

BHEC Steering Committee Meeting
Meeting Minutes
October 19th, 2023

Facilitated by: Deana Helmy, County Co Chair; Iliana Soto Welty Community Co Chair

Community Members: Sohail Eftekhazadeh, Katie Tran, Michael Arnot, and Luana Lu

County Members: Lu Pham, Teresa Renteria, Belinda McCleese, Daniel Gibbs, and April Thornton

Approval of Minutes

- Sohail Eftekhazadeh suggested adding the topic regarding SB 326 specifically (MHSA-related) to the previous Steering Committee Meeting minutes.
- **Sohail Eftekhazadeh moved to approve the September 21st, 2023, minutes: Teresa Renteria seconded, all approved.**

Member reflection- Everybody who wanted to checked in.

- Topics like the tragedies around the world, becoming numb to racism, and trying to go through daily life as so many other people struggle were discussed.
- Belinda McCleese described going to Spain for a conference on deafness where many attendees were from Ukraine. She commented on how there are no borders for deaf people and that they exist within all sorts of cultural strife.
- April Thornton talked about the OC Plan of Safe Care, which was built around addressing children born with a toxicology that includes substances in their system. This plan supports the mother with her recovery from addiction and attempts to keep the child in their home.
- Iliana Soto Welty appreciated the autumn season and its newness, especially with a pumpkin spice latte. Belinda McCleese commented on the pumpkin decorations she has encountered.

Business

The Office of Population Health and Equity (OPHE)

- It was suggested that a letter about the BHEC resolution around racism be sent to Dr. Kelley so that she could recommend it to the OC Board of Supervisors. Michael Arnot would draft a letter and the BHEC Committee would review it at the next meeting. It would include following the resolution, connecting with other agencies and racism's direct impact on mental health services. A discussion ensued that it is beyond the BHEC Committee's scope to advise the OC Board of Supervisors. It was agreed that there is a need to talk about the Steering Committee's advisory role. Ideas were shared about developing an annual report to Dr. Kelley and creating flow chart to understand BHEC's role. Michael Arnot withdrew his motion to write the letter. Clarification on BHEC's advisory role needs to be discussed with members and Dr. Kelley and if county counsel is needed for clarification that it would be up to her.
- **Deana Helmy motioned to schedule a meeting about what we can do to make recommendations on and how we make them. Teresa Renteria seconded. All approved**

Subcommittee/Workgroup Updates

- **LGBTQ Committee**
 - Lu Pham is leaving his current position for a promotion with Correctional Health Services so he will recuse himself from the BHEC committee.
- **Black/African American Committee**

- April Thornton mentioned that the Black/African American subcommittee started strong but is working on regaining momentum.
- **Spirituality Committee**
 - Danny Gibbs shared that the committee is applying to present a workshop at the upcoming Meeting of the Minds conference. This would be a preliminary presentation that will hopefully be repeated many times at various functions. They hope to partner with NAMI Faith Net, a mental health resource for all types of faith communities. Their method of reaching out to and benefitting from interaction with faith leaders was explained.
 - There was a discussion around the accountability and approval for workgroup activities/events – this will be further addressed in the December meeting.

Meeting Frequency and Schedule

- BHEC Quarterly Public Meetings meet 4 times a year from 12:00 pm-3:00 pm and are flexible.
- BHEC Steering Committee meetings usually meet Monthly on the third Thursday from 1:00 pm-2:30 pm. On every 3rd meeting there will be a time conflict with the county MHSA Planning Advisory Committee (PAC) Meeting. Many suggestions for addressing that conflict were written on a white board and discussed. The committee decided to not meet at all in November and have a longer meeting on December 7th from 11:00 am-3:00 pm. The importance of attending the PAC meeting was emphasized.

Next Meeting

December 7th, 2023

11:00 am-3:00 pm

At Behavioral Health Training Center