

**Grants Partners Group  
Meeting Minutes  
8/16/2023**

Start Time: 8:34 AM

Attendees: 27

<b>Stakeholders/Partners</b>	<b>Affiliation</b>	<b>Attended</b>
Adrienne Montero-Camacho, SOS Coordinator & Case Manager	University of La Verne	
Alexandra Oliva, Director of Student Outreach and Engagement	The School of Arts and Enterprise	
Alyssa Bostrom, Lieutenant	Pomona Police Department	Y
Angie Besiant	Pomona Valley Hospital	Y
Anthony Hostetler, Credible Messenger	Just Us 4 Youth	
Ashley Cortez	Community member	
Brad Paulson, Sergeant	Pomona Police Department	
Brenda Lopez, Administrative Assistant - MHSA	Tri-City Mental Health Authority	Y
Brittany Nguyen	Tri-City Mental Health Authority	
Christina Vera, President	National Alliance on Mental Illness-Pomona Valley	
Dana Barford, Director of MHSA and Ethnic Services	Tri-City Mental Health Authority	
Debbie Johnson, Program Manager	Tri-City Mental Health Authority	Y
Elizabeth (Liz) Renteria, Chief Clinical Officer	Tri-City Mental Health Authority	Y
Enrique Villa, Director of Strategic Communications	Gente Organizada	
Eric Vasquez, Founder/CEO	Just Us 4 Youth	
Erin Sapinoso, Program Analyst II (Grants)	Tri-City Mental Health Authority	Y
Ernesto "Ernie" Rios, Sergeant	Pomona Police Department	
Ezequiel De La Torre, Coordinator I, Community Schools Initiative	LA County Office of Education	
Frank Cambero, Detective	La Verne Police Department	
Frank Guzman, President	Pomona Pride Center	
Isaura Campos-Argumosa, Supervisor	LA County Dept. of Child & Family Svs.	Y
Janolyn (Jill) Trojanowski, Manager Social Work, Palliative Care and Spiritual Care Services	Pomona Valley Hospital ER	Y
Jay Alvarado, Sergeant	La Verne Police Department	
Jennifer Curlowicz	Pomona Valley Hospital	
Jeri Sprewell, CWA Program Supervisor I	Tri-City Mental Health Authority	Y
Jessica Arellano, Administrative Assistant	Tri-City Mental Health Authority	Y
Joshua Salazar, Student Identity Development & Education Coordinator, Pride Center	Cal Poly Pomona	
Karissa Gonyea, Supervisor, Social Work and Palliative Care	Pomona Valley Hospital ER	Y
Keith Colder, Clinical Wellness Advocate III	Tri-City Mental Health Authority	Y
Keri Zehm, Program and Outcomes Analyst Supervisor	Tri-City Mental Health Authority	Y

Kevin Ward, Assistant Superintendent	Claremont Unified School District	Y
Kim Griffin Esperon, Coordinator III, Community Schools Initiative	LA County Office of Education	
Kitha Torregano, Human Resources Manager	Tri-City Mental Health Authority	
Kristyne McPhail, Mental Health Support Specialist	Bonita Unified School District	
Lisa Banks-Toma, Mental Health Coordinator	Claremont Unified School District	
Lisa Naranjo, MHSA Program Supervisor	Tri-City Mental Health Authority	Y
Luis Antonio Orozco, ResQ Coordinator	Just Us 4 Youth	Y
Marga Methu, Clinical Therapist I	Tri-City Mental Health Authority	Y
Mark Rodgers, Senior Director, Student Services	Bonita Unified School District	Y
Markie Sterner, Clinical Supervisor	Tri-City Mental Health Authority	Y
Michael Stephens	Just Us 4 Youth	Y
Mike Cizek, Captain	Claremont Police Department	
Monica Rivas, Assistant Regional Administrator	LA County Dept. of Child & Family Svs.	
Moriah Holmes, Program Analyst II	Tri-City Mental Health Authority	Y
Natalie Majors-Stewart, Chief Compliance Officer	Tri-City Mental Health Authority	
Nicholas Chang, Clinical Wellness Advocate II	Tri-City Mental Health Authority	Y
Nicole Lobato, PhD, Clinical Program Manager—ATC & TCG	Tri-City Mental Health Authority	
Octavio Hernandez, Clinical Supervisor I	Tri-City Mental Health Authority	
Patti Azevedo, Program Administrator, Pupil & Community Services	Pomona Unified School District	
Paul Osorio, Community Mental Health Trainer	Tri-City Mental Health Authority	Y
Ramon Coronado, Care Services Coordinator	Cal Poly Pomona	
Raquel Capacete	Cal Poly Pomona	Y
Rimmi Hundal, Executive Director	Tri-City Mental Health Authority	Y
Ruben Cueva	Community member	
Ryan Rodriguez, Lieutenant	Pomona Police Department	
Sandra Sharma, Supervisor	LA County Dept. of Child & Family Svs.	
Sara Rodriguez, MHSA Projects Manager	Tri-City Mental Health Authority	Y
Shawn Smith, Med Support Team/Walk in Crisis/IOET/PACT Manager	Tri-City Mental Health Authority	Y
Sulettma (Suly) Gutierrez, Credible Messenger	Just Us 4 Youth	
Tremale Ratcliffe, Program Supervisor (Youth & Young Adult Employment Services)	Just Us 4 Youth	
Trevor Bogle, Controller	Tri-City Mental Health Authority	
Weston Prisbey, Interim Assistant Dean for Health and Well-Being	Cal Poly Pomona	
Yvette Meneses	Los Angeles County Office of Education	

## Welcome and Introductions

- Hybrid meeting: in person and virtual

- Review of housekeeping rules, values, and agenda
- Introductions via chat and in person
- Anonymous demographic data survey (request for each attendee to complete at every meeting)
  - o Access via link (<https://forms.microsoft.com/r/j6r5jej7PE>) or QR code



#### Mobile Crisis Program

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- LA DMH
  - o Guidance from the state particularly regarding triage is still pending
  - o Goal is to have a kind of map that breaks down the different community workflows and processes for the three cities
  - o Conversation with LA County DMH will continue
- Program planning
  - o Meetings with different responding agencies (e.g., fire department, law enforcement, hospital/emergency) are underway to help strategize and develop program design and operations
  - o Question posed to partners: who/which other entities should be included in the discussion?
- Vehicle procurement
  - o Reviewed list of needs and considerations for mobile crisis vehicles
  - o Added items:
    - Child safety locks
    - Tie downs (e.g., for wheelchair stabilization)
    - Fire extinguisher
    - First aid kit
    - Cleaning supplies and storage
    - Camera for remote viewing of situation
  - o Question posed to partners: what else should be included when considered vehicles to purchase for mobile crisis response?

#### Mental Health Student Services Act

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- Sub-grantee orientation
  - o Overview of financial and programmatic reporting and data collection requirements for sub-grantees
  - o Potential for future presentations about projects from each sub-grantee
- Staffing update
  - o Markie Sterner is new MHSSA clinical supervisor
  - o Recruitment continues for current and new vacancies
- Monthly Wellness Webinar
  - o More registrations and participation with each monthly webinar
- MHSSA in the Community
  - o MHSSA team has been participating in community events, hosting activities, building relationships, and introducing Tri-City Mental Health Authority has a behavioral health care provider
- Upcoming trainings
  - o Trevor Project

- Cognitive Behavioral Intervention for Trauma in Schools
- Youth Mental Health First Aid
- Community Resiliency Model
- MHSa presentation
  - Youth Mental Health First Aid
    - For adults who support youth
    - Teaches how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18
  - Community Resiliency Model
    - Open to all who want to learn more about themselves to be able to care for others
    - Understanding the biology of the human body and how it responds to traumatic events; set of wellness skills for use in responding to the impact of traumatic and stressful experiences
  - Suggestion to outreach to medical practitioners (e.g., pediatrics and primary care)
  - MHSa delivers trainings to Western University of Health Sciences students
- Upcoming trainings
  - Link to online survey will be emailed to partners to determine dates for Youth Mental Health First Aid training and Community Resiliency Model

#### Youth engagement

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- Review of questions to ask youth
- Added questions:
  - Where would you consider a safe space to be during a crisis?
  - How can technology be used to help youth?
- Question posed to participants: what is other information you would like to know or what questions would you like to ask youth regarding mental health and crisis care?

#### Partner news and announcements

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- Claremont USD is starting in two weeks.
- Kids are returning to school; things will get busy for Just Us 4 Youth.
- MHSSA is hosting a father's group at Tri-City's Wellness Center on August 29 from 6:30-8 PM.

Next meeting is on Wednesday, September 17 at 8:30 AM.

End time: 9:37 AM



# Grants Partners Meeting #10

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Liz Renteria  
Chief Clinical Officer

Debbie Johnson  
Programs Manager

Erin Sapinoso  
Program Analyst II

August 16, 2023: 8:30 AM  
**We will begin the meeting shortly.**



# Housekeeping

## Zoom

- ▷ Remain on mute when not speaking; unmute when you would like to speak.
- ▷ Use the “Raise Hand” option to let us know you would like to say something.
- ▷ Chat is available for typing questions and comments and to participate in activities.

## In person

- ▷ Remain silent when not speaking.
- ▷ Raise hand to let us know you would like to say something.

# Values

- ▷ Mission-focused
- ▷ Organization; effective and efficient work
- ▷ Respect and being respectful
- ▷ Open-mindedness and out-of-the-box thinking
- ▷ Openness and honesty (“the good, the bad, the ugly”)
- ▷ Address challenges and acknowledge strengths
- ▷ Positive communication



# Agenda

- ▷ Welcome
  - ▷ Introductions
  - ▷ Demographic data
- ▷ CCMU
  - ▷ LA DMH
  - ▷ Program planning
  - ▷ Vehicle procurement
- ▷ MHSSA
  - ▷ Sub-grantee orientation
  - ▷ Staffing update
  - ▷ Monthly Wellness Webinar
  - ▷ MHSA presentation
  - ▷ Upcoming trainings
- ▷ Youth engagement
- ▷ Partner news and announcements



# Welcome

# Introductions

- ▷ Name
- ▷ Position
- ▷ Organization



# Data and Reporting

- ▷ Request for demographic information of planning partners
- ▷ Voluntary and anonymous survey
- ▷ Complete at every grants partners meeting
- ▷ Link: <https://forms.microsoft.com/r/j6r5jej7PE>
- ▷ QR code



# Mobile Crisis Program

# Los Angeles County Department of Mental Health

- ▷ Collaboration
- ▷ Planning

# Program Planning

- ▷ Partner coordination
  - LVPD
  - LVFD
  - LACDMH
  - TCMHA (internal crisis team)
  - PPD
  - CPD
  - Pomona Valley Hospital
  - Mission Community
  - Charter Oak

# Vehicle Procurement

- ▷ Consultation with City of Berkeley and San Mateo County
- ▷ Needs and considerations
  - ADA compliance (ramp/ lift)
  - Seats can lay flat; room for wheelchair; room to hold pet crate
  - Fiberglass separator (between driver and passengers)
  - Leather (non-cloth) seats for easy clean
  - Cupboards, cubby holes for storage, luggage/ storage
  - Lockbox; clients with access to lethal means

# Vehicle Procurement (cont.)

## ▷ Needs and considerations

- Smart technology/capability—internet/Wi-Fi connectivity, Bluetooth, GPS, emergency button on phone to summon PD/paramedics; telecom on car, in case of spotty reception
- Access to Medi-Cal (input basic information--website)
- PHI locked laptop bag (transporting around community)
- Scanner and printer (ID scanning and printing copies)



# Vehicle Procurement

## ▷ Needs and considerations

- Supplies on hand: everything short of oxygen
- Naloxone
- Sharps container; “chucks”--large disposable cloths
- Battery packs; outlet installation, small generator
- Flashlights, headlamps, reflective safety triangles, road flares (LED/ standard), first aid kits, water, nonperishable food, poncho, survival blankets, pillows, cones
- Snacks and water
- Handicap parking placard (government)
- Ongoing vehicle maintenance

# Vehicle Procurement

- ▶ Other needs and considerations?

# Important Dates

- ▷ October 31, 2023: Deadline to submit a written mobile crisis implementation plan to DHCS outlining mobile crisis services policies and procedures
- ▷ December 31, 2023: Implementation of the Medi-Cal Community-Based Mobile Crisis Intervention Services benefit

# Mental Health Student Services Act

# Sub-grantee Orientation Recap

- ▷ August 1
- ▷ Five sub-grantees
- ▷ Six projects

# Staffing Update

- ▷ New Clinical Supervisor
- ▷ Mental Health Specialist recruitment
- ▷ New vacancies
  - ▷ Mental Health Specialist
  - ▷ Clinical Therapist

# MHSSA in the Community

- ▷ The Wellness Center Summer Camp activities
- ▷ Just Us 4 Youth Friday Night Lights

# Monthly Wellness Webinar

- ▶ July 20: Student & Family Wellness (recap)
- ▶ August 17: Getting Youth Ready for Back to School



# Upcoming Trainings

- ▶ Trevor Project (in person)
  - ▶ Ally training: Wednesday, August 30
    - ▶ 2 hours; 1-3 PM
    - ▶ @ 2001 N. Garey
    - ▶ ~25 people)
- ▶ Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
  - ▶ 3-day virtual clinical training
  - ▶ August 23-25, 9:00 AM-3:30 PM

# MHSA Presentation

- ▷ Youth Mental Health First Aid
- ▷ Community Resiliency Model

# Youth Mental Health First Aid

- ▷ In person
- ▷ One full day (eight hours)
- ▷ Date preference?
  - ▷ Monday, October 2
  - ▷ Thursday, October 5
  - ▷ Friday, October 6
  - ▷ Thursday, October 12
  - ▷ Friday, October 13

# Community Resiliency Model

- ▷ Preference for in person or virtual?
- ▷ Three hours: 9 AM-noon
- ▷ Date preference?
  - ▷ Friday, November 3
  - ▷ Monday, November 6
  - ▷ Thursday, November 9
  - ▷ Friday, November 10
  - ▷ Monday, November 13

# Youth Engagement

# Online Survey Questions

- ▶ Which topics or subjects would you like Monthly Wellness Webinars (audience: parents/guardians and adults who support youth) to cover?
- ▶ In general, what would you like the adults who care for you (e.g., parents/guardians, teachers, community mentors, etc.) to know about how best to support you?
- ▶ In a crisis situation, what would you like the adults who care for you (e.g., parents/guardians, teachers, community mentors, etc.) to know about how best to support you?

# Online Survey Questions (cont.)

- ▶ Who (or which types of individuals) would you like to respond to you and/or be present for you if you requested help in a crisis situation?
- ▶ Which kinds of item(s) would you like to be made available to you if you find yourself in a mental health crisis?
- ▶ Which kinds of goods or items would you like to see being given out at in-person mental health events and activities?

# Online Survey Questions (cont.)

- ▶ Other queries?



# Partner News and Announcements

# Next Meeting

8:30 AM Wednesday, September 27

# Comments or Questions?

# Thank you!

Liz Renteria  
Chief Clinical Officer  
erenteria@tricitymhs.org  
(909) 766-7324


Debbie Johnson  
Programs Manager  
djohnson@tricitymhs.org  
(909) 766-7307

Erin Sapinosa  
Program Analyst II  
esapinosa@tricitymhs.org  
(909) 784-3091



This training is designed to create dialogue around being an adult ally for LGBTQ youth by informing participants about common terminology, the “coming out” process, and challenges at home, in school, and the community.

Join us for a **FREE** training supporting LGBTQ youth

 **Wednesday, August 30**  
1:00 pm - 3:00 pm

 **Tri-City Mental Health**  
MHSA Administrative Office  
2001 N Garey Ave, Pomona

After attending, participants will be able to:

- Describe various terminology related to LGBTQ communities
- Explain the unique challenges facing LGBTQ people
- Identify ways to create safer and more supportive environments for LGBTQ people
- Discuss services offered by the Trevor Project

This training is appropriate for youth-serving professionals such as K-12 school and higher education staff and professionals, service providers and community members.



**Register for free**

Scan the QR code or visit the link below:

[forms.office.com/r/Cj46kZtUjv](https://forms.office.com/r/Cj46kZtUjv)

**For more information**

**Mental Health Student Services Act (MHSSA) Grant**  
**Markie Sterner, LMFT, Clinical Supervisor**  
mharden@tricitymhs.org | (909) 766-7295



# Calling all Fathers, Dads, Papis & Pops

Join us for a father to father meetup!

**Make some time for yourself.  
If you need support, this space is for you.**

Tri-City Mental Health is hosting a peer-led support group for parents, caregivers and any father figure of a child.

**Tuesday**  
**AUGUST 29, 2023**  
6:30 PM - 8:00 PM



**TRI-CITY WELLNESS CENTER**  
1403 N. Garey Ave., Pomona, CA 91767



## For more information

**Nicholas Chang, Clinical Wellness Advocate II**  
Mental Health Student Services Act (MHSSA) Grant  
nchang@tricitymhs.org | (909) 766-7331

**HOPE. WELLNESS. COMMUNITY.**  
Let's find it together.



*Tri-City Mental Health Authority, through the statewide Mental Health Student Services Act (MHSSA) grant, is working to expand behavioral and mental health services for youth, young adults and their families in Claremont, Pomona, and La Verne. This funding is used to foster school-community partnerships, and provide psychoeducation for parents, supportive adults, teachers and youth.*

Tri-City Mental Health Authority  
www.tricitymhs.org     @TriCityMHS



# YOUTH MENTAL HEALTH FIRST AID

## WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

**10.2%**

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid\*\*

**1 IN 5**

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness\*

**50%**

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry\*\*\*

## WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

## WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

## THREE WAYS TO LEARN

- **In-person (2nd Edition)** – Learners receive their training during a 6.5-hour, Instructor-led, in-person session.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  - » A video conference.
  - » An in-person class.

## Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

### Sources

\* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

\*\* Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

\*\*\* Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593





# Contact Us

Schedule a free training for your group, community or organization



Paul Osorio  
Community Mental Health Trainer



(909) 242-7636



cmht@tricitymhs.org



Tri-City MHSA Administrative Office  
2001 N Garey Ave, Pomona, CA 91767

## Adverse Childhood Experiences (ACEs)

**We each play a role in supporting the health and wellbeing of children, adults and families.**

This trauma-informed training focuses on how to recognize, address and heal the negative impacts of Adverse Childhood Experiences (ACEs) and toxic stress. Participants will learn:



About the landmark 1998 ACE study and how ACEs impact health and wellbeing across the lifespan



How trauma and toxic stress shape the developing brain and body, and how safe, supportive and caring relationships can buffer the effects



Strategies and resources to build resilience and support individuals who have experienced ACEs

*This training is available in Spanish upon request.*



www.tricitymhs.org     @TriCityMHS



Community Mental Health Trainings, as a Prevention and Early Intervention (PEI) program, are free and funded by the California Mental Health Services Act (MHSA, Prop 63)

# Community Mental Health Trainings



Supporting wellness, recovery and resilience in the diverse communities of Pomona, Claremont and La Verne



# Community Resiliency Model™

Created by the Trauma Resource Institute, the Community Resiliency Model™ (CRM)\* is a set of wellness skills that people can use to respond to the impact of traumatic and stressful experiences.

By understanding the biology of the human body and how it responds to traumatic events, CRM participants can learn how to enhance their ability to adapt to change.

## Participants will learn:

- + Simple skills to help you get back into balance with mind, body and spirit
- + How to reduce symptoms related to stressful or traumatic events, including depression, anxiety and aggression
- + How to practice wellness skills in your daily life and share those strategies within your community

*This training is available in Spanish upon request.*

# Suicide Prevention

## Know the Signs

This statewide suicide prevention training teaches you how to recognize and respond to someone displaying suicidal thoughts, how to find the words to have a direct conversation with someone in crisis and where to find professional help and supportive resources.

Our trainings can be modified to meet your audience's need.



# Mental Health First Aid

When more people are equipped with the tools they need to start a conversation about mental health, more people can get the help they need. Mental Health First Aid (MHFA) is an evidence-based training that teaches you how to identify, understand and respond to signs of mental health and substance use conditions, and how to provide initial help and guide a person towards appropriate supports.

## Participants will learn:

- + Common signs, symptoms and risk factors of mental health and substance use conditions
- + Information on anxiety, depression, trauma, psychosis, substance use and self-care
- + A 5-step action plan to safely assist someone experiencing a mental health or substance use challenge or crisis

**We offer various MHSA course options. All MHSA participants receive a 3-year certification through the National Council for Mental Wellbeing and an MHFA manual.**

Contact us to schedule a **free training for your community.**

# Motivational Interviewing

Motivational Interviewing (MI) is both a therapeutic philosophy and a set of methods used to help people resolve their ambivalence or uncertainty about making meaningful, personal changes in their lives.

MI is designed to strengthen an individual's motivation toward a specific goal by exploring the person's own reasons for change in an environment of acceptance and compassion.

## Participants will learn:

- + About the 5 core principles of MI
  - ▶ Express Empathy
  - ▶ Avoid arguing
  - ▶ Roll with resistance
  - ▶ Recognize discrepancy (i.e. disagreement)
  - ▶ Support self-efficacy (i.e. desire to achieve effective results)
- + Helpful techniques, such as active listening, to support people who struggle with behavior change or identifying goals
- + How to identify an individual's readiness, willingness and ability to make change in order to help them overcome barriers to self-care

*This training is available in Spanish upon request.*

