

MINUTES
San Bernardino County
BEHAVIORAL HEALTH COMMISSION MEETING
October 06 - 12:00-2:00 pm

Commissioners Present: Monica Caffey, Akin Merino, Michael Grabhorn, Pastor Mark Graham, Gil Navarro, Victorai Ogunrinu, Jennifer Spence, Lynn Summers, Veatrice Jews, Samuel Shoup on behalf of Supervisor Col. Cook.

Excused Absence: None to report.

Absent: None to report.

Guests: Fabiola Yanez, Donice Holbrook, Jeremy Sanquist, Dr. Rene Keres, Jill Smith, Jonathan Ortiz, Julia Palafox, Kathyah Kaysam, Maribel Gutierrez, Melanie Porges, Melissa Bucarey, Michael Knight, Miranda Canseco, Sheena Felix, Arthur Shaw III, Barbara Wells, Candice Alvarado, Erin Zamora, Jamal Johnson, K. Morrow, Kisha Collier, Kristen Mungcal, La Keisha Mosley, Lindsey Drake, Nathan Trujillo, Nicole Rice, Rachel Sweitzer, Renee Linares, Teri Morrell, Toni Harris, Amazing Place Clubhouse, Cheryl Corona, Tina Entz, Cristi Guerra, Derrick Cannon, Desert Stars Clubhouse, Jennifer Alsina, Jennifer Esparza, Jennifer Pacheco, Jose, Orrostieta, Julie Hale, Nicole Woodward, Rafael Villa, Serenity Clubhouse, Susan Achuff, Teslyn Henry-King, Tiffany Elliott, Tristin Alfred, Bethanne Fishell, Christian Romero, Claire Karp, LeAnn Mast, Marina Espinosa, Matthew Montana, Merida Saracho, Metra Jaber, Sarah Hayes, Steve McNally, Team House, Zakiya Otis.

Minutes recorded by Sheena Felix, Interim Clerk of the Behavioral Health Commission (BHC).

CALL TO ORDER/ PLEDGE OF ALLEGIANCE/ROLE CALL

Chair Caffey called the meeting to order at 12:05 p.m. and led the group in the pledge of allegiance, roll call followed and was conducted by Clerk Felix. Chair Caffey requested Clerk Felix to supply a flag for the Pledge of Allegiance at the next meeting, Clerk Felix stated either a flag or graphic will be displayed for the next meeting during the pledge of allegiance.

Tab 8: Review Minutes from September 08, 2022.

APPROVED

Motion/Second: Akin Merino, Gil Navarro

AYES: Michael Grabhorn, Monica Caffey, Veatrice Jews, Pastor Mark Graham, Lynn Summers, Jennifer Spence, Victoria Ogunrinu

ABSTAIN:

ABSENT: Jennifer Silvestri

PUBLIC COMMENTS

Teslyn Henry-King, Registered Dietician and Nutrition Program Coordinator for San Bernardino County Department of Public Health (DPH). She stated that she submitted a letter on behalf of the founding organizations of My Hair, My Health to the Department of Behavioral Health (DBH) and the Behavioral Health Commission (BHC) regarding an item communicated in the Thursday, July 7, 2022, subject matter presentation that was titled "Community Health Worker Program" as reported by Riverside San Bernardino County Indian Health, Inc. the attention of the My Hair, My Health founding partners that in this presentation there were two references made to My Hair, My Health with the first listing My Hair My Health under partnerships and the second crediting Riverside San Bernardino County Indian Health Inc. as co-creator of the My Hair, My Health program. For the record, Ms. Henry-King stated that My Hair, My Health was created by San Bernardino County, Department of Public Health Nutrition Program staff under her direction as part of the network for Healthy California African American campaign work done in 2011, fashioned after the work of their partners in Los Angeles and locally adopted and implemented by the Inland Empire African American women leaders from Public Health, Healthy Heritage Movement Inc., Riverside Community Health Foundation, and Reverend Veronica Martindale Productions. Since its inaugural event in 2012 My Hair, My Health has continued to convene annually with input from the community, members, health professionals, and service organizations including sororities, faith-based organizations, and hair stylists. This is an education program that is designed by African American women for African American women and uses hair and health and hair health rather, as a platform for education so that they can empower participants by offering tools and resources that promote a

healthy body, mind, and spirit, increase knowledge and skills to combat barriers to health-promoting activities, and to help improve self-image and self-acceptance. As it relates to Riverside San Bernardino County Indian Health Inc. per their records, they participated in 2014 My Hair, My Health events as a vendor, and beyond that their staff attended one of the 2018 Children's Health and Wellness Workshops, at that event they did engage in conversations about possibly partnering financially to expand and support and expand the work of My Hair, My Health efforts but unfortunately, those conversations didn't go any further. She was asked by her founding organizations to bring this to your attention because beyond these interactions they have not conducted any business or engaged with Riverside San Bernardino County Indian Health Inc. as a partner to create or implement their program. As such they respectfully request clarification as to the references made since they differ from those they have on record today as far as involvement. She thanked the Commission for the opportunity for elevating this as a concern and looks forward to a response.

Commissioner Navarro asked if all her comments would be included in the minutes, as it was difficult to follow. Chair Caffey stated that all meetings are recorded, and minutes are taken of the meetings for reference of what is said.

CHAIRPERSON'S REPORT

Chair Monica Caffey wanted to emphasize that in the agenda they do have their DAC meetings and encouraged the group to attend, they are monthly meetings, and they desire input for contract providers in those districts and open this up for an opportunity for community members to come to speak with Commissioners about areas they desire to see within their programs and services they may feel are needed, etc. Those DACs are listed monthly with the agenda on the website. Since they are a virtual community not limited to this space but all the commission meetings that are available via WebEx. This month and last month have been proactive as they enter the end of the first semester in the schools, she has been working with the parent organizations at Rancho Cucamonga and Montclair High School providing mental wellness workshops in support of the school's mental health frame. Each school has highlighted priorities around ensuring there are more resources available and access information available for parents and students. Chaffey Unified School District has partnered with Chair Caffey specifically to implement these conversations and resources. Senior Program Manager, Maribel Gutierrez will be presenting with Chair Caffey at Montclair and Rancho Cucamonga High Schools about the Peer Specialist Program, she believes it is an opportunity to share different topics geared toward parents and an opportunity for Chair Caffey to connect the community with the leaders who are over programs. She also did a recording, she explained there is an epidemic around a vaping crisis with student populations from middle school and high school, 1 in 4 students who are exposed to e-flavor or flavored tobacco become addicted by the age of 18. She has been working diligently in their district to bring some education awareness and advocacy from a policy perspective, especially with voting coming around in November. She was in two commercials for Yes on Prop 31, which is to ban e-flavored cigarettes and tobacco that are targeting the youth, that will come out at the end of the month. This is in partnership with many community organizations and the tobacco coalition in San Bernardino however, this is specifically for District 4. She has an opportunity to continue education awareness training with Dr. Merino for staff and educators specifically to support mental health and wellness. They will work on continuing that training and collaborating. Chair Caffey also mentioned that she was given the honor to present to the African American subcommittee on Community Evidence-Based Practices specifically addressing outreach data and services for the African American community within the county and also within the state

COMMISSIONERS' REPORT

First District:

First District Commissioner Michael Grabhorn attended the CPAC Meeting, RFP Training, went to the Apple Valley Sheriff's Workgroup, Commissioner Graham presented at the first district DAC meeting, he talked about some of the programs, he is involved in the community in so many ways for a number of years. He attended Recovery Happens virtually and stated that it was designed well. He went to a presentation on harm reduction for drug use, he also attended the Fifth District DAC meeting, which was his first time attending another district DAC meeting. It was interesting and he appreciated the invite, he would like to visit other districts' DAC meetings. He participated in the Behavioral Health Initiative which was reimaging California's behavioral health system in a perfect world, very interesting, and different opinions were taken and sent to Sacramento and hopefully be integrated into our new behavioral health care system. He attended the tobacco-free coalition, they are working on assessments, checks for IDs, proper sign postings, etc. They are working with the city of Victorville and the planning commission for prevention and early intervention of drug paraphilia.

First District Commissioner Pastor Mark Graham shared that it is the Abundant Living Family Church health awareness month, it is free and happening at the church all month, it is also open to the community. They combine physical and mental health as they believe they are linked together, there is a \$500 weight loss challenge, and they also have Zumba on the 4th and 11th in the evening.

On the 22nd they are sponsoring a prayer walk at Sultana High School, then on the 29th they have a health awareness day, there will be medical doctors and mental health therapists, etc., and they are doing presentations on high blood pressure, how to prevent strokes, and diabetes, etc. and how to address issues such as suicide and coping skills. They also have an Abundant Living Pillar, two classes a month, one for mental health, and one for “Grief Share”. He was excited about an event on Nov. 15th, they will have an expungement, employment, and education fair, which will allow people to start the process of clearing their records, and view workforce development. Some businesses will be onsite. Victor Valley College, as well as a few others, will be on-site to sign people up to go to school. Cal State San Bernardino signing people up for parenting and trauma classes for children that have been dealing with adverse childhood experiences. Classes will start in February 2023-April 2023. Veteran Benefits Assistance. Help with the issuance of birth, marriage, and death certificates. Pastor Mark attended the African American subcommittee, and participated in the Criminal Justice Consensus committee. He gave a presentation on their New Hope Reentry Program to the DAC Committee.

Second District:

Second District Commissioner Jennifer Silvestri reported their DAC was held September 8th and stated they received a presentation from Quentin Page for DOVES (Domestic Violence Assistance Organization). Her 2 main take aways was on average 4,000 people die each year (mostly woman) from domestic violence, and 75% of those are killed while trying to leave those relationships. She stated that the program offers many items including residency, counseling, and assistance to get back on their feet so that way the victim can leave without fear of being left without options.

Third District:

Third District Commissioner Victoria Ogunrinu stated that since the last Commissioner meeting she has attended three DAC meetings for Districts 2,3, and 5. She heard Aaron Muncher, a speaker on Trauma Recovery Services, they spoke about the different types of therapy they are using, especially due to the rise in cases from the pandemic. She stated one therapy that stood out to her was the use of horses in therapy. She stated she attended a discussion about adult forensic services. She stated Steven Jackson and Martha Para did an excellent job discussing their programs and how they receive their referrals. Commissioner Victoria Ogunrinu shared she attended the State of the County Address, as well as attended ARMC 's presentation of their new medical center for their hospital. She stated she will be attending Loma Linda's Seeds of Hope event coming up.

Fourth District:

Commissioner Akin Merino shared that she attended the State of the County Meeting, going early so she may listen to the investors and real estate people within the county. She stated she heard a lot about recessional environments and inflationary impacts and what is with the rapid drop in real estate purchases. She stated that we need to be posting more on social media, making sure people know what is available to them in times of need. Commissioner Akin Merino Shared that she has presented several workshops on suicide prevention and substance abuse, with one dedicated to women and one to Teens. She hosted a Trauma, Divorce, and Loss clinic that was open to everyone. Commissioner Akin Merino shared that she and Dr. Monica is currently working on promoting trauma wellness for educators. She ended her time by recognizing Teachers Day.

Commissioner Jennifer Spence shared that she attended the RSP Training, as well as the NAMI's Note the Sign of Suicide. She shared her continued work with NAMI and combining services with the Department of Behavioral Health and providing services to the community.

Fifth District:

Commissioner Gil Navarro stated he felt honored with working with all the people who have volunteered their time to help with the mental health of San Bernardino County. He wanted to address an issue that happened in the school districts (Carter High School), a young lady had a “mental health meltdown” the mental health wellness center they had set up in the high school required that you make an appointment. Commissioner Gil Navarro unofficially asked the group. “Does the Department of Behavioral Health have its criteria that when you set up a mental health wellness center, how is it supposed to function? What are we recommending that it'd be in place effectively to serve the students in need? Could we have a future presentation to educate the local school to have an effective wellness center in place?”

Commissioner Veatrice Jews shared her continued work with the Ministerial Pilot Program and the churches involved with the PEI system. Commissioner Veatrice Jews has been working with the African American Subcommittee and she worked on the Data Report.

SUBJECT MATTER PRESENTATION:

Presenters: Marina Espinosa, Deputy Director- DBH

Tab 4: Data Note Book Draft

Marina Espinosa, Deputy Director- DBH:

- California behavioral health planning council is a federal and state mandate to advocate on behalf of adults with severe mental illness and children with severe, emotional disturbance and their families. So, the council has to statutorily be required to advise the legislature on behavioral health issues, policies, and priorities in California, they don't do that independently. They get that information from the local behavioral health boards commissions, such as our behavioral health commissions. Our commissioners are required to review the performance outcomes data for the county and to report their findings to the California behavioral health planning Council through the data notebook.
- The Data Notebook assist the boards, and the local boards, and meeting their mandates. It's also an educational resource about the behavioral health data for our specific county. It obtains the opinions and thoughts of the local board.
- Identify unmet needs and make those recommendations to the California behavioral health planning council
- Part 1 is data from fiscal year 21-22 and there are questions that we have from the prior year. So, they have not changed and what they're doing is looking at it to see if there are any changes.
- They're monitoring the trends on whether we have increased the need-to-access levels if we've decreased any gaps in our services, etc.
- So, the 3 areas that are addressed in part 1 are adult residential care, homelessness, and child welfare services.
- Adult residential care - For San Bernardino County, for DBH, we paid for some or all of the costs for 344 individuals to reside in a licensed Adult Residential Facility (ARF). DBH paid for a total of 49,859 bed days.
- We also have an unmet need for 26 individuals that need this type of housing but are not currently living in an ARF
- The council was asking questions, "do we have institutions for mental disease (IMD) within San Bernardino County?". We do, we have 4.
- The council is asking what do we pay for IMD services? We paid for the costs of 1248 individuals within the county and 721 out of the county
- Total number of beds that were paid for those individuals that of the above total, which is, roughly 1900, was 45,150 bed days
- The council asked what we expanded, or implement for our homeless programs? We expanded on services for supportive housing.
- We've had that response for the last couple of years and we have increased that every year. So, we're not necessarily adding a new program, but increasing the support of housing.
- Child welfare system services, foster children, specifically in certain types of congregate care, DBH has committed a tremendous amount of resources and dollars to serve foster children and youth and group home care.
- Some counties do not yet have Short-Term Residential Treatment Programs (STRTP), San Bernardino has 19. San Bernardino County received 123 children from other counties that were placed in our county. We placed 349 children needing group home level of care in another county
- Part 2 The impact that they're focusing on this year is the impact of Covid 19 public health emergency on behavioral health needs and services.
- 3 major themes
 - They're looking at the effects of behavioral health on the vulnerable populations of adults, children, and youth served in our public mental health.
 - The effects of covid 19 on the ability of county health behavioral health departments to provide mental health and substance use treatment services.
 - The lessons learned and successes achieved during a time when everyone was challenged to be flexible and to devise new ways to support mental health while implementing covid 19 public health protocols.

- The council is asking questions on what points of stress covid cost for children and youth specifically. DBH responded, for our county, there was an increased number of youths receiving services who reported thoughts of suicide or other thoughts of self-harm. There was an increased number of youths receiving services who reported significant levels of anxiety with or without severe impairment. There was an increased number of youths receiving services who reported significant levels of major depression with or without severe impairment, an increased need for youth crisis interventions by behavioral health crisis teams, and decreased access utilization of mental health services for the youth.
- In late March 2020, providers began to adopt telehealth services for assessments and treatment in the initial state of the pandemic.
- Staff worked with families, youth, and providers to address the fear and uncertainty and to provide resources to families who lost income, or even their jobs upon the closure of the schools. Our children's program met with the school-based behavioral health providers.
- Points of Stress for adults:
 - Increased number of adults presenting for services who report thoughts of suicide or other thoughts of self-harm.
 - Increased number of adults receiving services who reported significant levels of anxiety with or without severe impairment.
 - Increased numbers of adults receiving services who reported significant levels of major depression with or without severe impairment.
 - Increase needs for crisis interventions by behavioral health crisis teams and or use of psychiatric emergency rooms.
 - Decreased access and utilization of mental health services for adults.
- Crisis intervention factors that impacted DBHs ability to provide crisis intervention services.
 - There was an increase in funding for crisis services
 - Issues with staffing and/ or scheduling
 - Difficulty providing services via telehealth.
- The County used various methods to meet staffing needs during the pandemic:
 - Utilizing telework practices
 - Allowing flexible work hours
 - Hiring new staff
 - Increased use of various types of peer support staff and/or volunteers
- Adverse effect affecting DBH's ability to reach and serve clients and families from the following racial/ethnics communities
- based on the comparison from FY19/20 to FY20/21, which is what we're looking at for the pandemic, all of the racial and ethnic communities were adversely affected. So, 5,723 fewer medical clients were served overall.
- The pandemic adversely impacted our ability to reach and serve behavioral health clients like children and youth, foster youth, and homeless individuals. etc.

Public Comment:

- Dr. Merino stated thank you for the presentation

NEW BUSINESS – ACTION ITEM(S)

Identify Commissioner to Prepare Presentation Findings:

- Commissioner Veatrice Jews volunteered to complete this month's memo of findings

Establish the Annual Awards Ceremony Selection Committee

- This committee is established and will do all the selections for nominations and such for the annual awards ceremony
- 3 Commissioners Needed
 - Third District Commissioner Victoria Ogunrinu has volunteered
 - Fifth District Commissioner Veatrice Jews has volunteered

- Fourth District Commissioner Jennifer Spence has volunteered

Establish the Elections of Officers Committee

- Election of officers committee will be the ones that determine, going into the new year, who will be elected and that goes for the slate of officers
 - Fourth Commissioner Akin Merino has volunteered
 - Sending Emails out to others to see who wants to volunteer

DIRECTOR'S REPORT

Assistant Director Michael Knight provided the following report on behalf of the Interim Director Dr. Georgina Yoshioka:

- Dr. Yoshioka and Dr. Caffey meeting monthly.
 - Working on BH Commission Executive Session calendar - draft timeline and schedule for the upcoming CPP process for the Three-Year Plan.
- DBH intends to take a deeper dive into both the PEI and Innovation programs this upcoming year and is exploring opportunities for expanding housing and support for our homeless consumers.

Behavioral Health Commission to Review (Reminder):

- Vendors are encouraged to register in ePro to be notified of all possible bid opportunities. For more information on this process and how to register: <https://wp.sbcounty.gov/purchasing/vendor-registration/>.
 - Reminder to Commissioners if you participate on a review panel, the importance of confidentiality during the review process. Reviewers remain confidential. Attendees are not confidential, if requested during the Q & portion, the Agency attendees are listed publicly.
- Reminder public comments are not to be responded to directly, however, will be documented in the minutes for the official record.
- Reminder public inquiries including requests for data are to be made: DBH-PublicRelations@dbh.sbcounty.gov.
- Public Records Act Request Policy: <https://wp.sbcounty.gov/dbh/wp-content/uploads/2021/05/BOP3007.pdf>

Legislation Updates:

AB 738: Community Mental Health Services, Mental Health Board: This bill would require that at least 1 member of the mental health board, or in our case, the Behavioral Health Commission, be a veteran or a veteran's advocate.

AB 1907: Long term health, Health Care Facilities Bill: This bill has to do with inspections, this would change the inspection times and would extend the maximum period between inspections for a long-term healthcare facility from 2 years to 30 months.

SB 1338: Community Assistants Recovery and Empowerment: Involves the Care Core Program. The Assisted outpatient treatment demonstration project of 2022 (Laura's Law). This bill would establish the community assistance recovery and empowerment program to connect a person struggling with untreated mental illness and substance use disorders with a court-ordered care plan. The bill would authorize a court to order an adult person who is suffering from a mental illness and a substance use disorder, and who lacks medical decision-making capacity to obtain treatment and services under a care plan that is managed by a care team.

Assistant Director Michael Knight introduced Miranda Consecro, our new Public Relations Outreach (PRO) Coordinator.

OUTSIDE AGENCY REPORTS

Maribel Gutierrez on behalf of the Behavioral Health Cultural Competency Advisory Committee invited the commission and community to attend their summit at San Bernardino Valley College on October 20th, from 9-4:00 pm

Maribel Gutierrez requested one Commissioner to review proposals that have been received.

ADJOURNMENT

Meeting adjourned at 1:36 p.m.

Monica Caffey- Chair
Behavioral Health Commission

Sheena Felix and Andy Cendejas on Behalf of Sheena Felix
Department of Behavioral Health