



**MINUTES  
REGULAR MEETING OF THE  
MENTAL HEALTH COMMISSION  
JUNE 11, 2019 – 3:30 P.M.**

The Mental Health Commission met in a Regular meeting on Tuesday, June 11, 2019 at 3:30 p.m. in MHSA Administrative Office, 2001 North Garey Avenue, Pomona, California.

**CALL TO ORDER** Chair Watson called the meeting to order at 3:30 p.m.

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

**PRESENT:** Toni L. Watson, Chair  
Anne Henderson (arrived at 3:39 p.m.)  
Cheryl Berezny  
Arny Bloom  
Rubio R. Gonzalez (arrived at 3:38 p.m.)  
Jeanette Heitmann  
Joan M. Reyes  
Daniel Rodriguez  
Wray Ryback  
Twila L. Stephens  
Alfonso "Al" Villanueva  
David J. Weldon

**ABSENT:** Ethel Gardner  
Davetta Williams

**STAFF:** Angela Igrisan, Director of Clinical Program Services  
Rimmi Hundal, Director of MHSA and Ethnic Services  
Gamaliel Polanco, Wellness Center Manager  
Dana Barford, MHSA Projects Manager  
Mica Olmos, JPA Administrator/Clerk

**I. APPROVAL OF MINUTES FROM THE MAY 15, 2019 GOVERNING BOARD AND MENTAL HEALTH COMMISSION REGULAR JOINT MEETING**

There being no comment, Commissioner Reyes moved, and Commissioner Wray seconded, to approve the Minutes of the May 15, 2019 Governing Board and Mental Health Commission Regular Joint Meeting. The motion was carried by the following vote: AYES: Commissioners Bloom, Stephens, Reyes, Ryback, and Weldon; and Chair Watson. NOES: None. ABSTAIN: Commissioners Berezny, Heitmann, Rodriguez, and Villanueva. ABSENT: Commissioners Gardner, Gonzalez, and Williams; and Vice-Chair Henderson.

## II. PRESENTATION

### A. “RECOVERY MOMENTS” STORY

Jade Resendez talked about her recovery through her participation in support groups at the Wellness Center and pointed out that she became a service learner, then a lead support group, and wishes to become an art therapist.

Patsy Espinoza also shared that with Tri-City’s help, she now has a home through fresh start.

Connie Mills talked about her recovery, about mental health and stigma, and indicated that Tri-City has giving her purpose, that she wants to fight stigma, and Tri-City is helping her do that.

The Mental Health Commission thanked the presenters for sharing their story.

### B. OVERVIEW OF TRI-CITY’S EARLY PSYCHOSIS PROGRAM

Patricia Wallace-Burke, Ph.D, Psychologist II, stated that a mental illness can strike anyone and shared statistics which indicate that 50% of us will experience a mental health challenge in our lifetime; and more specifically, that 1 in 5 Youth, ages 13-18 experience severe mental disorders in a given year; and that in the United States approximately 100,000 young people experience psychotic symptoms or a psychotic episode, also known as first episode psychosis (FEP).

At 3:38 p.m., Vice-Chair Anne Henderson arrived at the meeting.

At 3:39 p.m., Board Member Liaison Rubio Gonzalez arrived at the meeting.

Psychologist Wallace-Burke also provided the definition of psychosis and stated that it is not a mental disorder rather is a group of symptoms of various conditions and it can present itself as a delusion, hallucination, or confused thinking. She also explained the importance of early treatment because the sooner the treatment begins, the better the adolescent or young adult will do in managing their symptoms allowing them to return to their regular lives quicker.

Deborah Johnson, LMFT, Child & Family Services Program Manager, talked about how Tri-City developed an Early Psychosis Program (EPP), pointing out that Clinical staff and Best Practices staff researched and learned about psychosis treatment, early intervention, treatment models, and overall best practices to create a pathway within the Tri-City system of care for those between the ages 12-25 years experiencing a first episode psychosis. She also indicated that as part of Tri-City’s EPP, trainings are being developed to educate the community, and to enhance staff skills to work with those experiencing psychosis; and that the EPP team is participating in various trainings and connecting with other countys’ Early Psychosis Programs.

Commissioner Villanueva asked if chemical imbalances in the brain or environmental factors are contributors to psychosis. Psychologist Wallace-Burke stated that chemical imbalances in the brain, environmental factors, medical conditions, substance abuse, and genetics are contributors to psychosis and that it also can be a combination of many contributors.

Commissioner Heitmann inquired if there will be an outreach team in the community about early psychosis because she would like to contact them in the event she encounters anyone in the community suffering from a psychosis.

Child & Family Services Program Manager Johnson stated that the EPP team is developing training to provide psycho education to the community and bring awareness, noting that regardless of early psychosis symptoms, the Outreach and Engagement Team is in place to assist to establish a connection to create a pathway for whatever services they might need. Director of MHSA and Ethnic Services Hundal added that in addition of the OET, the navigators are also available to assist.

Commissioner Reyes inquired about the pilot program where other clinics, such as Pacific Clinics, are involved with early psychosis programs. Child & Family Services Program Manager Johnson stated that other counties have already implemented an early psychosis program. Director of MHSA and Ethnic Services Hundal added that the State has a new emphasis in early psychosis; however, staff was not aware if Pacific Clinics has an EPP; however, for Tri-City this is a pilot program under PEI to conduct research. Chief Clinical Officer Igrisan stated that the presentation today was also to receive any feedback from the Commission, noting that there are a number of treatment models that staff has been researching, and Tri-City will be going towards the PIER Model which is been used by a variety of different counties, including the Los Angeles County.

Discussion ensued about the early psychosis program pilot; Tri-City's psychosis services; psychosis symptoms; and the importance to promote awareness to recognize early psychosis symptoms.

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

Director of MHSA and Ethnic Services Hundal announced she was attending in place of Executive Director Navarro who was attending a meeting in Sacramento. She talked about police departments Mental Health First Aid (MHFA) trainings, noting that Tri-City had already provided these trainings 4 years ago and was the second time around due to new officer hires; reminded the Commission about the California Behavioral Health Boards and Commissions Association (CALBHB-C) Training on June 21 & 22 and asked if any other Commissioners wish to attend to let the JPA Administrator/Clerk by Friday, June 14th; that Tri-City Governing Board Vice-Chair Ron Vera, introduced Tri-City to the former dean of the Claremont Graduate School of Community and Global Health, Andy Johnson, who has recently been awarded a major 3 year grant to look at south Pomona and address diabetes issues through a project named "Stopping Diabetes in its Tracks" (SDIT) and that Tri-City will be partnering with them by providing supplemental crisis and/or outreach clinicians along with a Community Navigator at each of their events in order to provide immediate access and/or resource referral to persons identified as in need of mental health assistance; that July is Bebe Moore Campbell National Minority Mental Health Awareness Month and this year's theme for the campaign is "Strength Over Silence: Stories of Courage, Culture, and Community"; that Tri-City's staff will be planning events for both community and agency staff in the month of July in the ongoing effort to bring awareness to reduce stigma.

### **COMMISSION ITEMS AND REPORTS**

Commissioner Bloom announced that this meeting will be his last; he indicated that he started to get involved when Tri-City was going through bankruptcy back in 2007; he shared the humble beginning of Tri-City's journey through bankruptcy to becoming a complete system of care; about the stakeholder process; the outreach to schools and the community. He also shared memories, friendships, accomplishments in programming, and stated that it had been great working with staff and that he enjoyed the ride.



JPA Administrator/Clerk Olmos announced that Commissioner Bloom will be recognized by Tri-City's Governing Board at its June 19th meeting.

Commissioner Heitmann thanked Commissioner Bloom for the work that he has done, noting that her family had been impacted by his work because we have what we have, and we are what we are because of people like him.

Director of MHSA and Ethnic Services Hundal stated that Commissioner Bloom taught Tri-City how to work with the school districts and be able to conduct training for teachers, and pointed out Tri-City's program is viewed as the leader in California in how to train teachers; and that he was also instrumental in creating the student wellbeing program.

Commissioner Bloom talked about the evolution and development of mental health awareness in the schools.

### **PUBLIC COMMENT**

LaDonya Milner, NAMI Pomona Valley Board Member, and Tri-City stakeholder, announced that their board is in need of board members, and stated that they need a treasurer, a support group coordinator, a school outreach coordinator, a public housing advocacy chair, a Spanish outreach person, and a social media chair; and asked if anyone was interested to please contact NAMI Executive Director James Curtis or Administrative Assistant Melissa Brainard.

Gilbert Saldate, Hosing Manager, thanked Commissioner Bloom for his service, and announced that this was also his last Commission meeting as he had submitted his resignation and would be working for the Gateway Cities Council of Governments as their Homelessness Manager.

### **ADJOURNMENT**

At 4:26 p.m., on consensus of the Mental Health Commission its Regular Meeting of June 11, 2019 was adjourned. The next Regular Meeting of the Mental Health Commission will be held on Tuesday, July 9, 2019, in the MHSA Administrative Office, 2001 North Garey Avenue, Pomona, California.



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Micaela P. Olmos, JPA Administrator/Clerk