

RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION

MEETING MINUTES FOR April 5, 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 12:05 pm.

Commissioner attendance was taken by roll-call.

ADOPTION OF AB 361 RESOLUTION NO. 2021-001 – Madam Chair, Tori St. Johns commenced the vote for AB 361 to authorize teleconference meetings for the Behavioral Health Commission for an 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, welcomed everyone and thanked everyone for being present at the Behavioral Health Commission.

COMMISSION MEMBER REMARKS –

Greg Damewood asked if hybrid meetings could be considered for BHC now with covid protocols and restrictions removed and Brenda Scott shared interest in hybrid meetings as well.

Walter Haessler also wanted to make everyone aware and shared that Senate Bill 411 would end in person meeting requirements for California on a permanent basis but felt there are intangible benefits of meeting in person that cannot be produced by meeting virtually. Nisha Elliott, WET manager announced that the Rustin Conference center is open and has returned to pre-covid activities and can support in person meetings but unfortunately do not have hybrid capabilities.

Madame Chair shared that it would be further discussed at the executive meeting next week.

Rick Gentillalli discussed that he recently learned form 700 was eliminated and he met with congressman Takano and wanted to praise him for the presentation he gave for Vietnam Veterans and made mention that he also chairs the subcommittee in Congress for Veterans. Daryl Terrell did also share he also learned from an email from County Counsel that the form 700 was eliminated.

Daryl Terrell asked if anyone from behavioral health reached out to the city manager Mike Lee regarding services the county offers to community because people in the city of Moreno Valley are unaware of what the services are. Rhyan Miller shared that he and Kristin Miller met with the city manager and provided a presentation on services offered by the county and also a meeting with parks and recreations and provided updated contact cards and information. Mr. Terrell was pleased and thankful to all involved for their involvement and efforts in providing this presentation and resources to the city of Moreno Valley.

Greg Damewood asked Rhyan Miller for an estimate of homeless people in Moreno Valley who then referred to Marcus Cannon that explained this year's numbers have not yet been released but expected to be released any day now, however Rhyan Miller did share that a previous number reported was 112 homeless people in Moreno Valley.

Brenda Scott announced that at one of the last meetings she attended the Hemet City Counsel meeting was discussed and it was recognized that many people showed up in support for the Hemet Wellness

Village and there will be another meeting next week on Tuesday in Hemet to discuss the proposal again and encouraged others to attend.

Walter Haessler announced the passing of his beloved wife and all commissioners and members shared their condolences, support and words of encouragement.

"If there ever comes a day when we cannot be together, keep me in your heart. I'll stay there forever." – A.A. Milne

In memory of Mrs. Haessler

Madam Chair, Tori St. Johns shared that UCR had a fast pitch with their Science to Policy classes and part of their dissertation was each of the 5 doctoral students had 5 minutes to pitch an idea.

There was one she thought everyone would be interested in by Elijah Hall who is also interning for Mark Takano. He did an entire doctoral presentation about getting a fair share out of the budget and health care and mental health and realignment funds to make it more equitable. She thought maybe someone would be interested in what he's doing with the policy and how Mark Takano is taking it forward.

PUBLIC REMARKS –

Chris Paz shared that he would be in favor of hybrid because his schedule can conflict when commuting from LA and provides an opportunity for him to share information with his community.

Steve McNally introduced himself and had seen Dr. Chang present at the OAC about the mental health campuses and hoping the presentation on this will be posted for viewing and expressed his interest in the Opioid Inland Empire Collaborative and if it was still on going. He shared a thought he had regarding how LA, OC, SB and Riverside all share one TV market, one radio market and two newspaper groups so there may be opportunities that people will consider it for joint fare share spending of campaigns. So for substance use, suicide and anything where you could send someone to a single landing page they can take off from their county from that page so nothing has to be changed in any county but it's a way to promote things without doing a fair share affordably. He wanted to mention that because he's been brining that idea up to all meetings he attends and so others can share as well.

Rhyan Miller asked that Mr. McNally to put his contact in the chat so that he could be provided with the IEUCC invites which is the Inland Empire Upward Crisis Coalition because it is still ongoing and there are several subgroups and both the two-page presentation and full presentation would be sent out to all in attendance.

Leonel Contreras announced the Riverside County Latina Commission, the city of Coachella and local officials from around the committee will be participating in the first annual mental health walk on May 6, 2023 from 9am to 12pm in the Coachella Veterans Park.

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

DIRECTOR'S REPORT – Hemet Wellness Village (Rhyan Miller)

Rhyan Miller, Deputy Director of Integrated Programs provided power point presentation on Hemet Wellness Village. He briefly discussed the marketing strategy and that they have been meeting with internal behavioral health staff, RUHS foundation and PIO staff. Mr. Miller then introduced David Schoelen to discuss what he and his team developed to help with marketing.

David Schoelen explained under the MHSA several components focus on mental health awareness and other mental health issues and suicide reduction as part of the goals of the plan with some of those being outreach and engagement activities to the general community. The Wellness Center project revealed the need to educate the community and the stigma around mental health awareness that continue to need to be addressed. The department has social marketing through the PEI plan by the

Civilian Organization. So using things like radio spots, streaming services, cable TV and banner ads on websites, etc. So they met with Civilian and asked if they can increase their narrowcasting within the Hemet area to increase general education and that has begun. Mr. Schoelen asked that they consider developing an airwave campaign that focuses on people who have a strong recovery story from that region. And later in the year he will be working on a campaign that focuses on people telling their story in a video format. Other promotion on mental health awareness activities is API where people from underserved cultural communities are specially trained to outreach their own respective communities to decrease stigma and increase mental health awareness and education and he has discussed with Diana Gutierrez, PEI manager about increasing presentations in the Hemet area under the Cultural Competency program. There are cultural competency liaisons he has begun speaking to about increasing their outreach in that area as well. Lastly there is a program called Stand Against Stigma which consists of peer speakers managed under PEI and the peers are trained in the model geared towards the community they are from and how services can create wellness in their lives.

Robert Youssef the Public Information Specialist explained he is tasked with getting the factual information out and engaging the community so that there is a better understanding of what the county is attempting to accomplish and getting the community to understand the value of having this project. One component is having a fact sheet with information that highlights and gives an overview of the Wellness Village and the benefit it brings to the community. Another component is getting the local leaders and officials to understand and support the project and to accomplish that they are currently in the process of producing letters to distribute to the community, friends and family to get them on board and voice their support. This coming Tuesday the Wellness Village is a topic of discussion at Hemet City Council and will provide an email template to assist everyone in the asking of friends and family to support this project as well as the Behavioral Health Commission.

Mr. Miller explained the Wellness Village is a 13-acre national model for care and the evolving individual journey in mental health and substance use recovery. It will include a park-like setting and amenities such as a public market, pharmacy, café and pet service. It will include urgent care services, supportive transitional housing, extended residential care, community wellness and education, and children and youth services. The campus will offer 156 units of supportive housing and ground breaking is anticipated for late 2023 with completion by the summer of 2026.

Janine Moore Deputy Director of Children's and Transitional Age Youth Programs, explained the building specifically designed for children and youth will be a three story building with the bottom floor being an expansive space for traditional outpatient services that will provide services from 0-18. It will include a parent child interaction therapy lab for the younger children, a variety of group rooms and space for filed based staff to allow for easy access to kids and families within the Hemet and San Jacinto local communities, MDFT, wrap around etc. Also the first floor will be opening for the first time a short term therapeutic residential treatment program and includes 3-bedroom home for youth placement that are removed from their caregivers. The second and third floors will be a children's crisis residential program that will house 16 youths that will allow a short term voluntary stay for crisis stabilization and will have a social rehabilitation approach to engage in developing coping skills. And the third floor will be residential with bedrooms and the second floor will offer group treatment with quiet rooms, sensory rooms, recreation room, play room, patio that will span the entire length of the second floor with appropriately sized walls. And one corner of the second floor is dedicated to the families of the youth that are in urgent care and CCRP, their families can utilize that space that includes two sleeping rooms, a toilet and shower to feel somewhat at home while being close to their child.

Mr. Miller explained that the mental health urgent care building will provide 15 chairs for adults and a 15 chair unit for youth and adolescents. On the first floor of this building there will be a 15 chair sobering center and a 30 bed substance use disorder residential program and 10 beds are for inpatient, these are for adult men and woman 18 years and older. The third floor is a crisis residential treatment facility to offer a person in recovery stability and will have 16 beds for adults. Another building will be the supportive transitional housing that is 190,000 square feet. It offers 222 beds spread across 116 units

and is a four story apartment complex. A couple floors are dedicated to recovery residents and some to mental health and supportive housing that offers a 3 to 6 month stay and will be connected to ongoing outpatient services on the campus. The residents are case managed until more permanent housing can be reached, meanwhile these units are dedicated and designed for families that allows parents to come into treatment together or a single parent who needs the support but has children with them and no one to look after them or no place for them to go. Building six is the extended residential care building and is a two story building and the bottom floor is an adult residential facility that will occupy 92 consumers with severe mental health. The second floor is a mental health rehabilitation center and is a 50 bed locked facility. Building 1 is a 174,000 square foot parking structure. And building 2 is the community wellness education building which is a four story building. This building will include several programs such as mature adults and SAPT on the 4th floor, on the 3rd floor a staff lounge, quiet rooms, lactation rooms, rooms to shower if needed and an indoor and outdoor staff patio. On the 2nd floor there is a community health center and the CHC in Hemet will be moving there and there will be a place for x-rays and mammogram imaging WIC and six dental chairs. On floors two, three and four there is space dedicated to outpatient services. The 1st floor will have a grocery store, pharmacy, pet hotel, community and fitness recreational work out rooms. It will also have an administrative staff suite, conference room, café and cafeteria. There will also be offices for security and law enforcement. This project will impact the community and create jobs and bring finances to the community itself as well as partnering with education to bring classes into the conference rooms. Mr. Miller concluded by stating this is not the normal county building it is a home, a village wrapping around its community to create an enjoyable place for staff and the consumers.

CELEBRATE RECOVERY-

Melissa Coriz, senior peer for Western Adults and Prevention Early Intervention and mature adults introduced Elizabeth Bernal peer support with Corona Wellness. Elizabeth shared her story of recovery, perseverance, hope and strength. She expressed that her story began at a young age and that she endured early childhood trauma, emotional and psychological abuse, her first suicide ideation at the age of seven and her first attempt at the age of thirteen years old. She began numbing herself with substances at the age of fifteen and believed her family would be better off without her. After attending peer to peer NAMI and many groups and educating herself on her diagnosis's and open to receiving medication she is now a peer support and has been with the county for five years. However, the feelings of not knowing herself worth and feeling unworthy her whole life was not easy for her to share with her family due to their culture and the stigma around mental health, they would dismiss her feelings and she was left feeling hopeless and vulnerable. Today she takes pride in knowing she has paved the way for herself and many generations in her family by breaking the stigma with sharing her story with the consumers and community and giving hope to others. She expressed she was happy to share her experience today because recovery is possible and she is living proof of that, she has always remained bubbly, optimistic and is grateful she never allowed anyone to take that from her whether by their words or actions. She recognized she learned codependency from what she had witnessed growing up and that she didn't have boundaries but learned boundaries through her position as a peer and while teaching and educating parents she was also teaching herself. She continued to express her journey and through the losses of her jobs the importance of self-care and focusing on her mental health and well-being and became a client at Main Street Clinic in 2010. It wouldn't be until 2014 she would meet Miss Lue the clinics peer support specialist and Elizabeth would attend WRAP and on her first day Miss Lue told her she seen something in her and that she would be a great peer someday and she wept because she felt so hopeless and lost because she never had her families support. She continued to focus on what kept her well and completed WRAP now called Planning for Success, she also completed DBT and completed Peer Employment Training and then became in intern with RUHS. She realized through learning coping tools she didn't need to lean on substances or be codependent in relationships. She had her first psychosis episode and was hospitalized but later once stabilized was able to refocus

and gained employment with the county. She is currently with Corona Wellness and has come full circle, where she received her services is where she now provides these same peer services to the consumers. She shared she had a boyfriend that couldn't deal with her mental health and so they split up but years later they reconnected and she had learned boundaries and self-love and asked him to attend NAMI so he educated himself through NAMI and they are now married and expecting a child and her sister is also attending NAMI with her and she is living her best life. Elizabeth concluded by saying speaking her truth, sharing her story today and with the community she is able to give herself and that little girl a voice that never had one. And as the peer before her used to say "the best is yet to come."

NEW BUSINESS-

1. HHOPES, ECM, MHRC and RTC Presentation- Marcus Canon

Marcus Cannon, Deputy Director of Forensics, shared power point on Mental Health Rehabilitation Center (MHRC) and Restorative Transformation Center (RTC). He explained that MHRC is licensed by department health care services (DHCS) and operated by Telecare Corporation located on Harrison Street in Riverside. It is designed to serve consumers on LPS conservatorship and incompetent to stand trial (IST). It was part of the surge response launched during covid and continues to be valuable to continuum of care. Some of the services offered are individual therapy, group therapy, social skills, nursing, medication services, rehabilitation services and discharge planning. As of a few months ago 167 consumers have been served with an average length of stay of 7 months, it has reduced inappropriate housing of mental health consumers in jail and improved flow of ETS/ITF with its capacity and operations. The team onsite provides entertainment and holiday functions and activities to the residents.

Mr. Cannon continued to explain RTC, which is licensed as an MHRC level of care and it is a new building on Reynolds Road in Riverside with 30 beds, 20 of those beds are designated for IST and the other 10 are for high priority populations such as those on conservatorship or referred through Laura's Law or Care Court. It is operated by Telecare with 7 residents are living there and 3 more scheduled to move in. Case management is provided by IST team and long term care.

(HHOPES and ECM presentation tabled to next month's meeting)

OLD BUSINESS-

1. Mental Health Services Act (MHSA) Update – (David Schoelen)

David Schoelen presented on the MHSA annual update last month and now needed to have an ask of the Behavioral Health Commission to form an AD HOC committee again to support the efforts as defined by regulation. Those duties include filming introductory portions to the public hearing in your pocket videos and reviewing all of the comments that come through in order to be able to have a BHC response. This year now that things are opening back up it will be attended in person and need to have someone attend the regional public hearings so that there is a commissioner present as the person who is conducting the hearing.

Brenda Scott, April Jones and Beatriz Gonzalez agreed to attend.

2. Substance Abuse Prevention and Treatment Program (SAPT) Update – (Heidi Gomez on behalf of April Frey)

Heidi Gomez, assistant regional manager with SAPT programs provided update and announce April is Alcohol Awareness Month as well as Friday Night Live (FNL) Month. Annual Six Flags trip was April 1st and 2000 students attended on behalf of FNL. Some of the schools that participated were Coachella Valley, Desert Sands, Desert Center, Riverside, Corona-Norco, Hemet, Moreno Valley, San Jacinto and

Perris Unified School Districts. She also gave a huge thank you in appreciation to the school districts who provided transportation.

Mrs. Gomez also announced the soft reopening of the ARC on April 3rd with 7 people in the sobering center and 3 in residential treatment and 3 in withdrawal management, she said there will be a formal announcement of the reopening to come. She continued by sharing the case load reports and there was an increase in services with outpatient contractors, outpatient BH clinics, care coordination team with the exception of residential there was a decline. The narcotic treatment program is steady in services and the report shows an increase in day reporting center, DUI program, intensive outpatient BH clinics, intensive contractors, partial hospitalization, recovery services BH clinics and recovery services contractors however detox shows a little bit of a decline and they hope to see an increase now that the ARC is back open. Caseload for prevention showed an increase with prevention, recovery residents but there was a decline in the sobering center but again they plan to see an increase with the ARC now open. They are steadily increasing and working to engage students and the youth in the community to increase access to our services across the board.

COMMITTEE UPDATES- tabled to next month's meeting

EXECUTIVE COMMITTEE RECOMMENDATIONS-

Madam Chair, Tori St. Johns reminded committee that Man Therapy and Marcus Cannon's continued presentation is on the agenda for next month and she made mention that the form 700 and the in person hybrid inquiries previously mentioned in today's meeting would be discussed at next week's executive meeting

Richard Divine suggested hearing from Elijah Hall and providing a presentation on his statistics

Greg Damewood asked about the proclamations from the cities and receiving them by mail

Brenda Scott asked about receiving a proclamation from Hemet City Council

ADJOURN – The Behavioral Health Commission meeting adjourned at 2:04 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	P	P	P		
Beatriz Gonzalez, District 4	P	P	P	P	P	P	P	P		
Brenda Scott, District 3	P	P	P	P	P	P	P	P		
Carole Schaudt, District 4	P	P	P	P	P	P	P	P		
Daryl Terrell, District 5	P	P	A	P	P	P	P	P		
Debbie Rose, BOS Rep. Dist. 2	P	P	P	A	A	P	P	P		
Greg Damewood, District 5	P	P	P	P	P	P	P	P		
Paul Vollandigham, District 5	P	P	P	P	ML	ML	ML	P		
Richard Divine, District 2	P	P	P	P	P	P	P	P		
Rick Gentillalli, District 3	P	P	P	P	P	P	P	P		
Victoria St. Johns, District 4	P	P	P	P	P	P	P	P		
Dr. Walter Haessler, District 1	P	P	P	P	P	P	ML	P		

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