

RIVERSIDE UNIVERSITY HEALTH SYSTEM-BEHAVIORAL HEALTH
Mid-County Region Behavioral Health Advisory Board
Thursday, January 2, 2025

MEMBERS PRESENT	MEMBERS ABSENT	STAFF PRESENT		GUEST PRESENT
Brenda Scott Walter T. Haessler, M.D Dolores DeMartino Don Kendrick Jennifer Woodworth	Ramon Amado Dr. Vernita Black	Jacqueline Markussen Elizabeth Lagunas Hilda Gallegos Heidi Gomez Sean Rayner	Lauren Adamson Stephanie Webster Bill Brenneman Kendra Theroith Eve Markovich	K. W.

ITEM	DISCUSSION	ACTION/FOLLOW UP
Call To Order and Introductions	Dolores DeMartino called the meeting to order at 3:08 p.m. All in attendance introduced themselves.	
Minutes	Meeting minutes for November 7, 2024, were accepted as presented.	
Announcements	<p>Heidi announced that Sean Rayner is the new supervisor for the Lake Elsinore SAPT Program. Diana Castillo is now the supervisor for the Perris SAPT Program and will continue to attend this meeting. Sean will also be attending. She added that SAPT is looking at more space to expand outpatient services and add a MOM's Program to the Lake Elsinore clinic.</p> <p>Dolores announced that the next NAMI Temecula Valley meeting will be held on Wednesday, January 15, 2025, at the Temecula Valley Hospital. Don Kendrick will be giving a presentation on the Riverside University Health System-Behavioral Health 24/7 Mobile Crisis Response Program.</p> <p>A Nurturing Fathers Program will be starting on Tuesday, January 14, 2025, at the TAY Arena. This is a 13-week course to help men learn parenting and nurturing skills. Hours are from 6:00 p.m.-8:30 p.m. Flyers were disseminated with more information.</p> <p>Lauren announced that Parent Support and Training offers a Volunteer Peer Program. A way for community members to volunteer their time to become peer support specialist and get peer training for free. Flyer with more information will be sent out.</p> <p>Brenda noted that NAMI Mt. San Jacinto offers a virtual Medi-Cal Peer Support Specialist Certification Training for 13 days from 4:30-8:30 p.m. In addition, NAMI California has a Medi-Cal Peer Support Specialist certification training for youth 16-25yrs. Classes are free, the only cost will be testing for certification.</p>	
Correspondence	No Correspondence received.	

<p>New Business- SAPT-Lake Elsinore</p>	<p>Stephanie Webster provided a power-point overview presentation of Substance Abuse Prevention and Treatment (SAPT) Program. The SAPT Spectrum includes prevention, access points, outpatient, and inpatient. Evidence-Based practices used in group sessions include Motivation Interviewing, Trauma-Informed Treatment, Relapse Prevention, Psychoeducation and Cognitive Behavioral Therapy (CBT). Specialized Services offered to link members include Medication Assisted Treatment (MAT), Peer Support, Clinical Consultation, Community Supports, Contingency Management, Care Coordination, and Perinatal Intensive Navigation. Curriculum used include Dialectical Behavior Therapy (DBT), Seeking Safety, Coping with Stress: Teens with Trauma, My Ongoing Recovery Experience (MORE) Cognitive Behavioral Health Therapy (CBT) for PTSD, Beyond Trauma (Female), Exposure and Response Prevention (EMDR), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Matrix for Adults and Teens, and Living in Balance.</p> <p>Other SAPT services include Behavioral Health Integration, CARES, Care Coordination Teams & Start Teams, BH Navigation Teams, Mobile Crisis Management Teams, Friday Night Live, New Life & Day Reporting Centers, Recovery Residence, Family Advocate program, Medication for addiction treatment & psychiatry. Lake Elsinore SAPT offers outpatient services, recovery services that provide individual and group counseling, Trauma Groups, Anger Management groups, Contingency Management, MAT services and Peer Support Services. In addition, they also provide adolescent services, outpatient, prevention, and early intervention within the Lake Elsinore Unified School District. They have four BHSIII providing onsite and field-based individual and group services. High Schools served are Temescal Canyon, Elsinore, Lakeside, and Ortega. Middle Schools served are Temescal, David A. Brown, Lakeland, and Canyon Lake. Members served for the month of December 2024, were 183, 56 outpatient, 35 recovery services and 92 preventions.</p> <p>Stephanie introduced member K.W. who shared his childhood experiences and all his hardships growing up. He noted that he was addicted to meth for over 35 years, quit and at 52 years of age became an alcoholic which is what lead him to this program. He knew he wanted his life back and with receiving services from this program he learned that he also suffered from emotional trauma and needed to heal for his mental health. He opened up and is grateful that this program that was here for him. He feels comfortable attending this program and has grown some much. He is sober and thankful that he is alive and that there are programs such as this one. Shares that he has learned so much about himself and continues to grow and now wants to give back. He now has gainful employment and is grateful for this.</p> <p>Don thanked K.W. for coming and sharing his story of resilience. Let him know that he is in a position where he can plant that seed of recovery in other people's lives. Keep pushing forward.</p> <p>Lauren also thanked K.W. and commented that she agrees on how difficult recovery can be and is thankful that he is a place where he can share who he is and support them in their recovery.</p> <p>Dolores thanked K.W. and commented that his story offers parents hope that recovery is possible.</p>	
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<p>New Business- (Continued)</p>	<p>Brenda commented that she also has loved ones that have gone through this system of care, and thanked him for sharing his story, this helps to inspire others to receive treatment.</p> <p>Heidi reported that Lake Elsinore SAPT is piloting a Recovery Incentive Program. A Contingency Management Program however not all SAPT programs have launched this yet. Lake Elsinore is first one. Department of Health Care Services rolled this program out and counties had the choice of opting in if they wanted to. SAPT currently has four sites and two contracted providers. This is a 24-week pilot program for those who have a diagnosis of stimulant use disorder moderate or severe. First twelve weeks of program members are drug tested twice a week other 12 weeks, members are drug tested one a week. If members test results are negative for stimulants, they receive a monetary incentive in form of a gift card each week for up to \$599 dollars at the end of the program. Members can choice to bank their funds or cash out. Stephanie shared a story of one member who saved this money and was able to buy items for her baby for Christmas.</p>	
<p>Discuss Goals</p>	<p>Goals for this Board were reviewed and discussed. One suggestion was to add increase membership as a goal. Goals will be kept on the agenda and discuss at next month's meeting. Dolores reported that NAMI Temecula Valley Newsletter featured the different committees and board meetings schedule in hopes to get more individuals involved.</p> <p>Dr. Haessler mentioned the need to look at goal number four. That reads; Support the development of program and services specific to victim, survivors, and family members of COVID 19. Perhaps if we hear from public health, to see if it this is enough issue to keep on as a goal. Brenda mentioned they will consider taking this goal off. Jacqueline will look into getting information from public health.</p>	
<p>Neighborhood Healthcare</p>	<p>Jennifer Woodworth, Clinical Director of Psychological Services gave a power-point presentation on Neighborhood Healthcare Behavioral Health Program. They are a federally qualified health center. There are 29 locations within San Diego and Riverside County and are primary health care clinics. Behavioral Health is a specialty. They provide primary care, pediatrics, women's health, prenatal services and at some of the clinics they offer podiatry, chiropractic, cardiology, acupuncture, gender affirming care and HIV services.</p> <p>They continue to grow and have many openings for therapists. She added that they recently hired Venice Russ, who was part of county and works out of the Corona office. They have 31 Behavioral Health Consultants (BHCs) across regions. This includes psychologists, licensed clinical social workers, and licensed marriage and family therapists. They can hire LPCC but do not have any yet. There are 12 BHCs in Riverside County including herself. Locations that have on site BHCs consultants include two locations in Temecula, Menifee, Mead Valley, Hemet, Corona, Riverside and just recently Beaumont. They offer 19 Psychiatric providers across regions. This includes MD's, Psych PAs, and Psych NPs. Four in Riverside County that covers two in Temecula, Hemet, and Riverside. They offer telehealth services, and they see all age groups. They are designed for short-term therapy. They offer brief, goal-oriented, solution-focused, evidence-based treatments around 12-15 sessions offering mental health, substance use disorders and health and behavior. When patients come in for a medical situation they provide support for weight management, hypertension, diabetes anything they can do to improve treatment outcomes.</p>	

<p>Neighborhood Healthcare (Continued)</p>	<p>In San Diego County they just started a social work internship program. Rationale is the shortage of behavioral health providers, develop a pipeline of BHC social work candidates for Neighborhood. They currently have one social work internship supervisor and three interns. Next school year (August 2025) hoping to have 2 social work internship supervisors and up to 10 interns for Cal State San Marcos. Their long-term vision is constant flow of interns through the program each year. They hope to duplicate this in Riverside County. She is meeting someone from Cal State San Bernardino to get something started for Riverside.</p> <p>Neighborhood also has Complex Care Resource Specialists which do Social Drivers of Health (SDOH). These are social risk factors result in or exacerbate racial inequities in health. Individuals may spiral into poverty or remain there and have increase mortality rates. They collaborate and coordinate with community-based organizations to address essential needs. They also have a Universal Screening form Low Touch and High Touch for mental health and substance use disorders. There are three sites that are piloting the Adverse Childhood Experiences (ACE's). They offer Enhanced Care Management. Mobile Behavioral Health Services are offered in San Diego at 5 Escondido Union High School District schools. Medication Assisted Treatment (MAT) services are also offered. Harm Reduction services and Street Medicine Teams are offered in San Diego.</p>	
<p>Old Business</p>	<p>No old business.</p>	
<p>Administrator/Managers Report</p>	<p>Jacqueline Markussen provided an update on the Mid-County adults programs. She reports that Hemet Adult has only one family advocate vacancy. They serve 1430 members and 212 FSP. Clinic held the longest night event on December 19th, from 5-8pm. They served 99 homeless individuals with a hot meal along with hygiene and sleeping bags, jackets, power banks and tarps. Kristian Ticas from the City of Hemet stopped by. Emmanuel a representative from Supervisor Gutierrez's office also stopped by and said a few words. This event was a huge success.</p> <p>Lake Elsinore Adults has 564 members and 53 FSP members. They hosted a holiday celebration for their members on December 18th and had 29 members participate. They provided food, games and gifts that were donated. Current vacancies include two clinical therapist, two office assistants and one family advocate.</p> <p>Temecula Adults has 472 members and 36 FSP. Current vacancy includes one clinical therapist. Two psychiatrists have been added to the team. Dr Osuna started in November and is there four days a week, Monday thru Thursday. Dr Valerie Poudomsak joined as of mid-December with two days a week, Mondays, and Wednesdays.</p> <p>Perris Adults has 1009 members and 105 FSP. Vacancies include one family advocate and one OA II. They started a new group called "Modern Living" which covers social media, internet security, dating, relationships, communication, finances, physical and mental health.</p>	

<p>Committee Reports</p>	<p><u>Behavioral Health Commission (BHC)</u> – Brenda noted that the next Commission meeting was moved and will be held on Thursday, January 9th.</p> <p><u>Membership Committee</u> – Meeting is held after the Commission meeting. No report.</p> <p><u>Children’s Committee</u>- Committee was dark in December.</p> <p><u>Older Adults Committee</u> – Next meeting is the second Tuesday of the month.</p> <p><u>Adult System of Care Committee</u>- Meeting will be held on the last Thursday of the month. Location alternates between Rustin and Perris.</p> <p><u>Criminal Justice Committee</u> – Meeting was Dark. No report.</p> <p><u>Housing Committee</u> – Brenda announced that this meeting is held on the 2nd Tuesday of each month. The 2025 Homeless Point-In-Time Count is coming soon. Information on this event and how to volunteer will be sent out to all.</p> <p><u>Legislative Committee</u> – Dr. Haessler noted that meeting will now be held bi-monthly. Next one will be on February 5th at the Rustin building at 10:30 a.m. before the Commission meeting.</p> <p><u>Veterans Committee</u> – No report available.</p>	
<p>Public Comments</p>	<p>No public comments.</p>	
<p>Board Member Comments</p>	<p>No board member comments.</p>	
<p>Agenda Item Request</p>	<p>Agenda items request include presentations from HHOPE and Care Court.</p>	
<p>Next Meeting</p>	<p>Next Mid-County Regional Advisory Board meeting is scheduled for Thursday, February 6, 2025, at Hemet Adult Behavioral Health Clinic: 650 N. State Street, Hemet, CA 92543.</p>	<p>Next meeting scheduled for February 6, 2025.</p>
<p>Adjournment</p>	<p>The meeting adjourned at 4:35 p.m.</p>	

Mid-County Region Behavioral Health Advisory Meeting Attendance												
Calendar Year 2025												
Members	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1. Walter Haessler, M.D.	x											
2. Brenda Scott	x											
3. Dr. Vernita Black	A											
4. Don Kendrick	x											
5. Dolores DeMartino	x											
6. Jennifer Woodworth	x											
7. Ramon Amado	A											
8. Maritza Camacho	A											