

MINUTES  
San Bernardino County  
**BEHAVIORAL HEALTH COMMISSION MEETING**  
March 5, 2015 - 12:00-2:00 pm

**Commissioners Present:**

Ed O'Brien, Michael Grabhorn, Christopher Massa, Catherine Inscore, Troy Mondragon, Veatrice Jews, Jane Ann Godager, David Miller, May Farr and Molly Wiltshire on behalf of Supervisor James Ramos

**Excused Absence:** Susan McGee-Stehsel, Monica Wilson and Akin Merino

**Guests:**

Harry Cass, Faith Ikeda, Gloria Ducksworth, Tracy Foht, Lindsay Tallo, David Lilleston, Denise Byrd, Carolyn Bennet, Michael Moreno, Louis Henderson, Esther Rea, Delilah Bahamonde, Ray Blevins, April Saavedra, Debbie Medina, Sylvia Beck, Pathways to Recovery; Libby Freeman, Andrew Castrejon, Joseph Lewis, Gary Bustin, Alec Hill, Greg Vander-Haeghen, Sandi Bentz, Ernest Leon, Christina Tempe, Joseph Lewis, Amazing Place; Kelly Hawkins; Beverly Scott, Maria Mora, Yolanda Johnson, family members; Lupita Mendez, El Sol; Steven Hale, Valley Star; Laurence Gonzaga, IEHP; Amanda Slaughter, Azusa Pacific University; Ana Rubio, Chris Snyder, Transition Age Youth program; Linda Hart, African American Health Coalition; Lynn Neuenswander, Loma Linda University Health; Hanna Keith, Community Hospital of San Bernardino; Gwen Rodgers, EMQ; Steven Hale, Valley Star; CaSonya Thomas, Vivien Limon, André Bossieux, Claudia Silva, Karen Cervantes, Tracy Bomberger, Hector Ortega, Edwin Henderson, Jonathan Benvenisti, Doris Turner, Laretta Ross, Mariann Ruffolo, Gregory Nyx, Melinda Ancrum, Nathan Trujillo, Imo Momoh, Cynthia Gutierrez, Doug Fazekas, Hector Lopez, Sara Kiss, Esmeralda Sanchez, 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**

In the absence of Chair McGee-Stehsel, Secretary May Farr called the meeting to order at 12:12 p.m. Commissioner Mondragon led the Pledge of Allegiance and self-introductions followed.

**Tab 5:** Review today's agenda: Defer the approval of Behavioral Health Commission (BHC) Annual Report to 4/2/15 meeting.

**APPROVED**

Motion/Second: Michael Grabhorn/Veatrice Jews

AYES: Ed O'Brien, Catherine Inscore, Troy Mondragon, Chris Massa, Jane Ann Godager, David Miller, May Farr, Molly Wiltshire on behalf of Supervisor James Ramos

**Tab 6:** Review BHC meeting minutes of 1/5/15

**APPROVED**

Motion/Second: Jane Ann Godager/Ed O'Brien

AYES: Catherine Inscore, Troy Mondragon, Chris Massa, Veatrice Jews, Michael Grabhorn, David Miller, May Farr, Molly Wiltshire on behalf of Supervisor James Ramos

**Tab 7:** Review BHC meeting minutes of 2/5/15

**APPROVED**

Motion/Second: Chris Massa/David Miller

AYES: Jane Ann Godager, Ed O'Brien, Veatrice Jews, Catherine Inscore, Troy Mondragon, Michael Grabhorn, May Farr, Molly Wiltshire on behalf of Supervisor James Ramos

## **PUBLIC COMMENTS**

Faith Ikeda: Laretta Ross is the lucky recipient of the Pathways to Recovery opportunity drawing.

Linda Hart, on behalf of Pastor Hodari, Inland Empire Concerned African American Churches, requested to attain the budget for the Mental Health Services Act (MHSA) Annual Update FY 15-16, within 30 days. He is interested in where money is spent based on ethnic population.

*Director Thomas responded that the MHSA Annual Update budget is based upon program needs gathered during the stakeholder process. Twenty-two community engagement meetings are being held from February 2-March 19, 2015. As these meetings are still in progress, the budget is not yet available; however, effective 3/20/15, the MHSA Annual Update draft will be circulated widely, for the 30-day public comment and review period. I encourage you to review the draft MHSA Annual Update report and provide any feedback you might have by using the comment form on the website. You can find the report and comment forms at [www.sbcounty.gov/dbh](http://www.sbcounty.gov/dbh).*

## **COMMISSIONERS' REPORTS**

### **First District:**

Commissioner Ed O'Brien is pleased to announce that DBH will provide an 8-hour Mental Health First Aid training to the Law Offices of the Public Defender. He attended the Quality Management Action Committee, which included interesting findings and data related to the Recovery Based Engagement Support Team (RBEST) program. He requested a similar presentation during an upcoming BHC meeting. He would be interested in seeing a rapid response team, similar to the Community Crisis Response Team (CCRT), which could help incarcerated individuals challenged with mental health issues in the jail system.

*Director Thomas responded that behavioral health services are provided in the jails. Also available is the voluntary Supervised Treatment After Release (STAR) program, which provides behavioral health treatment for clients who have had repeated contact with the criminal justice system. She will provide regular updates on the continued conversations in our county regarding this topic.*

Commissioner Michael Grabhorn met with Captain Tomlin of Apple Valley Sheriff, as they would like to adopt a synthetic drug ordinance. He referred the Daily Press to DBH for an article on homelessness. He attended the Un Momento Por Favor training, which provides DBH staff with general guidelines to respond to a Spanish speaking caller until a translator can join the call. He would also like to learn more about the Muslim community.

### **Second District:**

Commissioner David Miller attended the Community Policy Advisory Committee (CPAC) meeting in February, where outcomes for Innovation programs were discussed. He will attend the CA External Quality Review (CAEQRO) exit interview. Amazing Place Board is engaged and active in the center as well as DBH activities and meeting. There is a new Mental Health Education Consultant working in the Clubhouse Program that has extensive experience working with the homeless.

Secretary May Farr attended the Diversity Day event at the Transitional Age Youth Center. Every ethnic group has struggled throughout time, giving us a broader understanding of different cultures. She will also attend the Integrated New Family Opportunities (INFO) graduation. INFO reduces the involvement of mentally ill minors in the juvenile justice system by providing assertive family and community involvement in treatment, 24/7 case management and support, behavioral therapy and peer counseling.

### **Third District:**

During the Black History Month celebration at TEAM House, Commissioner Chris Massa enjoyed learning about the many contributions made by African Americans throughout history.

Commissioner Catherine Inscore thanked everyone for welcoming her to her first meeting as a new Commissioner.

Commissioner Troy Mondragon has been invited to participate on a speaker panel for an advocacy workshop at the National Alliance on Mental Illness CA Conference in August 2015. To conduct research for a class project on the unmet housing needs of those living with mental illness, he has attended the following meetings:

- Interagency Council on Homelessness
- Homeless Youth Taskforce (he thanked Chairman James Ramos and Molly Wiltshire for the invitation)

He also attended the Court Immersion Program. It was exciting to see fellow Commissioner Ed O'Brien in action with his day job as a Public Defender.

**Fifth District:**

Treasurer Veatrice Jews attended Black History Month Celebration at Valley College featuring André Bossieux, DBH Program Manager II, and Hari Jones, Assistant Director, African American Civil War Museum, as keynote speakers. In celebration of African American Mental Health Awareness Week, the AAMHC hosted a family unity dinner at the New Hope Family Life Center. During the February District Advisory Committee MHSA Annual Update stakeholder meeting, discussion included ideas, topics, and suggestions for the future of local mental health policy and program planning.

**Chairman James Ramos:**

Molly Wiltshire, Deputy Chief of Staff, on behalf of Chairman Ramos announced that "Team BOS" will participate in the 4<sup>th</sup> Annual Big Bear Lake "Polar Plunge" to raise funds for Special Olympics Inland Empire on 3/7/15. Please come out and join them! Molly suggested contacting Jose Marin to provide a presentation on the Reentry Collaborative. The Reentry Collaborative is a partnership of agencies, organizations and individuals committed to making our communities safer through the successful reentry and long-term success of the formerly incarcerated.

**DIRECTOR'S REPORT**

Director CaSonya Thomas announced that the Board of Supervisors (BOS) approved the acceptance of \$3.9 million award for the construction of a crisis residential program to be located on Gilbert Street in San Bernardino. These funds were made available through the Investment in Mental Health Wellness Grant Round 2. The application for Round 3 funding will be presented to the BOS on 3/17/15, which, if approved by CA Health Facilities Financing Authority, will provide a crisis residential program in the High Desert.

**NEW BUSINESS-ACTION ITEMS**

Defer the approval of the BHC Annual Report until 4/2/15 meeting

**APPROVED**

Motion/Second: May Farr/Chris Massa

AYES: David Miller, Jane Ann Godager, Ed O'Brien, Veatrice Jews, Catherine Inscore, Troy Mondragon, Michael Grabhorn, Molly Wiltshire on behalf of Supervisor James Ramos

Approve CA Association of Local Mental Health Boards/Commissions Annual Membership dues of \$500

**APPROVED**

Motion/Second: Ed O'Brien/ Troy Mondragon

AYES: David Miller, May Farr, Chris Massa Jane Ann Godager, Veatrice Jews, Catherine Inscore, Michael Grabhorn, Molly Wiltshire on behalf of Supervisor James Ramos

**EDUCATIONAL PRESENTATION:** Creative Expression as a Tool for Recovery: Unlocking Ten Mental Locks facilitated by Greg Vander-Haeghen with theatrics by Sandi Bentz and Libby Freeman.

As a vehicle of self-expression, creative activities can be used to express feelings, increase self-awareness and insight to a given situation, facilitate problem-solving and enhance learning, all of which may help consumers have a sense of control in their lives. The ten mental locks which prevent us from creating to our fullest potential include:

Ten Mental Locks	Unlocking Mental Locks
1. The Right Answer	The best way to get a creative idea is to have a lot of ideas.
2. That's Not Logical	Thinking logically may have a devastating effect during the creative phase.
3. Follow the Rules	Certain rules that become obsolete may act as a mental lock to creativity.
4. Be Practical	Ask "what if" questions to spark creativity.
5. Play is Frivolous	People who wish to create view work and play as two mutually exclusive things.
6. That's not my Area	Creativity involves breaking out of patterns to look at things in a different way.
7. Don't Be Foolish	Humor jostles the imagination.
8. Avoid Ambiguity	Allow random unexpected information to stimulate your imagination.
9. To Err is Wrong	Creativity is allowing yourself to make mistakes.
10. I'm not Creative	"Self-doubt" is creativity's worst enemy.

**OUTSIDE AGENCY AND OTHER REPORTS**

Karen Cervantes announced that DBH is accepting artwork through 3/27/15, for the art show in Fontana during May Mental Health Month. Art will also be used in DBH Calendar for 2016-2017.

The last of the MHSA Annual Update stakeholder engagement meetings will be held:

- 3/12/15: Online After Hours Session 5:30-7:30pm
- 3/19/15 during CPAC: 9am-12pm, County of San Bernardino Health Services Auditorium.
- 3/19/15 during CCAC: 1-3pm, County of San Bernardino Health Services Auditorium.

The University of Redlands Powwow will be held March 28-29.

As part of his recovery, an Amazing Place Board Member thanked DBH for the opportunity to use the clothes donation closet to dress professionally today.

Lauretta Ross: Our clubhouses are doing wonderful things in moving recovery forward.

Delilah Bahamonde: Stigma is still going on. We are not different, just smarter than those who stigmatize. I have respect and pride in myself to speak up for those people who are not able.

**ADJOURNMENT:**

Meeting adjourned at 2:04 p.m.

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*Susan McGee-Stehsel, Chair*  
 Behavioral Health Commission

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*Debi Pasco*  
 Clerk of the Behavioral Health Commission