



Behavioral Health Commission

Unadopted Minutes

Wednesday, May 3, 2023

Hybrid Meeting

COMMISSION MEMBERS PRESENT: Chris Rasmussen, Chelsea Bonini, Leticia Bido, Sheila Brar, Kristina Bell, Paul Nichols, Frieda Edgette, Katelyn Chang, Hudson Fox, Jacki Rigoni, Jean Perry

STAFF: Chantae Rochester, Jei Africa, Doris Estremera, Sylvia Tang, Ziomara Ochoa, Regina Moreno

COMMISSION MEMBERS ABSENT:

Excused: Candice Hawley, Cherry Leung, Michael Lim

Un-excused:

OTHERS PRESENT (signed in): John Butler, Jeff Essex, Ammi, California Clubhouse, Candice Muntz, Maria, Gregory Anderson, Jen Melo, Kate Phillips, Michael Lim, Pat Willard, Sonvami Sundarson, Susan Cortopassi, Twila Dependahl, William E.

CALL TO ORDER

The meeting was called to order at 3:36 p.m. by Chris Rasmussen

INTRODUCTIONS

Commission members introduced themselves

APPROVAL OF TODAY'S AGENDA

Approval of the Agenda

▶ **M/S/C** Nichols/Bido

APPROVAL OF MINUTES

Approval of minutes from the April 5, 2023, meeting.

▶ **M/S/C** Brar/Nichols

Approval of minutes from the April 17, 2023, Executive Committee Meeting with the following changes: Date should be March 15, 2023

▶ **M/S/C** Brar/Nichols

Correspondence, Announcements, and Public Comment

Pat Willard

I was at the Board of Supervisors meeting last month and Mental Health Month was announced, I raised my hand, to say that every month is Mental Health Month. Thank you.

STANDING COMMITTEES

A. Committee for Children & Youth

Reported by Katelyn Chang

Next meeting will be held on April 19, 2023, at 4:00 p.m.

In-Person at 2000 Alameda de las Pulgas, Room 201, San Mateo

Or virtual via Zoom

B. Committee for Adults

Reported by Yoko Ng

Next meeting will be held on April 19, 2023, at 10:30 a.m.

In-Person at 2000 Alameda de las Pulgas, Room 201, San Mateo

Or virtual via Teams

C. Committee for Older Adults

Reported by Jean Perry

The next meeting will be held on May 3, 2023, at 11:00 a.m.

In-Person at 2000 Alameda de las Pulgas, Suite 100, San Mateo

Virtual via Teams

D. Committee for Alcohol and Other Drug Services

Reported by Paul Nichols

The next meeting will be held on April 18, 2023, at 1:00 p.m.

In-Person at 310 Harbor Blvd., Building E, Belmont

Virtual via Teams

E. Mental Health Services Act Steering Committee

Reported by Leticia Bido and Jean Perry

The next meeting will be held on May 4, 2023, at 3:00 p.m.

In-Person College of San Mateo, College Center, Room 468

Hybrid

Public Comment

Pat Willard

As a member of the 3-Year Planning Committee, I wanted to point out that Michael Lim and I agree that the Certified Peer Program is extremely important. When situations like what happened in Half Moon Bay occur and you run out of certified clinicians, at that point you call certified peers to the scene to fill out the number of people required. My request would that the current Director include a status report on the number of peers that have become certified and provide the number of peers in the process of certification.

Director's Report

Reported by Jei Africa, Director

Triennial Audit

- We are in the middle of our annual audit
- It is 3 days of going line by line, with the auditors
 - What we are doing
 - Do we have policies in place?
 - What is our documentation?
- It's really to see if we're in compliant with the may policies of the Department of Health Care Services
 - We have not updated some of our policies
 - Compliance related to timely access
 - How do we embed the experience and voices of people with the experience in our system of care?
 - I am thinking of partnering with you on how that would look.
 - We don't have enough people to assist us with test calls
 - We are obligated to have people call our system and tell us what their experience was like
 - This is important for us to be a better system of care

Mental Health Month Proclamation

- The proclamation was rescheduled for next week
- Sylvia and I will accept the proclamation

Communication

- We are working on ways to improve our communication
- I've received feedback regarding the Director's Update
 - Some like and some don't
- I want something documented
 - What information is helpful for a broader group of people
 - I'm really looking to improve our communication
- Doris and I are working on a survey that will be sent to all of you to give your input on ways we can improve communication

Navigation Center

- The County had the open house for the Navigation Center
- The first clients will be coming on Monday
- Many parts of the County will be providing a variety of services
 - BHRS will be doing work to connect clients to substance use and medical services
- It's a comprehensive range of services

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

Public Comment

Commissioner

Do you know when it would be appropriate for us a commission to visit the Navigation Center?

A: It will be difficult now that they are accepting clients but let ask and get back to you.

John Butler

I'd be happy to volunteer as a test caller.

Jean Perry

I heard in the press that Project Guardian is going to apply to people with mental health issues. It is a pilot with the City of San Mateo and that our county sheriff has shown interest in having it be more widespread, I really have concerns. My understanding this that the City of San Mateo had one public meeting announcing it's launch but has not had any stakeholder input and this is something that we in the behavioral health community need to be involved. There aren't any guardrails around this, there's nothing to keep people from abusing it or abusing others through it. I think the public needs to be involved since the City of San Mateo seems to be doing whatever they want with respect to crisis response.

Chelsea Bonini

I'm aware of the program and was on a panel with some of the clinicians that were part of the 4-city pilot, there was a presentation with many stakeholders. One of the community members in San Mateo who worked on the project with the department, her husband had Alzheimer's, so this program is meant to be a widespread in terms of anybody who has needs and there are guardrails. I would suggest it would be appropriate for our commission to have a presentation.

Ammi

Regarding help and support when something like the incident in Half Moon Bay, those of us who are certified in psychological first aid can help. Is there a roster of those certified so we can reach out to them when needed?

A: I don't know if there is a roster of people who have taken or would be available. The Half Moon Bay incident, the response was led by Human Services Agency (HSA). HSA reached out to partners like Behavioral Health & Recovery Services and street medicine to provide what they saw/felt the needs were.

Pat Willard

Regarding the program with the City of San Mateo. I advocate for the implementation of the Behavioral Health Commission recommendation which was authored by Sheila Brar and Chris Rasmussen and presented to the Board of Supervisors last October. I have one concern, Chelsea mentioned opportunities for abuse, once you are on it are you on for life or can you get off once you've recovered?

Liaison, Task Force and Ad Hoc Committees

No reports given.

Old Business

Nothing to report.

New Business

Nothing to report.

Presentation

Mental Health Month

Presented by Sylvia Tang, Community Health Planner

Office of Diversity and Equity, Behavioral Health & Recovery Services

Please see attached Power Point presentation for the month's activities and ways to get involved. For more information visit the website at www.smchealth.org/MHM or contact Sylvia Tang at stang@smcgov.org

Meeting Adjourned:

The meeting was adjourned at 4:41 p.m. by Chris Rasmussen

Tony Hoffman Award Ceremony

Congratulations to the 2023 Honorees!

BHRS Prenatal-to-Three Program

BHRS Prenatal-to-Three Program staff strive to provide trauma-informed care and resources that improve infant, children and family overall quality of life who often experience stressors associated with financial difficulties, difficult parenting issues, trauma, domestic violence, mental health disorders, and drug and alcohol issues. Regina Moreno, Clinical Services Manager, Dr. Lovella Caluya-Diaz, Adult Psychiatrist, and Ivette Huerta, Unit Supervisor accepted the award on behalf of the program team.

Charlotte Rosario

Charlotte Rosario is a student in San Mateo who organized an open-mic event at San Mateo Central Park after losing Felipe, an Aragon High School student, to suicide. She is the founder of the community photobooth, a group of young photographers and filmmakers that raise funds for film projects that support mental health. Charlotte is also a member of the Behavioral Health Commission Youth Committee, Youth Action Board.

Fatima Olivares

Fatima Olivares is a BHRS Mental Health Counselor who works with the Homeless Outreach program. She supported the Half Moon Bay community after the tragedy earlier this year. She was part of the Crisis Response Team and spent countless hours assisting families whose primary language is Spanish and who were in need of services and assistance.

Jani Dye

Jani Dye is a BHRS Community Mental Health Nurse and the only registered nurse at East Palo Alto Community Behavioral Health Clinic. Her role as the community mental health nurse is crucial in keeping clients stable.

Jeff Essex

Jeff Essex is the Executive Director for El Centro de Libertad worked with community members in the city of Half Moon Bay to create the Crisis Assistance Response and Evaluation Services (CARES) program, the first civilian only 9-1-1 mental health response in the State of California.

John Butler

John Butler is a peer leader in San Mateo County. He makes mental health resources visible and accessible by sharing pamphlets and information at community events. He volunteers with NAMI, including serving on the Board of Directors for NAMI San Mateo, and he serves on BHRS Health Equity Initiatives supporting wellness through spirituality.

Leslie Davis

Leslie Davis is the Interim Executive Director for NAMI San Mateo who in her role has increased the NAMI warmline, increased educational programs, support groups and seminars.

Nicholas Mazzone

Nicholas Mazzone is a reporter with the San Mateo Daily Journal since August of 2022. He overcame the common feelings of: this is private, this is family, this shouldn't be spoken of in public, to provide a person centered, compassionate, accurate account of an open-mic event following the death by suicide of Felipe, an Aragon high School student.

To view photos from the celebration, click [here](#).

Next MHSARC Meeting:

June 7, 2023, from **3:30-5:00 p.m.**
College of San Mateo
College Center- Building 10, Room 468

Next Executive Committee Meeting:

Monday, June 19, 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.