



MINUTES

REGULAR MEETING OF THE MENTAL HEALTH COMMISSION AND PUBLIC HEARING FOR THE MENTAL HEALTH SERVICES ACT (MHSA)

APRIL 12, 2022 – 3:30 P.M.

The Mental Health Commission met in a Regular Meeting on Tuesday, April 12, 2022 at 3:32 p.m. via teleconference pursuant to Government Code § 54953, which allows 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 (joined the meeting at 4:04 p.m.)
Carolyn Cockrell, GB Member Liaison
Clarence D. Cernal (joined the meeting at 4:10 p.m.)
Twila L. Stephens
Nichole Perry
Joan M. Reyes
Toni L. Watson
David J. Weldon

ABSENT: Isabella A. Chavez
Alfonso "Al" Villanueva

STAFF: Jesse H. Duff, Interim Executive Director
Diana Acosta, Chief Financial Officer
Elizabeth (Liz) Renteria, Chief Clinical Officer
Rimmi Hundal, Director of MHSA and Ethnic Services
Ken Riomales, Chief Information Officer
Dana Barford, MHSA Projects Manager
Amanda Colt, MHSA Program Coordinator-INN
Mica Olmos, JPA Administrator/Clerk

Chair Henderson, on behalf of the Mental Health Commission, thanked everyone for attending the meeting; and indicated that the Mental Health Commission is an advisory body to Tri-City Governing Board; that the Mental Health Commission meets monthly to help advise the Governing Board, Executive Director, Staff, and Stakeholders of Tri-City Mental Health Authority about how to ensure high quality mental health services in our area.

REGULAR BUSINESS

I. APPROVAL TO IMPLEMENT TELECONFERENCING REQUIREMENTS DURING A PROCLAIMED STATE OF EMERGENCY UNDER AB 361 (GOVERNMENT CODE SECTION 54953)

Commissioner Stephens moved, and Commissioner Watson seconded, to ask the interim executive director, or designee, to perform all actions necessary to implement the Brown Act provisions regarding teleconferencing in compliance with Government Code § 54953.

Chair Henderson opened the meeting for public comment; and there was no public comment.

There being no comment, the motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Perry, Reyes, Stephens, Watson, and Weldon; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioners Cernal, Chavez, and Villanueva; and Vice-Chair Ryback.

II. APPROVAL OF MINUTES FROM THE MARCH 8, 2022 MENTAL HEALTH COMMISSION REGULAR MEETING

Commissioner Reyes moved, and Commissioner Stephens seconded, to approve the Minutes of the March 8, 2022 Regular Meeting of the Mental Health Commission.

Chair Henderson opened the meeting for public comment; and there was no public comment.

There being no comment, the motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Perry, Reyes, Stephens, Watson, and Weldon; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioners Cernal, Chavez, and Villanueva; and Vice-Chair Ryback.

III. EXECUTIVE DIRECTOR MONTHLY REPORT

Interim Executive Director Duff reported that the Executive Director Recruitment Process is on track; that March 24th was the deadline to receive applications for the position, and 39 applications were received by Wendy Brown Creative Partners; that at its Special Meeting in April 7th, the Governing Board held a Closed Session to consider the applications and had chosen a number of applicants to be interviewed by the Governing Board on April 26th; thereafter, on May 3rd, the Governing Board will have final interviews of the top applicants and possibly will select the next Executive Director at that time. He then announced that per CalOSHA regulations all of Medical Facilities, Tri-City must continue to comply with the masking and distancing mandate; therefore, the masking order issued in January remains in effect.

COMMISSION ITEMS AND REPORTS

Commissioner Reyes inquired about the status of the Innovation Grant process. Director of MHSA and Ethnic Services Hundal replied that the Psychiatric Advanced Directives (PADs) Innovation project, which has been already endorsed by stakeholders, will be discussed today during the MHSA Public Hearing; and that applications received for other innovation projects will be reviewed with the stakeholders in July, noting that Tri-City continues to receive and collect ideas.

Commissioner Reyes announced that a new mental health clinic opened on skid row downtown LA and noted that it was good that it is available in the area for the homeless and the mentally ill.

PUBLIC COMMENT

There was no public comment.

PUBLIC HEARING - MENTAL HEALTH SERVICES ACT (MHSA)

Chair Henderson announced that under state law, this Public Hearing occurs as part of a regular Mental Health Commission meeting; that the proposed Tri-City MHSA Annual Update for Fiscal Year 2022-23 has emerged from almost a year of extensive work and conversations with individuals and organizations throughout our three cities; and that today some of the details of the plan will be shared and the public will be asked for their feedback; and that Tri-City's MHSA Projects Manager Dana Barford, will facilitate the public hearing.

A. OPEN THE PUBLIC HEARING

At 3:44 p.m., Chair Henderson officially declared the public hearing open.

MHSA Projects Manager Barford shared her screen, and expressed excitement over the opportunity to share what has been going on throughout the year via Tri-City's Annual Update and so forth; and announced that there are available a Spanish Language Interpreter and an American Sign Language Interpreter.

Director of MHSA and Ethnic Services Hundal welcomed all attendees and reported that Tri-City MHSA Annual Update is a large document which was distributed more than 30 days ago, and was also was posted on Tri-City's website, and hard copies were delivered at the various public locations, noting that this document is a reflection of all the hard work that Tri-City staff did during the pandemic, and that while doors were closing at other locations, Tri-City remained open due to the dedication of Tri-City's hard working staff, which continue to go out in the field serving the Community that we are charged to serve.

MHSA Projects Manager Barford discussed the agenda for the public hearing which include the MHSA Annual Update, the new PADs innovation project, and two guest speakers.

B. MENTAL HEALTH SERVICES ACT (Proposition 63)

MHSA Projects Manager Barford explained that the Mental Health Services Act, a voter initiative and known as proposition 63, was passed in November of 2004 and approved a 1% tax on personal incomes that exceed \$1 billion, which has become an important source of funding for all behavioral counties; and that this funding allows for the expansion of Community mental health services.

➤ Description of Plans under the Mental Health Services Act

MHSA Projects Manager Barford explained the five components of the Mental Health Services Act (MHSA) and the plans that Tri-City has, which are the 1) Community Services and Supports (CSS) plan that includes programming such as Full Service Partnerships, Supplemental Crisis, Wellness Center, Community Navigators; 2) the Prevention and Early Intervention (PEI) Plan

which was developed to prevent having to go to a higher level of care and include programming such as the Community Wellbeing Grants, Peer Mentors, Therapeutic Community Garden, Mental Health First Aid, and ACEs; 3) Workforce, Education and Training (WET) Plan which promotes and supports a strong workforce in order to implement all of these projects, the ability to recruit, and to be able to continuously provide the most up to date training for all of Tri-City staff, so that they in turn, can provide the most up to date services and supports to all of our clients; 4) Innovation (INN) Plan which allows a certain amount of money for Tri-City to put together some plans that are new, different, that has not been done before, and that can be adapted to a mental health setting, with the guidance and input of its own Community stakeholders; and 5) Capital Facilities and Technological Needs (CFTN) Plan which provides funding for building renovation allowing to create a warm and welcoming environment for clients and Community Members visiting Tri-City, and for the purchase and maintenance of technology which plays a critical part in the delivery of services; and pointed out that all of these five components of Tri-City's MHSA are included in the Annual Update.

➤ **Community Planning Process**

MHSA Projects Manager Barford stated that in order for counties to access the funding, stakeholder involvement is required, noting that Community members are engaged at all different points throughout the process in order to constantly obtain feedback and be aware of where we are going and if we are on the right track; and indicated that Tri-City's Community Planning Process started back in September 2021 with a stakeholder orientation, pointing out that part of this process includes an annual Community Planning Survey.

➤ **MHSA Community Planning Survey**

MHSA Projects Manager Barford said that an annual Community Planning Survey is distributed to all of Tri-City's stakeholders through emails, by posting it on the website, and by circulating it during meetings, which provides an opportunity to share their thoughts and ideas about gaps in services, where our programs are currently at and find out what is working, and collect ideas throughout the year and be ready as soon as funding becomes available for innovations programs. She then provided some of the feedback that staff has received to date regarding the populations the community feels are the most unserved and underserved in our communities, which were Transitional Aged Youth (16-25), homeless or at-risk of homelessness, and foster youth; and about what are the barriers to individuals who are seeking mental health support, which are not knowing where to go for help and stigma.

C. TRI-CITY'S MENTAL HEALTH SERVICES ACT (MHSA) ANNUAL UPDATE FOR FISCAL YEAR 2022-23

MHSA Projects Manager Barford provided an overview of the MHSA Annual Update, pointing out that its components include the description of Tri-City and the communities that it serves; detailed information about the Community Planning process; current MHSA program updates; how many people we served, what went very well that year, what have been some challenges, who are some of our Community partners, and what our cultural connection or cultural component is for each of those programs; new MHSA projects; outcomes and lessons learned after each one of our programs summaries; and some financial updates.

➤ **Current MHSA Program Updates**

MHSA Projects Manager Barford provided some highlights of the annual update, noting that stakeholders voted on allocating \$152,000 in CSS Plan funds to create three additional Community Navigator positions, allowing for faster response to assist clients who are struggling with obstacles when trying to connect to resources, and to assist with additional resources when events, health, and medical screenings take place in the community; to transfer \$1,000,000 from the CSS Plan to the WET Plan to increase the loan repayment program incentive and offer comprehensive training and internship programs that are a direct pipeline to our positions; and transfer \$1,700,000 from the CSS Plan to the CFTN Plan for property acquisition, construction, or building expansion, and for computer turnover, network and security refresh and software implementation. She then shared a public comment about the annual update regarding community outreach:

'I really approve of and support outreach programs. To me, this is consistent with what Bishop Desmond Tutu once said, *"at some point, we need to stop pulling people out of the river and go upstream and see why they are falling in."* This program seems to be an indicator that we are going upstream, taking psychology and its components to the people in need.'

At 4:10 p.m., Commissioner Clarence Cernal joined the meeting.

➤ **New MHSA Project – Psychiatric Advance Directives (PADs)**

MHSA Programs Coordinator Colt talked about Psychiatric Advance Directives (PADs) which are used to support treatment decisions for individuals who may not be able to consent to or participate in treatment decisions because of a mental health condition; that allow the individual's wishes and priorities to inform mental health treatment; and are created in a voluntary setting with full consent of the participant. She explained that this PADs program project was the result of feedback received from our Community planning surveys which discussed the need for reduction of police calls when people are in mental health crisis, and for mitigating these situations by allowing police officers to see how they want to be treated, where to be taken, and what they want to be done to them. She added that this project is a multi-county collaborative that Tri-City is joining; that the main goal is to create a cloud based technology platform and a shared system that operates in real time and allows for healthcare providers and first responders to access the PAD when someone in a mental health crisis; that there are PADs already in place, however, there is no easy way for people to access them; that by creating a dynamic technology platform with a single point of access and real time capabilities which does not currently exist, and by creating a standardized PADs template for utilization across California, makes this project innovative; that the project is for three years, beginning in July 1st through June 30, 2025, at a cost of \$789,360 for this project; and discussed the training and implementation process. She then shared Stakeholders comments:

"I like Advanced Psychiatric Directives (PADS). As a retired police officer, I can potentially see PADS as being an important de-escalation tool for police and mental health staff. It's an essential piece of communication when someone may not be communicating so well. Police included. I wish you the best of luck. Looking forward to following this program."

“I’d just appreciate clarification about whether an individual would already have to have a mental health diagnosis before submitting a PAD on their own.” Although our primary focus for this project is on individuals with mental illness, we anticipate making PADs available to all community members who request this resource.

Chief Information Officer Riomales read a comment from Kimberly Kittson Morris who wrote in the chat room that ‘it sounded great that PADs system will be available across all counties in California,’ and asked where will people sign-up for the PADs.

Discussion ensued regarding how the program will be evaluated, the training, the creation of the PADs template, advertisement and outreach through community presentations and Community partners.

Vice-Chair Ryback stated that she works at Pomona Valley Hospital; that she has a lot of experience with medical advanced directives; that she would be happy to join the team involved in this project; and noted that this is excellent, and that we need to make sure all of our hospitals are aware of this. She also inquired if the form will require witnesses or a notary, and if not, how it will verify that the patient completed the form. Director of MHSA & Ethnic Services Hundal replied that PADs forms will be exactly like the medical advanced directives which will have to be filled out in front of a witness such as social worker or navigator; and if somebody is doing it on their own, then, it would have to be notarized. Chief Clinical Director Renteria explained that the PAD will be similar to a power of attorney process and spoke in support of this project.

Discussion ensued regarding the counties participating in this project; and about innovations projects being a pilot program for a practice that is not readily available to the Community and that if it is successful, then it can be implemented into the regular programming.

Commissioner Watson inquired if this project will be different for all the participating counties. MHSA Projects Coordinator Colt replied in the affirmative since each county has different priority populations. Commissioner Watson further inquired if the PADs will be integrated with the advanced medical directives. MHSA Projects Coordinator Colt stated that a PAD will be shared with medical doctors; however, for now it is a separate document from a medical directive.

Commissioner Reyes commented that under the section for those that are unserved and underserved, she did not see the Native American population included. Director of MHSA & Ethnic Services Hundal stated that the Native American data is not included because Tri-City does not have a Native American Council; however, since a new DEI Coordinator has been hired, she has already made contact with some individuals in the Community and Pomona College who identify as Native Americans and we are very encouraged about having soon a Native American group council.

JPA Administrator/Clerk Olmos read comment of Commissioner Stephens who wrote in the chat room that she also would like to assist with the PADs project.

MHSA Programs Coordinator Colt read a question: “where would Community Members receive the PAD documents.” She answered that it is anticipated that the documents will be digital and tablets will be utilized by Community navigators who will be trained to assist people in filling them.

Chief Information Officer Riomales stated that there is a follow-up question to Commissioner Reyes comment about the Native American Community from Jan Chase: “Do you need contacts in the Native American Community.” Director of MHSA & Ethnic Services Hundal replied in the affirmative and indicated she or Andrea Espinosa would contact Jan Chase.

➤ **Guest Speakers**

MHSA Projects Manager Barford announced that guest speakers were in attendance from the Courageous Minds Speakers Bureau, part of Tri-City’s stigma reduction program, which falls under PEI; and explained that it enables speakers to tell their story in a very safe and effective way; allows them to share their story in a variety of settings including high schools, colleges, parent groups, community forums, and more; helps to reduce the stigma surrounding mental health; it shows others that they are not alone in their struggles and that support is available; it empowers people to reach out for help when needed; and brings the community together to engage in positive conversations about mental health.

Jared Diehl stated that he has been a part of Tri-City since 2014, and shared his story of recovery. He stated that his mental health illness began when he was young, noting that he had a lot of symptoms of being bipolar, having anxiety and depression; however, he had attributes that made him seem like he ‘got it together’ on the outside and never saw a doctor; that during his third year of college he had a really bad panic attack, saw a doctor and was not very accepting of the bipolar diagnosis. He then talked about the next 10 years battling with suicidal thoughts which resulted in trying to overdose with all of the medication he had and ended up in a coma for a few days; that a church in Pomona prayed for him and came out of the coma the same day that this church prayed. Thereafter, he ended up moving to Pomona and got involved with Tri-City and has been here for eight years; he also discussed his spiritual walk; and stated that for the last three years he has been a speaker with National Alliance on Mental Illness; that Courageous Minds has become a huge part of his journey; and that he feels really honored and humbled to get to share his story.

MHSA Projects Manager Barford commented that Jared Diehl is a great example of perseverance and that faith also plays an important part in many of our clients’ lives, and thanked him for being in attendance today to share his story.

Commissioner Watson shared her story of recovery; and said that she was in the second cohort that went through Courageous Minds; that she is a writer and wrote down her story which helped her to process things in her life since her mental health issues began probably when she was very young, noting that she remembers being about six years old and wanting to die; that she was never treated because there was so much stigma; that she had throughout her life several suicide attempts and she did not get any help until she was almost 40 years old; that she found out about Tri-City when she reached a crisis point and ended up in the hospital with an overdose and a couple friends encouraged her to contact Tri-City, noting that she learned coping skills and when the opportunity came to join Courageous Minds, sharing her story was one of the most impactful parts because it helped her to share her mental health illness and struggles with her mom, noting that because she had a lot of self-stigma she could not tell her mom about her failed attempts nor that she was in therapy until she shared her story through Courageous Minds. She also suggested having more cohorts and more places where people can share their story because it not only helps the community, it helps ourselves; and that it has been a blessing, and expressed being thankful to be part of Courageous Minds and serve in the Mental Health Commission.

Director of MHSA and Ethnic Services Hundal thanked Commissioner Watson and Jared Diehl for sharing such powerful stories, and pointed out that they both are an inspiration for us, and are also Tri-City's true success stories; and that these stories are so helpful for Tri-City staff to hear because it encourages all of us to keep doing the work we are doing.

Commissioner Cernal inquired about Courageous Minds Speaker Series. Director of MHSA and Ethnic Services Hundal indicated that it is part of a stigma reduction campaign; that when cohorts first join, we teach our cohorts to tell the story in a meaningful way to them and for the person listening; that Tri-City also share these stories with Community members, encouraging them to seek help if they need it, whether here at Tri-City or where they prefer; that these individuals serve also as a role model and other persons can feel more comfortable talking to the speakers; that the name of the program being Courageous Minds has power in itself and that this whole program is really about having the courage to share your story.

Commissioner Watson added that it is also very encouraging to hear the stories of others; and that Tri-City has the Room4Everyone website (Tri-City's stigma reduction campaign) where some of Courageous Minds members have shared their stories and they can be found on the website.

Commissioner Stephens commented that Courageous Minds has a very supportive environment, noting that when someone goes to speak for the first time, the other speakers are there with them supporting them, lifting each other up, and it is a Community of itself.

Commissioner Cernal thanked everyone for the information and also Commissioner Watson and Jared Diehl for sharing their powerful stories.

➤ Financial Update

MHSA Barford presented a financial summary where all of Tri-City's different plans are listed; and discussed the estimate of unspent fund balance, the prudent reserve balance, the estimated funding for Fiscal Year of 2022-23, and explained that the majority of unspent funds are encumbered for the next fiscal year.

D. PUBLIC COMMENT

JPA Administrator/Clerk Olmos stated that public comment has been received and shared throughout the public hearing, and that currently there is one from Amanda Colt, Tri-City's MHSA Projects Coordinator, sharing the link for the survey form. Chief Information Officer Riomales also stated that we do not have anybody calling exclusively, nor do we have anybody with their hands raised at this time. MHSA Projects Manager Barford explained that the link posted is to a survey where feedback about the plan can be shared.

E. NEXT STEPS

MHSA Projects Manager Barford indicated that the public hearing has come to an end and that the MHSA Annual update and the PADS Innovation Project will be next presented to the Tri-City Governing Board on April 20th for its approval and adoption; and that only the PADS Innovation Project will also be presented to the Mental Health Services Oversight and Accountability Commission and the Innovation Plan for approval.

F. CLOSE THE PUBLIC HEARING

At 5:10 p.m., there being no further comment or discussion, 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 Cernal, Reyes, Stephens, Watson, and Weldon; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioners Chavez, Perry, and Villanueva.

IV. DECIDE ON A RECOMMENDATION TO THE TCMHA GOVERNING BOARD ABOUT THE MENTAL HEALTH SERVICES ACT (MHSA) ANNUAL UPDATE FOR FISCAL YEAR 2022-23


There being no comment, Commissioner Cernal moved, and Vice-Chair Ryback seconded, to recommend to the TCMHA Governing Board to approve the MHSA Annual Update For Fiscal Year 2022-23. The motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Cernal, Perry, Reyes, Stephens, Watson, and Weldon; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioners Chavez and Villanueva.

V. DECIDE ON A RECOMMENDATION TO THE TCMHA GOVERNING BOARD ABOUT THE MULTI-COUNTY COLLABORATIVE PSYCHIATRIC ADVANCE DIRECTIVES (PADs) PROJECT UNDER THE MHSA INNOVATION PLAN

There being no comment, Commissioner Watson moved, and Commissioner Stephens seconded, to recommend to the TCMHA Governing Board to approve the Multi-County Psychiatric Advance Directives (PADs) Project under the MHSA Innovation Plan. The motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Cernal, Perry, Reyes, Stephens, Watson, and Weldon; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioners Chavez and Villanueva.

ADJOURNMENT

At 5:15 p.m., on consensus of the Mental Health Commission its Regular Meeting of April 12, 2022 was adjourned. The Mental Health Commission will meet next in a Regular Joint Meeting with the Governing Board to be held on Wednesday, May 18, 2022 at 5:00 p.m. via teleconference due to the COVID-19 pandemic, pursuant to Government Code § 54953.



Micaela P. Olmos, JPA Administrator/Clerk