



Behavioral Health Commission

Unadopted Minutes

Wednesday, February 7, 2024

Hybrid Meeting

COMMISSION MEMBERS PRESENT: Chris Rasmussen, Sheila Brar, Frieda Edgette, Kristina Bell, Michael Lim, Paul Nichols, Ryan Lopez, Victoria Yu, Yoko Ng, Allen Bustos, Leticia Bido, Jean Perry

STAFF: Jei Africa (virtual), Chantae Rochester, Doris Estremera, Kristie Lui, Maria Lorente-Foresti (virtual), Sylvia Tang, Lee Harrison

COMMISSION MEMBERS ABSENT:

Excused: Dan Keohane

Un-excused:

OTHERS PRESENT (in-person): John Butler, Cassandra Jackson, Shawneece Stevenson, Rae Abileah, Tony Garcia, ShaRon Heath, Mary Bier

OTHERS PRESENT (online): Bruce Adams, Calvin Shelton, Dave Hanson, Francesca Reyes, John McMahon, Kate Phillips, Leafa Taumoepeau, Lee Harrison, Lisa Tealer, Pat W, Pat Way, Sidhartha Palani, Sue Cortopassi, Sydney Hoff, Twila Dependahl

CALL TO ORDER

The meeting was called to order at 3:45 p.m. by Chris Rasmussen

INTRODUCTIONS

Commissioners introduced themselves.

APPROVAL OF TODAY'S AGENDA

Approval of the Agenda with the following change:

- Move the presentation before the Standing Committee Meetings
 - ▶ **M/S/C** Edgette/Nichols

APPROVAL OF MINUTES

Approval of the minutes from the following meetings:

- October 4, 2023, Behavioral Health Commission Meeting
- November 1, 2023, Behavioral Health Commission Meeting
- January 3, 2024, Behavioral Health Commission Meeting
 - ▶ **M/S/C** Nichols/Brar

Correspondence, Announcements, and Public Comment

Bill Silverfarb

The Board of Supervisors (BOS) passed legislation to adopt a resolution declaring loneliness a health emergency.

- 45% of San Mateo County residents reported challenges with isolation and loneliness.
- We're the first county in the nation to declare loneliness a public health emergency.

Michael Lim

- I want to bring your attention to an article published by WhatMatters, "Do Opponents of Prop 1 Have History on Their Side".
- The National Alliance for Eating Disorders will hold a National Day of Support, "Group-A-Thon", Saturday, February 24, 2024, 5:00 a.m. to 9:00 p.m.
 - They will offer 24 free therapist-led, virtual support groups.

Johnathon Butler

NAMI's 50th Anniversary Gala is April 27, 2024. Stay tuned for details.

PRESENTATION

Community Wellbeing Assessment

Presenters:

ALAS (Ayundando Latinos A Sonar)

Tony Serrano (he/him), Lead Case Manager for Homeless Prevention Programs at St. Vincent de Paul, San Mateo County of San Mateo

Rae Aibileah (she/her), Project Coordinator at ALAS

BACHAC (Bay Area Community Health Advisory Council)

Cassandra Jackson, MA, PPS

Shawneece Stevenson, MSW, ACC

Please see attached presentations.

Public Comment on Presentations

Standing Committee Reports

Committee for Children & Youth Services

Reported by Freida Edgette

Next meeting is Wednesday, March 20, 2024, at 4:00 p.m.

Hybrid meeting:

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

Virtual: [Zoom](#) or dial 669-444-9171 Meeting ID: 990 0971 9684

Committee for Adult Services

Reported by Yoko Ng

Next meeting is Wednesday, March 20, 2024, at 11:00 a.m.

Hybrid meeting:

In-person at 2000 Alameda de las Pulgas, Room 201, San Mateo
Virtual: [Zoom](#) or dial 669- 900- 6833 Meeting ID: 983 9161 3998

Committee for Older Adult Services

Reported by Jean Perry

Next meeting is Wednesday, March 6, 2024, at 11:00 a.m.

Hybrid meeting:

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

Virtual: [Zoom](#) or dial 669-900-6833 Meeting ID: 944 8158 6160

Committee for Alcohol and Other Drug Services

Reported by Paul Nichols

Next meeting is Wednesday, February 14, 2024

Via Teams

Mental Health Services Act

Reported by Leticia Bido

Next meeting is Thursday, May 2, 2024 at 3:00 p.m.

Location: TBD

Director's Report

Reported by Jei Africa, Director

EQRO (External Quality Review Organization)

- Two-day visit by the organization to review our policies
- Few things highlighted:
 - Communication back to providers
 - Needing to beef up IT compacity.
 - Efforts to expand our workforce.
 - Experienced people with lived experience

Housing

- This month's Director's Report is focused on housing.
- The Centers on Homeless report that In San Mateo County an estimated 1700 individuals are experiencing homelessness.
- Housing is healthcare.
 - Without stable housing people are less likely to engage in anything else.
 - People experiencing homelessness often face poorer health outcomes.
 - Behavioral health clients, housing is part of treatment and directly correlated to recovery.

Health Ambassador Program (HAP)

The HAP honors the important role that community members play in healing and supporting others in their communities.

- The HAP is offered by the Office of Diversity and Equity (ODE)
- We have 13 Health Ambassadors graduating later today.

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

Public Comment on the Director's Report

No public comment on the Director's Report.

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee

Reported by Yoko Ng

The Suicide Prevention Committee met on Tuesday, February 6, 2024, at 1:30 via Zoom.

- Martha Cervantes, LMFT, Star Vista, was introduced as the new co-chair for the Suicide Prevention Committee.
- We discussed the suicide data requests.

The next meeting is Tuesday, March 5, 2024, at 1:30-3:00 p.m. via zoom. Questions, please contact Sylvia Tang at stang@smcgov.org.

Old Business

Annual Retreat Report Out

Reported by Sheila Brar

The BHC Annual Retreat was held on Saturday, January 27, 2024.

We prioritized our goals for 2024:

1. Learn about drug and alcohol misuse treatment
2. Site visits and inspections
3. Continue supporting wellness literacy public training of mental health.

The Commission currently has 6 vacant client seats

- We are looking for individuals with lived experience to give the client voice and experience to the commission.
- If you are interested, please complete the [client/family member application](#) and submit to Chantae Rochester at crochester@smcgov.org. Questions, contact Chantae Rochester at 650.573.2544.

New Business

There was no new business to report.

Meeting Adjourned:

The meeting adjourned at 5:15 p.m.
by Chris Rasmussen

George Culores Hall of Fame Awards

Congratulations to the 2024 Honorees!

Mary Bier

Mary has dedicated her life to the youth and citizens of Pacifica. She's been instrumental to substance use prevention amongst youth in the northern part of the County.

ShaRon Heath

ShaRon is the Executive Director of Voices of Recovery, a peer led organization in San Mateo County. ShaRon works tirelessly to raise awareness about substance use and mental health challenges in the county.

Next MHSARC Meeting: March 6, 2024, from **3:30-5:30 p.m.**
College of San Mateo, 1700 Hillside Blvd.
College Center, Building 10, Room 468

Next Executive Committee Meeting: Wednesday, April 3, 2024, at 5:30 p.m.
College of San Mateo
College Center, Building 10, Room 468

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.