings.

Fifth District:

Treasurer Veatrice Jews stated that the DBH Community Crisis Response Team overview was presented at the Fifth District Advisory Committee Meeting on 4/28/14, at the New Hope Family Life Center. Working with Gigi Crowder, CalMHSA African American Spirituality Initiative, who presented at the April BHC meeting, to spearhead an African American Faith Centers/Churches, Each Mind Matters Day of Worship on 5/18/14.

Board of Supervisors:

Molly Wiltshire, on behalf of Supervisor James Ramos, reminded everyone of the Give BIG campaign on 5/8/14. The County of San Bernardino, in partnership with The Community Foundation, encourages you to help us reach a goal of \$300,000 in new donations for local nonprofits. You can donate to your favorite or a new nonprofit at GiveBigSBCounty.org on May 8, or schedule a donation now.

DIRECTOR'S REPORT

Director Thomas responded to concerns made during Public Comment: Mental Health Services Act Innovation services are subject to time limitations to assess and evaluate effectiveness. In 2011, two contracts for Holistic Campus sites became effective; one in Victorville, the other in Rancho Cucamonga. These contracts will expire 9/30/14. A third contract for a Holistic Campus in San Bernardino will run from July 2013-June 2015. Please join us at the next Community Policy Advisory Committee (CPAC) as the Committee reviews aspects of Holistic Campus programs, performance outcomes and building on a sustainability design. CPAC is scheduled:

Thursday, May 15, 2014 - 9am-11am
County of San Bernardino Health Services
850 E. Foothill Blvd. – Auditorium
Rialto, CA 92376

EDUCATIONAL PRESENTATION – Evidence Based Practices in Behavioral Health Services by Veronica Kelley, LCSW, Assistant Director, DBH. This course provides 1 continuing education credit.

Evidence Based Practices (EBP) are:

- Best practices in making decisions about the care of individuals
- Programs shown to be effective through rigorous research
- Interventions/treatment based on therapy of change
- Cultural, age and gender specific

The National Registry of Evidence-based Programs and Practices (NREPP) is a searchable online database of updated mental health and substance abuse interventions. The Promising Practices Network (PPN) website is a unique resource that offers credible, research-based information on what works to improve the lives of children and families.

DBH and contract providers offer over 70 evidence based practice programs in a culturally-competent manner that measure the impact on clients, participants and communities. Ms. Kelley described the following EBP's:

- Cognitive Enhancement Therapy (CET) - Rehabilitative training program (ages 18-25) for adults with schizoaffective disorder who are stabilized and not abusing substances; improves social functioning.
- Moral Reconciliation Therapy (MRT) - Decrease recidivism among (ages 18-55) juvenile and adult criminal offenders by increasing moral reasoning, including drug treatment, spiritual growth, anger management, domestic violence, parenting skills and job readiness.
- Seeking Safety – Treatment for clients (ages 13-55) with a history of trauma and substance abuse; helps clients attain safety in their relationships, thinking, behavior and emotions.
- Matrix Model – Intensive outpatient treatment (ages 18-55) for stimulant abuse/addiction; includes relapse prevention groups, education, social support, counseling, urine and breath testing and education for family members affected by the addiction
- Functional Family Therapy – Family based intervention program for youth, ages 11-18, who have demonstrated delinquency, violence, substance use, oppositional defiant disorder, disruptive behavior and depression. Services provided at home, school, clinical and juvenile justice facilities.

OUTSIDE AGENCY AND OTHER REPORTS

Karen Cervantes, DBH Public Information Office announced the events planned for May Mental Health Month:

- 5/2/14 - Meet the Artist Art Exhibit: Orange Show Art Gallery, 2-4pm
- 5/6/14 – Community Partner Meet and Greet: Government Center, 9am-1pm
- 5/13/14 – “A New State of Mind” documentary screening: One Stop TAY Center, 4-6pm
- 5/22/14 – DBH Expo, County Health Services Auditorium, 2-6pm
- 5/27/14 – Directing Change Screening & Award Ceremony (Riverside/San Bernardino Counties): Fox Performing Arts Center in Riverside, 6-8pm
- 5/28/14 – Evening with the Stars, San Bernardino Hilton, 6-9pm

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

Susan McGee-Stehsel
Chair, Behavioral Health Commission

Debi Pasco
Clerk of the Behavioral Health Commission