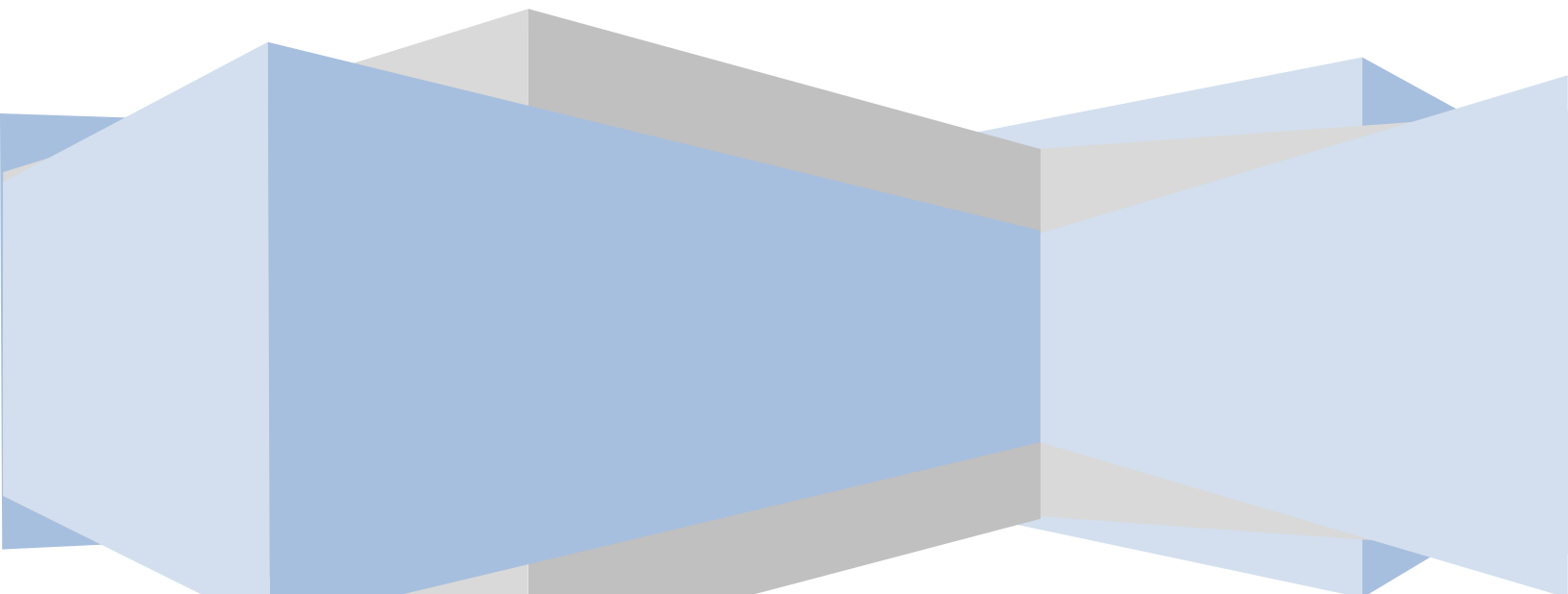


RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION

Meeting Minutes
January 6, 2016
12:00 pm – 2:00 pm



BHC MEETING ATTENDANCE

JANUARY 6, 2016

MEMBERS PRESENT	
Richard Divine, District 4, <i>Chair</i>	Rick Gentillalli, District 3, <i>Vice Chair</i>
Julie Crouch, District 2, <i>Secretary</i>	Beatriz Gonzalez, District 4
Carole Schaudt, District 4	Daryl Terrell, District 5
Eric Keen, District 1	Greg Damewood, District 5
Jason Farin, District 2	Ric Riccardi, District 5
Victoria St. Johns, District 4	Walter Haessler, District 1

MEMBERS NOT PRESENT	
James Stuart, District 4	

OTHERS PRESENT	
Maria Fernandez, Probation	Maribel Puga-Vasquez, Probation
Steve Thronson, Valley Star	Sharon Lee, MHSA
Bill Brenneman, MHSA Administrator	James Lucero, Guest
Stephen Cromwell, Guest	Jose Gonzalez, RUHS-BH
Miranda Acosta, Celebrate Recovery Speaker	Anita Thomas, RUHS-BH
Shelly Vrolijk, VARP, Inc.	Kathryn Mauro, WRB
Sheri Parker, RUHS/BH, AB109 Administrator	Leonel Contreras, Provider
Lynn Kienzle, VARP, Inc.	Georgia Ann Smith, Guest
Fred Smith, Guest	Sheila Hunt, Pacific Grove Hospital
Robert Youssef, RUHS-BH, WET	Linda Fitzgerald, NAMI
Maria Riesta Alvarez, RUHS-BH, WET	Peggy Wieley, ROC Innovations
Claudia Smith, RUHS-BH	Steve Steinberg, RUHS-BH, Assistant Director, Interim Director
Joe Zamora, RUHS/BH, Deputy Director	Barbara Mitchell, California Commission on Aging
Rhyan Quist, RUHS-BH	Michele Jackson, RI International, NAMI
May Farr, NAMI	Kim McElroy, MCRB
Vicki Redding, RUHS-BH, Administrator	Maria Mabey, RUHS-BH, Assistant Director
Nat Tollefson, RUHS-BH	George Middle, MCRB
Tiffany Keeler, RI International	Deborah Pagliuso, High Road Program
Robyn Kelley, RI	Rick Algarin, FAP
Girlyanne Lacson, RUHS-BH	Maria Algarin, FAP

CALL TO ORDER AND INTRODUCTIONS – Chairperson, Richard Divine called the Behavioral Health Commission (BHC) meeting to order at 12:03 pm. Commission members and the public made self-introductions.

CHAIRPERSON'S REMARKS – Mr. Divine welcomed all in attendance and wished everyone a prosperous New Year.

COMMISSION MEMBERS REMARKS – Greg Damewood thanked the Department for allowing the Inland Empire Disability Collaborative (IEDC) to hold their monthly meeting at Rustin. IEDC holds meetings on the third Tuesday of every month and they are open to the public.

Julie Crouch announced that the California Institute for Behavioral Health Solutions (CIBHS) is holding a regional training for the Local Mental Health Boards/Commissions on "How to be a Great Board." Travel reimbursements are available for one Commission member to attend. Handouts were available for more information.

PUBLIC REMARKS – Georgia Smith inquired if the Department has begun the interview process for the Director position. Steve Steinberg stated that they have begun screening candidates, however, they have not yet reached the interview process of yet. Once a group of candidates has been selected, they will inform the Commission to designate/volunteer a member to participate in the interview panel.

Sheila Hunt from Pacific Grove Hospital announced that their 5150 Unit is open and thanked Mr. Steinberg for his facilitation over the holidays. They received the letter of approval on December 23 and the unit has been operational for two weeks. Ms. Hunt thanked the Department for their help and guidance and looks forward to a great collaboration.

MINUTES OF THE PREVIOUS MEETING – Greg Damewood moved to approve the minutes as written, Rick Gentillalli seconded the motion, all were in favor, none opposed and the minutes were approved as written.

CELEBRATE RECOVERY – The Celebrate Recovery Speaker was Miranda Acosta from the AB109 program. Ms. Acosta began her involvement with AB109 in July of 2015. In September of 2014, she was cited for a DUI and spent a few months in the Banning jail and was later assigned to participate in the AB109 program. Ms. Acosta struggles with a dual diagnosis of bipolar disorder and alcoholism. She has always deemed alcoholism as more acceptable than mental illness due to the fact that it was something that ran in the family, it was a legal substance, and because society touts it as something that is "fixable" with the various treatment facilities and programs available. Ms. Acosta stated that her lack of education on mental illness caused her to feel shame about her bipolar disorder and rather than seeking help, she hid her symptoms and self-medicated with alcohol. This began a vicious cycle that later developed into her alcohol addiction, which resulted in several DUI's, stints in jail, and finally rehab. Ms. Acosta stated that she has been in several rehab facilities to treat her alcoholism, but has never dealt with the real root of the issue, which was her bipolar disorder. Ms. Acosta would complete her treatments for alcohol and would be sober for a few months or years, but eventually relapse due to her bipolar disorder. The AB109 program is the first program she participated in that dealt with her alcoholism and her mental illness simultaneously, which she credits for her success. AB109 not only helped her deal with her alcoholism, but she was also assigned a "mental health team," who supported and educated her on how to manage her bipolar disorder and the importance of mental health as a whole. Ms. Acosta now follows a treatment plan where she takes her medication daily and works with her Therapist and Peer Support Specialist on her recovery. Ms. Acosta thanked her mental health team and her Probation Officers for helping her stay on track with her continued recovery.

Ms. Acosta noted that AB109 works with clients individually to create a treatment plan and provide resources and referrals to other programs to help clients further their efforts with recovery. Many people struggle with mental illness and addiction, but with the proper treatment plan and education, it is something that can be managed and overcome.

NEW BUSINESS

1. VETERANS ALCOHOL REHABILITATION PROGRAM (VARP, INC.): Cynthia "Oma" Gray from Soroptomist House of Hope was unable to make the meeting due to severe weather conditions, so in her absence, Rhyan Miller introduced Lynn Kienzle from the Veterans Alcohol Rehabilitation Program (VARP, Inc.) to provide a presentation. Ms. Kienzle has been with VARP, Inc. for 30 years. She started out as a secretary when the program only had 5 staff members and 14 clients, and now Ms. Kienzle serves as Assistant Executive Director of the program.

VARP, Inc. was established in 1979 by a group of veterans that received treatment from Loma Linda Hospital. The group of veterans did not find the treatment at Loma Linda to be sufficient as it only gave veterans 28 days for treatment, when in reality, proper and effective treatment requires more time and effort. They were first sponsored by Mel Harrah, owner of Harrah's department stores, whose son was also a veteran. The program started in a small house that accommodated fourteen clients. VARP, Inc. has since expanded and now includes non veterans. It is funded by both San Bernardino and Riverside Counties. Across both counties, the program is currently serving 210 clients and has 47 staff members. Their success rate ranges between 67-73%. The basic component of VARP is residential treatment, but they are working diligently to expand services to include other treatment options, such as AB109.

2. AWARD FOR OUTSTANDING SERVICE: In honor of Georgia Ann Smith's resignation, Chairperson, Richard Divine presented her with a plaque for "Outstanding Service" on behalf of the Behavioral Health Commission. Mr. Divine read the plaque as he presented it to Ms. Smith: *"In honor and grateful appreciation for her exceptional commitment and dedication of her time and expertise to help improve and advance the lives of the mentally ill of Riverside County while volunteering as a member of the Riverside County Behavioral Health Commission and standing committees."* The Commission thanked Georgia for her dedication and advocacy for consumers; she will be greatly missed.

OLD BUSINESS

1. MHSA UPDATE: Bill Brenneman reported that on November 18, MHSA held the Dare to Be Aware Youth Conference at the Riverside Convention Center. There were 676 students in attendance, all participating in various workshops that included human trafficking, dangers of social media, and suicide prevention. One of the most notable exercises of the Conference was when all the students were asked to write down their greatest fear and post them on the wall for everyone to see. The exercise revealed a common fear among students – they feared disappointing others; not being good enough; failing; being alone; and being unwanted. It allowed students to see that they are not alone when exhibiting such fears, which they found normalizing as well as impactful. At the end of the Conference, students were given the opportunity to share what they learned and the benefits of the various workshops.

Mr. Brenneman announced that they will be posting a new Capital Facilities project for the Mid-County Region. During the original community planning process, the Mid-County Region was targeted as one of the Capital Facilities priority in terms of creating a clinic consolidating different programs. There was some community opposition around the Hemet project and it had to be abandoned. However, they have now gained support for a facility in Perris. MHSA is proposing the consolidation of programs into a 35,000 square foot building in Perris, located on 450 South San Jacinto Drive. The proposal will be a development project consolidating eight different programs serving over 6,000 consumers. This project will be posted on the website for all those interested in reviewing the proposed project.

2. SUBSTANCE USE UPDATE: Ryan Miller reported that they submitted their Drug Medi-Cal Organized Delivery System Waiver Plan on December 10 to the Department of Healthcare Services (DHCS) and Centers for Medicare and Medicaid Services (CMS). DHCS and CMS have 60 days to review, inquire about specifics, and approve the plan. Once the Waiver is approved, the Department will coordinate with the State and determine a "go-live" date with the new Waiver services. Mr. Miller stated that the Substance Use Unit is working diligently with Executive Management and the providers in the community to make this effort a success.

Mr. Miller has addressed the Commission's request regarding the involvement and representation of Substance Use in all of the Behavioral Health Commission's (BHC) standing committees and regional advisory boards. Mr. Miller stated that a supervisor has been assigned to each BHC standing committee and regional advisory board, and they will be attending

the meetings throughout the year.

Substance Use Prevention has two big upcoming events. The first event is the "Advisor Training Institute," which will be held later in January at Lake Arrowhead. An estimated 100 adult advisors from various different schools will be attending the training. The second event will be Substance Use's Friday Night Live program, which will host two weekend retreats in March. The first weekend they will have 300 elementary and junior high students and the second weekend they will have 300 high school students.

3. SITE REVIEWS: The Commission discussed performing site reviews every three years as opposed to every two years, which is currently in place. It was later determined that performing site reviews every three years would be reasonable, especially since the list of sites has increased tremendously since the merger of Substance Use and Mental Health Boards in November 2014. Mr. Damewood made a motion to adjust site review schedule from every two years to every three years. The motion was seconded by Dr. Walter Haessler, all were in favor, none opposed, and the motion carried.

DIRECTOR'S REPORT – Steve Steinberg began by reporting on the tragic events that occurred in San Bernardino on December 2. Riverside University Health System – Behavioral Health staff were quickly called into action and responded first under the leadership of Angela Igrisan, Central Children's Services Administrator and currently taken up by Tony Ortego from the Older Adult System of Care. There have been countless debriefings with San Bernardino County's Behavioral Health Department. Their administrative staff was two blocks away from the incident and due to the severity of the event, their facility among others, were on lockdown. During the incident, 14 people were killed and 22 injured, most of them were county employees. It was a crushing blow to San Bernardino County and the trauma experienced by the staff and community was devastating. In an effort to provide support and help to the San Bernardino community, RUHS-BH quickly mobilized and trained over 100 staff members in crisis debriefings. Mr. Steinberg noted that the enthusiasm and professionalism in which our staff performed the work was admirable, and we as a Department and Commission should be very proud of their effort.

This event in turn raised the issue of our own safety and security. The Department and the County at large is taking into consideration various initiatives to address safety and security issues, such as push notifications to broadcast emergency notices through County cell phones and emails, as well as evaluating the use of glass partitions in our lobbies.

Palm Springs Police Department expressed interest in the past of replicating our Homeless Housing Opportunities, Partnership and Education Program (HHOPE). The Department's HHOPE program consist of a Peer Support Specialist and Behavioral Health Specialist who travel throughout the community receiving referrals or identifying people who are homeless and linking them to resources and services. The Palm Springs PD will have a similar program, where law enforcement will work alongside our staff to identify and assist homeless people with resource and services. This is an initiative that is gaining some interest among the police departments throughout the County, which is a positive development as it will assist in the County's overall effort of ending the housing crisis and reducing homelessness.

The Department recently received a grant from Inland Empire Health Plan (IEHP) to help expand the integration model at the Blaine and Rubidoux Clinics throughout the County. The integration model is currently being developed in Lake Elsinore and at the Rustin location, which is believed to be one of the first integrated models in the state that includes primary health care, mental health care, and substance use clinic. Mr. Steinberg commented that when the integration model was first introduced, there was a bit of disconnect between the primary health care and mental health care components in the way they operated in the system. Both components worked with different systems and there was not a great deal of collaboration between them. Since the merger between Mental Health and Public Health, a new system has been introduced that brings both components together, allowing them to work under the same platform, encouraging a greater level of collaboration. Mr. Steinberg noted that a lot has been learned from the initial Blaine/ Rubidoux Clinic project, but with the merger, there is a different spirit of cooperation, which is what the Department is aiming for, so we can better serve the community at large.

The financial leadership under Zareh Sarrafian has taken interest in how our finances work and they have met with the Department's financial leadership to discuss how funding is managed and its limitations. There were some initial concerns from the Commission that under the new leadership, funding dedicated for mental health may be compromised. Mr. Steinberg assures the Commission that this is simply not the case. New leadership is interested in learning about our finances to know

how we can best utilize the funds and maximize it for the betterment of the people our Department serves.

Mr. Steinberg has also met with the new Medical Director, Andrew Elliot, regarding the Department's psychiatrist shortage. Currently, we are down 25 full-time psychiatry positions throughout the County. Recruitment is slow and Mr. Elliot has pitched some new ideas on how to possibly resolve the issue, based on his own experience working in a medical setting and recruiting doctors under difficult situations. Other collaborations also taking place is with Correctional Health Services as a result of the lawsuit.

Mr. Steinberg noted that leadership under Zareh Sarrafian has worked very well thus far. Mr. Sarrafian, the leadership team, and the health system are 100% supportive of our efforts and they have not tried to change the way we operate. They have simply been interested in how the Department operates and are trying to identify areas we can improve. They have resources, knowledge, and experience that we as a Department can benefit from and it is the goal the Department to maximize our partnership with them so we can in turn, serve the community better.

COMMITTEE UPDATES:

1. DESERT REGION: Mr. Divine reported that they met on the second Tuesday of November. The Desert Advisory Board adopted a family and they brought presents and gift cards for the family. The November meeting was more of a holiday celebration with members and staff; no major topics were discussed.
2. MID-COUNTY REGION: Dr. Haessler mentioned that Mid-County Advisory Board elected new officers for 2016: Kimberly McElroy as Chair; Gloria Hernandez as Vice Chair; and Ian Aman as Secretary. They have three new applicants currently being processed for membership, which is a good development for the Advisory Board as they have always been a small group. Lastly, they discussed ideas for the upcoming May is Mental Health Month event.
3. WESTERN REGION: Mr. Damewood reported that several members of the Western Region Advisory Board attended an event at the Elks Lodge and helped serve meals to those who reside in residential mental health treatment facilities. They are working on increasing membership; currently they have two applicants being processed for membership.
4. ADULT SYSTEM OF CARE: Carole Schaudt reported that she was unable to attend the December meeting, but mentioned that at the October meeting, a speaker came in and discussed the "211" and 800 number, which provide information regarding behavioral health services. Ms. Schaudt stated that she inquired about and is awaiting for a response, regarding a Spanish option for the phone lines, as currently there are none.

Kathy Mauro reported that at the December meeting, staff announced that they received the grant from Riverside Transit Agency (RTA) to address consumer transportation needs. Ms. Schaudt added that Sunline Bus has also added more bus stops in the Coachella Valley area.

5. CHILDREN'S COMMITTEE: Tori St. Johns reported that the Parent Partners group assembled 100 baskets for a holiday drive. First 5 shared that they lost some grant money and are working on not having services eliminated, due to this loss.
6. CRIMINAL JUSTICE COMMITTEE: Mr. Damewood reported that December was dark and that he will submit the report from the November meeting to the BHC Liaison for distribution and filing.
7. OLDER ADULT SYSTEM OF CARE COMMITTEE: Ric Riccardi reported that Steven Geist, Manager of the Senior Employment Program at the Office on Aging, provided a presentation describing their program. The Senior Employment Program trains older adults to re-enter the workforce with the ultimate goal of being employed in an unsubsidized position. Qualifications require the individual to be 55 years or older and be in a low-income household. Priority is given to veterans, veterans' wives, and persons with disabilities. They are also considering working with the homeless and at-risk homeless.

Mr. Riccardi stated that Mike McConnell from DPSS announced that he is developing a new program called "Elder Abuse Forensics Center," which will place two of his Adult Protective Social Workers in the Rustin Older Adults Program to

investigate elder abuse cases. Also, they recently received a grant from UCLA that will bring specialized training for in-home supportive services on preventing how to deal with falls for older adults dealing with dementia. The "Faith in Motion" program that Mr. McConnell Chairs is continuing to grow and recently received "The Bright Ideas" award from Harvard.

8. SUBSTANCE USE COMMITTEE: Report provided by Rhyan Miller during Substance Use Update under "Old Business."
9. VETERANS COMMITTEE: Dr. Haessler reported that the Veterans Committee's secretary, Alice Hernandez, has retired.

Rick Gentillalli also reported that they had a discussion regarding mental health and substance use training (similar to MHSA's Law Enforcement Collaborative Training) to become part of the law enforcement's Basic Training Academy, also known as Peace Officers Standards and Training (POST). The Committee suggested writing a letter to the Board of Supervisors and State legislature to recommend this type of training be included in POST.

EXECUTIVE COMMITTEE RECOMMENDATIONS –

Dr. Haessler recommended that the Commission discuss the lack of consumer members in the Commission and to discuss possible steps we can take in an effort to fill the position.

Mr. Damewood recommended that the Chair officially appoint Ric Riccardi as the Chair of the Older Adult System of Care Committee at the February meeting.

Beatriz Gonzalez and Rick Gentillalli recommended a discussion regarding whether or not the Substance Use Committee should remain as a standing committee or become an adhoc committee.

Rick Gentillalli recommended further discussion regarding mental health and substance use training during POST.

ADJOURN – Greg Damewood moved to adjourn the meeting, Julie Crouch seconded the motion, all were in favor, none opposed, and the meeting of the Behavioral Health Commission adjourned at 2:00 pm.

Maria Roman

Julie Crouch, BHC Secretary

Maria Roman, Recording Secretary

2016 BEHAVIORAL HEALTH COMMISSION ATTENDANCE ROSTER

MEMBERS	JAN	FEB	MAR	APR	MAY	JUN	JUL	SEPT	OCT	NOV
Beatriz Gonzalez, District 4	✓									
Carole Schaudt, District 4	✓									
Daryl Terrell, District 5	✓									
Eric Keen, District 1	✓									
Greg Damewood, District 5	✓									
James Stuart, District 4	A									
Jason Farin, District 2	✓									
Julie Crouch, District 1	✓									
Ric Riccardi, District 5	✓									
Richard Divine, District 4	✓									
Rick Gentillalli, District 3	✓									
Victoria St. Johns, District 4	✓									
Walter Haessler, District 1	✓									

Present = ✓
 Absent = A
 Medical Leave = (ML)

Minutes and agendas of meetings are available upon request and online at www.rcdmh.org. To request copies, please contact the BHC Liaison at (951) 955-7141 or email at MYRoman@rcmhd.org.