

MINUTES
San Bernardino County
BEHAVIORAL HEALTH COMMISSION MEETING
January 5, 2023
12:00-2:00 pm

Commissioners Present: Dr. Akin Merino, Victoria Ogunrinu, Lynn Summers, Veatrice Jews, Michael Grabhorn, Gil Navarro, Samuel Shoup on behalf of Supervisor Col. Cook

Excused Absence: Lorrie Denson, Mark Graham, Jennifer Spence-Carpenter, Monica Caffey, Jennifer Silvestri.

Absent: None to report.

Guests: Alyce Belford-Saldana, Amy Remsing, Angela Harrington, Audrey Mills, Candice Alvarado, DBH-OEI, Dr. Jeremy Sanquist, Dr. Joshua Taylor, Dr. Rene Keres, Erin Zamora, Linda Hart, Lynn Summers, Melanie Porges, Nicole Woodward, Pathways Clubhouse, Sheena Felix, Sonia Rubio, Amazing Place, Arthur Shaw III, Dylan Mckelroy, Jennifer Pacheco, Jill Smith, Julie Hale, Kristen Mungcal, Lauretta Ross, Margarita Serna, Marlandra Johnson, Mathew Wong, MHSA, Miranda Canseco, Miriam Clark, Mitzi Vazquez, Natalie Fagan, Rachel Sweitzer, Sekeia West, Victoria Hall, Bethanne Fishell, Charisse Jones-Bruny, Christina Entz, Derrick Cannon, Fabiola Robles, Jatin Dalal, Karen Cervantes, Liz Maldonado, Marybel Valadez, Metra Jaber, Michael Knight, Misty Harris, Noah Nguyen, Steve McNally, Steven Jackson, Susan Achuff, Team House, Vernon Motschman, Vivian Bermudez, Alejandro Alex Barajas, Alexis Ray, Christopher Schreur, Claire Karp, Ilse Silva, Jessica Montecinos, Kimberly Morrow, Marina Espinosa, Mary Alvarez, Nicole Rice, Oneta Wilson, Rachel Cierpich, Renee Linares, Tarah Baker, Tawon Green, Tristen Alfred, Valerie Maybrier, Andrea Martinez, Dr. April Clay, Ellen Drummonds, Julie Sanchez, Team House

Minutes recorded by Audrey Mills on behalf of Sheena Felix, Clerk of the Behavioral Health Commission (BHC).

CALL TO ORDER/ PLEDGE OF ALLEGIANCE/ROLE CALL

Vice Chair, Gil Navarro called the meeting to order at 12:04 p.m. and led the group in the pledge of allegiance, roll call followed and was conducted by Clerk Felix.

CULTURAL COMPETENCE AWARD OF EXCELLENCE

Item deferred to next meeting due to the recipient(s) not being present.

Tab 5: Review Minutes from October 06, 2022 & November 03, 2022

Item deferred to next meeting due to no quorum present.

PUBLIC COMMENTS

Linda Hart- First of all, Happy New Year's to everyone. In my studies and report from the California Black Media reveals barriers to mental health for black women and Latino women. On December 5th, 2022, some of the highlights that I was able to pick up was the report noted 52% of the respondents said it was difficult to find a counselor, therapist or healthcare provider who shares their values or comes from similar backgrounds. So that leads me back to my earlier concerns in 2021 and 2022 relating back to only 1% of the black population in San Bernardino County being served and having access to mental health prevention and presentation services in the County of San Bernardino. So, I just want to show how important it is that this becomes a priority for 2023, 2024, 2025 and moving forward. I will continue to follow reports in the studies relating to this. Last but not least, my research also shows that the Community Health Promoter Programs have representations from their respective audience as far as Outreach Workers and Community Led Organizations. In other words, for example Latinos have a Latino Agency Organization running their program within the Latino population, Asian Island Pacific, and Native Americans. The African Americans are the only population who does not have a Black Led Organization leading up those efforts. So again, I will be advocating along with other consumers, being a consumer/family member, it is very important that we continue to look at the disparities when it comes to access to services for the African American population. Thank you and I hope that these are taken very seriously and that my report is stated correctly in the minutes.

Commissioner Navarro- I know we don't respond to public comments, but I would like to direct our commission here to have a follow-up on Linda's concern for further discussion in the future executive session. Maybe invite Linda to that. I did want to share with you my

experience in working with different agencies that have contracts with our Behavioral Health and it's my understanding that when the therapist initially assesses a client for services, he goes to a treatment team meeting where there's a limited number of staff to discuss the case and then they recommend a treatment plan. Now maybe that's something that needs to be reevaluated to see what criteria they utilize in that respect for those individuals. They need somebody with more experience with their past experience. Does that make sense Linda?

Linda Hart- I'm going by the survey that was done on the women that were involved. Again, it makes sense of course that individuals feel more comfortable with someone who has the same or similar background that they can connect with from the cultural aspect of it all. Even for myself, similar backgrounds make a big difference. That would be something that we definitely could take a look at so the individuals can feel more comfortable.

Commissioner Navarro-For the record I'm not interacting with Linda on a solution I'm just getting clarification from Linda on the need of the criteria, I just want to make sure that we are clear on that.

Clerk Felix-As a reminder, Commissioners are not allowed to respond to public comments according to the bylaws.

Linda Hart-Where can I find that the bylaws for my knowledge?

Clerk Felix-I can see if it is something that I can send for you to review.

CHAIRPERSON'S REPORT

Chair Caffey was no present to provide a report.

COMMISSIONERS' REPORT

First District:

Commissioner Pastor Mark Graham was not present, Clerk Felix read his report: On November 5, held a prayer walk with 100 people in attendance at Sultana High School for our community, attended the Justice Involved Advisory Task Force at Victor Valley College, sponsored the Expungement, Employment and Education Fair with the County of San Bernardino at Abundant Living Family Church, over 300 in attendance. Attended DAC and CPAC meetings, Sunday November 20th distributed 120 turkeys and 120 \$50 gift cards to help families for Thanksgiving, attended the Behavioral Health and Criminal Justice Consensus Committee meeting, case managed and went to court for Advocacy with individuals from the community, started advocacy work with University Prep for young women who are in the foster care system, attended my daughter's graduation from Azusa Pacific University for her Master's in Marriage and Family Therapy, advocated for placement for a young man for the inpatient program at Cedar House, he successfully graduated 30 days later.

Commissioner Michael Grabhorn stated he attended a couple of online meetings with SAMSHA and some of the drug advocates, talked about Behavioral Health Clinics and how things are going to be changing and how they need to change, a lot of people interested in Narcan, the High Desert Community Coalition (HDCC) has a standing order for Narcan. At the last Commission meeting I had a background that said Narcan saves lives, it had a picture of a hypodermic needle on it and I got a message from one of the club houses that it was kind of triggering somebody so I took that off and then later I talked to Kirsten and apologized for that. Then I found out that the clubhouses have all gotten together and discussed it and now all the clubhouses have Narcan on hand that will be passed out to people walking off the street, I think that is just amazing that everybody got together to turn that right around and are willing to be able to be out there to help people and train people and work with our brothers and sisters. I wanted them to know I really appreciate them and that is really cool. Also, this month is Human Trafficking Prevention Awareness Month and there will be an Awareness Walk at 12271 Foothill that's from 8:00am to 12:00pm. I didn't put down the date, sorry. I know it's towards the end of the month. There are other activities too, if you're interested go on the C.A.S.E. website Coalition against Sexual Exploitation. They're having a couple of Symposiums and there's even one in Victorville. I think it's still coming up. There was one yesterday too. There's one other thing on the Narcan, they're coming out with the new version of Narcan. I guess it's a new container the difference will be instead of a two-year shelf life it will have a three-year shelf life. They haven't quite figured out the storage yet but they're hoping that it will be a different range of temperatures than the other Narcan, hopefully you can store it easily and it will last a year longer, none has been distributed yet.

Second District:

No Commissioners present for the Second District.

Third District:

Commissioner Victoria Ogunrinu stated she attended the Annual Awards Ceremony in December, they had a Third District Advisory Committee Meeting yesterday it was on MHSA presentation. She wanted thank everybody as this is her last meeting on the commission.

She stated it has been a great pleasure to work with everyone and wanted to thank Behavioral Health, she received the award for the Commission in December and thanked the group, she expressed she is hopeful we shall meet again. Thank you.

Fourth District:

Commissioner Akin Merino wished everyone a Happy New Year, she stated she hope we have a great year ahead of us in 2023. She did a lot of traveling in 2022 and plans to continue doing that in 2023, she attended the Annual Awards Ceremony which was very well organized and thanked everyone who participated. She was the keynote speaker at My Sister's Keeper in Moreno Valley in December, this was really great because we had a great deal of black women there and she was able to talk about trauma care which is her passion. We had a workshop in December for handling the pressure of the holidays. Some of you may not know that we have an institute where we do trauma trainings for the community and globally too, we did a second graduation this December and it was great. In January 2023 we're hosting a free 21 day Thrive in 23 Wellness Program, everyone is welcome to participate, she stated she will send the details to Clerk Felix. They will cover everything that has to do within the eight dimensions of wellness, looking forward to seeing all of you attend. Commissioner Merino thanked Commissioner Ogunrinu for her service and stated she appreciated all the time spent with the Commission, she wished her all the best in your endeavors.

Fifth District:

Commissioner Veatrice Jews wished everyone a Happy New Year and hopes everyone has a happy 2023. We will miss Commissioner Victoria Ogunrinu. She stated she worked with the church in November for the Thanksgiving season give away. We had the opportunity to talk to attendees about any concerns that they have about any anxieties they may have and how to handle that. So, we do work with the public during our food giveaways. Also, in December we had another food give away and also gave toys to children. She thanked Supervisor Baca's office for helping with toy donations. She has continued her work with the Behavioral Health Ministerial College program. In December, Myesha Dunn conducted a great workshop that had to do with the mental illness anxieties during the holidays, we will be having our DAC meeting for District 5 on January 24th at 5:00 p.m., she asked everyone that can, to zoom in and be on the meeting if you can.

Commissioner Gil Navarro first wished everybody Happy New Year and thanked all the Commissioners for their volunteered time and the outreach they do in the community it is very much needed. He stated he views Commissioners as ambassadors of Mental Health and just wanted to thank everyone for the time they volunteer. He stated he has been trying to get school districts to acknowledge the new 988 phone number for Crisis Intervention and Suicide Prevention. He shared that as an advocate he had a student that literally had a meltdown at the school but there was no intervention or staff to deal with her, he viewed this as a mental health issue and feels the need to get more staff educated on the resources available. Calling 911 ultimately was the solution and we do have the crisis intervention center available locally. Now that we have the 988 call line, he wants to ensure staff in different educational agencies are aware of this resource, so that's his main focus.

Commissioner Lynn Summers shared that it is always a blessing to be able to see another year and see what else we can do to promote wellness among just anyone that we come in contact with. She congratulated Commissioner Victoria on the next chapter, she stated the last couple months were quiet, but just like everybody else was doing for the holidays, she was making sure that our community was able to get some food. She did a lot of food giveaways with local food banks and churches, helped assist one family in crisis as the schools were closing out for winter break on some crisis. She stated this is one of those tough times of the year that anxieties are the highest because there's not a lot of sun. She believes that some of our challenges come on because we don't have the sun and have seasonal depression. She shared that it is interesting to be able to talk to families and see if we can intervene and help. She wished everyone a Happy New Year.

SUBJECT MATTER PRESENTATION:

Tab 7: Homeless Services

Dr. Rene Keres, Program Manager II- DBH:

The San Bernardino County Homeless Partnership is made up of several agencies which include the Office of Homeless Services, The Interagency Council on Homelessness (also part of the agency that helps direct the efforts of the county in serving our homeless residents), The Homeless Provider Network is also part of the county makeup. We belong as part of the Interagency Council on Homelessness and are a part of the public providers in the Homeless Provider Network.

DBH Homeless and Supportive Services is currently made up of three programs:

- **Innovative Remote Onsite Assistance Delivery (InnROADs)** is an innovations program providing street medicine, it is meant to target the population of our folks with severe mental problems and/or substance use disorders that are on the street and unable to engage in or link to services or other treatment providers.
- Engagement Teams
 - Clinician –DBH
 - Drug and Alcohol Counselor –DBH
 - Peer and Family Advocate –DBH
 - Social Service Practitioner–DAAS
 - Nurse –DPH
 - Sheriff Deputy –Sheriff’s Department
 - Mobile Treatment Team –DPH
 - Nurse Practitioner
 - Licensed Vocational Nurse
- Four Regions
 - East Valley and Western Mountains
 - West Valley
 - High Desert
 - Morongo Basin and Eastern Mountains
- Goals:
 - Provide at least one treatment service (mental health, substance use disorder or medical) to 400 unduplicated homeless individuals.
 - Have provided treatment to 468 unduplicated clients as of December 1, 2022. Adjusting our goal to 750 for this year.
- Strengths:
 - Have treatment providers for mental health, substance use disorder and medical all on the same team.
 - Meet the client in the field and provide services there.
 - Partnering with outreach teams.
- Challenges:
 - One team per region. Difficult to see clients more often if we are needed in all of the different cities in a region throughout the month.
 - Can only see about 20 clients per “treatment team” at the intensity level needed to engage.
- **Homeless Outreach and Support Team (HOST)** provides housing navigation and outreach and engagement. Housing navigation means that they help clients to get their birth certificate, driver’s license and other documents that are necessary to apply for housing. HOST Housing Navigation is responsible for providing housing navigation for clients that have a voucher from the Housing Authority. HOST also provides housing navigation to DBH MHSA housing and community support through a contract with IEHP to provide some of these services to their members. We have HOST staff that are co-located within law enforcement agencies who provide outreach and engagement services. Staff currently located at Fontana Police Department help with providing Case Management and Resources for homeless in the Fontana area. HOST team also provides case management for those housed in or currently using Project Room Key motels that are managed by the County. we housed 110 families over the last fiscal year. We anticipate more this year as the Housing Authority has received additional vouchers.
- Goals:
 - 300 clients engaged in Housing Navigation services
 - Served 247 clients in FY 21-22
 - Have served 86 year to date.
 - Clients served were obtained via self-referral and from the Coordinated Entry System
- Other accomplishments:
 - Housed clients referred from Housing Authority and DBH MHSA Housing

- 126 in FY 21-22
- 51 in FY 22-23 as of 12/1/22
- **Strengths:**
 - HOST excels at being able to house residents with SMI
 - Fantastic relationship with Housing Authority. This helps to make sure that we are able to maximize the funding they receive and retain all in Permanent Supportive Housing.
- **Challenges:**
 - Very difficult time finding available rental units that are within the price range of the voucher.
- **Supportive Services Program** provides Mental Health support services to those who have been housed in permanent supportive housing, provide case management, and tenancy supports. We also provide treatment for Mental Health Substance Use Disorders through our full-service partners. We are currently providing services to 847 households; we anticipate the number will increase this year. We are the main supportive service provider along with our contractors for people who have Permanent Supportive Housing (PSH).
- **DBH Homeless and Supportive Services –Supportive Services**

There are currently three main types of Permanent Supportive Housing:

 - **Housing Authority Vouchers** –obtained through HUD (US Department of Housing and Urban Development)
 - Continuum of Care (CoC) Grants (formerly known as Shelter Plus Care)
 - Housing Choice Vouchers (formerly Section 8)
 - Mainstream Vouchers
 - No Child Left Unsheltered
 - Emergency Housing Vouchers
 - **MHSA (Mental Health Services Act) Housing** –coordinated by DBH Supportive Services Program
 - Las Terrazas–Colton –opened July 2022
 - Liberty Lane –Redlands –future opening 2024
 - **Project Home key Funded Units** –Prioritizes Project Room key guests
 - 2021 Awardees –Georgia Street Apartments, Pacific Village, All Star Lodge
 - 2022 Awardees –Victorville Navigation Center, City of Redlands –Good Nite Inn, Fontana
- **Goals:**
 - **Increase Permanent Supportive Housing**
 - FY 20-21 Served 718 households
 - FY 21-22 Served 859 households
 - FY 22-23 Expect to be serving about 900 clients by end of fiscal year
- **Retention Rate**
 - 96% Retention Rate (California Average is 94%, Colletti 2019)
- **Strengths:**
 - DBH was able to expand FSP contracts to allow for more Mental Health Supportive Services.
 - Creating step down supportive services for those clients that are stable in their housing.
- **Challenges:**
 - Not enough Permanent Supportive Housing.
 - Costs are high and long term to support chronically homeless in housing.
 - Difficulty moving stable clients into other housing option to vacate current vouchers.
- **Q & A:**
 - Commissioner Summers thanked the presenter for such a detailed report and inquired about the count coming up in the near future, she asked what they would need from this body to help.

- Dr. Keres stated The Point in Time Count is held annually in January and is coordinated by the Office of Homeless Services. They advertise for volunteers to help with the count, if anyone is interested, they will train anyone that wants to volunteer. She can get the information for anyone that is interested.
- Commissioner Summers stated she knows there are people that used to work at a hospital, so they have used their mobile home because they are traveling from point A to point B as a traveling nurse, she asked if they are considered in this as she knows that there's a population that use their mobile homes. Are you considering that under this? Or are you still just saying only people that have or are struggling with severe mental illness and/or substance use disorders?
- Dr. Keres stated not exclude other populations but people that have and/or are struggling with severe mental illness and/or substance use disorders are the main focus due to us being the experts in that, unfortunately our community is not as trained as we are in working with clients who may need more services.
- Commissioner Grabhorn stated he has mentioned this several times at the commission meetings that Victor Valley Rescue Mission and the homeless shelters here in Victorville are always giving him compliments to give to DBH. They appreciate you going by there and checking up with them. It is important to work with the community and they sure all recognize it. So, he wanted to share that this program is appreciated. Dr. Keres thanked Commissioner Grabhorn and stated the InnROADS team goes by on Tuesdays to see if anyone needs support and is glad to hear that it's going well.
- Commissioner Merino thanked Dr. Keres for the presentation, she asked where is the funding coming from for InnROADS?
- Dr. Keres stated Inn ROADS is part of the MHSA innovations project that started in 2019. Innovations projects were allowed 5 years to learn about what was selected for the innovations project. We have worked in remote areas with homelessness and also in providing more intensive street-based support for severe mental illness and/or substance abuse disorders.
- Commissioner Merino asked how far along are we in the five years?
- Dr. Keres- stated DBH has 15 months left right now, discussions are already beginning on sustainability and what happens when the project is over. There's still time to try out new things and to have discussions, we have also started some billing as far as some of the treatment that we're providing in the street and so that will offer the future with sustainability.
- Commissioner Merino asked how did they initially determine the number of participants?
- Dr. Keres stated they were trying to figure out what a good caseload of clients that we would serve on a regular basis would look like. To be able to see someone often enough to have an impact and to help them to start to contemplate treatment. The folks that we are working with are some of our more impaired residents that don't engage with the system at large. So, it will take a lot more time in order to develop relationships to open both sides to find a way to start to meet so they can grow in their wellness and be able to accept resources that are offered. The more time we spend with clients that means the fewer clients that we're able to see so over these past year because of the pandemic, they have been shifting and doing a lot more data and analysis to see what would that look like and that's how they determined 400 over the year with how long we're with somebody and also for how many teams and how many staff are able to meet them one on one with clients.
- Commissioner Merino asked since now it is projected at 700 to 800, so does that mean you have more people and more teams?
- Dr. Keres stated what they are finding is that part of the clients they are working with regularly, they see more often and there is a population that we see less often which is their choice. So, we end up getting a combination of the two which allows us to expand it a little bit more and that's why the number increased.
- Commissioner Merino asked how are they addressing the challenges, if they are looking to build more teams moving forward, do they have funding, or it is what it is right now in terms of allocation of funds?
- Dr. Keres stated all things are being explored, it's not just our department, it's also a larger County and the Homeless Strategic plan for the County trying to determine how those needs will be met. She stated they are one small part of it so the discussion of where funds should be put or where they should come from is all still a larger picture. That is being discussed.
- Commissioner Merino asked if there is a homeless person who has severe mental health issues, how do we or anyone in the general public, not just the commission, know how to find you and the resources available? How would they know that this is available through the county?

- Dr. Keres explained that a lot of the referrals are from people calling the program, she stated she will add that information in the chat and will add to the presentation for the future. They also get a lot of referrals from Outreach partners and finding that it works best when a person is already linked to an Outreach partner, then they come in and we provide treatment, when we're away in the field they still have somebody that's helping them and providing case management. This is the model that we're finding works the best so a lot of our referrals will come from our Outreach partners.
- Commissioner Navarro stated he wanted to commend the team for their efforts and the program, it's very much needed. He shared that he lives in San Bernardino and sees every day, adults running out in the street into traffic. He stated he was wondering if Clerk Felix could send the contact information in email as it would be more effective for him. He stated they have cities that don't just have the sheriff because they have their own enforcement, he asked if they have time to educate them on the resources that the program has for other law enforcement for all the different cities?
- Dr. Keres stated yes, they also have the Sheriff, and the Sheriff interacts with law enforcement from all of the different cities as well as within their own department. So frequently they're reaching out to each other and then the sheriff's team also provides outreach in the community. They are also interacting a lot with other law enforcements so there's a lot of information that is spread through.

NEW BUSINESS – ACTION ITEM(S)

Identify Commissioner to Prepare Presentation Findings:

- Commissioner Dr. Akin Merino volunteered to complete this month's memo of findings.

Tab 8 Present 2023 Slate of Officers

- Chair – Dr. Monica Caffey
- Vice-Chair – Gil Navarro
- Secretary – Pastor Mark Graham- *Declined*
Jennifer Spence
- Treasurer – Lorrie Denson

DIRECTOR'S REPORT

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

- Dr. Georgina Yoshioka was appointed as the Director of the Department of Behavioral Health
- Dr. Alyce Belford- Saldana is our new Deputy Director for Forensic Services.
- Dr. Yoshioka and Dr. Caffey meeting monthly.

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 & A 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

None

DBH Updates

- RFPs – Will continue to advise when released.

Public Relations and Outreach Update – Miranda Canseco

- Special Topic: 988

- In 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline.
- 988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress.
- That could be:
 - Thoughts of suicide
 - Mental health or substance use crisis, or
 - Any other kind of emotion distress

People can call or text [988](tel:988) or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support. 988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.

Outreach Report

This month is National Human Trafficking Prevention Month. We join the Coalition Against Sexual Exploitation (C.A.S.E.) and the San Bernardino County Sheriff’s Department to raise awareness on human trafficking domestically and abroad. This month, C.A.S.E. is hosting a series of events to educate our community on the preventative efforts throughout the County. We invite you to join by participating in the Trafficking Awareness Walk on Saturday, Jan. 21 at 8 a.m.

CASE Event Calendar: <https://cn.sbcounty.gov/event/trafficking-awareness-walk/>

Questions regarding DBH Public Relations, please email dbh_pio@dbh.sbcounty.gov

- Office of Equity and Inclusion Update – Next Meeting (February 2023)

OUTSIDE AGENCY REPORTS

- Kristen Mungcal, DBH shared that her program now has 4 State Certified Peers.
- Karen Cervantes, DBH is working on the Innovations Plan, Office of Innovations will be sharing information soon.

ADJOURNMENT

Meeting adjourned at 1:26 p.m.

Gil Navarro- Vice Chair
Behavioral Health Commission

Audrey Mills on Behalf of Sheena Felix
Department of Behavioral Health