

MINUTES
San Bernardino County
BEHAVIORAL HEALTH COMMISSION MEETING
October 1, 2015 - 12:00-2:00 pm

Commissioners Present: Susan McGee-Stehsel, Michael Grabhorn, Veatrice Jews, Ed O'Brien, Christopher Massa, May Farr, Jennifer Spence-Carpenter, Troy Mondragon, David Caine, John Futch on behalf of Supervisor James Ramos, Chairman of the Board of Supervisors

Excused Absence: Jane Ann Godager, Akin Merino, Monica Wilson, Catherine Inscore

Guests: Andrew Gruchy, Sarah Eberhardt-Rios, Tamara Ingram, Beverly Scott, Dolores Dickson, Wayne Henkelmann, Lupita Mendez, Sherie Park, Kristen Mungcal, Melinda Ancrum, Gloria Paz, Harry Cass, Joanne Solomon, Karen Cervantes, Jamesia Brown, Sherwin Farr, Cynthia Gutierrez, Sarah Wright, Michael Sweitzer, David Denkers, Ramon Flores, Alexis Belmonte, Irma Cortes, Lizett Santoro, Faith Ikeda, Mike Gorman, Anthony Brazier, Victoria Rice, Greg Vander-Haeghen, Edwin Henderson, Aimara Freeman, Jon Buffong, Paula Rutten, Sabrina Friedman, Denise Dittimore MD, Michelle Torres, Claudia Toscano, Victoria Hall, Florens Linborg, Jonathan Benvenisti, Maribel Gutierrez, Miriam Clark, Lauretta Ross, Landon Sharp, Doris Turner, Michael Schertell, Michael Oliver, Grace Navarro Reyes, Jenna Vo, Ruweyda Deeq, Jane South, Tenee Jones, My Ha, Ernesto Buenrostre, Josh Morgan, Joanne Mitchell. Minutes recorded by Debi Pasco, Clerk of the Behavioral Health Commission (BHC)

CALL TO ORDER AND INTRODUCTIONS

Chair Susan McGee-Stehsel called the meeting to order at 12:07 p.m. Commissioner Michael Grabhorn led the Pledge of Allegiance and self-introductions followed.

Tab 8: Review Minutes of July 2, 2015

APPROVED

Motion/Second: Michael Grabhorn/Christopher Massa

AYES: Ed O'Brien, Jennifer Spence-Carpenter, Veatrice Jews, Troy Mondragon, May Farr, Susan McGee-Stehsel, Michael Grabhorn, Christopher Massa, John Futch on behalf of Supervisor James Ramos

ABSTAIN: David Caine

ABSENT: Jane Godager, Akin Merino, Monica Wilson, Catherine Inscore

Tab 9: Review Minutes of September 3, 2015

APPROVED

Motion/Second: Jennifer Spence-Carpenter/May Farr

AYES: Michael Grabhorn, Christopher Massa, Ed O'Brien, Veatrice Jews, Troy Mondragon, Susan McGee-Stehsel, Jennifer Spence-Carpenter, May Farr, John Futch on behalf of Supervisor James Ramos

ABSTAIN: David Caine

ABSENT: Jane Godager, Akin Merino, Monica Wilson, Catherine Inscore

PUBLIC COMMENT

Kristen Mungcal on behalf of Chris Morton stated that clubhouse members had the opportunity to attend the Museum of Tolerance in Los Angeles, which was designed to examine racism and prejudice around the world with a strong focus on the history of the Holocaust. Many clubhouse members appreciated the experience; however, some members chose not to view the exhibits due to the emotional impact.

Karen Cervantes, DBH Public Information Officer, announced that DBH partnered with Staff Management/SMX to host a community job fair on 9/14/15. The job fair was open to all members of the community; however SMX reserved several hours exclusively for consumers, clubhouse members, Transitional Age Youth (TAY), etc. Another job fair is being planned in November 2015.

CHAIR'S REPORT

In her role as Professor at Cal State University San Bernardino (CSUSB), Chair Susan McGee-Stehsel is participating in trainings/orientations related to the start of the academic year for the CSUSB Nursing Program. She attended the National Alliance on Mental Illness (NAMI) California Conference in August, where she attended many wonderful workshops.

COMMISSIONERS' REPORTS

First District:

Commissioner Ed O'Brien, from the Public Defender's office, worked with DBH Patients' Rights to kick-off of the "Restore Your Record" program, designed to assist consumers work out criminal justice issues in an effort to reduce barriers to housing and employment. The first event was held at the One Stop Transitional Age Youth Center (TAY) in San Bernardino on 9/16/15. Upcoming "Restore Your Record" events include:

- 10/21/15 – Family Resource Center, 15400 Cholame Road, Victorville, CA 92395
- 11/18/15 – Mariposa Community Counseling, 2940 Inland Empire Blvd., Ontario, CA 91764

Commissioner O'Brien continues to work on strategies, in collective partnership with other county departments, to meet the needs of consumers arrested during a mental health crisis; for example, a rapid response team, etc.

Commissioner Michael Grabhorn announced that St. John of God in Victorville was recognized as the 2015 Recovery Agency of the Year during the Recovery Happens event on 9/19/15. Father Gregory Boyle, founder of Homeboy Industries in Los Angeles, the largest gang intervention, rehab and re-entry program in the world, served as one of the keynote speakers during the Children's Network Conference in September. Michael provided the principal and intervention counselor at Adelanto High School connections to those in the community who can present information on anti-bullying, synthetic drugs and identifying youth under the influence.

Second District:

Commissioner David Caine, appointed by Supervisor Janice Rutherford on 9/15/15, is interested in learning about behavioral health services provided to those in the criminal justice system. October 9-11, David will attend the Gathering on Mental Health and the Church at Saddleback Church in Lake Forrest. A major focus of the Gathering will be on suicide prevention. David is eager to learn where to direct individuals and family members seeking behavioral health resources and services.

Secretary May Farr also attended the Children's Network Conference at the Ontario Convention Center, September 23-24. May will attend the quarterly meetings of the CA Mental Health Planning Council (CMHPC) and the CA Association of Local Mental Health Boards and Commissions (CALMHB/C) that are scheduled for October in Folsom, CA. The CMHPC is in the process of determining the focus of next year's Data Notebook and is looking for suggested topics. Chair Susan McGee-Stehsel suggested: Achieving successful outcomes when transitioning from inpatient psychiatric hospitalization to outpatient services. May will pass this suggestion along to CMHPC.

Third District:

Commissioner Christopher Massa also attended the 2015 NAMI CA Conference. He's finishing up courses at Valley College then will attend CSUSB in the Fall of 2016. Chris continues to serve as chair of the TEAM House Board. He will also participate in each of the Wellness Triathlon events; bowling, the NAMI Walk and talent and awards night.

Commissioner Troy Mondragon announced that Central City Lutheran Mission in San Bernardino will host a walk to fight poverty on 10/3/15, from 9-10am. During the 2015 NAMI CA Conference, Troy presented a workshop entitled, "Embrace the Change: Effective Personal Youth Advocacy, which explored strategies and tactics for advocating the most challenging problems that people living with mental illness, families and society face. Positive public advocacy is the surest way to end stigma and create social change. Troy will also participate in Crisis Intervention Training provided by DBH to the CA Highway Patrol.

Fourth District:

Chair Susan McGee-Stehsel on behalf of Commissioner Dr. Akin Merino: Dr. Merino traveled to Nigeria in September to participate in a mental health awareness event. Argosy University initiated a suicide prevention initiative for high school students. They donated 2,700 backpacks, which included suicide prevention/mental health brochures provided by the Department of

Behavioral Health (DBH). The goal is to reduce stigma by amplifying mental health conversations among students one school at a time. DBH is facilitating Mental Health 101 training for Fontana High School faculty, staff and parents.

Fifth District:

Treasurer Veatrice Jews stated that the Fifth District Advisory Committee meeting on 9/28/15 was canceled so that community members could attend the Candidate Forum at the Ingrahm Community Center. Candidates for the November elections for the 6th Ward Council seat were available to present their platforms and answer questions.

Commissioner Jews also mentioned that Commissioner Jane Ann Godager was unable to attend today's meetings.

EDUCATIONAL PRESENTATION: The Use of Pharmacogenomics in Mental Health Medication Management (the study of how genes affect a person's response to medication)

In response to questions posed during a Behavioral Health Commission meeting regarding the use of cheek swab testing to determine appropriate medication regimen, Dr. Sabrina Friedman, Associate Professor, Azusa University presented her experience using pharmacogenomics in her own practice.

Through a non-invasive swabbing of cheek cells, a genetic profile is obtained and analyzed. Pharmacogenomics and genetic testing influence clinician decision-making, patient's treatment response and compliance. A collection of enzymes are responsible for the metabolism of medication. These enzyme genes help determine how much of the drug will be available for the body to use. Drug metabolism is determined by the pair of genes inherited from one's parents and are categorized as follows:

- Extensive metabolizer – normal drug doses are metabolized at a normal rate
- Intermediate metabolizer – reduced rate of metabolism; drug may not be tolerated or require decreased dosage
- Poor metabolizer – drug is not tolerated, potentially harmful. Alternate treatment should be used.
- Ultra-rapid metabolizer – may require an increased dose

Currently, pharmacogenomics testing is covered by Medicare and some private insurance in California. Through increased advocacy, Dr. Friedman is hoping that this testing will be covered by Medi-Cal in the near future and will eventually be a part of everyday practice.

NEW BUSINESS – ACTION ITEMS(S)

Establish Holiday Tea Awards Selection Committee - Nominations included: Jane Ann Godager, Veatrice Jews, Christopher Massa.

APPROVED

Motion/Second: Ed O'Brien/David Caine

AYES: Ed O'Brien, David Caine, Jennifer Spence-Carpenter, Veatrice Jews, Troy Mondragon, May Farr, Susan McGee-Stehsel, Michael Grabhorn, Christopher Massa, John Futch on behalf of Supervisor James Ramos

ABSENT: Jane Godager, Akin Merino, Monica Wilson, Catherine Inscore

Establish 2015 Election of Officers Committee – Nominations included: Troy Mondragon, Ed O'Brien and Jennifer Spence-Carpenter

APPROVED

Motion/Second: Veatrice Jews/May Farr

AYES: Ed O'Brien, David Caine, Jennifer Spence-Carpenter, Veatrice Jews, Troy Mondragon, May Farr, Susan McGee-Stehsel, Michael Grabhorn, Christopher Massa, John Futch on behalf of Supervisor James Ramos

ABSENT: Jane Godager, Akin Merino, Monica Wilson, Catherine Inscore

DIRECTOR'S REPORT

DBH Deputy Director Andrew Gruchy, on behalf of Director CaSonya Thomas, congratulated Commissioner Michael Grabhorn as the recipient of the award for Prevention Advocate of the Year at Recovery Happens on 9/19/15. Michael consistently demonstrates passion and commitment to his community and recovery. CONGRATULATIONS, MICHAEL!

The San Bernardino County 2015 Data Notebook, shared with stakeholders during a community presentation on 9/3/15, was submitted to the CMHPC on 9/9/15. They complimented San Bernardino County for an excellent and thoughtful report and extended their appreciation for the hard work and input. The CMHPC will extract information from each county's Data Notebook to compile a final report used to inform policy makers, stakeholders and the general public. The CMHPC report will be available on their website by February 2016.

In August 2013, the Center for Medicare & Medicaid Services approved California's Drug Medi-Cal Organized Delivery System (DMC-ODS) Waiver for five years, which provides a continuum of care for substance use disorder treatment services for Medi-Cal beneficiaries. The Department of Health Care Services (DHCS) will implement the DMC-ODS through a regional approach with five phases in Southern California.

SB 82: Investment in Mental Health Wellness Act of 2013 was enacted to expand the capacity of specialty mental health services, including both capital outlay and designated personnel funding to address triage and crisis service needs. Two competitive grant programs were created.

- CA Health Facilities and Financing Authority (CHFFA) administers the capital outlay function of the ACT.
 - To date, San Bernardino County has been successful in receiving \$7 million in grant funding for two Crisis Residential Treatment (CRT) centers; one will be located in San Bernardino and the other will be located in the High Desert.
 - DBH has submitted an application for another round of CHFFA funding to construct a CRT in the West Valley region as well as Crisis Stabilization Unit.
- Mental Health Services Oversight and Accountability Commission (MHSOAC) oversees the triage personnel grants. San Bernardino County received a little over \$7 million to fund 25 additional triage staff.

On 8/13/15, CA Mental Health Services Authority (CalMHSA) Board of Directors approved the development of a Mental Health Rehabilitation Center (MHRC) for placement of mentally disabled conservatees that will serve as an alternative to the services currently provided by Metropolitan and Napa State Hospital. Los Angeles County Department of Mental Health (DMH) has submitted a project proposal to develop a facility with at least 200 beds:

- Possible locations include: Los Angeles, Orange, San Bernardino or Riverside counties.
- In order to obtain necessary project financing, DMH and other participating counties will be required to enter into contracts to purchase a guaranteed number of beds from the newly developed facility.
- Services will be provided by a contracted provider.

OUTSIDE AGENCY REPORTS

Kristen Martinez, Program Manager I, Clubhouse Expansion Program, announced the upcoming events for the 9th Annual Wellness Triathlon:

- 10/10/15: Bowling, 11am-2pm, Del Rosa Lanes, 1499 E. Highland Ave, San Bernardino, CA 92404
- 11/7/15: NAMIWalks, 9am-1pm, Diamond Valley Lake, 2615 Angler Ave, Hemet, CA 92543
- 12/1/15: Talent and Awards Night, 5-8pm, Health Services Auditorium, 850 E. Foothill Blvd, Rialto

Meeting adjourned at 2:00 p.m.

Susan McGee-Stehsel, Chair
Behavioral Health Commission

Debi Pasco
Clerk of the Behavioral Health Commission