



Mental Health & Substance Abuse Recovery Commission

Unadopted Minutes

Wednesday, April 6, 2022

Zoom Meeting

BOARD MEMBERS PRESENT: Candice Hawley, Frieda Edgette, Paul Nichols, Chelsea Bonini, Cherry Leung, Chris Rasmussen, Hudson Fox, Jean Perry, Katelyn Chang, Kristina Bell, Leticia Bido, Michael Lim, Randy Torrijos, Sheila Brar, Yoko Ng

STAFF: Scott Gilman, Chantae Rochester, Doris Estremera, Sylvia Tang, Lee Harrison, Maria Lorente-Foresti, Claudia Saggese,

BOARD MEMBERS ABSENT:

Excused:

Un-excused:

OTHERS PRESENT (signed in): Lanajean, Martin Fox, Susan Cortopassi, Sydney Hoff, Bruce Adams, Carolyn Shepard, Dorothy, Erica Horn, Vincent Tu

CALL TO ORDER

The meeting was called to order at 3:32 p.m. by Sheila Brar

INTRODUCTIONS

Commission members introduced themselves

APPROVAL OF TODAY'S AGENDA

Approval of the Agenda

▶ **M/S/C** Lim/Perry

APPROVAL OF MINUTES

Approval of minutes from the March 2, 2022 Mental Health & Substance Abuse Recovery Commission Meeting

▶ **M/S/C** Nichols/Lim

Approval of minutes from the March 16, 2022 Executive Committee Meeting

▶ **M/S/C** Nichols/Lim

Correspondence, Announcements, and Public Comment

Freida Edgette

Sunday, April 10 is the deadline to apply for the Youth Action Board. The link is in the chat.

The Youth Leadership Institute (YLI) is launching a new Mental Health App. The launch party is 4-4:30 and it's free for all people who live, work, and go to school in San Mateo County. It will be free through February 2023. I'll drop the link in the chat.

Candice Hawley

I understand that Serenity House has been closed and it is my understanding that it will be reopening. People with lived experience, peer partners, be included in the effort to reopen. There should be some involvement of peers and people with lived experience.

Erica Horn, California Clubhouse

This month marks our seven-year anniversary as an organization in San Mateo County. We are planning a birthday celebration during mental health awareness month in May. We will send information with the exact date.

We are increasing our in-person services and programs but still maintaining the virtual services. In the next couple of months, we'll be going five days a week in person, but right now we're at three days a week in person and then five days virtual. We're starting the first phase of doing our meal program again. We'll be serving meals that are prepared in the clubhouse again and we're doing that hopefully mid to end of April. In addition to that we are continuing our work on unit development.

Our peer recovery collaborative continues to meet monthly. We are excited about the work we are doing on reopening of organizations and expanding our programs and services but also ways to collaborate on other activities.

Michael Lim

Question for Erica.

Since I am the member at large I would like to keep in touch with what the peer collaborative is doing, and I was wondering if it would be kosher to sit it on meetings?

STANDING COMMITTEES

A. Committee for Children & Youth

Reported by Katelyn Chang and Hudson Fox

Next meeting will be held on April 20, 2022 at 4:00 p.m.

Via Teams

B. Committee for Adults

Reported by Yoko Ng

Next meeting will be held on April 20, 2022 at 10:30 a.m.

Via Teams

C. Committee for Older Adults

Reported by Jean Perry

The next meeting will be held on April 6, 2022, at 10:30 a.m.

Via Teams

**D. Mental Health Services Act Steering Committee
Reported by Leticia Bido and Jean Perry**

The next meeting will be held on May 3, 2022 at 3:00 p.m.
Via Zoom

Public Comment

Carolyn Shepard

I want to thank the MHSA Steering Committee and Doris and the two task teams. I thought those task teams came out with some strong recommendations, I represent a group of parents and families and we formed a group called Solutions for Supportive Homes and after I submitted our comment twice, I had two more parents asked to sign on so that was a total of 23, which I think is significant because they were really generated by our own email list so it represents a lot of people, the majority are taking care of their adult children who have mental health challenges. On a personal level as I get older, I am finding myself feeling more tired and wondering how long I can keep up with the level of support that I am providing for my son. I also know that for him going from mom to a service provider is not going to be easy and so that transition time is important, we don't want to wait until people are on their deathbed. I asked him to be included in supportive housing plans and that families can receive services and communication and be able to participate in their adult children's plans with providers that set goals and assessments of their needs.

Director's Report

Reported by Scott Gilman, Director

Please see the [latest issue](#) of the BHR's *Director's Update*.

Topics include:

- Youth Stabilization, Opportunity, and Support (S.O.S.) Team Launches
- California Advancing and Innovating Medi-Cal (CalAIM)
- Older Adults Transition from ACE County to Medi-Cal
- Congratulations - Shirley Chu, Crisis, Outreach, and Engagement Services Manager; Sitike Counseling Center
- BHR's Contractors' Association of San Mateo County

Find past issues [here](#).

Serenity House

- The previous provider gave us 30-day notice that they would no longer provide services
- We are working to get a contract in place for the new provider
- The new provider is supportive of peer support services
- It's in the hands of the attorneys and licensing to get it up and running

COLA Increase

- We are moving forward with a 3% COLA increase for our providers

- We were able to commit to two years (this year and next year) with 3% increases
- Providers can apply for increases to their contracts
 - They can apply for up to \$100,00
- Our teams will be reviewing the applications
- We hope to notify providers by April 15

Public Comment

Jean Perry

Could you give us an update on the applications for grants for behavioral health infrastructure funding? I understand the urgency of getting another provider in to support Serenity House, but could you talk about what we're doing to fill the gap between taking someone to PES and incarcerating them after a crisis response, some people can be taken to a place to support substance use but basically there isn't a lot in between. We need a more overarching kind of place, no wrong door is you're having a crisis, you can come here and get connected to services.

A: The original design of Serenity House was to be that alternative to going into the hospital and including the police. It was to be a diversion from the hospital, not necessarily a step-down unit. We want it to operate the way it was intended; we need that level of care.

In terms of the capital improvement programs, we have different consultants working on different parts of that for us. Judy Davila is helping to get things in place on multiple rounds of funding that are coming. We are looking at funding a variety of projects, we have a proposal from Carolyn Shephard's group we are looking at and trying to figure out where there's shovel ready projects that we can move forward. The good news is that the county made a commitment to ending homelessness so there's other buckets of money as well as the grant to help develop supportive housing, I'm hoping we get a whole variety of options have supported permanent living for our population.

Candice Hawley

You said the provider who will run Serenity House is in favor of peer support workers, but will it be up to them whether they hire them or not? Is there anyone pushing for the hiring of peer support workers, encouraging them to hire peer support workers? Are we leaving it willy nilly and they do what they want? If we end up with a peer support worker fine and if we don't that's okay? How does that work?

A: In California the use of peer support workers is willy nilly. We're working towards making it legitimate, huge progress has been made this year with standardizing the training and the certifications so that peers can be incorporated appropriately in all areas of our programs. Not only do we need to incorporate peers, but we need to ensure that they are supported. We need to make that happen this year. We must prepare the organization so that staff know how to appropriately include peers in the multi-disciplinary treatment process.

Michael Lim

Being able to apply for medi-cal is going to be changing come July 1, with the relaxing of restrictions, I would think that we can safely assume that there's going to be an increase of

people covered under medi-cal and I was wondering if there were any projections done in terms of the numbers that we are going to servicing? For BHRS with the staff shortage, the great resignation that is happening throughout the country it is such a challenge to hire new staff in the service/clinical sector but also to retrain them and I was wondering if you could speak a little bit more to those challenges and maybe some of the figures that you are tracking.

A: In terms of the Cal Aim in the projections, I don't know those numbers off the top of my head, but Health Plan of San Mateo (HPSM) did that for us because folks who don't have medi-cal right now are covered under the county's benefit aces and so we're anticipating that there'll be a shift of individuals from insurance to medi-cal. I'm not sure that we will see a huge influx of people with serious mental illness that aren't currently covered. It is really on the mild to moderate side that we think we're going to see some bigger increases.

Sylvia Tang

We are less than a month away from mental health awareness month. We could really use your help spreading the word, sharing the flyer, and using the hashtag. I will put the flyer in the chat. We have a lot of events scheduled for the month and we would like to have good participation. Some events will be in person, there will be a social media campaign and then they'll be advocacy days where folks will come to the commission meeting or the board meeting to share their public comments. If you have questions, feel free to let me know.

Question from the chat:

Will Telecare resume having groups?

A: Providers are allowed and should be resuming groups.

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee Reported by Yoko Ng

Topics Discussed:

- Priorities for 2022
- Network Partnership Workgroup discussed the idea of a peer led suicide attempt survival group
- Resource dissemination work featuring the 988-marketing interest
- Mental Health Awareness Month

The next Suicide Prevention Meeting is Tuesday, May 3. Molly Henricks will present on School Suicide Prevention.

Old Business

Action Item: *Vote to close 30-day Public Comment Period for the FY2022-23 Mental Health Services Act (MHSA) Annual Update for Program and Expenditures.*

▶ **M/S/C** Rasmussen/Hawley, passed unanimously

Public Comment

Michael Lim

I want to add to the comment that was submitted by Solutions for Supportive Housing and that is the tracking. When the county tracks the number of homeless individuals, they don't track the ones that could imminently become part of the count, those who are housing insecure. Once the parents pass away you know they will have no one to take care of them. How would we go about doing something like that? How would we go about passing those kinds of requests to the Board of Supervisors (BOS), or to the department that tracks those numbers so that we can track them, my concern is that whatever we don't track we can't manage.

A: The problem is with the question. We should ask how do you track people who are living with their parents who are at risk of homelessness? What does that mean and how do we get that data? It's an important point because we know that population is growing and we must try to figure this out, right now we don't have an answer.

Candice Hawley

Can't providers help with that information? If I'm a provider I'm going to know if my patient has support and I'm going to know how fragile or strong that support might be. That's one way to get that information directly from the providers.

A: It's a good idea, I think we must put some thought into it and how we could make that work.

Martin Fox

The people that collect that type of data are the people that get referrals from me. I tell the parents of adult children with serious mental illness, who are living with them to set up an estate plan that deals with all their issues and one of the issues that inevitably arises is how do I take care of my kid? You have a county bar association that has a population of lawyers that deals with these kinds of issues, all the time, because they must make decisions based on the assets that the parents do have available and fix things as best, they can for parents that don't. If you want numbers, I'm pretty sure you can get them by appealing to the bar associations estate planning section. You might also contact the San Mateo County Public Law Library, which does a lot of work in this area as well.

New Business

Tony Hoffman Nominations are being accepted. The deadline to submit a nomination is Tuesday, April 19, 2022.

Presentation

Care Court

A New Framework for Community Assistance, Recovery & Empowerment
Presented by Scott Gilman, Director
Behavioral Health & Recovery Services

Please see attached presentation.

Public Comment

Candice Hawley

What are the points of evaluation? How do we know how things are going? How do you determine if it's successful or not successful? What does that depend on?

A: Staff will be doing evaluations for the court and court staff will be case managers following the person. If the person isn't doing well, then the case manager would be responsible for communicating with the Court and then the private defender would come in.

Chelsea Bonini

Given that this discussion involves the public defender and in San Mateo County we don't have a public defender, we have a private defender's office, has that been considered? How will that be dealt with locally?

A: Lia McGuire, Chief Private Defender at the Private Defenders Office, it would be their responsibility. We've been having discussions with the Court; we really want to do this in a coordinated way. We have the Diversion Courts; we have a good system that we can build on instead of trying to build a whole different civil process.

Lanajeau

How does somebody end up in Care Court?

A: They would have to be homeless; they would have to have some symptoms of psychosis and the family member would be petitioning the Court, how that will work locally we don't know.

Carolyn Shepard

Some of our parents have raised the question, what services will be provided? There are a variety of services that people need, has that been decided?

A: We don't know. I'm assuming it would be the full array of services that they're eligible for, we would have to do that anyway whether they are or are not in the program. To be determined.

Meeting Adjourned:

The meeting was adjourned at 5:07 p.m. by Sheila Brar

Next MHSARC Meeting:

May 4, 2022 from **3:30-5:00 p.m.**
Virtual Meeting

Next Executive Committee Meeting:

Wednesday, May 18, 2022 at 3:00 p.m.
Virtual Meeting

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.