



**MINUTES  
REGULAR MEETING OF THE  
MENTAL HEALTH COMMISSION  
JANUARY 13, 2015 – 3:30 P.M.**

The Mental Health Commission met in a regular meeting on Tuesday, January 13, 2015 at 3:31 p.m. in the Administration Building, 1717 N. Indian Hill Blvd. # B, Claremont, California.

**CALL TO ORDER**      Chair Bloom called the meeting to order at 3:31 p.m.

**ROLL CALL**              A visual roll call was taken.

**PRESENT:**      Arny Bloom, Chair  
                      Sylvia Whitlock, Ph.D., Vice-Chair  
                      Betsy MacLaren, Secretary  
                      Cheryl Berezny  
                      Ashley Nielsen, MSW  
                      Donald R. Perez  
                      Twila L. Stephens  
                      Toni L. Watson  
                      Davetta Williams

**ABSENT:**        Paul Capraro

**STAFF:**        Toni Navarro, Executive Director  
                      Elizabeth Owens, LMFT, Acting Director of Clinical Program Services  
                      Diana Acosta, Controller  
                      Rimmi Hundal, MHSA Manager  
                      Dana Stein, MSHA Projects Coordinator  
                      Donald Pruyn, Housing Project Manager  
                      Mica Olmos, Executive Assistant

**I.      APPROVAL OF MINUTES FROM THE DECEMBER 17, 2014 GOVERNING BOARD /  
            MENTAL HEALTH COMMISSION JOINT MEETING**

There being no comments, Commissioner Watson moved, and Commissioner Perez seconded, to approve the Minutes of the Joint Meeting with the Governing Board of December 17, 2014. The motion was carried by the following vote: AYES: Commissioners MacLaren, Nielsen, Perez, Stephens, and Watson. NOES: None. ABSTAIN: Commissioners Berezny and Williams; Vice-Chair Whitlock; and Chair Bloom. ABSENT: Commissioner Capraro.

## **II. ELECTION OF OFFICERS FOR THE 2015 CALENDAR YEAR AS REQUIRED BY THE BY-LAWS OF THE MENTAL HEALTH COMMISSION**

Chair Bloom stepped down as Chair of the Mental Health Commission to allow nominations for Chair and Vice-Chair as required by the By-Laws of the Mental Health Commission.

Executive Director Navarro presided over the meeting and called for nominations for Chair as required by the By-Laws of the Mental Health Commission to be done every odd-numbered years.

Commissioner Nielsen inquired if anybody else had been a Chairperson since Arny Bloom had served in the Commission.

Commissioner Bloom stated that since he had been a Member, Pomona Chief of Police Paul Capraro and Claremont Police Officer Dennis Smith had served as Chairpersons. He then asked Vice-Chair Whitlock if she was interested in becoming the Chairperson. Vice-Chair Whitlock replied she was not opposed.

Commissioner Nielsen then inquired about the roles and responsibilities of the Chairperson.

Commissioner Bloom stated that the Chairperson presides at the Commission meetings and represents the Commission at other meetings, such stakeholders meeting or MHSA annual public hearings, and understands Tri-City's programs.

Tri-City staff added that the Chairperson serves as an important advisory representative of the Commission, such in community outreach, special position recruitments, and other advisory matters, and having time flexibility to represent the Commission.

Commissioner Watson expressed desire to serve as the Commission Chair.

There being no further discussion, Commissioner MacLaren nominated Toni Watson, and Commissioner Bloom nominated Dr. Whitlock, for Mental Health Commission Chair. Since the Chair office had more than one nominee, the election was carried out by secret and written ballot. The motion to appoint Dr. Sylvia Whitlock as the Chair to the Mental Health Commission was carried by the majority of the member vote.

Commissioner MacLaren then nominated Toni Watson as Vice-Chair to the Mental Health Commission. There being no other nominations for the Office of Vice-Chair, Commissioner MacLaren moved, and Commissioner Bloom seconded, to appoint Toni Watson as Vice-Chair to the Mental Health Commission. The motion was carried by the following vote: AYES: Commissioners Berezny, Bloom, MacLaren, Nielsen, Perez, Stephens, Watson and Williams; and Chair Whitlock. NOES: None. ABSTAIN: None. ABSENT: Commissioner Capraro.

At 3:46 p.m., Chair Whitlock presided over the meeting.

### **III. PRESENTATION**

Executive Director Navarro presented an overview of Adverse Childhood Experiences (ACE) Study findings and implications for community health and wellbeing. She indicated that the ACE Study was conducted between 1995 & 1997 as a result of observations made by the author of the Study Dr. Vincent J. Felitti, physician in the San Diego area working for Kaiser HMO, who saw in his patients a connection between childhood trauma and obesity, smoking, and instances of substance abuse, after he conducted a weight loss study and informal surveys. She explained that in 2006, another major study identified that people suffering from a severe mental illness died on an average of 25 years younger than the rest of the average population. However, more importantly, it identified that about 70% of those with a severe mental illness had died due to other health related issues such as chronic pulmonary disease, ischemic heart disease, diabetes, or cancer; rather than suicide, as it was the common belief. She then referred to the ACE Study Pyramid which described that if there were adverse childhood experiences, individuals were more likely to develop social, emotional and cognitive impairments that will put them at risk to adopt health-risk behaviors; which contributed to disease, disability, and social problems; which lead to an early death. She then talked about the ACE Study questionnaire which was divided into three categories abuse, neglect, and household dysfunction, and distributed a copy of it. She indicated that the ACE Study, a joint project between the Center for Disease Control in the east coast and Kaiser Southern CA, had mailed approximately 17,000 questionnaires to persons in their late 40s to early 50s who came in for a comprehensive physical exam; that the questionnaire had only 10 questions about experiences during the first 18 years of life; and that only about 70% were returned. It was discovered that there is a connection between childhood trauma and having poor health since the results showed that those individuals that had more than four adverse childhood experiences compared to those that had none, were more likely to be smokers, have sexually transmitted diseases, have physical inactivity and severe obesity. She then talked about what Tri-City is doing with this information such as prevention and early intervention and community capacity building; and also helping implement the protective factors such as Mental Health First Aide (MHFA) because it gives the community the tools to identify those that are struggling with a mental illness. Lastly, she encouraged the Commission to think about what Tri-City should focus on during the stakeholders meeting by evaluating the programs being offered and participating on the discussions as the Commission was the eyes and ears of the community to help Tri-City's system of care.

Commissioner Bloom stated that, as a person that teaches MHFA, the MHFA course is geared to adults and there should be a curriculum geared to children because as it is now, it does not address trauma in kids. He then quoted book author Bruce Perry about the importance of children having a trusting adult that they are able to rely upon. Executive Director Navarro added that Bruce Perry's work is children psychology that focused on the impact of trauma and how to heal it.

### **IV. REPORTS**

Executive Director Navarro shared that the Governor's State of the State Address resonated with Tri-City's history and efforts; therefore, the best course of action for Tri-City staff is to stop and ground themselves, to nurture what has been created so that the foundation that has been set, gets really fortified to withstand whatever comes their way. She then announced that Dr.

David Block is the new Medical Director who will continue to work with the psychiatric team, the licensed psych team, and will stay abreast on current policy and changes at the federal and state level regarding medication and documentation; that a housing update from Housing Project Manager Pruyn was enclosed for the Commission review; provided an update regarding the Director of Clinical Program Services recruitment and discussed the recruitment process; announced that the Ground Breaking Ceremony for the Cedar Springs Housing Project had been scheduled for January 29th; and that the Community Grants Project will start in February, noting that an informational Community Grantee Meeting will take place tomorrow for those that are interested in learning about the grant.

### **COMMISSION ITEMS AND REPORTS**

Commissioner Perez reported that he had attended a seminar regarding veteran's housing; that there is currently a process of possibly establishing a veteran's housing in Riverside; and that he had provided related information to staff as a source of information. He then asked for an update regarding the CalPoly Veteran's group.

MHSA Manager Hundal reported that the CalPoly Veteran's group visited the Wellness Center, the Therapeutic Community Garden, and that they had also met with Acting Director of Clinical Program Services Elizabeth Owens to go over the programs that Tri-City currently offers; and that she is currently waiting from Elke Azpeitia to schedule a Tri-City visit to the CalPoly Resource Center to conduct a focus group, noting that she will be inviting Commissioner Perez to join the team for the focus group.

Commissioner Perez thanked staff and stated that they were off to a great start.

Chair Whitlock announced that on May 29th, the Rotary Club in Claremont will have a program regarding Veterans issues.

Executive Director Navarro reported that staff is actively looking in the City of Claremont for possible affordable housing. Noting that in two weeks she will meet with the City Manager for the City of Claremont to advise him of Tri-City intentions.

Chair Whitlock shared her experience as an interview panelist for the Director of Clinical Program Services position and expressed satisfaction about all the wonderful comments that all the candidates had about Tri-City.

Discussion ensued about Tri-City's website and how it contains great information about all of Tri-City's programs.

Commissioner Nielsen requested a presentation about Tri-City staff structure to understand the roles and responsibilities for each position.

MHSA Manager Hundal announced that Tri-City staff is gearing up the programming at the Wellness Center and will be conducting an extensive outreach in the community; therefore, she encouraged the Commission to notify staff of any community meeting where Tri-City can attend and make a presentation about programs currently being offered.

MSHA Projects Coordinator Stein distributed information about the two upcoming stakeholders meeting taking place in January 22nd and on January 26th.

**PUBLIC COMMENT**

There was no public comment.

**ADJOURNMENT**

At 4:26 p.m., on consensus of the Mental Health Commission its meeting of January 13, 2015 was adjourned. The next Regular Meeting of the Mental Health Commission will be held on **Tuesday, February 10, 2015**, in the Administration Building, 1717 North Indian Hill Boulevard #B, Claremont, California.



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Micaela P. Olmos, Executive Assistant