



**MINUTES
REGULAR MEETING OF THE MENTAL HEALTH COMMISSION
AND
PUBLIC HEARING FOR THE MENTAL HEALTH SERVICES ACT (MHSA)
JUNE 8, 2021 – 3:30 P.M.**

The Mental Health Commission met in a Regular Meeting on Tuesday, June 8, 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 JPA Administrator/Clerk Olmos.

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
Elizabeth Renteria, Chief Clinical Officer
Rimmi Hundal, Director of MHSA and Ethnic Services
Ken Riomales, Chief Information Officer
Dana Barford, MHSA Projects Manager
Mica Olmos, JPA Administrator/Clerk

REGULAR BUSINESS

I. APPROVAL OF MINUTES FROM THE MAY 19, 2021 GOVERNING BOARD AND MENTAL HEALTH COMMISSION REGULAR JOINT MEETING

There being no comment, Commissioner Reyes, and Commissioner Weldon seconded, to approve the Minutes of the May 9, 2021 Regular Joint Meeting of the Governing Board and the Mental Health Commission. 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. EXECUTIVE DIRECTOR REPORT

Executive Director Navarro indicated that she was looking forward to a good annual update; and announced that the Governing Board will create an Ad Hoc Committee to interview applicants to the Mental Health Commission, noting that they all were youth aged 18 to 25 years old.

COMMISSION ITEMS AND REPORTS

Commissioner Reyes reported that Uncommon Good is working on a Pomodoro Program, a low Intensity Cognitive Behavioral Therapy (LICBT) for low-income individuals which is a global movement designed to increase access to mental health care by means of training lay people to deliver quality care in their communities for pennies on the dollar that such care normally costs; she provided a history of the movement; explained the program and indicated that Uncommon Good will launch it, together with an international team of experts; that pre and post data will be collected and analyzed to measure the efficacy of both the training program and the LICBT that the pomodores will provide to their families. She then shared that there is a national museum of the American Indian at the Smithsonian, noting that they have virtual activities.

Commissioner Villanueva stated that Uncommon Good have a Christmas program in which he has participated for the last eight years, and commented that most of the parents are migrants from Guatemala, Nicaragua, El Salvador, and Mexico, noting that the anxiety or stress they experience is adjusting to American society. He then expressed concern regarding no follow-up from Brand Purpose about a few questions he had about the survey they conducted. He also congratulated Executive Director Navarro and staff for paying off the bankruptcy; commented on setbacks of two clients as a direct result of the pandemic; expressed hope for eradicating the problems that occurred during the pandemic; and praised Counselors Rosie and Mark for their professional facilitation at the Wellness Center, noting that it is an excellent program.

Commissioner Stephens reported that she is currently in the process of assisting LA County with online transcription of documents that have come through from the bureau of Indian affairs, indicating that most of it is historical back to the 1800s.

PUBLIC COMMENT

There was no public comment.

PUBLIC HEARING FOR TRI-CITY'S MENTAL HEALTH SERVICES ACT (MHSA) ANNUAL UPDATE FOR FISCAL YEAR 2021-22

Chief Clinical Officer Renteria read in Spanish instructions to participate in the public hearing, noting that an interpreter was in attendance.

Chair Henderson announced that this Public Hearing occurs as part of the Regular Mental Health Commission Meeting; that the proposed Tri-City MHSA Annual Update for Fiscal Year 2021-22 has emerged from almost a year of extensive work in conversations with individuals and organizations throughout our three cities; and some of the details of the plan will be shared and will ask for the public's feedback; that Tri-City MHSA Projects Manager Dana Barford will facilitate the Public Hearing.

A. OPEN THE PUBLIC HEARING

At 3:50 p.m., Chair Henderson officially declared the public hearing open.

MHSA Projects Manager Barford provided an overview of what will be discussed including Tri-City's program highlights, guest speakers, an opportunity for public comment and to get us started today; and introduced Tri-City Executive Director Toni Navarro.

Executive Director Navarro welcomed and thanked those participating in the public hearing for taking the time to be in attendance today to hear about what the stakeholders have planned for the upcoming fiscal year at Tri-City Mental Health and its MHSA programs; she reflected on year 2020 which had been quite a year, noting that it was Tri-City's 60th anniversary on June 22, 2020 as Tri-City was created in June 22, 1960 and it was not quite the anniversary year we had planned, but nonetheless memorable; that this past year has been difficult both internally in our organization and externally in our community because of the trauma associated with COVID-19 as a result of loss and tragedy; however, that we also found places of hope and joy as demonstrated by the power of community; expressed being proud of Tri-City's philosophy of community organizing which has been committed to since it re-emerged from bankruptcy in 2008, pointing out that the focus has been about helping the community to build its own resilience and strength alongside Tri-City, knowing that Tri-City will never have enough funds to meet all the needs of everyone, but we know that we have so many gifts and strengths within our own community that can lift up the entire residency of the three cities; that Tri-City did take a hit to some extent, in which certain programs saw lower participation, but amazingly and not surprisingly, many of our programs also saw increases in the amount of people that were served; that both our intensive outreach and engagement teams never stopped working and have been in the office five days a week as usual, as well as many of the Wellness Center staff, the Community Navigators Program, and support staff facilities; that we have seen an increase in the number of persons seeking Tri-City for services and we nearly tripled the amount of community members that we were able to reach in trainings and webinars; that we significantly increased the number of people that we saw which were in need of immediate help for crisis resources and mental health services; that we anticipate this next year to also continue to have an increase in need. She then expressed being grateful that there were so many stakeholders that showed up to our community meetings online and also tonight demonstrating the commitment of the residents of the three cities to make sure that the programs Tri-City is offering are relevant and provided at the level and in the places that people need the most attention; that at the state level new funding is coming from the governor's budget, as well as some changes in legislation to allow flexibilities in our MHSA dollars for next year, indicating that this year will be, not only supporting and providing the services, but also a time of evaluation; that as our country began to have a racial reckoning after the murder of George Floyd and, more recently, the significant increase in anti-Asian hate and violence, really highlighted the ongoing disparities in this country and had again demonstrated the need for services like Tri-City Mental Health Authority to make sure that we are putting cultural relevancy at the forefront, and as an umbrella, of everything we do. She then thanked Tri-City staff, the Commissioners, and the community members for being a part of Tri-City's commitment to healing and community.

B. EXPLANATION OF THE MHSA ANNUAL UPDATE FOR FISCAL YEAR 2021-22

- Description of TCMHA and the Communities we serve

MHSA Projects Manager Barford stated that Tri-City's Annual MHSA Update is a 400 page document and it is written in a way that she hopes it is easy to understand the information it contains; she then provided an overview of what is in the document, indicating that the table of contents points to each section; she explained that information, data, and everything provided will be for Fiscal Year 2019-20; that there will be a description of Tri-City as a joint powers authority; that there will be discussion about the communities Tri-City serves, including information on demographics; that the community planning process will be discussed, noting that it is very important and the driving force behind this document; that an update on Tri-City's MHSA programs will be provided, including outcomes and lessons learned as well as the impact of the pandemic; that financial information will be provided; and that this document is also posted on Tri-City's website.

➤ Community Planning Process

MHSA Projects Manager Barford stated that it is very important to have our community members and stakeholders involved, including community partners; and explained the Community Planning Process which began in the fall of 2020; that included stakeholder meetings, sending out a Community Planning Surveys to get thoughts and ideas about services and what they feel that the needs of the community can be; that within the stakeholder meetings work groups were formed which reviewed our programs over the past year to see what went well, what were some of our successes, and also if there were some challenges; that also taken into consideration were suggestions or recommendations from staff about what we can do in the future, as well as feedback from our stakeholders; that a new Innovation project and a new Capital Facilities, Technology Needs project were discussed; that thereafter a draft of this document was written and posted on May 7th for 30-day period as required by the Mental Health Services Act; and that today the Mental Health Commission will decide to endorse the document and present it to Tri-City's Governing Board for approval at its June 16th meeting. She then provided an example of how our community planning survey works by taking the feedback from our community members and then incorporate it into a project which resulted in our new innovation project that will target the populations of Transition-Aged Youth (TAY), LGBTQ and foster youth, noting that a portion of each of these populations are subject to, or at-risk of homelessness.

➤ Current MHSA Program Updates

MHSA Projects Manager Barford then discussed the highlights of Tri-City MHSA programs and what is provided in the document; that each program has a section, which includes a program description and what the program does, the target population, the number that were served and the cost per person during Fiscal Year 2019-20; that program updates are also provided about what happened, what was different, the challenges, and more importantly, what the solutions were, what was the COVID-19 response because many of our programs had to adapt very quickly to the pandemic to be able to continue delivering services seamlessly to the best to our ability, and the cultural approach; that it also discusses outcomes using the approach called RBA, which stands for Results Based Accountability which answers three questions for each program: 1) how much did we do? 2) how well did we do it? And 3) is anyone better off? She also discussed the shift in the National Alliance for Mental Illness (NAMI) program, one Tri-City's strongest community partners, as a result of the pandemic and will implement another program called NAMI 101, that is in demand and is complimentary to the current Ending The Silence (ETS) Program and do both programs simultaneously for the same dollar amount of \$35,500. She then stated that in the Annual Update will provide information about what Tri-City is doing about cultural

competence, awareness, humility, and inclusion; highlighted a few of the things such as developing a Three-Year Cultural Competence Plan, inviting Dr. Allen Lipscomb to provide training so that Tri-City can become a JEDI (Just, Equitable, Diverse, and Inclusive) organization, and community members share a group called Circle of Chairs, ensuring that all of our materials are in Spanish Language and information is accessible, noting that Tri-City has bilingual staff members, pointing out that today's meeting we have a Spanish interpreter which is critical for helping our community members to be able to access this information; that Tri-City has a Cultural Inclusion and Diversity Committee wherein councils are created such as the African-American Family Wellness Advisory Council, the Asian American and Pacific Islander Council, the ¡Adelante! Latino and Hispanic Wellness Advisory Council, and Rainbow Wellness Advisory Council. She then announced that three guest speakers were in attendance to share with us their connection with these groups

Naomi Hill, Tri-City Clinical Wellness Advocate and representative of the African American Family Wellness Advisory Council, explained what Juneteenth represents, stating that on June 19, 1865 a lot of African-Americans, who were enslaved in Texas, learned that they had been freed for two and one-half years from U.S. General Gordon Granger when he brought federal troops to Texas, and that celebration has carried on since 1865. She then expressed gladness for Tri-City creating a safe space for her and her fellow African-American people, to be able to talk about different issues affecting their communities and their culture. She then indicated that in the council group they have been reading the book 'Breaking the Chains', which talks about how slavery has affected African-American cultures throughout generations, and how they are we able to break those chains and become free from mental slavery; that they discuss several topics and other communities are welcome to be a part of their group to learn about their culture; and expressed gratitude for working for Tri-City because it has been a really great stepping stone for her career, and loved the JEDI training offered by Tri-City, noting that she had never worked in an organization where they were so mindful about people's culture and background.

Jules Boucher, mother of a LGBTQ youth and member of PFLAG (Parents and Families of Lesbian And Gays) in Claremont, stated that it is a support organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents, families, and allies; that the acronym PFLAG is not an accurate description of who they support in their group; that the group was founded in 1973 and there are over 300 chapters in the United States; that she has been attending PFLAG meetings with her daughter since she was 13. She shared that she did not know what to do when her daughter was struggling, thus, they started attending PFLAG Chapters in Pasadena and South Orange County; that right before COVID started, she met a group of people that wanted to start a chapter locally and formed the Claremont Chapter and have been meeting since January, noting that their mission is to provide support, education and advocacy in the LGBTQ community and to parents, families, and allies, and accept people where they are at; expressed support for today's interpretation service provided by Tri-City; and agreed with the demographics Tri-City presented; that she is proud to be part of this partnership with Tri-City; that Tri-City understands that there is a great need in the community; discussed the issues that their community are dealing with; commented that she has been impressed with the many resources found in our area; and invited everyone to attend their meetings and support their community, pointing out that they are having a speaker devoted to talk about the history of pride this month and that they meet the 3rd Tuesday of the month.

Commissioner Villanueva inquired about the environment for the LGBTQ community at Claremont High School.

Jules Boucher stated that they have an educational committee that is currently doing outreach to all of the nearby high schools to gather information; that Claremont High School rates very high on some of the statewide surveys in connection with offering inclusion and services; that the PFLAG group is planning to start a specific youth group in the next few months; and that she can share the report that has all the California School Districts ratings.

Lee Moore, one of the Vice-Presidents of the Pomona Pride Center, thanked staff for inviting him to the meeting noting that it has been very informative, noted that he does not have a preference in pronouns and he goes by he, she, they, or them; that he has been attending the Rainbow Advisory Council meetings that Tri-City has provided; expressed gratitude for these meetings because the youth, adults, and seniors in the LGBTQ community need mental health, counseling, and guidance; shared his positive experience in attending the meetings Tri-City has provided, and pointed out that Tri-City has the information that they need such as providing references or helping get community members involved; that Tri-City is a great organization and he is very thankful for Tri-City because it has help all the organizations that he belongs to.

Governing Board Liaison Cockrell asked for the speakers contact information as resources for students who need support, noting that she is a school counselor in the La Verne area. Information was placed on the chat box.

Tri-City staff thanked the guest speakers for clearing their schedule to join us.

MHSA Projects Manager Barford continued with her presentation and talked about COVID 19, indicating that we do not know the complete impact; however, that we can count with Tri-City continuing to have resources, and continue to meet the needs depending on where it is and on what the future holds, noting that Tri-City has incredible talented staff and more community input for resources; thus Tri-City will continue to be there and adapt as needed.

➤ New MHSA Projects

MHSA Projects Manager Barford provided some innovation project updates; reported that the help@hand project is a 90-day pilot project with myStrength, and encouraged asking anyone who is a Transition-Aged Youth (TAY), older adult, or monolingual Spanish speaker in our Tri-City area if they would like to participate in this project to contact, Amanda Colt, who's in charge of this project; and that it would begin within the next 30 to 45 days. She then talked about a new innovation project developed based on feedback received from our community planning survey that resulted in targeting our TAY; that this project is Restorative Practices for Improving Mental Health; that it is a three-year project and its estimated cost is about \$950,000; that the goal is to train 360 individuals in three different wellbeing practices, as well as train the trainer model wherein participants will be trained so they can go out and train as well and this will help sustain the project since it is a time limited project; that Tri-City staff, TAY (LGBTQ/Foster Care), and youth support staff are the target populations. She then talked about three wellbeing practices: 1) SKY breathing, an evidence-based practice that helps to reduce stress and clear minds through breath meditation; 2) Trauma Informed Yoga, a specialized yoga that can really be adapted to all of those who have experienced trauma; and 3) Restorative Practice Circles, to attempt repairing a relationship and to process accountability and forgiveness. She also stated that Tri-City is waiting and hoping to hear by the end of the month from the Mental Health Services Oversight and Accountability Commission (MHSOAC) which approves all innovation projects.

➤ Financial Updates

MHSA Projects Manager Barford then talked about financial aspect and funding allocation of the Plan Update including Tri-City's five different plans; she stated that the Community Services and Support (CSS) receives 76%, the largest pool of money; that Prevention and Early Intervention (PEI) receives 19%; that Innovation (INN) receives about 5%; that both the Workforce Education, and Training (WET) and the Capital Facilities & Technological Needs (CFTN), receive one-time funds; however, that the Mental Health Services Act allow counties to transfer funds from CSS; and explained how to read the budget.

C. NEXT STEPS

MHSA Projects Manager Barford then discussed the next steps which includes the approval of the Plan Update by Tri-City's Mental Health Commission; if approved, then it will be presented to Tri-City's Governing Board for approval at its meeting of June 16th; if approved by the Governing Board, then the Annual Update will be submitted to the MHSAOAC and the Department of Health Care Services (DHCS); and that the Board will be able to implement the programs and make the changes beginning July 1st.

Discussion ensued regarding Tri-City's open vacancies and where they are advertised; about the role of the advisory councils which will advise the Commission; and about the new advisory councils that will be formed such as a Native American group, TAY group, and Older Adult group.

D. PUBLIC COMMENT

JPA Administrator/Clerk Olmos read a question from Jeny Rae Vidal, inquiring who offers the services, community partners or Tri-City staff?

Executive Director Navarro stated that Tri-City, as the Mental Health Authority for the three cities, does all of the services itself, including the clinical services, the services that are formal treatment, PEI services at the Wellness Center, and provide partnering and space for other groups; that Tri-City bills to Medi-Cal and Medicare as well as provide for persons who do not have insurance; that our contract with the State of California does not allow us to contract out Medi-Cal services to other agencies as other mental health departments do in the State of California; however, that Tri-City does refer out to other agencies who is doing work that is supplemental to the services Tri-City provides and which will helps our clients to thrive in their recovery.

JPA Administrator/Clerk Olmos read comment from Jules Boucher who thanked Tri-City for the opportunity to speak and for everything that Tri-City is doing in our community.

E. CLOSE THE PUBLIC HEARING

At 4:51 p.m., there being no further comment, Commissioner Reyes moved, and Commissioner Watson seconded, to close the Public Hearing. 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.

F. DECIDE ON A RECOMMENDATION TO THE GOVERNING BOARD ABOUT
THE MHSA ANNUAL UPDATE FOR FISCAL YEAR 2021-22

There being no comment, Commissioner Villanueva moved, and Vice-Chair Ryback seconded, to recommend to the Governing Board to approve the MHSA Annual Update For Fiscal Year 2021-22. 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.

ADJOURNMENT

At 4:52 p.m., on consensus of the Mental Health Commission its Regular Meeting of June 8, 2021 was adjourned. The next Regular Meeting of the Mental Health Commission will be held on Tuesday, July 13, 2021 at 3:30 p.m. via teleconference due to the COVID-19 pandemic.



Micaela P. Olmos, JPA Administrator/Clerk