



Behavioral Health Commission

Unadopted Minutes

Wednesday, September 6, 2023

Hybrid Meeting

COMMISSION MEMBERS PRESENT: Chris Rasmussen, Sheila Brar, Supervisor Corzo, Chelsea Bonini, Leticia Bido, Yoko Ng, Michael Lim, Paul Nichols, Allen Bustos, Victoria Yu, Ryan Lopez, Daniel Keohane, Jean Perry (virtual)

STAFF: Chantae Rochester, Sylvia Tang, Jei Africa (virtually), Doris Estremera, Maria Lorente-Foresti, Lee Harrison, Jacki Rogoni

COMMISSION MEMBERS ABSENT:

Excused: Candice Hawley, Frieda Edgette, Kristina Bell

Un-excused:

OTHERS PRESENT (in-person): Pat Willard, John Butler, Daryl Tilghman

OTHERS PRESENT (online): Brenda, Frieda Edgette, Greg Thompson, Gregory, Heather Henry, Jessica Kapi, Robert Taylor, Susan Cortopassi, William E, Candice Muntz,

CALL TO ORDER

The meeting was called to order at 3:38 p.m. by Chris Rasmussen

INTRODUCTIONS

Commission members introduced themselves. Four new members were sworn in and introduced. Welcome Allen Bustos, Ryan Lopez, Daniel Keohane, Victoria Yu

APPROVAL OF TODAY'S AGENDA

Approval of the Agenda

► **M/S/C** Nichols/Bido

APPROVAL OF MINUTES

Approval of minutes from the July 5, 2023, with the following changes.

Page 5: middle of page 5 under Michael Lim. It's in relation to Michael offering two connections for collaboration and outreach. That is the PTA (Parent Teacher Association) Association of Schools and Special Advocates.

Page 1: Bottom of the page, should read open mic.

Page 4: 2nd comment under Chelsea Bonini. It was a follow up to the second question referring to the student having an IEP (Individual Educational Plan) or has a disability of any sort and I believe I was referring to a 504 plan.

► **M/S/C** Supervisor Corzo/Perry

The following members abstained:

Leticia Bido

Allen Bustos

Victoria Yu

Ryan Lopez

Daniel Keohane

The Executive Committee did not meet in August.

Correspondence, Announcements, and Public Comment

Michael Lim, Commissioner

On Saturday, September 16, from 1:30 to 3:30 pm, the Chinese Health initiative will offer a symposium titled, "What I Wish My Parents Knew from a Chinese American Perspective", this event will feature high school students speaking to provide knowledge and skills to their parents with regards to mental health. It will take place at the Redwood Shores Library, 399 Marine Parkway, Redwood City.

The American Psychiatric Association in conjunction with substance abuse and mental health services administration will be providing a webinar on Insomnia, Hyper Arousal, and Psychosis. I will put the registration links on the chat. I will put the link in the chat.

The California Department of Public Health publishes comprehensive data on suicide and suicide prevention in conjunction with suicide prevention month. I will put the link in the chat.

Chris Rasmussen

I attended the NAMI California National Conference last week. It was 2-day conference in Sacramento, it was that was very interesting. I also wanted to remind everybody that the California Association of Local Behavioral Health website has a great website on boards and commissions. It's an excellent resource for information on the roles and responsibilities of commissions and commissioners and best practices.

Patrice Massicotte, Heart & Soul

Heart & Soul has been running Alternatives to Suicide Peer Support Groups since March. This is a fully peer support group. It's a safe space non-clinical where individuals (for now it's adults), who are having suicidal thoughts or are suicide attempt survivors like me, we can come together, discuss and share our thoughts in a safe space. We run it twice a month, the first Thursday and the third Thursday in person at Heart & Soul. We are expanding the groups. In October we'll have: Youth Alternatives to Suicide, Young Adult Alternatives to Suicide, and Family Member Alternatives to Suicide. The family member group is for family members who live with a loved one who has suicidal thoughts or is a survivor.

John Butler, Health Ambassador with the Office of Diversity Equity (ODE) and I work with NAMI (National Alliance on Mental Illness) San Mateo.

Supervisor Corzo has graciously agreed to speak for us at an open mic event and that will be either on Friday, September 22, or Friday, September 29. We are working on several events, we have support from Heart & Soul, Voices of Recovery Services and possibly California Clubhouse. There's another event developing with the ministry that I'm a part with mental health first aid instructors. Kingdom Love will speak, she's done a lot of work with churches, Catholic churches as well, and I'm excited to say that this is in progress. Stay tuned.

Greg Thompson VORSMC

I'm Greg from voices recovery, San Mateo County, and I just wanted to share about some recovery events we have upcoming.

Recovery Happens Month throughout September.

- Candlelight vigil last Friday
- Recovery Breakfast and Walk of Hope, Tuesday, 9/12, 7:30-9,30 at Mezes Park, Redwood City
- Recovery Month Proclamation and Resource Fair, 9/12 9:30-12:00 at 400 County Center, Redwood City
- Recovery Art Show that is open all month at the Caldwell Art Gallery in the Redwood City Courthouse
- The Recovery Happens Picnic is September 20, at Coyote Pointe in San Mateo from 10 a.m. – 2 p.m.
 - Games and activities
 - Guided nature walks.
 - Free food
- Recovery Dance on September 30, from 6-10 p.m. at Friendship Hall on Second Street in San Mateo.
 - DJ & dancing
 - Comedian
 - Free pizza and snacks
 - Raffles

Robert Taylor, NAMI

Saturday, October 14, Is our Annual NAMIWALK and Resource Fair at Seal Point Park. I have included the information in the chat. if you if you'd like to attend, or possibly even form a team to help us spread the word about the importance of mental health awareness, reducing the stigma and providing resources to those with mental health challenges. We'll have that available at the walk again with our resource table. I encourage everybody to take a look, and if you can make it.

Frieda K. Edgette, she/her

Commissioner and chair of the Youth Committee. Sorry that I can't be there in person. Just wanted to briefly welcome our newest Commissioners, also we welcomed 7 new members of our Youth Action Board. I'm looking forward to introducing them to the full commission at a later time.

Pat Willard

1. Our Chief of Police on this commission knows that I call the embedded clinician program that she runs “Cwacrit” because how else would you pronounce CWCRT. I bring that up because, when I use the word “Smucker”, you’ll know that I mean SMMCR.
2. The RFP appears to be written for or by Star Vista. How do we know?
 - a. Page 18, section D: The contracted agency, working with BHRS and the County-contracted Crisis Services Hotline (650-579-0350), shall establish a system including policies and procedures for dispatching mobile crisis teams. This phone number is that of Star Vista.
 - b. They still don’t get that the calls need to be 911. Joan and John Q public are going to call 911 when they fear anyone they don’t know, who has mental health crisis, or they see someone screaming about being attacked by space aliens or locked in the restroom of a restaurant and refusing to come out. They’ll not be calling 988. They’ll not be calling Star Vista’s crisis line 650-579-0350 (as specified in the RFP).
 - c. Page 27, section J: Within 60 minutes of the individual being determined to require mobile crisis services in urban areas of the County; and within 90 minutes of the individual being determined to require mobile crisis services in rural areas of the County; these regions may include El Granada, Moss Beach, San Gregorio, Loma Mar, and Pescadero. Response time indicated in the RFP is 1-hour. These are Star Vista’s protocol response times.
 - d. Page 26, Section I: “The SMMCR services shall be provided where the individual is in crisis, or at an alternative location.” This is also how Star Vista operates. My question is if I am calling 911 about a person screaming about space aliens, why should I be asked whether there’s an alternative location?
3. Page 16, bottom paragraph: “Mobile crisis services shall be available to all callers experiencing a behavioral health crisis.” Fine, on its face, but what if I’m calling about someone who’s standing at the intersection of Main Street and El Camino Real screaming that aliens from outer space are coming to get him?

John Butler

Tonight, is our NAMI 55+ support group on zoom, nami@namisanmatoe.org, 7-8:30 p.m. Mondays and Thursdays every week we have our 18+ group. The second and fourth Wednesday of every month at First Presbyterian Church in Burlingame we are in-person wit connections. It is open to everyone in the community.

STANDING COMMITTEES

Committee for Children & Youth

Reported by Chelsea Bonini

Next meeting will be held on September 20, 2023, at 4:00 p.m.
In-Person at 2000 Alameda de las Pulgas, Room 201, San Mateo
Or virtual via Zoom

Committee for Adults

Reported by Yoko Ng

Next meeting will be held on September 20, 2023, at 10:30 a.m.

In-Person at 2000 Alameda de las Pulgas, Room 201, San Mateo
Or virtual via Zoom

Committee for Older Adults
Reported by Jean Perry

The next meeting will be held on October 4, 2023, at 11:00 a.m.
In-Person at 2000 Alameda de las Pulgas, Room 201, San Mateo
Virtual via Zoom

Committee for Alcohol and Other Drug Services
Reported by Paul Nichols

The next meeting will be held on September 27, 2023, at 4:00 p.m.
Palm Detox Center
2251 Palm Avenue, San Mateo

Mental Health Services Act Steering Committee
Reported by Leticia Bido and Jean Perry

The next meeting will be held on September 7, 2023, at 3:00 p.m.
College of San Mateo, College Center-Building 10, Room 468
San Mateo

Director's Report

Reported by Jei Africa, Director

Past issues of the Directors Update can be found [here](#)

BOS Proclamations

Next week the Board of Supervisors will proclaim September as Recovery Happens Month and Suicide Prevention Month. It's always nice when commissioners make a public comment, saying how important it is to recognize recovery and suicide prevention. We do have speakers lined up, but your presence, as part of the Commission, really makes a difference.

Office of Education Workgroup

The Health System has embarked on a partnership with the County Office of Education to look at mental health services in schools around the county, Commissioner Frieda Edgette is part of the work group. The title is "United for Youth Blueprint for School Transition Age Youth Wellbeing". It will try to coordinate some of the services that we are seeing, and what will be that blueprint to address mental health services in the schools. I think there is a big connection with some of the work that your Youth Committee is doing. I think young people that Commissioner Frieda talked about are involved in that workgroup and I just wanted to say, thanks to folks that were invited.

Care Court

We are going to try to schedule a presentation from my team about Care Court. Care Court is a community assistance, recovery and empowerment court. It was a bill that passed last year. It's really expanding how people get mental health services locally. While San Mateo is not geared up to start Care Court until next year, we believe that engaging the community, telling you what we are hearing. getting your perspective will be important

as we continue to hear the challenges and the opportunities. There are 5 counties that are set to start Care Court this year, we are trying to learn from them both what are the barriers and what are the opportunities? And one of the things that we really learned is that we that they suggested that we go to different parts of the county to hear and share with people what the law/bill is and get feedback. Our team is going to come to the Behavioral Health commission to hear and to share with you what the program implementation would look like and get your thoughts.

Data Book

In October, Scott Gruendl, Assistant Director, will come to present the Data Book. Part of your role as the Behavior Health Commission is to review the data that we submit to the State. Unfortunately, we have not received the current year, we're delayed from last year.

First Six Months

This week highlights my 6 months of stepping in this role. It's been a roller coaster ride being able to meet our providers, meet clients, and their family members, and meet our staff. I really am doing my best to meet everybody and have a chance to talk to them. I will say that in my 6 months here, there are many priorities, there are many great things happening but the one thing that really has been on my mind is the workforce shortage. I am really worried about the workforce shortage, not just with the county, but with our providers. We are competing with every single county, in every single entity that provides mental health and substance use services, it is concerning to me on many levels. We are looking at the data. We are also trying to figure out what are the barriers of people being interested in applying to our jobs? We have jobs that have been posted for months and no hits. I'm thinking about ways to retain our staff, and to actually get people to be interested in our recruitments. As I continue in my work I'm thinking, with our staff, what better way to really create a culture that's focused on wellness and safety and that is client-centered. So those are the things that I really am worried about.

Upcoming Events

Sylvia will talk about the suicide prevention month during her presentation. Someone already talked about the recovery month. ODE (Office of Diversity and Equity) is sponsoring in conjunction with the spirituality initiative, the National Day of Prayer on October 10th, Supervisor Corzo has been invited to be one of the speakers. We have heard from family members and clients that having faith and spirituality really helps with their recovery. The effort has been driven by clients and family members. It's non-denominational, it's how people understand and embrace whatever faith they have.

Housing

The Board of Supervisor's priority is housing, and we also know that many people who have behavioral health issues also can be unhoused and are oftentimes at risk of losing their house or are homeless. And so, we are paying attention to how to support those folks? We provide the supportive services that are critical in their recovery. First housing includes supportive services. Those folks that are in the housing arena that support our work, we want to recognize them. We are going to have our Housing Heroes Celebration Awards ceremony also in October. We want landlords to provide housing to our people who have mental health and substance use conditions. We want them to be our partner. The goal is to really honor people who have helped with housing our clients.

NAMI WALK

The NAMI Walk is Saturday, October 14, 2023, at Seal Point Park in San Mateo. BHRS has team and all are welcomed to join.

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee

Reported by Yoko Ng

We met yesterday in-person for our outreach materials and to take a group photo. Our next meeting is Tuesday, October 3, from 1:30-3:00 p.m. via zoom.

The workgroup

- Suicide Prevention Month (Debrief) and
- Suicide Loss Survivor Day (Plan) and
- Review the State Annual Report

Mental Health Emergency Response Update

Old Business

New Business

- Selection Committee for the Slate of Officers
 - Leticia Bido, Chair
 - Paul Nichols
 - Daniel
 - Jean Perry
- Selection Committee for the Annual Retreat
 - Sheila Brar
 - Chris Rasmussen
 - Ryan Lopez

Presentation

Suicide Prevention Month

Presented by: Sylvia Tang, Community Health Planner

Office of Diversity & Equity, Behavioral Health & Recovery Services

Please see attached presentation.

Meeting Adjourned:

The meeting adjourned at 5:30 p.m.
by Chris Rasmussen

2023 David Lewis Award

Thelma Flores

Thelma is caring, empathetic, and client centered. She's an all-around great counselor. Thelma is in recovery herself, and she walks the talk.

Congratulations!

Next MHSARC Meeting: October 4, 2023, from **3:30-5:00 p.m.**
College of San Mateo
College Center- Building 10, Room 468

Next Executive Committee Meeting: Monday, September 25, 2023, at 5:00 p.m.
2000 Alameda de las Pulgas, Ste 200, room 201
San Mateo

PLEASE BE SURE TO CONTACT CHANTAE ROCHESTER AT 650.573.2544 IF YOU ARE UNABLE TO ATTEND EITHER THE BHC OR EXECUTIVE COMMITTEE MEETING.

In compliance with the American with Disabilities Act (ADA), auxiliary aids and services for this meeting will be provided upon request when given three-day notice. Please call 650.573.2544.