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.

The MHSA Steering Committee meets the first Thursday at 3pm in February, May, September and December to provide input, make recommendations and stay up-to-date on new MHSA developments and ongoing programming.

Meeting objectives include:

- Present the MHSA Annual Update – learn about implementation highlights, program outcomes and the latest fiscal updates
- Launch a new cycle of Innovation (INN) Projects and get involved in the new MHSA INN Workgroup

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

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

DATE & TIME

Thursday, February 3, 2022
3:00 pm – 4:30 pm

Zoom Meeting:
https://us02web.zoom.us/j/83216209789
Dial in: +1 669 900 6833
Meeting ID: 832 1620 9789
iPhone one-tap: +16699006833,,83216209789#

Contact:
Doris Estremera, MHSA Manager
(650) 573-2889 ♦ mhsa@smcgov.org

www.smchealth.org/MHSA

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.
Mental Health Services Act (MHSA) Steering Committee Meeting
Thursday, February 3, 2021 / 3:00 – 4:30 PM
Zoom Meeting: https://us02web.zoom.us/j/83216209789
Dial in: +1 669 900 6833 / Meeting ID: 832 1620 9789

AGENDA

1. Welcome
   Jean Perry, MHSARC Commissioner and Leticia Bido, MHSARC Commissioner
   5 min

2. Logistics & Agenda Review – Leticia Bido
   • Previous meeting minutes available on the MHSA website, www.smchealth.org/MHSA
   5 min

3. Announcements – Jean Perry
   • INN Workgroup
   5 min

4. General Public Comment – Leticia Bido
   • For non-agenda items
   • Additional public comments can also be submitted via email to mhsa@smcgov.org.
   10 min

5. MHSA Annual Update – Doris Estremera, MHSA Manager
   • Highlights and Fiscal Projections – Doris Estremera
     25 min
     • Cariño Project - Dr. Belinda Hernandez Arriaga, EdD, LCSW, Executive Director of ALAS (Ayudando Latinos A Soñar)
       10 min
     • BHRS Pathways Program - Tennille Tucker, LCSW Supervising Mental Health Clinician and Angel Nguyen, MFT Mental Health Program Specialist
       20 min
   • Public Input

6. Adjourn

*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*
Before we begin…

• Agenda, handouts, slides: [www.smchealth.org/MHSA](http://www.smchealth.org/MHSA), under “Announcements” tab
  o Past meeting materials/minutes: under “Steering Committee” tab
• Introductions: your name, pronouns and affiliation in the chat
  • Steering Committee members
• Stipends for clients and family members participating
  • You can let us know in the chat (private message) - please provide your email
• Meeting is being recorded
• Quick demographics poll
Participation Guidelines

- You can enter questions in the chat box as we go
  - For each agenda topic there will be time for questions/comments – you can also use the “Raise Hand” button during this time.
- If you have a general public comment (non-agenda items), let us know now in the chat.
- Share your unique perspective and experience
- Share the airtime; allow every voice to be heard (step up/step back)
- Practice both/and thinking; consider all ideas along with your personal advocacy
- Be brief and meaningful when voicing your opinion

Agenda

1. MHSA Announcements – INN Workgroup
2. General Public Comments
3. MHSA Annual Update
   - Implementation Highlights, Outcomes, Fiscal Projections
   - Program presentations
4. Public Input
Announcements & General Public Comment

MHSA Annual Update
MHSA Components

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

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

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: $34.3M annual 5-year average through FY 20-21

Annual Update Timeline

• MHSA Annual Update document will be posted Feb 25th
• 30-Day Public Comment @MHSARC Meetings:
  • March 2nd: Open 30-day comment period + public hearing
  • April 6th: Close public comment and vote to recommend the approval of the MHSA Annual Update
• Public Comments may be provided verbally at the meeting or in writing to: mhsa@smcgov.org
MHSA Revenue & Expenses

FISCAL YEAR

Revenue Expenditures

$29 $29 $33 $40* $39*

$34 $33 $49 $46* $42*

$50 $55

18-19 19-20 20-21 21-22* 22-23*

Fiscal Strategies

• In FY 21-22:
  o Implemented a One-time Spend Plan for $11.7M
  o Increased the Ongoing Budget to $3M Over-Revenue

• For FY 22-23:
  o Proposal to increase FSP funding
    ▪ Based on FSP Workgroup Recommendations and Third Sector consultants cost modeling for upcoming RFP
    ▪ Increase Ongoing Over-Revenue strategy to ~$5M

*projections
# $11.7M One-Time – Status Update

<table>
<thead>
<tr>
<th>Priority</th>
<th>Item</th>
<th>FY 21/22 Status</th>
<th>FY 22/23</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Housing Initiative Taskforce</strong></td>
<td>BHRS Housing Webpage</td>
<td>$100,000</td>
<td>Delayed</td>
</tr>
<tr>
<td></td>
<td>Development of Supportive Housing Units</td>
<td>$5,000,000</td>
<td>Completed</td>
</tr>
<tr>
<td><strong>Post-COVID Supports</strong></td>
<td>Community mental health and substance use education</td>
<td>$50,000</td>
<td>Delayed</td>
</tr>
<tr>
<td>(Prevention and Early Intervention)</td>
<td>Community wellness and recovery supports</td>
<td>$50,000</td>
<td>Delayed</td>
</tr>
<tr>
<td></td>
<td>Field and group supports</td>
<td>$100,000</td>
<td>Delayed</td>
</tr>
<tr>
<td></td>
<td>Older adult supports</td>
<td>$50,000</td>
<td>In Progress</td>
</tr>
<tr>
<td></td>
<td>Health Equity Initiative capacity development</td>
<td>$30,000</td>
<td>Delayed</td>
</tr>
<tr>
<td></td>
<td>School mental health supports</td>
<td>$46,000</td>
<td>Completed</td>
</tr>
<tr>
<td></td>
<td>Racial Equity and Multicultural Organizational Development</td>
<td>$125,000</td>
<td>In Progress</td>
</tr>
<tr>
<td><strong>Mental Health Surge Needs</strong></td>
<td>Workforce Development</td>
<td>$200,000</td>
<td>In Progress</td>
</tr>
<tr>
<td></td>
<td>Workforce Wellness</td>
<td>$100,000</td>
<td>In Progress</td>
</tr>
<tr>
<td></td>
<td>SMI Private Provider Network (SSPN) incentives</td>
<td>$125,000</td>
<td>In Progress</td>
</tr>
<tr>
<td><strong>Grand Total</strong></td>
<td></td>
<td></td>
<td>$11,727,000</td>
</tr>
</tbody>
</table>

See Meeting Handout for item descriptions

Questions?
# Implementation Highlights

## Community Services and Supports

### (Clients Served)

<table>
<thead>
<tr>
<th>Service</th>
<th>18/19</th>
<th>19/20</th>
<th>20/21</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Full Service Partnership</strong></td>
<td>520</td>
<td>608</td>
<td>660</td>
</tr>
<tr>
<td><strong>Outreach &amp; Engagement</strong></td>
<td>475</td>
<td>412</td>
<td>1288**</td>
</tr>
<tr>
<td><strong>System Development</strong></td>
<td>2,739</td>
<td>2,053</td>
<td>2,031</td>
</tr>
</tbody>
</table>

*There are 422 total available FSP slots across all age groups*

**The Cariño Project in the coastside region launched July 2020**
Implementation Highlight: FSP Workgroup

- Full Service Partnership Workgroup
  - Provided recommendations for minimum service requirements, service improvements
  - Request for Proposal to release soon

Bradley was discharged from his last psychiatric hospitalization in May 2021. Upon his discharge, Bradley was faced with many challenges such as living in a group setting and having to start from scratch with his belongings and lifestyle. Bradley has since signed the lease for his own apartment and continues to engage with FSP multiple times a week and has become medication compliant along with discovering how to live independently at 72 years old. He has engaged with his peer mentor and enjoys outing in the community during his meetings. Bradley continues to draw “doodles” to show his team what his life is like through his eyes. Bradley will tell you “this is all because of Telecare” and constantly reminds his team of his appreciation to turn “a creep into a prince”.

Prevention and Early Intervention

(Clients Served)

<table>
<thead>
<tr>
<th></th>
<th>Ages 0-25</th>
<th>Early Intervention</th>
<th>Prevention</th>
<th>Recognition of Early Signs of MI</th>
<th>Stigma &amp; Discrimination Prevention</th>
<th>Access &amp; Linkage to Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY 18-19</td>
<td>501</td>
<td>925</td>
<td>4,409</td>
<td>179</td>
<td>152</td>
<td>6,764</td>
</tr>
<tr>
<td>FY 19-20</td>
<td>483</td>
<td>878</td>
<td>4,598</td>
<td>69</td>
<td>47</td>
<td>5,858</td>
</tr>
<tr>
<td>FY 20-21</td>
<td>1,638*</td>
<td>1,110</td>
<td>2,533</td>
<td>184</td>
<td>160</td>
<td>7,499</td>
</tr>
</tbody>
</table>

* FY 20-21 (Ages 0-25) MBSAT program launched with three agencies, HAP-Y moved into PEI component
Implementation Highlight: PEI Outcomes

• MHSA Prevention & Early Intervention Outcomes
  • State Required: Access, Stigma Reduction, Protective Factors (Knowledge, Skills, and/or Abilities), General Mental Health

• Office of Diversity and Equity (Theory of Change) Outcomes
  • Local Stakeholder Process: Access, Stigma Reduction, Self-Empowerment, Community Advocacy, Cultural Humility & Responsiveness

• Additional Outcomes
  • Programs: Cultural Identity Formation, Connection & Support

Innovation Highlights

• The Pride Center
  o Final 5-Year Report now available

• Help@Hand
  o Wysa app kick-off + marketing and testing w/BHRS clients

• New Project Kick-off
  o Social Enterprise and Wellness Cafe for Filipino/a/x youth

• New RFPs
  o PIONEERS Program
  o Prevention services in low-income housing
The Cariño Project

• Dr. Belinda Hernandez Arriaga, EdD, LCSW
  Executive Director of ALAS (Ayudando Latinos A Soñar)
BHRS Pathways Program

- Tennille Tucker, LCSW Supervising Mental Health Clinician
- Angel Nguyen, MFT Mental Health Program Specialist

Questions & Public Input
Get Involved!

- Subscribe to receive opportunities to get involved in MHSA planning: www.smchealth.org/MHSA

- BHRS-wide opportunities: https://www.smchealth.org/get-involved

Thank you!

Jean Perry, MHSARC Commissioner
Leticia Bido, MHSARC Commissioner
Doris Estremera, MHSA Manager
Email: mhsa@smchealth.org
Website: www.smchealth.org/MHSA

https://www.surveymonkey.com/r/MHSA_MtgFeedback
Cariño Project

Wrap-around Community Support

Social services
Case Management
Cariño During COVID
Safety-net Support
Mental Health Services

Dr. Rafael Padilla, Clinical Supervisor, Cariño Project

Community Outreach

Cultura & the Arts
Youth Outreach
Mother’s Group and Activities (Hiking, Gardening, Baby & Me)
Culturally Oriented Paint Nights
COVID-19 Information
Emergency Preparedness Workshops
PPE Distribution
Creating Comunidad

- 1221 unduplicated Clients across all MCWP Programs, from 700 Unique families
- 147 Unique clients at Paint Nights alone
- 300 Clients engaged with multiple programs
- Offered 3 different groups: mother’s group, baby and me, youth group
- Provide ongoing financial support to 130 individual clients for their basic needs as part of our case management program

Cariño Consumers

Avg Household size 4
Most clients are Latino (87%), or Asian (4%)
66% Female, 28% Male
90% Spanish speakers

Clients range from Half Moon Bay, El Granada | La Honda | Montara | Moss Beach, Pacifica | Pescadero | San Gregorio
We provide ongoing case management support to newcomer families recently arrived from Central and South America
Thank You
San Mateo County & BHRS
For Providing Care To The Community

Estamos agradecido con Liz Camarena - West por el desarrollo del nombre del Proyecto Cariño.
¡Gracias Liz!
SAN MATEO COUNTY
PATHWAYS MENTAL
HEALTH COURT PROGRAM

HISTORY AND BACKGROUND

Formed in 2006 as a joint collaboration of San Mateo County Courts, Probation Department, District Attorney Office, Sheriff’s Office, Correctional Mental Health, NAMI and Behavioral Health and Recovery Services

Goals

- reduce recidivism and incarceration of the seriously mentally ill
- stabilize housing
- reduce acute care utilization
- engage and maintain participation in personal recovery
ELIGIBILITY CRITERIA

• San Mateo County Residency
• age 18 or older
• have a diagnosis of a serious mental illness (formerly Axis I) with a functional impairment
• statutory eligibility for probation
• voluntarily agree to participate in Pathways

REFERRAL PROCESS

• Anyone can refer (attorneys, family, friends, providers, self-referral)
• Complete and submit referral form
• The form is routed to the client’s attorney, who will bring the case to the Pathways court calendar
• Once assigned in court, Pathways BHRS staff will complete a clinical assessment and present a recommendation to the court at a future court date
PATHWAYS STAFF

- 1 Family Partner
- 1 Senior Community Worker
- 1 Mental Health Counselor
- 1 Case Management/Assessment Specialist (AOD)
- 2 Clinicians
- 1 Mental Health Program Specialist

TREATMENT RESOURCES AND OPTIONS

- Evaluations by Pathways clinicians
- Intensive case management by Pathways BHRS Staff, including field-based support
- Intensive supervision by Probation staff
- Individual and group therapy and skills building
- Ongoing psychiatric consultation (with regional BHRS clinic or private provider)
- Residential AOD services
- Intensive AOD Outpatient Services
- Supportive temporary housing at shelter slots (Maple Street) or SRO (Industrial Hotel)
PROGRAM SUMMARY

• Program length is usually 1-2 years (the length of the probation)
• Pathways clients must be treatment compliant
• Pathways clients remain in Pathways after graduation as Pathways Alumni. They can then continue in Pathways activities and maintain their sense of community
• Probation drug screening when court ordered
• Incentives (reduction of fines; criminal charges may be dismissed or reduced; financial assistance in reaching goals)
• Sanctions (jail time; reinstatement of criminal proceedings)
• Pathways picnics and group outings
• Pathways groups: Clubhouse, women/men’s process groups, cognitive behavioral skills
• Pathways is staffed 6 days a week
• Graduation ceremony

PATHWAYS DATA

• As of June 2021, 142 clients have graduated and become Pathways Alumni

• Annual Report 2020-2021 Pathways served 65 clients
  • 11 clients obtained employment
  • 8 clients newly obtain stable housing (1 obtained permanent housing vouchers, 5 are in sober living environments homes and 2 are in social rehabilitation or board and care settings
  • 2 clients enrolled in school
  • 1 clients were able to maintain children in their homes
ADDITIONAL PARTNERSHIPS

• Veterans Treatment Court & Military diversion (27 enrolled and 133 graduates)
• 1370 Misdemeanor Court
• Mental Health Diversion (Intensive Mental Health Diversion)

SUCCESS STORY
### Priority: Housing Initiative Taskforce

<table>
<thead>
<tr>
<th>Item Description</th>
<th>FY 21/22</th>
<th>FY 22/23</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>BHRS Housing Webpage</td>
<td>$100,000</td>
<td>$0</td>
<td>$100,000</td>
</tr>
<tr>
<td>Development of Supportive Housing Units</td>
<td>$5,000,000</td>
<td>$5,000,000</td>
<td>$10,000,000</td>
</tr>
<tr>
<td><strong>Total Housing</strong></td>
<td><strong>$5,100,000</strong></td>
<td><strong>$5,000,000</strong></td>
<td><strong>$10,100,000</strong></td>
</tr>
</tbody>
</table>

### Priority: Post-COVID Supports (Prevention and Early Intervention)

<table>
<thead>
<tr>
<th>Item Description</th>
<th>FY 21/22</th>
<th>FY 22/23</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community mental health and substance use education</td>
<td>$50,000</td>
<td>$50,000</td>
<td>$100,000</td>
</tr>
<tr>
<td>Community wellness and recovery supports</td>
<td>$50,000</td>
<td>$50,000</td>
<td>$100,000</td>
</tr>
<tr>
<td>Field and group supports</td>
<td>$100,000</td>
<td>$100,000</td>
<td>$200,000</td>
</tr>
<tr>
<td>Older adult supports</td>
<td>$50,000</td>
<td>$50,000</td>
<td>$100,000</td>
</tr>
<tr>
<td>Health Equity Initiative capacity development</td>
<td>$30,000</td>
<td>$30,000</td>
<td>$60,000</td>
</tr>
<tr>
<td>School mental health supports</td>
<td>$46,000</td>
<td>$46,000</td>
<td>$92,000</td>
</tr>
<tr>
<td>Racial Equity and Multicultural Organizational Development</td>
<td>$125,000</td>
<td>$125,000</td>
<td>$250,000</td>
</tr>
<tr>
<td><strong>Total Prevention</strong></td>
<td><strong>$451,000</strong></td>
<td><strong>$451,000</strong></td>
<td><strong>$902,000</strong></td>
</tr>
</tbody>
</table>

### Priority: Mental Health Surge Needs

<table>
<thead>
<tr>
<th>Item Description</th>
<th>FY 21/22</th>
<th>FY 22/23</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workforce Development</td>
<td>$200,000</td>
<td>$200,000</td>
<td>$400,000</td>
</tr>
<tr>
<td>Workforce Wellness</td>
<td>$100,000</td>
<td>$100,000</td>
<td>$200,000</td>
</tr>
<tr>
<td>SMI Private Provider Network (SSPN) incentives</td>
<td>$125,000</td>
<td></td>
<td>$125,000</td>
</tr>
<tr>
<td><strong>Total MH Surge</strong></td>
<td><strong>$425,000</strong></td>
<td><strong>$300,000</strong></td>
<td><strong>$725,000</strong></td>
</tr>
<tr>
<td><strong>Grand Total</strong></td>
<td><strong>$11,727,000</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*NEW $11.7* One-Time Plan

*For Housing Initiative + Post-COVID Supports and MH Surge*

*up to $1,080,000 must be spent in prevention and early intervention efforts*