

## RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION

MEETING MINUTES FOR JANUARY 6, 2021 | 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 12:03 pm.

Commissioner attendance was taken by roll-call.

**CHAIRPERSON'S REMARKS** – Mr. Divine greeted everyone a Happy New Year and thanked everyone for attending. Mr. Divine went over the rules for the Zoom conference meeting: 1.) To avoid any confusion, all callers are asked to save all comments and questions until after the presentations/reports are completed; 2) For the purposes of the minutes, callers are requested to state their name before making comments or asking questions; and 3) To reduce background noise, callers are asked to mute their phones unless they are asking a question or making a comment.

**COMMISSION MEMBERS REMARKS** – Daryl Terrell, Greg Damewood, and Brenda Scott commented on the alarming events unfolding in the United States Capitol in Washington D.C.

**PUBLIC REMARKS** – None

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

**DIRECTOR'S REPORT** – Dr. Chang first addressed inquiries made by Commissioner Greg Damewood and April Jones. Dr. Chang responded to Mr. Damewood's inquiry regarding furloughs, stating that the Department is not currently undergoing any furloughs. In response to Ms. Jones' inquiry regarding Laura's Law, Dr. Chang stated that they are continuing with the project and have worked out a flow chart in terms of the referral and review process. The Department is currently working with County Counsel and the Public Defender's Office about how to move forward. The Board of Supervisors are all generally supportive of the effort, however, discussions are ongoing.

As everyone knows, this has been an incredibly challenging time for everyone. Department staff have done a phenomenal job at adapting and providing additional help whenever and wherever necessary. Dr. Chang reported that Department staff is participating in a new effort providing behavioral health support to the Medical Center's patients and hospital staff called "Operation Uplift." With the Medical Center being overwhelmed with patients, Behavioral Health staff have stepped up to provide onsite 24/7 support to patients, families, and hospital staff. Dr. Chang noted that "Operation Uplift" is also being done at the Community Health Centers (CHC) and Federally Qualified Health Centers (FQHC). Chris Duffy added that they met with the Medical Center staff the day before and received their first orientation tour of the hospital and the ICU. They will continue with their second day of orientation on Thursday, January 7. Mr. Duffy also reported that there are 14 line staff volunteering to work additional time to be able to cover the 24-hour shifts. Dr. Chang added that staff have also helped at the Arlington Campus, where they provide support to incoming consumers taking rapid COVID tests prior to entering Emergency Treatment Service (ETS).

Lastly, in response to Ms. Jones' inquiry regarding COVID vaccines, Dr. Chang reported that in terms of the Department, some staff members have received the vaccine. With regard to the greater public, including our consumers, the inquiry would be Public Health related.

## NEW BUSINESS

1. TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY: Suzanna Juarez-Williamson, Supervising Research Specialist, gave an overview and summary of the outcomes report on Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).

TF-CBT is an evidence-based practice to help children and adolescents affected by trauma. TF-CBT helps to resolve behavioral and emotional difficulties that occur with single, multiple, or complex trauma experiences. The goals of the treatment are: Improving child PTSD, depressive, and anxiety symptoms; improving child externalizing behavior; improving parenting skills and parental support of the child, and reducing parental distress; enhancing parent-child communication, attachment, and ability to maintain safety; improving child's adaptive functioning; and reducing shame and embarrassment related to the traumatic experience.

The practice focuses on those goals and goes through a set of phases, each with subsections addressing various behavioral aspects for both parent and youth that actually spell out "PRACTICE." The first phase is the "Coping Skills Phase," the second is the "Trauma Narrative and Processing Phase," and the third is the "Treatment Consolidation and Closure Phase." The screening measure used is called, Child and Adolescent Trauma Screen (CATS), which determines if TF-CBT would be an appropriate service for the youth experiencing trauma.

Between July 1, 2017 and June 30, 2019, there were 244 youths enrolled in TF-CBT throughout Riverside County – 40% (99) in the Western Region; 30% (73) in the Mid-County Region; 20% (48) in the Desert Region; and 10% (24) in Central Children's. More female youth receive TF-CBT overall throughout the County, than male youth – 66.8% female and 33.2% male. The most served age groups are 11-14 (34%) and 15-17 (39%), totaling 73% overall. Based on race and ethnicity, data reflects the County's population. The County's Hispanic/Latino population is 59% and based on the TF-CBT data, the population served most are Hispanic/Latino at 45%.

Completion rates for TF-CBT is something they are continuously evaluating and working to improve. According to the data, the "Completed/Partially Completed" rate for FY17-19 is 53.3% and "Did Not Complete" is 46.6%. The breakdown of the data shows that 71 youth consumers completed or partially completed the practice (53.3%); 32 dropped out (24%); 16 moved out of the area (12%); and 2 discontinued the practice due to medical reasons (1.5%).

Based on completion of the three Phases, most are able to complete Phase 1 – Coping Skills, which addresses psychoeducation, parenting skills, relaxation skills, affective identification/modulation, and cognitive coping. Ms. Williamson noted that while less than half did not complete the entire program, youth consumers still received a good amount of coping skills education and therapy from Phase 1.

The Level of Distress Pre to Post Youth Report shows that post TF-CBT, 30.3% of youth return into a normal, not clinically elevated range and the Probable PTSD dropped from 84.8% to 30.3% post TF-CBT. Ms. Williamson noted that this report shows that post TF-CBT, youth experience a decrease in their symptoms of trauma and see real improvements in their level of distress.

2. DEPARTMENT FLU VACCINE UPDATE: Tabled

## OLD BUSINESS

- 1.) MHSA UPDATE: Toni Robinson, Cultural Competency and Innovation Manager, gave some acknowledgements to four Asian American Task Force Officers whose service terms are ending. These Officers have done an incredible job reaching out to the Asian American population within Riverside County. They have organized events, created access, provided education and outreach for behavioral health care, mental health services, and substance abuse services. The Task Force also provides valuable feedback, which is used when creating MHSA plans and innovation projects. All the Officers volunteer their time to serve on the Asian American Task Force and Ms. Robinson wanted to take this time to recognize them for all their hard work and dedication.

Hermie Abrigo is a local business owner and served as the President of the Perris Valley Filipino American Association for two terms. Mr. Abrigo is an immigrant from the Philippines and was one of the founders of the Asian American Task Force in 2013. He is also the founder of the Filipino American Mental Health Resource Center.

Maria Abrigo is also a local business owner and an immigrant from the Philippines. Ms. Abrigo is also one of the founders of the Asian American Task Force in 2013 and served as Chair in January 2017.

Novanh Xayarath, RUHS' very own Behavioral Health Services Administrator for Western Region Children's Program and TAY's Stepping Stones. Mr. Xayarath is a refugee from Laos and served as co-chair of the Task Force in October 2018.

Mila Bans is a former schoolteacher and served as a coordinator of the Filipino American Mental Health Resource Center. Ms. Banks is also an immigrant from the Philippines and is one of the founding members of the Asian American Task Force. She served as the Task Force's Secretary from January 2017 to December 2020.

Tony Ortego, Behavioral Health Services Administrator for Adult Services, served as Co-Chair in the Task Force from January 2017 to October 2018. Mr. Ortego will actually be staying on board and will be continuing his work with the Task Force.

Ms. Robinson thanked all those recognized for their hard work and helping inform and increase engagement with the Asian American population in Riverside County.

- 2.) SAPT UPDATE: Rhyan Miller, Deputy Director of Forensics, reported that they will be releasing the RFP for Arlington Recovery Community Center. The Center will be a 58-bed residential program, with 6 beds dedicated to withdrawal management and will have a sobering center attached to it. Mr. Miller reported that the Center will serve our severe co-occurring population. The Center will be located near ETS and will be operating 24 hours a day, 7 days a week.

The 1115 waiver extension is currently waiting approval at DHCS and they anticipate a great deal of changes for the next year. Billing for peers in other levels of care may or may not be able to roll out this year as they are still awaiting the state to draft the standard terms and conditions. Mr. Miller noted that once they receive all the new rules and changes, they will immediately start working with staff and developing new billing codes.

New technology was recently developed by the Department that helps track available beds

throughout the SUD residential programs. Mr. Miller noted that they have been looking into this technology for awhile and the cost of the software ranged between \$250,000 - \$500,000. Brandon Jacobs, Deputy Director of Research and Technology, saw the software and told Mr. Miller that his staff may be able to develop the software in-house. Mr. Miller reported that they recently got a demo of the software and was thoroughly impressed by its capabilities. It will allow all residential providers to enter in their bed availability with a projection of when they will become available. This applies to all levels of care – women, children, and men. The software also allows the CAREs Team and CARE Coordination teams in the Desert and Riverside to have access and the system will update in real time. Mr. Miller added that he and Mr. Jacobs have discussed the different programs this software can also be applied and utilized. They have identified three additional areas and will be working on them by phases. Phase 1 is the residential SUD providers, Phase 2 will be the sober living facilities, and Phase 3 will be our crisis and hospital beds, which are all currently being tracked manually.

Mr. Miller stated that they will have more detailed presentations on all his updates at the next SAPT All Provider meeting. They will also provide a demo of the new software at the meeting, so everyone is encouraged and invited to attend.

Will Harris, SAPT Assistant Regional Manager, reported that the Friday Night Live (FNL) team have become experts in doing virtual events. They are able to capture the kids' attention and hold it for awhile, which is one of the toughest things about the transition to virtual meetings. Prevention contracts has been a lengthy process, but will soon be coming to a close. Mr. Harris noted that they hope to get those contracts out quickly, as they currently only have one new provider and two current providers providing prevention services.

#### **COMMITTEE UPDATES:**

DESERT REGIONAL BOARD: Mr. Divine reported that they handed out presents to the families they “adopted” over the holiday season. The Art Show at the Rivers in Rancho Mirage is ongoing and they have even sold several pieces. Mr. Divine reported that the Art Show has raised between \$700-800 from all the artwork they've sold. The Art Show is doing so well that they've asked to continue displaying the artwork at the Rivers storefronts.

MID-COUNTY REGIONAL BOARD: Kim McElroy reported that they had a meeting in November and December was dark. In November, they reviewed the Adult Programs and reported that things are going well with several clients being served.

WESTERN REGIONAL BOARD: Mr. Damewood reported that services are able to continue despite COVID. Membership is still a concern, however attendance is doing well.

ADULT SYSTEM OF CARE: Brenda Scott reported that regional managers from Mid-County, Western, and Desert have been providing updates during their meetings. At their last meeting, they received an update from the Mobile Crisis Response Team and the Mental Health Urgent Care.

CHILDREN'S COMMITTEE: Tori St. Johns reported that they received a presentation from Probation regarding SB823. SB823 is a juvenile realignment bill where state facilities will begin closing and transferring youths to county level facilities. Probation is seeking age appropriate behavioral health services that can go in-line with this development. Ms. St. Johns noted that it would be beneficial for the Commission to learn more about this by requesting a presentation.

CRIMINAL JUSTICE COMMITTEE: Mr. Damewood reported that they will have minutes available as soon as they are approved.

HOUSING COMMITTEE: Ms. Scott reported that they received an update on round 3 of the No Place Like Home competitive funding. There were presenters from Coachella Valley Housing Coalition, Jamboree Housing, National CORE, Palm Communities, and West Hollywood Community Development. Marcus Cannon added that the deadline for submissions is January 19.

LEGISLATIVE COMMITTEE: April Jones reported that they are reviewing legislation that are COVID related in addition to behavioral health related bills. Legislators are currently not in session and will be returning later in January. The bills they plan to monitor are AB27, which is related to homeless child and youth; and AB32 which are laws pertaining to telehealth.

MEMBERSHIP COMMITTEE: Tabled

OLDER ADULT SYSTEM OF CARE COMMITTEE: Ms. Scott reported that a staff member from Mid-County recently transferred to Western, which they are excited about. There are four FSP programs that are starting more social distancing and meeting people where they're at. They are doing wellness checks in all four clinics working with FQHCs. They are also working more closely with HHOPE and linking to this project. Two vacancies for a clinical therapist and an LVN are expected to be filled soon. They also received a presentation from the Veterans Liaison, Aurelio Sanchez, who shared his personal story and discussed the difficulties veterans face when seeking or accessing services.

PUBLIC ADVOCACY COMMITTEE: April Jones reported that they discussed COVID relief, the CARES line, and possible training topics for the Commission's Annual BHC Training. Ms. Jones stated that they are interested in learning about how the CARES Line staff receive their training and how they are informed of service/program changes. The group also came up with a couple of suggestions to have as part of the Commission's Annual Training - 1) how Commissioners can help consumers get access to services and 2) how Commissioners can communicate those messages appropriately. Lastly, the group suggested providing Commissioners of any updated resources, books, or toolkits they can refer to when directing consumers to the appropriate services/programs, if approached.

QUALITY IMPROVEMENT COMMITTEE: None

VETERANS COMMITTEE: Rick Gentillalli reported that Toni Robinson gave a presentation on Cultural Competency and explained why Veterans Services is now under their umbrella. Mr. Gentillalli encouraged and invited all those interested in learning more about Veterans Services to attend their next meeting.

(Continued)

**EXECUTIVE COMMITTEE RECOMMENDATIONS:** Dr. Walter Haessler suggested having someone provide a presentation about the importance of culture in behavioral health issues to help everyone understand it at a greater depth. Ms. St. Johns suggested having a presentation on SB823. Ms. Scott suggested having a program overview presentation on the CARES Line.

**ADJOURN:** The Behavioral Health Commission meeting adjourned at 1:23 pm.

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Tori St. Johns, BHC Secretary  
Maria Roman, Recording Secretary

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