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.

Meeting objectives include:

- Provide input on the Plan to Spend available one-time funds
- Learn about the MHSA Innovation ideas and provide input on the proposed projects:
  - PIONEER program for Pacific Islander college-age youth
  - Addiction Medicine Fellowship
  - Prevention and early intervention services in low-income housing
  - Preventing homelessness to economic and emotionally stressed older adults
  - Cultural arts and wellness-focused social enterprise cafe for Filipino/a/x youth

DATE

Wednesday, October 2, 2019
3:30 pm – 4:00 pm (MHSARC)
4:00 pm – 5:30 pm (MHSA)

The MHSA Steering Committee is combined with the monthly Mental Health Substance Abuse and Recovery Commission (MHSARC) in March and October each year. The MHSA portion of the meeting begins at 4pm, both meetings are open to the public.

County Health Campus, Room 100
225 37th Avenue
San Mateo, CA  94403

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

www.smchealth.org/MHSA

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

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

*please contact Tania Perez at (650) 573-5047 or tspererez@smcgov.org by September 25th, to reserve language/childcare services.
Mental Health Services Act (MHSA) Steering Committee
Wednesday, October 2, 2019 / 4:00 – 5:30 PM
County Health Campus, Room 100, 225 37th Ave. San Mateo, CA 94403

AGENDA

1. Welcome & Background 4:05pm
   • Doris Y. Estremera, MHSA Manager

2. MHSA One-Time Funds - Public Comments 4:10pm
   • Scott Gilman, Director of BHRS
   • Louise Rogers, Chief of County Health

   **MHSARC Motion:**
   Vote to open a 30-day public comment period for the MHSA Plan to Spend Available One-Time Funds

3. MHSA Innovations (INN) Breakout Activity - Public Comments 4:40pm
   • Select 2 projects you want to learn about (20 min each)
     1. PIONEERS program for Pacific Islander college-age youth
     2. Addiction Medicine Fellowship
     3. Prevention and early intervention services in low-income housing
     4. Preventing homelessness to economic and emotionally stressed older adults
     5. Cultural arts and wellness-focused social enterprise café for Filipino/a/x youth

   **MHSARC Motion:**
   Vote to open a 30-day public comment period for the MHSA Innovation Project Proposals

4. Adjourn 5:30pm

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Next Mental Health and Substance Abuse Recovery Commission (MHSARC) Meeting
Closing of 30-day public comment period for MHSA Innovation Projects and Plan to Spend Available One-Time Funds:

November 6, 2019 from 3:30-5:00pm
County Health Campus, Room 100, 225 37th Ave. San Mateo
Mental Health Services Act (MHSA)
Steering Committee Meeting
October 2, 2019 / 4-5:30pm
www.smchealth.org/mhsa

Agenda
1. Welcome & Background
2. MHSA Plan to Spend One-time Funds & County Budget Update
   ✓ MHSARC Motion
3. MHSA Innovations (INN) – Breakout Activity
   ✓ MHSARC Motion
4. Adjourn
MHSA – Prop 63 (2004)
1% tax on personal income in excess of $1 million (M)

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

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

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

*Component amounts based on 5-year average revenue through FY 2018/19 of $29.7 million

MHSA Reserves

- A Prudent Reserve is required to ensure counties’ ability to serve clients should MHSA revenues drop.
- In January 2019, the San Mateo County MHSA Steering Committee discussed and approved a total reserve of 50% of the highest annual revenue.
  - This total reserve includes the 33% (~$7M) required Prudent Reserve + an additional operational reserve

San Mateo County MHSA Reserve

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Unspent*</td>
<td>$35.7M</td>
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<tr>
<td>Reserve Goal</td>
<td>-$16.5M</td>
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<tr>
<td>Obligated</td>
<td>-$6.7M</td>
</tr>
<tr>
<td>Available One-Time</td>
<td>$12.5 M</td>
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</table>

*as of FY 2018
MHSARC Motion

- Vote to open a 30-day public comment period for the MHSA Plan to Spend Available One-Time Funds

MHSA Plan to Spend One-time Funds & County Budget Update
Plan to Spend One-Time Funds

- **Priorities:**
  - System improvement for MHSA core services
  - Technology and Capital Facilities (IT/CF)
  - Workforce Training and Community Education/Awareness
  - Stop-gap for Innovation projects and BHRS budget reductions

- **Input:**
  - MHSA Three-Year Plan Priorities
  - BHRS Budget Planning Stakeholder Meetings
  - April 2019 MHSA Steering Committee – initial vetting
  - Additional Stakeholder Groups

County Budget Update

- **Health budget overview**
- **One-time allocation to support BHRS budget impacts**
  - $1M for Cordilleras construction - Capital Facilities
  - $4M for FSP/Clinic restructuring - System Improvement for Core MHSA Services
Public Comments

- Public comment forms are available here
- Can continue to provide public comments through November 6, 2019:
  - Email: mhsa@smcgov.org
  - Phone: Doris Estremera, MHSA Manager (650) 573-2889
  - Mail: 310 Harbor Blvd, Bldg E, Belmont CA 94002.
  - Optional Public Comment Form available on line at www.smcgov.org/mhsa

MHSA Innovations
MHSA Innovation

- MHSA Innovation: 3-5 year projects to develop new best practices
  - 35 ideas received, 20 reviewed by Selection Committee
  - Moving forward with 5 ideas

MHSARC Motion

- Vote to open a 30-day public comment period for the MHSA Innovation Project Proposals
• Select 2 projects you want to learn more about
  1. PIONEERS for Pacific Islander college-age youth
  2. Addiction Medicine Fellowship
  3. PEI services in low-income housing
  4. Preventing homelessness to economic and emotionally stressed older adults
  5. Cultural arts and wellness-focused social enterprise café for Filipino/a/x youth

• 10 min presentation, followed by 10 min Q&A
  • Provide public comment during the Q&A or in writing using the Public Comment form

Thank you!

For more information:
Doris Estremera, MHSA
Manager
(650) 573-2889 or
mhsa@smcgov.org
## 3-Year Plan to Spend $12.5M Available One-time Funds

*$3.9M must be spent in Prevention and Early Intervention (PEI)*

<table>
<thead>
<tr>
<th>Priority Item</th>
<th>FY 19/20</th>
<th>FY 20/21</th>
<th>FY 21/22</th>
<th>Grand Total</th>
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<tbody>
<tr>
<td>Recovery oriented, co-occurring capacity</td>
<td>$500,000</td>
<td>$250,000</td>
<td>$250,000</td>
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<tr>
<td>Full Service Partnerships/Clinic restructuring</td>
<td>$2,500,000</td>
<td>$1,500,000</td>
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<tr>
<td>MHSA PEI data-informed improvements</td>
<td>$100,000</td>
<td>$50,000</td>
<td>$50,000</td>
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<tr>
<td>Trauma-informed systems (BHRS, HSA, CJ, etc)</td>
<td>$100,000</td>
<td>$100,000</td>
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<td><strong>System Improvement Total</strong></td>
<td><strong>$600,000</strong></td>
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<td><strong>$1,900,000</strong></td>
<td><strong>$5,400,000</strong></td>
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<tr>
<td>Network Adequacy Compliance</td>
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<td>$100,000</td>
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<td></td>
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<tr>
<td>Improve productivity</td>
<td>$100,000</td>
<td>$225,000</td>
<td>$173,000</td>
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<tr>
<td>Increase access-telepsychiatry/health</td>
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<td>$30,000</td>
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<td><strong>Technology Total</strong></td>
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<td><strong>$255,000</strong></td>
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<td>Workforce Capacity Development</td>
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<td>Community Education</td>
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<tr>
<td>Crisis Coordination</td>
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<td>Supported Employment</td>
<td>$400,000</td>
<td>$300,000</td>
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<td>Workforce pipeline and retention</td>
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<td><strong>Education and Training Total</strong></td>
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<td><strong>$852,000</strong></td>
<td><strong>$1,912,000</strong></td>
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<tr>
<td>SSF Clinic</td>
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<td>EPA Clinic</td>
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<td>$700,000</td>
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<td>Casia House Renovations</td>
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<tr>
<td>Cordilleras</td>
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<tr>
<td><strong>Capital Facility Improvements Total</strong></td>
<td><strong>$800,000</strong></td>
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<td><strong>$500,000</strong></td>
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<tr>
<td>Pride Center</td>
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<td>HAP-Y</td>
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<td>NMT- Adults</td>
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<td>$200,000</td>
<td>$200,000</td>
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<td>Tech Suite</td>
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<td>$300,000</td>
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<td><strong>Stop Gaps Total</strong></td>
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<td><strong>$1,450,000</strong></td>
<td><strong>$2,200,000</strong></td>
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<td><strong>TOTALS</strong></td>
<td><strong>$1,630,000</strong></td>
<td><strong>$5,965,000</strong></td>
<td><strong>$4,905,000</strong></td>
<td><strong>$12,500,000</strong></td>
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<tr>
<td>Target Population</td>
<td>Need</td>
<td>Potential Reach</td>
<td>Project Description</td>
<td>Innovation</td>
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<td>-------------------</td>
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<tr>
<td>Native Hawaiian/Pacific Islander (NHPI) college-aged youth</td>
<td>In San Mateo County Asian/Pacific Islanders have lowest rates of accessing specialty mental health service. Pacific Islander students demonstrate the lowest rate of student success of all ethnic groups. There is a need for culturally relevant mental wellbeing supports for college-age youth.</td>
<td>The largest number of Pacific Islanders in the Bay Area reside in San Mateo County (11,543). Pacific Islanders represent about 1.9% (510) of students in junior colleges in San Mateo County.</td>
<td>The Pacific Islanders Organizing, Nurturing, and Empowering Everyone to Rise and Serve (PIONEERS) program provides a culturally relevant, college behavioral health program for NHPI youth on campus and the surrounding communities. PIONEERS program has 3 key components. 1) Leadership institute for cultural education, identity, history, community to develop knowledge, skills and mental health networks. 2) Mana sessions to provide a space to decompress, engage in group discussions around mental health and wellness, as well as skill building workshops. 3) Forward Movement Projects are opportunities to give back or be of service to the NHPI community.</td>
<td>Culturally responsive college/community student mental health promotion program (3-year project)</td>
</tr>
<tr>
<td>Low income young adults 18-25</td>
<td>Young adults have the highest prevalence of severe mental illness however, only 35% receive treatment.</td>
<td>MidPen houses 500 low-income young adults throughout San Mateo County</td>
<td>Preventative mental health and harm reduction workshops, a peer support group, mental health screenings, referrals and linkages to resources for mental health and drugs and alcohol, crisis support in low-income affordable housing and surrounding community housing.</td>
<td>Co-location of prevention and early intervention services in affordable housing properties (3-year project)</td>
</tr>
</tbody>
</table>
Clients with co-occurring disorders

It is estimated that addiction-related conditions account for 25-30% of ED and PES visits. Likely 60-80% of BHRS clients (15,000/year) are co-occurring. The Youth Services Center has 95% youth with co-occurring diagnosis.

1,400 combined initial evaluations and follow-up visits per year

An accredited Addiction Medicine Fellowship sponsored by San Mateo County that is tailored to addressing the needs and priorities of the public sector including treating the most vulnerable communities with co-occurring substance use disorders, advancing equity on multiple levels, and contributing to educational projects in clinical and community settings.

Addiction medicine fellowships sponsored by a government agency (3-year project)

$157,000 +admin/eval

Housed older adults at risk of homelessness

43% of all elders age 65+ do not have enough income to meet their most basic needs as measured by the Elder Index. That’s over 38,000 elders struggling to make ends meet in San Mateo County. TIES Lines intake unit social workers received 3,301 housing related calls and 598 calls regarding homelessness.

For FY 18/19 there were 1,577 eligible 60+ older adults receiving Home Delivered Meals in San Mateo County. 340 home visits, 195 screenings and linkages to behavioral health and housing resources

A mental health peer counselor will conduct home visits and forums at senior centers for older adults receiving congregate nutrition or home delivered meals. Older adults will be screened for economic stress, behavioral health issues, and connected to homeless, housing and behavioral health resources for planning, and support, to prevent acute homelessness and to slow the growing older adult homeless population trend.

Economic and emotional stress screening to prevent homelessness (3-year project)

$200,000 +admin/eval
<table>
<thead>
<tr>
<th><strong>Filipino at-risk youth (16-24) in northern San Mateo County</strong></th>
<th>33% (about 33,000) of Daly City population are Filipino. The Daly City Youth Health Center sees about 52 Filipino youth ages 13-22 for behavioral health counseling.</th>
<th>A cultural arts and wellness-focused social enterprise café that offers youth development and mental health programming on site. The social enterprise café will hire and train at-risk youth from the Daly City and surrounding communities and serve as a culturally affirming space for Filipino youth and community. The social enterprise model has proven to be a more sustainable approach when it comes to stable and diversified funding streams. The components of the mental health program are school to career prep, mental wellness ambassadors, cultural identity formation, leadership development, and financial wellness.</th>
<th>Social enterprise for mental health (5-year project)</th>
<th>$700,000 + admin/eval</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Total Annual Funding</td>
<td>$1,557,000 + admin/eval</td>
</tr>
</tbody>
</table>