



**MINUTES
REGULAR MEETING OF THE
MENTAL HEALTH COMMISSION
NOVEMBER 12, 2019 – 3:30 P.M.**

The Mental Health Commission met in a Regular Meeting on Tuesday, November 12, 2019 at 3:35 p.m. in MHSA Administrative Office, 2001 North Garey Avenue, Pomona, California.

CALL TO ORDER Chair Watson called the meeting to order at 3:35 p.m.

ROLL CALL A visual roll call was taken.

PRESENT: Toni L. Watson, Chair
Anne Henderson, Vice-Chair
Cheryl Berezny
Rubio R. Gonzalez (arrived at 3:37 p.m.)
Joan M. Reyes
Wray Ryback
Twila L. Stephens
Alfonso "Al" Villanueva
David J. Weldon

ABSENT: Ethel Gardner
Jeanette Heitmann
Daniel Rodriguez
Davetta Williams

STAFF: Toni Navarro, Executive Director
Angela Igrisan, Chief Clinical Officer
Rimmi Hundal, Director of MHSA and Ethnic Services
Cristina Canzonieri, Program Supervisor, SADS
David Yim, Program Supervisor
Jamie Ritchey, Community Capacity Organizer
Mica Olmos, JPA Administrator/Clerk

I. APPROVAL OF MINUTES FROM THE OCTOBER 8, 2019 MENTAL HEALTH COMMISSION REGULAR MEETING

There being no comment, Vice-Chair Henderson moved, and Commissioner Reyes seconded, to approve the Mental Health Commission Minutes of its Regular Meeting of October 8, 2019. The motion was carried by the following vote: AYES: Commissioners Berezny, Reyes, Stephens, Villanueva, Weldon; Vice-Chair Henderson; and Chair Watson. NOES: None. ABSTAIN: Commissioner Ryback. ABSENT: Commissioners Gardner, Heitmann, Rodriguez, and Williams; and Governing Board Liaison Gonzalez.

At 3:37 p.m., Governing Board Member Liaison Rubio Gonzalez arrived at the meeting

II. PRESENTATION

A. “RECOVERY MOMENTS” STORY

Jamie Ritchey, Community Capacity Organizer, stated that the speakers’ bureau “Courageous Minds” was created as part of Tri-City’s stigma reduction campaign “Room 4 Everyone”. She explained outreach efforts, training involved, and how the panelists share their stories of recovery and open dialogues with Q & A. She then introduced Gerard who is a great example of recovery and reinforces that recovery is possible

Gerard, discussed how he joined the courageous minds and shared his story of recovery as a suicide survivor and his life journey living with a mental illness.

Commissioner Villanueva stated that he honored Gerard because of his courage to share his story of recovery and survival.

Commissioner Ryback inquired if Gerard participates in other activities outside Tri-City. Gerard replied in the negative noting that he only participates in Courageous Minds and NAMI.

Jordan, shared her story of recovery and how Tri-City has helped in her journey, noting that she is ‘feeling as good as she ever felt in a very long time.’

Staff and Commissioners thanked presenters and their families for being in attendance and sharing their story.

B. BYE BYE BUTTS PROGRAM UPDATE

Executive Director Navarro announced that two managers were going to talk about the Bye Bye Butts program which is Tri-City’s version of the Great American Smokeout.

David Yim, Program Supervisor, shared that this is the 6th season for the Bye Bye Butts program, noting that at the beginning staff had information booths and people learned about quitting smoking and were encouraged to think about their smoking behavior; he discussed statistics amongst the tobacco users and reported that 25% of the population suffer from a mental condition; and about 40% of tobacco users suffer from a mental illness; talked about of what staff is working on which is introducing technology to host a Bye Bye Butts forum and broadcast simultaneously to different sites, and be able to archive it.

Cristina Canzonieri, Program Supervisor, Substance Abuse Disorder Services, discussed vaping statistics, noting that currently there a huge vaping epidemic; that vaping among high school students has increased 78%; that some e-cigarettes might contain as much nicotine as 20 cigarettes; announced that next Thursday the forum will take place from 12-2 p.m., stating that there will be three presentations from 1) from Dan Blocker, PhD, LMFT, Director of Behavioral Health at Pomona Valley Hospital Medical Center, Family Medicine Residency, and will be presenting on Tobacco and mental health; 2) Jessica Vozella, Advocacy Specialist at the American Lung Association, and will present on public health messages on tobacco and vape use; and 3) that she and two other certified substance abuse counselors will present on how they can implement all this into the current therapy sessions and treatment plans for Tri-City clients.

Executive Director Navarro stated that the Commissioners were welcomed to attend the Bye Bye Butts forum at the Wellness Center, or the forum webinar at the MHSA Building, noting that it is a public event. She also shared that webinars provided by SAMSHA (Substance Abuse and Mental Health Services Administration), which help understand the disparate impact of cigarette smoking on persons with mental health conditions, provided a fact that made it important for staff to make this an annual event and to really make a bid deal about it; that the fact is that not only persons with mental health conditions are disproportionately the smokers who are dying earlier of smoke related diseases in our country, but nicotine significantly interferes with the uptake of antipsychotic medications that have serious side effects on the body, and when someone is smoking, they have to take significantly more of their antipsychotic medication to have an impact and reduce their symptoms; therefore, she explained that if they stop smoking, they can reduce their antipsychotic medication intake by 50%; pointing out that these facts are important for clients to know and to learn this information.

Discussion ensued regarding tobacco use, marijuana use and how is regulated.

Governing Board Liaison Gonzalez indicated that the City of Pomona is looking into banning the sale of flavored tobacco because research shows that these are targeting the children, and pointed out that after hearing this information he will push harder for this.

The Commission thanked staff for their presentation.

C. HOUSING DIVISION UPDATE ON: 1. HOUSING STABILITY PROJECT; and 2. NEW SERVICE OPTIONS GROUP FOR TRI-CITY CLIENTS IN CLINICAL SERVICES

Executive Director Navarro stated that after the Housing Manager retired, the housing division is now under her direction and there are lot things happening and it is time to provide an update.

Mary Monzon, Housing Manager Trainee, talked about the Housing Stability Project stating that Tri-City serves active Tri-City clients, property managers and landlords in the three cities, as well as community members, noting that Tri-City serve them with housing referrals, supportive options group, good tenant curriculum, landlord luncheons, and the Open Door; she also discussed how each of these programs provide support, noting that it is very important that clients know tenant responsibilities, and landlords know their responsibilities; and highlighted the benefits of the good tenant curriculum. She then stated that the landlord luncheons are held monthly wherein different topics are discussed relating to federal, state and local laws for property owners/landlords, incentive programs, and other services available to them, in an effort to build partnerships and answer their concerns. She also indicated that the Open Door program was created to assist the community, which will consist of having a round table to hold a forum for discussing housing experiences and resources and noted that today was the first meeting held for this program.

Discussion ensued regarding how outreach is done for the three cities to participate in Tri-City's programs and services.

Board Member Liaison Gonzalez reported that the City of Pomona passed an emergency rent control no fault eviction ordinance because the State passed a basic protection for renters which resulted in raising the rents.

III. EXECUTIVE DIRECTOR REPORT

Executive Director Navarro reported that Tri-City had two visitors last week who are well respected behavioral health experts, Dr. Tom Insel, Governor Newsome's advisor on mental health in California, and Maggie Merritt, the Executive Director of The Steinberg Institute; she talked about the different activities in the four-hour long tour, in which Dr. Insel left a little bit earlier; pointing out that they met with staff, some clients, and learned about Tri-City's System of Care programming; and noted that they were very impressed with Tri-City's housing program, in particular the master lease that we have in place for some of the PSH units. She then reminded everyone about the community planning process and upcoming meetings; that December 14th is Pomona's Christmas Parade, and talked about the different activities planned by Tri-City.

COMMISSION ITEMS AND REPORTS

Commissioner Villanueva reported that he attended on October 3rd a homeless round table at the Hughes Center; expressed disappointment for comments that characterized the homeless as drug addicts and for business owners being discouraged from giving money to homeless persons.

Executive Director Navarro stated that it was unfortunate that this was his perception; however, she explained that the intent was not to prevent homeowners from helping, rather to teach them that the best way to help the homeless is by connecting them to Tri-City versus giving them money because this will not help the homeless in a long term sustainable recovery.

Discussion ensued regarding stigma, stereotypes, and Tri-City efforts for reducing stigma; as well as how to better keep the Mental Health Commission informed about its three goals for the year; and it was agreed that it will be placed as an agenda item for discussion until its completion.

Commissioner Reyes discussed several articles regarding student outreach and support for fellow students; about funding available for affordable housing; about statistics about men suffering from a mental illness and substance abuse. Commissioner Stephens reported that she has heard about a company that has developed a prototype tiny houses for \$4,000 and they are building new communities for test sites.


Executive Director Navarro reminded the Commission about Tri-City's employee recognition on December 12th will be taking place at Taylor Hall.

PUBLIC COMMENT

There was no public comment.

ADJOURNMENT

At 5:10 p.m., on consensus of the Mental Health Commission its Regular Meeting of November 12, 2019 was adjourned. The Mental Health Commission will meet next in a Regular Joint Meeting with the Governing Board to be held on Wednesday, December 18, 2019 at 5:00 p.m. in the MHSA Office, 2001 N. Garey Avenue in Pomona, California.



Micaela P. Olmos, JPA Administrator/Clerk