



Be the one to help



Mental Health Service Act (MHSA) MHSA Steering Committee

Open to the public! Join advocates, providers, clients and family members to provide input on MHSA planning.

The MHSA Steering Committee meets to provide input, make recommendations, and stay up to date on new MHSA planning activities and program implementation.

Meeting objectives include:

- Receive the latest MHSA Fiscal Projections.
- Provide input on the MHSA Three-Year Plan process framework.
- Learn all about the development of allcove San Mateo drop-in center for youth, by youth.

- ✓ Stipends are available for clients/family members
- ✓ Language interpretation is provided if needed*

* To reserve language services, please contact us at mhsa@smcgov.org at least 2 weeks prior to the meeting.

DATE & TIME

Thursday, December 8, 2022

3:00 pm – 4:30 pm

Zoom Meeting:

<https://us02web.zoom.us/j/84822617208>

Dial in: +1 669 900 6833

Meeting ID: 848 2261 7208

iPhone one-tap: +16694449171,,84822617208#

Contact:

Doris Estremera, MHSA Manager

(650) 573-2889 ♦ mhsa@smcgov.org

www.smchealth.org/MHSA



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

The Mental Health Services Act (MHSA) provides a dedicated source of funding in California for mental health services by imposing a 1% tax on personal income over \$1 million.



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AGENDA

- | | |
|--|---------------|
| <p>1. Welcome & Introductions
 <i>Jean Perry and Leti Bido, BHC Commissioners, MHSA Steering Committee Co-Chairpersons</i></p> | <p>5 min</p> |
| <p>2. Agenda Review & Logistics – <i>Doris Estremera, MHSA Manager</i></p> <ul style="list-style-type: none"> • Previous meeting minutes available on the MHSA website, www.smchealth.org/MHSA | <p>5 min</p> |
| <p>3. General Public Comment – <i>Leti Bido, BHC Commissioner</i></p> <ul style="list-style-type: none"> • For non-agenda items • Additional public comments can also be submitted via email to mhsa@smcgov.org. | <p>10 min</p> |
| <p>4. Announcements - <i>Jean Perry, BHC Commissioner</i></p> <ul style="list-style-type: none"> • MHSA Workgroups | <p>5 min</p> |
| <p>5. MHSOAC Statewide Collaboration – allcove San Mateo – <i>Eddie Flores, Peninsula Health Care District; Steven Adelsheim, Stanford Center for Youth Mental Health, and Wellbeing; Jackie Almes, Peninsula Health Care District</i></p> <ul style="list-style-type: none"> • Public Input | <p>20 min</p> |
| <p>6. MHSA Fiscal Projections – <i>Dolly Shah, MHSA Fiscal Analyst</i></p> <ul style="list-style-type: none"> • Public Input | <p>10 min</p> |
| <p>7. MHSA 3-Year Plan CPP Framework + Needs Assessment</p> <ul style="list-style-type: none"> • Public Input | <p>30 min</p> |
| <p>8. Adjourn</p> | |

*** Public Participation:** All members of the public can offer comment at this public meeting; there will be set opportunities in the agenda to provide input. You can also submit questions and comments in the chat. If you would like to speak, please click on the icon labeled “Participants” at the bottom center of the Zoom screen then click on “Raise Hand.” The host(s) will call on you and you will unmute yourself. Please limit your questions and comments to 1-2 minutes. The meeting will be recorded. Questions and public comments can also be submitted via email to mhsa@smcgov.org.

***REMINDER – Please Complete the Steering Committee Feedback Survey**
https://www.surveymonkey.com/r/MHSA_MtgFeedback





Mental Health Services Act (MHSA) Steering Committee Meeting

December 8, 2022



SAN MATEO COUNTY HEALTH
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Welcome & Introductions

- Share your name, pronouns and affiliation in the chat
- MHSA Steering Committee Members (**New Members**):
 - Jean Perry, BHC (MHSA Co-chair)
 - Leticia Bido, BHC (MHSA Co-chair)
 - Adriana Furuzawa, Felton Institute
 - Chris Rasmussen, BHC
 - Eddie Flores, Peninsula Health Care District
 - Jairo Wilches, BHRS OCFA
 - [Jessica Ho/Vivian Liang, North East Medical Services \(NEMS\)](#)
 - Juliana Fuerbringer, California Clubhouse
 - Kava Tulua, One East Palo Alto
 - Maria Lorente-Foresti, BHRS ODE
 - Mary Bier, North County Outreach Collaborative
 - Melissa Platte, Mental Health Association
 - Michael S. Horgan, Heart & Soul, Inc.
 - Michael Lim, BHC
 - Mason Henricks, SMC Office of Education
 - Paul Nichols, BHC
 - ShaRon Heath, Voices of Recovery
 - Sheila Brar, BHC

Agenda

1. Welcome & Introductions
2. Logistics
3. General Public Comments
4. Announcements
5. allcove San Mateo
6. MHSA Fiscal Projections
7. MHSA 3-Year Plan (input)



A few logistics...

- Agenda, handouts, slides: www.smchealth.org/MHSA, under “Announcements” tab
 - Past meeting materials/minutes: under “Steering Committee” tab
- Stipends for clients and family members participating
 - Via chat (private message) - please provide your email
- Meeting is being recorded
- Quick demographics poll



Participation Guidelines

- Enter questions in the chat box as we go
- General public comment (non-agenda items)
- Share your unique perspective and experience
- Share the airtime; allow every voice to be heard
- Practice both/and thinking; consider all ideas along with your personal interests
- Be brief and meaningful when voicing your opinion



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General Public Comment



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Announcements



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**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Presentation: allcove San Mateo



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

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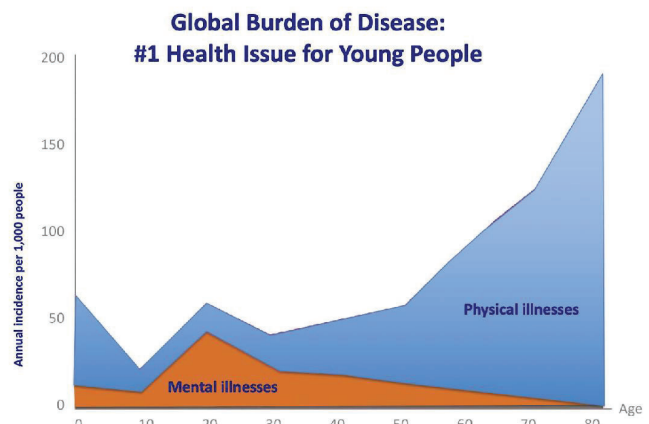
reimagining mental health for young people

Mental health crisis among young people

50% of all lifetime cases of mental illness start by age 14.

75% start by age 24.

79% do not access care.



Graph: Victorian Burden of Disease Study, Mortality and Morbidity in 2001

Statistics: Kessler, R., Berglund, P., Demler, O. (2005). *Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication*

A public mental health continuum for young people



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allcove vision and mission

Vision

Where every youth belongs, chooses the support they need and thrives

Mission

Developing an innovative network of integrated youth mental health centers designed with, by and for youth that reduce stigma, embrace mental wellness, increase community connection and provide access to culturally-responsive services

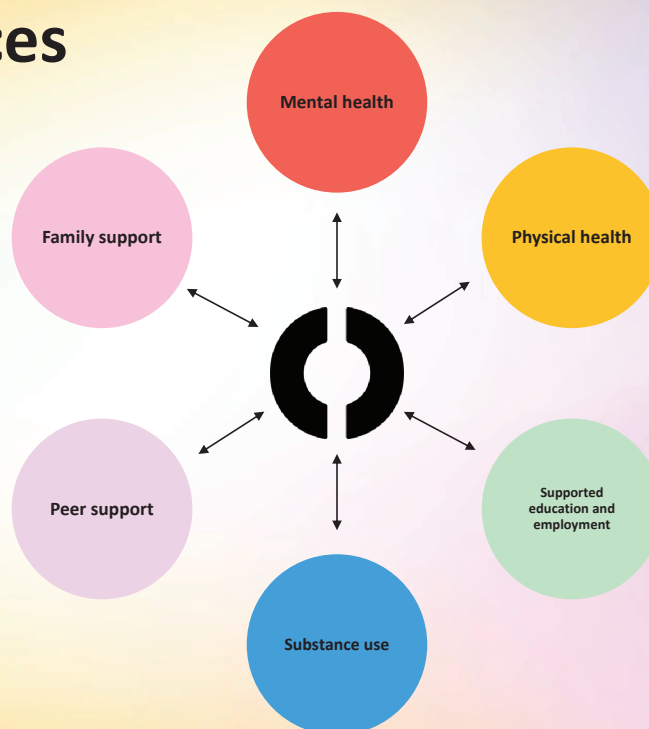
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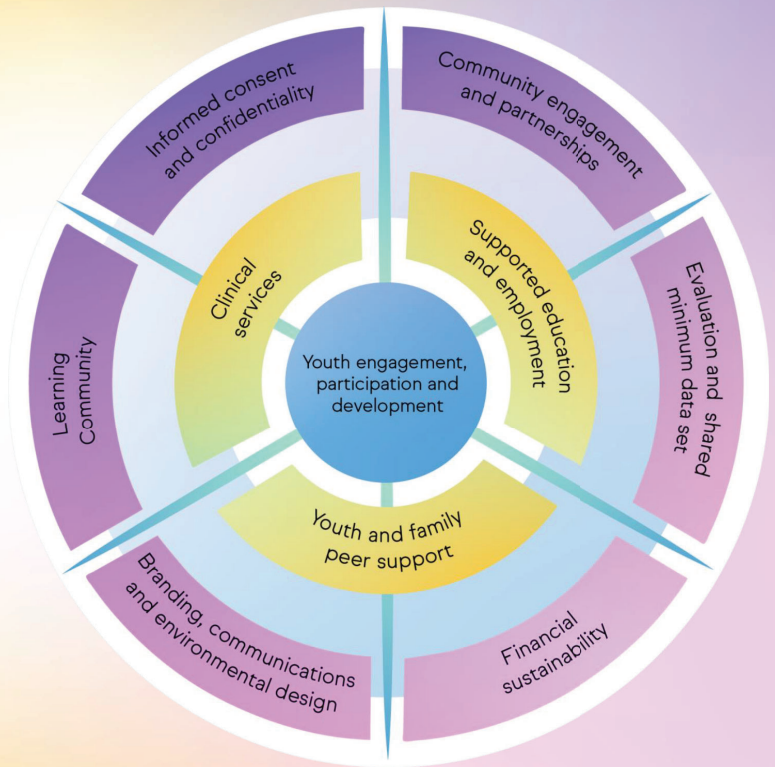
International integrated care model

- Integrated youth mental health centers for young people ages 12 to 25.
- Accessible – Location and short appointment wait time.
- Free to low cost – Serve everyone.
- Provide core components in youth-developed and friendly environment:
 - Mental health.
 - Physical health.
 - Substance use.
 - Peer support.
 - Family support.
 - Supported education and employment.

Core services



allcove model components



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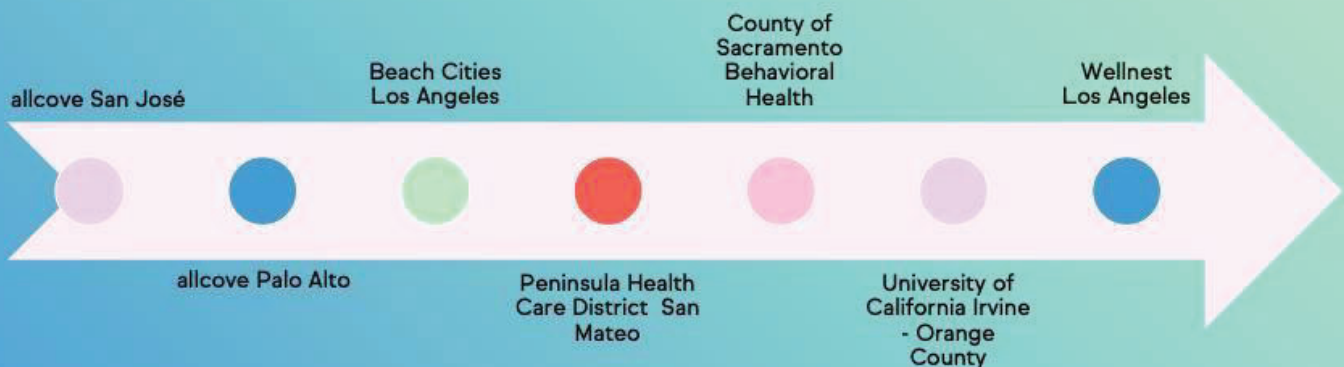
Part of an international network

- Foundry – Canada
- Frayme – Canada
- headspace National Youth Mental Health Foundation – Australia
- International Association of Youth Mental Health
- Jigsaw – Ireland
- Orygen, Revolution in Mind – Australia
- World Economic Forum
- Youth Wellness Hubs Ontario – Canada

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Growing network of centers

Two existing and five new centers in establishment, in partnership with the Mental Health Services Oversight and Accountability Commission



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allcove™ San Mateo

Bringing a new youth drop-in center in partnership with Stanford Center for Youth Mental Health & Well Being and California Mental Health Services Oversight & Accountability Commission

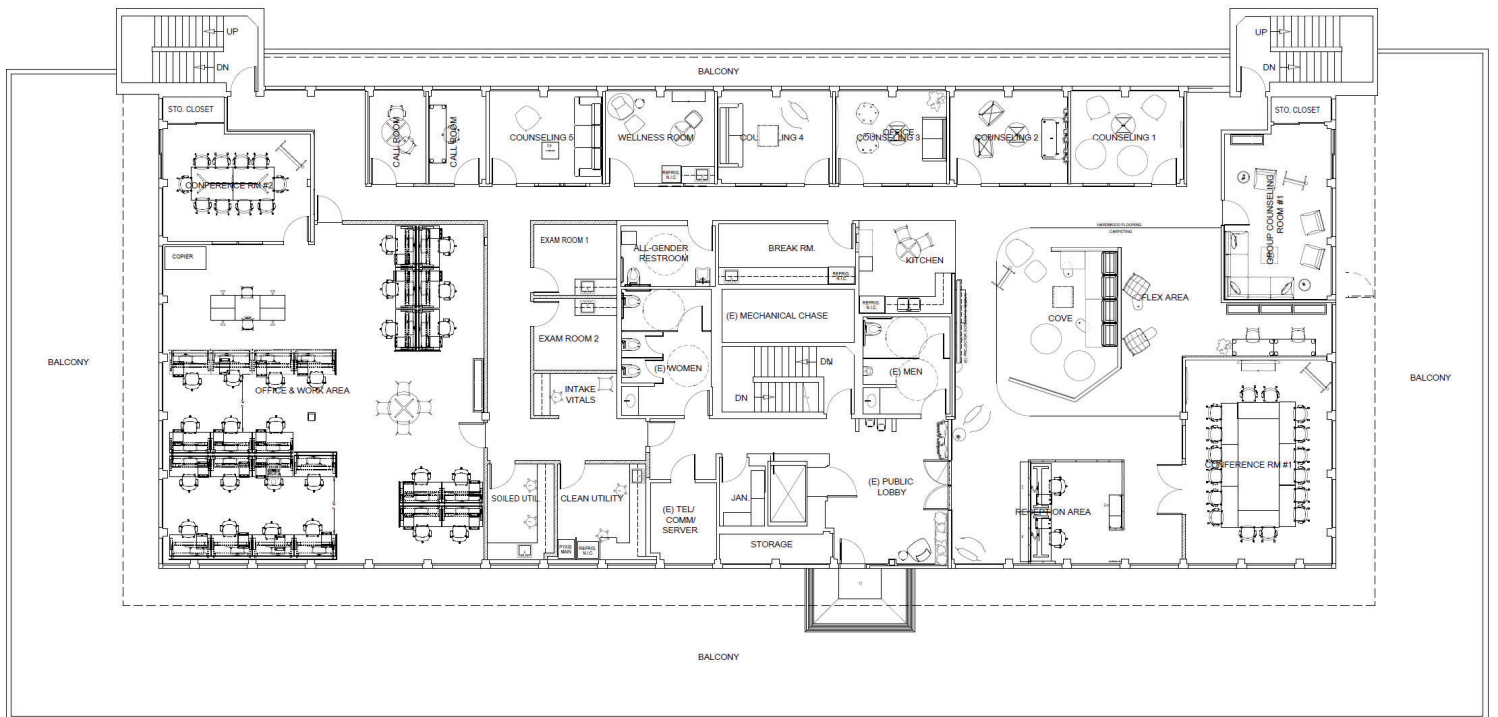


Future Home of allcove San Mateo

2600 El Camino Real
San Mateo

allcove 11

allcove San Mateo



Future Partners of allcove San Mateo

- Caminar
- Star-Vista
- Edgewood Center for Children and Families
- One Life Counseling Center

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Youth Advisory Group

Each allcove center has its own local Youth Advisory Group, recognizing that different communities have different needs. These young people represent their community with diverse lived experience, providing insights into services, staff, location, etc.

They are active community advocates for youth mental health by:

- Raising awareness.
- Reducing stigma.
- Encouraging help-seeking behaviors.
- Educating the broader community about youth mental health.

Engagement of young people builds a strong sense of community, understanding and passion for getting involved.

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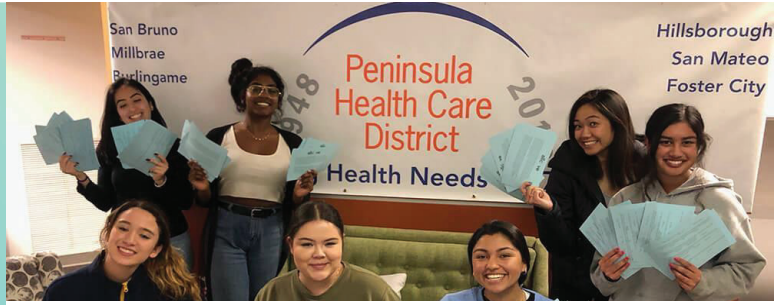


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allcove San Mateo YAG

- Formed in 2019 as part of allcove San Mateo
- Community Projects
 - Community Survey to ensure that youth voice and perspective are at the forefront
 - Assist in the development of the center
 - Help to reduce stigma surrounding mental health

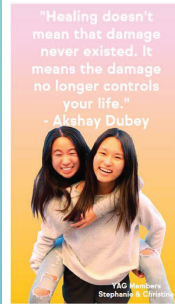
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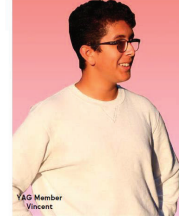
"You are more precious to this world than you'll ever know" - Lili Reinhart



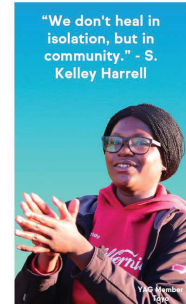
"Your now is not your forever" - John Green



"Healing doesn't mean that damage never existed. It means the damage no longer controls your life." - Akshay Dubey



YAG Member
Vincent



"We don't heal in isolation, but in community." - S. Kelley Harrell



YAG Members
Anhey & Meeky



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Contact us



Eddie Flores – Director, Youth Behavioral Health Programs

eddie.flores@peninsulahealthcaredistrict.org

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C: 650.278.8947



Steven Adelsheim – Director, Stanford Center for Youth Mental Health and Wellbeing

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O: 650.725.3757

F: 650.723.4655

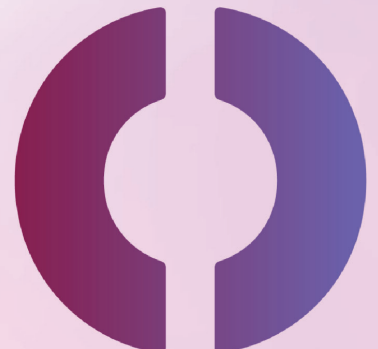


Jackie Almes – Youth Outreach Specialist

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Main: 650.697.6900

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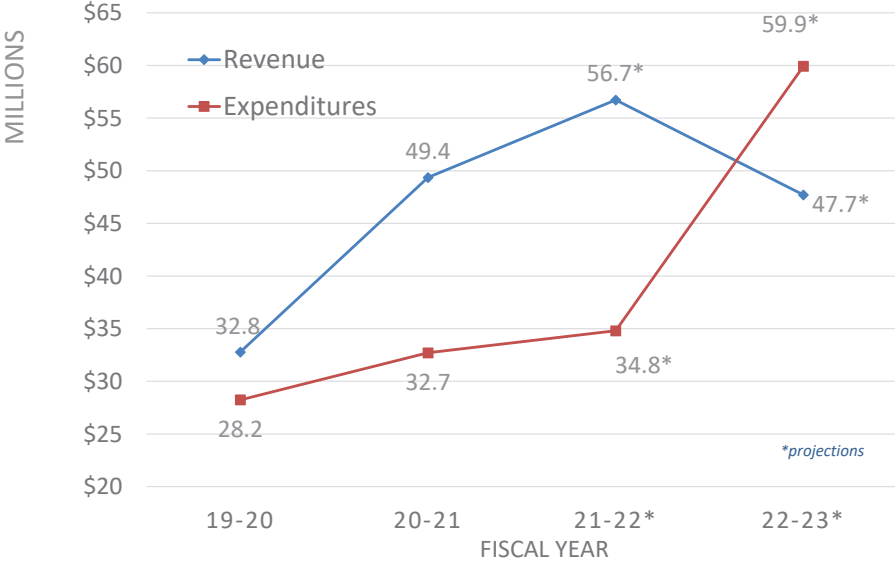
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MHSA Fiscal Projections



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MHSA Revenue & Expenses



MHSA Annual Unspent

	Actual	Actual	Estimate	Projection
Fiscal Year End	19/20	20/21	21/22	22/23
Revenue	\$32,859,396	\$49,380,887	\$56,724,637	\$47,711,689
Expenditures	\$28,242,967	\$32,709,106	\$34,803,689	\$59,920,287
MHSA Trust Fund Balance	\$43,198,965	\$59,870,745	\$81,791,693	\$69,583,095
Obligated Funds:	\$41,901,014	\$39,213,340	\$53,931,529	\$41,742,317
Target Reserve*	\$17,013,720	\$24,690,443	\$28,362,318	\$28,362,318
5% Innovation	\$1,642,970	\$2,469,044	\$2,836,232	\$2,385,584
Innovation - Ongoing Projects	\$5,285,731	\$4,439,995	\$4,458,402	\$4,646,517
Workforce Training Ongoing	\$542,590	\$572,894	\$500,000	\$500,000
CalHFA Housing Interest		\$93,048	\$89,137	\$44,197
\$12.5M One-Time + \$5M COVID	\$17,416,004	\$6,947,915	\$6,237,623	\$4,548,555
One-Time (Housing + Post-COVID)		\$11,727,000	\$11,447,817	\$1,255,145
Available One-Time	\$1,297,951	\$20,657,406	\$27,860,164	\$27,840,778

*Target Reserve: 50% of Highest Annual Revenue


MHSA 3-Year Plan



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About MHSA

76%  **Community Services & Supports (CSS)**
Direct treatment and recovery services for serious mental illness or serious emotional disturbance

19%  **Prevention & Early Intervention (PEI)**
Interventions prior to the onset of mental illness and early onset of psychotic disorders

5%  **Innovation (INN)**
New approaches and community-driven best practices

Workforce Education and Training (WET)
 Education, training and workforce development to increase capacity and diversity of the mental health workforce

Capital Facilities and Technology Needs (CFTN)
 Buildings and technology used for the delivery of MHSA services to individuals and their families.

1% tax on personal income over \$1 million
San Mateo County: \$39.2M annual 5-year average through FY 21-22; ~15% of the BHRS Budget

MHSA Planning Requirements

- Community Program Planning (CPP) process
 - Diverse stakeholder Input
 - 30-Day Public Comment Period and Board of Supervisor approval

What's in a 3-year Plan?

Existing Priorities
New Priorities
Expenditure Projections

What's in an Annual Update?

Program Specific Data and Outcomes
Implementation and Planning Updates
Changes to the 3-Year Plan



Community Program Planning (CPP) Framework



MHSA 3- Year Plan Workgroup

- **Goal:** Co-design and implement an MHSA 3- Year Plan Community Program Planning (CPP) process that is equitable, inclusive and honors and centers the voices of marginalized communities.
- **Objectives:**
 1. Needs Assessment - review and advise on data needed to support a comprehensive needs assessment
 2. Strategy Development - advise on the community input process and community engagement best practices, to ensure it is inclusive of all vulnerable communities
 3. Input Sessions - Support opportunities for all San Mateo County community members to provide input



How to Get Involved

- **Survey** to prioritize and identify needs will launch Dec. 19, 2022
- **Input Sessions** to brainstorm strategies will begin Feb. 2023
- All meeting materials and input opportunities will be posted on the MHSAs website, www.smchealth.org/MHSA, under the “MHSAs Three-Year Plan Workgroup” tab.
- Subscribe on the MHSAs website to receive email notifications.



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Get Involved!

- **Subscribe to receive opportunities to get involved in MHSAs planning:**
www.smchealth.org/MHSA
- **BHRS-wide opportunities:**
<https://www.smchealth.org/get-involved>



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Thank you!

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