



BH CHILDREN'S COMMITTEE MEETING

Meeting the 4th Tuesday of Every Month

Recorder: Saida Spencer: Executive Assistant II
sspencer@ruhealth.org 951-358-7348

RUHS–Behavioral Health
Behavioral Health Commission Children’s Committee
Meeting MINUTES
January 27, 2026

Tori St. Johns, BHC, Luciana Hsu, SSG/APCTC, Nhan Pham, FNL, Lauren Adamson, Peer Support Services, Rachel Douglas, PS&T, Don Kendrick, CSSOC MC, Shelby Colbert, Youth Connect, Jana Garrett, SSG/RCC, Javier Garcia, Carolyn E. Wylie Center, Diana Gutierrez, BHSA, Angie Talley, RC SELPA, Flor Ramos-Montelongo, McKinley, LaGwenda Hill, PS&T, Emilee Tran, DPSS/CSD, Melinda S, McKinley, Laisa Jamison, JVUSD, Crystal Garcia-Ruacho, JVUSD, Miranda DeShields, BH Central, Novanh Xayarath, BH Western, Kelly Grotsky, BH Desert, Lupe Madrigal, BH FNL/SAPT Admin, Alyssa Nieto, UCP of the IE and Maggie Cooper, VCCS..

Recorder: Saida Spencer

Meet & Greet Presentation: Alyssa Nieto, Outreach Coordinator United Cerebral Palsy of the Inland Empire:

UCPIE’s is a community driven non-profit organization, and its mission is to provide services to individuals with intellectual and/or developmental disabilities such as cerebral palsy, autism, down syndrome and epilepsy.

- In-Home Respite Care, Family Empowerment Program, Skill Builders Program such as, After-school, summer and virtual programs and Resource & Referral programs. See the email with the link for all information:
- https://www.canva.com/design/DAGqvLtJb6E/LU0sKJNmGzjOlfVOpH8m-Q/view?utm_content=DAGqvLtJb6E&utm_campaign=designshare&utm_medium=link2&utm_source=uniquelinks&utlid=hdb341af196
- UCP (United Cerebral Palsy) covers both Riverside and San Bernardino Counties, but this organization is located all over the US and parts of Canada.
- Offering a wide range of services to support the individual themselves as well as the family unit overall.
- Volunteer applications are online, on the website.

If there are questions about the services UCP provides, please contact Alyssa Nieto 760-321-8184 ext: 11.

Meeting Called to Order & Introductions: 12:00 p.m. Attendees introduced themselves and their agencies.

Review of Minutes: December 9, 2025, minutes reviewed. Tori St. Johns makes a motion to approve the minutes as written, Kelly seconded the motion, and all are in favor.

Chairperson Remarks: Tori St. Johns shared the following:

From the main board meeting: Theresa Comstock came from Sacramento and shared information about the bylaws and the Brown Act.

- The Children’s Committee is very important, with its many resources shared and the collaborations with all the entities to support each other and the consumers served.

Desert Children’s Region: Kelly Grotsky shared the following update:

The exciting news coming out of the desert and county wide is that RUHS-BH is at the finish line with a February 18th soft launch date for the ECM (Youth Enhanced Care Management). For now, referrals will be specific to Mid-County.

RUHS-BH hired (Erika Edney) a Certified Peer Support Specialist (grant funded position through the housing workforce solutions) as the Housing Navigator who will assist youth 18-24 years of age (specific age range) with housing opportunities.

Youth that may be struggling with housing situations and provide them with some shelter and support.

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- Please contact Kelly Grotsky for further information.

A quick reminder that the department is expanding the Evidence Based Practices for children and bringing Multi Systemic Therapy and Functional Family Therapy.

Western Children’s Region: Novanh Xayarath shared the following updates:

Conducting the Eating Disorder, Family Based Therapy training today here at the Myers Campus. The department also has an upcoming DBT (all-booked) training course on February 25th and 26th. There's a great demand for that training, so the department is working to get another round of these courses before the end of the fiscal year.

- Shooting for late May or June.

For the most part, when individuals take those trainings, they are expected to take on eating disordered cases.

A pilot, to expand the ED IOP (Eating Disorder Intensive Outpatient Program) to increase the age to TAY age group.

Sharing space with TAY Stepping Stone and hopefully when the village is built, the program will move into the new location.

Central Children’s Region: Miranda DeShields shared the following updates:

The department has two employees attending the San Diego International Conference on Child and Family Maltreatment, otherwise known as the Chadwick Conference.

- One of them is one of the department’s TFCBT champions and hoping they will be able to bring those learnings back to the TFCBT group.
- The second person attending is an RCCAT Clinician, who will also take the information back to share with co-workers.

The Youth and Family Community Services Program is collaborating with Riverside County Child Welfare, San Bernardino County Child Welfare and Mental Health in a pilot. The goal is for the two counties to work together. To develop a continuum of care for those in need of services.

Levels of placement: From Foster placement, up to STRTP, up to psychiatric hospitalization, etc. Currently working with those respective agencies to identify goals. What will the clinical services look like, etc.

Y-Tech Aftercare Program is working with Y-Tech Detention to ensure the child and family team meetings are occurring, especially as it relates to planning for discharge. Discharge from Y-Tech incarceration to Y-Tech Aftercare is not going as smoothly as we would like. The department would like all relevant natural supports and agencies together at the table to plan better for these youth who are coming out of Y-Tech.

The TRAC program is closer to being fully staffed. One of the highlights was back in 2024, TRAC was only able to attend 146 children and family team meetings due to being understaffed. In 2025 there was an increase in participation to 553 children and family team meetings.

The Journey TAY Program is still doing alot of collaboration with Hope and perhaps Erika Edney the newly hired Housing Navigator, will work with the TAY age youth (with this ongoing issue) that are unhoused and try to secure temporary shelter, and more importantly permanent shelter.

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Behavioral Health Commission/Regional Board Updates: Tori St. Johns shared the following information.

Brandon Jacob, Chief Data Officer, provided RUHS-BH Quality Improvement Committee (QIC) Overview and the RUHS-BH CARE ACT Updates.

The Desert Regional Board adopted two families and a grandma with 7 or 8 kids and another family. This is one of my favorite meetings in the Deserts because they come and bring pictures and videos of the snowflakes and the families. It is exciting to see their faces of surprise when they see what they got, it is all very special.

The River Mall in the Desert is under new management, and they have plenty of empty storefronts with plenty of space for the consumers’ art. The new management cleaned, vacuumed, washed the windows and put on the air conditioning, even gave Dr. Quinn her very own office space.

Parent Support & Training: Maria Arnold & Joshua Korhely, shared the following information

Provided as PowerPoint: What is a Peer Support Specialist.

State Certified Peer Support Specialist are categorized into three different types of Peers.

- Someone who has walked their own journey of recovery and wellness.
- Someone who walks alongside others sharing and drawing from their own personal experiences, and
- Someone who coaches individuals, who are working towards their own recovery.

Peer Support Specialist are evidence based and living proof that recovery is real and reached as well as wellness cannot only be reached but sustained. Please review PowerPoint for more information.

Just wrapped up the holiday projects, this project has grown so much throughout the years. Through donations PS&T collected 2200 gifts, were able to feed 148 families for Thanksgiving and 500 backpacks. The YouTube link to share with this years' sponsors: <https://youtu.be/FIfP2B5ZPjU>

500 backpacks

For all training/classes opportunities please contact Maria Arnold MArold@ruhealth.org and/or Joshus Korhely Jkorthely@ruhealth.org

Prevention & Early Intervention: Diana Gutierrez shared the following information

PEI hosted its final “Dare to be Aware” Youth Mental Health Conference on January 20, 2026, at the Riverside Convention Center and had 1000 registered. It was a great day.

The keynote speaker Dr. Daniel Wendler is a clinical psychologist, an advocate for neurodiversity and author of “Neurodiversity and the Myth of Normal. Dr. Wendler discussed Neurodivergence and his lived experience was well received by the kids.

BHSA, the integrated Plan draft is posted to the website along with a video for everyone to check out and provide comment and feedback. There is also a Google Form for a survey, and if you have not already done so, please come in person to one of the three public hearings scheduled as follows:

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- Feb. 18 at the Moreno Valley Conf Center – The first hour from 4-5 pm is the community forum, where your questions can be asked and answered.
- Feb. 26 at the Coachella Valley Rescue Mission and
- Mar. 12 at the Elks Lodge in Hemet

Suicide Prevention coalition is still actively working to share information. – Provided a flyer: Survivors of Suicide Loss Support Group.

SAPT / Friday Night Live: Nhan Pham shared some updates:

Chapters are slowly increasing, with 92 chapters.

- This past December the program hosted a blanket drive, it was very successful and the program is currently still distributing those blankets to families in need. In addition, the program participated in the moms program, and the shelters as well.
- The weather conditions did not allow for some of the events participating in the blanket drive to come to us to pick them up. The programs partnered up and got those blankets delivered to families, rather than having them come to us.

The Youth Council, presented 2 presentations at the “Dare to be Aware”

First presentation through the three Cs:

- Community- Character-Campus

Second presentation – Social Emotional Learning:

It was a little surprising that Social Emotional Learning is still very relevant. Many of the students were asked about their Social Emotional Learning, and a lot did not know about it. So, it was nice to reignite the flame and get them familiar with what is available to them.

TAY: All-Peer training (good for 1.5 CEU’S)

- Participants will receive Certificates of Completion.

Mid-County, Western and Desert regions are doing similar training.

- For further information contact Joshua Korhely JKorhely@ruhealth.org for Western & Central Region and Robert Bohon-Lara RLara@ruhealth.org for the Desert Region, and Lauren Adamson laadamson@ruhealth.org for Mid-County.

Agency Reports:

SSG/ RCC: Jana Garrett shared the following information:

Serving youth and families with medical insurance in Moreno Valley School District. The CBIT contracts are up and running. Last year, we decided to try and shift the groups a little earlier, to try and have them all ready before spring break and it works.

APCTC: Luciana Hsu shared the following

Located in Corona, the program has a mental health awareness workshop, with arts and culture. Having discussions and screening about mental health, and intergenerational trauma. The Lunar Festival is happening in mid-February.

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RC SELPA: Angie Talley shared the following:

Serving 23 districts in Riverside County with special education services. The program provides guidance, training and professional development.

The Mental Health Symposium is on May 20-21, 2026.

- The symposium will include integrating mental health, enhancing school based mental health systems and building a culture of wellness and belonging.

If anyone is interested in presenting at the symposium, there is a link in that e-mail that will just include a form for you to complete if you're interested and we'd be happy to connect.

WILEY CENTER: Javier Garcia shared the following information:

Javier comes from an indigenous background and typically and traditionally there are certain ceremonies, rituals, especially regarding growing your hair out and then at some point getting it cut, as a symbolic transition, and as a change for the new growth, especially during winter.

tend to focus on EMDR and EMDR protocols for children and youth, but we also have a few clinicians attending the trauma focused CBT certification.

- Incorporate a lot of somatic focus interventions.

JVUSD: Laisa Jamison shared the following:

Just back from winter break and getting ready for the 2nd semester. There are several positions opening, and about 5 positions for clinicians. Starting with two different middle schools and one high school this semester.

- Another round of Bounce Back Group, which is CBITS for the little ones.

VCSS: Maggie Cooper shared the following:

Completed work a behavioral Health Initiative grant for incredible years and now every site in Riverside can now provide the services. The Dino School for Kids and the parenting groups were well received.

The new Wraparound Program in Riverside is now fully staffed, serving 80 clients, and as an agency, recently submitted our application to become Wraparound Certified with the state.

DPSS/CSD: Emilee Tran sharing the following

It feels as if Emilee gets more out of these meetings because there is so many resources to support our youth,

Next Meeting: March 24, 2026

Time: 12-2 p.m.

Location: 3125 Myers St., 2nd fl. Executive Boardroom

Note: Lunch will be provided

Pursuant to The Behavioral Health Commissioners: Please note that moving forward the Standing Committee agendas and minutes shall be posted on the website for your reference as well as the Public.
<https://www.ruhealth.org/behavioral-health/advisory-committees>