



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

**Unadopted Minutes  
Wednesday, April 1, 2015  
225 37<sup>th</sup> Avenue, room 100  
San Mateo**

**BOARD MEMBERS PRESENT:** Edmund Bridges, Cameron Johnson, Carol Marble, Betty Savin, Josephine Thompson, Judith Schutzman, Wanda Thompson, Eric Wollman, Kelly Liang

**STAFF:** Stephen Kaplan, Jei Africa, Doris Estremera, Jairo wilches, Chantae Rochester, Kathy Reyes

**BOARD MEMBERS ABSENT:** Kathleen Bernard, Patrisha Ragins, Maxwell Heller

**OTHERS PRESENT (signed in):** George Culores, Sapna Patel, Brenda Nicholson, Christopher Hoover, Jim Stansberry, Cardum Harmon, Christopher Jump, Brook Costello, Doris Brown

### **CALL TO ORDER**

The meeting was called to order at 3:10 p.m.

### **INTRODUCTIONS**

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

Correction: The Youth Presentation will have to be rescheduled due to the illness of the presenters.

► **M/S/C** Thompson/Marble

### **APPROVAL OF MINUTES**

Approval of minutes from the March 4, 2015 Mental Health & Substance Abuse Recovery Commission Meeting

► **M/S/C** Wollman/Schutzman

Approval of minutes from the March 20, 2015 Executive Committee Meeting

► **M/S/C** Schutzman/Johnson

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

George Culores

- There's an article in today's paper on teen suicides in Palo Alto, where do we stand in San Mateo County?

- The parking lot on this site, 225 37<sup>th</sup> Avenue, will be closed (they don't know how long or when this is going to happen). They are going to put up solar panels providing shade for your car.

#### Response

We will discuss the topic of teen suicide at our next Executive Committee Meeting and schedule a presentation at a future Commission meeting.

The County is going to install canopy solar panels throughout the parking lot. The project is slated to start June 1<sup>st</sup> and last for approximately four months. They will do a quarter of the parking lot at a time so the entire parking lot will not be impacted all at once. We are trying to move all of our meetings offsite during this time and will have those locations for you at the May meeting.

#### **Program Presentation**

##### Heart & Soul Update

Presented by Cardum Harmon, Executive Director, Heart & Soul  
Christopher Jump, Program Coordinator

The focus of Heart & Soul will be finding innovative ways of changing our approach to mental illness. We had our first staff retreat last week. The focus of the retreat was:

- Cultivating empathy
- How to listen with an open heart
- How to stay calm and grounded through body and breathe
- Ways to support the agency's goals

Some of the ideas that came out of the retreat:

- Using WRAP as a way to introduce people to Advanced Directives
- Ways to outreach to facilitate more community engagement
- Hosting a CIT training out our facility

#### **Ways Heart & Soul is revamping its image**

- Reinvigorating ourselves around the Stamp out Stigma Campaign
- Our new website that will be more engaging and user friendly
- Implementing new classes
  - Behavioral Skills Group at their main office
  - WRAP Group at the True Hope Facility in Daly City
  - Hearing Voices and Altered States of Reality Group at Central County
- Offering the following Total Wellness Groups
  - Mindfulness
  - Smoking Cessation
  - Walking
  - Stretching and Exercise
  - Health & Nutrition

#### **May is Mental Health Month Events at Heart & Soul**

- NAMI Walk
- Open house

- Introduction to the classes we offer
- Client art exhibit
- Movement, music and fun

## **STANDING COMMITTEES**

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

#### **Judy Schutzman reported**

1. Did not meet.
2. Next meeting will be held on May 6, 2015 at 10:30 a.m.  
225 37<sup>th</sup> Avenue, Diamond Room, San Mateo

### **B. Committee for Adults**

#### **Josephine Thompson reported**

1. Minutes attached.
2. Next meeting will be held on May 6, 2015 at 1:30 p.m.  
225 37<sup>th</sup> Avenue, Room 132, San Mateo, CA

### **C. Committee for Children & Youth**

#### **Betty Savin reported**

1. Minutes attached
2. Next meeting will be held on May 20, 2015 at 4:00 p.m.  
2000 Alameda de las Pulgas, conference room 201, San Mateo

## **Youth Commissioner's Report**

Reported by Kelly Liang

The Youth Commission is accepting applications for next year. If you know a youth who is interested in joining the Youth Commission they can apply online at [www.smcyc.org](http://www.smcyc.org).

## **DIRECTOR'S REPORT**

Welfare Institution

The Commission sent a letter to the Board of Supervisors (BOS) related to changing the Welfare Institution Code regarding consumer participation on commissions. The current legislation prohibits anyone from being a commission member if they are employed by the county or one of their contract providers. Over the last 18 months we've seen three individuals, who were very active on the Commission, had to leave because they were either employed by BHRS or one of our contract providers. The commission voted to ask the BOS if they would try to get a sponsor for legislation that would not prohibit someone from being a commission member if those occurrences happened.

The CMO has taken it seriously and they have been working the County's lobbyist at the State Capital who has also been working on it actively. I received a call last Friday that Assemblyman Mullen has agreed to pick it up and sponsor the legislation. The legislation would basically do what we asked. I hope to meet with members of our legislative membership in April to talk a little more on what we are trying to accomplish and why we want their support. We will start to ask other organizations to register their support.

Respite Center

We are moving forward with our Crisis Residential Facility that we are calling the Respite Center. The site is on this campus at the corner of 37<sup>th</sup> Avenue and Hacienda. The size of the building will accommodate the size of the program, which is 10 beds. It has the outdoor space that will be very useful. It is very well setup and it's close to Psychiatric Emergency. This program is voluntary, if a situation occurs and a person at the Respite Center is not doing well and maybe they meet the criteria, we would take them to PES. Conversely people who go to PES on a 5150 but the 5150 doesn't hold but there person is still in a crisis situation that person could come across the parking lot to the Respite Center.

The BOS gave use \$2 million to acquire a property and \$400,000 to fix it up. This is a County owned building so we won't need the \$2 million to purchase. We are going to rehab the entire facility and outdoor space. We have architectural illustrations of what it could look like. We have scheduled two community meetings on Tuesday, April 7, at 8 a.m. and 7 p.m. in room 100. We are looking for all the support we can get. Supervisor Groom will be at both meetings. We had meetings with the City Council members and the Chief of Police 3 months ago to go over what we are trying to do and fielded a number of questions. We have developed a frequently asked questions document in response to a lot of the concerns that came up during those meetings. We will be meeting the people from the Elementary, Junior High, and High Schools in the neighborhood. If all goes well, it will take about a year before we would begin seeing clients. Please come and voice your opinion on April 7.

#### Board of Supervisors (BOS)

Last week the BOS held a study session on affordable housing. It is a very high priority in terms of policy interest of the BOS. There was a lot of public testimony. The BOS interest in affordable housing is two layered.

1. The general broad population on how expensive it is to live in this county. There were stories about how teachers and police who can't afford to live here.
2. They are also concerned about housing for our clients. We are expecting some support and work around how we provide adequate safe supported housing for the clients we serve.

#### Family Script

We've given out 15,000 copies of the Family Script and we have request for more. The Spanish is almost finished and then we'll do some graphic design and then it will go to print. We are working on the Chinese and Tagalog Family Scripts.

#### May is Mental Health Month

There are a number of activities happening throughout the month of May, check out Wellness Matters and the online calendars for dates and times of events. We go the BOS on April 28 with our proclamation and clients sharing their stories with the BOS.

#### Measure A

Telecare Corporation in South San Francisco (SSF) they master lease the Industrial Hotel which is over 100 years old and they have about 40 clients. It's an ongoing challenge with the maintenance of the facility. The city has had a lot of concerns about the property and the clients (where they're going and how much trouble they may or may not be causing downtown). In the recent Measure A process Telecare submitted a proposal for one time funding to do a lot of fix up of the current facility. Concurrently, the city submitted two letters of intent.

1. To fix up the existing facility

2. To do a long range feasibility to see if a new site could be found in SSF and develop a plan, including financing, to build a new facility

We had a meeting this week (BHRS, Telecare, and City of SSF) and we will be submitting a partnered proposal to do both proposals. This proposal is slated to be funded. We are just polishing a proposal that will give the County Manager more detail.

#### Cordilleras

HGA design is continuing to work on bridging documents which is essentially drilling down to specific detail on how to move from ideas to construction. When they are done there will be a n RFP for a design and build to actually do the work. Terry Wilcox-Rittgers sent out a survey to individuals who have different experiences in running these types of programs to get feedback on what needs to be included in the design and then they will have some focus groups and collate a report.

#### MHSA Update

Reported by Doris Estremera

**Action Item:** *Vote to submit request to receive housing fund money from CALHFA to the Board of Supervisors.*

► **M/S/C** Johnson/Schutzman

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

##### Old Business

None

##### New Business

May is Mental Health Month – Kathy Reyes

The Kick Off Event is Monday, May 4, in room 100 from 6-8 p.m. Everyone is welcome.

Tony Hoffman Selection Committee

The Selection Committee will meet Thursday, April 9, at 2:30 in Steve's office.

Carol Marble and Betty Savin volunteered for the committee.

#### Youth Commissioner's Report

Reported by Kelly Lam

#### Meeting Adjourned:

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

#### Next MHSARC Meeting:

May 6, 2015 from 3:00-4:00 p.m.  
225 37<sup>th</sup> Avenue, Room 100  
San Mateo, CA

#### TONY HOFFMAN AWARDS CEREMONY

**May 6, 2015 from 4:00-5:00 p.m.**  
**225 37<sup>th</sup> Avenue, Room 100**  
**San Mateo**

#### Next Executive Committee Meeting:

May 15, 2015 at 3:30 p.m.

BHRS Conference Room or Conference  
call

**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.