

RIVERSIDE UNIVERSITY HEALTH SYSTEM-BEHAVIORAL HEALTH
Mid-County Region Behavioral Health Advisory Board
Thursday, February 6, 2025

MEMBERS PRESENT	MEMBERS ABSENT	STAFF PRESENT			GUEST PRESENT
Brenda Scott Walter T. Haessler, M.D Dolores DeMartino Don Kendrick Jennifer Woodworth Ramon Amado Maritza Camacho	Dr. Vernita Black	Beverly McKeddie Elizabeth Lagunas Hilda Gallegos Heidi Gomez Sean Rayner	Lauren Adamson Bill Brenneman Alicia Arredondo Lizette Garcia Sandy Idle	Shanai Curtis Tony Ortego Dionne Juarez Annette Arias Melissa Vasquez	Molly Butler Judith Padilla Anthony Martin A. Yvonne G.

ITEM	DISCUSSION	ACTION/FOLLOW UP
Call To Order and Introductions	Brenda Scott called the meeting to order at 3:00 p.m. All in attendance introduced themselves.	
Minutes	Meeting minutes for January 2,2025, were accepted as presented.	
Announcements	<p>Resources on knowing your rights were distributed. Beverly noted that staff should refer to memo sent out by the department in adhering to protocols and clinic materials amid current national climate on immigration. Programs need to continue following established procedures for approval and distribution of printed materials given out to the public.</p> <p>Brenda announced that NAMI Mt. San Jacinto offers free Medi-Cal Peer Support Specialist Certification Training. Trainings are held virtually from Monday-Friday from 4:30-8:30 p.m. for thirteen days. Cohorts are held every month. Next one will start in March. In addition, they offer NAMI Connection Recovery Support Groups on Thursdays from 11:00-12:30 p.m. at the Hemet BH Clinic and a Spanish support group via Zoom on the 4th Thursday of each month from 7:00-8:00 p.m. Other groups held are English Family-to-Family classes on Tuesdays and Thursdays in February from 5:30-8:00 p.m. at the Hemet BH Clinic. NAMI Smarts for Advocacy Training. A 2-hour virtual training on how to share your story in a concise way. Two trainings are being held. One on February 13th and the other on February 20th. NAMI Mt. San Jacinto is offering a free NAMI Provider training via Zoom. This training equips healthcare professionals with tools to deliver optimal care for individuals with mental illness and their families.</p> <p>The Family Advocate Program will be doing a presentation at the next NAMI Temecula Valley meeting on Wednesday, February 19, 2025, at the Temecula Valley Hospital. Dolores announced that NAMI Temecula Valley will be offering a Family-to-Family class starting on February 26th at the Temecula BH Clinic from 6:00-9:00p.m. and another on Saturday, April 19th at the Temecula Valley Hospital from 10:00-1:00 p.m. She will send out flyers with more information. Brochure with all four NAMI affiliates was disseminated.</p> <p>Hedi announced the 2nd Annual 1Life1Heart Poisoning & Overdose Awareness 5K Walk. This year all three events will be held on Saturdays. First two will be held in April. April 12th at Fairmount Park. April 26th at Palm Desert Civic Center and June 7th at Murrieta Town Square Park. They are looking for walkers, exhibitors, and volunteers for this event. Flyers with additional information were provided.</p>	Flyers with more information were provided

<p>Announcements Continued</p>	<p>Brenda provided a list of all the different committees and who to contact for more information. She commented that you can reach out to the secretary of a committee and ask them to add you to the distribution list.</p> <p>The Arena TAY monthly group calendar was also provided.</p> <p>Elizabeth announced that planning work on MiMH month events has begun and date for the Mid-County event will be Thursday, May 8th at Valley Wide Park. Alicia noted that the Desert event will be held on May 1st, and Western will be on May 15th.</p>	
<p>Correspondence</p>	<p>No Correspondence received.</p>	
<p>New Business- Victor Community Support Services (VCSS)</p>	<p>Molly Butler, Executive Director for VCSS gave a brief background on their organization. She reported that VCSS has been around for about 55 years. They have 24 sites throughout the state that serves children and families, with 5 sites that serve Riverside County. Area include Hemet, Perris, Lake Elsinore, Riverside and Palm Desert. They serve children ages 0-21 facing various challenges including trauma, abuse and neglect, behavioral issues, social/emotional difficulties, and family conflict. Services for those in need are individualized, flexible, community-based, and strength-based with a continuous commitment to providing excellent support that truly changes the lives of those they serve. Service include assessment, individual and family therapy, behavior modification/skills, parent support and training, case management, crisis intervention and stabilization, medication management, intensive care coordination and intensive home-based services and child and family team meetings. Molly noted that they have staff participate in the eating disorder family-based training and dialectical behavioral training through RUHS. In addition, staff also attend a consult group every other month and has a clinical supervisor who runs a group on the off month of that at their site for anyone who is trained and needs support. Clinicians are training in evidence-based practices that include Trauma Focus CBT. Her wish list for this year is to have clinicians get training in EMDR. They also partner with TBS to intensify their services. Enhanced Care Management Program is also offered and flyers with more information was provided on this program.</p> <p>Specialized services include Evidence Based Practices, Specialty Mental Health Services, Eating Disorders, Full-Service Partnership (FSP) Psychiatric Services and linkage to Therapeutic Behavioral Services (TBS). Members served for FY24-25 are as follows; SOC:473, FSP:162 with average treatment goal achievement of 82%. Staffing includes 32 Clinicians, 2 masters level student interns, 6 Family Support Counselors/Mental Health Specialists, 1 Certified Parent Partner, 2 Psychiatrists and 1 Nurse Practitioner. Average caseload size is 15-18. She added that similar programming in Perris and Lake Elsinore programs. Perris FSP, SOC as well as TAY. Lake Elsinore site services SOC. The 0-5 program serves all of mid-county area.</p> <p>Molly introduced member Anthony who shared his story. He reported that he has been with this program for about two years now. He mentioned that he struggled with anxiety and panic attacks not knowing what the cause was. He came to VCSS, and he was assigned to clinical therapist, Judi. She worked with him on figuring out what was causing his anxiety. He admits it was a lot of back and forth as he had completed this program in the past. Using skills, he had already learned came up with plans and worked on them. He shared how he was afraid that he would not be able to</p>	

<p>New Business- Victor Community Support Services (VCSS) Continue</p>	<p>get a job and gave examples of things learned on how to manage his anxiety. For example, taking a breath mint while driving or using his senses when looking at pictures. He feels that socializing has become easier little by little and is beginning to expand his social circle. He is happy to report that he obtained a driver's license and is now employed. He even went back to school and his hopeful to get his mechanic certification next semester.</p> <p>Brenda commented on how young people were affective by COVID and asked if perhaps that contributed to his anxiety. Anthony noted that during the pandemic his grandfather passed away and feels that it had a huge impact on him. Once he began to receive services he started doing better and even graduated high school with extra credits. Shared that his sister also received services and is doing well now.</p>	
<p>Discuss Goals</p>	<p>All goals for this Board were reviewed one by one, consensus was made to remove goal that reads; Support the development of program and services specific to victim, survivors, and family members of COVID 19. Brenda noted that she received email from NAMI regarding cuts being considered for Medicaid funding. This would put mental health care at risk and feels that this is something this board should keep an eye out for. So, they would be leaving goal that reads; Monitor any cuts planned for Mid-County programs, if any, due to reduction of monies coming to the county for BH services. Adding goal to participate and give input to stakeholder groups regarding Proposition 1. Transitioning from MHSA to BHSA, funding will be different, and will need to pay attention to those changes.</p>	
<p>Parrent Support & Training</p>	<p>Alicia Arredondo provided an overview of the services that the Parent Support & Training Program (PS&T). She provided brochures. The PS&T program are staffed by parent partners. They are all parents or caregivers raising a child or youth with a mental health diagnosis. They provide support, guidance, and advocacy, help families understand and access resources, connect with service providers. Empower families to advocate for their child's needs. Parent Partners can be found in children's behavioral health programs and at TAY drop-in centers. They offer free parenting classes as well as specialized classes. The program is open to the community offering FREE trainings, support groups, parent-to-parent support. Parenting classes offer include Educate Equip & Support (EES), Incredible Years, Positive Parenting Program (Triple P), as well as the Teen Triple P and Nurturing Parenting. Newest parenting class is the Nurturing Fathers class. She shared pictures from the first Nurturing Fathers class graduation. Anyone can take these classes. All classes are offered in person or online at different sites that include the Daily Reporting Center, a one stop shop for those who are on probation.</p> <p>Community trainings include Mental Health First Aid for youth, SafeTALK. You can sign up by emailing PSTP@ruhealth.org. Brenda mentioned that you can take some trainings through PEI as well. Support groups include open doors, transitional age youth (TAY) moms, and parent embracing Autism Together. These are currently in Riverside and is hopeful to bring these support groups to Mid-County. Outreach efforts include community events like MiMH month, the longest night, etc. This year PST&P will hold their children's event on May 22nd at Myers, and it will be held in the evening families can participate. They also have a parent support boutique, where you can come and take whatever you need from shoes, clothing, and hygiene products. No appointment necessary from 8-5:30. PST&P has projects that include Fill-A-Backpack, Food Baskets, Snowflake banner, Hoodies for the Holidays for TAY. She encouraged this board to participate by adopting a family for the holidays. She noted that contractors can also participate in this project and receive gifts for their members.</p>	

<p>Parent Support & Training (Continued)</p>	<p>Alicia noted that FedEx is one of their donors. Last donations received were Nike shoes, sparkly belts, stuff animals and other items. Feel free to call and find out what items they have received. Elisabeth Rios is the new Volunteer Services Coordinator. Opportunities for volunteering for youth and adults are always welcomed. Anyone can participate in their services.</p> <p>They are there to help support parents in accessing services and teaching them to advocate for services for their children. The earlier they get connected to services the better the outcome. They work closely with DPSS, Probation, SAPT in helping the families navigate those services as they can be challenging for them. PS & T can form parent-to-parent support groups that encourage empower and educate, coordinate classes at a location of your choice, provide resources information for your agency or event. Connect parent/caregivers with information and resources for their children and everything is free of charge.</p>	
<p>Old Business</p>	<p>No old business.</p>	
	<p>Beverly provided an update on the children's and TAY programs in Mid-County. She adds that some programs are well staffed while others are hiring. She is currently interviewing for the TAY program supervisor position. Have received a number of candidates and are excited of the possibilities. Also looking for Clinical Therapist for that program. She reported that they have meet with San Jacinto Unified last week and are looking to implement the Whole Person Health Screener similar to what they use in the TOPSS program. Temecula Children's is doing well. YHIP is back up and running, they have hired two CT's and one onboarding looking for a 4th one. They will be fully staff and taking referrals. They will be serving mid-county youth that are high level of care. Wraparound is doing well with lots of Medi-Cal referrals and not so much from probation right now as this tends to fluctuate.</p> <p>Tony gave an update on the four mature adult programs in Mid-County. He reported that San Jacinto/Perris served 665 members of that 143 are FSP members. FSP services are higher level of care and provide lots more intensive services. They currently have 30 staff and are in the process of interviewing for a BHS II position. They have interns and residents at this site. Temecula and Lake Elsinore sites served 578 with 122 FSP members. The Lake Elsinore site serves a lot of individuals who are unhoused. They also have a higher concentration of groups that include DBT skill therapy, CBT, other groups that are catered to wellness, coping skills, etc. They are currently hiring for a Senior Clinical Therapist and are hopeful to get list in the next few weeks and begin interviews.</p> <p>Heidi reported on the four SAPT clinics in Mid-County that includes Lake Elsinore, San Jacinto, Temecula, and Perris. They currently have 10 vacant positions. There are about 800 actively receiving services between all of these four sites. This includes about 270 members for San Jacinto. Lake Elsinore about 200 members. Perris and Temecula about 170 members. Offer different levels of service based on ASAM criteria. They offer outpatient services, intensive outpatient services, recovery services, and prevention and early intervention. She oversees all of the prevention and early intervention services county wide and as well as Friday Night Live (FNL) a youth development chapter at schools from 4th-12th grade. There are two FNL teams one in the Desert and one in Western. They are looking to expand this program to include Mid-County. There are currently 109-chapter clubs with a goal to expand by 50 more for the mid-</p>	

<p>Administrator/Managers Report</p>	<p>county region. They have chapters in the Hemet Unified School District. They also have collaborative court programs, family preservation courts, and adult drug court program.</p> <p>Sandy noted that she would be interested in learning more about the NFL program and what schools have this program available in this area.</p>	
<p>Committee Reports</p>	<p>Behavioral Health Commission (BHC) – Brenda reported that David Schoelen gave the MHSA Update at the last BHC meeting. SAPT did a presentation and had a Care Court Update.</p> <p>Membership Committee – No report.</p> <p>Children’s Committee- No report.</p> <p>Older Adults Committee – Meeting is held the second Tuesday of the month. Next meeting will be held in Desert Hot Springs. Tony noted that they expect to have an attendance of 40 plus at this meeting. He would like to have a meeting in the San Jacinto area however, space is an issue. He encouraged all to attend this meeting.</p> <p>Adult System of Care Committee- No report.</p> <p>Criminal Justice Committee – Don reported that this meeting meets bi-monthly. Last meeting was in January. Next meeting will be on March 19th. He provided the minutes from the November meeting and information on care court petitions, petitions dismissed, and petitions graduating from program. Also provided report on I-CAN Outcomes Program for New Life. He shared that the number of members across all the sites waiting for state hospital is at 15. Reported that Collaborative Court and Family Preservation Court had 60 referrals and accepted 2. Rock Ault Drug Court had 22 referrals accepted 5. Mental Health Court had 42 accepted 10. Mental Health Diversion had 64 accepted 25. Military Court had 18 accepted 1.</p> <p>Housing Committee – No report.</p> <p>Legislative Committee – Dr. Haessler noted that David talked about MHSA transiting to BHSA, and April Frey talked about Proposition 36.</p> <p>Veterans Committee – No report available.</p>	
<p>Public Comments</p>	<p>Alicia commented that she has conducted parenting classes at the SAPT in San Jacinto and she adds that she loves the support that the members and staff give each other.</p>	

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Board Member Comments	Don commented that VCSS is an amazing program as his children have utilized this service. He thanked them and noted that his children have done a complete 180 turn. He is an advocate for this program because he knows it works. Molly noted that having the parents be part of it is what makes the difference. She appreciates hearing that comment.	
Agenda Item Request	Brenda suggested to have a presentation on Proposition 36. Law that passed which increases punishment for some theft and drug crimes in three ways. Turns some misdemeanors into felonies, lengthens some felony sentences, and requires some felonies be served in prison. Heidi will look into presenting this topic at one of our meetings. Martiza would like to present Forensics Family Advocacy for this board and will schedule meeting.	
Next Meeting	Next Mid-County Regional Advisory Board meeting is scheduled for Thursday, March 6, 2025, at Temecula BH Adult Program, 40925 County Center Drive, Suite 200, Temecula, CA 92591.	Next meeting scheduled for March 6, 2025.
Adjournment	The meeting adjourned at 5:06 p.m.	

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	x										
2. Brenda Scott	x	x										
3. Dr. Vernita Black	A	A										
4. Don Kendrick	x	x										
5. Dolores DeMartino	x	x										
6. Jennifer Woodworth	x	x										
7. Ramon Amado	A	x										
8. Maritza Camacho	A	x										