



**San Bernardino County
Behavioral Health Commission
Meeting Minutes**

**Date: Thursday, September 07, 2023
Time: 12:00pm – 2:00pm**

Minutes Recorded and Transcribed by: Sheena Felix, Clerk of the Commission

OPENING REMARKS	PRESENTER	ACTION/OUTCOME
A. Call to Order	Vice Chair, Gil Navarro on behalf of Chair, Dr. Caffey	<ul style="list-style-type: none"> Meeting called to order; attendees were welcomed.
B. Pledge of Allegiance	Vice Chair, Gil Navarro	<ul style="list-style-type: none"> Led group in Pledge of Allegiance.
C. Roll Call – BH Commission/ Introductions	Clerk of the Commission, Sheena Felix	<ul style="list-style-type: none"> Conducted roll call by District; introductions followed.
CONSENT ITEM(S)		
D. Approve July 06, 2023 Minutes (Tab 6)		<ul style="list-style-type: none"> No Quorum: item deferred to next meeting.
E. Establish 2023 Data Notebook Ad Hoc Committee		<ul style="list-style-type: none"> No Quorum: item deferred to next meeting.
PUBLIC COMMENT (3-minute time limit)		
	Linda Hart	<ul style="list-style-type: none"> Linda Hart thanked Commissioners for allowing her this opportunity, she stated over the years that she has been coming here advocating to make sure that inclusion is included throughout our community. She stated they are not sure if contract members are supposed to provide those services in their community, where close to the million dollars is going to provide that. She explained that they have not seen any real activity in their community when it comes to outreach and engagement with the families to make sure they receive the resources and information they need. She stated in lieu of that, consumers and family members including herself and others have gotten together with the little money they have and will be performing and are currently actively providing workshops in the community to make sure that the community receives the information they need. They will continue to do that out of pocket and/or donations from the community to make sure that their community receives that information. She provided Commissioners with flyers of the activities they are doing in the community. She stated she wanted to show it can be done equitably and appropriately so that their community will continue not to be underserved. She thanked them for the opportunity to show that true engagement in the community, advocacy does work, and if the county is not going to hold those providers accountable, they will do it themselves, they will go out and provide those services themselves.

	<p>Linda Titus</p> <p>Helen Beyene</p>	<ul style="list-style-type: none"> ○ Gil advised Linda to address the correction in the minutes she requested, it can be revised once there is a quorum present. ● Linda stated under the brown act, she noticed in reading the minutes everyone was able to state and it stated but then when it came to her portion it stated she made a comment. She asked for clarification from counsel on how much information from public comment is to go into public records. She felt that the comments she made were important to continue success in the advocacy work they are doing in their community, and just to be vague or that she made a statement when everyone else was able to be quoted seems unfair. ● Gil thanked Linda and asked if the department could respond back to Linda Hart on her concern at a later date. Then he asked Clerk Felix to revisit the recording to see if something was left out that they can probably add next month and add to the next meeting. ● Linda Titus introduced herself from the 1st District, she shared an event announcement: Thai Dawn Restaurant owner will be hosting a meditation and anxiety event on September 9 from 9:30-11:30am, the event will be followed by free lunch at the Thai restaurant. She encouraged people to join them at this event. ● Helen Beyene introduced herself and stated that she is a caregiver and a mother, she wanted to thank DBH for all the help they have provided her as she journeys on this difficult task of helping her family member. She stated mental illness is complex and requires a myriad of needs, one of the things she would like the commission to consider helping her is a request for medication management. She stated the second issue is crisis intervention, when she has called CCRT as a parent she faces a catch 22, there are various kinds of crises for people that are suffering and we see it, they may not see it because they might be in a situation where they are in a crisis themselves. She stated the help they need is more geared to an emergency type of help and a spot support, so they will get the support right there not take them somewhere, if they call 911, she thinks it is the same catch 22 situation. She stated the third issue is an issue with FSP's, not jumping on board as fast as them, if it something that has to do with mental illness, they are familiar with it, so they should be on board when they call, they should be lightning fast. She thanked DBH for all the support, especially DBH Housing throughout the years, it has been a learning process and experience for her. <ul style="list-style-type: none"> ○ Gil thanked Helen and stated Helen has called numerous times and strongly recommended her to come to the Commission meeting and make a public
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		comment. He stated he would ask Dr. G if an individual can contact her with her concern and for Helen to leave her name and phone number.
INFORMATION ITEMS		
F. Chair's Report	Vice Chair, Gil Navarro on behalf of Chair, Dr. Caffey	<ul style="list-style-type: none"> • Gil Navarro announced that Dr. Caffey plans to hold a Special Meeting of the Behavioral Health Commission on Thursday, September 28. He explained that more information will be provided once details are finalized.
G. Commissioners Reports		
	Michael Grabhorn	<ul style="list-style-type: none"> • Michael Grabhorn greeted attendees, introduced himself, and stated that he is an addict and wished everyone a Happy September Recovery Happens, he stated recovery does happen, it's not easy but it is worth it. He stated if you are having difficulties with addiction seek help. • He wanted to give a shoutout to InnROADs who was mentioned again in the county update along with Mike Jones of the HOPE Team for the San Bernardino County Sheriff's Department. InnROADs is the group that goes out into the desert and contacts our homeless and works with them. He stated in the high desert where he represents, they have had great success with InnROADs, they work with rescue missions, their homeless shelters, and they have been a great asset. He has highly recommended this program to his Supervisor's Office as a great program that is working very well. • He mentioned SB 367 which was passed in January of 2023, it requires community colleges and UCs to offer education on NARCAN and offer Narcan to students. With that, they are working on getting Naloxone vending machines, he asked if anyone knows of any state funding or grants that may assist, please let him know. They want to start with Victor Valley College first. • Attended Homeless Solutions Taskforce. • Attended a webinar on motivational interviewing, he thinks this is a great tool to use. • Working with the Tobacco Coalition on San Bernardino Tobacco Free. • Great emphasis on harm reduction, he started with the commission 12 years ago participating in the Drug and Alcohol Committee, he was surprised to find out that SB County had no harm reduction as of 6 months ago, no needle exchanges, no NARCAN being passed out, just no harm reduction. He stated he appreciated DBH's help especially with all the NARCAN getting passed around. • The DAC in the High Desert is the 3rd Wednesday of the month, they will have Susan Padilla Conway who leads God's Hands Extended, this is a nonprofit organization that provides furniture to homeless people who are in need. • He thanked DBH for all their help and patience.

	<p>Dr. Valerie Samuel</p>	<ul style="list-style-type: none"> • Dr. Samuel stated the 2nd District DAC takes place on the 2nd Thursday of every month 3:30-4:30pm online, Michael Sweitzer from SUDRS be presenting. She encouraged everyone to participate, and it ties into recovery. • Attended the DBH African American Sub Committee Meeting, it was quite informative and focused on the issue of African American Males and what are some of the things they are dealing with and what needs to happen. In 2024, they are putting together a program called Brother to Brother. It will be a 14-module program addressing mental and physical wellness, spirituality, emotional resiliency, and leadership. It is designed for African American Males ages 22-40. They are trying to find a host for the program, and it has an evaluation component to be replicated and used throughout the county. • Attended the DBH Homeless Youth Taskforce Meeting, put on by TAY. All the Junior Colleges were present to share resources, probation, they had legislative updates pertaining to homeless youth, various private foundations, shelters, and resources. Two of the youth board members, Eunice and Ruben, gave a brief presentation highlighting homeless youth in the upcoming Homeless Count and ensuring they are represented in the upcoming count. • Healthy RC Committee – focus on homelessness by Rancho Cucamonga Police Department • Attended 2nd District Supervisor’s Open House, interacted with Supervisors and staff.
	<p>Jennifer Oglesby</p>	<ul style="list-style-type: none"> • She attended the Open House for the 2nd District for Supervisor Armendariz, there were community members and vendors present that they were able to speak to. • She met with an Adult Residential Facility owner, spoke on mental wellness, she owns and operates 3 facilities, she has a child diagnosed with a developmental disability, and was able to offer her expertise and support to staff and she had the pleasure of meeting with a group of moms that have a child living in an Adult Residential Facility, it is sometimes the guilt of having a child there because you feel as if you cannot provide the services of support to them and putting them in a different place. She stated she is meeting with those women and offering them support and guidance. She and Dr. Samuel plan to do different trainings at Adult Residential Facilities in the areas they need support in the months of September, October, and November.
	<p>Allie Mink</p>	<ul style="list-style-type: none"> • She stated she is pleased to see a full room and everybody’s interest in what is going on in their county. She thanked Commissioners for all the work they are doing, for being present for what’s going on in their community. • She attended a training/webinar called Doors to Wellbeing which is a peer recovery group on the national guidelines for

		<p>peer support services, discussion on what those guidelines were and whether they are needed or not.</p> <ul style="list-style-type: none"> • Attended a presentation by an organization called Silence the Shame, a nonprofit organization dedicated to eliminating mental health stigma, reducing health disparities, and improving rates of suicide among vulnerable populations. It is funded by the music industry and music executives. She stated it was information packed and sensitive, the topic was Complicated Grief: Suicide loss and Survivors Guilt. She shared the recording should be available on their website for 30 days if anyone is interested. • Through the month of August and into September, she attended a family support group and responded to calls and emails coming in from people looking for support, peers as well as families. She stated calls and questions were about 5150 holds, processes for family members that don't understand what that means, hold being too long or short, crisis response and crisis response to emergencies, a lot of expressed frustration with police response, either too aggressive or not aggressive enough. • Attended meetings with Cal State San Bernardino in hopes of partnering with some events in the month of October, towards mental health, specifically the NAMI Walks 5k mental health awareness event that happens November 4. She explained the walk happens in Diamond Valley Lake and they would like to bring it to something more accessible and possibly have a pre walk event at Cal State. • Bloomington Middle School Student Health, Suicide, and Mental Health Event happening on September 18, this is only open to students. • On September 20, there will be a virtual NAMI Walks event kick-off to explain details on how to get involved, it can be found on Eventbrite. • September 21 in Redlands at Shakey's, there will be an in-person kick-off at 6pm. • September 27 at the VA in Loma Linda, there is a Mental Health for Caregivers Event from 10-3pm with vendor booths and informational programs available to the public. • September 30 through Kiwanis at the Steelworkers Center, the Library in Rialto, a Student and Parent Mental Health Awareness Event is open to the public. • September 17 at the University of Redlands, the Vibe Event which is a mental health and wellness event open to the public. • September 28 the High Desert, at Victor Valley College is having their own NAMI Pre-walk Event, information on the website. • The 28-29 of October, looking to hold a rally at Cal State.
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	Gil Navarro	<ul style="list-style-type: none"> • Gil stated he has been working on student wellness centers for mental health. The goal is to have one in every high school or middle school in this county. He and Dr. Hougen presented at Rialto School District, he also shared that Maribel Gutierrez presented on cultural competency at Rialto Unified as well. He shared that he and Dr. Hougen also presented at San Bernardino City Unified School District to Dr. Sandra Rodriguez' staff. They had an all-day retreat; Dr. G was present and the district's new superintendent Dr. Arellano. • He stated Dr. Rodriguez made an announcement, that a check for 1.5 million dollars will be presented at an upcoming board meeting for a student wellness center at Indian Springs high school. • He stated he has been promoting a mobile mental health service and he understands there is a comparable service called InnROADs, he is glad to see DBH provides those services. • He stated Fontana Unified is the next district he plans on promoting a mental health wellness center.
H. Cultural Competence Award of Excellence	Maribel Gutierrez, Senior Program Manager, Behavioral Health	<ul style="list-style-type: none"> • Maribel Gutierrez had a request from the Cultural Competency Advisory Committee to defer the excellence awards to once a year, to allow them to honor all the awardees. They are requesting this be done in January or February each year, they are not presenting an award at this meeting rather, requesting the item be deferred until there is a quorum to vote on changing the frequency of this item. • She also wanted to provide an update on activities that the Cultural Competency Advisory Committee has been working on with the community and a cross county collaboration with Riverside County, she asked for these to requests to be added as a future agenda item. <ul style="list-style-type: none"> ○ Clerk Felix recommended adding both items under new business action items for the BHC to address on agenda as requested. Gil agreed.
I. Subject Matter Presentation: The Coalition Against Sexual Exploitation (C.A.S.E.)	Angel Magallanes, CASE Coordinator – C.A.S.E.	<ul style="list-style-type: none"> • Hardcopies of the presentations were available at the meeting and Satellite locations for those in attendance and can be accessed via the BHC website and using the following link: The Coalition Against Sexual Exploitation (C.A.S.E.). • Q & A: • Dr. Samuel stated there is a large case client of African American girls, she asked Angel how they are entering the system and are there any resources that are being missed in the community or people that they can partner with to make sure these girls are taken care of and supported.

		<ul style="list-style-type: none"> ○ Angel stated they are coming into the system typically because of stigmas and bias, lack of education, those referral processes are either through Probation, Public Defenders Office, or Children and Family Services (CFS). Those are the only minors they service, and they are somehow system involved. How they got system involved depends on what they were a victim of that lead them into their process. ● Gil Navarro asked what the percentages of their clientele are male and female. <ul style="list-style-type: none"> ○ Angel referenced pages 13-14 of the presentation where this data is shown. Females are at 91% and Males are at 9%. ● Linda Hart stated they have to get CASE into the schools, she has contacts at the school districts and community members that sit on the board. She noted that when you look at the numbers the age group is high school kids and particularly African American boys and girls, students. She reiterated that they need to get them into the schools. Secondly, Linda asked Angel to further explain CASE program demographic data and then there is the other data. <ul style="list-style-type: none"> ○ Angel referenced the information provided in the presentation (pg. 13-14) and stated that the first was overall program data and the next page is separated by CASE clients and then the outreach they do and further broke down the information. ● Linda asked if there is a prevention program as she mentioned that clients have to be part of the system in order to get this particular service, is there any other agency providing a prevention program where parents can go to if they suspect that their child is involved. <ul style="list-style-type: none"> ○ Angel stated other than the National Center for Missing & Exploited Children, they are probably the only entity she would refer for parental support, but there are no local community partners. She does recommend Open Door, they do some basic case management with adults, they provide advocacy services for minor but minimal support to the adult. Linda and Angel further discussed this topic. ● Dr. Yoshioka noted that Children's Network works closely in collaboration with DBH, she stated that Linda brings up a good point about the importance of prevention, Allison Cunningham with DBH - CYCS was present and to speak to the prevention piece through the department in collaboration with Children's Network for the CASE Program. <ul style="list-style-type: none"> ○ Allison stated one of the trainings she recommends is through the California Student Aid Commission
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		(CSAC), she stated her team is required to take this training as there needs to be more awareness.
J. Director's Report	Dr. Georgina Yoshioka, Director, Behavioral Health	<ul style="list-style-type: none"> • Dr. Yoshioka welcomed those in attendance and thanked everyone for being present at the meeting. She stated she appreciated the Commissioners work in the community and advocacy within their districts. She explained DBH's goal is to ensure behavioral health needs are met for the residents of this county. She explained the importance of their advocacy through participation within their districts and support the needs of the DAC meetings to obtain input from the community and strive to meet those goals to address needs. She encouraged community participation for future DACs. • She acknowledged Commissioner Grabhorn for reporting on NARCAN, she stated the county has been working closely with county partners, along with Deputy Director, Jennifer Alsina and Public Relations and Community Outreach Coordinator, Miranda Canseco to provide highlights in this area. She also stated that if anyone has any requests for information or training for NARCAN, please reach out and DBH can facilitate. • She wanted to recognize community stakeholder, Linda Hart who reached out to DBH through one of the assembly offices to provide a training for contracted providers, DBH was able to accommodate this request on August 30, providing NARCAN training and education. She thanked Linda for reaching out. • Dr. Yoshioka discussed Senate Bill 326, it is an initiative put before the governor, to reform the MHSA. MHSA is a funding source for the county, specifically for DBH to provide services in the community. This initiative is expected to move forward and anticipated to be on the March ballot. DBH would like to present to the Commission on this topic, however, it is changing and there are more amendments coming. As DBH gets closer it will be finalized and presented. DBH is working closely with the CAO Office, Legislative Affairs in tandem along with CBHDA to ensure the county has a voice at the table. The change in MHSA funding is that it will be redirected into 3 major categories, Housing and Support Services, Full-Service Partnership, and the third a catch-all including Prevention and Early Intervention. DBH wants to be able to sustain funding for the work being done, they are working closely to ensure there is minimal impact to services and the community. • She wanted to highlight a visit from Secretary Fudge from HUD along with assemblymember Aguilar and Supervisor Baca Jr., they visited one of DBH's MHSA housing in Bloomington to learn about the services provided and how



		<ul style="list-style-type: none"> Clerk Sheena Felix thanked everyone for being in attendance for Recovery Month and celebrating the Kick-off with the BHC. She shared that the BHC provided a light lunch to all attendees, she thanked everyone for all their support and for the work they do.
K. Outside Agencies and Other Reports		<ul style="list-style-type: none"> Meeting was adjourned by Vice Chair Navarro before this item was recognized on agenda.
Adjournment	Vice Chair, Gil Navarro	<ul style="list-style-type: none"> The meeting was adjourned.
Next Meeting		DATE/TIME: Thursday, October 05, 2023 12:00pm – 2:00pm LOCATION: 850 E. Foothill Blvd., Rialto, CA 92376 – Auditorium

ATTENDANCE

FIRST DISTRICT	SECOND DISTRICT	THIRD DISTRICT	FOURTH DISTRICT	FIFTH DISTRICT
Lorrie Denson <i>Absent - Extended Leave</i>	Dr. Valerie Samuel <i>Present</i>	Troy Mondragon <i>Absent - Excused</i>	Dr. Monica Caffey <i>Absent - Excused</i>	Gil Navarro <i>Present</i>
Michael Grabhorn <i>Present</i>	Jennifer Oglesby <i>Present</i>	Allie Mink <i>Present</i>	Jennifer Spence <i>Absent - Excused</i>	Veatrice Jews <i>Absent - Excused</i>
Pastor Mark Graham <i>Absent - Excused</i>	VACANT	VACANT	Dr. Akin Merino <i>Absent - Excused</i>	Lynn Summers <i>Absent - Excused</i>

GUESTS

Sheena Felix, Dr. Georgina Yoshioka, Samuel Shoup, Aidery Hernandez, John Granado, Brittany Rodriguez, Danielle Harrington, Karen Cervantes, Karen Urquia, Alice Alvarez, Christina Stone, Lizette Vazquez, Marlandra Johnson, Kassandra Gomez, Maribel Vega, Miriam Clark, Kayla Young, Patricia Grace, Martha Rodriguez, Cynthia Warren, Martha Parra, Karina Rutherford-Ayala, April Clay, Carl Clay, Dr. Mikaela Zuniga, Marina Espinosa, April Guzman, Barbara Knutson, Laurena Gonzalez, Marlen Hernandez, Linda Hart, Roze Hart, Erin Zamora, Nicole Woodward, Wendy Alvarez, Samuel Shoup, Claire Karp, Sonia Navarro, Amber Carpenter, Cynthia Roth-Felter, Metra Jaber, Miriam Aldaz, Joshua Taylor, Mark Francis, Candice Alvarado, Antenique Nevarez, Melanie Porges, Bethanie Fishell, Misty Harris, Helen Beyene, Vivien Bermudez, Jennifer Pacheco, Spencer Fernandez, Cathy Dye, Steven Jackson, Derrick Cannon, Liset Castaneda, Rebecca Scott-Young, Mitzy Vazquez, Jordi Marquez, Loretta Ross, Alyssa Gonzales, Gloria Mejia, Eric Butterfield, Mark Graham, Bryan Clark, Patricia Parker, Justin Loges, Rey French, Nathan Trujillo, Linda Titus, Angel Magallanes, Leah Torres, Mariaeliza Chavira