

## RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION

MEETING MINUTES FOR OCTOBER 2, 2019 | 12:00 pm to 2:00 pm

**CALL TO ORDER, PLEDGE OF ALLEGIANCE, AND INTRODUCTIONS** – Chairperson, Richard Divine called the Behavioral Health Commission (BHC) meeting to order at 12:02 pm, lead the Pledge of Allegiance, and commenced introductions.

**CHAIRPERSON'S REMARKS** – None

**COMMISSION MEMBERS REMARKS** – Daryl Terrell reported that he attended the vigil for Diego Stolz, an 8<sup>th</sup> grade student from Landmark Middle School that passed away in late September due to repeated bullying. Mr. Terrell stated that the Department needs to be more proactive and protocols should be developed to address the issue of bullying in addition to suicide prevention, mental health, and substance abuse within the school district and college/ university systems.

The topic of bullying was heavily discussed during Commission and Public Remarks. Members of the Commission sought more information and RUHS-BH management decided to add Prevention at one of the upcoming BHC meetings so the topic could be discussed further.

Brenda Scott reported that a bipartisan bill (HR4194) that will create an easy to remember 3-digit number designated as a nationwide hotline for suicide prevention and mental health will be up for a vote. Ms. Scott encouraged members of the public to contact their federal representatives to support this bill as it will be much easier for the public at large to remember a 3-digit phone number as opposed to an 800 number, in times of crisis.

Ms. Scott also announced that the NAMI Walk is scheduled for October 26 at Diamond Valley Lake.

Dr. Walter Haessler shared that he noticed Veterans Affairs has banned smoking in all of its medical facilities and inquired if the Department has a similar policy and if Behavioral Health considers nicotine as part of the list of substances for treatment. Dr. Chang responded that there is a policy in place regarding smoking that aligns with the County of Riverside's policy and that smoking does have a treatment plan option for consumers seeking to quit smoking.

**PUBLIC REMARKS** – Selvino Moscare from Art Works shared that he has been a consumer for five years and two years later became a Peer Support Specialist. Last year he had his first solo exhibit and he will be having his second solo exhibit on November 7 from 6:00 – 9:00 pm. Art Works is part of RI International. Flyers were available for more information

Anindita Ganguly shared that members of the Public Advocacy Ad-Hoc Committee discussed the topic of “public charge.” Ms. Ganguly inquired if the Department is concerned of how this can affect our communities and individuals seeking or requiring services. Dr. Chang responded that the Department is looking to develop a potential response. Currently, the focus is to build trust and Rappaport with the communities by educating and informing them that the Department is here to provide behavioral health services to those in need.

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

**CELEBRATE RECOVERY** – This month's Celebrate Recovery Speaker is from the Consumer Affairs Program. The Celebrate Recovery Speaker shared that he has a diagnosis of Social Anxiety Disorder

and Bipolar Disorder. According to the Speaker, mental health challenges ran in the family. The Speaker shared that his grandfather lied about his age and parachuted into Germany at age 17. The things he saw, did, and experienced all came back with him; decades before the term PTSD (Post Traumatic Stress Disorder) was coined. Their grandfather's only treatment option at the time was bottle after bottle of alcohol. Their grandfather raised their mother, who grew up to become an alcoholic and was suspected of having Bipolar herself. Then the Speaker was born and raised in this same environment. Growing up, mental health was not something they discussed, nor did they have the vocabulary to describe what was going on. Substance abuse was ignored or justified and the psychological abuse was hidden or gas lighted away.

The Speaker stated that he was a shy and moody kid. He had trouble making eye contact, constantly isolated himself, and whenever he felt sad, nervous, or stressed, he ate to the point of obesity. At the time, he didn't believe that what he was struggling with was a legitimate health concern. He laughed and scoffed at the idea of having a diagnosis and treating it with medication. In his late 20s, the "little" problems he struggled with became bigger. Shyness turned to crippling anxiety and moodiness was replaced by weeks or months of depression, isolation, and misery, punctuated by 2-3 days of inexplicable energy and confidence that got him in trouble. During this time, he also survived an abusive marriage, which broke him. As a way to cope, he began chasing those rare manic days and discovered that prescription stimulants did the trick. This led to an addiction that resulted in him losing a promising career and his home. Luckily, he had his father. His father also ended his abusive marriage with his mother and they were able to give each other the support they needed to move forward.

The Speaker's father was the one who suggested he seek real help for what he was struggling with. In 2012, the Speaker began receiving services from RUHS-BH. He progressed so well in his treatment that in 2015 he started attending the County's vocational program called Pathways to Success and within a year he obtained a job at the Clerk Recorder's Office through the County's TAP (Temporary Assignment Program). Within a year of landing this position, he was hired at Pathways to Success as a Peer Support Specialist. According to the Speaker, being a Peer Support Specialist is the most fulfilling work he has ever done and he is grateful for the opportunity.

One last thing the Speaker shared before concluding his presentation is a situation that occurred a year later with his brother and niece. The Speaker's brother called him last year and shared his concerns about his 10-year old daughter. After hearing his brother's description of his niece, he decided to speak to her himself. The Speaker stated that during their chat he saw symptoms of depression and anxiety; it was as if he was looking at himself in the mirror 30 years ago. The Speaker decided to help his brother and connected him with mental health services in Phoenix, Arizona. His niece was able to see a psychiatrist and began seeing a therapist regularly; she is now back to being a happy little girl. The Speaker noted his family broke the cycle and they're all going to be okay.

## **NEW BUSINESS**

1. STAR PROTOCOL UPDATE: Nick Powers, Behavioral Health Services Supervisor of the Juvenile Justice Division, provided an update on the Department's assessment of LA County's START Program and Riverside County's STAR Protocol. They reviewed LA County's out-of-custody risk evaluation tool and found certain points from it that are relevant to Riverside County's STAR Protocol in preventing youth from committing acts of mass violence. Certain components of the START Program's risk evaluation tool can and will be implemented as part of the STAR Protocol

evaluation process. The risk evaluation tool can be implemented as part of ROCKY, which is the juvenile version of the adult crisis response teams in the community, and potentially the CARES Line. RUHS-BH will coordinate with administration for these teams to plan implementation and its roll out. The Department plans to have the Juvenile Justice Behavioral Health Team include points from the START Program's risk evaluation tool in the STAR Protocol evaluation process to ensure increased detail is included and documented in future evaluations. The Department will also coordinate with the community response teams (ROCKY, REACH, and CREST) and CARES Line to discuss the implementation of the START Program's evaluation tool on an out-of-custody basis.

During the review process they identified the definite need to make schools and communities aware of the STAR Protocol along with the potential risks and consequences of making idle threats. Additionally, there is also a definite need to make schools and communities aware of existing supports if there is a potential threat and how they can be addressed. The proposal is for Executive Management to reach out to Probation and RCOE (Riverside County Office of Education) for guidance as how to best communicate this information to the communities and schools and provide support as needed.

A possible restructure of the system was also identified. Currently, the STAR Protocol is initiated when a youth enters custody when a threat is made. However, there is the missing piece with regard to when a threat is not made or when it is not initiated by law enforcement. They discussed the development of a 3-pronged approach: 1) Prevention via school districts and Probation; 2) Early Intervention via ROCKY and DSOC; and 3) Intervention via Juvenile Justice. Mr. Powers noted that all three prongs are currently in place, but are not functioning in unison regarding potential threats of mass violence. The proposal is for Executive Management to work and coordinate with all aforementioned groups to align them in a way that they work in unison by having effective messaging in schools, coordinated response teams, and exploring other response options outside of law enforcement and incarceration.

Commissioners made three recommendations with regard to the Protocol: 1) for RUHS-BH to be the lead agency of the Protocol, as it is currently lead by the Probation Department; 2) to include addressing the issue of bullying; and 3) to include higher education institutions (colleges/universities) as it currently serves only elementary, middle school, and high schools.

2. 2019 RECOVERY HAPPENS – EVENT UPDATE: Kristen Duffy and Richard Bolter reported that this year's event had approximately 2,000 people in attendance and over 80 vendors providing vital resources to the community. Entertainment included music, dancing, singing, sport competitions, contests, raffle prizes, and face painting. They served over 1,500 hot dog meals and drinks, over 2,000 Kona Ices, and gave away over 1,500 Recovery Happens t-shirts. Families were also able to reconnect during the event. Mr. Bolter noted that they witnessed hugs, tears, and joys of laughter in those moments. Ms. Duffy stated they also had a clean time countdown, with sobriety time ranging from 43 years to one day. Several counselors were also recognized by their peers for their hard work and dedication to the individuals, families, and community they serve. Dylan Colt creatively put together a short video of photos from the event, which was shared to the Commission and the public.
3. APPROVE BEHAVIORAL HEALTH COMMISSION ANNUAL REPORT FY 18/19: Members of the Commission approved to submit the Behavioral Health Commission Annual Report FY 18/19 to the Board of Supervisors.

**DIRECTOR'S REPORT:** With the ongoing discussion surrounding schools, Dr. Chang provided an update on the Department's continuing efforts to integrate into the school system. They are continuing discussions with RCOE about implementing a type of universal screening tool for students. The universal screening can help determine early on if a student is exhibiting some form of behavioral health issue, as opposed to waiting for an issue or a crisis to arise. Dr. Chang noted that their effort to integrate more into schools aligns with what the Commission hopes to get from the re-structuring of the STAR Protocol, which is to identify youth early on who need help, whether it's depression or suicidal thoughts, or those who may be bullied, risk of being bullied, or are bullying others. Schools have a great deal of resources and so does the Department and now it's about collaborating and maximizing those resources together.

The FQHC efforts are continuing. As Dr. Chang mentioned in the past, the concern was always "what if we build it and no one comes?" Staff and Executive management are quickly learning that it is the complete and polar opposite. There is a great deal of people seeking behavioral health and substance abuse services through the community health centers. They are also having individuals come in who have never been involved in either systems (behavioral health or substance abuse), but are aware there is a way to access resources, services, and treatment. Dr. Chang noted that this speaks to the latent, but very high demand and need for services in the community. Based on prevalence rates, it was determined that the Department should be serving more people, but finding out "how and where" was the definite challenge. The integration of behavioral health and substance abuse within the community health centers may be one of the ways to help reach more of our unserved/ underserved populations.

## **OLD BUSINESS**

1. **MHSA UPDATE:** David Schoelen reported that he and his team met recently and have decided that in future BHC meetings, they will begin rotating as to who will give the update for MHSA. Mr. Schoelen explained that MHSA has five components, three of which has its own leadership – Prevention and Early Intervention is headed by Diana Brown, Innovations is headed by Mariah Andrews, and Workforce Education and Training is headed by Sheree Summers. They all determined that it would be more beneficial to the Commission and the public to hear directly from each component's leadership about updates regarding their programs and alternately, members of the public and the Commission can ask more specific questions about each programming.

Sheree Summers was unable to attend the meeting, but wanted to share to the Commission and the public about an upcoming training called Bridges out of Poverty. For individuals who work with people who have been in generations of poverty, this is a very eye opening experience especially if you have always come from a middle class experience. It gives individuals a better understanding of the culture of poverty and how to improve intervention strategies to help assist people into better lives. Mr. Schoelen noted that the training is completely free and any member of the community, regardless of their association, can attend. A sign-in sheet is available for those interested and they will be contacted by staff to help with registration. The training is scheduled for Wednesday, October 9 from 8:30 am – 3:30 pm. Jodi Pfarr is the speaker and she is one of the students of Ruby Payne who this work is based on. Ms. Payne's work is internationally well-known and is used in several special education courses as well as other forms of civil service and human services outreach.

2. SAPT UPDATE: Rhyan Miller began by thanking Whiteside, VARP, Inc., and MFI as they will be travelling to Sacramento to share the positive outcomes of the Waiver. Mr. Miller stated that he is receiving a lot of inquiries from the Department's providers and community partners regarding the Waiver. Any updates from the state will not be available until October 29. The Department of Health Care Services will release their report on 1915B and 1115ODS and they will discuss the various aspects of it at the next Provider meeting in November. Mr. Miller provided a brief overview of the DMC-ODS Evaluation Update and noted the significant increase in services after the roll out of the Waiver.

**COMMITTEE UPDATES:**

DESERT REGIONAL BOARD: None

MID-COUNTY REGIONAL BOARD: None

WESTERN REGIONAL BOARD: Greg Damewood stated they will provide minutes for review.

ADULT SYSTEM OF CARE COMMITTEE: Ms. Scott reported that they discussed their goal regarding having a food bank established.

BYLAWS COMMITTEE (ADHOC): Ms. McElroy reported they will meet afterwards to discuss the updated Bylaws. Mr. Damewood stated that the draft can be formalized and forwarded to the rest of the members for review.

CHILDREN'S COMMITTEE: Tori St. Johns stated their next meeting will be on October 22 and thanked Ms. Scott for the list she provided of standing committees and their meeting schedules.

CRIMINAL JUSTICE COMMITTEE: Mr. Damewood stated they will provide minutes for review.

HOUSING COMMITTEE: Ms. Scott reported they discussed their goal regarding the establishment of a community forum. April Jones put together a task force in the Mid-County region to integrate under that forum with the objective to educate the community in the Mid-County region on a variety of topics, which include ACEs and other housing components.

LEGISLATIVE COMMITTEE: Ms. Scott reported they discussed a variety of bills currently at the Governor's desk for review. Mr. Tucker provided the group with a list of updates on each bill.

MEMBERSHIP COMMITTEE: None

OLDER ADULT SYSTEM OF CARE COMMITTEE: Mr. Divine noted that OASOC still needs a Chair. Ms. Scott stated she can chair the Committee, however there is a time conflict as she attends the Housing Committee meeting that occurs on the same day and ends 30 minutes after OASOC commences their meeting. Management, Ms. Scott, and Mr. Divine agreed to look into the possibility of moving the OASOC meeting time 30 minutes later.

PUBLIC ADVOCACY COMMITTEE (ADHOC): Ms. Ganguly reported that they discussed the topic of public charge.

QUALITY IMPROVEMENT COMMITTEE: Mr. Terrell reported that Evexia health care has opened up another narcotic treatment program located at 109 E. 11<sup>th</sup> Street in Corona. Cedar House has opened

another perinatal residential site, Maple House, which will provide 3.1 and 3.5 levels of care. The Best Practice Committee had a discussion around access and trying to determine how to get consumers scheduled for services within a 10-day timeframe. Detention started their Medicated Assisted Treatment (MAT) for opioids and alcohol disorder program at the Robert Presley Detention Center on September 15. A new policy is being written to begin emergency medications in involuntary medication custody, which will provide emergency medication to individuals that are destructive and present a danger to themselves or others.

VETERANS COMMITTEE: Mr. Gentillalli reported they meet monthly on the same day as the BHC meetings at 10:00 – 11:30 am. Mr. Gentillalli noted that he is a veteran himself and that he has a vested interest as a member, as his son was killed in 2003 while serving in the US Air Force. Members from CalVet and the US Department of Veterans Affairs attend the meeting, so it's very informative and educational. You do not have to be a veteran to attend a meeting, so all are invited and encouraged to attend.

**EXECUTIVE COMMITTEE RECOMMENDATIONS:** Ms. Scott requested to have all the secretaries of the standing committees to submit their approved minutes to the BHC Liaison to be distributed to the Commission for review. Ms. Scott noted that they do not need to be printed, but should be included in the meeting packet sent to Commissioners via email.

**ADJOURN:** The Behavioral Health Commission meeting adjourned at 1:55 pm.

*Maria Roman*

Brenda Scott, BHC Secretary

Maria Roman, Recording Secretary

**FY 2018/19 BEHAVIORAL HEALTH COMMISSION ATTENDANCE ROSTER**

| MEMBERS                                   | JUL | SEP | OCT | NOV | JAN | FEB | MAR | APR | MAY | JUN |
|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| April Jones, District 3                   | ✓   | ✓   | A   |     |     |     |     |     |     |     |
| Anindita Ganguly, District 2              | ✓   | ✓   | ✓   |     |     |     |     |     |     |     |
| Araceli Ruiz, BOS Representative, Dist. 1 | ✓   | ✓   | ✓   |     |     |     |     |     |     |     |
| Beatriz Gonzalez, District 4              | ✓   | ✓   | ✓   |     |     |     |     |     |     |     |
| Brenda Scott, District 3                  | ✓   | ✓   | ✓   |     |     |     |     |     |     |     |
| Carole Schaudt, District 4                | A   | A   | ✓   |     |     |     |     |     |     |     |
| Daryl Terrell, District 5                 | A   | ✓   | ✓   |     |     |     |     |     |     |     |
| Dildar Ahmad, District 1                  | ✓   | A   | ✓   |     |     |     |     |     |     |     |
| Greg Damewood, District 5                 | ✓   | ✓   | ✓   |     |     |     |     |     |     |     |
| Jose Campos, District 2                   |     | ✓   | A   |     |     |     |     |     |     |     |
| Richard Divine, District 2 (Redist. 4)    | ✓   | ✓   | ✓   |     |     |     |     |     |     |     |
| Rick Gentillalli, District 3              | ML  | ✓   | ✓   |     |     |     |     |     |     |     |
| Victoria St. Johns, District 4            | ✓   | ✓   | ✓   |     |     |     |     |     |     |     |
| Dr. 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@ruhealth.org](mailto:MYRoman@ruhealth.org).

| OTHERS PRESENT             |                            |                                     |
|----------------------------|----------------------------|-------------------------------------|
| Akram Razzouk, M.D., Guest | April Marier, RUHS-BH      | Barbara Mitchell, Guest             |
| Bill Brenneman, RUHS-BH    | Brandon Jacobs, RUHS-BH    | Brian Betz, RUHS-BH                 |
| David Schoelen, RUHS-BH    | Deborah Johnson, RUHS-BH   | Deborah Pagliuso, Guest             |
| Diana Castillo, RUHS-BH    | Diana Brown, RUHS-BH       | Donna Childers, Guest               |
| Dylan Colt, RUHS-BH        | Eugenia Smith, Guest       | Francisco Huerta, RUHS-BH           |
| Greg Burks, Guest          | Heather Sylvester, RUHS-BH | Jake Harold, Guest                  |
| Jason Neri, Guest          | Jim Hill, RUHS-BH          | Juan Valenzuela, Guest              |
| Julia Smith, Guest         | Kim McElroy, Guest         | Kristen Duffy, RUHS-BH              |
| Kurt Reh, RUHS-BH          | Laurence Gonzaga, Guest    | Lisa Castilone, Guest               |
| Lisa Morris, RUHS-BH       | Marcus Cannon, RUHS-BH     | Maria Martha Moreno, RUHS-BH        |
| Maria Roman, RUHS-BH       | Mariah Andrews, RUHS-BH    | Mark Gomez, Guest                   |
| Martin Cruley, Guest       | Mary Hamm, Guest           | Matthew Chang, MD, RUHS-BH Director |
| Maureen Dopson, RUHS-BH    | Maureen Martinez, RUHS-BH  | Melissa Noone, RUHS-BH              |
| Michael Lynn, Guest        | Nat Tollefson, RUHS-BH     | Nick Powers, RUHS-BH                |
| Pamela Norton, RUHS-BH     | Raquel M. Casas, RUHS-BH   | Raun Flowers, Guest                 |
| Rhyan Miller, RUHS-BH      | Richard Bolter, RUHS-BH    | Rick Algarin, RUHS-BH               |
| Rita Bendlin, Guest        | Robin Reichert, Guest      | Russell Moreau, Guest               |
| Sarah Gohn, Guest          | Sarah Rodriguez, Guest     | Sean Fredrickson, RUHS-BH           |
| Selvino Moscare, Guest     | Shanice Edwards, RUHS-BH   | Stephanie Bennett, Guest            |
| Steve Wildish, Guest       | Susan Bauer, Guest         | Sylvia Aguirre-Aguilar, Guest       |
| Will Harris, RUHS-BH       |                            |                                     |