

RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION

MEETING MINUTES FOR May 3, 2023 • 12:00 pm to 2:00 pm

CALL TO ORDER AND ROLL CALL – Madam Vice Chairperson, Brenda Scott called the Behavioral Health Commission (BHC) meeting to order at 12:00 pm and Commissioner attendance was taken by roll-call.

CHAIRPERSON'S REMARKS – Madame Vice Chair, Brenda Scott, welcomed everyone and thanked everyone for being present at the first in person Behavioral Health Commission meeting after being virtual for three years due to Covid. She informed the committee she was chairing on Victoria St. John's behalf because she was needed at the Desert's May 15 Mental Health Event.

COMMISSION MEMBER REMARKS –

Daryl Terrell expressed his excitement and gratitude to be back in person with everyone for the BHC meeting.

Rick Gentillalli, Walter Haessler and Beatriz Gonzalez also shared the same sentiments as Mr. Terrell.

PUBLIC REMARKS –

Ashley Housley, Sr. Family Advocate with Substance Abuse, offered her card with her contact information to Mr. Terrell and anyone else who may need it, offering her services to family members of current consumers or potential consumers.

Sandra Colon Williams asked if any of the MH facilities were closing down for instance Lake Elsinore and if staff shortages are a priority, Dr. Chang replied no facilities are closing and yes staff shortages are a priority. Madame Vice Chair Brenda Scott invited her to attend the standing committees in order to be aware of what is going on in the department and be able to share her concerns.

Rhyan Miller, Deputy Director of Integrated Programs, reminded everyone the cares number, crisis team and mobile teams are great resources to contact or offer to those in need of services. Mr. Miller also said he would follow up and provide the commissioners with a direct number they can utilize for their need that is used within the department but the general public and community is to be offered 686-HELP (soon to be 988). The call is triaged for assessment then dispatched to the appropriate office for services requested.

MINUTES OF THE PREVIOUS MEETING – Minutes were accepted as written

DIRECTOR'S REPORT –

Dr. Chang updated on care court, sharing RUHS-BH is a part of cohort one for care court and it is expected to go live on October 1, 2023 and will be under the Civil Court Jurisdiction. Care Court will require consumers have a diagnosis of unspecified schizophrenia and unable to survive on their own. Dr. Chang continued to share that over 300 beds have been opened throughout different levels of care to help the community and 570 beds were opened during the pandemic, an additional 300+ No Place like home units are set to open between now and 2026. He then shared that San Bernardino county has seen a 26 % increase in housing for the homeless and LA and other surrounding cities all have seen increases in housing for the homeless and Riverside should also have an increase but currently we do not have those numbers yet. Governors calls for modernization due to MHSA's conception 20 years ago,

they want to reform it as some issues have still not been addressed at all or not addressed efficiently. This MHSA modernization proposal includes focus on full service partnership (FSP), housing placement and build out on regional campuses. This proposal will require the Behavioral Health Department to allocate 30 percent of MHSA funds to housing. The Hemet Wellness Village is still pending and Dr. Chang asked for letters of support from the BHC in favor of this project.

CELEBRATE RECOVERY- Family Advocate Williard Wynn

Willard Wynn, Family Advocate, introduced Mrs. Paul sharing she began her journey with her husband several months ago and are advocates who promote RUHS-BH services to those who are in need of resources. Mrs. Paul began and said she and her husband are the parents of two adults with a mental health diagnosis. She and her husband witnessed and experienced the struggles and challenges their children went through and expressed how it affected both she and her husband and the toll it took on their marriage and how they found themselves depressed because they felt they were unable to do anything to help their children. They struggled to pray, eat or even sleep, that was until she found NAMI and went to her first meeting. Mrs. Paul expressed she did not know what to expect or where it would lead her or if it would even be of any help to her and her family but then she met Francisco Huerta, Family Advocate with RUHS-BH. He shared his story of his loved ones and shared his role as a family advocate and Mrs. Paul found herself full of hope again so she decided to meet him after the meeting and when she left she felt her life and her family's life depended on these services being offered.

Mrs. Paul explained that her son experienced two manic episodes in past 11 months and in June of 2022 during his first manic episode he became extremely paranoid and she and her husband were in fear of his well-being and theirs but it was her son who called 911. Due to his paranoia her son had told dispatch that it was his parents who were a threat. She said when officers arrived they did not introduce themselves, only asked who was in the home, were there any weapons and were defensive with hands on their holsters. The officers told her that their son didn't appear to be a threat to them or a threat to himself and their resolution was she could evict him or get a restraining order or move and not tell him. She was very displeased with their interaction, training and professionalism to say the least.

Her son had a second manic episode but it was a completely different experience, the officers and team were not there to judge, they were there to help and understand and offer resources. The mobile crisis team, CBAT team and RPD were trained in mental health situations and psychiatrist recommended a temporary stay at a group home for their son and he was compliant because he realized they were truly there to help. Her son was taken to ETS and from there went to a residential facility in Temecula and during those 4 weeks her son was treated, evaluated and medications were changed and counseling was provided which she felt was a godsend and though it all the family advocate team supported her entire family each step of the way.

However, Mrs. Paul had concerns regarding the group home her son was sent to, she felt it was more like a labor camp because he was forced to work six days a week and being one of the only three men there who had a valid driver's license they required him to provide transportation to the other residents to get to work locations. Mrs. Paul did clarify she had no problem with her son working in exchange for room and board but not under those conditions because he would work 16 hours a day and had to provide gas as well. Her son began to suffer from a lack of sleep and due to his diagnosis this only made his symptoms worse. Work started to take priority over his mental health because the residential coordinator depended on him as a driver and it interfered with his psych appointments and having his medication refilled. She continued to advocate for her son and express her concerns to the team and received support. She called community care licensing but they could not do anything because they were not licensed with them but her husband placed a grievance through the number provided by the advocacy program.

Mrs. Paul shared her son is currently working with a renewed confidence, it took her and her husband to learn the signs, triggers, symptoms and educate themselves on their children's diagnosis to understand what they were going through to support him. By changing his psychiatrist who became

complacent with his medications despite their son wanting a change she was able to receive support from their family advocate team to change his psychiatrist and they supported his involvement with the county programs that were offered. She expressed with gratitude that the program has made a significant difference in her son who has been home for two months now and today he tells his parents that because of their support, perseverance and strength he was willing to attend NAMI, now attends weekly groups, has completed Pathways to Success and has only 2 classes left to complete until he gets his college AA degree. She said this victory did not come easy, it was not without trauma, feeling hopeless and alone and although her son now has a success story it hasn't been without challenges, struggle or without hard work and dedication or without the support from their advocacy team but it was worth the fight for her son and she can now sleep at night.

When she was asked to come speak at the BHC meeting she researched what the BHC was and learned they have nine mandated duties and the two that stood out to her were the first being assess the impact of the realignment of services from the state to the county of services delivered to clients of the community and the other being review and evaluate the community's health needs, facilities services and special health problems. She feels her son's situation at the residential facility falls under special problems and expressed the need for staffing, funding, outreach programs and informing people how they can get assistance and services as these were the challenges she faced. She shared she asked her son how he felt about her speaking today at the BHC meeting and sharing their story and he cried and said she wouldn't have to do this if it wasn't for the problems he caused but that he thanked her for loving him so much in spite of what he caused and he's so proud of her for coming and speaking. In tears she reminded him his name meant gift and her child is never a problem.

NEW BUSINESS-

1. Man Therapy Presentation- Guest Speaker Thomas Vossler

Thomas Vossler, partnership manager with Grit Digital Health presented on Man Therapy explaining that they use humor to break through mental health stigma. This began about 10 years ago with public health and environment and the founder Joe Conrad started a personal relationship with the office of suicide prevention. Mr. Vossler continued to explain behavioral health and suicide does not discriminate and statistics show that the working aged white men between 25-54 years old account for 7 out of 10 deaths by suicide being the largest number of in the U.S. These men are least likely to receive support for depression affecting more than 16 million Americans, and men are 3 times more likely to die by suicide than women and 550 active duty service members die by suicide each year.

The goal of Man Therapy is to change the narrative and connect these men to resources, in particular to the men finding it difficult to reach out on their own before it becomes a crisis. If they can reduce the stigma and increase self-seeking behavior, then they can decrease suicide ideation but to be able to do that, they needed to create a sustainable model for impact. So they pulled together a foundational research team that consists of mental health experts, suicidologists, market researchers, designers, strategists to reach men in distress who are not accessing resources available to them. Over the course of several years they reached out to attempt survivors, loved ones who lost a family member to suicide, mental health providers working one on one with individuals. Over the course of the years they developed eight successful approaches. One was how to meet men where they are (they do not associate their feelings with clinical terms related to MH), remove the clinical terms and use their terms to reach them, connect the dots, give them at least a chance to fix themselves, share male testimonials of hope and recovery, target "double jeopardy" men (men with the highest amount of respect that are least likely to reach out for support), offer opportunities to give back and make meaning out of struggle and lastly coach men's supporters on what to look for and what to do to and from this the idea Man Therapy was created.

The big idea in bridging the gap is to use humor and male stereotypes to start the conversation and get men to think differently about their mental health and reduce the perceived risk that comes with men speaking about their mental health and how masculinity is defined. The goal is to get men to think differently about their mental health and looking for 2, 3, 4 degrees change today so that six months or a year down the road we are miles away from what a potential outcome or situation could be.

They learned quickly that men needed a space to go where they could feel comfortable, offer it free, keep it confidential and be able to connect with resources to work on their mental health, so Man Therapy offers a 24-hour 7 days a week website accessible by phone, tablet and/or computer. The model works through a Man Therapy Campaign of materials meant to plug into any communication plans or tactics and goal is stigma busting, self-reflection, self-awareness and action response.

The Website User Journey offers self-awareness tools, psychoeducational tools, help-seeking and care navigation. The cornerstone head inspection is a mental health assessment which is based on PHQ9 and at the end of completing it the user gets their results and recommended resources available on the website. The judgmental health offers testimonials and ways to recognize depression and what it looks like and feels like this helps reduce stigma and generate pathways. The Impact Measurement and Communication data dashboard offers website analytics data, allows them to know how many resources have been accessed, how many assessments have been completed and where in the country or where in Riverside it's been accessed.

The CDC funded a 4-year study in Michigan and as of November those findings were published in the Suicide Behavior Journal. Essentially this showed that there are evidence based outcomes from men completing the assessments. This study randomized control style separated participants into two groups, one being offered Man Therapy and the other being offered Health Man Michigan, both groups improved on measures of depression and suicidal ideation. 80 percent improved on measures of depression over the course of the project and 36 percent moved from high risk to moderate or low risk depression and/or suicide risk. Key Man Therapy research findings reported statistically significant improvement rates of engaging in formal help seeking behaviors and depression and suicidal ideation scores significantly reduced and so did overall days of poor mental health, treatment motivation and improved perceived problem solving for social support and reaching out to others. The lifetime impact to date from July 9, 2012 through December 31, 2022 include 1,414,151 website users, 401,404 head inspections and 41,999 crisis link clicks. Riverside County quarter 1 from January 2023 through March 2023 indicated 788 completed head inspections, 4,480 sessions, 4,021 users and 3,941 new users.

New website on the way by September or October and redesigning the technology to help men turn information into action and create a sustainable content engine to reach more diverse audiences across channels. This will help men turn information into action improving connection to care, building tailored experiences for diverse audiences. In addition, they are building a Spanish only speaking website and services and establishing ongoing relationship with users. This network will develop influential content authors and contributors, create an evidence based, diverse content to the site and channels and expand marketing assets. The campaign toolkit offers materials such as digital assets, videos, print assets, posters, wallet cards, coasters, stickers t-shirts. Traditional assets are broadcasts, live read radio scripts and billboards. Public relations offers templates, facts, figures and viral videos.

The layered strategic approach uses paid media to drive awareness and generate traffic to Man Therapy.org from your community, us key printed materials, conduct community based outreach to disseminate and install materials, empower local influencers, network with key messages and materials, establish infrastructure and a strong network for Man Therapy in

order to support the campaign. Riverside county impact efforts that we can take as a community are plug the available Man Therapy Materials into your marketing and communication channels and distribute the materials and utilize the assets.

2. **Homeless Housing Opportunities Partnership and Education (HHOPE) & Enhanced Care Management (ECM) Presentation- Marcus Cannon**

Marcus Cannon, Deputy Director of Forensics, began his presentation sharing recovery and wellness begins with a home because if a consumer is unsheltered it is difficult for them to care for themselves, their health or their mental health. Mr. Cannon continued explaining the department has been providing services to people on the street for over 27 years. The department as a whole offers the cares line, crisis teams, hospital teams, intervention with youth for those unsheltered and in housing crisis on streets or on the verge of losing their housing. HHOPE has been providing services for 12 years and one major program is HomeConnect or coordinated entry which is a federal concept designed to streamline access to homeless resources and operates a 24/7 call center. The team meets people where they are at and can screen them, assess them and link these people to resources. In 2022 there were 15,488 phone calls received and 2,869 screenings and 1,784 referrals. The community presentations offered by the team and community stake holder meetings were attended by over 100 people and support community outreach events.

The mobile homeless outreach teams formally called housing crisis teams to destigmatize homelessness are based in Riverside, Perris, Indio and Blythe. These teams are staffed by peer support specialist, behavioral health specialist, clinical therapists and alcohol and drug counselors. There are 19 mobile team's county wide and in calendar year 2022 those teams outreached 777 new consumers. In 2022 the homeless count was 3,316 and of those 1,980 were unsheltered, the team was able to outreach 39 percent. There are regional teams and contract teams with the city or Palm Desert and Menifee, there is also a Veterans team with US military veterans serving on it. There's a team for Blythe, a team for the Santa Ana river bottom and a grant has been written to receive funding to dedicate a team to the San Jacinto river bottom near the Soboba area. The teams operate emergency housing and transitional housing programs which are meant to help bridge a gap for someone who is without a home and needs to have housing so that their clinical team can work with them over long term accommodations. There is also a rental assistance program that is meant for people experiencing an emergency or set back or eviction and the department can help those individuals that can be self-sufficient moving forward. Transitional housing for AB109 clients which are individuals released from prison and referred through Riverside County Probation to assist them so they do not become homeless and have an opportunity to be housed and engage with the department and get on track.

Permanent supportive housing programs such as project based locations with physical property that has units that are affordable or free for consumers are available to those with a chronic homelessness and behavioral health condition. There is also a community based model where the consumer receives a voucher and can rent an apartment of their choice in the community. The No Place Like Home funding has offered 1,039 affordable units and 428 of those are reserved for consumers with a BH diagnosis and will offer 11 new community openings in the next 1 to 3 years. There are two unique locations, one in Riverside and one in Palm Springs that offer permanent supportive housing with a 24/7 onsite intensive support services for consumers called The Path and The Place. Currently renovating the Place in Riverside to expand up to 31 rooms and treatment space on site and currently there are 145 voucher apartments available. Emergency, transitional, permanent housing and ESG-CV rehousing total 2,465 consumers served in fiscal year 21/22. Also HHOPE's Life Support

funding provides short-term and temporary funding for Board and Care rent while clients wait for disability determination.

Roy's Desert Springs is an Augmented Adult Residential Facility (ARF) that offers housing, care and services to consumers needing long-term support. Enhanced Care Management (ECM) are whole person care and health home programs designed to provide collaborative care across multiple teams to support the individual in obtaining the highest quality of care while limiting adverse outcomes and are provided in partnership with managed care plan (MCP). ECM services consist of outreach, engagement, coordination of medical, dental, behavioral health, specialist referrals, appointment transportation, connection to public benefits, case management, family support and advocacy. Two services implemented are the wrap around care management teams that consist of nurses, behavioral health specialist, peer supports, drug and alcohol counselor and community services assistant. They assist consumers with getting connected to health care, benefits and social supports they need. This a new pilot for the department and there are 4 regional teams serving 389 members but goal is to increase that number and expand our teams which will benefit our consumers because it brings additional care and funded through MCP which helps makes our services more sustainable. High need populations to focus on are individuals experiencing homelessness, individuals with crisis utilization etc. The children population focus is going live July 1, 2023 and those leaving incarceration goes live January 1 of next year.

There is a dedicated email account to refer individuals BH-ECM@ruhealth.org and one for community support like sobering center, assistance finding housing etc. which is BH-CommunitySupport@ruhealth.org. For F/Y 22/23 the team was awarded a grant of \$17 million and an additional \$31 million grant is pending that was applied for. In the last 3 years No Place Like Home has received \$78.8 million competitive grants, \$3.3 million non-competitive that that dedicated 1,039 affordable housing units and 428 dedicated to Behavioral Health. Mr. Cannon concluded his presentation by mentioned the HHOPE team has over 100 staff serving 2,465 individuals for F/Y 22/23 and the Housing Committee meets every 2nd Tuesday of the month at 11am in person at the Rustin Conference Center and team members are available to assist with housing needs at 800-498-8847 HomeConnect.

OLD BUSINESS-

1. Mental Health Services Act (MHSA) Update – (Nisha Elliott on behalf of David Schoelen)

Nisha Elliott, Workforce Education and Training Administrator provided the MHSA plan update and shared that the MHSA plan is in the process of being finalized and is expected to post on 5/22/23 for 30 days and then the public hearings will begin and are taking place in person and anyone is welcomed to attend. The Western Region Public Hearing will take place on June 27, 2023 at the Moreno Valley Conference Center, the Desert Public Hearing has a tentative date of June 21, 2023 and the location is still to be determined and the Mid County Public Hearing has a tentative date of June 20, 2023 and the location is still to be determined. Mrs. Elliot also shared that the MHSA ADHOC members will review the MHSA plan and attend the public hearings in person and those members are Brenda Scott, Beatriz Gonzalez, Carole Schaudt and April Jones of which at least one of the members must attend each of these public hearings in person. And finally she shared video filming for the MHSA plan that will highlight the MHSA plan and review the last 3 years is in the works.

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

April Frey, Behavioral Health Services Administrator, shared that in addition to May is Mental Health Month May is also Treatment Court Month and there are several upcoming events. Southwest Superior

Court Justice Center is having a ROC Graduation on May 4, 2023 at 1:30pm and the Annual Baseball Tournament between all the ROC Drug Courts will be on May 23, 2023. The Veterans Treatment Court will be having their annual challenge on May 20, 2023 which is \$40 for the 5k run and \$50 for the 10k run. Mrs. Frey also shared that she left flyers and handouts for the perinatal media campaign that everyone can take and post in efforts to share resources for woman in need of their services so they are aware help is available. RFP's have been open for all DMC-ODS services including OTP or NTP services and the recovery residents will be released in the next few weeks so if anyone is interested in being a sober living recovery resident please sign on as a vendor. Mrs. Frey also provided a brief update on the ARC sharing the Men's side and Detox side are both full, the Woman's side has 14 occupants and 4 occupants in sobering center, so the ARC is fully open and operating. The Latino Commission is having their first Annual Walk on Saturday May 6, 2023 from 9am to 12pm at the Veterans Park in Coachella which is a walk for Mental Health.

Heidi Gomez, Assistant Regional Manager of SAPT, shared the Annual Award Ceremony for Friday Night Live will be taking place on May 20, 2023 at 5pm at the Palm Springs Convention Center and it is an opportunity for all the students involved throughout all the chapters to be recognized for their work during the year, as well as the teachers who serve as advisors and liaisons to the students, and the families of the students all get to attend. Also the Substance Use and Prevention Resource Guide are available in English and Spanish available to share.

COMMITTEE UPDATES- TABLED

EXECUTIVE COMMITTEE RECOMMENDATIONS-

Sylvia Bishop, BHC Liaison reminded committee that there would be a Public Guardian Annual Report provided by Marcus Cannon and Deborah Johnson as well as an Employee Appreciation Winner announced by WET Manager Nisha Elliott already set for Junes agenda.

Brenda Scott suggested an in depth presentation on Cal aims and ECM

Greg Damewood requested to discuss the in person annual trainings and site reviews

Rick Gentillalli suggested acknowledging commissioners who have served over 20 years

ADJOURN – The Behavioral Health Commission meeting adjourned at 2:12 pm.

Sylvia Bishop

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	P	
Beatriz Gonzalez, District 4	P	P	P	P	P	P	P	P	P	
Brenda Scott, District 3	P	P	P	P	P	P	P	P	P	
Carole Schaudt, District 4	P	P	P	P	P	P	P	P	A	
Daryl Terrell, District 5	P	P	A	P	P	P	P	P	P	
Debbie Rose, BOS Rep. Dist. 2	P	P	P	A	A	P	P	P	A	
Greg Damewood, District 5	P	P	P	P	P	P	P	P	P	
Paul Vallandigham, District 5	P	P	P	P	ML	ML	ML	P	ML	
Richard Divine, District 2	P	P	P	P	P	P	P	P	P	
Rick Gentillalli, District 3	P	P	P	P	P	P	P	P	P	
Victoria St. Johns, District 4	P	P	P	P	P	P	P	P	A	
Dr. Walter Haessler, District 1	P	P	P	P	P	P	ML	P	P	

Present = P • 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 SBishop@ruhealth.org

OTHERS PRESENT		
Dr. Matthew Chang	Ashley Housley	
Deborah Johnson	Sandra Colon-Williams	
Williard Wynn	Lillian Garcia	
Angela Paul	Robin Reid	
Thomas Vossler	Leah Newell	
Marcus Cannon	Yuniar Praheswari	
Nisha Elliott	Christopher Paz	
April Frey	Nat Tolesso	
Rhyan Miller	Edgar Patino	
Heidi Gomez	Launa Wilson	
Maria Martha Moreno	Brandon Jacobs	
Josephine Perez	Michelle Downs	
Sylvia Bishop		
Lucy Lopez		
Selenne Contreras		
Russ Hockman		
Suzanna Juarez-Williams		
Kristen Miller		
Kayla Henry		
Cornelius Raymond		