

RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION

MEETING MINUTES FOR July 5, 2023 • 12:00 pm to 2:00 pm

CALL TO ORDER, PLEDGE OF ALLEGIANCE, ROLL CALL AND INTRODUCTIONS –

Madam Chair, Tori St. Johns called the Behavioral Health Commission (BHC) meeting to order at 12:05 pm and led the committee into the pledge of allegiance and introductions. Commissioner attendance was taken by roll-call.

CHAIRPERSON'S REMARKS –

Madame Chair, Tori St. Johns welcomed everyone and thanked them for joining us the day after the Fourth of July holiday.

COMMISSION MEMBER REMARKS –

Daryl Terrell gave praise to David Schoelen for the Public Hearing held in the city of Moreno Valley. Rick Gentillalli gave thanks to Deborah Johnson and Rhyan Miller and their staff for their support and guidance with an elder abuse case he was managing and expressed his gratitude to each of them for going above and beyond.

Greg Damewood agreed with Daryl Terrell and shared the Public Hearing meeting was great.

PUBLIC REMARKS – Dr. Dil Ahmad shared he is a former public health commissioner and now the medical director of Riverside Laboratories. For the past two years he has been a neurologist and toxicologist and personally oversees the testing of 1 million citizens in Nevada, Arizona, and California. After the pandemic he has now shifted over to toxicology and has seen a great increase in fentanyl and attended today's meeting to share his concern in the increase in testing. He concluded by sharing his office is located in Riverside on Brockton and his website address is Riversideclinicallaboratory.com.

MINUTES OF THE PREVIOUS MEETING – Minutes were accepted as written

DIRECTOR'S REPORT – Dr. Chang announced there were a total of 550 beds currently, of those 220 were recently added and opened for occupancy throughout the department's facilities. Dr. Chang shared 300 additional beds are estimated to be opened by 2026. He also mentioned that the modernization health care is in alignment with FSP programs, integration with SAPT programs and housing infrastructure. Dr. Chang concluded by sharing that although the wellness villages have been met with challenges the goal is to continue to move forward with building multiple villages and the state is in support with a push towards regional campuses.

CELEBRATE RECOVERY- (Kristen Duffy)

Kristen Duffy, Consumer Peer Services Program Manager and Supervisor of Consumer Senior Peer Specialist introduced Lauren Adamson, Senior Peer for Mid County Children's, and TAY. Ms. Adamson shared that she began her recovery journey in our system of care and now works for the department. She shared the challenges and trauma she encountered as a child into adulthood were child abuse, addiction, life-long mental health struggles, homelessness for 3 years and domestic violence. She continued to share that because of these challenges and being genetically pre-exposed she was bound for addiction especially being that her ACE (adverse childhood experience) score was 6 or 7. Ms.

Adamson continued to share how her challenges caused her to be untrusting of others, feel unsafe and unworthy of love from childhood into adulthood.

Due to her addiction she continued to put herself in dangerous situations up until she was 35 years old when she came to the realization if she continued the path she was on she would continue to be a “sad story” or she could change everything with her primary focus being her addiction and navigate through it. She then explained that her first step was calling SU CARES and remaining persistent until she was accepted into rehab at Cedar House in Bloomington for 90 days. She remained dedicated to the change she wanted and would ride her bike in Perris to the DPSS office in 105-degree heat to receive services. Ms. Adamson shared that at the rehab center she received EMDR treatment and after completion of rehab she then went into a sober living environment with 13 other women for a year and stayed dedicated to her substance abuse abstinence which then allowed her to work on her mental health challenges. Afterwards received intensive outpatient services from SAPT at Rustin and seen by a therapist who helped her get to the root of the challenges she experienced. She also received medication services from Blaine Street Clinic for a few years and with healing she was able to discontinue the use of medication. Ms. Adamson completed Peer Employment Training (PET), obtained her high school diploma, worked as a peer support specialist, and worked at Art Works Gallery. She expressed how peer support changed her life through finding meaning and purpose in supporting others who have gone through similar experiences. She now works in the system of care with the RUHS Behavioral Health and helps others find hope and change, she is grateful, and her life has forever changed.

NEW BUSINESS-

1. **Faces of Fentanyl-** (Andrea Putnam)

Andrea Putnam, Marketing, Media & Communications Coordinator presented the Faces of Fentanyl Campaign with the slogan of You Are Not the Exception and the growing problem of this epidemic. Mrs. Putnam explained the campaign is in phase one and soon phase two, she continued to share that fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. It is a major contributor to fatal and nonfatal overdoses in the United States. During the campaign review data showed in 2016, 2 people died of fentanyl poisoning in Riverside County and in 2020 there were 227 fentanyl related deaths which was an 11,350 percent increase. In Riverside County alone there were 406 fentanyl related deaths in 2021. At the campaign's launch in October of 2022 Sheriff Chad Bianco put into perspective how much fentanyl is found in the community stating the agency alone had seized more than 3.7 million fentanyl pills and nearly 400 pounds of fentanyl powder since January of 2022. Sheriff Chad Bianco also stated that amount of fentanyl is enough to kill nearly 94 million people or enough to kill the entire population of California twice.

Mrs. Putnam explained the campaign includes graphic materials for social media, print materials in English and Spanish as well as PSA videos offered in both languages which she then shared 2 impactful videos on fentanyl used for their campaign. Mrs. Putnam continued to share that the campaign recently received a CAPIO (California Association of Public Information Officials) award and Emmy nomination for the video. She concluded by sharing the website facesoffentanyl.net and her email address a.putnam@ruhealth.org for those interested in receiving a marketing kit.

2. **Riverside Overdose Data to Action (RODA): Responding to an Overdose Presentation-** (Toni Harris and Andrew Jimenez)

Toni Harris, Program Coordinator and Andrew Jimenez, MPH, CHES, Program Coordinator with RODA provided a presentation on Responding to an Overdose. Ms. Harris explained that

RODA was established to enhance the surveillance of overdose morbidity and mortality and to use the enhanced surveillance to guide overdose prevention efforts. She explained the harm reduction strategies intended to reduce the negative consequences of drug use were access to syringes, fentanyl test strips and naloxone access. Ms. Harris explained opioids are codeine, morphine, oxycontin, percocet, fentanyl, vicodin, heroin and methadone and abuse of too many of these being ingested can cause an overdose that can lead to respiratory depression and inadequate oxygen exchange and 5 minutes without oxygen can cause brain damage followed by death. She explained naloxone is a medication that can reverse an opioid overdose and restore breathing within 2-3 minutes and in some occasions more than one dose of naloxone is needed. She encouraged everyone to carry naloxone/narcan which she provided because every minute is crucial in saving a life.

Mr. Jimenez explained the first step is recognizing the signs and symptoms of an opioid overdose which are small, constricted pupils, falling asleep or loss of consciousness, slow and shallow breathing, choking, snoring, wheezing, gurgling sounds as well as pale blue cold/clammy skin and/or blue nails or lips. If these signs are recognized the second step is someone should immediately call 911 for help and the third step is to shout their name to check for responsiveness and provide a sternal rub. The fourth step is to check for breathing and a pulse and the fifth step would be to administer naloxone to restore breathing. If no response to the first dose of naloxone another dose can be administered after 2-3 minutes of the first dose. When administering naloxone you need to lay the person on their back, peel the package of naloxone, place spray in one nostril and push the plunger all the way. The final step while awaiting medical services would be to start rescue breathing, mouth to mouth by providing one breath every 5 seconds but if you do not feel comfortable or do not have a mouth shield then lay them on their side in rescue position with both arms up and one leg up. Ms. Harris concluded by sharing there would be a Harm Reduction and Naloxone Training on 7/11/23 from 11am to 12pm and for more information contact Jasmine Castillo at Ja.Castillo@ruhealth.org.

3. **Budgeting Presentation** (Jacob Ruiz)

Jacob Ruiz, Deputy Director of Finance presented an overview on the County Budget sharing for fiscal year 23/24 the total annual budget is \$780 million for the departments Behavioral Health services. These services include inpatient residential treatment, crisis and emergency services, outpatient and full-service partnership programs, detention and behavioral healthcare, substance abuse prevention and treatment programs, and public guardians office. All of these services are obligated by state or federal agencies and as the county we provide this care. On average 70,000 unique patients are served across all programs and of those 78% of the clients served are Medi-Cal eligible. This requires matching funds and the remaining non Medi-cal clients draw from our limited State allocated funds. Mr. Ruiz shared the State Funding Sources in 1991 realigned state budget responsibility and limited funding for community-based outpatient services, institutes for mental disease and state hospitals to counties which is the only source that can pay for IMDs and MHRC and State hospitals. In 2011 the realignment state budget realigned responsibility and limited funding for children's and substance abuse medi-cal services, clients are entitled to services based on eligibility. Mental Health Services Act approved by voters in November 2004 of which 1 percent tax on annual income over \$1 million. The components specific funding for serious mental illness are community services and support (CSS), prevention and early intervention (PEI), Innovation, capital/technical, workforce education and training (WET). Mr. Ruiz explained the proposed funding sources for RUHS Behavioral Health for Fiscal Year 23/24 would be a total of \$780 million and of that each

category would have the following dedicated: MHSA would have 27%, FFP 38%, Federal 4%, Realignment 7%, Realignment 2 w/ 10%, County 3%, AB109 2% and State 9%.

OLD BUSINESS-

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

David Schoelen, Mental Health Service Act Administrator for the department Mr. Schoelen announced all 3 public hearings and the electronic online process of the MHSA stake holder process were completed on June 30, 2023. He shared this was the first-time offering hybrid with virtual and in person public hearings and being on the channel 3 news to announce the public stake holder hearings. This was also the first year to have the highest representation of commissioners at the public hearings and thanked them for their time and investment. Mr. Schoelen thanked the media team, Robert Youssef, Dylan Colt, and Andrea Putnam for the media campaign and marketing video. He continued to thank program support for the business contracts and his internal assisting staff. Currently all the comments and feedback provided from the public hearings are being transcribed onto a single document to be provided at the Ad-Hoc committee to meet with the Behavioral Health Commission to develop responses and in September will as for a vote of approval for final draft so it can be sent to Board of Supervisors for approval.

2. Substance Abuse Prevention and Treatment Program (SAPT) Update – (Heidi Gomez)

Heidi Gomez, assistant regional manager with SAPT programs provided update on the Friday Night Live programs sharing they have expanded over the last year with an additional 21 chapters, 13 of those in elementary schools, 1 in middle school, 6 in high schools and 1 in a boys and girls club at a teen center with a total of 73 chapters in FNL. She also shared currently there is a RFP for Recovery Residences such as sober living environments for up to 60 to 90 days and intend to increase access. Another announcement was the Annual Substance Use Disorder Conference is in August and Riverside County will be presenting and have two workshops, one on Peer Support Services and the other on the Behavioral Health Navigation teams in Moreno Valley. Ms. Gomez also announced the contingency management pilot which is a recovery incentive 24 -week program for consumers who are linked to services and have a moderate or severe stimulant use disorder. Consumers can willingly participate to provide negative urine tests by testing twice a week for the first 12 weeks and then once a week for the last 12 weeks with the incentive of receiving gift cards for negative urine test. Currently there are 36 consumers receiving the contingency management services. Ms. Gomez concluded by announcing there were brochures in Spanish with family resources on ways a parent or guardian can speak to their youth about substance use and prevention available and both the English and Spanish versions can be found on the Up2UsRiverside website.

COMMITTEE UPDATES-

Desert Regional Board-

Richard Divine reported Desert Region reviewed the May is Mental Health Month and art show and there was a guest speaker on perinatal.

Mid-County Regional Board-

Brenda Scott reported Thaddeus shared success stories and Mita Beach has returned to the County and provided a trans 101 presentation.

Western Regional Board-

Greg Damewood reported reviewed the May is Mental Health Month and admin report and minutes to be provided soon.

Adult System of Care Committee-

Brenda Scott reported Sherie Park with WET presented and Toni Ortego gave a presentation on Older Adults.

Children's Committee-

Tori St. John's reported John from DPSS provided a presentation and gave great information.

Criminal Justice Committee-

Greg Damewood reported they met over a month ago and will meet again on July 12, 2023.

Housing Committee-

Brenda Scott reported they continue to receive updates from Lance Graham on the room and board coalition.

Legislative Committee-

April Jones was not in attendance, but Dr. Walter Haessler reported the legislative meeting for July 5, was cancelled and dark until September.

Older Adult System of Care Committee-

Brenda Scott reported that Jacob Ruiz provided a presentation on county budgets and a break down for each program and what was spent.

Quality Improvement Committee-

Daryl Terrell had nothing to report.

Veterans Committee-

Rick Gentillalli reported the committee met in July but only three members attended. Committee takes place first Wednesday of the month at 10am at Rustin and all are welcomed to attend.

Membership Committee-

Richard Divine reported there are currently 4 vacancies on the BHC.

EXECUTIVE COMMITTEE RECOMMENDATIONS-

Brenda Scott suggested presentation on Brown Act from a couple of different entities.

Greg Damewood suggested presentation on stigma with facilities and better understanding of wic codes and site reviews.

Daryl Terrell suggested presentation on hospital navigation teams.

ADJOURN – The Behavioral Health Commission meeting adjourned at 2:00 pm.

Sylvia Bishop

Rick Gentillalli, 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									
Beatriz Gonzalez, District 4	P									
Brenda Scott, District 3	P									
Carole Schaudt, District 4	ML									
Daryl Terrell, District 5	P									
Debbie Rose, BOS Rep. Dist. 2	P									
Greg Damewood, District 5	P									
Paul Vallandigham, District 5	ML									
Richard Divine, District 2	P									
Rick Gentillalli, District 3	P									
Victoria St. Johns, District 4	P									
Dr. Walter Haessler, Dist. 1	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		
Bill Brenneman	Maria Martha Moreno	Launa Wilson
Lucy Lopez	Dr. Dil Ahmad	Dani Damewood
Selenne Contreras	Shan Rajput	Dakota Brown
Sylvia Bishop	Lauren Adamson	Sundae Sayles
David Schoelen	Amelia Diaz	Glenis Ulloa
Rhyan Miller	Andrea Putnam	
Marcus Cannon	Miriam Resendiz	
Dr. Matthew Chang	Andrew Benavente	
Russ Hockman	Katie Vazquez	
Heidi Gomez	Andrew Jimenez	
Brandon Jacobs	Toni Harris	
Williard Wynn	Julie Andrews	
Francisco Huerta	James Tesa	
Maureen Dopson	Melissa Morfh	
Tony Ortego	Melissa Vasquez	
Kelly Grotsky	Danielle Gonzalez	
James Grisham	Tom Behr	
Shannon McCleerey-Hooper	Corinne Awad	
Kristen Duffy	Jacob Ruiz	
Michelle Downs	Misty Martin	