



MINUTES

REGULAR MEETING OF THE MENTAL HEALTH COMMISSION MARCH 12, 2024 – 3:30 P.M.

A regular meeting of the Mental Health Commission was held on Tuesday, March 12, 2024 at 3:42 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 3:42 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
Toni L. Watson

ABSENT: Clarence D. Cernal
Isabella A. Chavez
Twila L. Stephens

STAFF

PRESENT: Rimmi Hundal, Executive Director
Dana Barford, Director of MHSA & Ethnic Services
Brittany Nguyen, Community Capacity Organizer
Mica Olmos, JPA Clerk/Administrator

REGULAR BUSINESS

I. APPROVAL OF MINUTES FROM THE FEBRUARY 13, 2024 MENTAL HEALTH COMMISSION REGULAR MEETING

There being no discussion, Vice-Chair Ryback moved, and Commissioner Reyes seconded, to approve the Minutes from the February 13, 2024 Mental Health Commission Regular Meeting. The motion was carried by the following vote: AYES: GB Liaison Cockrell, Commissioners Reyes and Watson; Vice-Chair Ryback; and Chair Henderson. NOES: None. ABSTAIN: None. ABSENT: Commissioner Cernal, Chavez and Stephens.

II. PRESENTATION

A. GREEN RIBBON WEEK ACTIVITIES

Community Capacity Organizer Nguyen talked about the history of Green Ribbon Week (GRW), which it was launched in 2014 to help people have everyday conversations about mental health and the stigma surrounding it, noting that stigma is one of the main reason people do not seek help. She stated that the theme for this year's GRW is *Thrive in Mind*, taking place March 18th-22nd, and announced the events scheduled for GRW: a wellness webinar called Mental Health 101 that will discuss introductory mental health topics; the 'Paint and Sip event' in partnership with a local boba shop in La Verne, Tea Leaf and Creamery, where participants can do a loosely guided painting activity and have healthy conversations about mental health and wellness, noting that the materials are free but participants will be asked to purchase a drink from the local business; the Courageous Minds event called 'Amplify: Voices of Mental Health and Recovery' where speakers will share their lived mental health experience, along a question-and-answer session; that another event will be hosted in collaboration with various TCMHA programs, named 'Find Your Calm' where there will be discussion about anxiety and depression in a family-friendly setting. She mentioned that families are being encouraged to bring their children, students, youth, and parents all around to attend the event; and a Brewing Wellness Workshop in collaboration with 'Nosy Neighbors' coffee shop in Claremont, where participants can design their own coffee mug while talking about wellness and mental health. She recommended RSVPing to events as spots are limited and are on a first come, first serve basis; and shared different resources available for Green Ribbon Week.

Discussion ensued regarding how spots are being reserved to attend GRW events; about the GRW events being open to everyone, but focusing on the Transitional Aged Youth group which are the 0-25 age range; about the GRW events being a mix of in-person and virtual events; and finding spaces where the youth like to frequent to hold events there.

Community Capacity Organizer Nguyen discussed the various resources available for GRW on the TCMHA website, which include the Community Partner Toolkit, which acts as a guide for ways to take action and how to utilize the resources available; posters ready to print or digitally so that they can be shared via email or social media; Zoom backgrounds; and pledge cards available. She also talked about the different roles that individuals can take during GRW including following TCMHA on social media; starting a conversation with family and friends about mental health; promoting GRW activities; and signing a pledge with the pledge cards they have available.

Discussion ensued regarding the best way to approach a family member about their mental health, which is being encouraged to start the conversation to check and see how they are genuinely doing; and about Instagram, Facebook, Twitter, and LinkedIn social platforms available to communicate and spread GRW.

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

Vice-Chair Ryback reported that there were a number of Commissioners who volunteered to be in an Ad-Hoc Committee to review and submit the Data Notebook; provided a summary of the Data Notebook and stated that it allows data to be collected and to be reviewed by the California Behavioral Health Planning Council; that last year the focus was on Covid-19 and the effects of Covid on mental health; that this year the focus is on stakeholder engagement; that the Data Notebook supports TCMHA with meeting mandates set forth under the Welfare Institutions Code; that it serves as an educational resource for TCMHA; that it provides a platform to get opinions and thoughts of local board members on various topics to identify unmet needs and opportunities

to make recommendations based on those needs. She also explained the process that the Commissioners have gone through for the Data Notebook which include asking for volunteers from the Commission to form an Ad-Hoc committee, looking at various questions and the framework for the current Data Notebook, drafting and finalizing the survey online, and presenting survey findings and recommendations to the Commission and Governing Board. She stated that the Ad-Hoc committee included Mental Health Commissioners Ryback (herself), Watson, and Reyes as well as Director of MHSA and Ethnic Services Barford and MHSA Projects Manager Rodriguez. Commissioner Ryback explained that this year's focus was on stakeholder engagement and that there are a lot of opportunities for TCMHA and the community members to be involved in stakeholder engagement, specifically for the Commissioners since they host an annual MHSA Public Hearing, they provide recommendations from organizations and community partners they collaborate with; provide updates regarding different happenings within the community, which allows TCMHA to provide support in the community; and Commissioners participates in the Data Notebook process.

Commissioner Reyes discussed the Data Notebook findings, stating that the topic of interest changes annually and the 2023 focus is stakeholder engagement; that stakeholders are directly involved in the Community Planning Process (CPP) by providing public comments during Mental Health Commission meetings, Governing Board Meetings, and stakeholder events; being involved in program planning, implementation and review; MHSA workgroups; community planning surveys; the cultural wellness advisory committee; 30-day comment period for MHSA plans and updates; quality improvement; and surveys and evaluation of stakeholder and orientation meetings. She reported that TCMHA is supporting the CPP by dedicating staff assistance to facilitate stakeholder meetings and events; providing information and training for stakeholders on MHSA programs, regulations and procedures; utilizing language interpreting services; holding meetings at times convenient to community stakeholders' schedules; providing technical assistance for stakeholders; participating in webinars or teleconferences; and meetings have been primarily virtual but held twice on different days and times for convenience. She also talked about the few barriers to stakeholder engagement that include general difficulty with reaching stakeholders; difficulty conducting community outreach to racial/ethnic communities and other specific communities; difficulty reaching stakeholders with disabilities; and difficulty adapting to virtual meetings; and Zoom fatigue.

Commissioner Watson discussed ways to address stakeholder engagement barriers, stating that TCMHA would like to implement in-person meetings and community forums that are embedded in the community; that these would be smaller groups held several times per month during the CPP period to engage as many stakeholders as possible; that the focus on stakeholder engagement is timely and vital and listed the benefits, such as an increased stakeholder engagement empowers the community; that stakeholder involvement ensures accountability of the agency; that engagement of the community enhances service delivery, provides a voice to diverse perspectives and collective decision making; that stakeholder engagement impacts many aspects of TCMHA system of care, directly benefiting TCMHA goals. She concluded by providing staff's contact information and TCMHA's social media information.

Commissioner Cockrell inquired about how the Data Notebook topic gets selected. Executive Director Hundal shared that it was due to low stakeholder engagement across the state and that a lot of counties were using Commission meetings for stakeholder processes.

III. EXECUTIVE DIRECTOR MONTHLY REPORT

Executive Director Hundal reported that Green Ribbon Week (GRW) is a significant week at TCMHA, noting that TCMHA received Proclamations from the Cities of La Verne and Pomona to declare the third week of March as GRW, and pointed out that the City of Claremont does not issue Proclamations, but they supported TCMHA in its efforts. She mentioned that GRW is helpful in kicking off May as Mental Health Awareness Month; and stated that she had listed the GRW events in her report. She then announced that the Wellness Center will be hosting a hiring event through FedEx on March 22nd, where participants come ready and dressed for interviews with the possibility of being hired on the spot; and the 14th annual Summer Camp for kids ages 7 to 12, which it was developed out of the need to have affordable summer camp for TCMHA families, and TCMHA started its own which focuses on socialization, learning and discovering new things, and shared a summer camp success story. She also discussed the activities offered at the Wellness Center, and the healthy cooking lessons during the TCMHA summer camp.

There were comments about the positive impact of hybrid meetings of the Wellness Center, and food availability for students during the summers.

COMMISSION ITEMS AND REPORTS

Commissioner Watson shared positive feedback she received regarding hybrid events at the Wellness Center.

Commissioner Reyes inquired about participants who are not within the TCMHA service area and if they are able to participate in the virtual TCMHA events. Executive Director Hundal responded by stating that they will not question virtual participants about their location; that they will not ask about location if an individual seeks services at the Wellness Center and that all are welcome. Discussion ensued regarding individuals from cities outside of the service area receiving services. Commissioner Watson suggested Project Return, which is helpful to residents of Los Angeles County. She also shared about the Hey Peers online platform, where they have support groups. Executive Director Hundal expressed that the Community Navigators can connect individuals to services.

Vice-Chair Ryback commented that a number of the Mental Health Commissioners were on the recent Community Forum meeting, and she thanked staff for inviting the commissioners. She also shared that the Psychiatric Advance Directive (PAD) pilot program continues, and it is making great progress. She mentioned that at their last meeting they had, the team showed both hospitals and police departments what the PAD would look like when they access it. She added that in May, there will be a conference of risk management professionals and although they have not received the confirmation yet, she believes they are going to be chosen to speak on the PAD pilot program and begin informing Southern California hospitals and risk managers about the upcoming path that will be available.

Commissioner Watson inquired about the status of Proposition 1. Executive Director Hundal responded by stating that the election will not be certified until April 13th and that she does not have the results yet, but the yes votes are at 50.3% and the no votes are at 49.6% according to the state website.

Discussion ensued regarding the process and if the bill would go on the November ballot. Director of MHSA and Ethnic Services Barford shared that a winner will be determined by April 13th.

Commissioner Watson stated if Proposition 1 passes, if that means the State will take funding. Director of MHSA and Ethnic Services Barford shared that they will be increasing the amount of admin fee with the idea that they will do programs at the State level that TCMHA will be able to access rather than keep the money and do something at the local level.

Discussion ensued regarding Proposition 1 and stakeholder engagement.

Commissioner Reyes shared her findings about CARE Court and then inquired about CARE Court and the new implementation date. Executive Director Hundal commented that Commissioner Reyes was referring to two different items; that CARE Court was already implemented in Los Angeles County in December 2023 and the other item is SB 43, which is redefining grave disability and has been delayed until 2026 due to all the work involved for the counties, noting that it does affect CARE court since it will define grave disability differently, and that Proposition 1 is supposed to help with SB 43 since it is going to house individuals and create more beds for them.

Commissioner Watson inquired about the definition of grave disability. Executive Director Hundal responded by stating that it is when the court determines that someone is unable to take care of themselves in their current mental state, and that it is mental health related.

Commissioner Reyes shared information about President Biden's Unity Agenda, stating that he tackles the mental health crisis and will strengthen the mental health parity protections and the budget requires all health plans to cover mental health and substance use disorder benefits; and shared the summary of the sections on mental health and housing. She inquired about possible reasons for Proposition 1 based on an article regarding budget cuts from the previous year. Executive Director Hundal shared that there are various stories regarding the reasons.

Commissioner Cockrell reported that the Governing Board held interviews for Mental Health Commissioners on Friday and that they were great candidates. Executive Director Hundal mentioned that they were very clear on the expectations to attend the meetings. She added that next month is the public hearing for the MHSA annual update.

Chair Henderson shared that Pomona Valley Hospital opened the new pediatric wing and that the Lion's Club was involved with providing toys for the playroom and the child specialists in that area. She expressed that it is an advantage to have a pediatric wing at Pomona Valley Hospital so that families do not have to drive to Los Angeles, which is a benefit for the whole community.

Vice Chair Ryback mentioned that if anyone would like a tour of the pediatric wing, they can call her; that it is on the ground floor of the Women's Center, noting that the Pomona Valley Hospital has Child Life Specialists and various child facing programs.

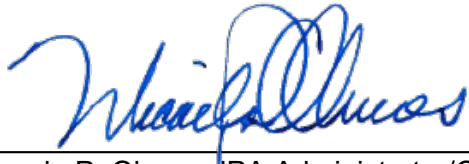
Executive Director Hundal shared that they also offer services at the Wellness Center.

PUBLIC COMMENT

MHSA Projects Manager Rodriguez shared that TCMHA staff has officially posted their annual update draft and the plan is accessible via the TCMHA website. She also shared that the Commission will be hosting a public hearing in-person on April 9th during the normal hours of the Commission meeting, and they will be providing more information. She emphasized that the reason behind the events is for stakeholder engagement, and to provide an opportunity for additional feedback.

ADJOURNMENT

At 4:40 p.m., on consensus of the Mental Health Commission its meeting of March 12, 2024 was adjourned. 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