

RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION

MEETING MINUTES FOR January 4, 2023 • 12:00 pm to 2:00 pm

CALL TO ORDER AND ROLL CALL – Madam Chairperson, Tori St. Johns called the Behavioral Health Commission (BHC) meeting to order at 12:03 pm.

Commissioner attendance was taken by roll-call.

ADOPTION OF AB 361 RESOLUTION NO. 2021-001 – Ms. St. Johns commenced the vote for AB 361 to authorize teleconference meetings for the Behavioral Health Commission for additional 30-days. BHC Liaison conducted votes by roll call. Commissioners unanimously approved the adoption of the Resolution.

CHAIRPERSON'S REMARKS – Madame Chair, Tori St. Johns, greeted everyone in attendance wishing them all a wonderful New Year, and passed chairperson's remarks to Bill Brenneman

Bill Brenneman announced, Maria Roman, the Secretary to the commission decided to step down from her position and announced that her replacement is Sylvia Bishop. He also gave recognition to Executive Assistant Lucy Lopez, for coordinating this meeting and recovering the recording and transcribing the minutes from November's 2022 BHC meeting. She also had the agenda distributed and expressed his gratitude to her for all her efforts and the countless hours she spent working to put everything together. He then introduced Sylvia Bishop, new Secretary for the commission and shared she transitioned from Workforce Education and Training and Cultural Competency as their former Executive Assistant and welcomed her to introduce herself.

Sylvia Bishop thanked Bill and the Behavioral Health Committee members for the warm welcome and shared she she's happy to be a part of the BHC as the new commission secretary. She shared she had the opportunity and pleasure to work with MHSa as the PEI, WET and Cultural Competency Secretary/Executive Assistant and now has the privilege to work with Bill, Lucy and the commissioners. She is looking forward to getting to know everyone and begin to build relationships.

DIRECTOR'S REPORT – Dr. Chang thanked Madam Chair for moving him up in the agenda and wished everyone a Happy New Year. He shared Recovery Village drew down 75.976 million and then most recently drew down an additional four and a half million for four kid's services for the recovery village. He continues to meet and discuss those projects as well as hospital replacement and looking to bring on three new doctors in the next couple of months. He hopes to have someone to help with consultation liaison services, someone to help in psych ER, and someone to help with outpatient system of care. All three are highly accomplished individuals and look forward to having them provide additional support to the community and would eventually like to have them attend a BHC meeting to introduce themselves.

Dr. Chang shared that the Arlington Recovery Community and Sobering Center had an unannounced visit in early December by the state and subsequently shut down the ARC side of the house but the sobering center remained open. The contract with MFI was terminated and now are in the process of obtaining a new provider to contract and run the ARC side of the house. The sobering center is also in transition of another provider to take place within the next few weeks. As of that today the sobering center is open but the ARC is not. They are working very closely with the state about reopening the

ARC side of the house with a new service provider as quickly as possible due to the need in the community for those services. Dr. Chang also gave a shout out to Rhyon, April and the substance staff for their dedicated and amazing work to relocate the consumers and having them placed in appropriate levels of care during the shutdown of the facility. Dr. Chang stated he will continue to keep the committee up to date during the progress of this transition.

COMMISSION MEMBER REMARKS

Daryl Terrell made mention of how important it is for everyone to make a more focused effort to get cities involved in presenting an alternative to 911 when encountering homeless people, such as the crisis mobile management team.

Brenda Scott shared that the NAMI walk was a successful event, not as many attendees as usual but more than last year and thanked everyone for their support. She also shared she attended the Longest Night event held at the Hemet Clinic in Mid County and thought every region should have that event. There were 231 names read and a candle lit for each one to recognize the lives lost of each homeless individual. Ms. Scott also thanked Sandy Idle, Supervisor of the Hemet Clinic, for organizing the event.

Beatriz Gonzalez wished everyone a Happy New Year and Daryl a Happy belated Birthday.

Greg Damewood commented in addition to what Daryl made mention of, that he's been communicating with more people in the Moreno Valley area about the homelessness and if there was some way possibly through our website where we could provide information and continue to educate the public in efforts to teach them more tolerance for individuals who are homeless.

Carol Schaudt mentioned she was in the emergency room and witnessed a confrontation between security of the hospital and a patient and inquired if the crisis teams support the ER's with consumers with mental illness because a staff of the hospital informed her none were available. Dr. Chang did inform Ms. Schaudt that the crisis team will come if called when assistance is needed to evaluate the consumer and provide appropriate services.

Maria Martha Moreno announced RUHS Help @ Hand Innovation program has finalized a contract with the Men Therapy Organization (mentherapy.org) which provides various videos and mental health services. The contract signed is so they can add Riverside County local resources into their website, we've added the CARES line and Take My Hand live peer chat and other resources based on the Mid County and Desert Regions. This contract is in effort for men to get mental health support and reduce the stigma.

PUBLIC REMARKS – None

MINUTES OF THE PREVIOUS MEETING – Minutes were accepted as written.

CELEBRATE RECOVERY:

Kristen Duffy, Consumer Peer Services Program Manager, introduced Ravae Battest the Senior Peer Support Specialist for Perris and Temecula Peer Support and Resource Center. Ms. Battest shared her experience with addiction to substances and alcohol. She shared she was living a life of hopelessness and desperation and had no goals for her future and did not think highly of herself but in August of 2012 that changed. CPS got involved and she recalled being in a drug house and CPS called informing her she was not able to pick up her three-year-old daughter, which frightened her, she was told she needed to adhere to a drug test the following day. She decided to be honest with her CPS worker and informed her she would test positive and needed help, this was the best decision of her life and a

moment of clarity for her because it was the first time she ever admitted out loud she was an addict. She continued to share it was a relief for her to admit this and she was grateful to that social worker who supported her one hundred percent and had a great experience with her. Ms. Battest shared that the CPS worker's response was, okay, now that you have told the truth I can help you and I can support you. The social worker offered several programs that consisted of 30 day programs, detox programs, educated her on family preservation court and that they can support her in obtaining a job, learning coping skills on how to stay sober and parenting skills. Ms. Battest was excited about this and told the CPS worker that this was everything that she needed. The program offered to her was the longest, and Ms. Battest was in the program for one year and three months. And because of this program she was able to stay accountable for her child by learning parenting skills to help her with her daughter, she was able to find a job and regain custody of her daughter who was able to come back to her mother in a calm and loving environment. Ms. Battest shared she graduated her program with no sanctions, it was the best thing to ever happen to her and she was linked with a recovery community that she still attends today. She continued to share she is very much a part of recovery and has 10 years clean today. In 2014 she was working at Taco Bell but wanted something different and she took the peer employment training and that class changed her life, she was able to learn how to support others in their recovery journey with mental health and substance abuse and decided to make a career out of it. In 2016 she built up enough courage and applied with a contract provider and was hired as a peer support and was able to provide mental health wellness classes and one on one support. Three years later she applied with the county and was given the opportunity to work directly with consumers going through Family Preservation Court themselves, so at that point, she was on the other side and able to share with our consumers that she's literally been in the exact place they are in and that provides them so much hope. Ms. Battest shared a consumer came into the office feeling broken and hopeless, just how she felt at one time, and introduced herself and shared her story with the consumer and her eyes lit up and she told me you're the hope and with a tear in my eye and tears in hers I said yes and it was the most amazing experience.

Ms. Battest has been working with the county for three and a half years and just recently got promoted to Senior Peer Support Specialist for Perris and Temecula Peer Support and Resource Center, these two centers are not yet open and she is excited to help build and develop with that program so the members and consumers have somewhere to go to be linked with resources and service they might need.

NEW BUSINESS

1. BHI-Behavioral Health Integration- Heena Hemani:

Heena Hemani shared power point and presented on BHI sharing it is located in different community health centers (CHC), which there are thirteen throughout the County of Riverside that include therapists and psychiatrists that provide mental health, substance use therapy and psychiatry services. They are also offering group and case management this year such as coping skills, life skills, woman and men social groups to support consumers because their appointments with their therapists are biweekly. Ms. Hemani shared a quick overview that explained what the journey would look like for a patient coming through their system. The patient would get linked by calling the centralized BHI scheduling center and complete a screening, the new screening process began this year and has a scoring component that determines which delivery system the patient would be in, this includes mild to moderate, then they would be scheduled or be warm lined transferred to one of the county clinics. If they are a CHC consumer, they would get a new patient orientation where they are given explanation of what to expect, we gather all of their base initial outcome measures such as their whole person health score, PHQ, depression and anxiety screening and then we link them to meet their needs, whether that's PCP or case management or psychiatry linkage or anything else they may need before they complete their assessment with their therapist.

Ms. Hemani shared she wanted to discuss more about the micro-level, a story of a youth that came through the delivery system and they were fortunate to play a role. In 2011 Joshua had some psychosocial stressors and he was experiencing homelessness, low socioeconomic status, minimal access to resources and he wasn't connected to any services. In 2014 he experienced a traumatic event of his father passing away in front of him from a heart condition, he was dealing with grief, loss and trauma, and then in 2019 he was in a hit and run car accident and that was the trigger that caused more mental health symptoms such as flashbacks and panic attacks, he began isolating, becoming irritable and withdrawing. His PCP at the Hemet CHC, Dr. Lopez referred him to our BHI system and since then we've been able to work with him to help him process his anger and grief. With that being said Ms. Hemani wanted to highlight that there is healing. Although he was empowered and able to utilize his coping skills and techniques he learned there were triggers through his healing journey such as the anniversary of his father's passing or a disagreement with his mother which he would then come back and reconnect with his therapist and continue his healing journey. It was a long process and in 2021 he graduated from high school, obtained a job and as of 2022 we were last updated that he was still working and working towards his dream to have a home and a catering business selling food and pastries and applying for colleges.

Ms. Hemani went on to explain the system also uses outcome measures of the before and after, the before reflecting he was in good health and everything else on the scoring measure was fair and those were the indicators of the areas to consider seeking support for him. The after reflected how his emotional health improved significantly as well as his nutrition and lifestyle and the areas where he was still working on such as the socioeconomic status. The outcome measures also showed his GAD scores and after a few years how his anxiety and depression improved. Lastly, Ms. Hemani shared there was an article featured in the New England Journal of Medicine, which was an article written by the CHC leadership Dr. Khan, it showed our impact in what BHI does through the whole person health score and metrics.

OLD BUSINESS

1. **Mental Health Services Act (MHSA) Update** – (Diana Gutierrez shared on behalf of David Schoelen)
Mrs. Gutierrez shared that the MHSA plan is heading into annual update season and this year is the three-year plan. Each year there is an annual update of the progress in between the three years. Currently various meetings are being scheduled to meet with community groups meetings are to share highlights from the plan, add any changes that will be made and opportunities for community feedback to help inform the next three-year plan.

Mrs. Gutierrez also mentioned that the Riverside County Suicide Prevention Coalition has its next quarterly meeting on January 25th at 9am, it is a virtual meeting and the flyer would be provided so anyone could attend once registered.

Substance Abuse Prevention and Treatment Program (SAPT) Update – April Frey

Ms. Frey introduced Heidi Gomez, Assistant Regional Manager for Substance Abuse Prevention and Treatment, who stepped into Will Harris position when he retired.

Ms. Frey announced they are launching a perinatal media campaign that will begin soon as part of that campaign they will outreach perinatal consumers within Riverside County with billboards at bus stops, on buses and by radio to engage those struggling with alcohol and addiction that are pregnant to link them quickly to services.

Ms. Frey also announced they began working with DPSS to identify anyone who has a history with substance use so they will be referred to the centralized screening team to determine the level of care and place them in a residential treatment facility or provide resources for outpatient clinics that they

can attend in efforts to engage consumers quicker and link them immediately to the correct level of care.

Ms. Frey shared that they are in the process of their RFP and releasing it at the end of January, the RFP will be for all substance use services and recovery residents, the contracts will cover the next five years.

Ms. Gomez provided a prevention update and shared that they have partnered with PEI and Civilian and have launched a youth media campaign that went live in early December which Will Harris started. It's on the Up to Us Riverside .org website that focuses on how parents and guardians can have conversations with children about substance use and learning the facts and how to communicate with them. The website has information on opioids, fentanyl, alcohol, marijuana, prescription medication, e-cigarettes and vapes. There's also information on naran and how to recognize the symptoms of an overdose. She shared you can visit the website and download the family resource guide in a PDF format. Ms. Gomez also announced that prevention services are being expanded in the county, prevention specialists were hired for Perris, Lake Elsinore, San Jacinto and Moreno Valley. When comparing numbers from last year to this year there are 100 more consumers being provided with services. They have a new MOU with Temecula Valley Unified School District and one currently routing for Moreno Valley Unified School District and staff in place just waiting on MVUSD approval. Also reported they are looking to expand FNL services, currently there are 61 chapters in 14 school districts, the goal is to reach 150 elementary, middle and high schools. They applied for a grant so they can specifically target schools in Murrieta, Menifee, Lake Elsinore and Wildomar areas because currently there are no chapters in those schools.

COMMITTEE UPDATES:

Desert Regional Board:

Richard Divine reported the committee met on November 8, 2022 and had a presentation by Kimberly Faulkner Camacho a coordinator out of L.A. County, on the impact of trauma on students in foster care and other vulnerable student populations. They reelected their executive board as it stands and went over the 2022 holiday donations and had a briefing on the NAMI walks.

Mid County Regional Board:

Brenda Scott reported they met on November 3, 2022 and takes place the first Thursday of the month and all are welcome to attend. They had a presentation from Sandy Idle who is the supervisor of Hemet Adult Behavioral Health, who provided a status on staffing and anticipates once fully staffed they will be able to have an FSP team. Ms. Scott also shared that a consumer presented and shared their story and improvement during their treatment at Hemet. There was a presentation on 211 which is a 24/7 call center for people needing services in Southern California Inland region for both San Bernardino and Riverside County. Bill Brenneman announced Toni Robinson as the new Mid County Administrator. Diana Castillo reported updates for Mid County and announced Heidi Gomez was promoted to assistant regional manager for substance abuse prevention and treatment. They also discussed Lake Elsinore substance abuse is working with Lake Elsinore school district to allow prevention specialist in the schools to provide prevention services to the children. And they are opening new RFPs for a drug medi-cal delivery system provider to join the team. There was also mention of a membership meeting because more people are needed for the mid county board.

Western Regional Board:

Greg Damewood reported they had a special guest speaker Sean Milanovich, the Cultural Competency Liaison for the Native American-American Indian population.

Also shared there is a brochure being produced and Dakota Brown has been invaluable in that effort. And thanked everyone involved and supporting Western Region and also mentioned membership and the need for more people on the board.

Adult System of Care Committee:

Brenda Scott reported they met on November 17, 2022 and there was a presentation from Eddie Lopez about the RUHS mobile crisis teams and received department updates and RA wellness city updates.

Children's Committee:

Victoria St. Johns reported they met on December 13, 2022 and join both November and Decembers meetings. Lupe Madrigal presented sharing there are 54 chapters of Friday Night Live and she shared FNL is taking 3000 students to Magic Mountain.

Criminal Justice Committee:

Greg Damewood reported Criminal Justice Committee is on schedule for the year and last meeting shared discussed updates on staffing, court reports, incarceration data, new life reports, criminal justice schedule for next year, Patton updates, hope updates and crisis updates for individuals within the criminal justice system with mental health issue.

Housing Committee:

Brenda Scott reported housing committee meets the second Tuesday of each month and the last meeting took place on November 8, 2022 and committee provided usual updates as well as hope data updates that were given by Christopher Salazar. IEHP applied for a homeless grant and discussed the Longest Night.

Legislative Committee:

April Jones was not present to provide update but Brenda Scott reported updates would be available by January 20th because new bills would have to be in and April could provide update next month.

Older Adult System of Care Committee:

Brenda Scott reported guest speaker presented on MHSA tech suite help at hand and Ms. Sanders from the Veterans Administration gave a presentation on what the Veteran Administration does. Also all the region updates were shared and Tony provided updates with Older Adults.

Quality Improvement Committee:

Daryl Terrell reported that the BOS announced the Take My Hand Live Peer Chat Project was a recipient of the California State Association of Counties Challenge Award. Public Health received a grant that will allow behavioral health specialist III's and peer specialists to work with the outreach health equity teams and collaborate to provide covid vaccinations and provide substance use and prevention services at the same time to the consumers.

Veterans committee:

Rick Gentillalli reported the committee met prior to BHC meeting on January 4, 2023 and had a good turn out with people from state, federal government, county, as well as family members of a loved one, representative from Calvert, and San Bernardino Veterans. Right now the committee is focusing on Veteran Suicide.

EXECUTIVE COMMITTEE RECOMMENDATIONS

Daryl Terrell is interested in Care Court and outreach efforts for the community to assist with homelessness intervention.

Bill Brenneman shared Rhyan Miller would like to have the mobile psychiatric service team on the agenda for a presentation by Dr. Weigold.

Walter Haessler inquired to know about County's experience on Laura's Law.

ADJOURN – The Behavioral Health Commission meeting adjourned at 1:43 pm.

Dr. Walter Haessler, BHC Secretary
 Sylvia Bishop, Recording Secretary

FY 2022/23 BEHAVIORAL HEALTH COMMISSION ATTENDANCE ROSTER

MEMBERS	JUL	SEP	OCT	NOV	JAN	FEB	MAR	APR	MAY	JUN
April Jones, District 3	A	A	A	P	A					
Beatriz Gonzalez, District 4	P	P	P	P	P					
Brenda Scott, District 3	P	P	P	P	P					
Carole Schaudt, District 4	P	P	P	P	P					
Daryl Terrell, District 5	P	P	A	P	P					
Debbie Rose, BOS Rep. Dist. 2	P	P	P	A	A					
Greg Damewood, District 5	P	P	P	P	P					
Paul Vallandigham, District 5	P	P	P	P	ML					
Richard Divine, District 2	P	P	P	P	P					
Rick Gentillalli, District 3	P	P	P	P	P					
Victoria St. Johns, District 4	P	P	P	P	P					
Dr. Walter Haessler, District 1	P	P	P	P	P					

Present = P • Absent = A • Medical Leave = ML