



**MINUTES
REGULAR MEETING OF THE
MENTAL HEALTH COMMISSION
MARCH 12, 2013 – 3:30 P.M.**

The Mental Health Commission met in a regular meeting on Tuesday, March 12, 2013 at 3:30 p.m. in the Administration Building, 1717 N. Indian Hill Blvd. # B, Claremont, California.

I. CALL TO ORDER Chair Bloom called the meeting to order at 3:30 p.m.

II. ROLL CALL A visual roll call was taken.

PRESENT: Amy Bloom, Chair
Sylvia Whitlock, Ph.D., Vice-Chair
Betsy MacLaren, Secretary – Arrived at 3:35 p.m.
Joseph M. Lyons MS, Ph.D.
Cheryl Berezny
Paul Capraro
Donald R. Perez
Twila L. Stephens
Davetta Williams

ABSENT: Maria Elena Garcia
Toni L. Watson

GUESTS: Lauren Marshall, City of Claremont

STAFF: Jesse H. Duff, Executive Director
Toni Navarro, LMFT, Director of Clinical Program Services
Rimmi Hundal, MHSA Manager
Nancy Gill, Director of Operations
Maria Panagakis, Psychologist
Janis Seiler, Innovations Coordinator
Theresa Tapia, LMFT
Mica Olmos, Executive Assistant

III. MINUTES

A. APPROVAL OF MINUTES FROM THE MENTAL HEALTH COMMISSION MEETING HELD FEBRUARY 12, 2013

Governing Board Liaison Lyons moved, and Commissioner Perez seconded, to approve the Minutes of the Mental Health Commission meeting held February 12, 2013 as presented. There being no comments, the motion was carried unanimously by the following vote: **AYES:** Commissioners Berezny, Capraro, Perez, and Williams;

Governing Board Liaison Lyons; and Chair Bloom. NOES: None. ABSTAIN: Commissioner Stephens and Vice-Chair Whitlock. ABSENT: Commissioners Garcia, MacLaren, and Watson.

IV. PRESENTATION

A. OATH OF OFFICE - TWILA L. STEPHENS, NEWLY APPOINTED MEMBER TO THE MENTAL HEALTH COMMISSION.

The Oath of Office was administered to Twila L. Stephens by Executive Assistant Olmos.

B. OATH OF OFFICE - TONI L. WATSON, NEWLY APPOINTED MEMBER TO THE MENTAL HEALTH COMMISSION.

Toni L. Watson was not in attendance; therefore, her Oath of Office will be administered at the next Mental Health Commission Meeting on April 9, 2013.

C. STAFF MEMBERS MARIA PANAGAKIS, THERESA TAPIA, AND JANIS SEILER, OF THE CLINICAL ADULT DEPARTMENT, WILL PRESENT A REVIEW OF THE COGNITIVE ENHANCEMENT THERAPY (CET) PROGRAM.

Executive Director Duff stated that staff was in attendance to present an overview of the CET program which is funded by, and part of, the Innovations Plan.

At 3:35 p.m. Secretary MacLaren arrived at the meeting.

Janis Seiler, Innovations Coordinator, who oversees the CET program and the Integrated Health program, stated that the CET program was implemented in August 2012 and is a 48-week treatment program that involves computer exercises that have been described as “physical therapy for the brain”. She added that the CET program is an evidence-based practice approved by the State of California and is designed to improve the underlying cognition deficits. She also explained how the cohorts are established; described how the cycle of exercises work and that the CET program is very structured and has been designed for individuals living with schizophrenia and schizoaffective disorder.

Vice-Chair Whitlock inquired about whether this CET program is available for post-stroke victims.

Director of Clinical Program Services Navarro replied in the negative, noting that post-stroke victims are not Tri-City’s primary population. She added that the CET program will expand to include treatment for individuals with bipolar disorder.

Maria Panagakis, Psychologist and CET coach, talked about the clinical aspect of CET and how it focuses on social and cognitive functioning. She explained that CET is physical therapy for the brain working on memory, processing attention, and problem solving. The social aspect is about rebuilding interpersonal skills. She indicated that the

fundamental piece of CET is socialization because people with a mental illness de-socialize and lose social norms, leading to a cognitive decline. CET provides constant feedback and the strongest treatment results are in processing speed, working memory, and social cognition.

Theresa Tapia, Marriage and Family Therapist, stated that the CET program will be modified to include individuals who are mono-lingual Spanish speakers and/or living with Bipolar Disorder. She then talked about how the exercises are performed during the CET sessions.

Vice-Chair Whitlock inquired about the level of education that is required to participate in the program. Ms. Tapia replied that a 5th grade reading level and IQ of 80 is required. She indicated that this is a challenge because it eliminates a big population of Tri-City clients.

Commissioner Berezny inquired about how clients handle any frustration from the various levels of this program. Ms. Tapia indicated that if there was any client frustration, they have not displayed it perhaps because the program is progressive and as the client gets stronger, the exercises become easier. Director of Clinical Program Services Navarro added that clients work in pairs and develop a “buddy” system that help support each other. Teamwork is strong.

Chair Bloom stated that the CET approach is fascinating and asked if clients get enough brain exercise during the weekly sessions and how are clients encouraged to exercise their brain when they go home. Ms. Tapia explained how they teach clients to integrate CET principles into their lives outside Tri-City.

Vice-Chair Whitlock inquired if CET program participants dropout from the program because it is too challenging and if there is a screening process to determine who can participate. Ms. Tapia replied that all client referrals are screened before they can participate in the program. She then stated that there is more concern with people not being challenged enough; however, those clients that participate in the program do become engaged and form a community of their own.

Chair Bloom inquired if there are levels of schizophrenia that are more appropriate than others that allow individuals to participate in the CET program. Psychologist Panagakis replied in the affirmative. Director of Clinical Program Services Navarro added that the earlier the onset of the illness, the worse the prognosis is in terms of what the individual is able to accomplish in life. She explained that if cognitive decline appears earlier in life before they have had any successes in life, it will impact where to start and where to move to.

Dr. Lyons inquired in relationship to the educational exercises, if this is the first time for the clients being exposed to a level of understanding and appreciation of the underlying illness process and if they can make any sense of it. Psychologist Panagakis replied in the affirmative stating that there are individuals that had not even admitted they have a mental illness and CET has helped them become aware of their situation.

The Mental Health Commission thanked Janis Seiler, Maria Panagakis, and Theresa Tapia for their presentation and commented that their work is fascinating.

V. REPORTS

Executive Director Duff provided a housing update, noting staff had applied for a home grant in the amount of \$136,000 and will be considered by the Pomona City Council at their meeting of April 1st. He indicated that if the grant is approved, the funds will be used to remodel the housing property located on Park Avenue in Pomona. He then talked about staff preparing for the MSHA Annual update on May 22nd. Lastly, he stated that the celebration of the Sweethearts of the Agency Celebration was a success. He also announced that Toni Navarro, LMFT, Director of Clinical Program Services, will speak tonight about the Tri-City programs at the Claremont Public Library from 6:00 – 7:00 pm.

VI. COMMISSION ITEMS AND REPORTS

Governing Board Representative Dr. Lyons reported that the School of Community and Global Health at CGU had already prepared and submitted to the State a Grant Application for the outreach and education of the Affordable Health Care Act for review on April 26th. He indicated that he read the Application and is confident it will receive a high score. He also stated he is hopeful that if the grant is approved, it will give Tri-City a regional presence in implementing the outreach and education plan. He also thanked the Governing Board for submitting a letter of support for the grant application.

VII. PUBLIC COMMENT

There was no public comment.

VIII. ADJOURNMENT

At 4:19 p.m., on consensus of the Mental Health Commission their meeting of March 12, 2013 was adjourned to the next Regular Meeting to be held on Tuesday, April 9, 2013, at 3:30 p.m. in the Administration Building, 1717 N. Indian Hill Blvd. # B, Claremont, California.



Micaela P. Olmos, Executive Assistant