



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

**Unadopted Minutes  
Wednesday, September 2, 2015  
San Mateo Library  
55 W. 3<sup>rd</sup> Avenue, Oak Room, San Mateo**

**BOARD MEMBERS PRESENT:** Edmund Bridges, Josephine Thompson, Judy Schutzman, Betty Savin, Patrisha Ragins, Rocio Cornejo, Debra Yamaguchi, Rodney Roddewig

**STAFF:** Randy Torrijos, Stephen Kaplan, Doris Estremera, Chantae Rochester, Maria Lorente-Foresti, Jei Africa, Paul Sorbo, Terry Wilcox-Rittgers, Diane Dworkin, Tim Holechek, Carlos Morales, Jairo Wilches, Claudia Saggese

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

**OTHERS PRESENT (signed in):** George Culores, Lena Tarasena, Marilyn Pearson, Claire Clark, Jeannette Neal, Auada Espinoza, Paula Muse, Jan Allen, Lourdes Briseno, Marcelina Hernandez, Pedro Estrada, Beth Avina, Ray Mills, Sapna Patel

### **CALL TO ORDER**

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

### **INTRODUCTIONS**

New members, Rocio Cornejo, Debra Yamaguchi, and Rodney Roddewig were introduced.

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

Approval of today's agenda

▶ **M/S/C** Shutzman/Ragins

### **APPROVAL OF MINUTES**

Approval of minutes from the July 1, 2015 Mental Health & Substance Abuse Recovery Commission Meeting

▶ **M/S/C** Schutzman/Savin

Approval of minutes from the July 17, 2015 Executive Committee Meeting

▶ **M/S/C** Schutzman/Savin

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

George Culores

Thank the San Mateo Police Department for their Police Activities League (PAL) for the programs offered to youth.

### **Program Presentation**

#### **CSA Update**

Presented by Paul Sorbo, Deputy Director of Child & Youth Services  
Behavioral Health and Recovery Services

Two years ago BHRS began looking at ways to improve our delivery of services to our community. There were two areas we were most interested in improving.

1. Improve access to services and our value to the community.
2. Become more integrated in the community.

To help us improve in these areas we created the six Community Service Areas (CSA's).

Our six CSA's are:

1. North-West
2. North-East
3. Coastside
4. Central County
5. South County
6. East Palo Alto

For each of these locations (except for the North-East) we've done a week long planning process that involved community members, consumers, family members, collaborative partners, law enforcement, and staff. The purpose was to engage the community around how we could better our services. From that week long planning process, each area came up with an action plan to help them move forward. Each CSA has a Community Advisory Committee to assist them in meeting their goals.

The following CSA Managers gave an update on their service area:

- Terry Wilcox-Rittgers – Coastside
- Tim Holechek – North
- Carlos Morales – East Palo Alto
- Diane Dworkin – South County

### **STANDING COMMITTEES**

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

##### **Judy Schutzman reported**

1. Minutes attached.
2. Next meeting will be held on October 7, 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 October 21, 2015 at 10:30 a.m.  
2000 Alameda de las Pulgas, Room 209, San Mateo

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

### **No Report**

1. Minutes attached
2. Next meeting will be held on October 21, 2015 at 4:00 p.m.  
2000 Alameda de las Pulgas, conference room 201, San Mateo

### **Health Ambassadors**

The Health Ambassador Program (HAP) was created because Parent Project graduates wanted to continue learning and wanted to get involved in helping their communities. We asked what would help them achieve this goal and they said, "to learn more skills", leading to the conception of the Health Ambassador Program.

Classes offered to participants:

- The Parent Project
- Mental Health First Aid
- Digital Storytelling
- Applied Suicide Intervention Skills Training (ASIST)
- Photo Voice Project
- Stigma Free San Mateo County
- Wellness Recovery Action Plan (WRAP)
- NAMI Family to Family
- BHRS Lived Experience Academy

Our vision for the BHRS Health Ambassador:

- More Knowledge about behavioral health issues
- More engaged community members
- More support for each other
- More connection to their community and resources
- More advocacy for people with lived experience and their family members

The result would lead to:

- Stigma reduction
- More partners promoting SMC-BHRS mission and goals
- Decrease health disparities
- Increase in our ability to provide multicultural responsive services

### **Congratulations to our graduates:**

- Lourdes Diaz
- Amanda Espinoza
- Franzmarie Lippincott
- Maria Ines Alfaro Garcia
- Lourdes Briseno
- Zena Tarasena
- Agnes Tuipulotu
- Marcelina Hernandez
- Marta Ceron

## **DIRECTOR'S REPORT**

I want to recognize Judy Schutzman. At the BOS meeting Judy received a BOS Resolution; Judy and her husband have established an endowment with the County of San Mateo to be used to better the lives of people living with mental health and substance use challenges. This epitomizes Judy's full commitment to the work that she brings to the Commission. This is a tremendous act on behalf of our cause and I just wanted to make sure that everybody here recognized Judy. Judy, thank you!

### **MHSA Update**

Doris Estremera, MHSA Coordinator

The Mental Health Services Act Steering Committee Meeting is Wednesday, October 28, 2015, 3-5 p.m.

Visit our blog and take the pledge to "Be the One" (see handouts or visit the blog at [www.smcbhrrsblog.org](http://www.smcbhrrsblog.org)).

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

#### **Old Business**

Slate of Officers

- Chair Edmund Bridges
- Vice Chair Judy Schutzman
- Member at Large Wanda Thompson
- CALMHB/C VACANT

#### **New Business**

None.

### **Meeting Adjourned:**

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

## **David Lewis Award Presentation**

Reverend Mary Frazier received the 2015 David Lewis Award  
**CONGRATULATIONS!!!**

### **Next MHSARC Meeting:**

October 7, 2015 from 3:00-5:00 p.m.  
Health Services Building  
225 37<sup>th</sup> Avenue, Room 100, San Mateo

### **Next Executive Committee Meeting:**

October 16, 2015 at 3:30 p.m.  
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.