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Let's find it together.

Founded in 1960
by the residents

of Pomona,
Claremont and La
Verne.

MISSION: *By understanding the needs of consumers and families, Tri-City Mental Health Authority provides high quality, culturally competent behavioral health care treatment, prevention and education in the diverse cities of Pomona, Claremont, and La Verne.*

TRI-CITY MENTAL HEALTH AUTHORITY

MENTAL HEALTH COMMISSION

REGULAR MEETING AGENDA

TUESDAY, MARCH 12, 2024 AT 3:30 P.M.

**Meeting Location: MHSA Administration Building
2001 North Garey Avenue, Pomona, CA 91767**

To join the meeting on-line click on the following link:

https://tricitymhs-org.zoom.us/j/82947834012?pwd=6dEUtt_vTvyigGWmiNpWJ_YpjmZHHOvC.87uKnqQKrrq9sfMu

Passcode: xm.T07sV

Public Participation. *Section 54954.3 of the Brown Act provides an opportunity for members of the public to address the Mental Health Commission (MHC) on any item of interest to the public, before or during the consideration of the item, that is within the subject matter jurisdiction of the Commission. Therefore, members of the public are invited to speak on any matter on or off the agenda. If the matter is an agenda item, you will be given the opportunity to address the legislative body when the matter is considered. If you wish to speak on a matter which is not on the agenda, you will be given the opportunity to do so at the Public Comment section. **No action shall be taken on any item not appearing on the Agenda. The Chair reserves the right to place limits on duration of comments.***

In-person participation: raise your hand when the Chair invites the public to speak.

Online participation: you may provide audio public comment by connecting to the meeting online through the zoom link provided; and use the Raise Hand feature to request to speak.

Please note that virtual attendance is a courtesy offering and that technical difficulties shall not require that a meeting be postponed.

Written participation: you may also submit a comment by writing an email to molmos@tricitymhs.org. All email messages received by 12:30 p.m. will be shared with the Mental Health Commission before the meeting.

Any disclosable public records related to an open session item on a regular meeting agenda and distributed by Tri-City Mental Health Authority to all or a majority of the MHC less than 72 hours prior to this meeting, are available for public inspection at 1717 N. Indian Hill Blvd., Suite B, in Claremont during normal business hours.

In compliance with the American Disabilities Act, any person with a disability who requires an accommodation in order to participate in a meeting should contact JPA Administrator/Clerk Mica Olmos at (909) 451-6421 at least 48 hours prior to the meeting.

Administrative Office

1717 North Indian Hill
Boulevard, Suite B
Claremont, CA 91711
Phone (909) 623-6131
Fax (909) 623-4073

Clinical Office / Adult

2008 North Garey Avenue
Pomona, CA 91767
Phone (909) 623-6131
Fax (909) 865-9281

Clinical Office / Child & Family

1900 Royalty Drive, Suite 180
Pomona, CA 91767

Phone (909) 766-7340

Fax (909) 865-0730

MHSA Administrative Office

2001 North Garey Avenue
Pomona, CA 91767
Phone (909) 623-6131
Fax (909) 326-4690

Wellness Center

1403 North Garey Avenue
Pomona, CA 91767
Phone (909) 242-7600
Fax (909) 242-7691

POSTING OF AGENDA

The Agenda is posted 72 hours prior to each meeting at the following Tri-City locations: Clinical Facility, 2008 N. Garey Avenue in Pomona; Wellness Center, 1403 N. Garey Avenue in Pomona; Royalty Offices, 1900 Royalty Drive #180/280 in Pomona; MHSA Office, 2001 N. Garey Avenue in Pomona; and on the Tri-City's website: <http://www.tricitymhs.org>

CALL TO ORDER

Chair Henderson calls the meeting to Order.

ROLL CALL

Anne Henderson – *Chair*
Wray Ryback – *Vice-Chair*
Carolyn Cockrell – GB Liaison

Clarence D. Cernal
Isabella A. Chavez
Joan M. Reyes

Twila L. Stephens
Toni L. Watson

REGULAR BUSINESS

- I. **APPROVAL OF MINUTES FROM THE FEBRUARY 13, 2024 MENTAL HEALTH COMMISSION REGULAR MEETING**
- II. **PRESENTATION**
 - A. **GREEN RIBBON WEEK ACTIVITIES**
 - B. **2023 DATA NOTEBOOK ON: (1) STANDARD YEARLY DATA AND QUESTIONS FOR COUNTIES AND LOCAL ADVISORY BOARDS; AND (2) STAKEHOLDER ENGAGEMENT IN THE PUBLIC MENTAL HEALTH SYSTEM**
- III. **EXECUTIVE DIRECTOR MONTHLY REPORT**

COMMISSION ITEMS AND REPORTS

Commissioners are encouraged to make brief comments or request information about mental health needs, services, facilities, or special problems that may need to be placed on a future Mental Health Commission Agenda. In addition, this is an opportunity to provide reports on their activities.

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PUBLIC COMMENT

The Public may speak regarding any Tri-City Mental Health Authority related issue. No action shall be taken on any item not appearing on the Agenda. The Chair reserves the right to place limits on duration of comments.

ADJOURNMENT

The next Regular Meeting of the **Mental Health Commission** will be held on **Tuesday, April 9, 2024 at 3:30 p.m.**, in the MHSA Administrative Office, 2001 North Garey Avenue, Pomona, California.

MICAELA P. OLMOS
JPA ADMINISTRATOR/CLERK



MINUTES

REGULAR MEETING OF THE MENTAL HEALTH COMMISSION FEBRUARY 13, 2024 – 3:30 P.M.

A regular meeting of the Mental Health Commission was held on Tuesday, February 13, 2024 at 3:35 p.m. in the MHSA Office located at 2001 North Garey Avenue, Pomona, California.

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

ROLL CALL Roll call was taken by JPA Clerk/Administrator Olmos.

MENTAL HEALTH COMMISSION

PRESENT: Anne Henderson, Chair
Wray Ryback, Vice-Chair
Carolyn Cockrell, GB Member Liaison
Joan M. Reyes
Twila L. Stephens

ABSENT: Clarence D. Cernal
Isabella A. Chavez
Toni L. Watson

STAFF

PRESENT: Rimmi Hundal, Executive Director
Elizabeth Renteria, Chief Clinical Officer
Dana Barford, Director of MHSA & Ethnic Services
Mica Olmos, JPA Clerk/Administrator

REGULAR BUSINESS

I. APPROVAL OF MINUTES FROM THE DECEMBER 20, 2023 GOVERNING BOARD AND MENTAL HEALTH COMMISSION REGULAR JOINT MEETING

There being no discussion, Commissioner Reyes moved, and Commissioner Stephens seconded, to approve the Minutes from the December 20, 2023 Governing Board and Mental Health Commission Regular Joint Meeting. The motion was carried by the following vote: AYES: GB Liaison Cockrell; Commissioners Reyes and Stephens; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioners Cernal, Chavez and Perry.

II. APPROVAL OF MINUTES FROM THE JANUARY 9, 2024 MENTAL HEALTH COMMISSION REGULAR MEETING

There being no discussion, Vice-Chair Ryback moved, and Commissioner Reyes seconded, to approve the Minutes from the January 9, 2024 Mental Health Commission Regular Meeting. The motion was carried by the following vote: AYES: GB Liaison Cockrell, Commissioners Reyes and Stephens; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioner Chavez and Perry.

III. PRESENTATION – OVERVIEW OF PROPOSED CHANGES TO THE MENTAL HEALTH SERVICES ACT (MHSA) THROUGH PROPOSITION 1 ON THE MARCH 2024 BALLOT INITIATIVE, AND ITS PROJECTED IMPACT ON MENTAL HEALTH SERVICES AND PROGRAMS

Director of MHSA and Ethnic Services Barford indicated that she will explain the impact that Proposition 1 will have on MHSA funding, noting that Proposition 63, the Mental Health Services Act (MHSA) is a voter initiative from 2004; and that Proposition 1, the Behavioral Health Services Act (BHSA), is designed to change the MHSA. She explained that in March of 2023, Governor Newsom announced his plan for behavioral health reform to improve how California treats mental illness, substance abuse disorders, and homelessness; that the ballot initiative is designed to modernize the MHSA by amending it; that the name will be changed from MHSA to BHSA; that the ballot is also combined with AB 531; and that it will go before the voters on March 5, 2024. She then discussed the various changes that Proposition 1 will bring such as the funding will go from five MHSA plans with designated funding, to three categories under BHSA with very specific funding percentages. She stated that currently all MHSA programs are administered at a local level and with the new initiative, the Workforce Education and Training, Innovation, and prevention programs will be funded at the State level.

Vice-Chair Ryback inquired if the programs will still be administered locally even though they will be funded at the State level. Director of MHSA and Ethnic Services Barford responded in the affirmative, and pointed out that she will discuss during her presentation the reduced amount of funding which counties will be required to apply.

Director of MHSA and Ethnic Services Barford stated that if the BHSA is passed, it would change the distribution of the original Mental Health Services Act funds and create a new funding source for substance use disorder services; it would create a new structure for the community planning process, data collection, reporting and accountability; that one of the biggest changes will be that all funding will be incorporated into the annual updates and three year plans instead of just the MHSA programs and will showcase how everything integrates and supports each other; and that the State's tax allocation they take before it is distributed to the counties, will increase from 5% to 10%.

Commissioner Reyes inquired about the origin of the MHSA funding. Director of MHSA and Ethnic Services Barford responded that the funding is from the millionaire's tax, and that the 5% of this funding that is taken by the State before it is distributed to the counties, will increase to 10%.

Executive Director Hundal added that the millionaire tax remains the same, which 1% on every dollar earned over a million dollars and is allocated to the counties; that in the past state took 5% before the funding was distributed to the counties, and now the State would take 10%, noting that there is no new tax.

Director of MHSA and Ethnic Services Barford continued to explain that the BHSA would eliminate locally controlled funding for community prevention programs as well as workforce education and training; that the funding would no longer be distributed directly to TCMHA to implement projects and eliminate locally controlled funding for innovation projects. She indicated that the Mental Health Services Oversight Accountability Commission (MHSOAC) will have \$20 million in funding, which counties can apply for through a competitive process, and then implement the projects; she noted that counties currently have their own funding. She also stated that the BHSA would also eliminate the funding for Capital Facilities and Technological Needs (CFTN), which will result in funding for buildings and technology would be taken away and it will not allow to transfer CSS (Community Support Services) funds to support CFTN. She then discussed the current MHSA Program Placement: 1) Community Services and Support (CSS) Plan is 76%; 2) Prevention and Early Intervention (PEI) Plan is 19%; 3) Innovation (INN) Plan is 5%; and that CSS supports 4) WET Plan, and 5) CFTN Plan. She explained that these categories and percentages of funding will change with Proposition 1, noting that Housing will be 30%; Full-Service Partnership (FSP) will be 35%; and Behavioral Health Services and Supports (BHSS) will be 35%; and also discussed the proposed services that would be provided under each category. She indicated that if passed BHSA would go into effect on July 1, 2026 and discussed the proposed budget under Proposition 1/SB 326 using the existing numbers from Fiscal year 2023-2024 since it cannot predict what the numbers will be in 2026. She reported that it is estimated that the County would need to allocate approximately \$4.9 million to Housing, noting that TCMHA currently allocates \$637,083 to Housing, which means there would be a 667% increase in spending; that the Housing allocations would need to serve at least 50% of the chronically homeless populations and up to 25% could be dedicated to capital projects within the housing department; and that there will be restrictions on how the money can be spent, for example, substance use or mental health treatment services cannot be funded through the housing category.

Commissioner Reyes inquired if the \$4.9 million will be allocated by the County or by TCMHA. Director of MHSA and Ethnic Services Barford responded that it is the amount to be allocated by TCMHA, pointing out that the 30% percentage allocation will be the same for all the counties.

Director of MHSA and Ethnic Services Barford then stated that TCMHA's current budget for FSP is \$5.2 million; and that the projected amount under BHSA will be \$5.7 million, which is about an 8% increase. She then stated that 35% of the funding will be allocated to BHSS; that at least 51% of this funding needs to be allocated for early intervention programs and within that program 51% needs to be dedicated to individuals ages 25 and under; that 49% or less of Early Intervention needs to serve ages 26 and over; and that the remaining percentage would be dedicated to the rest of the programs; that it is estimated that there will be a decrease in funding of about 53% (\$6.5 million); thus, existing funding would be essentially cut in half. She added that Proposition 1 consists of SB 326 and AB 531; that TCMHA has been tracking the bill for months including meetings with California Behavioral Health Directors Association and other Counties; that if it is passed, TCMHA will continue to review the guidelines and requirements for Proposition 1 as they consider each program and how it is impacted; that the goal is to preserve as many MHSA programs as possible and meet Proposition 1 criteria; that any proposed changes to programming will be presented to the Mental Health Commission, the Governing Board and the stakeholders for review and feedback; that the transition will take time since the Proposition goes into effect on July 1, 2026; that existing programming developed under the last Three-Year Plan, will continue to be in place, noting that annual updates, public hearings, and the stakeholder process will continue.

Vice-Chair Ryback inquired about the intention of the legislature by shifting so much funding to housing and what the legislature expects counties to do. Executive Director Hundal replied that it is not clear what the state expects counties to do; however, it is supposed to help the homelessness crisis in California. Director of MHSA and Ethnic Services Barford added that the focus of the legislation is in the ballot measure and that the state is looking at this from a very high level, not from a county level, noting that the MHSOAC is not made of people who work in counties; that there have been many meetings with the California Behavioral Health Directors Association and various counties to share feedback and prepare fiscal monitoring tools; that many of the changes made were based off the feedback from counties; that the legislature is also desiring councils to draw down on federal funds.

Discussion ensued regarding how TCMHA staff is working, along with a financial consultant, to determine how funding and programming will be affected, available options, and the best way to move forward and continue in serving the TCMHA residents; about the bond measures placed on the ballot, what has been said about how the bonds will be paid; about the root cause of homelessness, funding for homelessness, and the possibility of the measure passing; about not enough information available regarding housing requirements under Proposition 1.

A member of the public referred to the 667% budget increase for housing and the fact that no substance use or mental health services would be allowed in the category; and inquired how they are going to house individuals without supporting the tenants with services. Executive Director Hundal replied, that although they cannot provide supportive services with the funding under this category, there will be other ways to provide supportive services or other kinds of services from other pockets. Member of the public further inquired if any of the funding would come from the State directly and if so, if all counties would have to bid and fight for those funds. Director of MHSA and Ethnic Services Barford mentioned that the State might create prevention programs at the State level that TCMHA can apply for those, but there is not enough information available.

Discussion ensued regarding the 10% tax the State will take from the counties; about current housing laws which states that TCMHA cannot require individuals to receive mental health services; about housing for current clients and the new guidelines for the allocation funds which may cover anyone in the community, not just a TCMHA client.

Commissioner Stephens stated that initially clients need to be in TCMHA services to be in MHSA housing, but once they are housed, they are no longer required to continue with the services; that the State is talking about is expanding the definition of Supportive Services; that the State is also discussing different ways to fund housing components such as security deposits and application fees.

Discussion ensued regarding factors that make it difficult for a homeless individual to receive housing; about housing timelines for how long someone can be in the application process; and about the funding it would take to expedite the process; about conceptually the state might develop state level prevention programs that counties can apply for access, being noted that there are no specifics, but that it would be a top-down structure.

Director of MHSA and Ethnic Services Barford continued to report that Workforce Education and Training might be impacted including, staff sustainability, loan repayment plans, training and more; that TCMHA can apply for whatever is offered at the state level but it will not be something that is for TCMHA based on needs assessment; and there are no details available. She added that TCMHA will continue to deliver services; that staff have been strategizing for months; that

they will come back with more information in March; and that staff have 2.5 years to see how everything unfolds and any changes to the information currently available.

Commissioner Reyes commented about the time when MHSA was being proposed, stating that there were petitions, signs, and Public Service Announcements about MHSA. She inquired if there was anything about Proposition 1 being promoted. Executive Director Hundal shared that it has been promoted on television but that Proposition 1 was Governor Newsom's initiative so there was not a petition for this bill.

IV. EXECUTIVE DIRECTOR MONTHLY REPORT

Executive Director Hundal reported that February is Black History Month during which it is recognized the impact that African Americans have made in the United States; that this celebration was created in 1926 by Carter Woodson, a noted African American historian, scholar, educator, and publisher; that it is celebrated in February to coincide with Frederick Douglas and Abraham Lincoln's birthdays; and mentioned a variety of events to celebrate African American History Month. She then encouraged the Commission to spread the word that the MHSA department will be hosting meetings to go over Proposition 1 with the community. She also reported that the IT department are continuing to upgrade the network infrastructure at all TCMHA sites to improve WI-FI connectivity and have faster network.

Governing Board Liaison Cockrell inquired if there was an invitation or flyer regarding the informational meetings about Proposition 1 that Commissioner can share with the community. Executive Director Hundal replied in the affirmative, noting that the flyer is posted on the website and that it will be emailed to the Commissioners.

COMMISSION ITEMS AND REPORTS

Vice-Chair Ryback provided an update about the PAD (Psychiatric Advanced Directive) Innovation project, stated that last week, a small IT team did a site visit and observed for a few hours how the PADs work with their behavioral health patients in the emergency department. She also stated that although they have not been accepted yet, they are proposing a couple of staff members, including herself, to present at the Southern California Association of Healthcare Risk Management conference, which takes place annually to educate risk management and patient safety professionals, attorneys, and insurance professionals. She shared that she is hoping she can start discussing PADs with those who are involved in the process of advanced care planning for mental health treatment.

Commissioner Reyes commented that it is a concern about the increase in suicide rates; and talked about a few recent events where she heard about people who committed suicide; that the median age has now dropped to 16 for those committing suicide; and inquired if the Department of Mental Health or any mental health facilities have started looking more intensely at the situation. Executive Director Hundal shared that it is a concern; that staff goes through training about knowing the signs and stigma reduction; that Chief Clinical Director Renteria is working on a zero-suicide program. Vice-Chair Ryback added that from a healthcare perspective, it is a national topic; that it is one of the top 10 patient safety concerns; and that providers are very aware and are putting a lot of things in place to have an impact.

Chair Henderson shared that the Lions Club set up the new playroom at the new pediatric wing at Pomona Valley Hospital; and that there will be a Grand Opening on the February 29th from 2:00-4:00 p.m.

PUBLIC COMMENT

Lisa Naranjo, Program Supervisor -PEI, announced that Green Ribbon Week is from March 18th-22nd; that this year's theme is "Thrive in Mind"; that every year staff brings awareness to mental health and how to reduce the stigma; that one of the best ways to support local, first responders is by reducing the stigma around mental health; that all events are posted on TCMHA website; and that anyone in the community is welcome to come to any of the events.

Sara Rodriguez, MHSA Programs Manager, distributed information about the community forum (MHSA stakeholder meetings) stating that there are two virtual options at noon and 5:30pm; and that her contact information is available on the flyer.

ADJOURNMENT

At 4:30 p.m., on consensus of the Mental Health Commission, its meeting of February 13, 2024 was adjourned. The next Regular Meeting of the Mental Health Commission will be held on Tuesday, March 12, 2024 at 3:30 p.m., in the MHSA Administrative Office, 2001 North Garey Avenue, Pomona, California.

Micaela P. Olmos, JPA Administrator/Clerk



II. PRESENTATION

A. GREEN RIBBON WEEK ACTIVITIES

Presenters: Brittany Nguyễn, Community Capacity Organizer

Lisa Naranjo, Program Supervisor - PEI

B. REPORT ON THE 2023 DATA NOTEBOOK ON: (1) STANDARD YEARLY DATA AND QUESTIONS FOR COUNTIES AND LOCAL ADVISORY BOARDS, AND (2) STAKEHOLDER ENGAGEMENT IN THE PUBLIC MENTAL HEALTH SYSTEM.”

Presenters: MHC Ad-Hoc Committee for Data Notebook
Wray Ryback, Vice-Chair
Clarence Cernal, Commissioner
Joan Reyes, Commissioner
Toni Watson, Commissioner

Sara Rodriguez, MHSA Projects Manager



**Tri-City Mental Health Authority
MONTHLY STAFF REPORT**

DATE: March 12, 2024
TO: Mental Health Commission of Tri-City Mental Health Authority
FROM: Rimmi Hundal, Executive Director
SUBJECT: Executive Director's Monthly Report


Each year Tri-City celebrates "Green Ribbon Week (GRW)" during the 3rd week of March. Our stigma reduction campaign is an everyday campaign, but Green Ribbon Week highlights our effort to mobilize community involvement and education. GRW continues the efforts to reduce mental health stigma and increase awareness of mental health needs and resources in our local community.

#ThriveinMind is this year's GRW theme. Join us in March for free community-wide activities and events, both in-person and virtually. Visit ww.tricitymhs.org explore our upcoming events, resources and learn ways to support yourself and your loved ones. For more information, please contact Brittany Nguyễn, Community Capacity Organizer, at bnquyen@tricitymhs.org.


Below you will find some events being held this month.

- **Community Resiliency Model (Free Community Training)**
 - **Friday, March 8, 2024**
1:00 PM–4:00 PM
Via Zoom: Register at <http://tinyurl.com/mpcf24t3>
 - Every 2nd Friday of the month, Tri-City Mental Health hosts free webinars and in-person presentations to address ways to support individual and community mental health and build resilience. Join us virtually in March for Community Resiliency Model™ (CRM). Created by the Trauma Resource Institute, the CRM is a set of wellness skills that people can use to respond to the impact of traumatic and stressful experiences. For more information, contact Paul Osorio, Community Behavioral Health Trainer, at cmht@tricitymhs.org.
- **Movie Night at the Tri-City Wellness Center**
 - **Friday, March 8, 2024**
6:00 PM–7:30 PM
Film Showing: Lorax
Tri-City Wellness Center (1403 N Garey Ave, Pomona)


- **Community Resiliency Model** (Free MHSSA Community Training)
 - **Thursday, March 14, 2024**
9:00 AM–12:00 PM
Via Zoom: Register at bit.ly/3SBmVmS
 - Presented by the Mental Health Student Services Act (MHSSA) program in partnership with the Community Mental Health Trainings (CMHT) program. This virtual 3 hr. training will introduce participants to the Community Resiliency Model (CRM)®, a novel approach in trauma recovery, mental wellness and self-care. Created by the Trauma Resource Institute, CRM skills can help restore the natural balance of the nervous system by focusing on sensations of well-being. Open to the general public, parents, caregivers, youth-serving professionals such as K-12 school and higher education staff, and service providers who work with youth.


- **GRW 2024**  **Mental Health 101 Webinar**
 - **Monday, March 18, 2024**
4:00 PM–5:00 PM via Zoom
 - Join us to learn about the spectrum of mental health, the difference between mental health and mental illness and how stigma can impact your wellness.
 - [RSVP Link](#)

- **RAINBOW LGBTQ+ Wellness Collaborative Monthly Meeting**
 - **Tuesday, March 19, 2024** (Every 3rd Tuesday of the month)
11:00 AM–12:00 AM via Zoom
 - To join, please contact Cory Campos, RAINBOW Chair, at dei@tricitymhs.org to receive a meeting link.

- **GRW 2024**  **Paint & Sip at Tea Leaf and Creamery**
 - **Tuesday, March 19, 2024**
4:00 PM–5:30 PM
2145 Foothill Blvd Suite C, La Verne, CA 91750
 - Sip some boba and join us in a relaxing, loosely-guided painting and writing activity to express yourself and explore your wellness. Hang out, make new friends, and check in with your overall wellbeing. Materials and supplies provided.
 - [RSVP Link](#)

- **Senior Matinee at the Tri-City Wellness Center**
 - **Wednesday, March 20, 2024**
12:00 PM–2:00 PM
Film Showing: Clue
Tri-City Wellness Center (1403 N Garey Ave, Pomona)

- **GRW 2024  Amplify: Voices of Mental Health & Recovery**
 - **Wednesday, March 20, 2024**
5:30 PM–6:30 PM via Zoom
 - Join us to listen to members of our [Courageous Minds Speakers Bureau](#). Listen to impactful and empowering stories from community members about their mental health experience and journey.
 - [RSVP Link](#)

- **GRW 2024  Let's Talk: Find Your Calm (MHSSA Student Wellness Series)**
 - **Thursday, March 21, 2024**
4:00 PM–6:00 PM
Tri-City Wellness Center (1403 N Garey Ave, Pomona)
[Click here to register](#)
 - In celebration of Green Ribbon Week, join Tri-City Mental Health's Mental Health Student Services Act (MHSSA) program for our Let's Talk: Student Wellness series. Participate in a fun, family-friendly workshop to learn about mental health basics such as anxiety, depression and self-care. Connect with yourself, your family and nature in a guided mindfulness activity by our Therapeutic Community Garden, and explore easy ways to find calm in the midst of everyday stress. This is a safe space for Q&A about understanding mental health and how to seek support. Food and refreshments will be provided. This event will be conducted in English and Spanish. For more information contact Markie Sterner, Clinical Supervisor, and the MHSSA team.

- **MHSSA Father's Group**
 - **Thursday, March 21, 2024**
6:30 PM–8:00 PM
Tri-City Wellness Center (1403 N Garey Ave, Pomona)
 - Please join our MHSSA Grant team for our parent group, held every 3rd Thursday of the month. Hang out and connect with other parents while watching live sports games and popular sports movies! Snacks and food provided. This is a free support group for parents, guardians, caregivers and any father figure of a child.
 - For more information contact Keith Colder or Nicholas Chang.

- **FedEx Hiring Event at the Tri-City Wellness Center**
 - **Friday, March 22, 2024**
1:00 PM–3:00 PM
Tri-City Wellness Center (1403 N Garey Ave, Pomona)
 - Clients, participants and community members can speak with FedEx Ground personnel about current job openings at Chino and Rialto locations

and learn how to apply. Starting Pay \$19.25-\$19.75. For more information, contact Employment Vocational Team: Sonny Alino, Steve Fernandez, Mark Landgreen

- **GRW 2024  Brewing Mental Wellness at Nosy Neighbors Coffee & Donuts**

Friday, March 22, 2024

7:00 PM–8:30 PM

133 N Yale Ave, Claremont, CA 91711

- Join us at Nosy Neighbors for a Coffee and Creative Minds Art Workshop! Unleash your creativity as you design your own personalized coffee cup, fostering community connections and engaging in healthy conversations about mental health. Don't miss the chance to sip, create, and connect – reserve your spot for a memorable evening of art and conversation!
- [RSVP Linkz](#)

Summer Camp at the Wellness Center

The wellness Center will be hosting its 14th Annual Summer Camp in July. Campers ages 7-12 can benefit from socializing, learning and discovering new things. Camp activities are offered Monday through Friday for 4 weeks. And it's FREE! Applications will be available for pick-up beginning April 1st at the Tri-City Wellness Center located at 1403 N. Gare Ave, Pomona, CA 91767. _This free program is open to children and youth ages 7-12, residing in Pomona, Claremont, and La Verne.