

# **RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION**



Meeting Minutes  
May 3, 2017  
12:00 pm – 2:00 pm

## BHC MEETING ATTENDANCE MAY 3, 2017

### MEMBERS PRESENT

Richard Divine, District 4, <i>Chair</i>	Rick Gentillalli, District 3, <i>Vice Chair</i>
Ric Riccardi, District 5, <i>Secretary</i>	Dildar Ahmad, District 1
Greg Damewood, District 5	Jason Farin, BOS Representative
Walter Haessler, District 1	April Jones, District 3
George Middle, District 2	Brenda Scott, District 3
Victoria St. Johns, District 4	Daryl Terrell, District 5

### MEMBERS NOT PRESENT

Carole Schaudt, District 4	Beatriz Gonzalez, District 4
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### OTHERS PRESENT

Bill Brenneman, RUHS-BH	David Schoelen, RUHS-BH
Brian Betz, RUHS-BH	Claudia Smith, RUHS-BH
Deborah Johnson, RUHS-BH	Rhyan Miller, RUHS-BH
Alicia Hermosillo, RUHS-BH	Brian Tisdale, BOS Representative, District 3
Jim Hill, RUHS-BH	May Farr, NAMI
Sharon Lee, RUHS-BH	Heidi Gomez, RUHS-BH
William Harris, RUHS-BH	Barbara Mitchell, Office on Aging
Rick Algarin, RUHS-BH	Diana Brown, RUHS-BH
Paul Baum, RUHS-BH	Sylvia Pena, Guest
Maria Algarin, RUHS-BH	Ryan Quist, RUHS-BH
Steve Hickam, RUHS-BH	Robbie Watson, RUHS-BH
Sylvia Aguirre-Aguilar, RUHS-BH	Ann Marie Foglio, RUHS-BH
Linda Shreve, RUHS-BH	Tiffany Ross, RUHS-BH
Rita Bendlin, Guest	Karen Hudson, Recovery Innovations
Dylan Colt, RUHS-BH	Venecia Avina, RUHS-BH
John M., NAMIA	Pedro Arciniega, RUHS-BH
Maureen Dopson, RUHS-BH	Richard Bolter, RUHS-BH
Maria Rodriguez, RUHS-BH	Araceli Ruiz, BOS Representative, District 1
Steve Steinberg, RUHS-BH Director	Dawn Gordon, Guest
Ismael Brebesca, NAMI	Janine Moore, RUHS-BH
Kathryn Mauro, Guest	Laurence Gonzaga, IEHP
Deborah Pagliuso, Provider	

**CALL TO ORDER AND INTRODUCTIONS** – Chairperson Richard Divine, called the Behavioral Health Commission (BHC) meeting to order at 12:00 pm. Commission members and the public made self-introductions.

**CHAIRPERSON'S REMARKS** – Mr. Divine reported that he attended the ribbon cutting ceremony at the new Mental Health Crisis Center located at 9890 County Farm Road. Mr. Divine remarked that it is a beautiful facility and those unable to attend the ribbon cutting ceremony may visit when it officially opens on July 1, 2017.

**COMMISSION MEMBERS REMARKS** – Brenda Scott reported that Congress is voting to make some changes in the healthcare system, taking \$800 billion from Medi-Cal over the next ten years. Ms. Scott urged the public and the Commission to contact their representatives about this change. Also, there is a concern over lack of beds in the emergency room at the Hemet Hospital. Individuals are held on a 5150 and there are no available beds.

**PUBLIC REMARKS** – May Farr announced that the California Local Behavioral Health Boards and Commissions (CALBHBC) will be holding their annual meeting in June in the city of Irvine. They will also be holding their elections during that meeting. Ms. Farr noted that Julie Crouch represented Riverside in CALBHBC and that someone needs to replace her in the organization.

Ms. Scott announced that the Annual NAMI Walk is scheduled for October 28 at Diamond Valley Lake in Hemet. She is also working with a student from Mt. San Jacinto College (MSJC) who is organizing a resource event from 12:30 pm – 4:00 pm on May 11. Ms. Scott noted that event is the student's project and those interested in having a table may contact her after the meeting. NAMI will be holding a golf event on Friday, May 19; flyers were available for more information. NAMI Family-to-Family classes will begin on June 21; flyers were available for more information. Lastly, Ms. Scott reported that Deborah Johnson was nominated and won the award for Outstanding Criminal Justice Professional. Ms. Johnson, along with her staff and those involved with Veterans Court, will be honored at the NAMI California Conference in August.

**MINUTES OF THE PREVIOUS MEETING** – The Commission accepted the minutes as written.

**CELEBRATE RECOVERY** – This month's Celebrate Recovery Speaker, Sylvia Pena was introduced by Maria Algarin, Senior Peer Specialist with Prevention and Early Intervention. Ms. Pena's 33 year old son is diagnosed with Paranoid Schizophrenia. Her son was diagnosed in 2006 by a private psychiatrist and has been receiving services at the Blaine Clinic for 11 years.

When her son was first diagnosed, she was referred to the Department to begin his recovery treatment. Initially, Ms. Pena thought that "recovery," meant that he will eventually be "cured." Ms. Pena later learned that Paranoid Schizophrenia is a diagnosis that her son will have to manage for the rest of his life. The frustration started at the very beginning when they first tried to make an appointment. Initially, her son was given an appointment 3 weeks out. When she called back and advocated for her son she was able to get an appointment in 3 days. Since her son was no longer a minor, the hardships they encountered were mostly due to his refusal to cooperate, like taking medication, attending doctor appointments, or accurately describing his condition. During this early stage, Ms. Pena was told by mental health providers that because he is an adult, he can make his own decisions. Ms. Pena found this perplexing, since her son was clearly struggling with a serious mental health condition. Despite this, Ms. Pena and her family persevered and continued to advocate for her son. It wasn't until 9 years later, when her son suffered a severe episode that she learned of other programs that could help them. While in the emergency room waiting for her son to be released, she searched for information to file a complaint against a nurse, but instead found a phone number for the Family Advocate Program.

The Family Advocate Program directed her to a support group and later to NAMI's Family-to-Family Class where she learned more about her son's condition. Ms. Pena learned so much and genuinely appreciated the class that she now teaches a Family-to-Family Class in Spanish and has become a Family Advocate Intern for the Family Advocate Program. She hopes to help others in similar situations in the same way she was helped. Now, her son is stable and is taking his medications with no problem. Her hope is that one day he can assess his own symptoms to prevent future episodes and become more independent.

Ms. Pena noted that while she appreciates the program, there are areas that can be improved. Her recommendations include getting quicker appointments; have doctors speak to families and explain exactly what

the condition is and what their resources are. Clinics should perform follow-ups to find out how consumers are doing and if the medications are working or if there are side effects and educate the public and create more awareness regarding mental illness in the same way we learn about other illnesses through commercials, radio, television, billboards, and other community outreach.

## **NEW BUSINESS**

1. ADVERSE CHILDHOOD EXPERIENCES (ACEs): Janine Moore, Mental Health Services Administrator for Central Children's Region, provided a presentation on Riverside Resilience and Adverse Childhood Experiences (ACEs). Riverside Resilience was an initiative brought forth to the Department heads by the County Chief Executive Officer, Jay Orr. A workgroup was formed, which is comprised of staff from Riverside University Health System (RUHS) – Behavioral Health, RUHS – Public Health, Department of Public Social Services, Probation, Office of Education, First 5, Department of Child Support Services, and IEHP.

ACEs are stressful or traumatic events that include abuse, neglect, household dysfunction, parental illness, or substance use in the home. A physician from Kaiser San Diego found that four or plus ACEs in childhood significantly increases the risk of not just behavioral health challenges, but physical health challenges. Public Health Institute's research found that 20% of all households in our county have experienced 4+ ACEs. The California Healthy Kids Study, which is a survey given in 7<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> grades found that 31% experience depression-related feelings; 10% of 9<sup>th</sup> and 11<sup>th</sup> grade students have considered suicide in the past 12 months; and 25% of kids ages 12-17 need help for emotional or mental health problems. The goal is to identify those youth and provide services to them and their families.

Moving forward, the workgroup's considerations include increasing awareness of what ACEs are; recognizing the issue as a public health challenge and should be addressed accordingly; prevention and early intervention; addressing protective factors and providing appropriate screenings; and using evidence and research informed programs. The recommendation of the workgroup is to establish a trauma and resiliency team that would be tasked to develop a road map and direction for future activities. The main focus would be prevention and early intervention and to develop trauma awareness and trainings. This would support the objective of the County becoming a trauma informed system.

Ms. Moore announced that they will be holding a town hall meeting on Thursday, June 15, from 9:00 – 2:00 pm at the Moreno Valley Conference Center. They will be providing further information on ACEs and Riverside Resiliency and also gain feedback from key stakeholders and community members. All are welcome to attend. Flyers were available for more information.

2. SUBSTANCE USE CARES LINE & CARE COORDINATION TEAM (CCT): Rhyann Miller provided a presentation on Substance Use Community Access Referral Evaluation and Support (SU CARES) Line and the Care Coordination Team (CCT).

The SU CARES Line is a call-in center providing substance abuse prevention and treatment service information for individuals, families, and community partners. They perform personal and private screening assessment, placement services, direct referrals, immediate access to treatment for pregnant and parenting women, and authorization for all residential and detoxification levels of service. The SU CARES Line beta test was conducted with Inland Empire Health Program (IEHP) on a limited basis for three years. The SU CARES Line officially opened on February 1 to the whole community and operates 24-hours a day, 7 days a week, and 365 days a year.

During the beta test, the highest recorded number of calls was 239 in one month. When the lines officially opened on February 1, they were not prepared for the sharp incline in the number of calls received. On average, they receive 1,000 calls per week; a significant jump from 239 in one month. They have increased staffing to help accommodate this dramatic increase and are continuously working on improving workflow.

The Care Coordination Team is an intensive case management service for consumers entering residential treatment. They work within the community and perform personal and private screenings in institutions, hospitals, and for physical health care providers. They provide transitional support to outpatient services, physical health, and mental health. CCT also provides support and education to consumer and family

members, as well as linkage to crisis stabilization services. CCT is caseload specific and also includes the Substance Abuse Treatment & Recovery Team (START).

CCT has three regional teams – Western, Mid-County, and Desert. Each is physically stationed in a Substance Abuse Prevention and Treatment (SAPT) office. The Desert team is located in the Cathedral City Clinic, the Mid-County team is stationed in Temecula, and the Western team is stationed in Riverside. CCT's primary role is to walk the consumer through a successful treatment episode, which ranges from obtaining psychiatric and/or medical clearance, transportation to treatment programs, and assistance in maneuvering through the court system.

Between February 12 to March 18, SU CARES and CCT have been able to place adults for residential treatment between 24-48 hours. Children and adolescents are taking 3-6 days due to limited slots and the wait list for detox services. Between February and April, they have completed 2,484 screenings for adults and 117 for youth. Current case management load for CCT is 365 consumers – 112 in the Desert, 81 in Mid-County, and 130 in the Western Region. There are currently 343 consumers in residential treatment and 89 in detox. Mr. Miller gives much credit to SAPT's contract providers for helping make this level of service possible, as the Department would not be able to help serve this many consumers if there were not enough slots and beds available.

3. CULTURAL COMPETENCY: Sylvia Aguirre-Aguilar provided a presentation on the Department's Cultural Competency Program. RUHS-BH is committed to developing innovative, culturally relevant and competent programs, which provide access to underserved communities and reduce disparities in behavioral health across racial, ethnic, and socio-economic groups. It is a consumer-driven model that follows a plan committed to cultural competence by incorporating efforts to help reduce racial, ethnic, cultural, and linguistic mental health disparities; assessing service needs; providing culturally competent trainings to their workforce; and developing a workforce that's culturally and linguistically competent.

Ms. Aguirre-Aguilar reported that they have a Cultural Competence Reducing Disparities Committee that meets monthly. The Committee is comprised of a diverse group of individuals representing African Americans, Asian Americans, Native Americans, LGBTQ, Deaf and Hard of Hearing community, Blind Supportive Services community, and faith-based representatives. They also work in partnership with UCR School of Medicine, the consulate of Mexico and Guatemala, and other local entities. These collaborations help broaden their base and invite local grassroots efforts to participate in focus groups as they design and develop effective strategies to meet the needs of Riverside County's culturally diverse communities.

As part of their outreach efforts, they participate in several cultural events to help inform and educate about behavioral health and the services available to the community. They recently participated in a special outreach for the Latino community at the Lady of Perpetual Help Church, the Hope Celebration for the Asian-Pacific Heritage Month, and they actively participate in the annual Pride Festival in Palm Springs. Other events include a Trans-Youth Care Symposium to be held on May 6 and 7 and a Native American training workshop scheduled for June 15.

Cultural Competency explores language, values, and cultural beliefs of specific ethnic communities. They use that knowledge to help develop programs sensitive to other cultures. They develop approaches to reduce stigma and incorporate cultural protective factors that are traditional and familiar to the communities that they serve. Examples include the Native Americans' talking circles, African Americans' sister circles, and the Latinos promotores model.

Ms. Aguirre-Aguilar noted that the underpinnings of their programs are to build positive relationships, resiliency, gain trust, and foster knowledge of behavioral health and wellness to their respective communities. These are examples of how RUHS-BH celebrates its diversity and its commitment to improving cultural competency in their recovery models of care.

4. APPOINT NOMINATING COMMITTEE FOR FY 17/18 BHC ELECTION: Brenda Scott, Tori St. Johns, and Dildar Ahmad volunteered and were appointed to the Nominating Committee.

## **OLD BUSINESS**

1. MENTAL HEALTH SERVICES ACT UPDATE: David Schoelen reported that all of the MHSA updates in progress will be discussed at the Public Hearing later that day. All are encouraged to attend, so they can integrate the public's input and feedback into the plan. A subsequent Public Hearing will be held in Indio on Tuesday, May 16, from 2:00 – 3:30 for desert residents to also provide their feedback.
2. SUBSTANCE ABUSE PREVENTION & TREATMENT PROGRAM UPDATE: Will Harris reported that SAPT Prevention Program is very active and shared a few highlights from the past couple of months. In March, they held their Annual Youth Conference in Idyllwild and had over 500 students participate over two weekends. They were also joined by participants from San Bernardino County and San Diego County in their activities. SAPT will also have their Annual Awards Banquet in a couple of weeks, where they will be combining the Desert and Western Region ceremonies into one event. The event will be held at the Riverside Convention Center and those interested in attending may contact their office for tickets. Lastly, Mr. Harris reported that the State is starting a new prevention data system beginning in July and Riverside County will be one of the pilot counties testing this new system.

**DIRECTOR'S REPORT** – Steve Steinberg reported that Riverside County's Executive Officer, Jay Orr, will be retiring at the end of August. There were some concerns about how this may impact the Department, as Mr. Orr has been an incredible supporter of the Department's programs and efforts. Mr. Steinberg noted that the Department will continue to have the support of the Board of Supervisors as they have always supported our programs, projects, and research.

## **COMMITTEE UPDATES:**

DESERT REGIONAL BOARD: Mr. Divine announced that the 15<sup>th</sup> Annual Art Show will be held on Tuesday, May 9, at the Riverside County Fairgrounds' Taj Mahal building. All are invited to attend.

MID-COUNTY REGIONAL BOARD: Dr. Haessler announced that the Mid-County Region's May is Mental Health Month event will be held on Saturday, May 13, at Foss Field Park in Perris.

WESTERN REGIONAL BOARD: Mr. Damewood will submit minutes for review. Also, the Western Regional Board meeting has been re-scheduled for Wednesday, May 10, to allow members to attend the Public Hearing scheduled at 3:00 today.

ADULT SYSTEM OF CARE: Ms. Scott reported that they are working on increasing membership and have sent applications to interested parties.

CHILDREN'S COMMITTEE: Ms. Johnson St. Johns reported that at their next meeting they will discuss the topic of transgender and have a presentation about transgender children.

CRIMINAL JUSTICE COMMITTEE: Mr. Damewood reported that their next meeting will be Wednesday, May 10 at 12:00.

HOUSING COMMITTEE: Ms. Scott reported that they are working on increasing membership. They are also interested in having an individual with lived homeless experience joining the committee. Mark Thuve gave a presentation on Substance Abuse Prevention services.

LEGISLATIVE COMMITTEE: Dr. Haessler reported that the Third Amendment to the BHC Bylaws was recently approved by the Board of Supervisors. Dr. Haessler noted that he spoke to Mr. Steinberg and Angela Igrisan about possibly having Brian Nestande attend the meeting in June to speak on the realignment funding.

OLDER ADULT SYSTEM OF CARE COMMITTEE: Mr. Riccardi reported that there was a presentation on the Equine Therapy Program and will provide a full report at the next meeting.

QUALITY IMPROVEMENT COMMITTEE: Meeting was cancelled – No Report.

VETERANS COMMITTEE: Mr. Gentillalli reported that they have representatives from San Bernardino County

and Loma Linda attending the meetings. Recently, a representative from the California State Assembly, Sabrina Cervantes, attended their meeting. Next month, representatives from San Diego County may also attend.

**EXECUTIVE COMMITTEE RECOMMENDATIONS:** Mr. Gentillalli would like to formally appoint an ad hoc committee to assist in Riverside Resilience and ACEs project. Dr. Haessler requested Brian Nestande give a presentation on the funding realignment.

**ADJOURN:** The Behavioral Health Commission meeting adjourned at 12:58 pm.

*Maria Roman*

Ric Riccardi, BHC Secretary

Maria Roman, Recording Secretary

**FY 2016/17 BEHAVIORAL HEALTH COMMISSION ATTENDANCE ROSTER**

MEMBERS	JUL	SEP	OCT	NOV	JAN	FEB	MAR	APR	MAY	JUN
April Jones, District 3								✓	✓	
Beatriz Gonzalez, District 4	✓	A	A	✓	✓	✓	✓	✓	A	
Brenda Scott, District 3								✓	✓	
Carole Schaudt, District 4	✓	✓	A	✓	✓	✓	✓	✓	A	
Daryl Terrell, District 5	✓	✓	✓	✓	✓	✓	A	✓	✓	
Dildar Ahmad, District 1					A	✓	✓	✓	✓	
George Middle, District 2 ( <i>Redist. 5</i> )	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Greg Damewood, District 5	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Jason Farin, District 2	✓	✓	A	✓	✓	✓	A	A	✓	
Ric Riccardi, District 5	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Richard Divine, District 2 ( <i>Redist. 4</i> )	✓	✓	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).