

RIVERSIDE UNIVERSITY HEALTH SYSTEM-BEHAVIORAL HEALTH
Mid-County Region Behavioral Health Advisory Board
Thursday, June 4, 2026

MEMBERS PRESENT	MEMBERS ABSENT	STAFF PRESENT			GUEST PRESENT
Walter T. Haessler, M.D Don Kendrick	Brenda Scott Dr. Vernita Black Dolores DeMartino Ramon Amado Martiza Camacho	Beverly McKeddie Hilda Gallegos Sheree Glidden Tracy Dewing Valerie Comeaux	Melissa Vasquez (via TEAMS) Lacy Fourong (via TEAMS) Lauren Adamson (via TEAMS) Tony Ortego (via TEAMS)	Karina Galindo Jeaneth Alvarez Amy Salazar Steven Willis	Desiree M. Prince G.

ITEM	DISCUSSION	ACTION/FOLLOW UP
Call To Order and Introductions	Don Kendrick called the meeting to order at 3:10 p.m. All in attendance introduced themselves.	
Minutes	Due to lack of quorum, May 7 th , 2026, meeting minutes were unable to be accepted.	
Public Comments	There were no public comments shared at this time.	
Announcements	→ A Pride event will be held at the Arena TAY Center in Perris on Wednesday, June 24th from 12:00 pm to 3:00 pm. → NAMI Temecula Valley is hosting a free event on Wednesday, June 17th starting at 6:00 pm at the Temecula Valley Hospital. Featured speakers are consumers sharing their stories of mental health struggles. → There is a summer kickoff event (Resource Fair) being held on June 5th, 2026, from 10 am to 2 pm at the Hemet Public Library. It's a free community event. They're going to have resources, food, refreshments, kid activities, support services, and opportunity giveaways, and much more. → September 24th is our annual Recovery Happens event at Fairmount Park from 11:30 am to 4:00 pm. There will be volleyball tournaments, ping pong tournaments, a dance contest, prizes, and opportunity drawings. Flyers will be out soon. → Don shared that the May is Mental Health Month (MiMHM) event held last month was a huge success. It is believed that there were over 1,000 attendees, but no official count has been made.	
Correspondence	No correspondence was received or reported.	

New Business- TAY – Tracy Dewing	Tracy Dewing, the BHSS for TAY, gave a presentation on the TAY program. TAY stands for Transitional Age Youth. They focus on youth between the ages of 16 and 25 and were designed specifically to bridge the gap between the children and adult clinics. Their goal is to provide a welcoming space where members feel respected and supported during their recovery journey. They provide the support youth need to strengthen their mental health with confidence, involve family, which is important in ways that support recovery and growth, connect with others who understand their experiences, access resources that support their goals inside and outside of treatment, and take part in individual and group sessions that support them at every stage of their journey. We take referrals from IEHP, Molina, Kaiser, the CARES Line, in patient treatment facilities, the mobile crisis unit, and walk-ins. The treatment team consists of two psychiatrists, one LVN, five clinical therapists, four peer support specialists, one parent partner, two family advocates, two office assistants and one community service assistant. The psychiatrists work very closely with the therapists and do treatment team meetings every Wednesday, alternating with psychiatrists to go over members and members' needs. The nurse works with the peer staff and the CTs to address the medical concerns of our members. She also educates our members on healthy lifestyles, which includes doing weight checks, STD and pregnancy education, and drug testing. The clinical therapists do individual/family therapy and will also facilitate group sessions and use a variety of therapy styles based on the needs of the members and their presenting problems. The consumer peer support specialists work directly with members, and we value their lived experience that they share and use to support, guide, and walk alongside our members as they build skills, find resources, and move forward in recovery. The peers develop and practice their coping skills, things that they're learning in their individual therapy. They will assist members with obtaining things like a driver's permit, driver's license or California ID, birth certificate, social security card and will even help them with college and financial aid applications. They'll take them to local colleges and do tours to help bridge that gap and help them develop independent living skills and will also help get them connected to job resources as well. We have a CSA who provides transportation and support to our members as well. We have one parent partner who works with our youth under 18 and with parents to help them negotiate the mental health system and educate them on different mental health diagnoses. She will help parents work with school systems as she knows the regulations and knows how to get that going and will walk with the parents through that process. She'll also participate in family sessions as an advocate. We have two family advocates who work with our families who are with members 18 to 25. They have lived experience with a family member who has a mental health diagnosis. They do a lot of education with the family regarding what mental health treatment looks like, what that mental health diagnosis might mean for that member, educating them regarding symptoms and how that might express in the family system. Even though a member is 18 and a legal adult, they're not technically an adult in the sense of they're struggling with mental health, they're struggling to support themselves, or they may not be able to hold a job, and so they rely upon the family for that support. Therefore, sometimes families have thoughts that they should be in college by now, they should be doing something else but not understanding how their mental health diagnosis really impacts their ability to be successful and really educating and providing that support to the family. Tracy and her team invited two members who shared their stories and were well received by the meeting participants. Their stories were inspirational, moving and informative.	
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New Business- Mindful Body & Recovery Jeaneth Alvarez & Valerie Comeaux	Valerie Comeau and Jeaneth Alvarez gave a presentation on the Mindful Body and Recovery Program, which is an eating disorder intensive outpatient program. The program serves youth ages 12–18 from underserved backgrounds to Transitional Age Youth (TAY) 18-25. We operate out of two locations, one being RUHS Perris Valley Community Health Clinic serving youth ages 12-18; and one at RUHS Behavioral Health TAY Stepping Stones in Riverside serving youth ages 18-25. The program consists of a minimum of 12-week treatment; three days per week for three hours per day on site; clinical support team available for guidance; parent/family support and parent management training; access to family and individual therapy sessions, life skills classes, medical check-ups, nutrition and meal planning. We have a registered dietitian on board that does all the meal planning. We also have a registered nurse to monitor all their clinical, medical conditions and needs beyond the psychiatric and eating disorder. Some transportation services are provided but members with IEHP or Molina, we encourage members to request transportation services from their health plan. We currently only have one registered dietitian right now. We do accept nutritional consults if you have a member that you're seeing for outpatient and you think they may need nutritional counsel or they have an eating disorder, you can contact us. If you do have a member that you feel needs nutritional support or a nutritional consult, please provide the member's name, DOB, the medical record number, and diagnosis if you have it. Although best practice is to refer the member to their primary care physician or their pediatrician if they're under 18. Eligibility criteria for services are members who are struggling with an eating disorder; whose body weight is above 80% of healthy weight; has no need for intensive medical monitoring (no signs of medical instability); has fair motivation for treatment and recovery; has adequate caregiver support at home; requires less than daily monitoring, but more than weekly; and, significant impairment in one or more areas of personal functioning. The most common types of eating disorders within our program are Anorexia Nervosa (AN): Severe restriction of food intake and fear of gaining weight; Bulimia Nervosa (BN): Binge eating followed by behaviors to prevent weight gain (such as vomiting or excessive exercise); Binge Eating Disorder (BED): Regularly eating large amounts of food in a short period of time without purging; and, Avoidant/Restrictive Food Intake Disorder (ARFID): Involves avoiding or limiting food so much that it seriously affects a person's weight, nutrition, or daily life. We require members to get quite a few lab tests because we want to make sure that they are medically stable to be with us, such as a CBC, liver function test, calcium, magnesium, and others, and these must be done within 30 days. An EKG is also required and is important because it checks the activity within the heart. A lot of the time with eating disorders, their bodies are becoming so malnourished that their hearts are working a lot harder. The referral process is to call the CARES Access and Referral Line at (800) 499-3008 to discuss treatment options and share information about the eating disorder; contact RUHS Behavioral Health Mindful Body and Recovery Program at (951) 210-1750 directly; for cases open with RUHS, the clinician completes and submits the Integrated Referral Form to Mindful Body and Recovery Program; or clients with IEHP or Molina can be referred to the program directly. We'll also see them as a walk-in to start the triage process. Treatment for eating disorders encompasses the following: medical follow up/monitoring by a pediatrician or Primary Care Physician; a Nurse assessment and follow up; psychological assessment; nutritional assessment and nutritional counseling which includes individualized meal planning; family support; caregivers' involvement in treatment; and various support groups.	
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Old Business	No information to report.	
Administrator/Managers Report	Beverly McKeddie, Behavioral Health Services Administrator – Children’s Programs shared detailed information and pictures on her recent tour of the new Wellness Village site, specifically the youth and family section in the final stages of completion. Beverly states it is scheduled to be finished by the end of the year but possibly could be done as early as October of 2026.	
Committee Reports	<u>Behavioral Health Commission (BHC)</u> – Brenda was absent from today’s meeting; therefore, no updated information was shared at this time. <u>Membership Committee</u> – No report available. <u>Children’s Committee</u>- Don Kendrick reported that Directing Change gave a presentation. They had an event at the Fox Theater in May where they were showing short movie clips that the youth created. They were able to give first, second, and 3rd place winners \$100 in cash, and even made big paper checks, so they got to hold big checks (kind of like publisher clearing house). Also, Friday Night Live (FNL) had their graduation/awards ceremony at the Riverside Convention Center with students, parents, and staff totaling 411 attendees. Miss Lupe, one of our administrators for FNL, was acknowledged and received an award at that event. <u>Criminal Justice Committee</u> – No report available. <u>Older Adults Committee</u> – No report available. <u>Adult System of Care Committee</u> – No report available. <u>Housing Committee</u> – No report available. <u>Legislative Committee</u> – Dr. Haessler reported that AI has been brought up and there are two bills pending at the State level that would limit or ban the intrusion of AI-assisted psychotherapy and that there are dozens of “for-profit” websites calling it psychotherapy, which is unregulated. The topic has been brought up at the BHC, but nothing has been solidified thus far. <u>Veteran’s Committee</u> – No report available.	
Next Meeting	The next Mid-County Regional Advisory Board meeting is scheduled for Thursday, July 2, 2026, at the Temecula Adult BH Clinic, 40925 County Center Dr, Temecula, CA 92591.	
Adjournment	The meeting adjourned at 5:05 pm.	

Mid-County Region Behavioral Health Advisory Meeting Attendance												
Calendar Year 2026												
Members	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1. Walter Haessler, M.D.	x	x	x	x	x	X						
2. Brenda Scott	x	x	x	x	x	A						
3. Dr. Vernita Black	A	x	x	x	x	A						
4. Don Kendrick	A	x	x	A	x	X						
5. Dolores DeMartino	x	x	x	x	x	A						
6. Maritza Camacho	A	A	A	x	A	A						
7. Ramon Amado	A	A	A	A	x	A						