

RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION

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

CALL TO ORDER, PLEDGE OF ALLEGIANCE, AND INTRODUCTIONS – Chairperson, Rick Gentillalli called the meeting to order at 12:00 pm, lead the Pledge of Allegiance, and commenced introductions.

CHAIRPERSON'S REMARKS – Rick Gentillalli reminded the Commission about the upcoming BHC Retreat scheduled for Monday, January 7 at 10:30 am.

COMMISSION MEMBERS REMARKS – Greg Damewood informed the Commission that Ric Riccardi is currently recovering from an illness and will not be attending the meeting.

PUBLIC REMARKS – Kristen Duffy announced that Life Stream will be holding a Blood Drive at Rustin on Monday, January 14. All were encouraged to participate; flyers were available for more information.

Paul Baum reported that the Longest Night was a success and hopes the event will be expanded in other locations in the future. The Longest Night is an event bringing awareness to the homeless and their needs during the winter months. Participants donated socks, warm clothing, and blankets.

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

CELEBRATE RECOVERY – Cynthia Rumford, Clinical Therapist with Temecula Children's Program introduced this month's Celebrate Recovery speakers Lizzy Saenz, Alejandra Saenz, Felipe Saenz, Betzy Saenz, and Genesis Saenz.

About 3-4 years ago, Lizzy's family suffered two losses in their family – one aunt died of cancer and another aunt died in a tragic car accident. This lead Lizzy to go into severe clinical depression. Initially, the psychiatrist treating Lizzy wanted to put her on medication to manage her depression, however Lizzy's mom, Alejandra, decided to go a different route. Alejandra stated she has seen the somewhat negative effects of anti-depressants with her husband and others, which was a significant concern. Alejandra did not want her daughter to start with medication and asked for an alternative. Their psychiatrist referred them to the Children's Services and TAY Program, which is where Lizzy and her family met Wendy Evans.

Ms. Evans helped the family through their difficult time and as their counseling program was nearing its end, Alejandra noticed that Lizzy was not eating, is over exercising, and losing a great deal of weight. Alejandra informed Ms. Evans that she suspected Lizzy might have an eating disorder. Alejandra noticed that Lizzy lost 20 pounds in less than 2 months; she was also losing hair and her nails were brittle and breaking. Ms. Evans directed Alejandra to take Lizzy to see her pediatrician to confirm and diagnose she has an eating disorder before they can move forward with further treatment and counseling.

After the pediatrician confirmed Lizzy's eating disorder, Wendy worked in collaboration with Cynthia Rumford to help counsel and treat Lizzy. Alejandra made sure that she and the rest of the family was involved in supporting Lizzy overcome her eating disorder. Alejandra noted that they cooked and ate together as a family and even followed a vegan diet for a full month in support of Lizzy's nutritional and behavioral health. Through this ordeal, Alejandra learned what triggered Lizzy's eating disorder, which was Alejandra's concern for Lizzy's weight. Alejandra admitted that while she thought it was normal to comment on her daughter's weight, she did not realize it would have a negative impact on her daughter and that it would lead to an eating disorder. Alejandra noted her feelings of guilt and became even more determined to work through these issues as a family. After nearly one year of counseling and diligently working with

Lizzy identifying her nutritional and behavioral needs, Lizzy overcame her eating disorder and is doing wonderful in school. The family expressed their deep gratitude to Ms. Evans and Ms. Rumford for helping them get through this difficult time, as well as the Department for having such services available.

NEW BUSINESS

1. CALBHB/C UPDATE: Theresa Comstock, Executive Director of California Association of Local Behavioral Health Boards and Commissions (CALBHB/C) provided an update to the Commission regarding upcoming events. CALBHB/C represents all 59 boards and commissions throughout California. Their objective is to support local boards and commissions by providing appropriate resources, help understand what best practices are, as well as what the duties of the board and/or commissions are according to the Welfare and Institutions Code.

Ms. Comstock shared CALBHB/C's most recent newsletter, which always includes the duties of the boards and commissions. Ms. Comstock noted that it is beneficial for all members to review and make sure their respective boards and/or commissions are aware of the state mandated duties. The main responsibility of all boards and/or commissions is to advise their behavioral health director and their Board of Supervisors. There are also some requirements for advising the state in terms of the Data Notebook, which is an annual questionnaire focusing on some facet of behavioral health. The California Behavioral Health Planning Council drafts the Data Notebook, which is a statewide organization. The Planning Council drafts this questionnaire to serve as a communication tool for all 59 boards and commissions and to gain feedback and input regarding the needs of each county.

On January 18 and 19 there will be a meeting and training held in San Diego and all Commissioners are invited and encouraged to attend. The Association will pay for the Commissioner's travel and accommodations, should they choose to attend. The meeting and training is done in collaboration with the Planning Council and California Institute for Behavioral Health Solutions (CIBHS). They are also collaborating with Access California, which is a program in Northern California's Mental Health America. Access California is adding a new training in the program regarding planning and how to engage the public as you work on MHSA Planning.

BHC Chair, Rick Gentillalli recently joined CALBHB/C in a conference call with various other counties to discuss topics in terms of the successes and issues in Riverside County, which was later shared with their governing board. Ms. Comstock stated they usually choose one or two issues that they plan to advocate for statewide and draft "Issue Papers." Currently, there are three listed on their website's homepage. The first involves disaster planning and ensuring that mental health is included in the planning. The second topic is best practices for employment and collaboration with the Department of Rehabilitation and Mental Health, which also touches on Psychiatric Advance Directives (PAD). The third involves adult residential facilities and the critical need for urgent care with people struggling with severe mental illness.

2. APPOINT MEMBERS TO BYLAWS COMMITTEE: Members appointed to the Committee are Greg Damewood, Kim McElroy, and Daryl Terrell.

OLD BUSINESS

1. MHSA UPDATE: David Schoelen reported that they have begun the planning and drafting of the MHSA Annual Update. This is a yearlong process where they gather information, draft the document, and post it for 30-days for public review prior to the Public Hearing. The Commission is required to host the Public Hearing, which will occur in May. They will need at least two Commissioners to participate and

run each Public Hearing and will be returning in April to ask for volunteers. Traditionally, Public Hearings are held at the Western Region and the Desert Region; this year they plan to add Mid-County at the request of Brenda Scott. Mr. Schoelen is currently working with the managers and administrators in Mid-County and they are planning on holding this third Public Hearing during their May is Mental Health Month Event. Erica Sierra has contacted the secretaries and support staff involved in the BHC's standing committees to schedule their annual tour for the Annual Update where they will be sharing the information and gathering feedback from each group.

2. SAPT UPDATE: Rhyan Miller reported the California Drug Medi-Cal Organized Delivery System Report was recently completed and released by UCLA in collaboration with the Department of Health Care Services. On Thursday, January 10 from 4:00 – 5:00 pm, Darren Urada from UCLA will be going over the highlights of the report and all are welcome to attend. The presentation will focus on the 17/18 Waiver highlights and the initial data set includes both live and pre-live counties. Live counties include Riverside, Contra Costa, Los Angeles, Marin, San Francisco, San Mateo and Santa Clara.

The Department's Medical Center in Moreno Valley recently implemented a new streamlined behavioral health screening system to help quickly identify the appropriate level of behavioral health care. Screenings can be performed on clients from ages 12 and up and depending on their needs they can be referred to prevention programs or treatment services.

Dr. Misisca was recently hired as the new doctor in charge of the Emergency Department. Dr. Misisca is currently working with Substance Abuse Prevention and Treatment Program to make sure that Buprenorphine can be prescribed in the Emergency Department for those admitted into the hospital with an opioid addiction. In coordination with this effort, Substance Use CARES Access Line is in the process of being extended to be open until 8:00 pm Monday to Fridays and will now be available Saturday to Sundays from 8:00 am to 5:30 pm.

The state has identified Banning Southwest Jail as an appropriate location to perform medication assisted treatment. This is in an effort to assure Vivitrol and Methodone are available to detained consumers. This gives the consumer the opportunity to start treatment immediately and link them to SAPT services after they are released.

The OC Register is currently doing a four-part article series revolving around RUHS' Neonatal Abstinence Syndrome treatment program. The articles will be highlighting the work that RUHS has done as a whole system of care to assist mothers and infants struggling with the issue and how they are guided through the system to receive the best care and treatment they need.

DIRECTOR'S REPORT: Dr. Chang reported that goals for 2019 is to increase availability and awareness of our services to the greater public. This effort include expanding outreach to other agencies and organizations to try to reach more people and inform them of services available through the Department. Dr. Chang will be meeting with some of the leadership through the Department of Education and the School Board in an effort to expand services in the school system. The objective is to make screenings available on campus to help youth and adolescents identify any possible behavioral health challenges. The Crisis Stabilization Unit and Mental Health Urgent Care Clinics in Perris and Palm Springs will be available to see and treat adolescents in January. The Perris location will be able to see adolescents on January 2 and the Palm Springs location will be available in mid-January. Dr. Chang noted that it is important we make these facilities available for the youth as many are unnecessarily admitted to ETS for therapy.

Lastly, Dr. Chang reported that the Department's Integration efforts continue as they are looking into integrating with the network of RUHS and FQHC facilities. The objective is to provide both behavioral health

services and physical healthcare in the same location. The first location this will be available is Corona. Updates will be provided as they are made available.

COMMITTEE UPDATES:

DESERT REGIONAL BOARD: None

MID-COUNTY REGIONAL BOARD: Brenda Scott announced that the next meeting will be on Thursday, January 10. The Mid-County Board adopted a family over the holiday as part of the Snowflake gift drive and the group donated food and gifts.

WESTERN REGIONAL BOARD: Greg Damewood reported that their last meeting was in November. Mr. Damewood participated in the Holiday Luncheon serving seniors.

ADULT SYSTEM OF CARE: Ms. Scott announced that the next meeting is on Thursday, January 31. Ms. Scott added that they may have a presentation on No Place Like Home.

CHILDREN'S COMMITTEE: Tori St. Johns reported that John Schwarzlose attended their November meeting and presented on the topic of opioids and the treatment services available through the Department. On Tuesday, January 22, Luis Medina from the Mexican Consulate will be attending to educate the Committee more on the topic of immigration and the current events surrounding it.

CRIMINAL JUSTICE COMMITTEE: Mr. Damewood reported that they discussed the usual topics and their report will be filed for audit.

HOUSING COMMITTEE: Ms. Scott announced that the next meeting is on Tuesday, January 8. Ms. Scott added that attendance is growing for the Committee and hopes it continues.

LEGISLATIVE COMMITTEE: Dr. Walter Haessler reported that they did not have an official meeting due to lack of attendance. Ryan Quist attended and informed the Committee that Department has hired a lobbyist named Connie Delgado, who is said to have a great deal of experience in behavioral health related issues. There are approximately 200 bills currently being reviewed and 20 of them are directly related to the behavioral health field. Toni Lucas provided a summary of the bills, which is available at www.cbhda.org.

OLDER ADULT SYSTEM OF CARE COMMITTEE: None

QUALITY IMPROVEMENT COMMITTEE: None

VETERANS COMMITTEE: Rick Gentillalli reported that they are currently focusing on four areas for Veterans: 1.) PTSD; 2.) Opioid Abuse; 3.) Suicide; and 4.) Stigma. All are invited to attend the meeting, which is held at Rustin on the same day as the BHC meeting at 10:00 am.

EXECUTIVE COMMITTEE RECOMMENDATIONS: Beatriz Gonzalez requested to have a discussion about holding meetings in other locations. Tori St. Johns requested to have a discussion regarding Site Reviews.

ADJOURN: The Behavioral Health Commission meeting adjourned at 1:53 pm.

Maria Roman

Brenda Scott, BHC Secretary
Maria Roman, Recording Secretary

FY 2018/19 BEHAVIORAL HEALTH COMMISSION ATTENDANCE ROSTER

MEMBERS	JUL	SEP	OCT	NOV	JAN	FEB	MAR	APR	MAY	JUN
April Jones, District 3	✓	✓	A	✓	A					
Anindita Ganguly, District 2				A	✓					
Beatriz Gonzalez, District 4	✓	✓	✓	✓	✓					
Brenda Scott, District 3	✓	✓	✓	✓	✓					
Carole Schaudt, District 4	✓	✓	✓	✓	✓					
Daryl Terrell, District 5	✓	✓	✓	✓	A					
Dildar Ahmad, District 1	✓	✓	A	✓	✓					
George Middle, District 2 (Redist. 5)	✓	A	✓	✓	A					
Greg Damewood, District 5	✓	✓	✓	✓	✓					
Greg Rodriguez, BOS Representative		✓	✓	✓	A					
Ric Riccardi, District 5	✓	✓	A	✓	ML					
Richard Divine, District 2 (Redist. 4)	✓	✓	✓	✓	✓					
Rick Gentillalli, District 3	✓	✓	✓	✓	✓					
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		
Adrienne Gee, RUHS	Brian Betz, RUHS	Cynthia Rumford Jones, RUHS
Danielle Ferguson, Guest	Deborah Johnson, RUHS	David Schoelen, RUHS
Dylan Colt, RUHS	Francisco Huerta, RUHS	Golzar Ahmad, Guest
Janine Moore, RUHS	Jim Hill, RUHS	Karen Hudson, Guest
Kristen Duffy, RUHS	Marcus Cannon, RUHS	Maria Roman, RUHS
Monique, Guest	Paul Baum, RUHS	Rhyan Miller, RUHS
Robyn Kelley, Guest	Sarah Cranbury, RUHS	Sarah Rodriguez, District 3
Sylvia Aguirre-Aguilar, RUHS	Theresa Comstock, Guest	Toni Lucas, RUHS
Tony Ortego, RUHS	Vicki Redding, RUHS	Wendy Evans, Guest
William Harris, RUHS		