



## COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

**Unadopted Minutes**  
**Wednesday, July 5, 2017**  
**225 37<sup>th</sup> Avenue, Room 100**  
**San Mateo**

**BOARD MEMBERS PRESENT:** Rodney Roddewig, Dorothy Christian, Betty Savin, Eduardo Tirado, Josephine Thompson, Patrisha Ragins, Randy Torrijos, Patricia Way, Cherry Lueng, Carol Marble, Rocio Cornejo

**STAFF:** Stephen Kaplan, Chantae Rochester, Karen Krahn, Jei Africa, Doris Estremera, Colin Hart, Suzanne Aubry

**BOARD MEMBERS ABSENT:** Wanda Thompson, Eric Wollman

**OTHERS PRESENT (signed in):** Jean Perry, Helene Zimmerman, Mark Christian, Patrick McErlain, Cathy Taylor, Susan Haro, Robert Hall, Tad Randall, Cindy Robbins-Roth, Gregg Hardin, Bruce Adams, Audrey Kemp, Robert Zimmerman, Marilyn Pearson, Dena Foley, Yolanda Ramirez, Patricia Miller, Kathy Stern, E. Arapeles, Alan Cochran, Erica Horn, Peter Huysentruyt, Juliana Fuerbringer, Carol Goshö

### **CALL TO ORDER**

The meeting was called to order at 3:02 p.m.

### **INTRODUCTIONS**

### **APPROVAL OF TODAY'S AGENDA**

Approve minutes with the change to have Jei present the Mental Health Services Act Three Year Plan under Old Business

▶ **M/S/C** Roddewig/Marble

### **APPROVAL OF MINUTES**

Approval of minutes from the April 5, 2017 Mental Health & Substance Abuse Recovery Commission Meeting:

▶ **M/S/C** Savin/Roddewig

Approval of minutes from the May 16, 2017 Executive Committee Meeting

▶ **M/S/C** Savin/Roddewig

### **Correspondence, Announcements, and Public Comment**

Randy Torrijos, BOS Representative

The commission voted to make the supervisor representative as part of the quorum and that went to the BOS last Tuesday and passed.

Helene Zimmerman, NAMI

Annual NAMI Walk is Saturday, September 23, at Guadalupe River Park, San Jose, from 10:30-1:30. Thanks to a very generous donation we have a 36 passenger bus for clients who would like to participate, we will also provide a light breakfast and lunch tickets will be provided. Clients wanting to join us should contact the NAMI office at [namiwalks@namisanmateo.org](mailto:namiwalks@namisanmateo.org) or 650.638.0800.

### **Public comment for the Mental Health Services Act (MHSA) Three Year Plan**

Helene Zimmerman, NAMI

43 years ago in 1974 a handful of families got together and formed the Parents of Adult Schizophrenics (PAS), the precursor to what is today the National Alliance on Mental Illness, or NAMI. The organization was groundbreaking because mothers were being blamed for causing mental illness and the 1967 state law known as the Lanterman-Petris-Short Act (LPS) prevented families from getting meaningful treatment for their adult child with a mental illness unless the latter asked for help. See “Becoming Advocates” on our website and the PBS video “How Medicine Got It Wrong,” both of which NAMI San Mateo helped produce.

Families are the frontline of mental health treatment awareness. It was PAS families who told the psychiatrists and mental health system what was needed. It was PAS families who hired Ian Adamson and who raised money to build the first home—Mateo Lodge-- to shelter their adult children living with severe mental illness. It was NAMI SMC and Sharon Roth who started Crisis Intervention Training (CIT) in the county and throughout the state.

Today, NAMI is even more necessary as the only family support organization that also works with Peers and educates other organizations in the community who interact with clients with mental health challenges.

It is our hope that as the Commission recognizes new needs in the community and crafts RFP’s for services, it will do so in a manner that encapsulates **both the need for services for family support and outreach, as well as expanded support for Peers**. For without support for the family and peers, the need for support from the county will escalate considerably, causing even more toll on its services – including more extensive wait times for appointments for example – than there is currently.

Over the past 43 years NAMI SMC has increased its services considerably to meet the needs of the community and is ready and able to continue to meet expanded community needs with your support.

#### **Old Business**

**Action Item:** *Vote to close the public comment period for the Mental Health Services Act (MHSA) Three Year Plan FY2017-2018 through 2019-20 on Friday, July 7, 2017*

► **M/S/C** Roddewig/Thompson

#### **New Business**

**Action Item:** *Vote to open 30 day public comment period for the Mental Health Services Act Annual Update*

► **M/S/C** Roddewig/Christian

### **STANDING COMMITTEES**

#### **A. Committee for Older Adults**

**Pat Way reported**

1. Minutes attached.
2. Next meeting will be held on September 6, 2017 at 11:00 a.m.

**B. Committee for Adults****Josephine Thompson reported**

1. Minutes attached.
2. Next meeting will be held on September 20, 2017 at 10:30 a.m.  
2000 Alameda de las Pulgas, Room 209, San Mateo

**C. Committee for Children & Youth****Reported by Betty Savin**

1. Minutes attached
2. Next meeting will be held on September 20, 2017 at 4:00 p.m.  
2000 Alameda de las Pulgas, conference room 201, San Mateo

**DIRECTOR'S REPORT****Pride Center**

There's an article in Wellness Matters highlighting the opening of the Pride Center in San Mateo. It was an amazing event. It's an example of MHSA and the process for identifying community gaps and helping to fill the need. We are excited about what is going to happen there, the potential, and great community support.

**Serenity House**

There isn't anything new to report. Construction continues and we continue to work closely with the Department of Public Works (DPW) and HealthRight360.

**Cordilleras**

There isn't anything new to report. Our next step is to identify a firm to design the physical structure and layout. We hope to have that completed in the next few months.

**Crisis Collaboration**

Tomorrow we have our System Crisis Collaboration Meeting. This meeting is open to anyone interested in crisis services in the county, the meeting is at 10:30 at the Sobrato Center at 300 Twin Dolphin Drive, Redwood Shores.

**Statewide No Place like Home**

We are all concerned and interested in how to create more safe and supported housing for our clients and family members. We also have concerns about some of the efforts going on at the state level that could have a negative impact on San Mateo.

With the No Place like Home, it was initiated by Senator Steinberg who has been a major proponent and advocate for funding for mental health services, he was one of the prime movers for Prop 63. However, there's a group of organizations and individuals, including Senator Steinberg, who has formed the Steinberg Foundation. They have some interest in doing things more on a statewide level.

With MHSA funding there is no formula for these kinds of things. Statewide proposals get initiated and the money comes from funds that would otherwise come to the counties. There's another interest in doing student mental health which would provide mental health

services to community college students. We have some concerns with this, not that we are opposed to providing mental health services to community colleges but community colleges have health centers, medical insurance, and many of the individuals that attend have private insurance are on Medi-Cal and could be funded for mental health services without using MHSA funds.

Back to No Place like Home. We are going to put our hat in the ring and try to receive some of the bond funding to do housing development in San Mateo but there is not guarantee. What may end up happening is we could be contributors and not receivers, at the end of the day we might be giving 2 million dollars for services that could go for a number things including helping to support people with housing or developing housing or we may lose all of that not get a single housing unit.

That is what's at risk. How competitive we will be is uncertain because the focus is on homelessness and not specifically homeless people with mental health and substance abuse issues. We may be very competitive or we may not and that is what is concerning.

### Repeal and Replace Obamacare

California is in an interesting place now that work has shifted to the Senate because neither of our senators is supporting any of the initiatives. There are some significant things on the table right now. It is clear that both the senate and congress want to do away with the Medicaid expansion. The Medicaid expansion has allowed a significant number of people who were uninsured and who did not qualify for Medicaid in the past to now be qualified and receive insurance. Although many of our clients qualify for Medicaid due to their serious mental illness disability, I am not confident those individuals will be immune from this process. We know that many, if not most, of our clients living with a serious mental illness also have other chronic health conditions (pre-existing health conditions). These are all in jeopardy. The issue of children who can be carried on their parents insurance until age 26 is also a big concern. If we think about how we help individuals get off disability and become self-sufficient, this could be a huge barrier.

There are huge financial implications for everyone with the exception of a very select few. From a fiscal standpoint for the county, people on Medicaid expansion, for every \$1 of service delivered we receive \$.95 on the dollar for reimbursement. If we lose that, that revenue is gone and our ability to expand services is also gone.

### **Liaison, Task Force and Ad Hoc Committees:**

There was nothing to report at the time of this meeting.

### **Program Presentation**

Youth Presentation

Post Crisis – After discharge what happens?

Susan Howe, Edgewood

I oversee the Transition Aged Youth (TAY) at Edgewood. TAY are at risk youth between the ages of 17-25. They are called TAY because they are young people who are transitioning into adulthood, how they do that depends on the individual.

I oversee the Full Service Partnership (FSP) Program, which currently serves 50 young people, and our two drop in centers. The FSP serves those who have the highest needs

who are coming out of locked facilities or residential programs or those at risk of stepping up into something more or needing more support in the community.

The Drop-In Centers tend to be the place to catch those who fall through the cracks. It's a place for them to come hang out and get their basic needs met. The centers are open to anyone between the ages of 17-25 within the county. The drop in center is the place where we often catch those who were not referred when they were leaving the youth system or for whatever reason they did not engage in services.

The numbers across the state and the country indicate that 50% those who are served in the youth system drop out of mental health services or disengage by the time they are 18-25. I'm constantly thinking about that, sometimes they have actually ended their service or met their goals.

The TAY FSP Program, it is important to know that when we are told no by a young person that we don't stop there, we continue to offer services to them weekly. We call once a week to offer services, food, or just hang out in order to engage them in services. We let them know that we are here to help and it is our job to prove to them that we are actually here to help them. We have to prove to them that there is something that our team can offer that is going to be helpful. We have a team of people to be available to help. We have specialist on our team, someone who focuses on guidance and career. We have behavioral specialist to help with behaviors that are getting the way or symptoms that are getting in the way. We have family partners to help engage caregivers. It's important to have a team of people who understands that this age range is a time of exploration, it's a time of taking risks, it is a time of wanting to your independence.

The focus for the first 6-12 months is stabilization; that is the hardest part. The average length of service is 2 years; we have some who have been in our program for 4 years. We aren't just with them for one thing; we are with them for everything.

**Meeting Adjourned:**

The meeting was adjourned at 4:10 p.m.

**Next MHSARC Meeting:**

September 6, 2017 from 3:00-5:00 p.m.  
Health Services Building  
225 37<sup>th</sup> Avenue, Room 100, San Mateo

**Next Executive Committee Meeting:**

Tuesday, September 19, 2017, at 3:30 p.m.  
2000 Alameda de las Pulgas, Suite 235  
San Mateo

**PLEASE BE SURE TO CONTACT CHANTAE ROCHESTER AT 650.573.2544 IF YOU ARE UNABLE TO ATTEND EITHER THE MHSARC 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.