



**MINUTES
REGULAR MEETING OF THE
MENTAL HEALTH COMMISSION
SEPTEMBER 8, 2015 – 3:30 P.M.**

The Mental Health Commission met in a regular meeting on Tuesday, September 8, 2015 at 3:33 p.m. in the Administration Building, 1717 N. Indian Hill Blvd. # B, Claremont, California.

CALL TO ORDER Chair Whitlock called the meeting to order at 3:33 p.m.

ROLL CALL A visual roll call was taken.

PRESENT: Sylvia Whitlock, Ph.D., Chair
Toni L. Watson, Vice-Chair
Cheryl Berezny
Arny Bloom
Donald R. Perez
Twila L. Stephens (arrived at 3:49 p.m.)
Davetta Williams

ABSENT: Paul Capraro
Joseph M. Lyons, Ph.D.

STAFF: Toni Navarro, Executive Director
Rimmi Hundal, Director of Mental Health Services and Ethnic Services
Donald Pruyn, Housing Project Manager
Maria Panagakis, Psychologist II
Mica Olmos, Executive Assistant

I. APPROVAL OF MINUTES FROM THE JUNE 9, 2015 MENTAL HEALTH COMMISSION MEETING

Chair Whitlock referred to page 4 of the June 9, 2015 Minutes, and indicated that her title was written as Vice-Chair and it should be Chair.

There being no further comment, Commissioner Berezny moved, and Commissioner Perez seconded, to approve the Mental Health Commission Meeting Minutes of June 9, 2015. The motion was carried by the following vote: AYES: Commissioners Berezny, Bloom, Perez, and Williams; Vice-Chair Watson; and Chair Whitlock. NOES: None. ABSTAIN: None. ABSENT: Commissioners Capraro, Lyons, and Stephens.

II. PRESENTATION

Maria Panagakis, Psychologist II, provided a presentation of Tri-City's New Innovations Project, Cognitive Remediation Therapy (CRT) which is a 12-week program for the treatment of psychotic symptoms with a curriculum based on Cognitive Behavioral Therapy (CBT) for psychosis, consisting of a weekly group treatment combined with a weekly individual CBT session. She discussed the participation guidelines that include being a Tri-City client; the presence of psychotic symptoms or delusions such as seeing or hearing things that other people do not see, or believing something very strongly not accurate to the outside world that is detrimental to themselves; and that the psychotic symptoms must not be the result of a personality disorder or substance/drug abuse because the treatment will not work.

Discussion ensued regarding the limiting entrance criteria that former Tri-City CET program had that resulted in not being able to admit many clients that could have benefited from the program, and comparing how CRT takes away those limitations.

Psychologist Panagakis then discussed the goals of CRT that focus on teaching the clients to identify and monitor their own thoughts/assumptions in specific situations; to evaluate and correct these thoughts through intervention as coming from the client themselves; to foster social interaction; and to address the cognitive impairments that result in psychotic symptoms and social isolation. She added that the CRT treatment model focus on symptoms rather than syndromes, on strengths and abilities rather than limitations and disabilities; finding the "why" to find a reason to get better; and focus on the distress and disturbance associated with psychotic symptoms instead of the experience of symptoms in isolation in order to develop healthy coping mechanisms.

At 3:49, Commissioner Twila Stephens arrived at the meeting.

Discussion ensued about techniques to establish a clinical relationship with a client in order to develop trust and openness.

Psychologist Panagakis continued to explain the basic building blocks, coping strategies, and techniques to find out how current coping mechanisms contribute to maintaining symptoms and/or symptom distresses of the client.

Vice-Chair Watson referred to the 12-week duration of the CRT program and inquired what can be done if a client requires more than 12 weeks for recovery. Psychologist Panagakis replied that because it is a Tri-City program, the duration of the CRT program can be extended to fit the client's need, noting that staff can keep techniques that work and eliminate what does not work.

Executive Director Navarro indicated all of the adult therapists have been trained in Cognitive Behavioral Therapy for Psychosis so that clients who have completed the CRT program will continue to have therapists available to them, in addition to another CRT round if needed.

Psychologist Panagakis reported that she will work with Elizabeth Owens, Director of Clinical Program Services, on training staff of therapists with this curriculum, noting that these therapists can volunteer to be a part of the CRT program. Thereafter, the recruitment for clients will start through community outreach and that the program will begin when clients sign up for the program.

Chair Whitlock indicated she had not heard before about the CRT program and that she wondered about the reason.

Executive Director Navarro replied that it was due to the program curriculum being developed in-house by Psychologist Panagakis and because public outreach had yet to begin. She noted that Tri-City is one of the first agencies to think of CBT and CET together. She explained that CBT, a new evidence based practice that a lot of agencies are currently using, does not treat the underlying processes that impair someone during a psychotic disorder; and that CET treats the underlying processes, but does not treat the symptoms.

Commissioner Perez inquired how clients will be identified that will need this program. Psychologist Panagakis indicated that clients are self-identified or will be referred by case coordinators and by the community, noting that there will be also a screening process.

The Commission thanked Ms. Panagakis for her presentation.

III. REPORTS

Housing Manager Pruyn provided a supporting housing update and reported that the Cedars Springs Project in La Verne is moving forward and is expecting a grand opening in March 2016, noting that Tri-City is the service provider for 8 units which will not have to be exclusively for TAY, they can be for a general family; that the Parkside Family Apartments by the Related Project in Pomona has also an expected grand opening in March 2016; that the Holt Family Apartments Project by Clifford Beers has not received word from the Tax Credit Allocation Committee regarding the approval of its Tax Credit Financing Application and had requested a meeting with Mr. Pruyn to strategize if they do not receive it; that there will be a Pomona Planning Commission Meeting tomorrow and will discuss extending the Clifford Beers Project's parking CUP; and that Tri-City has made an offer to the City of Pomona to purchase the two strips of property behind the Clinic on Garey avenue and is waiting for a response.

Executive Director Navarro reported that the Governing Board had asked Tri-City staff to purchase property in Claremont for permanent supportive housing and that Tri-City had just entered into escrow for the purchase of a house on a .85 acre property. She then announced that the La Verne Police Department and the Claremont Police Department had scheduled trainings in Mental Health First Aid (MHFA), noting that by the end of November the three police departments will be trained in MHFA. She also announced that Chief Financial Officer Margaret Harris officially retired on August 30th and that Diana Acosta had been appointed on August 31st as the new CFO, noting that Ms. Harris had agreed to collaborate with the transition. She also reported that two Commission Members, Betsy MacLaren and Ashley Nielsen, had submitted their resignation from Commission Membership and now the Commission has only nine members, noting that Commission Bylaws require to have ten members.

III. THE CHAIRPERSON DECLARES THAT A VACANCY EXISTS ON THE MENTAL HEALTH COMMISSION PURSUANT TO ARTICLE IV, SECTION F, OF TCMHC MENTAL HEALTH COMMISSION BYLAWS

Chair Whitlock declared that a vacancy exists on the Mental Health Commission and announced that Tri-City staff will advertise for the recruitment of a new member.

COMMISSION ITEMS AND REPORTS

Chair Whitlock reported that she had received an advertisement for MHFA in San Bernardino and noted that she was quick to reply that Tri-City had been doing this training for a while.

Commissioner Stephens reported that the Good Will, where she is employed, had a regional job fair at the Village on Indian Hill Boulevard and approximately 250 persons attended; however, she noted that many of those individuals that left without a job needed help. She indicated that there was a counseling center on-site; however, the counselors do not see it from the human perspective as they only focus on the employment angle. Therefore, she wants to figure out how to support job seekers.

Executive Director Navarro stated that Tri-City stands ready to help and asked Commissioner Stephens to let staff know about any similar future events, indicating that Tri-City's Employment Outreach Supervisor can attend and be on-site at the counseling center to provide information about the services that Tri-City have to offer for job seekers.

Director of Mental Health Services and Ethnic Services Hundal stated that Sonny Alino, Employment Outreach Supervisor, was in attendance at the event.

Commissioner Stephens indicated she had heard that Tri-City had not pre-registered, but was there as an employer.

Executive Director Navarro reiterated that Tri-City is ready to help, noting that Tri-City's Employment Outreach Supervisor Sonny Alino is well connected and has access to many resources, not only within the three cities but outside the Tri-City area, and can be a great asset for counseling and support.

Commissioner Stephens further stated that the event included the regions of the San Bernardino County and the Los Angeles County and that they intend to use this event as a model to replicate this event.

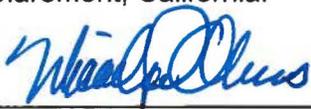
Discussion ensued regarding possible topics the Commission would like to hear in future meetings.

PUBLIC COMMENT

There was no public comment.

ADJOURNMENT

At 4:29 p.m., on consensus of the Mental Health Commission its meeting of September 8, 2015 was adjourned. The next Regular Meeting of the Mental Health Commission will be held on **Tuesday, October 13, 2015**, in the Administration Building, 1717 North Indian Hill Boulevard #B, Claremont, California.



Micaela P. Olmos, Executive Assistant