



## Behavioral Health Commission

Unadopted Minutes

Wednesday, September 7, 2022

Zoom Meeting

**BOARD MEMBERS PRESENT:** Sheila Brar, Yoko Ng, Jean Perry, Frieda Edgette, Candice Hawley, Chris Rasmussen, Paul Nichols, Randy Torrijos, Leticia Bido, Michael Lim, Hudson Fox,

**STAFF:** Lisa Mancini, Chantae Rochester, Sylvia Tang, Maria Lorente-Foresti, Doris Estremera, OCFA, Lee Harrison

**BOARD MEMBERS ABSENT:**

**Excused:** Cherry Leung, Kristina Bell

**Un-excused:**

**OTHERS PRESENT (signed in):** Donna Rutherford, Chris, Clara Jaeckel, Susan Cortopassi, Candice Caine, John Butler, Carolyn Shepard, Maria Cerrillo Hernandez, Pam Lococo, Thelma Flores, Edgar Cruz, Jeff Essex, Helen Zimmerman, Cynthia Gonzalez, Chevelle Bourdon, Colin Lauer

**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 with the following changes:

▶ **M/S/C** Edgette/Nichols

**APPROVAL OF MINUTES**

Approval of minutes from the July 6, 2022, Behavioral Health Commission Meeting

With the following changes: The Older Adult Committee meets via Zoom

▶ **M/S/C** Rasmussen/Bido

Approval of minutes from the July 20, 2022, Executive Committee Meeting

▶ **M/S/C** Rasmussen/Bido

**Correspondence, Announcements, and Public Comment**

Michael Lim

I have 3 announcements and I will put all links in the chat.

Documentarian Ken Burns

- Two-part documentary series on children and mental health “Hiding in Plain Sight”
- Currently streaming on PBS

The National Alliance on Eating Disorders Third Annual Dare to Love Yourself Summit on September 19, 2022

- Eating Disorders are much more prevalent than we think
- Statistics show there are more people dying from eating disorder than from suicide

The Office of Consumer and Family Affairs (OCFA) will be having their Lived Experience Academy

- Workshop to teach clients how to tell their story
- Class begins on October 13
- The application deadline is September 13

Jean Perry

I’d like to clarify that the Lived Experience Academy includes family members and loved ones of individuals who are living with a mental illness. All are welcome. Even if you don’t identify as a consumer, it is a valuable experience, I’d recommend it.

Donna Rutherford

I’m a new board member with the clubhouse. Our Executive Director, Erica Horn, is out so I wanted to be her to represent California Clubhouse.

## **STANDING COMMITTEES**

### **A. Committee for Children & Youth**

**Reported by Katelyn Chang & Hudson Fox**

Next meeting will be held on September 21, 2022, at 4:00 p.m.

Via Teams

### **B. Committee for Adults**

**Reported by Yoko Ng**

Next meeting will be held on September 21, 2022, at 10:30 a.m.

Via Teams

### **C. Committee for Older Adults**

**Reported by Jean Perry**

The next meeting will be held on October 5, 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 September 20, 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

John Butler

Is it known how many peers from the community submitted ideas for the MHSA Innovations? I really appreciate that the commissioners took the Mental Health First Aid Training. I want to thank San Mateo County for funding myself, Dana Foley and Ellen Darnell to take the training to be facilitators for the class and thanks Yoko who helped us through the confusion with the national council website.

A: I don't know the actual category of submitters, but I do know that there were a handful of ideas submitted that did not meet the innovation criteria. There were 19 others that met the criteria but were not selected and then the final 5 were selected.

As we hear about those 5 projects we'll know more. Those 19 ideas that were not selected are not going to just fade into oblivion. We have every intention of incorporating them into other categories that would be funded under prevention and early intervention (PEI), if we can find the right fit.

### **Director's Report**

Reported by Lisa Mancini, Interim Director

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

Topics include:

- Suicide Prevention Month
- Recovery Happens Month
- New Crisis Center Transparency Page
- David Lewis Award
- Suicide Prevention Training Updates
- Contractors' Association Spotlight: Youth S.O.S. Update
- CalAIM Corner: CalAIM Implementation in San Mateo County

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

#### Care Court

- There was an amendment to the bill at the end of August
- The first 8 counties have been put forward (San Mateo is not one of them)
- Our neighboring county, San Francisco, will begin the venture and we'll have opportunities to hear and learn from them
- We will be implementing by December 2024

#### RFP for Full-Service Partnership (FSP)

- I'm learning about this opportunity
- I hope to invite one of my staff to a future meeting to provide an update on where are we in the process

#### 988

- The suicide and crisis lifeline
- We are thrilled to partner with Star Vista on this project
- Between June and July, Star Vista has seen a 34% increase in calls since 988 was implemented

## Suicide Prevention and Recovery Happens Month

- There will be proclamations given for both Suicide Prevention and Recovery Happens at the Board of Supervisors (BOS) meeting next Tuesday

### Public Comment

Jean Perry

The other thing that is probably more confusing than Care Court is CalAIM. I've attended several webinars and it makes my head spin. I was really surprised to hear that they going to dismantle the Total Wellness program. It sounds like the logical thing to do is to make it part one of the entities that actually provides the care in the CalAIM structure. Can you help me understand?

A: My understanding is that the Total Wellness Program was grant funded. When we get grant funding, we try to sustain that but when we're unable to find a solid revenue stream that becomes problematic. It is my understanding that is what happened with the Total Wellness program. There is a good piece, as you bring up CalAIM we want to incorporate that great work into our blueprint that we are working on for CalAIM, working with the Health Plan of San Mateo and our other partners. Scott Gruendl does a really simplistic overview of CalAIM, which I needed to understand it, I would be happy to schedule a presentation for the commission.

Frieda Edgette

Prior to Gilman's departure he spoke a lot on the countywide strategic planning process that was just getting underway. I would like to receive updates, if there are any, and request to be kept in the loop on the status and how the commission can be involved and support the process.

A: I will find out more about the countywide strategic planning. It could around the countywide equity initiative, I will find out.

Jean Perry

I consistently hear from families the difficulty of the loved ones getting care for both their mental health challenge and their substance use. I would love to hear what you see in your leadership role and what we can do about it.

A: Our Leadership and Executive Teams work together in those areas. We want to continue to help grow those opportunities. Tuesday at the BOS meeting we'll be talking about recovery and suicide prevention, the more we can open up our services and make them available is another piece that we're looking into and how to continue the great work of offering those services and really having them interact with each other.

John Butler

Lisa it was great meeting you yesterday at the Suicide Prevention event. Thank you for supporting us. I want to thank the mayors for supporting Suicide Prevention Month.

## **Liaison, Task Force and Ad Hoc Committees**

### **Suicide Prevention Committee Reported by Yoko Ng**

We had two presentations at our August meeting

1. The first presentation focused on 988
2. The second presentation focused on the Statewide Suicide Prevention Month resources

The Suicide Prevention Committee met yesterday in person to distribute outreach materials and for our group picture.

The next Suicide Prevention Committee meeting is Tuesday, October 4, 2022, at 1:30 and we will have a presentation by Molly Henricks from the County Office of Education.

## Public Comment

John Butler

I appreciate the service that Stan Collins has shown to our county through our committee meetings, and I hope that we can arrange to have him appear in person in our county in the future to present. He has over 20 years experience, in the field of suicide prevention. He has lived experience in this area, and he is a remarkable person. I'm so grateful for all the things we received in our suicide prevention kits yesterday. I'm just grateful for this time. Thank you!

## Old Business

Nothing to report.

## New Business

### Slate of Officers

- Chair Chris Rasmussen
- Vice Chair Sheila Brar
- Member at Large Michael Lim
- CAL/BHC Candice Hawley

## Presentation

Suicide Prevention Month

Presented by Sylvia Tang, Community Health Planner

Office of Diversity and Equity, BHRS

## Why WE Exist

In collaboration with and for community members the Office of Diversity and Equity (ODE) advances health equity in behavioral health outcomes of marginalized communities by influencing systems change and prioritizing lived experience.

## What WE Do

4 Pathways in our Theory of Change

1. Workforce Development & Transformation
2. Community Empowerment
3. Strategic Partnerships
4. Policy & System Change

## **Suicide Prevention Month**

September – Suicide Prevention Month

September 4-10 – National Suicide Prevention Week

September 10 – World Suicide Prevention Day

Please see attached to view the full presentation.

Public Comment

Chris Rasmussen

Thank you, Sylvia for all the work you do, you always do an amazing job. We need other commissioners to volunteer for the proclamations because most of them are on the same night and we can't all be in the same place.

A: We will send the spreadsheet to all commissioners.

Chris Rasmussen

We did this with mental health month, and it is a great opportunity for commissioners to get in front of the city councils and let them know what we do and get facetime for our commission. For mental heal month we had a social media kind of calendar, do we have that for suicide prevention month?

A: Yes, we do I will put it in the chat.

Randy Torrijos

In addition to Suicide Prevention month proclamation, we will also do a Recovery Happens month proclamation at Tuesday's BOS meeting. I wanted to give Sylvia special props for getting the lights to change color at County Center because she has been asking for that since before the county had lights that could change color. I'm glad that our technology has caught up to her request.

Sylvia

Thank you, Randy for making the county proclamations happen every year and a big thanks to Gary and Joaquin on his team in public works.

Frieda Edgette

I want to uplift Hudson's question from the chat around social media resources. I know on the website there are these wonderful backgrounds and I'm wondering if there's social media tool with images and other things that we can build on and repost within our various social media feeds.

A: Yes, I will put the link in the chat, let me know if it does not work and we can make it into a word document or put it on google drive.

Frieda Edgette

I want encourage folks to go the website. It's exciting that we're doing in person events again and especially centered around the topic of substance, where so much of the healing process is being in the community with those with shared lived experiences that can share greater hope. Check it out and actively participate.

John Butler

Recovery month website has a list of resources. The recovery walk is on the same day as the Recovery Month Proclamation and the Suicide Prevention Month Proclamation on September 13. There will be resource tables in front of County Center. There will be a breakfast to start the day. Go to the Voices of Recovery website for all the details <https://www.vorsmc.org>. Recovery is an essential part of my mental health experience in my suicide experience as well. I want to acknowledge Sylvia, Gina, Maria, and Camille for providing so many resources to allow me to table in cities throughout the county. I want to acknowledge the help of commissioners Jean Perry, Michael Lim, Yoko Ng, and Candice Hawley for being so much a part of our community and working alongside us and pushing us forward to achieve great things.

**Meeting Adjourned:** The meeting was adjourned at 5:15 p.m. by Sheila Brar

**Next MHSARC Meeting:** October 5, 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

**David Lewis Award Presentation  
2022 Honoree Jeff Essex  
Congratulations!**

**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.