



MISSION

By understanding the needs of consumers and families, Tri-City provides high quality, culturally competent behavioral health care treatment, prevention and education in the diverse cities of Pomona, Claremont, and La Verne.

TRI-CITY MENTAL HEALTH AUTHORITY MENTAL HEALTH COMMISSION AGENDA

FEBRUARY 9, 2021
3:30 p.m.

MEETING LOCATION

Pursuant to California Governor's Executive Order N-29-20 (Paragraph 3), adopted as a response to mitigating the spread of Coronavirus (COVID-19), the Mental Health Commission is authorized to hold its public meetings via teleconference and the public seeking to observe and to address the Mental Health Commission may participate telephonically or otherwise electronically. Therefore, this meeting will be held via teleconference. The locations from where the Commissioners are participating are not listed on the agenda and are not accessible to the public.

To join the Mental Health Commission meeting click on the following link:

https://webinar.ringcentral.com/webinar/register/WN_0fbZ17-MSaeh1zE_VeAsw

Or you may call: 1(213) 250- 5700 or 1(650) 242-4929
Webinar ID: 148 732 5737

Posting of Agenda. The Agenda is posted 72 hours prior to each meeting on the Tri-City's website: <http://www.tricitymhs.org>

Public Participation. Section 54954.3 of the Brown Act provides an opportunity for members of the public to address the Mental Health Commission on any item of interest to the public, before or during the consideration of the item, that is within the subject matter jurisdiction of the Mental Health Commission. The public can make a comment during general public comments or on a specified agenda item by leaving a voice mail message at (909) 451-6421 or by writing an email to molmos@tricitymhs.org. All voice mail messages and emails received by 1:30 p.m. will be read into the record at the appropriate time. If you wish to speak on a matter which is not on the agenda, you will be given the opportunity to do so at the Public Comment section. No action shall be taken on any item not appearing on the Agenda. The Chair reserves the right to place limits on duration of comments.

Any disclosable public records related to an open session item on a regular meeting agenda and distributed by Tri-City Mental Health Authority to all or a majority of the Mental Health Commission less than 72 hours prior to this meeting are available for public inspection at <http://www.tricitymhs.org>

CALL TO ORDER

Chair Henderson calls the meeting to Order.

ROLL CALL

Anne Henderson – *Chair*
Wray Ryback – *Vice-Chair*
Carolyn Cockrell – GB Liaison
Ethel Gardner

Joan M. Reyes
Twila L. Stephens
Alfonso Villanueva

David J. Weldon
Toni L. Watson
Davetta Williams

REGULAR BUSINESS

- I. **APPROVAL OF MINUTES FROM THE JANUARY 12, 2021 MENTAL HEALTH COMMISSION REGULAR MEETING**
- II. **PRESENTATION**
 - A. “RECOVERY MOMENTS” STORY
 - B. COVID-19 VACCINE INFORMATION AND PREPARATION FOR TRI-CITY CLIENTS, COMMUNITY AND STAFF
- III. **EXECUTIVE DIRECTOR REPORT**

COMMISSION ITEMS AND REPORTS

Commissioners are encouraged to provide comments or ask questions about the community’s mental health needs, services, facilities and special problems. In addition, this is an opportunity to provide reports on their activities.

PUBLIC COMMENT

The Public may speak regarding any Tri-City related issue. No action shall be taken on any item not appearing on the Agenda. The Chair reserves the right to place limits on duration of comments.

ADJOURNMENT

The next Regular Meeting of the Mental Health Commission will be held on **Tuesday, March 9, 2021 at 3:30 p.m.** via teleconference due to the COVID-19 pandemic.

MICAELA P. OLMOS
JPA ADMINISTRATOR/CLERK



**MINUTES
REGULAR MEETING OF THE MENTAL HEALTH COMMISSION**

JANUARY 12, 2021 – 3:30 P.M.

The Mental Health Commission met in a Regular Meeting on Tuesday, January 12, 2021 at 3:32 p.m. via teleconference pursuant to California Governor Newsom Executive Order N-25-20 wherein he suspended certain provisions of the Brown Act to allow the continuation to hold meetings without gathering in a room in an effort to minimize the spread and mitigate the effects of COVID-19 (Corona Virus Disease of 2019).

CALL TO ORDER Chair Watson called the meeting to order at 3:32 p.m.

ROLL CALL Roll call was taken by JPA Administrator/Clerk Olmos.

PRESENT: Toni L. Watson, Chair
Anne Henderson, Vice-Chair
Carolyn Cockrell, GB Member Liaison
Joan M. Reyes
Wray Ryback
Twila L. Stephens
Alfonso "Al" Villanueva
David J. Weldon

ABSENT: Ethel Gardner
Davetta Williams

STAFF: Toni Navarro, Executive Director
Rimmi Hundal, Director of MHSA and Ethnic Services
Jessica Hicks, Clinical Wellness Advocate
Mica Olmos, JPA Administrator/Clerk

REGULAR BUSINESS

I. APPROVAL OF MINUTES OF THE GOVERNING BOARD AND MENTAL HEALTH COMMISSION JOINT MEETING OF DECEMBER 16, 2020

There being no comment, Commissioner Ryback, and Vice-Chair Henderson seconded, to approve the Minutes of the December 16, 2020 Regular Joint Meeting of the Governing Board and Mental Health Commission. The motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Reyes, Ryback, Stephens, and Weldon; and Vice-Chair Henderson. NOES: None. ABSTAIN: Commissioner Villanueva and Chair Watson. ABSENT: Commissioners Gardner and Williams.

AGENDA ITEM NO. I

II. ELECTION OF OFFICERS OF THE MENTAL HEALTH COMMISSION EACH ODD-NUMBERED YEAR

JPA Administrator Clerk Olmos explained the election of officers' process; noting that there will be an election of office of Chair and office of Vice-Chair; she then asked if there were any nominations for the office of Chair.

Commissioner Villanueva nominated Vice-Chair Anne Henderson; Vice-Chair Henderson nominated Commissioner Joan Reyes; and Commissioner Stephens nominated Commissioner Wray Ryback, to serve as the Chair of the Mental Health Commission. Since the Chair office had more than one nominee, the election was carried by secret and written ballot resulting in a tie for two nominees. The motion to appoint Anne Henderson as Chair to the Mental Health Commission was carried by a coin toss.

Commissioner Villanueva then nominated Commissioner Wray Ryback; Commissioner Watson nominated Joan Reyes as Vice-Chair to the Mental Health Commission. Since the Vice-Chair office had more than one nominee, the election was carried out by secret and written ballot. The motion to appoint Wray Ryback as Vice-Chair to the Mental Health Commission was carried by the majority of the member vote.

Chair Henderson presided over the meeting.

III. PRESENTATION

A. "RECOVERY MOMENTS" STORY

Linda Brown stated that five years ago she was in darkness, then she went to Tri-City where she received help and found her way back into the light; shared her illness struggles and pointed out that she is grateful because she did not believe anyone cared, but she was wrong; that she no longer lives afraid and feels better about herself; she said that she would recommend Tri-City to everyone that needs it; and thanked Tri-City staff for choosing this line of work.

Executive Director Navarro applauded her story of recovering; thanked her for being in today's Commission meeting and for having the courage of sharing her story; and expressed excitement for her being a champion for Tri-City in the communities of Pomona, Claremont in Laverne.

B. TRI-CITY MENTAL HEALTH AUTHORITY SUMMARY OF ACTIONS DURING 2020

Executive Director Navarro provided a recap and recounted some of the highlights during year 2020 which was such a difficult year for so many; she acknowledged that there have been some very dark moments for several Tri-City staff members in the past 10 months due to COVID which has been relentless; she expressed gratitude and also having a more profound level of awe and respect for Tri-City staff for continuing to be putting the mission and the vision of Tri-City first, noting that they walk in their grief and they focus on their healing, but they still come to work every day and do the work that they do. She indicated that on March 19, 2020, Tri-City began modified operations due to COVID-19, and earlier that day, Tri-City's Governing Board convened a special meeting wherein they adopted a temporary telecommuting operations policy and authorized hazard pay, an additional \$3 per hour, for those employees who are essential workers which are at-risk by interacting with clients and the public.

She then reported that the IT team was remarkable in getting laptops, setting tutorials, and helped in whatever was necessary to get staff set up and to allowed them to work from home; she then acknowledged and discussed the duties of those departments, programs, and divisions who did not stop coming to work: the intensive outreach and engagement team and medication support team, the community navigators, housing, members of the wellness center, the FSP teams, and clinical outpatient teams both in child and family which are rotating in the office every week, the facilities team, and the program support team. She also indicated that when the quarantine center at the Sheraton Fairplex opened, the LACDMH was poised to come in and provide the mental health services, and Tri-City stepped up and also had staff go to the quarantine center -the navigators and at least one clinical staff- daily to help with that impact. She likewise reported that the finance department had done an amazing job of keeping Tri-City strong financially for the last several years which resulted in Tri-City entering into the pandemic strong with heavy reserves, and at the same time, the clinical teams were on track with their productivity; that Tri-City was able to pay down almost to the end its bankruptcy, noting that staff will setup a plan to make the final payment at the February or March Board meeting and everyone will be invited; that it has taken just over 12 years to pay off a very significant debt to the state, former staff and partners, and the LACDMH; expressed excitement for the money that Tri-City has been paying toward bankruptcy will now stay in-house for services because the need in our community will continue to rise. She also indicated that Tri-City turned 60 on June 22nd; that we are celebrating its 60th anniversary; that Tri-City has been providing services since 1960; discussed the ideas planned but were cancelled due to COVID, but instead Tri-City will conduct a deep community assessment and feedback led my consultants Brand Purpose; discussed the planned strategies to talk about Tri-City where it is, where is headed, what it is, and who the community wants and needs Tri-City moving forward within its role as the public mental health authority for the community over the next 10 years. She then announced that the State of California will sign a new contract with the federal government for its Medicaid here in California; that is going to look different for Medi-Cal recipients in California because it will be moving towards a more whole person care approach across County behavioral systems that may include also some payment reform and some other expectations around different programs that will implement so that we can have a statewide blanket of those programs; that more particularly, Tri-City is one of two cities in the County behavioral health system and the impact might be a little different than the counties. She then reported that Tri-City designed and developed a community intervention program called Psychiatrist Assessment Care Team (PACT) and will enter into a MOU with the City of Claremont, noting that it is a great model for our three cities and the entire County. She then indicated Tri-City had some turnover as a result of COVID, including the retirement of Chief Operations Officer Nancy Gill, and the upcoming retirement of Chief Clinical Officer Angela Igrisan on March 31st; announced that Elizabeth Renteria is the newly appointed Chief Clinical Officer and discussed her background and qualifications. She announced that the COVID vaccine is now available for healthcare workers; however, the rollout is extremely slow. Lastly, she thanked the Mental Health Commission for being so active and engaged with Tri-City this past year and that she looks forward to do more events with the Commission.

Commissioner Villanueva referred to the PACT collaboration with the Claremont Police Department and inquired if the PACT was going to be trained in crisis intervention. Executive Director Navarro replied that the PACT is Tri-City's crisis outreach and med support team, and that crisis intervention is their specialty within our agency; that the team will include a licensed psychiatric technician and a licensed therapist; noted that Tri-City already does this work as liaison with the Cities of Pomona, Claremont and La Verne; explained that the PACT collaboration means that Tri-City staff will be on-site at the Claremont PD and there will be no delays when they need us; and discussed how the psychiatry emergency team works.

IV. EXECUTIVE DIRECTOR REPORT

Executive Director Navarro discussed the governor's budget report and reported that there are some actions in support for behavioral health; that a one-time funding for behavioral health will increase next year which will help our residents of California get through this next wave of the crisis.

COMMISSION ITEMS AND REPORTS

Vice-Chair Ryback referred to the Commission goals from 2020, and inquired if the goals to have a quorum at all commission meetings, and also 100% participation in stakeholder meetings, were met.

Executive Director Navarro stated that the Commission met its goal of 100% participation in stakeholder meetings; and that there was only one meeting when the Commission did not have a quorum.

JPA Administrator/Clerk Olmos stated that another Commission goal was to communicate when a commissioner would not be attending the meeting, and this goal was not completely met since the same members that continue to be absent, do not notify of their upcoming absence.

Commissioner Villanueva praised the advertising of community events, noting that they are good community service announcements by Tri-City and the staff member in charge of these announcements is doing a very good job in connecting with the Spanish speaking community in the Pomona Valley.

PUBLIC COMMENT

There was no public comment.

ADJOURNMENT

At 4:27 p.m., on consensus of the Mental Health Commission its Regular Meeting of January 12, 2021 was adjourned. The next Regular Meeting of the Mental Health Commission will be held on Tuesday, February 9, 2021 at 3:30 p.m. via teleconference due to the COVID-19 pandemic.

Micaela P. Olmos, JPA Administrator/Clerk



II. PRESENTATION

A. "RECOVERY MOMENTS" STORY

Staff will introduce Tri-City clients from Clinical and MHSA programs, respectively, to talk about their journey of healing and recovery.

B. COVID-19 VACCINE INFORMATION AND PREPARATION FOR OUR CLIENTS, COMMUNITY AND STAFF

Presenters: Isela Moreno, Program Supervisor-Community Navigators; and Gamaliel Polanco, Wellness Center Manager



Tri-City Mental Health Authority MONTHLY STAFF REPORT

DATE: February 9, 2021

TO: Mental Health Commission of Tri-City Mental Health Authority

FROM: Toni Navarro, LMFT, Executive Director

SUBJECT: Executive Director's Monthly Report

TRI-CITY HAS A NEW CHIEF CLINICAL OFFICER

On January 19, 2021 Tri-City welcomed its new Chief Clinical Officer, Elizabeth (Liz) Renteria. Liz is a licensed clinical social worker born and raised in Whittier and an alum of our own local University of La Verne. However, she came to Tri-City by way of Bend, OR where for the past many years she was a behavioral health program manager for Deschutes County Health Services. Liz's extensive experience in county behavioral health in Oregon made her a stand out candidate in our recruiting process and we are excited to have her.

Our current Chief Clinical Officer, Angela Igrisan, was set to retire the end of December, but she graciously postponed her exit from Tri-City for a few months to insure adequate time to transition/train Liz in the role. We will have farewell festivities for Angela in March.

BRAND PURPOSE + TRI-CITY COMMUNITY ASSESSMENT AND FEEDBACK SESSIONS UPDATE

On February 2-4, Brand Purpose conducted a "Future-Search" conference event for Tri-City. As discussed in last month's report, this 2.5 day event was a comprehensive discussion, review, and planning of mental health needs, services and anticipated future needs in the three cities' region. Leader from 30+ agencies across Claremont, La Verne, and Pomona representing public safety, local government, education, social services, and health services attended. Throughout the event participants were divided into working groups completing worksheets of questions aimed at creating a "road-map" and recommendations for what a thriving and mentally well three cities' community could be. On the final day, each group presented out to the larger group their ideas/plan.

In next steps, the Brand Purpose team will compile all the information from that event and create a comprehensive report to then present to the Mental Health Commission for its review and their own discussion of the topics and issues addressed.

BLACK HISTORY MONTH

February is Black History Month and a time to not only celebrate the significant contributions of African-Americans to the history and success of this country, but is also a time to focus on and lift up continued efforts to progress racial justice and equity for Black Americans. Tri-City's Cultural Inclusion and Diversity Committee created a newsletter, is co-hosting an event with the African-American Family Wellness Advisory Council (AAFWAC), and is re-posting its call for members to join AAFWAC every 4th Thursday of the month at 10:30am. Those items/events are attached to this report for your information and to share with your networks.

Attachments:

Attachment III-A: Tri-City's Cultural Inclusion and Diversity Committee Newsletter

Attachment III-B: African-American Family Wellness Advisory Council (AAFWAC) Flyer

Attachment III-C: AAFWAC Health is Wealth Flyer



BLACK HISTORY MONTH

FEBRUARY 2021 CIDC Newsletter

Tri-City's Cultural Inclusion and Diversity Committee

TABLE OF CONTENTS

ABOUT BLACK
HISTORY MONTH

SIGNIFICANCE OF THE
AFRICAN AMERICAN
FLAG

MENTAL HEALTH
RESOURCES FOR
BLACK AND AFRICAN
AMERICAN
COMMUNITIES



EVERY GREAT
DREAM BEGINS
WITH A DREAMER

- HARRIET TUBMAN

ABOUT BLACK HISTORY MONTH



February has been designated Black History Month also known as African American History month. This month honors the impact African Americans have made in the United States. The celebration began as “Negro History Week,” which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator and publisher. February was chosen to coincide with Fedrick Douglas' and Abraham Lincoln's birthday.

According to the United States Census, 13.2% of the U.S population identify as Black or African American. Of those identified in the African American community, 16% had a diagnosable mental health illness. Although stigma around mental health is still held strong amongst the African American community, they are still receptive to receiving treatment. Faith, spirituality and community play a big role in this community as a form of support and a place to receive resources. It is beneficial and crucial to incorporate these values in the treatment plan to help reduce and alleviate unwanted mental health symptoms.

THE SIGNIFICANCE OF THE AFRICAN AMERICAN FLAG

The African American Heritage flag was created in 1967 by Melvin Charles and Gleason T. Jackson. The flag has become a representation of pride and unity within the African community. Each color of the flag has its own symbolic meaning.

Red

Red represents the blood that unites all people of Black African ancestry, and the blood shed by Africans who died in their fight for liberation.

Black

Black represents the color of the infinite, the mysterious and the unified. It represents the color of the original people. It compels us to remember that black people are united as members of one family.

Green

Green is the symbol of growth and the natural fertility of Africa. It represents the luxuriant vegetation of the motherland and the abundant natural wealth of Africa.

**"NEVER BE LIMITED BY OTHER
PEOPLE'S LIMITED IMAGINATION"**

- DR. MAE JAMENSON, FIRST AFRICAN AMERICAN ASTRONAUT



MENTAL HEALTH RESOURCES

Below is a list of culturally-relevant mental health resources for black, indigenous, and people of color (BIPOC) communities. This is not a comprehensive list, but rather an access point for those looking for more information about mental health and wellness. The information and resources presented here are not intended to replace mental health treatment.

Black Emotional and Mental Health Collective (BEAM)

Offers tools and resources for self-care and building healthy relationships. The collective is also holding free Black-centered healing and support virtual spaces that often include support and meditation. Registration for events are available [here](#).

The Safe Place

A free app, available on both iOS and Google Play, designed to support Black people's mental health. It includes info about mental illnesses, how police brutality and racism impact mental health and self-care tips.

Toolkit: Healing in the Face of Cultural Trauma

(Association of Black Psychologists, Community Healing Network)
Developed by and for people of African ancestry, for self-care, family-care, and community care. This 26-page toolkit, written in English and Spanish, contains information about how stress and trauma affect the body and mind, and self-care strategies for dealing with the effects of racism.

44 Mental Health Resources for Black People Trying to Survive in This Country | Gotchu: Mental Health, Your Friend, And You

Recommendations on the best ways to support someone close to you who is experiencing psychological distress. [Black Women's Health Imperative](#) is a nonprofit organization founded by black women to "help protect and advance the health and wellness of Black women and girls." The site includes information about physical health as well as a [quiz](#) to determine your stress level.

Getsomejoy

A year-long multimedia campaign to promote mental and emotional wellness among Black & Brown folks through fellowship opportunities, dynamic live events, powerful written and video content, wellness resources and education, and engagement through storytelling and therapeutic creative expression.

Ourselfes Black

A collection of stories, images, and narratives that explore and destigmatize the Black experience of mental health with the intention of empowering the Black community.

Black Mental Wellness

Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

Eustress

A non-profit organization that raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.

National Organization for People of Color Against Suicide (NOPCAS)

NOPCAS aims to reduce the stigma of suicide prevention among communities of color through training and advocacy.

**"A PEOPLE WITHOUT THE KNOWLEDGE OF THEIR PAST HISTORY,
ORIGIN AND CULTURE IS LIKE A TREE WITHOUT ROOT."**

-MARCUS GARVEY



AFRICAN AMERICAN FAMILY WELLNESS ADVISORY COUNCIL

Become an AAFWAC Member Today!

- Share your ideas and experiences to help improve Tri-City services.
- Join other community members who work with and support Black and African American communities

Be a voice
for your
community

AAFWAC Members:

- Are connected with the cities of Claremont, La Verne or Pomona through residence, work, school or volunteering
- Attend a monthly virtual meeting
- Share feedback to help improve wellbeing for Black and African American individuals and families

Want to Get Involved?

Join us virtually
4th Thursday of the month | 10:30 am

To sign-up and learn more contact:

Veronica Awodu,
Mental Health Rehabilitation Specialist II
(909) 242-7624 | vawodu@tricitymhs.org

Stay Connected with Us

www.tricitymhs.org     @TriCityMHS



THE AFRICAN AMERICAN FAMILY WELLNESS
ADVISORY COUNCIL PRESENTS

FREE WEBINAR

HEALTH IS WEALTH

Tips and affordable strategies to help
lead you and your family toward
optimal health and wellness.

THURSDAY,
FEBRUARY 18, 2021
6:00 PM – 7:00 PM



Guest Speaker
Dr. Oluwole Oluwola, MD

    @TriCityMHS

A recording of the webinar will be available at
tricitymhs.org



Sign-up for Free:
bit.ly/aafwac-health