



Behavioral Health Commission

Unadopted Minutes

Wednesday, October 4, 2023

Hybrid Meeting

COMMISSION MEMBERS PRESENT: Chris Rasmussen, Sheila Brar, Chelsea Bonini, Danelle Keohane, Kristina Bell, Victoria Yu, Paul Nichols, Ryan Lopez, Frieda Edgette, Yoko Ng

STAFF: Chantae Rochester, Jei Africa, Scott Gruendl, Doris Estremera, Maria Lorente-Foresti, Lee Harrison, OCFA, Sylvia Tang, Yolanda Ramirez

COMMISSION MEMBERS ABSENT:

Excused: Candice Hawley, Michael Lim, Leticia Bido, Allen Bustos, Supervisor Noelia Corzo, Jacki Rigoni

Un-excused:

OTHERS PRESENT (in-person): Robert Taylor

OTHERS PRESENT (online): Candice Muntz, Cristae Pepin, Sue Cortopassi, Waynette Brock, William E, John Butler

CALL TO ORDER

The meeting was called to order at 3:38 p.m. by Chris Rasmussen

INTRODUCTIONS

Commissioners introduced themselves.

APPROVAL OF TODAY'S AGENDA

Approval of the Agenda

► **M/S/C** Yu/Keohane

APPROVAL OF MINUTES

Approval of minutes from the September 6, 2023, Commission meeting

► **M/S/C** Keohane/Brar

The Executive Committee did not meet in October.

Correspondence, Announcements, and Public Comment

Jean Perry

Annual National Day of Prayer is Tuesday, October 10, 2023, from 12:00-2:00 pm at 400 County Center, Redwood City. The Spirituality Initiative put it together for our county. You can attend virtually via Zoom.

Chris Rasmussen

In your packets there's a flyer for the County Boards and Commissions Recognition reception on Tuesday, November 7, 2023.

Robert Taylor, NAMI

I wanted to invite everyone to our Annual NAMI walk on Saturday, October 14, at Seal Park, San Mateo. Join us to help raise awareness about mental health and reduce stigma. You can register at our website at namisanmateo.org.

Jean Perry

The Lived Experience Educational Workgroup is going to be joining the NAMI walk in mass and will have a van leaving from the Central County location. You need to be there by 8:45 a.m. if you would like a free van ride to and from the event. You can send them an email as well as signing up with NAMI, you will have a free lunch waiting for you. You don't have to donate to participate. Consumers, families and employees of BHRS are going to participate. If you would like the van ride, let the Office of Consumer and Family Affairs know in advance.

Jairo Wilches

We reserved two small vans that can transport about 10 people total. We will start the route at 2000 Alameda de las Pulgas, San Mateo. We might be able to move one of the vans to another location south of San Mateo or North of San Mateo depending on the demand. If you need transportation to the walk, please call our office at 650.573.2673.

Chris Rasmussen

I want to remind commission members that the California Association of Local Behavioral Health Boards/Commissions will be having their quarterly meeting on October 20. It will be a local meeting.

Jean Perry

You can also attend the California of Local Behavioral Health Boards/Commissions meeting virtually. Our commission member who is the liaison for the CALBHB/C has been off on medical leave for a while and if those who attend could report back to the commission.

STANDING COMMITTEES

Committee for Children & Youth Reported by Frieda Edgette

Next meeting will be held on October 18, 2023, at 4:00 p.m.

In-Person at 2000 Alameda de las Pulgas, Room 201, San Mateo

Or virtual via Zoom

Committee for Adults

Reported by Yoko Ng

Next meeting will be held on October 18, 2023, at 10:30 a.m.
In-Person at 2000 Alameda de las Pulgas, Room 201, San Mateo
Or virtual via Zoom

Committee for Older Adults

Reported by Jean Perry

The next meeting will be held on November 1, 2023, at 11:00 a.m.
In-Person at 2000 Alameda de las Pulgas, Room 201, San Mateo
Virtual via Zoom

Committee for Alcohol and Other Drug Services

Reported by Paul Nichols

The next meeting will be held on October 25, 2023, at 4:00 p.m.
Palm Detox Center
2251 Palm Avenue, San Mateo

Mental Health Services Act Steering Committee

Reported by Jean Perry

The next meeting will be held on December 7, 2023, at 3:00 p.m.
College of San Mateo, College Center-Building 10, Room 468
San Mateo

Public Comment from the Chat

Chelsea Bonini

Jean, can you tell us where information is available on the Youth Full-Service Partnership? Is there data around how that’s going? How much it’s being used? What the capacity is? What the openings are? It’s relevant to our work on the Youth Committee and our Pathways.

A: Jean Perry. I don’t know which community-based organizations were selected for the children’s needs services. I’m sure Jei could speak to that and built into our recommendations was, how are these services going to be evaluated in real time?

A: Jei Africa. Historically, we’ve had providers like A.I.R. doing the evaluation for Full-Service Partnership. There’s the quantitative data and there’s also qualitative data that we’re analyzing to see how we can improve. That should be available in the 3-Year Annual Report the Doris publishes. In the MHSA report you can see the providers.

Doris Estremera

I think we can bring that to the Youth Committee. We can Edgewood, who is the provider for Children, Youth, and TAY. Fred Finch does the out of county Full-Service Partnership services. We can share that information with your committee. One thing to add, based on your feedback, to the annual report the qualitative piece.

Director’s Report

Reported by Jei Africa, Director

Past issues of the Directors Update can be found [here](#)

Canyon Oaks Youth Center (COYC)

- Celebrated its 20th anniversary a few weeks ago; nice celebration with staff (both current and former staff)
- Two employees have been there since the facility opened.

Cordilleras Healing Campus

- Telecare has historically been providing a high level of care (about 100 beds)
- Now will be split into 4 MHRCs (Mental Health Rehabilitation Centers) with 16 beds for each facility.
- Hoping that would be opening and taking clients early 2024, that has been pushed back a few months.

CARE Court

- Care Court is the Community Assistance, Recovery, Empowerment Court was launched in 7 counties on Monday.
- San Mateo is included in the next cohort; will be launching next year.
- A suggestion to the Executive Committee is to present CARE Court to BHRC; planning to do that early 2024.

Audit

- Audits are part of our compliance.
- There is a current audit going on right now in our SUD side.

Measure K

- The County Executive Office held multiple listening sessions on what Measure K funding will look like in the next round. They reported at the BOS meeting yesterday that they had 345 residents participate in the focus groups and they received about 2300 surveys.
- Three themes were identified:
 1. Children, families and older adults
 2. Housing & homelessness
 3. Emergency Preparedness
- You may have noticed that the three themes did not mention behavioral health. It actually came up in all of the 3 themes and the decision is to embed mental health and substance use in all of three of the themes.
- The one thing that stood out to me was the 22% of the respondents who had a household income of \$75,000 or less said that mental health or counseling were never accessible to them.
 - How do we provide accessible service for our lower income residents?
- Some of the things that stood out:
 - having affordable clinics and services
 - having bilingual, bicultural, competent providers
 - having emergency mental health support

National Day of Prayer

- The National Day of Prayer is led by our Spirituality Initiative under BHRS.

- During the early days of the Initiative, it was led by our consumers and family members when they felt our system of care left out alternative ways of healing and recovery for our clients. A group of clients and family members came together and brought it to the administration.
- There is statewide work that's happening and focusing on spirituality and that there is a national focus on how spirituality can help in people's recovery.

Housing Heroes

- Date of event: 10/18/23 in RWC
- Housing stability is a big component of people's recovery.
- Every year BHRS honors those who are lifting up resources and providing supports for people that need housing.
- 8 people and organizations will be honored as Housing Heroes.

Boards & commissions appreciation

- You are encouraged you to join the appreciation event on 11/7/23 in RWC.
- It's an opportunity to meet the members of other county boards and commissions.

Unite for Youth

- Partnership with SMCOE and Health (BHRS)
- Two of the working groups have kicked off:
 - Elementary working group
 1. With the high school group there's a conversation around the framework that schools are using to talk about supports call the MTSS (multi-tiered system of support) framework.
 - High School group
 - Two things that stood out to me in the high school report:
 1. How much young people were really affected by the pandemic and have experienced multiple traumas because of that isolation.
 2. Ensuring that those in rural places get the same amount of support.

Suicide Prevention Month

- Thank you for supporting Suicide Prevention Month and Recovery month this September.

Public Comment

Paul Nichols

Will the measure K information be made available to us in some form of document.

A: It should be, the presentation was yesterday at the BOS and should be in their minutes.

Paul Nichols

Can you get your report to us before the meeting?

A: I will do my best to prepare the report prior to the meeting.

Yoko Ng

Certain staff may need cultural competency training, not using family members to interpret. Training on effective communication how to work with interpreters that is crucial in the

mental health setting. The family member may not be reliable or will be overprotective. That's the issue that has been going on.

A: Our team that is led by Frances Lobo is doing an amazing job of language access that's part of Dr. Maria Lorente-Foresti, they are doing this effort to train our staff on how to use interpreters and working with medical interpreters that really have very little knowledge on behavioral health issues. Maybe in the future we can have them come and share data they are seeing.

Chelsea Bonini

You mentioned that part of the discussion at the Steering Committee for United for Health talked about the impact of the proposed changes to MHSA, I know our legislative committee has it on our agenda to meet around that, I was curious if it was possible to share any insights?

A: I use the MHSA Steering Committee Report. Doris led that along with Jean, but we are happy to share that with you.

Doris Estremera

WE did present to the MHSA Steering Committee and there have been updates since that presentation. We can present to the legislative committee. We'll just need to figure a date.

Jean Perry

The building purchased for California Clubhouse and Voices of Recovery, not a single nail has been hammered on the revisions.

A: Because it is county owned facility the Department of Public Works needs to do the work there and they are full to the brim, and they have told departments they are prioritizing the work they are doing because the capital projects are so big.

Scott Gruendl

They are looking at contractors. It is on our list and Janet Gard is the lead, she can update you on the progress going forward.

Chris Rasmussen

We put in our recommendation to the Board of Supervisors about expanding crisis stabilization center. Keep that in mind, if there are opportunities for commissioners to help with the planning for care court.

Jean Perry

We had concerns about the Project Guardian program that had been launched in the City of San Mateo and a program that our Sheriff is planning to launch countywide. It would involve people with mental illness, and they did not have any mental health representatives at the table, and we still haven't gotten them present to the commission.

A: Assistant Sheriff Ryan Monaghan and Jeanine Ovalle from the City of San Mateo will present on Project Guardian at the November Commission meeting. The challenge is that the County has limited oversight over municipalities.

Chelsea Bonini

There have been community presentations and opportunities for the community to give input. They came to the Commission on Disabilities a few months ago and presented on Project Guardian. I would suggest if we had specific concerns, that we submit those in advance so they can address our concerns during their presentation.

Frieda Edgette

When we have external presenters, we should offer a briefing session of our key points of interest and the priority areas we would like to hear during the presentation. It would be beneficial for the and more meaningful for us.

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee

Reported by Yoko Ng

- Reviewed program goals:
 - Increased supports
 - Reduced suicide attempts and deaths.
 - Stigma reduction
- Debriefed Suicide Prevention month activities and advocacy
- Star Vista will have their 55th Annual Fundraising Celebration on Thursday, October 12, at Skyline College, 3300 College Drive, Farallon Room, San Bruno
- Our next meeting is Tuesday, November 7, at 1:30-3:00 p.m.

Legislative Committee

Reported by Chris Rasmussen

We will announce a meeting date at the next commission meeting.

New Member Committee

The New Member Committee did not meet.

Public Comment

Jean Perry

Who is on the Legislative Committee and is it open to other commissioners?

A: Chris Rasmussen, Frieda Edgette, Chelsea Bonini, and Paul Nichols

Jean Perry

Is it open to participation from other commissioners?

A: Yes.

Jean Perry

Housing that was promoted by SBA326 went away at 2 minutes to midnight except for \$1.6 billion that went to veterans supportive housing and the rest went to behavioral health infrastructure marked for facilities for involuntary treatment. That's different than permanent supported housing. The presentation we did at the MHSA Steering Committee Meeting is old news. We need to have accurate input to be able to advise the Board of Supervisors.

Old Business

- Slate of Officers
 - Presented by the Nominating Committee
 - Leticia Bido, Paul Nichols, Daniel Keohane, Jean Perry
 - Chair – Chris Rasmussen
 - Vice Chair – Sheila Brar
 - Member at Large – Michael Lim
 - CALBH/C – Candice Hawley
 -
- Annual Retreat Planning Update
 - Reported by the Planning Committee
 - Sheila Brar, Chris Rasmussen, Ryan Lopez
 - The committee will meet later this month to discuss date and location.

New Business

- Executive Committee Meeting
 - Will meet immediately following the monthly commission meeting on the first Wednesday of the month.

Presentation

Data Book

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

Please see attached Power Point presentation. Send questions to Scott Gruendl at sgruendl@smcgov.org.

Meeting Adjourned:

The meeting adjourned at 5:30 p.m.
by Chris Rasmussen

Next MHSARC Meeting:

January 3, 2024, from 3:30-5:00 p.m.
College of San Mateo
College Center- Building 10, Room 468

The Commission will not meet in December.

Next Executive Committee Meeting:

Wednesday, November 1, 2023, at 5:00 p.m.
College of San Mateo, College Center
Building 10, Room 468, San Mateo

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.