



**MINUTES  
REGULAR MEETING OF THE  
MENTAL HEALTH COMMISSION  
APRIL 12, 2016 – 3:30 P.M.**

The Mental Health Commission met in a regular meeting on Tuesday, March 8, 2016 at 3:30 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 3:30 p.m.

**ROLL CALL** A visual roll call was taken.

**PRESENT:** Sylvia Whitlock, Ph.D., Chair  
Toni L. Watson, Vice-Chair  
Cheryl Berezny  
Chuck Leeb, Ph.D. (arrived at 3:33 p.m.)  
Donald R. Perez  
Twila L. Stephens  
Davetta Williams

**ABSENT:** Arny Bloom  
Michael Olivieri

**STAFF:** Rimmi Hundal, Director of MHSA and Ethnic Services  
Jose Montenegro, MHSA Program Wellbeing Supervisor  
Don Pruyn, Housing Project Manager  
Mica Olmos, Executive Assistant

**I. APPROVAL OF MINUTES FROM THE MARCH 8, 2016 MENTAL HEALTH COMMISSION MEETING**

There being no comment, Commissioner Berezny moved, and Vice-Chair Watson seconded, to approve the Minutes of the Mental Health Commission Meeting of March 8, 2016. The motion was carried by the following vote: AYES: Commissioners Berezny, Perez, and Williams; Vice-Chair Watson; and Chair Whitlock. NOES: None. ABSTAIN: Commissioner Stephens. ABSENT: Commissioners Bloom, Leeb, and Olivieri.

**II. PRESENTATION**

Jose Montenegro, MHSA Program Wellbeing Supervisor, talked about Tri-City's Peer Mentor Program, part of the Prevention and Early Intervention (PEI) Plan, which focuses on working with persons of all ages to prevent mental health issues. He noted that mentors are not therapists or counselors, that they are peers that help prevent troubled situations. He indicated that research showed that individuals who have a relationship with a caring adult, helped to prevent mental and emotional distress.

At 3:33 p.m. Governing Board Liaison Chuck Leeb arrived at the meeting.

Discussion ensued regarding the Stakeholders' recommendation to allocate \$43,000 annually to the Prevention and Early Intervention (PEI) Plan to increase the hours of a Peer Mentoring part-time position to a full-time position that will have clinical background and be able to assist with the administration of the PEI programming.

MHSA Program Wellbeing Supervisor Montenegro continued with his presentation and reported that there are currently 24 active mentors and 29 mentees; therefore, each of the mentors have at least one mentee and noted that few of the mentors also run support groups that ranged from 5 – 25 participants. He then stated that 100% of all mentees report that they all have received positive support from their mentors, and that approximately 460 mentees have participated in support groups from July to December 2015. He then discussed the age range of the mentors; the rules of engagement, where and when to meet; the different languages that mentors spoke combined with many life experiences; how someone can become a mentor which is to be part of the Tri-City area, have commitment and access to a phone and transportation; the different events sponsored by mentors for older adults; the different trainings that mentors have had such as HIPAA, Understanding Macroaggression, Stigma Reduction, Health Relationships, Motivational Interviewing, Understanding and Working with Veterans, Cultural Competency, Safety and Community Awareness, Mental Health and the Healthy LGBTQ Community, Mental Health First Aide Training; and reported that mentors get compensated for cell phone use and mileage.

Discussion ensued regarding a mentor's challenges such as building confidence between mentor and mentee, schedules, dealing with own personal issues, and communication skills.

Commissioner Perez, as a mentor, provided feedback and stated that the mentor program is managed very professionally and that the training and information provided to the mentors is very helpful, it has a very good learning structure, and that he enjoys it very much.

### **III. EXECUTIVE DIRECTOR REPORT**

Don Pruyn, Housing Project Manager, announced that all the 21 MHSA units at the Parkside Family Apartments are near being occupied; that the Cedar Springs project is scheduled to receive soon its Certificate of Occupancy and that an opening date has not yet been scheduled; that the Holt Family Apartments Project by Clifford Beers Housing started construction two weeks ago and its completion is expected in 2017, noting that 25 out of the 50 units belong to Tri-City; that the inside improvements have been completed at the Baseline Property and the construction of the west wall is underway; that the parking lot adjacent to the Wellness Center closed escrow and it now belongs to Tri-City; and that the issues between the City of Pomona and the PUSD have not yet been resolved in connection with the Clinic easement.

### **COMMISSION ITEMS AND REPORTS**

Dana Barford, MSHA Projects Coordinator, distributed an invitation and flyers for the upcoming MHSA Annual Public Hearing on May 18, 2016.

Director of MHSA and Ethnic Services Hundal announced that staff will be hosting an Open House on May 10th for the new MHSA Office at the new building located at 2001 N. Garey Avenue in Pomona.

**PUBLIC COMMENT**

There was no public comment.

**ADJOURNMENT**

At 4:10 p.m., on consensus of the Mental Health Commission its meeting of April 12, 2016 was adjourned. The Mental Health Commission will meet next in a Joint Meeting with the Governing Board to be held on **Wednesday, May 18, 2016 at 4:45 p.m.** in the MHSA Office, 2001 N. Garey Avenue in Pomona, California.

The next Regular Meeting of the Mental Health Commission will be held on **Tuesday, June 14, 2016**, in the Administration Building, 1717 North Indian Hill Boulevard #B, Claremont, California.



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Micaela P. Olmos, Executive Assistant