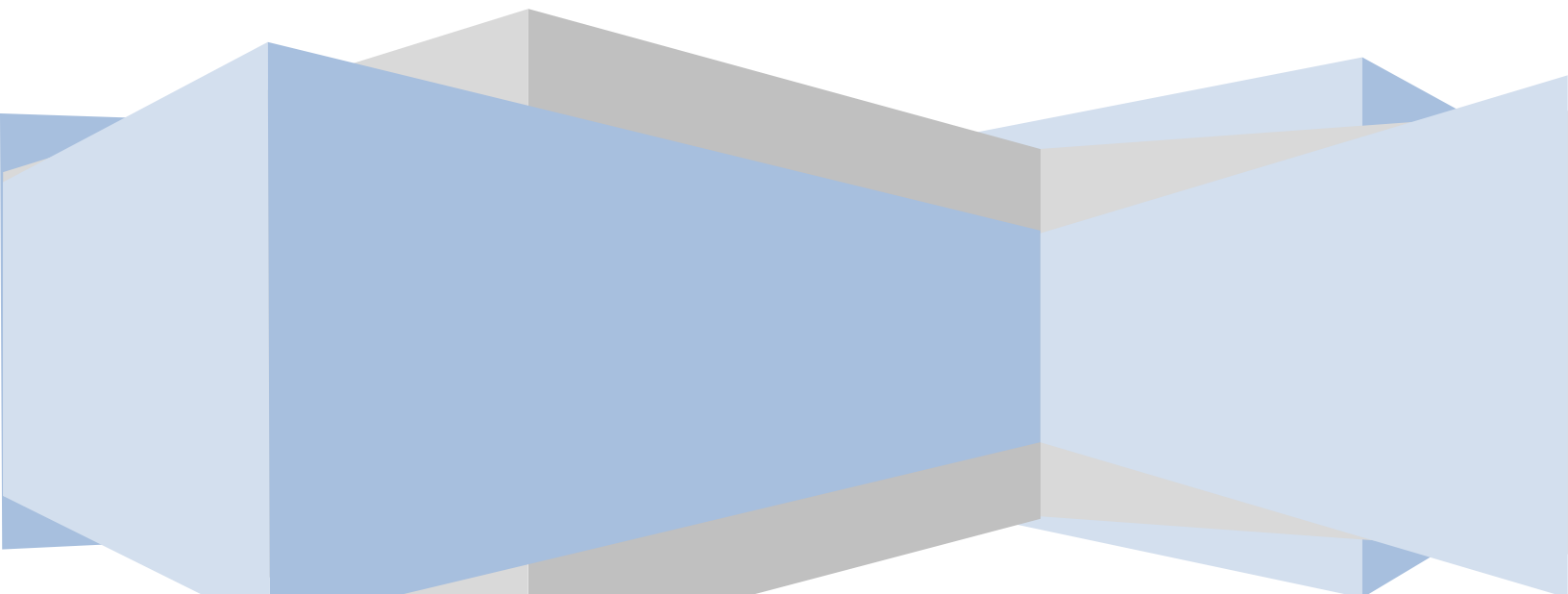


# **RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION**

Meeting Minutes  
November 4, 2015  
12:00 pm – 2:00 pm



# BHC MEETING ATTENDANCE

## NOVEMBER 4, 2015

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

MEMBERS NOT PRESENT	
Richard Divine, District 4, Chair	Jerry Wengerd, Director

OTHERS PRESENT	
Stephen Cromwell, Guest	Ric Riccardi, Guest
Leah Davis, Civilian	Jana Sczersputowski, Civilian
Trisha Black, Civilian	David Blankenship, Guest, Celebrate Recovery Speaker
Deborah Pagliuso, Provider	Angela Igrisan, Children's Services Administrator
Vicki Redding, MH Administrator, Western Region	Maria Mabey, Assistant Director
Kristin Yellam, PEI	May Farr, NAMI
Brenda Scott, NAMI	Kim Tron, RUHS
Sharon Lee, MHSA	Steve Thronson, Stars BH Group
Linda Fitzgerald, NAMI	Andrew Williams, RUHS
Ann Marie Foglio, MHSA	Linda Shreve, MHSA
Sheri Parker, RUHS	Arthur Clark, RUHS
Lupe Stoneburner, SUD	Cindy "Oma" Gray, House of Hope
Jeff Anderson, ABC Recovery	Jim Hill, RUHS
Rena Cantu, MHS RCFC	Mary Jane Lind, MHS
Ryan Quist, RUHS-BH	Tony Ortego, RUHS-BH
Steve Steinberg, RUHS, Assistant Director	Deborah Johnson, RUHS-BH
Tom Peterson, RUHS-BH	Janine Moore, RUHS-BH
Monique Manrique, Older Adult Services	Craig R. Scott, Guest, Celebrate Recovery Speaker
Michele Jackson, Recovery Innovations Signature Programs	Robert Youssef, RUHS-BH, WET
Kathryn Mauro, WRB, Consumer	Sheila Hunt, Pacific Grove Hospital
Gloria Hernandez, MCRB	Pepe Del Rio, MCRB
Darwin Neidlinger, RUHS-BH	Leonel Contreras, Provider
Tiffany Keeler, ROC/RI	Nate Tollefson, RUHS-BH
G. Adkins, RUHS-BH, FNL	Laurence Gonzaga, IEHP
Bill Brenneman, MHSA Administrator	Steve Luna, Sr. Peer Support Specialist, Older Adults

**CALL TO ORDER AND INTRODUCTIONS** – Vice Chairperson, Rick Gentillalli called the Behavioral Health Commission (BHC) meeting to order at 12:10 pm. Commission members and the public made self-introductions.

**CHAIRPERSON'S REMARKS** – Vice Chairperson, Rick Gentillalli announced that he and Secretary, Julie Crouch, will be co-chairing the meeting in Chairperson, Richard Divine's absence.

**COMMISSION MEMBERS REMARKS** – Carole Schaudt announced that the City of Palm Desert will be presenting her with a Proclamation for "Carole Schaudt Day," on November 12 at 4:30. All are invited to attend. Ms. Schaudt also reported that one of the greatest Police Chiefs in Palm Springs is retiring, which is a big loss for the community.

James Stuart announced that the state of Ohio did not pass the legalization of marijuana. Cathedral City is working on developing new dispensaries. Currently, over 450 acres of land in Desert Hot Springs is under the approval process for large-scale marijuana cultivation facilities. Various growers throughout the nation are coming to the Desert to take part in the development.

Greg Damewood reported that he was invited by the County Office on Aging to attend a conference in Sacramento. Mr. Damewood learned about a new effort being developed called "Person Centered Planning" for services for health, which focuses on the health care choices made by individuals. The conference also addressed the need for providers to have enough doctors and staff that can work with insurance currently being offered through Covered California and other insurance companies.

**PUBLIC REMARKS** – Brenda Scott and May Farr announced that the NAMI Walk is Saturday, November 7. For those who have not yet registered they may do so at the event. Registration begins at 10 am. The NAMI Walk benefits consumers with brain disorders and lived experiences and helps fund the various programs and services that NAMI provides. Ms. Scott announced that the honorary Chair of the NAMI Walk, Linda Krupa, Mayor of Hemet and Chuck Washington, Third District Board of Supervisor will also be attending in support of the event.

Sheila Hunt from Pacific Grove Hospital announced that they are having an Open House on Friday, November 20 from 11 am – 2 pm, and all are invited to attend and celebrate. Attendees will have the opportunity to tour the hospital, have a meet-and-greet with the hospital's leadership team, win door prizes, and learn more about the development of a new 5150 unit. Pacific Grove Hospital is located at 5900 Brockton Avenue, Riverside.

Kathy Mauro announced that Jo Ann Martin from the Depression and Bipolar Support Alliance (DBSA) is holding her Annual Thanksgiving dinner at her home. The event will be catered by McGrath's and all are invited to attend.

Tiffany Keeler from Recovery Opportunity Center reported that her team has been travelling all over the state providing peer employment training and other related trainings for people interested in the field of Peer Supports or for those interested in enhancing their skill and furthering their career. Ms. Keeler announced that they are having a Southern California Leadership Summit on Monday, December 14 and all are invited to attend. Ms. Keeler stated that she will be distributing an official flyer with the date, time, and schedule of the event once it is available.

**MINUTES OF THE PREVIOUS MEETING** – Mr. Stuart moved to approve the minutes as written, Ms. Crouch seconded the motion, all were in favor, none opposed and the minutes were approved as written.

**CELEBRATE RECOVERY** – This month's Celebrate Recovery speakers were from Older Adults Services. Two speakers came to share their story of recovery. Sr. Peer Support Specialist for Older Adults Services, Steve Luna, introduced David Blankenship and Craig Scott.

David Blankenship first started treatment in 1995, where he received four, one-hour sessions with a therapist every six months because he was not deemed "suicidal." Mr. Blankenship received the long-term treatment he truly needed in 2002 when he was able to work one-on-one with therapists and psychiatrists, as well as participate in group therapies. When he turned 60, his treatment was transferred to the Older Adult Services. Mr. Blankenship participated in the SMART program for a little over a year, where he continued his treatment with a psychiatrist and two therapists. They helped give him the strength and tools he needed to work through and overcome his issues. During this time, he took the Peer Support Training and started volunteering in the program. Mr. Blankenship stated that this was the best decision he made during his recovery. Being able to give back and help others during their struggle was a rewarding experience, which helped him tremendously with his own recovery. In the last year, Mr. Blankenship developed cancer, and if it were not for the strength and tools he learned through the mental health system, he would not have been able to get through the ordeal. Mr. Blankenship does not have any family on the West Coast, so when he got ill, he was overwhelmed by the loving support from friends and acquaintances within the

mental health system. Mr. Blankenship expressed his gratitude not only for gaining the strength and ability to overcome his problems, but also for his second family.

Craig Scott's mental health problems started at the age of 6, when he began a 19-year series of surgical procedures. The surgical procedures not only affected him psychologically, but also physically, as he lost hearing in his left ear. Mr. Scott started working at age 16 in the emergency medical field, which is where he spent most of his career. In 1973, he suffered an accident that involved an overturned fire truck. It took emergency responders 30-45 minutes to remove him from the wreck; Mr. Scott thought he was dead. He was later diagnosed with Post Traumatic Stress Disorder (PTSD), and because he neither understood nor had the time to deal with the diagnosis he ignored it, and continued to ignore it for decades. The full force of his diagnosis did not truly affect him until 2000, when a young lady committed suicide by jumping in front of his truck. After the incident, he went downhill very rapidly. Mr. Scott suffered extreme nightmares, night sweats, flashbacks, and various other symptoms associated with PTSD. Mr. Scott recalled that the symptoms hit him hard and fast, and within a couple of months he was dysfunctional. He sought counseling and treatment from the Department of Mental Health and was assigned Monique Manrique as his counselor. "She literally saved my life," stated Mr. Scott. They had one-on-one counseling and he learned the tools he needed to deal with his PTSD, and gradually, his symptoms went away. Due to his success with treatment, he was asked to become a Peer Support Specialist. Mr. Scott recently graduated from Peer Support Training and is looking forward to give back and help others who suffer from PTSD.

Commissioners congratulated the two gentlemen for their success in their recovery and thanked them for sharing their story and their efforts in helping others who also suffer from mental health issues.

## NEW BUSINESS

1. CALIFORNIA ASSOCIATION OF LOCAL MENTAL HEALTH BOARDS/ COMMISSIONS (CALMH B/C) UPDATE: Ms. Crouch explained that the CALMH B/C is a State Association mandated to train local mental health board members and/or commissioners throughout the state. Traditionally, the CALMH B/C meets quarterly, which made it difficult for members to complete certain tasks. They recently established a meeting schedule for their committees, which will allow them to meet regularly and more often. Ms. Crouch stated that their new schedule will help them get more work done than they have in the past. Ms. Crouch reported that the CALMH B/C Facebook page has been established, the website is in the process of being updated, and they are planning on developing a newsletter.
2. "IT'S UP2US" MEDIA CAMPAIGN UPDATE BY CIVILIAN: Representatives from the ad agency, Civilian, provided an overview of the campaign goals, media objectives, and outcomes of their recent campaign study for the "It's Up2Us" Stigma Reduction and Suicide Prevention media campaign. Civilian began working with MHSA several years ago and in 2011, Riverside County adopted the "It's Up2Us" campaign and successfully implemented it locally. Bill Brenneman introduced Leah Davis, Jana Sczersputowski, and Trisha Blake, the campaign's consultant and subject matter experts responsible for the research, development, and implementation of "It's Up2Us."

Ms. Davis stated that the campaign was designed to empower residents to talk openly about mental illness, help reduce stigma, promote County resources, and learn how to recognize the signs and symptoms of mental illness, as well as recognize the warning signs of suicide. The ultimate goal of the campaign is to inform the public that help and resources are available and for people to seek help for themselves or friends and loved ones. They have a full creative strategy to help ensure that their messaging and campaign concepts are hopeful, inspiring, and strength based. It is a concept that represents a collective responsibility to make a difference, start a conversation, seek help, and end the silence.

Ms. Blake stated that the media objective of the campaign is to drive people to visit the Up2Riverside.org website, which contains a great deal of information regarding the resources available in the County, suicide prevention, mental illness, how to get help, and how to help others. The types of media platforms they use are digital ads including mobile ads for smartphones and tablets, television and cable ads, billboards, cinema advertising, signs in lobbies, AM/FM radio, digital radio (Pandora, etc.), and narrowcasting (i.e. college and high school campuses). Campaign dollars are used to target the 1.8 million people that live in Riverside County and studies have shown that 1 in 25 have visited the website in the last year and there is an 85% increase in web traffic year after year. This is an impressive statistic, since the average is 1 in 100, which makes the campaign 4 times more successful than the average awareness and information campaigns.

Ms. Sczersputowski stated that the agency contracted with an independent research firm called Action Research to conduct random digital phone surveys. These surveys have been conducted since the beginning of the campaign in 2011 and have been conducted three additional times. Since the launch of the campaign, there has been an increase in people knowing that local resources are available as well as increase in knowledge of symptoms of mental illness and warning signs of suicide. The results of the 2015

campaign follow-up study indicated that 8 out of 10 Riverside residents are aware of the "It's Up2Us" campaign and 5 out of 10 have discussed a campaign ad or message with someone else. A large number of participants agree that the campaign's goals are being accomplished, more significantly the "help-seeking" aspect of the campaign. People who have seen the campaign ads were significantly more likely to agree that their community had resources for mental health, suicide prevention, and also for children with emotional and behavioral health needs. Ms. Sczersputowski stated that this particular finding is significant because it shows that we are reaching the general public with information. An Executive Summary of findings was provided to the Commission, which further breaks down the results of the study. Mr. Brenneman has the full report, which is also available for the Commission to review or request a copy. Ms. Sczersputowski noted that they review and dissect each report to inform them of their messaging and the direction of their campaign, to help them improve upon their efforts by identifying gaps in needs and make the greatest impacts where they can.

At the end of their presentation, they shared three of their TV spots seen on cable television and a radio spot heard on Pandora and other AM/FM stations.

## OLD BUSINESS

1. ANNUAL REPORT: Mr. Gentillalli proposed to have Section 2 of the Bylaws added under the Mission Statement of the Annual Report to incorporate the California Health and Safety Code that authorizes the establishment of Substance Use Advisory Committee. Members of the Commission deemed it appropriate and moved to vote for its inclusion in the Report. James Stuart moved to approve the addition, Georgia Smith seconded the motion, twelve members were in favor, one member abstained, and none opposed. The motion passed and the Behavioral Health Commission Annual Report for FY14/15 was approved for submission to the Board of Supervisors with edits incorporated.
2. MHSA UPDATE: Mr. Brenneman announced that MHSA will be hosting the Annual Dare to Be Aware Conference on Wednesday, November 18, at the Riverside Convention Center. There will be an estimated 750 students attending the Conference and each will have the opportunity to participate in various workshops discussing mental health topics, human trafficking, resiliency, and more. There will also be counselors onsite for students, as some are triggered by certain topics and feel compelled to speak up regarding issues they may be experiencing. This event is currently over capacity, but Commission members and the public are welcome to attend the event. Please RSVP to Tina Cho, to ensure an accurate count of attendees.

Mr. Brenneman also announced that HIPAA training is now available online for those who were unable to attend the Commission Retreat on October 24.

Lastly, Mr. Brenneman introduced the new Public Information Specialist, Robert Youssef. Mr. Youssef will be responsible for updating the Department website and resource materials and making them available to our key community partners as well as internally. Mr. Youssef stated that he is also working on expanding beyond the website by bringing the Department into the social media realm, where we can post and share resource information, announce upcoming events, and videos from Civilian's ad campaign.

3. SUBSTANCE USE UPDATE: Rhyann Miller reported that there was a significant increase in attendance at the Substance Use Committee meeting earlier in the day and as a result, they will be moving the meeting to a larger meeting room and schedule it earlier in the day to provide enough time for members to transition from the Substance Use Committee meeting to the BHC meeting.

There has been some concern regarding Substance Use as a whole being engulfed in Mental Health since the consolidation of the Boards, Mr. Miller assured the Commission that it is simply not true. They recently met with the Department of Health Care Services (DHCS) for the Phase 2 County Waiver Implementation Process and both Assistant Directors were present along with other staff. This shows that Executive Management is on board and is at the forefront with Substance Use directing integration of all services. An example of the positive outcomes of integration of services occurred earlier in the day when Mr. Miller came across a young man from TAY waiting for his doctor's appointment outside the building. He informed Mr. Miller that he was interested in going to Substance Use, but was afraid to go into that office. Mr. Miller walked him into Substance Use and within minutes he was registered for services and they informed his TAY supervisor that he is now enrolled in both programs. Mr. Miller believes that the steps taken by the Department towards integration is appropriate and that there is no cause for concern.

Mr. Miller reported that their meeting with DHCS went well and that they learned more about the waiver. The Department is currently ahead of the curve when it comes to services and resources. Much of the suggested pieces for services are already in place and have been fully operational for years, such as residential services, prevention services, and a call-in number similar to the CARES line. Mr. Miller noted that there are a few other things that need to be implemented, and they are working diligently alongside Executive Management to ensure that the Department provides the full array of programs and services as intended by the Waiver.

Assistant Director, Steve Steinberg, has also tasked Mr. Miller with performing a readiness assessment to determine the areas that are ready for the Waiver implementations. All residential providers have been contacted to ensure that all have completed their certifications. Once everyone has completed their certifications, Mr. Miller will write up a report and submit it to Mr. Steinberg.

Mental Health recently invited Substance Use to take part in their outreach efforts to veterans, homeless, and encampments throughout the County. It's been a great opportunity; Substance Use staff is accompanying Mental Health staff into the community performing assessments, screenings, and linking clients to services.

Lake Elsinore Substance Use Program started serving its first client, an adolescent, on Monday, November 2. Since it opened, they have served 9 adolescents and Mr. Miller believes that the program will do very well as there is a real community need for these services.

Current case loads for all contract providers and County clinics combined totals 2,592 clients. Contract providers are serving 1,959 of those clients and County Clinics are serving 633 clients. Of those 633 clients, 43 are DUI clients in the Blythe clinic because there were no available providers in the area to provide direct services; and 35 of those clients are in the START program, which means they started with a residential treatment program. Out of the 633 clients that the County is serving, 257 are AB109 individuals. Mr. Miller stated that the next challenge with staff is providing clients with the new services that will come with the new Waiver. There will be so many new services that will come with the new Waiver that they are holding stakeholder meetings to determine which type of programs would be appropriate to provide future clients. Once they determine which services they will implement, Mr. Miller will compose a report and submit it to the Commission for review.

During their meeting with DHCS and Phase 2 counties, they had the opportunity to see the QI tools that the Department created and implemented in the County. It is a structured and aggressive monitoring tool that has saved the County money when the State performs their post-payment and post-service audits. DHCS was so impressed with its efficiency and effectiveness that they requested to have our QI tools and procedures sent to them to distribute statewide to other counties.

Lastly, Mr. Miller mentioned that the Substance Use Prevention staff is taking over 2,800 students to Magic Mountain on Saturday, November 7.

#### 4. SITE REVIEWS: *Tabled for January 6, 2016*

**DIRECTOR'S REPORT** – Steve Steinberg and Angela Igrisan provided the Director's Report on behalf of Jerry Wengerd. Mr. Steinberg announced that Mr. Wengerd is having a Retirement Reception on Tuesday, December 8, at 3:30 pm. Those interested in contributing to Mr. Wengerd's retirement gift may contact Silvia Silva for details.

Angela Igrisan reported that she followed up on information requested by the Commission regarding gang violence in Riverside. Probation is currently working on the expungement issue, once completed they will submit a report which will be sent to the Commissioners via email.

Ms. Igrisan announced that Children's Services successfully obtained two grants; the first is from the Mentally Ill Offender Treatment and Crime Reduction Act (MIOTCRA) Grant Program. The grant was awarded by the Board of State and Community Corrections, in the amount of \$1,000,000 to be issued over a 3-year period. The goal of the grant is to serve children who are in the Youth Treatment and Education Center (YTEC) Program, previously named Youth Offenders Program. The grant will fund the Intensive Re-Integration Services (IRIS), which is a strong evidence-based practice and training. Staff will be trained in seven practices: Moral Reconation Therapy (MRT), Aggression Replacement Training (ART), Seeking Safety, Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT), Functional Family Therapy (FFT), Wraparound, and Functional Family Probation Supervision (FFPS). This program will serve the young men in this intensive unit.

The second grant was awarded by Substance Abuse and Mental Health Services Administration (SAMHSA) in the amount of \$3.6 million to be issued over a 4-year period. The grant was awarded on October 20 and the Board of Supervisors recently approved the Department's acceptance of the funds. The grant will fund community-based hospital diversion programs, also known as Youth Hospital Diversion Programs. The grant will be distributed among three teams that will serve all three regions of the County. Each team will consist of three Peer Support Specialist (two TAYs and one Parent Partner), one Clinical Therapist, and one Behavioral Health Specialist.

#### **COMMITTEE UPDATES** – *Tabled for January 6, 2016*

**EXECUTIVE COMMITTEE RECOMMENDATIONS** – Greg Damewood suggested the Commission consider changing site review cycles from every two years to every three years. Julie Crouch recognized that it was Georgia Smith's last meeting and invited her to attend the

meeting in January.

**ADJOURN** – Greg Damewood moved to adjourn the meeting, Mr. Stuart 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

**2015 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	✓	✓	✓	✓	A	✓	✓	✓	✓	✓
Georgia Smith, District 2	✓	✓	A	A	A	A	A (ML)	A (ML)	A (ML)	✓
Greg Damewood, District 5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
James Stuart, District 4	✓	✓	A	✓	✓	✓	✓	✓	✓	✓
Jason Farin, District 2								✓	✓	✓
Julie Crouch, District 1	A	✓	✓	✓	✓	A	✓	✓	✓	✓
Richard Divine, District 4	✓	✓	✓	✓	✓	✓	✓	✓	✓	A
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](http://www.rcdmh.org). To request copies, please contact the BHC Liaison at (951) 955-7141 or email at [MYRoman@rcmhd.org](mailto:MYRoman@rcmhd.org).