



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

APRIL 13, 2021 – 3:30 P.M.

The Mental Health Commission met in a Regular Meeting on Tuesday, April 13, 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 Henderson called the meeting to order at 3:32 p.m.

ROLL CALL Roll call was taken by Executive Director Navarro.

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

ABSENT: Ethel Gardner
Davetta Williams

STAFF: Toni Navarro, Executive Director
Rimmi Hundal, Director of MHSA and Ethnic Services
Elizabeth Renteria, Chief Clinical Officer
Chris Anzalone, Workforce Education and Training Supervisor
Jennifer Phang, MHSA Wellbeing Supervisor
Hannah Sprague, Communications Coordinator
Veronica Awodu, Mental Health Rehabilitation specialist
Clanisha Johnson, Clinical Wellness Advocate I
Douglas Hughett, Wellness Advocate I
Kristi Romero, Clinical Wellness Advocate II
Daisy Martinez, Community Capacity Organizer
Bruce Truong, Community Navigator
Mica Olmos, JPA Administrator/Clerk

REGULAR BUSINESS

- I. APPROVAL OF MINUTES FROM THE FEBRUARY 9, 2021 MENTAL HEALTH COMMISSION REGULAR MEETING**

There being no comment, Vice-Chair Ryback, and Commissioner Reyes seconded, to approve the Minutes of the February 9, 2021 Regular Mental Health Commission Meeting. The motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Reyes, Stephens, Villanueva, Watson, and Weldon; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioners Gardner and Williams.

II. APPROVAL OF MINUTES FROM THE MARCH 9, 2021 MENTAL HEALTH COMMISSION REGULAR MEETING

There being no comment, Commissioner Watson, and Commissioner Weldon seconded, to approve the Minutes of the March 9, 2021 Regular Mental Health Commission Meeting. The motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Reyes, Stephens, Villanueva, Watson, and Weldon; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioners Gardner and Williams.

III. PRESENTATION

A. "RECOVERY MOMENTS" STORY

None presented.

B. ANTI-RACISM TRAINING FOR ALL TRI-CITY STAFF AND STRATEGY TO EXPAND COLLABORATION WITH THE COMMUNITY

Director MHSA and Ethnic Services Hundal reported that Tri-City has a Cultural Competency Plan which has been updated in the Three-Year plan and submitted to the state; that staff presented to Tri-City's Governing Board a Proclamation declaring racism is a public health crisis in our three cities; that there is more to do, and in line with this Tri-City has established an advisory council that comprises of our staff called Cultural Inclusion and Diversity Committee (CIDC) which meets on a monthly bases; that there are advisory councils within the CIDC which are comprised of both staff and community members to find out if there gaps in Tri-City's programming which are not meeting the cultural needs of that subcommittee. She then introduced Chris Anzalone, Workforce Education and Training Supervisor, who will discuss recent anti-racism trainings staff recently participated in.

Executive Director Navarro indicated that Tri-City, as a Medi-Cal provider, is required to have a Cultural Competency Plan in place, and that it has to be reviewed and renewed every three years; and that the Plan calls for training for the entire agency.

Workforce Education Training Anzalone stated that Tri-City has taken to heart becoming more culturally aware and anti-racist, noting that it wants to be as fully competent and fully able to have difficult conversations and create the culture around the term of JEDI –Justice, Equity, Diversity and Inclusion; therefore, Tri-City contracted Dr. Allen Lipscomb, who is extremely knowledgeable about racism, racial trauma, and has done extensive work and research and studies in a variety of different settings, to facilitate all of the staff conversations centered around our own implicit biases. He then explained the JEDI training schedule and also provided an overview of the training for all staff which included intragroup sessions and intergroup sessions; about cultivating authentic relationships; learning how to confront the uncomfortableness of having conversations that are difficult by 'calling in' versus 'calling out'; and how to assess and filter implicit biases so

that they impact the actual work we do as well as how to be anti-racist, pointing out that being anti-racist does not only mean that you are not racist, but also you are actively not accepting racism. He then explained the effective way of 'calling in' somebody; and shared an email from a staff member praising the training performed by Dr. Lipscomb.

Jennifer Phang, MHA Wellbeing Supervisor and Chair of the Cultural Inclusion and Diversity Committee, provided an overview of CIDC noting that it is for the agency, for the community and for our staff; that CIDC evolved from Tri-City's former Cultural Competency Committee which was formed back in 2010. She then reported that with Tri-City having multiple departments, the CIDC is able to sustain through their feedback and input about increasing awareness of and access to mental health resources; promote the inclusion and representation of underserved and unserved communities; reduce mental health stigma within identified communities; build collaboration across departments; provide cultural competency, inclusion, and behavioral health equity trainings for staff and community members; and help develop and improve cultural competent and linguistically appropriate services, policies and materials.

Hannah Sprague, Communications Coordinator and Vice Chair of the Cultural Inclusion and Diversity Committee, provided information about the CIDC Wellness Advisory Councils which demonstrates the overall growth of CIDC and the reflection of how staff continue to promote Tri-City's mission to dismantle behavioral health barriers within, and build equity within our three cities. She then stated that these wellness advisory councils were an opportunity for Tri-City to form an alliance with community partners to help advocate for the mental health needs of specific targeted communities that we serve in our three cities, allowing us to expand membership to Tri-City's clients, their families, consumers, advocates, community members, and representatives of local organizations and service providers within our three cities that we collaborate with, to share their voices, their knowledge, and their collective experiences so that we can effectively respond to gaps in service and better identify the greatest needs and priorities related to mental health within their community, and that by doing so, they help Tri-City advocate for culturally competent services and provide guidance and recommendations; and that these councils are intended to create a safe space for all community members to come together and engage in open dialogue and learn authentic action around equity and inclusion, noting that each council has found a unique way to be able to educate and highlight their community, especially in how Tri-City can support them during COVID-19.

Veronica Awodu, Mental Health Rehabilitation Specialist, Chair of the African American Family Wellness Advisory Council (AAFWAC), indicated that this council was formed in December 2019.

Clanisha Johnson, Clinical Wellness Advocate I, Co-Chair of the African American Family Wellness Advisory Council (AAFWAC), stated that this council started with family members wanting to have a safe place to share their experiences as it related to mental health and wellbeing; that it also focuses on trauma in the African-American community; that they are currently reading the book titled 'Breaking The Chains Of Psychological Slavery'; and discussed their goals during May which is Mental Health Month that will promote awareness regarding the advisory council to let other people know that the community and local organizations can attend and promote different resources, and those that we have as well; that current activities and events are posted on our social media; and named some of the local organizations that they are collaborating with, and the webinars they have hosted.

Douglas Hughett, Wellness Advocate I, Chair of the Resilience, Allies, Identity, Nurturing, Building equity, Open for all, and Wellness (RAINBOW) Advisory Council (LGBTQ+), reported that as peer mentor, he started four years ago a LGBTQ+ support group called 'Proud To Be Me.', that Christie Romero, was the co-facilitator of the I am 'proud to be me' support groups; that the RAINBOW Advisory Council started in September of 2020; that its goal is to reach out to both TAY and older LGBTQ+ individuals who identify within the community so that they could come together and gain support from one another and also to connect with local LGBTQ+ organizations to share their personal experiences with receiving care at Tri-City Mental Health. He then shared some of the current activities and events that the council is working on for mental health month which includes a webinar called 'Engaging In Difficult Conversations Within The LGBTQ+ Communities'; discussed the collaborations with local partners and the recent successes which includes having gender neutral bathrooms at all Tri-City locations and having all of Tri-City staff add their gender pronouns to their work email signatures to show that Tri-City is a very inclusive and LGBTQ friendly organization, noting that they are also working on adding any safe space logos to the Tri-City website.

Kristi Romero, Clinical Wellness Advocate II, Co-Chair of RAINBOW Advisory Council announced that during June pride month there will be some media posts and webinars, indicating that they will be possibly Ted talks and former recorded presentations.

Executive Director Navarro indicated that she had some giveaways planned for the council to giveaway during pride month. Director of MHSA and Ethnic Services Hundal added that staff is also working on having training for Tri-City staff on how to work with transgender individuals and not just as clients, but also with our colleagues.

Daisy Martinez, Community Capacity Organizer, Chair of the ¡Adelante! Latino and Hispanic (Latinx) Wellness Advisory Council, shared that it was formed in September of 2020 and meets every second Thursday of the month; that it is open to anybody in the community, local partners, and Tri-City staff; that its goal is to create a space and an environment where individuals feel hope and empowered as a community member within the Latino and Hispanic community, so that they can have a voice and share their experiences or knowledge and provide feedback to Tri-City on mental health services; that members have reported that they feel very connected just by speaking Spanish during the meetings and that just really enjoy the conversations in Spanish. She then talked about the common themes that they have been sharing and discussing, including stigma, the barriers that this community faces, and the importance of belonging; that the council is going through a name change and are currently brainstorming about a more appropriate name; and discussed the collaborations with various local organizations and communities.

Bruce Truong, Community Navigator, Chair of the Asian-American Pacific Islander (API) Wellness Advisory Council, announced that the API council is launching in May; he then acknowledged his colleagues who have done such a wonderful job introducing and leading their groups, noting that he hopes to adopt that same spirit and bring our community together; that the main goal is to embrace the API community and help introduce mental health services as an option for self-care and overall wellbeing; discussed the current outreach efforts, noting that they are on track to launch the first official meeting on May 11th, noting that May is the Asian Pacific Islander heritage month; that the API community has been spotlighted during this pandemic in an unflattering and abusive light and we want to be able to acknowledge and understand why this happens; reported that Tri-City Governing Vice-Chair Jed Leano reached out them wanting to come together and be a part of this space and will be joining them on a webinar to help lead this conversation.

Communications Coordinator Sprague announced that anyone can join any advisory council without having to identify within a specific community, noting that they are always looking for allies and to partner with diverse communities and organizations within our three cities; she then shared the CIDC email: cidc@tricitymhs.org, noting that all advisory council chairs and co-chairs are connected to this email address and encouraged everyone to share it with anyone who is looking for ways to bridge gaps in service and care, and build resilient partnerships with Tri-City.

Vice-Chair Ryback commented on the amazing work and wished good luck to the councils with its expansion; and inquired if there was a flyer with information about all of the different advisory councils so that she can share with the hospital. Communications Coordinator Sprague stated that the CIDC is working on a brochure where all the advisory councils are featured.

IV. EXECUTIVE DIRECTOR REPORT

Executive Director Navarro introduced Tri-City's new Chief Information Officer, Mr. Ken Riomales; and reported that Jessica Wong, had been Tri-City's Interim Chief Information Officer who conducted a full review and assessment of Tri-City's IT Department and structural organization in the agency around IT utilization and efficiency; that her report reached the same conclusion that Tri-City needed a Chief Information Officer in the executive team, since IT has become essential to the work of County behavioral health; and discussed the recruitment process for a COI.

Chief Information Officer Ken Riomales, indicated that he had over 20 years of IT experience and shared his experience in working with health organizations, noting his familiarity with all of the different initiatives in the organization; he expressed being excited about Tri-City's future and for the opportunity to help bring better awareness and assist in our abilities to better serve our community; and encouraged everyone to contact him if his help is needed.

Discussion ensued regarding security being priority around information technology, data, and operational uptime, to make sure that Tri-City maintains its integrity and is not vulnerable for any kind of cyber-attack.

Executive Director Navarro expressed appreciation for consultant Jessica Wong for doing such an amazing job of helping Tri-City move forward, not only being prepared for the new landscape of behavioral health, but she had joined Tri-City approximately six weeks before a worldwide pandemic, and she took purposefully the IT team and the whole agency into telehealth and telecommuting; that under her leadership Tri-City was able to secure funding from the state, recovering the majority of the unexpected costs to do the transition; and wished her the best of luck in her future endeavors.

Jessica Wong stated that she loved her time with Tri-City and wish all the best.

Executive Director Navarro reported that the California advancing innovation in Medi-Cal is a public initiative rolled out by the Department of Healthcare Services in California, in conjunction with California state legislature, to find ways to improve the efficiency and access of Medi-Cal services to all Medi-Cal recipients in California; that their guiding principles are guiding principles that Tri-City has already adopted and taken on in the last couple of years as we move forward and evolve to creating more access and better efficiency for our clients via better efficiency for Tri-City staff; that it has behavioral health components, and three or four of these components

really apply to Tri-City directly, including the change in medical necessity criteria and payment reform; and discussed what each these components entail.

COMMISSION ITEMS AND REPORTS

Commissioner Reyes reported that Jeremy Zimmerman had contacted each commissioner regarding branding for Tri-City; discussed LA City and the City of Pomona having to deal with youth issues such as drug prevention and, last week being national public health week, she indicated it would be great to be involved with the youth since Mr. Zimmerman still working on the branding.

Executive Director Navarro concurred with Commissioner Reyes comment and indicated that currently we have a recruitment for Mental Health Commission membership, which included reaching out to two large youth groups in the area to encourage them to apply because she would like to have couple of youth representatives, 18 years old or older, in Tri-City's commission.

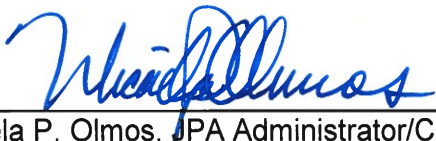
Discussion ensued regarding advertising the recruitment, the qualifications and application process for membership to the Mental Health Commission.

PUBLIC COMMENT

There was no public comment.

ADJOURNMENT

At 4:57 p.m., on consensus of the Mental Health Commission its Regular Meeting of April 13, 2021 was adjourned. The Mental Health Commission will meet next in a Regular Joint Meeting with the Governing Board to be held on Wednesday, May 19, 2020 at 5:00 p.m. via teleconference due to the COVID-19 pandemic.



Micaela P. Olmos, JPA Administrator/Clerk