



Behavioral Health Commission

Unadopted Minutes

Wednesday, October 5, 2022

Zoom Meeting

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

STAFF: Lisa Mancini, Chantae Rochester, Scott Gruendl, Doris Estremera, OCFA, Sylvia Tang, Clara Boyden, Maria Lorente-Foresti, Lee Harrison

BOARD MEMBERS ABSENT:

Excused: Cherry Leung, Katelyn Chang, Frieda Edgette

Un-excused:

OTHERS PRESENT (signed in): Sam Aval, Yvette, Amni Rostin, Kate Phillips, Dolly Shah, Helene Zimmerman, Susan Cortopassi, Twila Dependahl, John Butler, Candice Cain

CALL TO ORDER

The meeting was called to order at 3:31 p.m. by Sheila Brar

INTRODUCTIONS

Commission members introduced themselves

APPROVAL OF TODAY'S AGENDA

Approval of the Agenda with the following changes:

▶ **M/S/C** Rasmussen/Perry

APPROVAL OF MINUTES

Approval of minutes from the September 7, 2022, with the following changes:

Correct the spelling of Helene Zimmerman's name.

▶ **M/S/C** Bido/Rasmussen

Approval of minutes from the September 21, 2022, Executive Committee Meeting

▶ **M/S/C** Bido/Rasmussen

Correspondence, Announcements, and Public Comment

Michael Lim

I have three announcements; I will put links for each one in the chat.

1. Council on Criminal Justice and Behavioral Health is having their full council meeting on October 28, 2-4:30 p.m.

- a. They will have a presentation by the California Interagency Council on Homelessness, they will highlight current investments in housing
2. Medical Peer Support Specialist Certification
3. Recording by the Mental Health Association of America on Support for Mental Health of Young Adults

Jean Perry

The MHSA Steering Committee will be considering the four innovation projects that were sent to Sacramento and have received their blessings to move forward. Tomorrow will open the public comment period on those four projects. Tomorrow is also the opening of the survey for anyone interested in joining the next workgroup which will be working on the parameters for the next three-year plan. It all starts tomorrow, you don't have to be present, you can look at the four projects on the MHSA website.

Yoko Ng

During Suicide Prevention Month with the assistance of Sylvia Tang, I conducted an Adult Mental Health First Aid Class to 18 residents of Half Moon Bay. In early October we will bring the Adult MHFA to South San Francisco and later in October we will do a Youth MHFA class.

Leticia Bido

The NAMI walk is this Saturday, it's an awareness and fundraising event, first year in San Mateo. The walk will take place at Seal Point Park, registration is at 9:00 a.m., the walk begins at 10:15 a.m.

National Day of Prayer is Tuesday, October 11.

The flyers for both events are attached to the Director's Report

Helene Zimmerman

I'm speaking on behalf of California Clubhouse, Erica is not able to attend this afternoon, I am one of the Co-Board Presidents. California Clubhouse just completed our accreditation. We are also hiring for a Program Director and a Social Practitioner for Programs. Please spread the word.

Captain Kristina Bell

The City of San Carlos had a homicide last month, I wanted to thank the community for all their outreach and support. Everyone has gone through a mental health debrief, services were also offered to the witnesses as it was a horrific scene. Great community support.

John Butler

Thank you for mentioning the National Day of Prayer and the NAMI walk. I will be tabling at the NAMI walk. Also on October 22, is Sana Sana which is cosponsored by the Latino Collaborative.

The Belmont Police Department is holding a Mental Health Symposium at Carlmont High School.

I will be tabling at all three events; I hope you will come out and support us.

STANDING COMMITTEES

A. Committee for Children & Youth

Reported by Hudson Fox

Next meeting will be held on October 19, 2022, at 4:00 p.m.

Via Teams

B. Committee for Adults

Reported by Yoko Ng

Next meeting will be held on October 19, 2022, at 10:30 a.m.

Via Teams

C. Committee for Older Adults

Reported by Jean Perry

The next meeting will be held on November 2, 2022, at 11:00 a.m.

Via Teams

D. Committee for Alcohol and Other Drug Services

Reported by Paul Nichols

The next meeting will be held on October 18, 2022, at 1:00 p.m.

Via Teams

E. Mental Health Services Act Steering Committee

Reported by Leticia Bido and Jean Perry

The next meeting will be held on October 6, 2022, at 3:00 p.m.

Via Zoom

Public Comment

Sam Aval

Are not members allowed to attend?

A: Yes, the MHSA Steering Committee Meeting is a public meeting.

Director's Report

Reported by Lisa Mancini, Interim Director

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

Topics include:

- Ravenswood Wellness Partnership
- NAMIWalks in San Mateo County
- Congratulations - Clara Boyden, 2022 Steve Kaplan Award Recipient
- Join the MHSA Three-Year Planning Workgroup
- County Supports Suicide Prevention Month
- Contractors' Association Spotlight: Voices Of Recovery San Mateo County
- CalAIM Corner: CalAIM Opportunities

Past issues can be found [here](#).

Serenity House

- Serenity House fully opened on Monday
- It's a 13-bed facility and we currently have 6 clients there now

- Telecare is the contractor who runs the facility
- They are open to do tours on Tuesday, Thursdays, and Fridays

The Steve Kaplan Award

- Clara Boyden, our Deputy Director of Alcohol and Drug Services is the 2022 recipient of the Steve Kaplan Award
- The award is given by Voices of Recovery
- Clara received the award for her tireless advocacy for individuals challenged with substance use disorders and for people in recovery

Grant Dollars

- BHRS will be offering our contractors another opportunity to apply for \$100,000 grant
- The funds are to help with various areas, especially with capital improvements
- They will be opening mid to late October

Public Comment

Jean Perry

In my community, the City of Millbrae, there is talk of an apartment building that is going to be purchased for a step-down care for people on their way to independent living after substance use and mental health challenges. Can you talk about it yet?

A: We are working with the City of Millbrae to have a town hall meeting with the community. We don't have a date yet, but I will get that information out as soon as it is available.

Michael Lim

When we do the planning for the upcoming year, could we also add in a presentation by Serenity House. We worked hard for several years to get Serenity House and make it a reality. It would be good to hear about what they do and the new changes and to hear if there are plans to incorporate peer support services.

A: I believe we have presentations for November and December but maybe we can plan for a presentation early next year.

John Butler

I want to invite you to the events I mentioned earlier.

- Sana Sana in Half Moon Bay on 10/20 sponsored by the Latino Collaborative
- Soul Shop for Leaders, 10/20 from 8:30-4:30 at First Presbyterian Church in Burlingame. This is one-day workshop to equip faith leaders to minister to those impacted by suicide

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee Reported by Yoko Ng

The Suicide Prevention Committee met Tuesday, October 4, 2022

- The first hour focused on debriefing the 2022 September Suicide Prevention Month

- Reviewing the annual suicide data received from the San Mateo County Health Office of Epidemiology and Evaluation
- The second hour we had guest speaker, Mason Henricks from School Safety and Risk Prevention, San Mateo County Office of Education

The next Suicide Prevention Committee meeting is Tuesday, November 1, 2022.

Old Business

Slate of Officers, reported by Leticia Bido and Jean Perry

Chair	Chris Rasmussen
Vice Chair	Sheila Brar
Member at Large	Michael Lim
CALBHB/C	Candice Hawley

► **M/S/C** Perry/Nichols

Annual Reports

Standing Committee Annual Reports are due to Chantae by 10/21/22.

New Business

Retreat Planning Committee

- Sheila Brar
- Paul Nichols
- Leticia Bido
- Candice Hawley

Presentation

CalAIM Implementation at BHRS

Presented by Scott Gruendl, Assistant Director
Behavioral Health & Recovery Services

CalAIM Changes

- Access and Entry of Care
- Assessment, Diagnosis, Treatment
- New screening tool for new clients
- New transition tool for level of care
- Coordination of care between systems
- Documentation changes
- Payment reform

Impact of Changes

- Improves client experience:
 - Easier access to services
 - Changes to medical necessity and new access criteria
 - Client can be served in multiple systems, if clinically appropriate, coordinated, and not duplicated

- Treatment can begin before assessment is completed, even if found later to not meet criteria
- Improves clinician workload:
 - Problem list replaces treatment plan for most services
 - Simplifies progress note requirements

To view the full presentation, please see attached Power Point.

Public Comment

Jean Perry

What do you propose is going to be the kind of arrangements that will need to be made in this structure to enhance the collaboration of people that are getting care from more than one piece of the system?

A: The AOD contractors have transitioned to AVATAR. We must be careful with how we do this, we don't want to break the law, but we now have data that previously that previously only existed on paper in someone's office, and it is now in our database. It will make it easier for us to monitor what's happening as well as being able to measure change. I think that unto itself sets up for a great foundation.

Chelsea Bonini

My question is based on the disabilities, realm around mental health where we accept that potentially there's a mental diagnosis or not and it's not something that we are necessarily fixing but we're giving tools to manage.

A: The trauma piece is like an add on. If a person doesn't have trauma, is not experiencing trauma that would not be a restriction. It's just not a doorway they would go through, they would go to one of the other doorways.

Michael Lim

Can you speak to, or do you know about the changes in dental services coming down the pike? The reason I ask is that talking to clients in the community, some of them are still under the impression that we don't do fillings and that if there is a cavity, we do an extraction instead. This misconception makes a lot of them hesitant to get dental work done.

A: I really can't comment specifically on the dental benefits. What I can say is that CalAIM does provide significant reform to dental.

Jean Perry

My question is on behalf of the skilled people, both licensed and certified. Is there any prospect that this new structure will generate more revenue to be able to compensate them better so that they won't also be on the edge with housing and food and security as well as their clients?

A: The governor's vision originally was that the platform supports an individual being able to be successful in their life and to be able to move forward. It wasn't meant to address a specific thing but be all encompassing.

Meeting Adjourned: The meeting was adjourned at 5:00 p.m. by Sheila Brar

Next MHSARC Meeting: November 2, 2022, from **3:30-5:00 p.m.**
Virtual Meeting

Next Executive Committee Meeting: Wednesday, October 19, 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 BHC 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.