



MINUTES

REGULAR MEETING OF THE MENTAL HEALTH COMMISSION

JANUARY 10, 2023 – 3:30 P.M.

The Mental Health Commission met in a Regular Meeting on Tuesday, January 10, 2023 at 3:35 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 3:35 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 (joined the meeting at 3:38 p.m.)
Clarence D. Cernal
Nichole Perry (joined the meeting at 3:38 p.m.)
Joan M. Reyes
Twila L. Stephens
Toni L. Watson

ABSENT: Isabella A. Chavez

STAFF: Rimmi Hundal, Executive Director
Liz Renteria, Chief Clinical Officer
Dana Barford, Director of MHSA and Ethnic Services
Lisa Naranjo, MHSA Program Supervisor -PEI
Mica Olmos, JPA Administrator/Clerk

REGULAR BUSINESS

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

At 3:38 p.m., Governing Board Liaison Carolyn Cockrell and Commissioner Nichole Perry joined the meeting.

There being no comment, Commissioner Watson moved, and Commissioner Reyes seconded, to ask the executive director, or designee, to perform all actions necessary to implement the Brown Act provisions regarding teleconferencing in compliance with Government Code § 54953. The motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Cernal, Perry, Reyes, Stephens, and Watson; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioner Chavez.

II. APPROVAL OF MINUTES FROM THE DECEMBER 21, 2022 GOVERNING BOARD AND MENTAL HEALTH COMMISSION REGULAR JOINT MEETING

This Agenda will be considered at the next regular meeting of the Mental Health Commission.

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

Director of MHSA & Ethnic Services Barford reported that staff is proposing to transfer Access To Care (ATC) services, and the School Based Services Program, from the 1991 Realignment funds to the Mental Health Services Act (MHSA) funding. She stated that ATC services is a clinical adjunct service that acts as a gateway to the intake process for Tri-City outpatient clinics; and that the School Based Services Program provides services to students directly on local school campuses, during school hours, to students attending Bonita Unified School District, Claremont Unified School District, and the Pomona Unified School District. She explained that funding received under MHSA is a 1% tax on income that exceeds one million dollars, which revenue then is distributed to TCMHA and all the counties; however, this time its distribution was delayed and resulted in an unexpected increase in the amount of Community Services and Support (CSS) Plan funds and Prevention and Early Intervention (PEI) Plan funds. She noted that counties have only a certain amount of time to expend PEI funds, otherwise they are subject to reversion. Therefore, the transfer of ATC to the CSS Plan, and School Based Services Program to the PEI Plan, under MHSA funding will result in an increase of 1991 Realignment revenue, which can be used for other services and it will reduce the amount of excess CSS funds and of PEI funds subject to reversion. She indicated that the fiscal impact will be an annual expenditure increase of CSS funds of approximately \$755,000 for Access To Care, and \$817,000 annual expenditure increase in PEI funds for the School Based Services Program; and that if these transfers are recommended by the Commission and approved by the Governing Board, the Amendment will be retroactive to July 1, 2022.

Commissioner Watson stated that the 1991 Realignment funds are always guaranteed; however, MHSA funds fluctuate because is based on income tax, and inquired how will these programs are transferred to MHSA will be maintained if the revenues from the State fluctuate. Director of MHSA & Ethnic Services Barford replied that the Chief Financial Officer and her team, and Consultant Mike Geiss who works at the State level and is well versed in MSHA funding revenues, had completed projection estimates and these programs will be sustainable under MHSA funds.

Commissioner Watson further inquired if this Amendment was only for Tri-City and not State wide. Director of MHSA & Ethnic Services Barford replied in the affirmative noting that these proposed changes to the MHSA Annual Update will be with the stakeholders and the Commission's recommendation, and the Governing Board approval.

Commissioner Cernal inquired if there are any anticipated or projected negative impact that might happen after the transfer of these programs. Executive Director Hundal replied in the negative, noting that revenue projections are based on projections received from the State which are received two years at a time, meaning revenues are calculated and based on income tax for 2 years, which will always be two years behind; therefore, if there is a negative impact projected, we will know two years in advance, and that as a safety measure the Mental Health Services Act requires that every county has a prudent reserve and that Tri-City has one also to use until the economy gets better.

Commissioner Reyes inquired if the proposed cost is for a two year period or annually. Executive Director Hundal replied that it is annual, noting that the cost to run these type of programs is high because of salaries of mental health workers which are very hard to recruit, and continues to get harder.

Discussion ensued regarding the positive response received from students under the current School Based Program.

There being no further discussion, Commissioner Cernal moved, and Vice-Chair Ryback seconded, to recommend to the TCMHA Governing Board to approve the First Amendment to 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, and Watson; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioner Chavez.

IV. ELECTION OF OFFICERS OF THE MENTAL HEALTH COMMISSION EACH ODD-NUMBERED YEAR

JPA Administrator/Clerk Olmos explained the election of officers' process and stated that the Mental Health Commission bylaws indicate that every odd number years there should be an election of officers; that there will be an election of office of Chair and office of Vice-Chair; that each a term is for 2 years and members can serve for 2 terms for a total of 4 years; that currently both the chair and vice-chair have served only one term, so they are eligible to be nominated or re-elected.

There being no further comment, Commissioner Watson moved, and Commissioner Reyes seconded, to re-appoint Wray Ryback as Vice-Chair to the Mental Health Commission. The motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Cernal, Perry, Reyes, Stephens, and Watson; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioner Chavez.

There being no comment, Commissioner Reyes moved, and Commissioner Watson seconded, to re-appoint Anne Henderson as Chair to the Mental Health Commission. The motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Cernal, Perry, Reyes, Stephens, and Watson; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioner Chavez.

V. PRESENTATION – JANUARY IS NATIONAL PEER MENTOR MONTH

Michelle Robinson, MHSA Program Coordinator, announced that January is National Peer Mentor Month, a time for Americans to celebrate the power of relationships and mentors because of the meaningful change they create in our lives. She stated that 'Thank Your Mentor Day' is celebrated on January 21st; that to express our gratitude to TMHCA Peer Mentors, staff will be publicly recognizing their critical role as mentors here in the community, and discussed the planned activities. She explained that the Peer Mentor program trains volunteers who want to learn how to provide emotional support to peers by listening, identifying strengths and areas of need, and also suggest resources to help them address those needs; that this service is free to our community members; and explained the Peer Mentor recruitment process, noting that it is for anybody in the community who wishes to get trained to become a peer mentor. She then stated that mentees are referred from all of TCMHA services, therapists, clinicians, the Wellness Center,

Housing, Community Navigators, Community Therapeutic Garden, partner agencies, or are individuals waiting to receive formal services or are exiting formal services. She discussed some of the benefits of being a Peer Mentor such as being able to support others and have an outlet to support own recovery, growing professionally and personally, and receiving hands on training and experience, and receive a monthly stipend; that some of the benefits of the program for mentees are being able to connect with someone on a one-on-one basis, obtain resources, talk about life stressors in a safe environment, avoid needing more intensive services, and as a transition process out of intensive services. She then discussed the age demographics of mentors and mentees; and announced that a guest speaker was in attendance to share his success story from being a mentee.

Efrain Mercado, guest speaker, shared that he started off as a mentee and his mentor helped a lot with his social anxiety and had also motivated him to become a mentor. He indicated that he also wanted to give back to the community by helping other people like him with mental health issues. He noted that he is very grateful for this program because he has met a lot of people and has learned a lot of new skills; and this program has really helped him for the future because he has gained a lot of insight about the field and is in graduate school to become a therapist, noting that he has received letters of recommendation. He then recommended the program to anyone who is interested.

Executive Director Hundal thanked Mr. Mercado for sharing his story and for everything he does for TCMHA and the communities that it serves.

Commissioner Reyes concurred with Executive Director Hundal's comment and congratulated Mr. Mercado for pursuing a Master's Degree, stating that he will be a wonderful therapist.

Commissioner Cernal thanked Mr. Mercado for sharing his story; and inquired about the time commitment for a mentor and a mentee to be part of the program, and if this program is promoted in the community.

MHSA Program Supervisor Robinson indicated that mentor trainings are usually 9-month sequence of trainings such as ACES, motivational interviewing, and Mental First Aid, noting that they receive the same trainings that typically are provided to new TCMHA employees. Therefore, mentors are asked to commit for at least one year and many of them have participated since the inception of the program in 2014; that there are 21 mentors in the program and provide help in 6 different languages; that mentees typically stay in the program approximately 6 months during which their emotional support is being met or it is determined that they will need more intensive services; that a lot of referrals are received from the Wellness Center, the clinics, and also through outreach to the community by attending colleges and universities, and through dissemination of program information through a community contact resource list; and that they meet twice per month for approximately 1-1/2 hour training; and that she is available to mentors at all times, 24/7.

Discussion ensued regarding more detailed information about when and where mentor meetings take place and if they are held virtually or in-person; about when and how mentors meet with mentees; and about the circumstances when someone does not qualify for services, but can benefit from a mentor such as when someone is going through an emotional difficulty and need emotional support, but is not categorized as a mental illness; and about the difference between a peer mentor, a free service to the community that does not bill for services, and Peer Certification, a rigorous training and examination that allows someone to work in clinics and bill for their services.

The Mental Health Commission and Executive Director Hundal thanked Michelle Robinson for the presentation.

VI. EXECUTIVE DIRECTOR MONTHLY REPORT

Executive Director Hundal reported that we are off to a great start this year; that staff will ask the Governing Board to add Juneteenth, a federal holiday established in 2021 by President Biden, as an official holiday for Tri-City so that it could be celebrated with the rest of the country. She also reported that there are a few trainings scheduled for TCMHA staff, which will be offered monthly so that they can participate depending on their time, noting that Commissioners can also participate in these trainings; that the MHSa Department is working on the 3-Year Plan Update and they have been hosting stakeholder meetings, gathering data, and getting information from program staff; that the MHSa 3-Year Plan Update will be posted for a 30-day public comment in March, followed by a public hearing in April, which is hosted by the Mental Health Commission, then it will be presented in May to the Governing Board for approval and, thereafter, it will be delivered to the State. She also stated that staff will be working on a 5-Year Strategic Plan and have been meeting with consultants to start the process as soon as possible. .

Commissioner Reyes inquired what type of trainings are available to the Commission. Executive Director Hundal replied that these trainings are offered to us by our employment law agency, and there are some that apply to Commissioners regarding public service or about how to have difficult conversations.

Commissioner Stephens expressed being glad about adding Juneteenth to TCMHA holidays, and inquired if it will be added to the list of current holidays or if it will replace another holiday. Executive Director Hundal replied that staff will request that it be added to the list of holidays, but it is a recommendation and it is ultimately the Governing Board's decision.

Commissioner Reyes inquired if Juneteenth holiday would be combined with Indigenous Day, or if we will have the choice to use one or the other. Executive Director Hundal indicated that Indigenous Day is not a national holiday; however, she would look into it.

COMMISSION ITEMS AND REPORTS

Commissioner Reyes commented that she was listening to the police officer from the Capitol Building on Jonathan Capehart, MSNBC Anchor program, and he was defining mental health because not everyone understands it, noting that he is very supportive of mental health, and went through this horrific situation on January 6th. She then inquired if his words can be useful for other individuals. Executive Director Hundal replied that words are always supportive, and are typically used during a conference or something similar and he can be invited to attend, noting that she has not heard what he said, but mental health is important and it is for everybody. Commissioner Reyes then read an excerpt of the police officer's speech wherein he spoke about his trauma, and advocating for seeking professional counseling when needed.

Chair Henderson spoke in support for using the transcript for advocating seeking support. She then reported that she continues to attend the Health Access Committee meeting part of Pomona's Promise, noting that TCMHA is very involved and that former Executive Director Toni Navarro was very instrumental in getting it started. She then invited everyone to attend. Commissioner Watson inquired about the meeting times. Executive Director Hundal indicated that they take place on the 4th Thursday at 9:30 a.m.

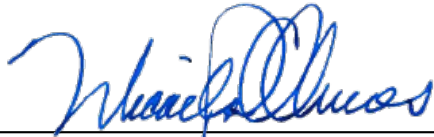
Commissioner Watson spoke in support of having hybrid meetings, noting that she enjoys hybrid group meetings at the Wellness Center, but she also likes to attend in person and facilitate the meetings; expressed appreciation for TCMHA assistance; and hoped to hear updates about when groups will be allowed to meet in person. Executive Director Hundal indicated that she will keep the Commission apprised of any changes that CalOSHA issues.

PUBLIC COMMENT

There was no public comment.

ADJOURNMENT

At 4:38 p.m., on consensus of the Mental Health Commission its Regular Meeting of January 10, 2023 was adjourned. The next Regular Meeting of the Mental Health Commission will be held on Tuesday, February 14, 2023 at 3:30 p.m. via teleconference due to the COVID-19 pandemic, pursuant to Government Code § 54953.



Micaela P. Olmos, JPA Administrator/Clerk