



MINUTES

REGULAR MEETING OF THE MENTAL HEALTH COMMISSION

FEBRUARY 14, 2023 – 3:30 P.M.

The Mental Health Commission met in a Regular Meeting on Tuesday, February 14, 2023 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 3:40 p.m.)
Carolyn Cockrell, GB Member Liaison
Nichole Perry
Joan M. Reyes
Twila L. Stephens
Toni L. Watson

ABSENT: Clarence D. Cernal
Isabella A. Chavez

STAFF: Rimmi Hundal, Executive Director
Liz Renteria, Chief Clinical Officer
Dana Barford, Director of MHSA and Ethnic Services
Daisy Martinez, Community Capacity Organizer
Mica Olmos, JPA Administrator/Clerk

REGULAR BUSINESS

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

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

There being no comment, Commissioner Reyes moved, and Commissioner Stephens seconded, to approve the Minutes from the December 21, 2022 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 Perry, Reyes, Stephens, and Watson. NOES: None. ABSTAIN: Chair Henderson. ABSENT: Commissioners Cernal and Chavez; and Vice-Chair Ryback.

II. APPROVAL OF MINUTES FROM THE JANUARY 10, 2023 MENTAL HEALTH COMMISSION REGULAR MEETING

There being no comment, Commissioner Reyes moved, and Commissioner Stephens seconded, to approve the Minutes from the January 10, 2023 Regular Meeting of the Mental Health Commission. The motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Perry, Reyes, Stephens, and Watson. NOES: None. ABSTAIN: Chair Henderson. ABSENT: Commissioners Cernal and Chavez; and Vice-Chair Ryback.

III. PRESENTATION

A. TCMHA COMMUNITY WELLBEING GRANTS

Director of MHSA & Ethnic Services Barford stated that the TCMHA Community Wellbeing Grants is one of the most successful Prevention and Early Intervention (PEI) programs; and that it provides an opportunity for community members to apply for grants up to the amount of \$10,000, to help them implement their own version of wellbeing that will work for the people they serve.

Daisy Martinez, Community Capacity Organizer, oversees the Community Wellbeing Grant (CWG) Program, which is part of TCMHA Prevention and Early Intervention (PEI) Plan that was developed by stakeholders across the three cities and funded through the Mental Health Services Act. She explained that the CWG provides funding and technical assistance to help communities build their own capacity to strengthen the wellbeing of the community as a whole; that communities can apply for up to \$10,000 to fund a project that is focused on improving the wellbeing of their community members; and discussed who can apply. She also stated that staff helps them achieve their project goals by being available to provide support, including technical assistance, noting that surveys are conducted twice annually to understand how to better support the grantees and also to provide greater awareness of mental health and wellbeing in their community as Tri-City has many great programming and services revolving around preventive care. She announced that staff is currently recruiting for the new Fiscal Year 2023-24, pointing out that anyone interested is required to attend the upcoming mandatory bidders conference. She then explained the CWG award process and timeline which begins in February and concluded in June when the awards are given, and funding starts in July 1, 2023 through June 30, 2024. She also provided her contact information and encouraged people to apply. She then introduced Frank Guzman, of the Pomona Pride Center, a CW grantee.

Frank Guzman, Executive Director of the Pomona Pride Center, shared his experience of being a current grantee, and reported that the Pomona Pride Center is embarking on its fourth year of existence. He noted that in these 4 years they have been very fortunate for being the recipient of the Tri-City Community Wellbeing Grant, which has been awarded for the past 3 years. He indicated that it was the first grants that the organization received, and expressed immense gratitude because it was a new organization and Tri-City took a risk in the work that they do; and enumerated all the services they have provided as result of having received the CWG. He explained that a lot of individuals needed some support and for the past 2 years they have hosted a Youth Empowerment Summit, quarterly workshops to address various needs such as college applications, financial aid, navigating the DACA experience, noting they are being offered as hybrid in person and virtually. He then expressed happiness and joy for never having received any type of hate or discrimination from any of their community partners, organizations within, nor from the community in general during all this time that he has been leading this organization. He talked about how their organization started and discussed the fear that the queer community normally experiences; however, knowing that they have individuals working in Tri-City to support

the LGBTQ community, it has made all the difference because they have received, and continue to receive support during family crisis and Tri-City staff they are always there when called. He shared that the Pomona Pride Center started with a team of 2 and one consultant, and now they have 9 staff members running the Pride Center, and it is now almost managing \$1.7 million dollars in grant funding, noting that these grants have considered the Pride Center in such a short period of time because of Tri-City; and that he has learned that consistency matters, and that Tri-City's team has always been consistent, and expressed being very fortunate that he has had the opportunity to work like what he sees in the individuals from Tri-City. He also reported that the Pride Center had the opportunity to highlight Tri-City at its Annual Gala because they want to recognize individuals who are really making an impact, and that Tri-City received the Organizational Impact Award. He then talked about his personal experience growing up around substance abuse; about the help he has received; about his connection with Pomona; and about the future goals of the Pride Center.

Executive Director Hundal thanked Mr. Guzman for attending the meeting and stated that it was an honor for Tri-City to be at the Pride Center Annual Gala and receive an award from them; and stated that she looks up to them; that Tri-City will be always here for them, and thank them for their service in the community.

Director of MHSA & Ethnic Services Barford commented that she has had the pleasure of visiting the Pomona Pride Center and invited everyone to schedule some time to visit their space and just see everything that they do firsthand, which is really wonderful; and that they offer some specialized training regarding cultural competence.

Mr. Guzman announced that this Friday they are having a presentation at the Pride Center 'I love you, no matter what', in collaboration with Tri-City where they will be sharing experiences with individual professionals from Tri-City on the panel, which will also include him and parents who came out later to their kids and invited everyone to attend.

Commissioner Stephens stated that the Pomona Pride Center is an amazing partner; that they are doing so many great things for Pomona and the surrounding areas; that it is phenomenal on the amount of growth; and commented that Mr. Guzman makes others feel comfortable, and she believes that other people tap into that; and that she is proud to be a part of helping with their growth.

Mr. Guzman talked about the various meetings that the Pride Center will host regarding the LGBTQA+ community, where they will be talking about various laws and things that are taking place across the nation right now, which are working against the LGBTQA+ community.

Vice-Chair Ryback thanked Mr. Guzman for the information provided, and stated that she is glad that they are partnering so well with Tri-City. She indicated that she works at the Pomona Valley Hospital and inquired if they had formed a connection with PVH; if not, she said that she might be able to help support that collaboration.

Mr. Guzman indicated that the Pride Center has already developed a relationship with Pomona Valley Hospital, but it is in the infancy stages, noting that some of the doctors and nurses from PVH had participated in their Health Series, where we have presentations for the community from 6 to 7 pm., but they are always looking to strengthen relationships and their goal is to always support everyone in the community to ensure they have access to the resources that they so richly have. Vice-Chair Ryback stated that she would reach out to Mr. Guzman during the week.

B. CLINICAL TRAINING PROGRAM

Chief Clinical Officer Renteria announced that she will talk about the training that Tri-City provides to the clinical staff; and posed the questions: what it is that people do in therapy? What is it that the therapist is doing, and why are they doing that? What is it called? What treatment is being given? And indicated that she will talk about the veil off treatment, the why and how we are doing the things we are doing and working in partnership with the clients that we are treating, letting them know why we are selecting this form of treatment. She shared her screen and talked about Tri-City's clinical training program, noting that we are in the business of wanting to provide the highest quality of care that we can, and high quality care starts with training; and that people have to know the newest scientific information and how to incorporate the feedback we get from our clients, so they have to know how to work more effectively and collect data, and really analyze the quality of their work; and that this can only be accomplished when staff are really well trained. She pointed out that the training does not stop once they graduate from the university, and that the training should continue throughout someone's professional career; that it is the organization's obligation, like Tri-City, to provide really high quality training to staff. She then talked about evidence-based treatment, which is the application of what the research tells us are the best treatments; that those treatments should be tailored by the experience that our clinicians have, and then look at the individual needs and cultural expectation of those receiving them, and really adapt the treatment to meet the needs of our clients and what they bring to the table. She shared that the Substance Abuse Mental Health Services Administration (SAMHSA), is an evidence-based practice resource center, which has a wonderful tool for finding evidence-based and promising practices, noting that staff can visit its website and do some research there, since SAMHSA has already done a very thorough job and has already identified through an involved vetting process; that users can research based on topic, and find information on treatments, protocols, toolkits, clinical practice guidelines, and other science-based resource. She then talked about RELIAS, TCMHA's training program and a learning management system, which is a very multi-level online library of training programs that can be accessed at any time, that has various programming, webinars, and videos are available in a variety of clinical and non-clinical subjects; and that staff are also given training specific to their role. She then talked about the Southern Counties Regional Partnership (SCRIP), and the California Institute for Behavioral Health Solutions (CIBHS), which provide in-person and virtual trainings. She pointed out that TCMHA has also collaborations between clinical and Workforce Education and Training Partnerships; as well as collaboration with other providers such universities and organizations, and discussed some of the training that staff receives such as Motivational Interviewing, Trauma Focused CBT, or TFCBT, (form of cognitive behavioral therapy), Recovery oriented CBT, Transition Independent Program (TIP), TAY transitioning to young adults, Strength Model, P.I.E.R program (early psychosis), Seeking Safety, WRAP (trauma recovery program using interpersonal effectiveness to plan), and Dialectical Behavioral Therapy, (DBT), a way to help people to self-regulate. She stated that staff recently received training on Recovery Oriented Cognitive Behavioral Therapy through the Beck Institute, noting that cognitive behavioral therapy is based on the foundational belief that that things in folks' lives can be improved if we really look at faulty ways of thinking unhelpful behaviors, and learning more effective behaviors that we can really overcome some of the difficulties in our lives; and that the recovery aspect is to focus on a happy, healthier future to help individuals see a way forward.

Vice-Chair Ryback thanked Chief Clinical Officer Renteria for her presentation, and inquired what does the term promising practice means.

Chief Clinical Officer Renteria replied that it is a designation that SAMHSA uses to indicate that a treatment is approaching empirical base but more studies are required to be fully classified as evidence-based.

Governing Board Liaison Cockrell also thanked Chief Clinical Officer Renteria for her presentation, noting that she had used the perfect word for therapy, a veil in counseling because it all happens behind closed doors and is all confidential.

Chief Clinical Officer Renteria stated that she wants to get people interested and wanting to learn, and it shouldn't be kept a secret, and if it is a partnership, it really should be in the forefront.

Director of MHSA & Ethnic Services Barford stated that staff were invited to suggest trainings that they thought were relevant, and announced that she has a list ready for Chief Clinical Officer Renteria, noting that it is a team approach of finding what is working for clients and for our staff.

Commissioner Stephens commented that as a staff member at Tri-City, she appreciates that Chief Clinical Officer Renteria includes non-clinical staff in a great deal of the trainings, which gives the ability to provide additional support in helping the client.

Chief Clinical Officer Renteria thanked Commissioner Stephens for her comment, and stated that clients should feel that we are all working together in the same direction to help them along. She added that Tri-City Mental Health Authority, has to be the premier learning institution where you get the best training.

Commissioner Reyes stated that she lives in a senior community, and there have been a number of individuals who have lost their spouses, and inquired if staff from Tri-City can come and speak about startup groups. Chief Clinical Officer Renteria replied in the affirmative, noting that the Wellness Center staff can assist in developing support groups.

Discussion ensued about support groups not developing right away and that it often takes about six months to gain participants.

IV. EXECUTIVE DIRECTOR MONTHLY REPORT

Executive Director Hundal wished everyone happy Black History Month or African American History Month, during which we honor the impact that African Americans have made in the United States, and discussed the various activities and events that Tri-City will hold throughout this month. She then announced that Tri-City's legal counsel Darold Pieper, had given his notice of resignation on January 12, 2023, noting that he will continue to be the general counsel until his replacement is found. She stated that Mr. Pieper has represented Tri-City for over 19 years, and he was instrumental in walking Tri-City through the bankruptcy and brought us out of it; and thanked him for his service to Tri-City, for his dedication to this wonderful cause of serving our communities, and for the great help he has been for all of us. She pointed out that Tri-City is in the process of recruiting for a new general counsel; that a Request for Quotes were issued on February 3rd, which was posted on Tri-City website, the League of California Cities website, and direct mail to all attorneys that are members of the League of California Cities; pointing out that the Governing Board will appoint the next general counsel. She also announced that California's Governor's state of emergency will end on February 28, 2023, and the Commission will revert to having in-person meetings, which will be held in the MHSA Building located at 2001 N. Garey Avenue, noting that she is looking forward to meeting in person again.

Commissioner Reyes commented that many groups were placed on hold during the COVID pandemic, noting that the Native American group was reluctant meet in person until the pandemic was over; and inquired if there has been any headway about starting that group. Director of MHSA & Ethnic Services Barford indicated that Tri-City invited someone from one of our communities who is of the Apache nation, and did a presentation for Tri-City staff, stating that we are building a connection, noting that it has been a little slow with all populations, not only with the Native American community; and discussed the efforts being made to build those relationships.

Commissioner Watson inquired if the Wellness Center is open and how the groups are meeting again. Executive Director Hundal indicated that based on feedback received, groups will be meeting hybrid to make it easier and comfortable for individuals to still participate at the comfort of their homes if they do not wish to meet in person.

COMMISSION ITEMS AND REPORTS

Commissioner Stephens announced that Tri-City, in collaboration with some of its Wellbeing grantees, is planning a Youth Symposium on April 29th, noting that is in the planning stage and there is no other information available, but they are looking for youth between the ages of 13 and 18 who are interested in joining the planning committee or subcommittees; and for persons who would like to donate a raffle item.

Chair Henderson stated that although the symposium is on the planning stages, they know the focus will be on mental health and in those issues that are currently affecting the youth.

Commissioner Reyes commented that it seems that gun violence is starting to come to our front door, such as the Mall incident, and that it is being heard all over; thus, she inquired if Tri-City will be having any programs to deal with gun violence. Executive Director Hundal stated that Tri-City does not have programs that are dealing just with gun violence, pointing out that therapy programs are for developing better coping skills which helps prevent violence.


Chief Clinical Officer Renteria indicated that clinical staff assess people regularly, not only for suicide but feelings of wanting to harm others, and do their best they possible can to protect people and the people that are having those feelings from doing something to themselves or someone else. She said that most of these gun related incidents are not people specifically experiencing mental health issues, rather it is a larger societal problem.

PUBLIC COMMENT

There was no public comment.

ADJOURNMENT

At 4:48 p.m., on consensus of the Mental Health Commission its Regular Meeting of February 14, 2023 was adjourned. The next Regular Meeting of the Mental Health Commission will be held on Tuesday, March 14, 2023 at 3:30 p.m. in the MHSA Administrative Office, 2001 North Garey Avenue, Pomona, California.



Micaela P. Olmos, JPA Administrator/Clerk