



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

**Unadopted Minutes**  
**Wednesday, November 2, 2016**  
**225 37<sup>th</sup> Avenue, Room 100**  
**San Mateo**

**BOARD MEMBERS PRESENT:** Patricia Way, Judy Schutzman, Rodney Roddewig, Eduardo Tirado, Wanda Thompson, Betty Savin, Carol Marble, Louise Orellana, Josephine Thompson, Eric Wollman, Patrisha Ragins

**STAFF:** Stephen Kaplan, Chantae Rochester, Doris Estremera, Terry Wilcox-Rittgers, Karen Krahn, Linford Gayle, Paul Sorbo, Colin Hart, Jei Africa, Diane Dworkin, Jairo Wilches

**BOARD MEMBERS ABSENT:** Edmund Bridges, Rocio Cornejo

**OTHERS PRESENT (signed in):** Patrick McErlain, Helene Zimmerman, Marilyn Pearson, Mark Christain, Dorothy Christain, Sean Hatch, Christopher Jump, Doris Brown, Michael Lim

### **CALL TO ORDER**

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

### **INTRODUCTIONS**

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

► **M/S/C** Schutzman/Thompson

### **APPROVAL OF MINUTES**

Approval of minutes from the October 5, 2016 Mental Health & Substance Abuse Recovery Commission Meeting:

► **M/S/C** Schutzman/Thompson

Approval of minutes from the October 18, 2016 Executive Committee Meeting

► **M/S/C** Schutzman/Thompson

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

Helene Zimmerman, NAMI

Helene wanted to announce the launch of two new programs for San Mateo County (funding needed):

1. Mentors on Discharge: Provides a Peer Mentor who is living well with their own diagnosis – to go into the in-patient psychiatric unit prior to hospitalized person

being discharged. They form a connection and when the person is discharged, he/she can count on their mentor. The match continues for 4 months.

2. Peer PALS: A Peer PAL is someone who has their own mental illness diagnosis, who is now doing well in his/her own recovery and wishes to share their hope and friendship with a Peer who also has a diagnosis, but is not doing well. Because PALS share the experience of mental illness with their Peer, they know the struggles, fears, isolation and sense of hopelessness that have to overcome. The match continues for 6 months.

To learn more about the programs, visit the NAMI website at [www.namisanmateo.org](http://www.namisanmateo.org), click Find Support/Individuals with MH diagnosis.

### **Program Presentation**

Terry Wilcox-Rittgers, Clinical Services Manager  
Behavioral Health and Recovery Services

Terry gave an update on the progress of the reconstruction of Cordilleras.

### **Old Business**

#### **New Business**

- Retreat Planning Committee Volunteers
  - Betty Savin
  - Rodney Roddewig
  - Wanda Thompson
  - Judy Schutzman
- Hall of Fame Nominations – nominations are now being accepted. The deadline to submit is Friday, December 16.
- MHSa Steering Committee will meet Wednesday, December 7, at 2:00 p.m. in room 100.

### **STANDING COMMITTEES**

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

**Judy Schutzman reported**

1. Minutes attached.
2. Next meeting will be held on December 7, 2016 at 12:00 p.m.

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

**Josephine Thompson reported**

1. Minutes attached.
2. Next meeting will be held on November 16, 2016 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 October 19, 2016 at 4:00 p.m.  
2000 Alameda de las Pulgas, conference room 201, San Mateo

## **DIRECTOR'S REPORT**

### Serenity House

Serenity house is the Crisis Residential Facility that will be located on the corner of 37<sup>th</sup> Avenue and Hacienda. By the end of this week we will have bids for perspective contractors, the selection process will begin after they are received. I'm still optimistic that the program will open by June of 2017.

### Psychiatric Emergency Response Team (PERT)

This is a program we have been piloting in cooperation with the Sheriff's Department. We've been without the clinical part of this team for about three months. We feel that we have an excellent replacement and we are expecting her to start in December.

### Integrated Medicated Assisted Program

This is the lead article in Wellness Matters. We are excited about this team and what they are doing. Some of the data in the article is really impressive and mirrors the experience that we had when we were doing a very small pilot, such as, reductions in utilization of the emergency department, and increased access to outpatient services. As good as the data is, what is really impressive are the actual stories of what's happening to people. It reinforces what this program is all about.

### Drug Medi-Cal

Our state/county contract was approved. We've been in the process of working with our providers around what will be their new contracts. We are hoping to those contracts to the BOS in January. Then we'll be able to start the expansion of substance treatment services.

### Safe Schools and Communities

I attended a conference last week on safe schools and communities (see article in Wellness Matters). This is an acknowledgement of the best of San Mateo. Jackie Speier and Supervisor Tissier really rallied us after the Newtown tragedy. They wanted to make sure we and people in San Mateo knew we are not immune from those kinds of events.

There has been tremendous work that people have done over the last two years. All Police Departments and all schools have adopted the same response approach. BHRS has now accepted the same protocol with the Police Department should something happen in one of our clinics. It is really great work that is being done.

### Collaboration

When an individual, who is seriously mentally ill, is arrested and charged on a misdemeanor charged and placed in jail (the Court, District Attorney, Private Defender, Correctional Health and BHRS) are notified immediately and work begins to create a plan to be presented to the courts. The plan states the following:

- We have a care plan for them
- We will assure their return to the court as ordered
- They have a place to live
- They have a team of support around them

The courts have agreed that when the facts are there and the team is supporting them, they will release the person. This program is starting up again in November.

### Mental Health Pods

The new jail has operating mental health pods. We will have 40 beds for mental health pods. Mental health pods are designed to have people who are having mental health issues while they are in the jail, if they need it depending on how they are adjusting, they are moved to the mental health pods where it would be more focused around treatment and intervention, stabilization and medication. This is a huge improvement in what happens to folks when they are in jail with mental illness. We are appreciative of the Sheriff's strong support of this and our BOS and the County Manager.

### Whole Person Care

We have a program through Public Health around what's called "Street Medicine". It is a very small team and essentially they are out there trying to engage with people who are living on the streets who need medical care. Through the Whole Person Care Application we will expand that the street medicine team substantially. These are people who are difficult to engage for treatment.

The second part is related to our Care Collaborative Team that is part of BHRS, Aging and Adult Services, and San Mateo Medical Center. It is designed to work around our clients who are primarily in locked programs to increase the quality of care and try to more rapidly move them out of a locked level of care. Our clinical team will be spending a lot of time visiting our out of county placements, working with their treatment teams. We have psychiatric coverage to review medications that are being used and really have us much more involved in the level of treatment.

### Housing Heroes

We had our 9<sup>th</sup> Annual Housing Heroes Award Celebration where we recognize people in the community who help to house our clients. It ranges from service providers, case managers, law enforcement, property managers, and apartment owners. We had seven awardees. For the second year, just prior to the award ceremony, we held a landlord appreciation. We had a really good turnout of people who find ways (despite the market) to continue to house our clients.

### **MHSA Update**

The Workforce Education and Training (WET) portion of MHSA was a one-time funding; we received about 3.4 million divided between Fiscal Years 06-07 and 07-08 for ten years. The ten years is expiring and I wanted to report that we have hired an independent contractor to work with us to do an impact report on what WET has done. For example, it has allowed us to expand our cultural stipend program, lived experience academy, and has allowed us to do a lot in terms of training. The independent contractor will help with the impact report and a sustainability program.

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

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

### **Meeting Adjourned:**

The meeting was adjourned at 4:30 p.m.

### **Next MHSARC Meeting:**

December 7, 2016 from 3:45-5:00 p.m.

Health Services Building  
225 37<sup>th</sup> Avenue, Room 100, San Mateo

**Next Executive Committee Meeting:**

Tuesday, December 20, 2016, at 3:30 p.m.  
225 37<sup>th</sup> Avenue, BHRS Conference Room  
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.