



MINUTES

SPECIAL MEETING OF THE MENTAL HEALTH COMMISSION JUNE 11, 2024 – 3:30 P.M.

The Mental Health Commission Special Meeting was held on Tuesday, June 11, 2024, at 3:33 p.m. in the Wellness Center located at 1403 North Garey Avenue, Pomona, CA 91767.

CALL TO ORDER Chair Henderson called the meeting to order at 3:33 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
Clarence D. Cernal
Sandra Christensen
Mildred Garcia
Ethel Gardner
Frank Guzman (arrived at 3:37 pm)
Joan M. Reyes
Danette E. Wilkerson

ABSENT: Isabella A. Chavez
Laura Mundy
Janet R. Roy
Twila L. Stephens
Toni L. Watson

STAFF

PRESENT: Diana Acosta, Chief Financial Officer
Elizabeth Renteria, Chief Clinical Officer
Dana Barford, Director of MHSA & Ethnic Services
Mica Olmos, JPA Administrator/Clerk

NEW BUSINESS

I. PRESENTATIONS

A. OVERVIEW OF JUNE – PRIDE MONTH

Corey Campos, Clinical Therapist and Chair of the Rainbow Collaborative at TCMHA, a group designated to addressing the mental health and difficulties of the LGBTQ+ community. He stated

that the Rainbow Collaborative meets monthly on the third Tuesday and their upcoming meeting will discuss the collaborative's next goal; that they work with community partners such as Pomona Valley Pride, Cal Poly Pomona Pride Center, and Diamond Bar Unified School District to give opportunities to the community and represent the underrepresented population. He then stated that every year the Rainbow Collaborative sets goals on what they want to accomplish in the community; that this year's goals focus on Transgender Youth and affirming care; and he pointed out that previous collaborations have been "I love you no matter what", "Love Wins" Pomona Pride Festival, which assist with trainings at TCMHA, work with faith-based families at local churches, and work on social inclusion for LGBTQ+ communities. He added that the community wants access to a list of queer affirming services and service providers, noting that there is a list available, but it is outdated or does not actually provide much assistance; that this is not just for TCMHA, rather for all medical in the area, pointing out that the LGBTQ+ community feels pigeonholed in their medical treatment.

Commissioner Ryback stated that the community is listening, noting that the Pomona Valley Hospital (PVH) had a meeting on gender affirming care and the use of hormone therapy, and that PVH is bringing in more topics for the staff.

Commissioner Gardner inquired if there is a difference between the LGBTQ+ community and other communities. Clinical Therapist Campos responded that all communities are different and that transgender, gay, lesbian, straight communities all face different traumas and have different mental health needs, and used as an example the disabled community, which have different needs and each one is unique. He also stated that the LGBTQ+ community must "come out" regularly.

Commissioner Reyes inquired the reason the LGBTQ+ individuals feel they need to "come out" when seeking medical assistance. Clinical Therapist Campos explained that individuals can make that decision, but they do not always know when it will affect their life, noting that the community wants to feel comfortable and safe and completely authentic with their community and team.

Commissioner Guzman stated that sometimes an individual's sexual orientation does affect their treatment and they want to feel safe in discussing their options with their medical team.

Chief Clinical Officer Renteria stated that harm has been done in the past to the LGBTQ+ community and the community now needs to have a safe space to seek care.

Commissioner Reyes inquired why the term "queer" is used now where it used to be a derogatory term. Clinical Therapist Campos replied that the community had reclaimed the term to empower the community with each other, as opposed to an attack from outside the community.

Commissioner Wilkerson commented that it is similar in the African-American community and formerly derogatory terms used outside of the community are now used regularly within the community; and inquired if the term "queer" can only be used internally or if one's outside the community can safely use the term. Clinical Therapist Campos stated the term "queer" can be used generally by anyone, the issue lies in when it is used in a negative connotation.

Commissioner Garcia thanked TCMHA for the Rainbow Collaborative, and inquired where the list of providers can be found and how it is maintained. Clinical Therapist Campos states that is a list from the community, not TCMHA; however he would like TCMHA to provide one in the future.

Director of MHSA & Ethnic Services Barford stated that currently TCMHA's Community Navigators can conduct research on providers and resources for the community.

Commissioner Ryback stated that there is information on LGBTQ+ providers and designations for hospitals that provide sensitive care to the LGBTQ+ community.

Commissioner Guzman stated that because the documents are constantly changing, he suggested having the list of providers/designation be available on the organization's websites.

Clinical Therapist Campos expressed gratitude to the Commission and attendees for the open conversation.

B. OVERVIEW OF SUMMER CAMP HOSTED BY TCMHA AT THE WELLNESS CENTER

MHSA Program Supervisor Mata provided an overview of the 14th Annual Summer Camp at the Wellness Center, noting that she will discuss guidelines and rules, activities, releases and forms, and any questions. She then explained that the summer camp was developed for children ages seven to twelve from the cities of Pomona, La Verne, and Claremont, noting that the camp provides a safe place for the campers to enjoy four weeks of socializing, learning, and discovering new things; and that the schedule works with the school district's summer break. She also explained the application process and orientation during which families have a month to apply, pointing out that staff are trained in the campers needs, including any disabilities the campers may have. She then talked about the camp rules and guidelines; camp hours; protocols during an emergency or if a child is sick; the food, water, and snacks provided; and the required dress attire. She also stated that staff wear badges and volunteers are high school or college students that need volunteer or service hours; that TCMHA provides t-shirts, backpacks, sunscreen, hats, noting that the Wellness Center is a drug-free environment and weapons of any kind are prohibited; and that parents must sign release forms for rules and guidelines, photos/video release form, and food allergies or preferences. She then provided a list of the various camp activities, such as building friends, traveling around the world, play at the park, water activities, field trip to the Alf Museum, and bowling, noting that activities are tailored to the campers' abilities; and provided the camp's schedule: Week one is New Adventure (July 15 – July 19), week two is Great Outdoors (July 22 – July 26), week three is Explore Around the World (July 29 – August 2), and week four is You Got a Friend in Me (August 5 – August 9), and pointed out that during week four, Commissioner Watson will come to do a show-and-tell and literacy in coping with stress, hygiene, friendship building, and going back to school. Lastly, she commented that the camp makes lifelong memories and campers, and staff enjoy it; and showed, a picture of Family Wellbeing Team comprised of herself, Sylvia Garcia, and Lupe Garcia.

Commissioner Christensen inquired what is the age range for the campers. MHSA Program Supervisor Mata responded that the age range is ages seven to twelve.

Commissioner Cernal inquired what is the eligibility for enrollment and who is the camp open to. MHSA Program Supervisor Mata stated that the camp is open to open to any child residing in the cities of La Verne, Pomona, and Claremont.

Commissioner Gardner inquired how many days a week is the camp hosted. MHSA Program Supervisor Mata replied Monday through Friday.

Director of MHSA & Ethnic Services reported that during COVID, TCMHA had to adapt.

MHSA Program Supervisor Mata states she was not participating with the program during COVID but after COVID the program implemented social distancing, temperature checks, masks, and the children stayed home if not feeling well. Wellness Center Manager Polanco reported that during COVID, TCMHA delivered supplies to the campers' homes and the campers met virtually to participate in activities together.

Commissioner Ryback inquired how many children enrolled and whether any of them are returning. MHSA Program Supervisor Mata stated that last year there were approximately twenty-three children and this year there are approximately eleven, noting that some are returning and some are new.

Commissioner Cernal inquires what is the maximum capacity. MHSA Program Supervisor Mata replied that maximum capacity is approximately twenty-three children.

C. PUBLIC SERVICE ANNOUNCEMENTS ABOUT MENTAL HEALTH AND SUICIDE PREVENTION SUBMITTED BY STUDENTS FROM LOCAL SCHOOLS IN THE 2024 DIRECTING CHANGE PROGRAM & FILM CONTEST, A STATEWIDE PROGRAM SUPPORTED BY CALMHSA

Brittany Nguyễn, Community Capacity Organizer, provided the history on the Directing Change program and film contest, pointing out that it is funded by counties through the MHSA (Mental Health Services Act) and administered by the CalMHSA (California Mental Health Services Authority); that Directing Change is part of statewide efforts to prevent suicide, reduce stigma and reduce discrimination related to mental illness, and to promote the mental health and wellness of students; that the film contest is open to students in middle school, high school, and college and the submission deadline is March 31st; that the program goals are to inspire a new generation to know the warning signs for suicide and how to support a friend, change the conversations about mental health, reach young people from non-English speaking families, immigrant, and other cultures to communicate about mental health wellness and suicide prevention, and give back by using the submitted films to advocate for change. She then reported that TCMHA hosted a film screening on Thursday, March 16th at the Wellness Center; that one film from TCMHA, *Piecing It Together*, will be screened at a red-carpet award ceremony hosted at The United Theater in Los Angeles on Tuesday, May 21st; that one-hundred eighty-six people from six schools submitted eighty-three films; that those participating schools included Claremont High School, Fremont Academy of Engineering and Design, Ganesha High School, Marshall Middle School, San Dimas High School, and Village Academy High School; and provided the categories and TCMHA winners; that in the category of Suicide Prevention, in second place was filmmakers Nora Campbell and Naomi Flowers from Claremont High School with the film *I Can*, and honorable mentions were *It Can Be Scary* (Claremont High School), *Take Action as a Friend* (Claremont High School), *Family Matters* (Fremont Academy), *Always There For You* (Claremont High School), and *Seek Help for Others* (Village Academy); that in the category of Mental Health, in first place was filmmakers Hudson Colvin, Sebastien Brusselle, and Angelique Wiesner from Claremont High School with the film *Piecing It Together*; that tied for second place were filmmakers Eli Myers and Lindsey Olivo-Mascareno from Claremont High School with the film *First Step*, and honorable mentions were *Reaching Out* (Ganesha High School), *Understanding Depression* (Village Academy), and *The Cycle* (Village Academy); that in the category of Through the Lens of Culture, in fifth place were filmmakers Joceline Pelagio-Godinez and Victor Mendez-Martinez from Fremont Academy with the film *That Didn't Come Out Right*, and honorable

mentions were *Los Hombres No Lloran* (Claremont High School); and that in the category of Animated Short, Honorable Mention was *Sunspot* (Claremont High School).

The ten recognized films were played for the Commission and audience.

Community Capacity Organizer Nguyễn also provided information on how to view the other films showcased at the TCMHA screening; indicated that Directing Change has a grant of one-thousand five hundred dollars or more to schools and organizations to participate in the 2025 Directing Change Program; that some of the requirements are that the organization teaches a lesson on mental health and suicide prevention to youth, and they must host a screening for the community; and that the deadline to apply for the grant is September 30, 2024; that if the teacher or coordinator is unable or uncomfortable presenting a mental health or suicide prevention lesson, Directing Change offers curriculum on their website, noting that she has collaborated with Directing Change to act as a representative and go to school campus or organization location to present on stigma reduction and suicide prevention.

Commissioner Reyes inquired if the Public Service Announcements have been aired. Community Capacity Organizer Nguyễn replied that the films are available on the Directing Change website, but she is not sure if they have been aired in specific areas; and that Directing Change host its own screening and all PSA are shown there.

Commissioner Guzman commented that some of the films are already available on some of the schools' social media platforms.

II. EXECUTIVE DIRECTOR MONTHLY REPORT

During Executive Director Hundal's absence, Director of MHSA & Ethnic Services reported that TCMHA just completed submitting documentation for an audit and program review that the Department of Healthcare Services conducts every three years for counties; and explained that during this audit the Department of Healthcare Services looks into TCMHA's annual updates, three-year plans, community planning process, financials, outcomes, and community engagement; that all of TCMHA's departments gathered data for Fiscal Year of 2022-23; that the review will take four to five weeks, and upon completion they will share any comments and suggestions, noting that the last review was conducted in 2021. She then announced that Juneteenth on June 19th is a federal holiday, and TCMHA will recognize it; that it is a day of celebration of African Americans' liberation, resilience, and excellence; and that it commemorates when the Union Troops liberated the enslaved individuals in Texas. She also stated that June is Pride Month and thanked Clinical Therapist Campos for his presentation on the Rainbow Collaborative; and then pointed out that the report summarizes all TCMHA's activities and trainings for June.

Commissioner Reyes inquired if the Department of Healthcare Services has a schedule and if they conduct this audit for all counties. Director of MHSA & Ethnic Services Barfod replied in the affirmative and that the audit takes place approximately every three years.

COMMISSION ITEMS AND REPORTS

Commissioner Reyes announced that a blood drive would take place on July 3rd from 9:00 a.m. to 3:00 p.m. She then talked about Artificial Intelligence (AI) in connection with suicide and mental health issues, and shared quotes from an article entitled "AI in healthcare: The future of patient

care and health management” on how it can help providers and individuals in health care and patient care management.

Commissioner Wilkerson stated that she was researching suicide and depression for a school paper when she received a notification with numbers to contact if seeking help, noting that she realized it was AI monitoring her search that made the helpline suggestion.

Commissioner Reyes shared she read an article stating by 2025, the healthcare industry will have lost approximately ten thousand professionals in clinical staff.

Commissioner Guzman invited everyone to the City of Pomona raising the Pride flag on June 17th at 10:30am; and also invited attendees to the Pomona Valley Pride hosting their 5th Annual Celebration on July 13th at 2:00pm showcasing local events and individuals.

Chair Henderson announced that Commissioner Joan Reyes’ term had concluded, and she had chosen not to renew her membership; thus, this was her last meeting as member of the Mental Health Commission.

Congratulatory remarks and heartfelt farewells were expressed for Commissioner Joan Reyes’ contributions.

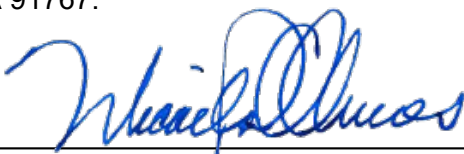
Commissioner Reyes stated that she will miss everyone and expressed gratitude for the opportunity to serve as a Commissioner, noting that she will continue to serve the community through *Sowing Seeds For Life*.

PUBLIC COMMENT

Client of TCMHA Wellness Center, expressed gratitude for TCMHA staff, commended TCMHA, and wished there was more awareness for what the Wellness Center offers to the community.

ADJOURNMENT

At 4:54 p.m., on consensus of the Mental Health Commission its special meeting of June 11, 2024, was adjourned. The next regular meeting of the Mental Health Commission will be held on Tuesday, July 9, 2024, at 3:30 p.m., in the Wellness Center, 1403 North Garey Avenue, Pomona, CA 91767.



Micaela P. Olmos, JPA Administrator/Clerk