



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

**Unadopted Minutes
Wednesday, December 7, 2016
225 37th Avenue, Room 100
San Mateo**

BOARD MEMBERS PRESENT: Patricia Way, Rocio Cornejo, Carol Marble, Josephine Thompson, Judy Schutzman, Dorothy Christian, Rodney Roddewig, Louise Orellana, Eduardo Tirado, Eric Wollman, Supervisor Pine, Betty Savin

STAFF: Stephen Kaplan, Chantae Rochester, Doris Estremera, Colin Hart, Jairo Wilches

BOARD MEMBERS ABSENT: Wanda Thompson, Patrisha Ragins

OTHERS PRESENT (signed in):

CALL TO ORDER

The meeting was called to order at 3:45

APPROVAL OF TODAY'S AGENDA

Approval of today's agenda with the following changes:
Move Old Business (item 12) to follow Announcements (item 5).
▶ **M/S/C** Thompson/Roddewig

APPROVAL OF MINUTES

Approval of minutes from the November 2, 2016 Mental Health & Substance Abuse Recovery Commission Meeting
▶ **M/S/C** Schutman/Roddewig

Approval of minutes from the November 15, 2016 Executive Committee Meeting
▶ **M/S/C** Schutzman/Roddewig

Correspondence, Announcements, and Public Comment

Program Presentation

Public Health and Behavioral Health Impacts of Marijuana Use
Presented by Edith Cabuslay, MPH
Community Health Promotion Unit, BHRS

Public Health Implications

- Marijuana is a Schedule I substance
- Teens who use marijuana are more likely to experience negative impacts
- Concerns over impact on smoke free norms

Marijuana Intoxication Impairs Higher Brain Function

Impairs or Reduces:

- Learning, working memory
- Attention span, concentration
- Judgement, reaction time
- Organizational, planning ability
- Problem solving, decision-making
- Perception of facts, time
- Emotional, behavioral control
- Motor coordination

Increases

- Impulsivity
- Appetite, dry mouth, heart rate
- Anxiety or agitation
- Suspiciousness or paranoid ideation
- Euphoria and disinhibition

US Emergency Room Visits and Marijuana

- In 2009, there were more ER visits due to marijuana than heroin, amphetamines and meth combined
- In 2010, ER visits due to marijuana increased from 2009
- Marijuana is the cause of most ER visits for people under the age of 21
- Increase in the number of people with Cannabis Hyperemesis Syndrome with long term marijuana use

Behavioral Health Implications: US

- 17% of people who start using in their teens become addicted
- In 2013, around 4.2 million people 12 and older had a marijuana abuse or addiction problem
- Marijuana can worsen psychotic systems in people who already have schizophrenia
- Regular use of marijuana has also been linked to depression, anxiety, and a loss of drive motivation

Old Business

Retreat Planning

The MHSARC Retreat will be the first or second Saturday in February from 10-2. Please hold these dates; we will confirm which Saturday as soon as possible.

New Business

STANDING COMMITTEES

A. Committee for Older Adults

Judy Schutzman reported

1. Minutes attached.
2. Next meeting will be held on January 4, 2017 at 10:30 a.m.
225 37th Avenue, Diamond Room, San Mateo

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

1. Minutes attached.
2. Next meeting will be held on January 18, 2017 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 January 18, 2017 at 4:00 p.m.
2000 Alameda de las Pulgas, conference room 201, San Mateo

DIRECTOR'S REPORT**Cordilleras**

Cordilleras is an 117 bed facility, 68 of those beds are in the locked facility, the remaining beds are in our licensed board and care or adult residential facility. It is a building that is over 60 years old, we are currently working on a project to demolish the building and rebuild on the campus with a small 16 bed locked facility with supported housing as well as supported services. We've been working on this project for two and a half years. In February we hope to go to the Board of Supervisors (BOS) to approve the contract with our design build company. The project is still on schedule to house some of the residents in the new facility in late 2019 and the remainder in 2020. The plan right now is to keep everyone on the campus and phase the construction and phase the move because it is impossible to find places for 117 people.

Serenity House

Serenity House is our crisis residential on our campus here at the corner of 37th Avenue and Hacienda. We are on track with renovations to create a ten bed short term crisis residential facility. Our Department of Public Works is going to be the BOS on December 13 for contract approval for the contractor to begin work. We expect the renovations to start in February and to be completed within four to five months from that time.

Drug Medi-Cal Organized Delivery System Implementation

The Drug Medi-Cal Organized Delivery System is an expansion of our ability to provide substance use services. We are planning to go to the BOS in January with contracts for three of our providers; they'll be able to start implementation, we are working with our other providers and we'll go to the BOS with their contracts as they are ready. I am hopeful that all of our current substance use treatment providers will be on board implementing this expansion of services by the end of this fiscal year.

Youth Treatment Center

We are very close to opening in East Palo Alto our Youth Treatment Center with HealthRight 360. It will serve both kids with substance use and mental health conditions; it's adjacent to our county clinic on University Avenue. It is already to go, we are just waiting for the state to come down and finish the site visit for licensing.

Laura's Law

We will be going to BOS in February with a six month report. The last report showed that we have enrolled 18 individuals, which is ahead of schedule in terms of what we had projected. The BOS gave us funding for this and to fund 50 clients in the program and we believe if we keep at this pace we will definitely use those 50 spots this fiscal year.

Election

Right after the election, myself and a number of other people started to receive information about how distressed some of our clients, staff, and stakeholder partners were with the uncertainty of what is going to happen. We convened a meeting of our Health Equity Initiative Groups to talk about this and we have been sending information out to our staff and our service providers, to give them information on what people's legal rights are, resources in the community and some resources for our staff in terms of how to talk to people regarding this issue.

Liaison, Task Force and Ad Hoc Committees:

There is nothing to report at this time.

Meeting Adjourned:

The meeting was adjourned at 4:55 p.m.

Next MHSARC Meeting:

January 4, 2017 from 3:00-5:00 p.m.
Health Services Building
225 37th Avenue, Room 100, San Mateo

Next Executive Committee Meeting:

January 17 at 3:30 p.m.
225 37th Avenue, BHRS Conference Room

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.