



MINUTES

REGULAR MEETING OF THE MENTAL HEALTH COMMISSION

APRIL 11, 2023 – 3:30 P.M.

The Mental Health Commission met in a Regular Meeting on Tuesday, April 11, 2023 at 3:36 held in the MHSA Office located at 2001 North Garey Avenue, Pomona, California.

CALL TO ORDER Chair Henderson called the meeting to order at 3:36 p.m.

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

MENTAL HEALTH COMMISSION

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

ABSENT: Clarence D. Cernal
Isabella A. Chavez
Nichole Perry

STAFF

PRESENT: Rimmi Hundal, Executive Director
Steven L. Flower, General Counsel
Diana Acosta, Chief Financial Officer
Liz Renteria, Chief Clinical Officer
Dana Barford, Director of MHSA and Ethnic Services
Mica Olmos, JPA Administrator/Clerk

REGULAR BUSINESS

Chair Henderson, on behalf of the Mental Health Commission, thanked everyone for attending the meeting; and announced that the Mental Health Commission is an advisory body to Tri-City's Governing Board; and that they meet 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.

I. APPROVAL OF MINUTES FROM THE FEBRUARY 14, 2023 MENTAL HEALTH COMMISSION REGULAR MEETING

There being no comment, Commissioner Watson moved, and Governing Board Liaison Cockrell seconded, to approve the Minutes from the February 14, 2023 Regular Meeting of the Mental Health Commission. The motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Reyes, Stephens, and Watson; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioners Cernal, Chavez and Perry.

II. EXECUTIVE DIRECTOR MONTHLY REPORT

Executive Director Hundal reported that Governor Newsom announced on March 19th his plan for behavioral health reform; that the governor is proposing an initiative for the November 2024 ballot that is designed to improve how California treats mental illness, substance abuse and homelessness, pointing out that there are three elements to this initiative: 1) the general obligation bond for housing; 2) modernize the Mental Health Services Act (MHSA); and 3) statewide enhancement of fiscal transparency. She explained that if this initiative goes through, implementation will be in 2025; and there will be a fiscal split, 30% will be for housing with supportive services, 35% standalone for FSP programs and school service partnerships, and 35% will be for CSS, PEI, WET, and CFTN; and the funding for Innovation will be eliminated; that the current requirement is 33% of the funding to be allocated for prudent reserve and it is being proposed to be reduced to 20%; to increase reassessment requirement for prudent reserve from five years to every three years; and to reduce MHSA funding from 17% to 2% for administration, including operations, data collection, and reporting. She added that the MHSA Three-Year Plan that will be presented today is based on how things are today, if it changes, it will be updated. She then talked about COVID, and reported that restrictions are going away; however, the LA County Department of Public Health (LADPH) still has masking restrictions for healthcare agencies, which applies to Tri-City, noting that it will be expected to revisit these requirements around September of this year. Lastly, she reported that on Caesar Chavez Day, Supervisor Solis acknowledged nine individuals for their contribution to their field, which amongst those nine was Tri-City's Chief Clinical Officer Liz Renteria, and expressed being proud for Mr. Renteria's recognition and for being her colleague.

COMMISSION ITEMS AND REPORTS

Commissioner Reyes, announced that this week is National Public Health Week. She also inquired if Tri-City has a scholarship for first time individuals applying to college. Executive Director Hundal stated that Tri-City does not have scholarships; however, staff and consumers are encouraged to apply for scholarships to enter college in the field of behavioral health through HCAi (California Department of Health Care Access and Information), which is a statewide agency. She then introduced Tri-City's new general counsel, Mr. Steven Flowers, who replaced Darold Pieper who retired from Tri-City.

Vice-Chair Ryback, announced that she works at Pomona Valley Hospital; that through one of its insurance carriers, PVH is working on a program to schedule follow-up appointments for patients before they leave the hospital, particularly for their behavioral health needs. She then announced that an event is taking place on April 23rd called 626 Golden Streets, in the Cities of Pomona, Claremont, and La Verne, which involves opening up several streets in the community to allow people to go out, ride their bikes, take their kids for walks and have fun; and encouraged everyone to participate and get healthy.

Commissioner Watson reported that she received an email from the California Association of Local Behavioral Health Boards and Commissions regarding California Senate Bill 551 that will require 40% of the boards or commissions be youth or younger people, and pointed out that this might have to be addressed in the future if it becomes legislation.

Chair Henderson reported that she has been working with the Pomona Youth Prevention Council, Lisa Naranjo and other Tri-City staff on “A Happy Me, A Happy We” Youth Wellness Symposium taking place on April 29th at Western University, for middle high school and high school age students; and stated that if anyone was interested in volunteering to contact her or Lisa.

PUBLIC COMMENT

There was no public comment.

PUBLIC HEARING - MENTAL HEALTH SERVICES ACT (MHSA)

A. OPEN THE PUBLIC HEARING

Chair Henderson announced that the proposed MSHA Three Year Plan has emerged from almost a year of extensive work and conversations with individuals and organizations throughout our three cities, and today Tri-City wants to share some of the details of the plan with you, and to ask for your feedback. She then announced that Tri-City’s Director of MHSA and Ethnic Services Dana Barford, will facilitate the public hearing.

At 3:50 p.m. Chair Henderson declared the Public Hearing open for Tri-City Mental Health Authority’s MHSA Three-Year Program and Expenditure Plan For Fiscal Years 2023-24, 2024-25, and 2025-26.

Director of MHSA and Ethnic Services Barford acknowledged staff, and thanked them for another year of support and for sending her their information and for all the wonderful work that they do. She then announced that she will discuss the community planning process; show how to read the Three-Year Plan; talk about some changes that have developed; talk about the expenditure plan over the next three years; that there will be three special presentations, that due to unexpected circumstances the actual individuals were not able to be here, but staff will do the presentation; and that there will be an opportunity for public comment. She indicated that the Three-Year Plan has been distributed to the three City Halls, libraries, posted on Tri-City’s website and social media, in an effort to elicit as many responses as possible. She then acknowledged the original caretakers of this land, the Tongva peoples and all of their ancestors, elders and descendants, past, present, and emerging; stating that Tri-City is committed to a continuous effort to learn and understand how we can best partner with the indigenous peoples of this land and partner with, empower, and center the voices of historically underrepresented people.

A. COMMUNITY PLANNING PROCESS

Director of MHSA and Ethnic Services Barford explained that during the Community Planning Process staff is able to find out what are the needs; what is taking place in the community; and if there is a gap in services. She then provided an overview of the process which began in the fall of 2022 when four stakeholder meetings, five work groups, and a community planning survey took place; and recommendations were presented during the different stakeholder meetings; that during the winter of 2023, staff drafted the MHSA Three-Year Plan, which was posted on March

10th for public comment; and today is the Public Hearing to receive final comments on the Plan; and the final step will be the approval, and ultimately the adoption, of the Governing Board on April 19th.

B. TCMHA'S MENTAL HEALTH SERVICES ACT (MHSA) THREE-YEAR PROGRAM AND EXPENDITURE PLAN FOR FISCAL YEARS 2023-24, 2024-25, & 2025-26

➤ **Proposition 63 - Mental Health Services Act (MHSA)**

Director of MHSA and Ethnic Services Barford reported that the Three-Year Plan is funded with Tri-City's MHSA funds; that the MHSA, known as Proposition 63 or the millionaire's tax, was passed in 2004, noting that in 2024 it will be the 20th anniversary of the Mental Health Services Act, and pointed out that it is designed to expand and transform California's mental health system and to be able to fund community mental health agencies, such as Tri-City.

➤ **Components of the Three-Year Program and Expenditure Plan**

Director of MHSA and Ethnic Services Barford explained the components of the Three-Year Plan, which include information about Tri-City being a Joint Powers Authority for over 60 years; demographics; stakeholder needs; work groups; community partners; outreach and engagement; the different programs under MHSA's five different plans: 1) Community Services and Supports, 2) Prevention Early Intervention, 3) Innovation, 4) Workforce Education and Training, and 5) Capital Facilities and Technological Needs; the breakdown of everything that happened in Fiscal year 2021-22, including what are the challenges, what are the successes, and what went really well; information regarding services during COVID, such as going virtual with our community groups and services through telehealth; and the cost per person to do these programs, our three-year projections, and the individual budgets for each program. She added that Tri-City's method for tracking outcome and data is called Results-Based Accountability, which asks three questions, How much did we do? How well did we do it? And is anyone better off?

➤ **Description of MHSA Plans (CSS, PEI, INN, WET, CFTN)**

She then provided services data from the Community Navigators program under the Community Services and Supports Plan, which is a linkage and referral program and discussed the services provided.

Ernie Avila, Mental Health Rehabilitation Specialist I, shared a success story of a single female with five kids, who had been recently in a car accident and had been unsheltered. He discussed the various resources that he assisted the client with such as clothing, school supplies, food from the local banks, legal family services, a housing voucher, and with the application and all the paperwork required to obtain permanent housing; that she was able to locate a three-bedroom apartment in the City of Covina on December 21, 2022, but unfortunately, they were living on a limited income and the kids did not have beds; thus, with a new grant from the San Gabriel Valley COG, he was able to request beds and mattresses for the family, noting that the kids were very happy, and had thanked him for all the resources he had found for them.

Director of MHSA and Ethnic Services Barford also provided an overview of the Wellness Center, noting that it did not close during COVID, and during this period 16,515 people attended the different groups, which include repeat visits, and discussed the various groups held. She then

provided an overview of the Intensive outreach and Engagement Tea (IOET), noting that 222 individuals were enrolled into services; and also talked about Tri-City's Permanent Supportive Housing, and discussed all the services that are provided for the clients that are there, including landlord mediation, living skills, mental health support, and treatment team connections.

Dwight Pennington, Community Navigator (Housing Specialist) provided a success story of a client who became homeless as a result of a landlord who retaliated against her, which caused her to become depressed under all the pressure and decided to seek help, indicating that she wanted to learn how to cope with her anger, anxiety, and depression, and sought services at Tri-City, and that in 2021, he helped her fill out the Volunteers of America Homeless Agency Family Referral Form and received a motel voucher and supported her with other housing related issues; and that in May of 2022, she received a voucher from One Housing Authority, noting that when she moved into her new residence she was ecstatic, and thanked Mr. Pennington for helping her, including everyone who was involved in her success.

Director of MHSA and Ethnic Services Barford then talked about the Community Wellbeing Grants under the Prevention Early Intervention (PEI) Plan, and explained that these are grants given to community members so that they can create their own programs or events to help their own community wellbeing; and indicated that there were 30 applications in Fiscal Year 2021-22; that 20 applications met the criteria for interviews, and ultimately 17 community grants were awarded; that over 13,000 individuals benefited from the grantee activities from 15 out of the 17 grantees; and that almost 15,000 community members were represented in 15 of the 17 grantees. She explained that these numbers represent an impact throughout our three cities in stigma reduction, noting that Stigma Reduction Survey respondents reported that as a result of presentations they have a better understanding of their mental health; they understand people with mental health challenges experience stigma; their belief that people with mental health challenges can recover has increased; and they felt motivated to participate in stigma reduction efforts.

Brittany Nguyen, Community Capacity Organizer, shared a testimonial from one of the Courageous Mind speakers, who indicated that Courageous Minds program was a positive influence for him, that he loved getting together every week to focus on expressing his recovery story and putting into words how he found himself on the other side of depression and suicide; that he became a better writer and speaker; and indicated that his experience was great, he made new friends, learned new things, and every day with a Courageous Minds Group ended on a positive note; and highly recommend everyone who has made it to the other side of their hardship struggles or mental illnesses to join this program and share their experience since "it can only go up from here."

Director of MHSA and Ethnic Services Barford talked about the Peer Mentor Program under the PEI Plan; and discussed the positive responses about being a peer mentor. She also talked about the Family Wellbeing program, which is located at Tri-City's Wellness Center and focuses on individuals, clients, participants, and family members: the children, the parents, the caregivers, the other family members who are involved, noting that over 5,000 individuals have participated in the Family Wellbeing events, including duplicates that they come back. She then talked about the Innovation Plan, under which the Mental Health Services Act provides funding to create new programs that have not been tried and discussed 'Help @ Hand', one of the first funds, will be sun setting this program in December 2023; and the new Innovation project, Psychiatric Advanced Directives, a multi-county collaborative project in which it will allow individuals to make decisions about their mental health prior to being in crisis or to in a situation where they cannot be able to

make those decisions for themselves; and that Tri-City will be working with community members and folks that are interested in being a part of this three-year program.

➤ Changes to Three-Year Program and Expenditure Plan

Director of MHSA and Ethnic Services Barford reported that funding under CSS, which is 76% of MHSA funding, Tri-City is able to transfer excess funds to WET and CFTN Plans if needed in order to sustain those programs; that currently Tri-City is in a position to transfer \$2.5 million from CSS to WET and CFTN so that it is not subject to reversion; and that there are proposed revisions to the Agreement with NAMI. She explained it is very important to have workforce; thus Tri-City should be able to recruit, sustain, and offer staff benefits to be a part of Tri-City community mental health, noting that the Loan Repayment Program, under which any of our staff have the ability to apply for up to \$7,500 of funds to pay towards their school loan, is one of those benefits, as well as the ability to provide specialized training and conferences; and that it is being proposed to allocate \$500,000 to Workforce Education and Training Plan. In addition, it is being proposed to transfer \$2 million to CFTN Plan to purchase a building, since we are outgrowing the buildings that we have. Lastly, NAMI which has done a lot of different programs in the schools, has been struggling with the schools inviting them to come in and make presentations. She pointed out that during COVID, the schools were closed and NAMI was not able to do their presentations; that Tri-City wishes to continue to support NAMI more appropriately; that the \$35,500 allocated for them annually, will be allocated over the next three years; and that the unspent \$71,000 can be allocated to other PEI programs.

➤ Funding Allocation of MHSA Plans

Director of MHSA and Ethnic Services Barford explained the percentages of funding allocation for the MHSA Plans: 76% for Community Service and Supports (CSS); 19% for Prevention and Early Intervention (PEI); 5% for Innovation; and originally one-time funds for Workforce Education and Training (WET) and Capital Facilities and Technological Needs (CFTN), noting that excess funding from CSS can be transferred to WET and CFTN.

➤ Expenditure Plan Funding Summary

Director of MHSA and Ethnic Services Barford then explained the budget allocation projections for the MHSA plans that includes estimated expenditures over three years, and the estimated unspent fund balance. She also pointed out that the federal government has extended the filing of taxes until October to certain communities or counties that were impacted by the inclement weather that occurred this year.

C. NEXT STEPS

Director of MHSA and Ethnic Services Barford stated that the next step will be the recommendation of the Mental Health Commission to approve the Three-Year Plan to the Governing Board for its approval; thereafter, staff can present it to the Governing Board.

D. PUBLIC COMMENT

Director of MHSA and Ethnic Services Barford announced that two comments were received, one from a resident of Claremont, who thanked Tri-City for serving their community and providing critical mental health services and resources to those in need, and that spoke in support of

increasing outreach and engagement efforts with prevention of gun violence with community partners and other community-based organizations, particularly those that target youth, and that she hoped that this will be considered and prioritized as the Three-Year budget expenditure plan is approved. The second comment, also from a Claremont resident, who indicated she is grateful for the local resources of Tri-City Mental Health and for the dedicated and professional staff who provide services to our communities, spoke in support of prevention and intervention services to reduce gun violence, noting however, that the Three-Year plan does not specifically call out or identify ways to invest or collaborate with the community on gun violence prevention; and that gun violence prevention should be given some level of specific consideration, targeted outreach and community collaboration efforts; and provided data about gun violence.

E. CLOSE THE PUBLIC HEARING

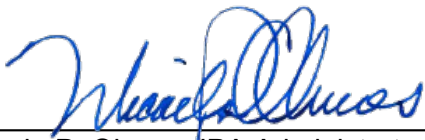
At 4:40 p.m., Chair Henderson closed the public hearing.

III. DECIDE ON A RECOMMENDATION TO THE TCMHA GOVERNING BOARD ABOUT THE MENTAL HEALTH SERVICES ACT (MHSA) THREE-YEAR PROGRAM AND EXPENDITURE PLAN FOR FISCAL YEARS 2023-24, 2024-25, and 2025-26

There being no further comment, Commissioner Stephens moved, and Commissioner Watson seconded, to recommend to the TCMHA Governing Board to approve and adopt the Authority's Mental Health Services Act (MHSA) Three-Year Program and Expenditure Plan For Fiscal Years 2023-24, 2024-25, and 2025-26. The motion was carried by the following vote: AYES: Board Member Liaison Cockrell; Commissioners Reyes, Stephens, and Watson; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioners Cernal, Chavez and Perry.

ADJOURNMENT

At 4:42 p.m., on consensus of the Mental Health Commission its Regular Meeting of April 11, 2023 was adjourned. The Mental Health Commission will meet next in a Regular Joint Meeting with the Governing Board to be held on Wednesday, May 17, 2023 at 5:00 p.m. in the MHSA Administrative Office, 2001 North Garey Avenue, Pomona, California.



Micaela P. Olmos, JPA Administrator/Clerk