

RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION

MEETING MINUTES FOR FEBRUARY 6, 2019 | 12:00 pm to 2:00 pm

CALL TO ORDER, PLEDGE OF ALLEGIANCE, AND INTRODUCTIONS – Chairperson, Rick Gentillalli called the meeting to order at 12:00 pm, lead the Pledge of Allegiance, and commenced introductions.

CHAIRPERSON'S REMARKS – Mr. Gentillalli stated he had no announcements, but thanked everyone for attending the meeting.

COMMISSION MEMBERS REMARKS – Tori St. Johns reported she attended a two-day conference called “Integrating Street Medicine with Education,” which was held in the Desert. Ms. St. Johns learned there are two street teams that perform outreach to homeless and migrant communities in the Desert region and providing resources and assistance to those who need mental or physical healthcare. This effort began in June 2016 and they are working on expanding the service by increasing the number of teams that go out into the community.

Carole Schaudt reported she saw an advertisement on her local tv station regarding NAMI and the variety of programs and services they offer. Ms. Schaudt noted that this is significant because local stations do not typically advertise mental health programs and services on their channel.

Beatriz Gonzalez reported she attended a collaborative meeting called “Live to Rise.” Ms. Gonzalez noted she is thrilled to see various agencies coming together to work towards the same goal.

Daryl Terrell inquired about the START Program from LA County and if the Department has communicated with them regarding implementing a similar program in Riverside County. Mr. Gentillalli requested to have the topic added at the next BHC meeting, if possible, for further discussion.

Greg Damewood reported the Bylaws Ad Hoc Committee is making progress. Mr. Damewood suggested after 90-days, applicants be automatically added to the Regional Board. Mr. Damewood also mentioned possibly updating the list of members in the Bylaws.

PUBLIC REMARKS – Shor Denny, CEO of Community Now, praised the work the Department is doing regarding prevention, but wondered if the County should be the only agency responsible to provide prevention services to the community. Ms. Denny noted that in 2019, the state budget greatly reduced prevention funding. She agrees there is a lot of great work being done in the County, but asked “where’s the prevention?”

Lisa and Edmond, Ambassadors from JWC, provided an update on their projects. The Cards for Kids Project was a huge success. They delivered 498 homemade cards to the children in Loma Linda Hospital. The JWC Ambassadors also participated in the Marine’s Toys for Tots Program. They collected over 800 toys for the Program and were able to donate them to two elementary schools, Think Together Program, Vista Heights Middle School, and the TAY Program. They also participated in the Department’s Longest Night event. Eighty-four people participated in the event and they collected so much donations that many of the volunteers returned the day after Christmas to continue passing out blankets and clothing. Extra donations were given to the HHOPE Program to distribute to the homeless.

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

CELEBRATE RECOVERY – Pedro Arciniega from the Family Advocate Program introduced this month’s Celebrate Recovery speaker, Sandra Shaw. Ms. Shaw is the mother of a 23-year old young man named Shiloh. Shiloh’s mental health challenges started at age 6, he was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and Bipolar Sensory Disorder, and was considered suicidal. Over the years, Shiloh has had over 175 hospitalizations between Emergency Rooms (ER), Emergency Treatment Service (ETS), Inpatient Treatment Facility (ITF), stabilizations, rehabs, and mental health hospitals. Today, Shiloh’s diagnoses include Schizoaffective Mood Component, Post Traumatic Stress Disorder (PTSD) and Detachment Disorder. In addition, they speculate he may also have Dissociative Identity Disorder (DID), which he is not yet officially diagnosed with.

For many years, Ms. Shaw struggled with caring for her son and fully understanding his condition. Ms. Shaw felt insecure as a mother, as she was unable to understand many of the medical terms used by doctors, the laws related to mental health, and other resources that can help further support her son’s recovery. Ms. Shaw was later referred to the Family Advocate Program where she received a great deal of support and assistance from one of the Family Advocates, Angie Rodriguez. Ms. Shaw noted that Ms. Rodriguez has become more like family to her. Ms. Rodriguez has accompanied Ms. Shaw and Shiloh to court on numerous occasions. She also provided emotional support during some of Ms. Shaw’s darkest times and offered additional resources for programs and services. Ms. Shaw attended family support groups, individual counseling, and several classes to educate herself about Shiloh’s condition and how to care for him.

Ms. Shaw’s best advice for parents with children struggling with behavioral health challenges is to connect with the Family Advocate Program. She emphasized the importance of taking care of yourself, as you are your loved one’s biggest support system. It is important to get counseling for yourself and take care of your needs. It is also important to educate yourself and learn all you can regarding your loved one’s condition. The Family Advocate Program does not only offer a counselor or family advocate to help you get through some of your toughest times, but also resources to help educate and provide further emotional support for the families of those struggling with behavioral health challenges.

Today, Shiloh is receiving services at Crestwood Behavioral Health, which is a residential facility located in Bakersfield. He has been under conservatorship by the state for nearly six months and is doing very well. Shiloh is stable, clean, takes pride in himself, attends groups and counseling, and is learning to accept his mental disabilities. Ms. Shaw is incredibly proud of the progress her son has made and thanked several people from the Family Advocate Program, especially Ms. Rodriguez for her unwavering support.

DIRECTOR’S REPORT: Dr. Matthew Chang congratulated Rhyann Miller for his promotion to Deputy Director of Forensics. Mr. Miller’s promotion is well deserved as he has a great deal of experience and is very knowledgeable in the field.

Integration with Federally Qualified Health Centers (FQHC) are moving forward. The first clinic they are working with is located in Corona. They are currently identifying how to transition consumers to the clinic and determine what type of services and staff they should have. The Corona FQHC is a large building and the three clinics integrating in the facility are Adult Services, Children’s Services, and Substance Abuse. Dr. Chang reported they are working on consolidating the three clinics into the health center as a way to provide a one-stop shop for quality behavioral health services in the community. The supervisors for each clinic recently visited the FQHC and were impressed by the facility and are excited for the new opportunity.

Dr. Chang thanked Greg Rodriguez for the work he’s doing with veteran community in the Desert and his involvement with “No Place Like Home.” Mr. Rodriguez is working with the veteran community in the Desert

region to get a better sense of veterans' physical and mental healthcare needs. Dr. Chang noted that the survey and statistics were done well and they provide helpful information to the Department. "No Place Like Home" is a bill for funding to provide supportive housing for people with mental health issues for a period of 20-25 years. Dr. Chang reported they were able to get enough proposals in place for the first round and they are requesting roughly 183-units. It is a competitive process as there are 11 large counties competing for this funding. Since Riverside County is the second largest county, we are competing for \$93 million for supportive housing.

Lastly, Dr. Chang announced that the Urgent Care Campus in Riverside recently won a Riverside City Beautification Award.

NEW BUSINESS

1. RIVERSIDE COUNTY 2018 DATA NOTEBOOK: Rhyan Quist announced that the 2018 Data Notebook is ready for review. Every year, the Behavioral Health Planning Council creates the Data Notebook as a way to collect data from the different counties across the state. Mr. Quist requested the Commissioners review the data and provide their input and feedback within the next two weeks so they may finalize it prior to the BHC meeting on March 6. Mr. Quist noted that he will review any revisions made as a result of the Commissioners' feedback and will require them to vote to approve the document on March 6 to meet the deadline for submission.
2. ANNUAL BHC TRAINING & WORK SESSION MEETING: The Commission decided to hold the BHC Training and Work Session on Saturday, April 20.
3. BHC TRAINING TOPICS: Commissioners requested a review of the Bylaws, Mission Statement, and Vision to determine if they should be revised and updated. They also requested to have a discussion regarding the Regional Boards and how they interface and work with the Commission. Commissioners were instructed by the Chair to email the Liaison if they have other ideas for the Training.
4. APPOINT MEMBERS TO AD HOC COMMITTEE FOR "COMMUNITY/PUBLIC ADVOCACY": April Jones, Brenda Scott, Carole Schaudt, and Anindita Ganguly were appointed to be in the Ad Hoc Committee. Ms. Jones will serve as Chair for the Ad Hoc Committee.
5. BHC MEETINGS IN OTHER REGIONS: The Commission decided to hold the April BHC meeting in the Desert Region.
6. SITE REVIEWS: Tabled

OLD BUSINESS

1. MHSA UPDATE: David Schoelen introduced Sheree Summers, Workforce Education and Training (WET) Program Manager to provide an update regarding one of their action plans. The WET Program has 19 action plans and one of them is the Law Enforcement Collaborative where they work with local law enforcement to help educate officers on how to respond to somebody who is in mental health crisis. Tiffany Ross is their primary trainer for the program and Tiffany James is the Program Supervisor. Ms. Summers reported they recently applied for a SAMHSA Grant with the support of the Executive Team. The objective of the Training Grant is to address the topic of, "How is being trauma informed going to better help those being served in the criminal justice system?" Ms. Sheree announced that the Training Grant was a nationwide grant proposal and Riverside County was one of 12 counties in the United States to be awarded the grant. This was done in collaboration with the District Attorney's Office and The Sheriff's Department. The Training Grant will allow them to have 20 specialized trainers in Riverside

County who will be able to train groups from other agencies on that particular topic.

2. SAPT UPDATE: Mr. Miller and Diana Brown did a brief presentation on RUHS-BH School Based Prevention Programs. The objective of the School Based Prevention Programs is to minimize risk factors and increase protective factors that are present in a young person's life. Mr. Miller and Ms. Brown noted that the Department offers Prevention programs and services for all age groups, but the presentation will focus solely on school-aged children and youth.

Prevention Science breaks down Shared Risk and Protective Factors into four categories – Individual, Relationships, Community, and Society. There are three Substance Abuse Prevention methods that help address these Shared Risk Factors and enhance/support Protective Factors – Universal, Selected, and Indicated Prevention. Universal Prevention are interventions designed for general population with assuming average risk (i.e. School Prevention Curriculum and Friday Night Live). Selected Prevention are interventions designed for individuals with higher risk due to situations beyond their control or involvement in certain groups (i.e. children of substance using parents; youth in foster care; LGBT youth). Indicated Prevention are interventions designed for individuals at highest risk. Individuals may have started to experience negative consequences of alcohol and/or drug use, but have not yet met the criteria for a diagnosis of substance use disorder.

Similar to Substance Abuse Prevention, Prevention and Early Intervention has three methods of addressing risk factors and increasing protective factors. The three methods include two types of prevention – Universal and Selected – and the third is Early Intervention. Universal Prevention targets the public or a whole population group that has not been identified based on individual risk (i.e. Up2Riverside.org, Cultural Competency Outreach & Engagement, and Contact for Change). Selective Prevention targets individuals or a subgroup whose risk of developing mental illness is significantly higher than average (i.e. Peer-to-Peer, Cognitive Behavioral Intervention for Trauma in Schools [CBITS], Seeking Safety, Mamás y Bebés, and BRAAF). Early Intervention is directed toward individuals and families for whom a short-duration (usually less than one year), relatively low-intensity intervention is appropriate to measurably improve a mental health problem or concern very early in its manifestation, thereby avoiding the need for more extensive mental health treatment or services; or to prevent a mental health problem from getting worse (i.e. Stress and Your Mood and CBT for Late-Life Depression).

There are seven work plans within the Prevention and Early Intervention Plan driven by the stakeholders in Riverside County. The first is Mental Health Outreach, Awareness, and Stigma Reduction. This Plan include several different strategies that focus on mental health stigma reduction, education about mental health symptoms, and increasing access for underserved communities. The second is Parent Education and Support, which include services that assist parents and families in building protective factors and reducing risk for the development of mental health problems. The third PEI Plan is Early Intervention for Families in Schools. This project includes a school based program that is designed to improve protective factors for children, teach parents effective communication skills, built social support networks and empower parents to be the primary prevention advocates in their children(s) life in a setting that is de-stigmatizing to a lot of families, which is school. The fourth Plan is Transition Age Youth, which provides outreach, stigma reduction, and suicide prevention activities for (TAY) at highest risk of self-harm. This includes targeted outreach to identify and provide services for LGBTQ TAY, TAY in or transitioning out of the foster care system, runaway TAY, and TAY transitioning into college. The fifth PEI Plan is First Onset for Older Adults. This project includes services to reduce first onset of depression and to reduce the impact of depression in older adult population. The sixth is Trauma-Exposed Services, which provide services to reduce the negative impact of trauma for individuals, families, and the behavioral health service system. The seventh PEI Plan is Underserved Cultural Populations. This project includes programs designed to specifically address he needs of identified unserved/underserved

cultural populations.

COMMITTEE UPDATES:

DESERT REGIONAL BOARD: Ms. St. Johns announced that the Desert Regional Board's meeting was rescheduled to Wednesday, February 13 due to the County Observed Holiday (Abraham Lincoln's Birthday) on February 12.

MID-COUNTY REGIONAL BOARD: Tabled

WESTERN REGIONAL BOARD: Mr. Damewood announced that the meeting is held at 3:00 pm after the BHC meeting and all are invited to attend.

ADULT SYSTEM OF CARE: Tabled

CHILDREN'S COMMITTEE: Tabled

CRIMINAL JUSTICE COMMITTEE: Mr. Damewood stated that there will not be a meeting this month; the next meeting will be held on March 12.

HOUSING COMMITTEE: Ms. Scott announced that the Housing Committee meeting was rescheduled to Tuesday, February 19 due to the County Observed Holiday (Abraham Lincoln's Birthday) on February 12.

LEGISLATIVE COMMITTEE: Tabled

OLDER ADULT SYSTEM OF CARE COMMITTEE: Mr. Gentillalli asked if Mr. Middle could continue Chairing the Committee. Mr. Middle confirmed he could continue serving as the Chair.

QUALITY IMPROVEMENT COMMITTEE: Tabled

VETERANS COMMITTEE: Tabled

EXECUTIVE COMMITTEE RECOMMENDATIONS: Ms. Scott requested to have an update on the "START Program." Mr. Damewood requested to have the Bylaws Adhoc Committee added to the Committee Updates. Ms. Scott requested to continue discussing Site Reviews. Ms. Scott and Ms. Jones requested to have the Executive Committee meetings at 4:30 pm.

ADJOURN: The Behavioral Health Commission meeting adjourned at 2:06 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	✓	A	✓				
Anindita Ganguly, District 2				A	✓	✓				
Beatriz Gonzalez, District 4	✓	✓	✓	✓	✓	✓				
Brenda Scott, District 3	✓	✓	✓	✓	✓	✓				
Carole Schaudt, District 4	✓	✓	✓	✓	✓	✓				
Daryl Terrell, District 5	✓	✓	✓	✓	A	✓				
Dildar Ahmad, District 1	✓	✓	A	✓	✓	A				
George Middle, District 2 (Redist. 5)	✓	A	✓	✓	A	✓				
Greg Damewood, District 5	✓	✓	✓	✓	✓	✓				
Greg Rodriguez, BOS Representative		✓	✓	✓	A	✓				
Ric Riccardi, District 5	✓	✓	A	✓	ML	ML				
Richard Divine, District 2 (Redist. 4)	✓	✓	✓	✓	✓	✓				
Rick Gentillalli, District 3	✓	✓	✓	✓	✓	✓				
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. To request copies, please contact the BHC Liaison at (951) 955-7141 or email at MYRoman@rcmhd.org.

OTHERS PRESENT		
Adma Luna, Guest	Adrienne Gee, RUHS	Amelia Saldana, Guest
Amy McCann, RUHS-BH	April Marier, RUHS-BH	Araceli Ruiz, BOS Representative
Bill Brenneman, RUHS-BH	Brian Betz, RUHS-BH	Bruce Granger, Guest
Bruce Trainor, Guest	Carlos Lamadrid, RUHS-BH	David Schoelen, RUHS-BH
Deborah Pagliuso, Guest	Deborah Shaw, Guest	Diana Brown, RUHS-BH
Donna Childers, Guest	Edmund Fisher, Guest	Grant Gautsche, Guest
Heidi Gomez, RUHS-BH	Janelle Dancer, RUHS-BH	Janine Moore, RUHS-BH
Jason Neri, Guest	Jean Hill, RUHS-BH	Jeanice Dancer, Guest
Jim Hill, RUHS-BH	Johanna Mora, Guest	Karen Hudson, Guest
Kim Bohlan, Civil Grand Jury	Kim McElroy, Guest	Kristen Duffy, RUHS-BH
Lisa Morris, RUHS-BH	Lisa Varis, Guest	Lucy Lopez, RUHS-BH
Marcus Cannon, RUHS-BH	Maria Rodriguez, RUHS-BH	Dr. Matthew Chang, RUHS-BH
Maureen Dopson, RUHS-BH	May Farr, Guest	Melinda Drake, Guest
Michael Lynn, Guest	Monique Gordon, Guest	Pamela Norton, RUHS-BH
Paul Baum, RUHS-BH	Pedro Arciniega, RUHS-BH	Rhyan Miller, RUHS-BH
Richard Bolter, RUHS-BH	Rick Algarin, RUHS-BH	Russell Morecuu, Guest
Ryan Quist, RUHS-BH	Sandra Shah, Guest	Sarah Rodriguez, BOS Representative
Sean Fredrickson, RUHS-BH	Sean Jackson, Guest	Sheree Summers, RUHS-BH
Sheri Parker, Guest	Shor Denny, Guest	Stephanie B. Bennett, Guest
Steve Lusk, Guest	Susan Bauer, Guest	Sylvia Aguirre-Aguilar, RUHS-BH
Sylvia Bishop, RUHS-BH	Tiffany Ross, RUHS-BH	Toni Robinson, RUHS-BH
Tony Ortego, RUHS-BH	William S., Guest	Yaneth Garcia, Guest