

RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION

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

CALL TO ORDER, PLEDGE OF ALLEGIANCE, AND INTRODUCTIONS – Vice Chair, Beatriz Gonzalez called the Behavioral Health Commission (BHC) meeting to order at 12:05 pm, lead the Pledge of Allegiance, and commenced introductions.

CHAIRPERSON'S REMARKS – None

COMMISSION MEMBERS REMARKS – Tori St. Johns reported that the City of Palm Springs held their Annual Pride Parade over the weekend. Ms. St. Johns expressed her appreciation for the Department's efforts and participation in the event. Staff had a booth and a float representing 50 years of Stonewall. Forty-one schools from all over the Desert Region participated and marched in the parade. Giveaways included rainbow bags, mini-rainbow flags, and bracelets with RUHS-BH logos. Ms. St. Johns noted that that gesture along with the Department's participation in the event genuinely resonated with the City's LBGQTQ community as it let them know that they are welcome, they are supported, and they matter.

Rick Gentillalli reported that he attended two 2-day courses offered by the Department. The first course he attended was ASIST (Applied Suicide Intervention Skills Training) and Community of Care for People with Addictions. Mr. Gentillalli also attended the Council of Criminal Justice at Behavioral Health.

April Jones reported that on November 18, Caesar E. Chavez Community Center will be hosting two information sessions regarding the topic of Public Charge. The first session will be held at 9:00 am – 11:00 am and the second will be at 6:00 pm – 8:00 pm. The Community Center is located at 2060 East University Avenue in Riverside.

PUBLIC REMARKS – Lisa Morris, from Jefferson Wellness Center (JWC) announced that they've begun preparations for this year's Cards for Kids and Prayer for a Soldier Projects. Ms. Morris noted that these Projects were found on Pinterest a few years ago. They have gained in popularity and been such huge success the last couple of years that they will be rolling it out again this year. Additionally, they're also continuing their participation in the Moreno Valley Beautification Program and the Toys for Tots Program with the Marines. Ms. Morris noted that this year they will be working in partnership with NAMI's Brenda Scott and ASOC's (Adult System of Care) Vicki Redding with the Toys for Tots Program.

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

CELEBRATE RECOVERY – This month's Celebrate Recovery Speaker shared their experience with the Friday Night Live Program. The Speaker is the youngest of five children and raised in a single-parent household. The Speaker noted that when he was younger, he felt as if he didn't fully fit in with his own family. He witnessed his relatives and siblings make decisions and choices that he didn't agree with or felt comfortable with. The Speaker felt isolated in his own family, but fortunately in middle school he was introduced to the Friday Night Live Program, previously known as Club Live. The Program sounded interesting enough that he decided to attend one of the meetings. The Speaker connected so well with everyone in the Program that he continued his participation in the activities, workshops and events for several years thereafter. Coordinators noticed his enthusiasm and consistent active engagement with the Program that they offered him opportunities to participate in activities and workshops that allowed him to later become a coordinator himself. The Speaker expressed his deep

appreciation and gratitude for the program as it not only allowed him to stay in a positive environment during his youth, but it also allowed him the opportunity to grow his interest into a passion and possibly into a career.

NEW BUSINESS

1. BUILDING PREVENTION IN RIVERSIDE COUNTY: Diana Brown began her presentation by sharing a video titled "Rat Park," which was a study done by Bruce Alexander in the 1970s and published between 1978 and 1981. Alexander's hypothesis was that drugs do not cause addiction by themselves, but the individual's living condition and lack of support and connection to family, friends, and community. After the video, Ms. Brown shared the story of Sarah, a real-life teen consumer whose family sought help through the Department with her substance abuse and mental health. Sarah struggled with substance use and mental health issues early in her teens and by age 15 she found herself in probation. Her parents struggled to discipline her and tried to come up with strategies to get her on a better path, but nothing helped until they were introduced to MDFT (Multi-Dimensional Family Therapy). MDFT is an evidence-based practice that works with families and their teens struggling with drugs, alcohol, mental health challenges, and involvement in juvenile justice. Through intensive treatment in the MDFT program, Sarah and her parents had multiple sessions per week with their therapist and other support staff on the team. During the course of the treatment, Sarah disclosed that she was sexually abused when she was younger. Sarah's individual work focused on her own self-examination and processing the trauma that she experienced. Sarah developed coping skills, problem-solving skills, and decision-making skills to improve her daily living. Her parent's sessions were focused on positive parenting practices, setting limits, expectations, and communication. Family sessions were focused on strengthening their relationship by assisting the family to communicate their love and commitment to one another and building their communication and developing new ways of resolving family problems. Supports were put in place to address barriers at school like collaborating with school staff as well as identifying vocational goals for Sarah. By the end of treatment, Sarah's relationships with her parents and siblings improved significantly. Sarah's story was an example of how the outcomes of the Rat Park study can be achieved through intervention and treatment. Sarah's success was not simply from learning how to be sober, but true life satisfaction. It was the connection with her family, partnering with her school and probation, and the community coming together that made the difference.

The Rat Park study found that the opposite of addiction is not sobriety, it is connection. Building prevention in Riverside County means a culture change. Moving from isolation and loneliness, to connection and relationship. Ms. Brown shared what RUHS-BH is doing to build Rat Park in Riverside County; the things that are already in place, the things that are currently in development, and future plans.

Prevention and Early Intervention (PEI) has been around in Riverside County since 2008. PEI is a component of Mental Health Services Act (MHSA) and includes programs and services defined by the Institute of Medicine as "universal" and "selective." Universal services targets the general population or whole population groups, such as the Each Mind Matters and Up2Riverside campaigns. Its purpose is to provide the community at large mental health awareness and stigma reduction. Selective services target individuals or sub-groups who are at risk of developing a mental illness and that their risk is significantly higher than the average person. Ultimately, PEI

seeks to increase in protective factors and reducing risks. Increasing protective factors include building a community of belonging; ensuring that members of the community have the social supports they need from their family and peers; supports from school such as a welcoming warm environment from school staff and opportunities to participate in meaningful activities. Reducing risks include reducing high conflict or favorable attitudes towards drugs and alcohol; reducing exposure to violence; reducing risk in school, i.e. low-commitment to academics and helping kids feel more connected with their school; and reducing risk in the community and their peer environment i.e. crime, community violence, and easy access to drugs and alcohol.

So what has been built in Riverside County's Rat Park? PEI has seven projects that have multiple strategies in each of those projects that include programs for children, families, adults, and older adults. PEI aims to serve underserved communities that experience all the aforementioned risk factors – communities in poverty, communities with violence, communities where individuals in each age group are exposed to multiple risk factors on a regular basis. PEI also focuses on mental health awareness, stigma reduction, and suicide prevention. Substance Abuse Prevention and Treatment works with policy change in reducing access to substances and have established community based prevention programs such as Friday Night Live in high schools and middle schools across the County.

Efforts currently in development to build Rat Park in Riverside County has much to do with educating and bridging gaps. Culture change is not something the Department can do alone as we are only one piece of the puzzle and it is not something that will yield immediate results. Ms. Brown noted that this is a long-term issue and would require a community-wide shift. Feedback from stakeholders across the board highlights the challenges of breaking the silos and bridging gaps. Through education and awareness about existing services and resources, we can begin bridging those gaps. This would allow the opportunity for agencies to come and work together to create a seamless continuum of services and collaborating to develop synergy and increase the benefits and reach of all existing programs.

The Department seeks to bring change through service providers' education and awareness around trauma and adverse childhood experiences and how it affects people in the community. The Department recognizes that policies, procedures, infrastructure, and the service providers themselves have the ability to traumatize or re-traumatize those that they serve. To address this, the Department is pursuing a complete transformation from within by developing a trauma-informed system (TIS). This effort has three layers and the first layer involves training staff members to be the trainer for this model to establish the language and knowledge base of how trauma impacts us and the work we do. The second layer will be educating the leadership community. This would allow executives and top administrators to come together and learn what it means to lead through a trauma-informed lens and how it influences decisions and how programs are developed and implemented. The third layer is our "champions' community," which is made up of direct line staff and supervisory staff that can closely examine the practices and policies currently in place and look at them through this new trauma-informed approach. Ms. Brown noted that once the Department becomes fluent in all these areas, we may be able to take it beyond our doors and work with partner agencies and community based organizations to help them build a trauma-informed system.

RUHS-BH is also working with the Department of Public Social Services (DPSS), which will soon be

receiving funding from Prevention Services. They have held their own stakeholder process, which the Department has been involved with from the beginning. Through this process, DPSS is learning that some services needed by the community is already being provided by RUHS. Ms. Brown remarked that Riverside is such a large county with a wide variety of service systems, that giving other agencies and community-based organizations the opportunity to learn what they are can help break the silos and bridge those gaps.

Suicide Prevention Strategic Plan is another effort currently under development in the Department. Last summer, 55 individuals representing 33 different organizations throughout the County reviewed local data, mapped resources, and made recommendations. These groups made the commitment to participate in a suicide prevention coalition currently being developed by the Department. The PEI team is developing a draft plan for suicide prevention countywide. They will assemble a coalition of cross-sector individuals to come together and bring the plan to life. Ms. Brown noted that this will not just be a document, but a roadmap that can aid the elimination of suicide in Riverside County. Ms. Brown added that all those interested in this coalition are welcome to participate.

Future plans for the Department include the assembly of a suicide prevention coalition; taking TIS beyond the Department and sharing it with the community; and integrating behavioral health services in schools. The integration of behavioral health services in schools is a pilot project and currently has two school districts participating. The goal is to bring therapists and psychiatrists on campus and work in a truly integrated fashion. Another school district approached the Department about collaborating on wellness centers within the school campus that will include programs from DPSS and Public Health. This would essentially be a campus clinic site that includes an array of services, not only behavioral health.

DIRECTOR'S REPORT: In response to Ms. Brown's presentation and the Rat Park video, Dr. Chang noted that RUHS is identifying that health is much more than physical and behavioral, but encompasses the entire spectrum of social determinants such as socio-economic status, education, social supports, lifestyle, etc. Dr. Le Ung, a resident of RUHS, developed the "Whole Person Health Score," which is a quick screener that goes over those social determinants to help care providers identify areas to focus on for consumers. Dr. Chang noted that they recently won a national level award for their work in terms of population health and screening, and suggested having Dr. Ung do a presentation on the topic.

Dr. Chang gave a special thanks to Eddie Fisher and Michelle Speckle for participating in a panel at the Annual Department Heads Retreat, which focused on the topic of Homelessness. The Retreat featured a segment where those with lived experience were able to share their story. Dr. Chang noted that Eddie and Michelle did a wonderful job sharing their stories, which really resonated with all those in attendance.

An update on the FQHC, about 6-8 weeks ago the effort started where behavioral health and physical health care were being integrated. In the beginning, there was approximately 3% of consumers receiving integrated care (behavioral health and physical health), and after 6-8 weeks this statistic has climbed to 25%. In the Corona FQHC, which houses 3 behavioral health sites in addition to physical health care, the demand for integrated services increased a staggering 450%. Dr. Chang noted that these outcomes are proof positive that there is a definite need and demand in the community for integrated services.

Dr. Chang confirmed that they will be moving ahead with ARC (Arlington Recovery Community), which is a Criminal Justice Diversion Program. They seek to expand this in the future with a larger continuum of care which include jail diversion, sobering center, and other type of placements.

Lastly, Dr. Chang gave a special thanks to the staff at RI (Recovery Innovations) that recently met with Dr. Thomas Insel. Dr. Insel served as the Director of the National Institute for Mental Health and as a Science Researcher for Google. Currently, he is serving as Governor Gavin Newsom's Mental Health Adviser. Dr. Insel visited Riverside the previous day, spoke to staff at RI, and gave him a tour of the Mental Health Urgent Care. Dr. Chang reported that he was impressed by the work being done in Riverside.

OLD BUSINESS

1. **MHSA UPDATE:** Sheree Summers and Robert Youssef presented an Employee Recognition Award for Outstanding Service to Fausto Sanchez. Mr. Sanchez was nominated and awarded for the extraordinary work he did with a consumer that had difficulty from the very beginning, starting with his MediCal coverage. Mr. Sanchez went above and beyond to contact every resource he had to help the consumer stay in a residential treatment. In addition to helping the consumer receive residential treatment, he was also able to help the consumer see a dentist, receive a physical health exam, and a mental health assessment. Mr. Sanchez not only helped set up the appointments, but he also helped provide transportation for the consumer as well as accompanying him to some of his appointments.

Mr. Sanchez received his award and expressed his appreciation for the recognition. He also gave a special thanks to his supervisors for guiding him and providing support during the process. Mr. Sanchez has worked for the Department for over ten years and stated that this is not only a job, but a passion. He and others are the voice for those that often do not get heard and considers it an honor to help those brave enough to come in and seek help, which is the hardest part for many, if not all, consumers.

2. **SAPT UPDATE:** Will Harris reported that SAPT's newest Prevention Framework Plan for 2019/24 was submitted and approved by the state in August. Currently, Zack Tucker is reviewing the plan and summarizing it for a presentation to the Board of Supervisors and the Commission. An RFP for the plan's services is currently routing through administration for approval and they hope to have it ready by December 1.

COMMITTEE UPDATES:

DESERT REGIONAL BOARD: None

MID-COUNTY REGIONAL BOARD: Kim McElroy reported they are working on collecting donations for the Thanksgiving holiday. Additionally, they are also adopting a family to provide a food basket and gifts to for the Christmas holiday.

WESTERN REGIONAL BOARD: Greg Damewood reported they are having three presentations on the new residential complexes for the homeless at their meeting following the BHC meeting at 3:00 pm.

ADULT SYSTEM OF CARE: None

BYLAWS COMMITTEE (ADHOC): Kim McElroy reported the rough draft of the bylaws were sent to the Commission members for input and feedback. Ms. McElroy requested to have time on the agenda for discussion regarding the bylaws. Mr. Damewood added to have a bylaw that addresses what to do if a Commissioner passes away during their term.

CHILDREN'S COMMITTEE: Tori St. Johns reported that they are not having their meeting at the usual date and time due to the Thanksgiving Holiday. They've pushed the meeting to December 3 at 12:15 at Myers.

CRIMINAL JUSTICE COMMITTEE: Mr. Damewood reported that they did not have a meeting the previous month and the minutes will be provided as soon as they are approved at the next meeting, which will be held the following Wednesday at noon.

HOUSING COMMITTEE: None

LEGISLATIVE COMMITTEE: April Jones reported that there were over 1,000 bills presented in Congress and 16% of them were vetoed due to cost. Ms. Jones stated that the committee is looking to focus on two to three bills that support integration and follow it through the whole process.

MEMBERSHIP COMMITTEE: None

OLDER ADULT SYSTEM OF CARE COMMITTEE: None

PUBLIC ADVOCACY (ADHOC): Ms. Jones reported that they are working with Mr. Tucker to find ways to improve communication to help assure constituents, stakeholders, and consumers are aware of services available and how to access them.

QUALITY IMPROVEMENT COMMITTEE: None

VETERANS COMMITTEE: Rick Gentillalli announced that the 14th Annual Veterans Parade, A Salute to Veterans will be held on Saturday, November 9 from 10:00 – 2:00 pm. The parade is free to the public and will begin in downtown Riverside by RCC (Riverside Community College) off Magnolia and will end at the Elks Lodge in Riverside. Additionally, there will be a Veterans Day Observance Ceremony at the Diamond Stadium in Lake Elsinore on Monday, November 11 on Veterans Day at 9:00 am.

EXECUTIVE COMMITTEE RECOMMENDATIONS: Beatriz Gonzalez suggested having a representative from the school district to give their perspective and present on the topic of prevention, bullying, and student services.

ADJOURN: The Behavioral Health Commission meeting adjourned at 2:09 pm.

Maria Roman

Tori St. Johns, BHC Secretary

Maria Roman, Recording Secretary

FY 2019/20 BEHAVIORAL HEALTH COMMISSION ATTENDANCE ROSTER

MEMBERS	JUL	SEP	OCT	NOV	JAN	FEB	MAR	APR	MAY	JUN
April Jones, District 3	✓	✓	A	✓						
Anindita Ganguly, District 2	✓	✓	✓	A						
Araceli Ruiz, BOS Representative, Dist. 1	✓	✓	✓	✓						
Beatriz Gonzalez, District 4	✓	✓	✓	✓						
Brenda Scott, District 3	✓	✓	✓	A						
Carole Schaudt, District 4	A	A	✓	✓						
Daryl Terrell, District 5	A	✓	✓	✓						
Dildar Ahmad, District 1	✓	A	✓	✓						
Greg Damewood, District 5	✓	✓	✓	✓						
Jose Campos, District 2		✓	A	✓						
Richard Divine, District 2 (Redist. 4)	✓	✓	✓	A						
Rick Gentillalli, District 3	ML	✓	✓	✓						
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		
Adam Luna, Guest	Amelia Diaz, RUHS-BH	Amy McCann, RUHS-BH
April Marier, RUHS-BH	Ashley Hanson, RUHS-BH	Bill Brenneman, RUHS-BH
Brandon Jacobs, RUHS-BH	Carlos Emerick, RUHS-BH	Cheryl Birchard, Guest
Christopher Chagolla, RUHS-BH	David Schoelen, RUHS-BH	Deborah Johnson, RUHS-BH
Diana Brown, RUHS-BH	Donna Childers, Guest	Dylan Colt, RUHS-BH
Edmund Fisher, Guest	Fausto Sanchez, RUHS-BH	Francisco Huerta, RUHS-BH
Ge'Ray Adkins, RUHS-BH	James Hill, RUHS-BH	Jose Martinez, RUHS-BH
Julie Curran, RUHS-BH	Kim McElroy, Guest	Lisa Morris, RUHS-BH
Lucy Lopez, RUHS-BH	Maria Roman, RUHS-BH	Mariah Andrews, RUHS-BH
Mark Krulic, Guest	Matt Chang, MD, RUHS-BH - Director	Maureen Dopson, RUHS-BH
May Farr, Guest	Melinda Drake, Guest	Misty Mejia, RUHS-BH
Monique Gordon, Guest	Monique Maldonado, Guest	Rhyan Miller, RUHS-BH
Richard Bolter, RUHS-BH	Rick Algarin, RUHS-BH	Rita Bendlin, Guest
Robert Youssef, RUHS-BH	Sarah Gohn, Guest	Selvino Moscare, Guest
Sheree Summers, RUHS-BH	Shor Denny, Guest	Steve Lusk, Guest
Susan Beaudette, Guest	Susan Clay, Guest	Sylvia Aguirre-Aguilar, RUHS-BH
Tiffany Ross, RUHS-BH	Van Nguyen, Guest	Vicki Redding, RUHS-BH
Victor Almaraz, Guest	William Harris, RUHS-BH	Zack Tucker, RUHS-BH