

Behavioral Health Commission

Approved Minutes

Wednesday, February 5, 2025 | 3:30 PM – 5:30 PM



Hybrid Meeting – College of San Mateo; 2000 Broadway Redwood City;
University of San Francisco, 2130 Fulton Street, San Francisco; and Online

BHC Members:	<input checked="" type="checkbox"/> Jean Perry (Chair) <input checked="" type="checkbox"/> Leticia Bido <input checked="" type="checkbox"/> Yoko Ng (Vice Chair) <input checked="" type="checkbox"/> Allen Bustos <input type="checkbox"/> Bill Silverfarb (BOS rep) <input type="checkbox"/> Chris Rasmussen <input checked="" type="checkbox"/> Colin Chu (YC)	<input checked="" type="checkbox"/> Dan Keohane <input checked="" type="checkbox"/> Frieda Edgette <input checked="" type="checkbox"/> Kristin Kurczak <input checked="" type="checkbox"/> P.D. Kristina Bell <input checked="" type="checkbox"/> Laura Gomez <input checked="" type="checkbox"/> Lavanya Poreddy <input checked="" type="checkbox"/> Michael Lim	<input checked="" type="checkbox"/> Paul Nichols <input checked="" type="checkbox"/> Rubi Garcia <input checked="" type="checkbox"/> Ryan Lopez <input checked="" type="checkbox"/> Sid Palani <input checked="" type="checkbox"/> Sophia Escobar (YC) <input checked="" type="checkbox"/> Victoria Yu
SMC BHRS Staff:	<input checked="" type="checkbox"/> Dr. Jei Africa <input checked="" type="checkbox"/> Chantae Rochester <input checked="" type="checkbox"/> Kristie Lui	<input checked="" type="checkbox"/> Sylvia Tang <input checked="" type="checkbox"/> Shirley Chu <input checked="" type="checkbox"/> Doris Estremera	
Excused Absences	Chris Rasmussen		
Others Present (in-person)	Renee Harris		
Others Present (online)	Bill Silverfarb, Lanajean Vecchione, Manual Fletes Medina, NAMI Support, Pat Willard, Susan Cortopassi, Carolyn Shepard, Sydney Hoff		

Meeting called to order at 3:35 by Chair Jean Perry.

ITEM	DISCUSSION/ACTION
Roll Call/ Introductions	Roll call was completed.
Approval of Agenda	The meeting agenda was unanimously approved. ► M/S/C Keohane/ Nichols
Approval of Minutes	The meeting minutes were unanimously approved. ► M/S/C Lim/ Bido
Correspondence, Announcements & Public Comment	<p>MHSA Steering Committee meeting is on 2/6 at San Mateo Public Library and virtual. Discussion will focus on the transition to BHSA.</p> <p>Pat Willard: In response to MCRT, one of our items of focus will be reduction of response time. We are having meeting with BOS to increase funding to double the number of teams. Any figures that Dr. Africa and Shirley Chu can provide to give knowledge to considerations are appreciated. I would like to bring data to every presentation.</p>
George Culores Hall of Fame Awards Ceremony	<p>George Culores Award Recipient:</p> <p>Renee Harris Renee Harris is a mother, suicide survivor, Peer Support Specialist, and Lived Experience Academy graduate. She has been an active member of the Suicide Prevention Committee in San Mateo County. Renee is well qualified for this recognition and honor because, with all her roles and for about 15 years, she continues to transform her trauma into awareness, inspiration and care for other clients/consumers and community members of San Mateo County. Renee's lived experience, compassion and purpose-driven passion has helped countless clients/family members and community members find their own path to hope, recovery and healing.</p>
Presentation: HEAL Team presented by Shirley Chu	<p>HEAL stands for Homeless Engagement Assessment and Linkage Team.</p> <ul style="list-style-type: none"> Our goal is to connect to longer term treatment and address behavioral health barriers to available housing options.

	<ul style="list-style-type: none"> • Our team does the initial assessment, diagnoses, and rapport building to be able to hand off to longer term treatment. • Approaches include prevention/intervention and collaboration/partnerships including homeless outreach teams (HOT) as well as shelter providers. • We have two referral processes. One is to refer through email to HS_BHRS_Heal@smcgov.org which you can email regardless of which program, and two, the most common way, is through warm hand offs from other homeless outreach providers. • Five years ago, BHRS received SAMHSA federal grant money for a pilot program which eventually developed into the HEAL Team. The model of that program was to have warm handoffs from a behavioral health clinician to and back from the HOT case manager. The program ended because of the funding. In 2022, we were able to get MHSA funding to support this program. • In addition to warm handoffs, HEAL Team provides a wide range of services from a comprehensive assessment that includes behavioral health, mental health and SUD to providing diagnoses, treatment, planning case management support services, therapeutic interventions, meaning providing therapy out in the field, in the community, in the encampment where the individual is residing, or even follow the individual. • If the individual gets into a shelter, our team also provides psychoeducational groups at various shelters. They are for drop-in purposes, and there is no enrollment required. • HEAL also provides coordination of psychiatric medications. If an individual is identified to be benefiting and need psychiatric medication on our team, we have a part-time psychiatrist who will be able to also go out to the encampment, to the shelter, to do the psychiatric medication assessment and prescribe medication • Just in the last year we received 2 different grant fundings, including the Behavioral Health Bridge Housing Funding, which lasts 3 years. This particular grant funding is a collaboration between BHRS and HSA. • Healthcare for the Homeless (HCH) is a BHRS program funded under federal grant money. Under BHRS we have an MOU to fund two positions to do the HCH work. • The Federal grant is to identify any kind of physical health, behavioral health, and dental health needs of the homeless individuals and connect these individuals to needed services. • It may be surprising, but we have learned that some homeless individuals have private insurance. • There are several coordinated efforts between the HEAL and HCH programs as well as linked database systems.
Presentation Public Comments, Questions & Responses	<p>Q: How do you measure success?</p> <p>R: If we have funding to get more license eligible and licensed clinicians to do this work, and not a funding that limits the terms of services, that would be very helpful.</p> <p>Q: For the 38 people who receive therapy, what is the effectiveness?</p> <p>R: Effectiveness is in certain ways subjected to how the individual feels. We work with them on what are their treatment plans goals that are realistic and achievable. If we achieve those goals within 9 months, that is our success. Some clinicians may have different philosophies, but we emphasize that we are building rapport with individuals since our program is short term. We are building trust to eventually bring them to a clinic with better infrastructure.</p> <p>Q: With the 138 clients served, only 38 receive therapy. Is that because only 38 give consent for treatment?</p> <p>R: I would say so, because all therapeutic services need consent. Some clients also become hard to locate. This is the nature of the homeless population. They may not stay in the same place day by day. Also HEAL and HCH focus more on warm</p>

	<p>handoff. The 38 does not reflect the number of people who receive therapeutic treatment through warm hand offs.</p> <p>Q: How can we help to change the barrier of being unable to fulfill the position because people need licensing hours? R: Help change the nature of the grant/ funding structure since the current structure only allows for intake and diagnosis but not treatment which are hours that people need to be licensed 6 years after graduation.</p> <p>Q: With the newly implemented email metric, how successful has that been? Are you receiving more inquiries? R: We do guide referrals through this email address, but not a whole lot. Mainly because a lot of the referrals are really coming from the shelters who know either our HCH or HEAL team members. And in fact, yesterday I was at Life Moves doing presentation for all their case managers about our process. We continue to coordinate from management level leadership level to direct service level. I would say, out of all the referrals, maybe about 80% come that way through warm handoff. And then maybe 20% come through that email address.</p> <p>C: I'm curious to learn about intake demographic in the future.</p> <p>C: I'm curious to hear how this program will evolve over time.</p>
Standing Committee Reports	<p>Committee for Children & Youth Service Reported by Michael Lim</p> <ul style="list-style-type: none"> • This past weekend there was a summit including topics on neurodivergence, substance use, social media and truancy. ~30 people showed up including youth and parents. • Two commissioners attended the meeting from JJDPC who gave their input as well. • Conversations with adults and youth was very needed. There are not a lot of space for youth with mental health. • Subcommittee planning an art therapy workshop for youth. <p>Next meeting is Wednesday, February 19, 2025, at 4:00 p.m. Virtual: Zoom or dial 669-444-9171 Meeting ID: 990 0971 9684</p> <p>Committee for Adult Services Reported by Yoko Ng</p> <ul style="list-style-type: none"> • Our annual potluck on 1/15 on site had great attendance. Heart & Soul and Voices of Recovery will be joining the committee as local providers. Also invited Lived Experience Academy members to share their stories. 3 speakers and one from California Clubhouse. • Voices of Recovery's WRAP program happens every Monday on site at 650 Main St. in Redwood City. It is an 8-week series on action plan for wellness. • March meeting will be an onsite tour of California Clubhouse. <p>Next meeting is Wednesday, February 19, 2025, at 10:30 a.m. Virtual: Zoom or dial 669- 900- 6833 Meeting ID: 983 9161 3998</p> <p>Committee for Older Adult Services Reported by Jean Perry</p> <ul style="list-style-type: none"> • There has been an unusual spike on suicides with men over 60 so we will be having Sylvia Tang present next meeting. <p>Next meeting is Wednesday, February 12, 2025 at 1 p.m. In-person at 2000 Alameda De Las Pulgas, Suite 200, San Mateo, CA 94403 Virtual: Zoom or dial 669-900-6833 Meeting ID: 944 8158 6160</p> <p>Committee for Alcohol and Other Drug Services Reported by Paul Nichols</p>

	<ul style="list-style-type: none"> • Last meeting was 1/16, and we had a presentation on SB43-law to change the definition of grave disability. • Next meeting will be site visit at Our Common Ground an innovative program that does contingent management that incentivizes people to stay sober. <p>Next meeting is Wednesday, February 12, 2025, at 4 p.m. Virtual: Teams</p> <p>Mental Health Services Act Steering Committee Reported by Leti Bido</p> <ul style="list-style-type: none"> • This committee is in need of a new chair. • We launched the behavioral health services act transition period. Next meeting this Thursday will focus on the transition. • Task force will also launch in April that will meet every other month for 4 meetings total. More info will be shared during steering committee. <ul style="list-style-type: none"> ○ MHSA Steering Committee (hybrid and open to the public) Thursday, February 6th at 3pm Visit MHSA website, www.smchealth.org/MHSA for details Prop. 1 - BHSA Transition Taskforce • April 3, June 5, August 7, October 2, 2025, 3:00 – 4:30 pm (hybrid meetings) Interest Survey: https://www.surveymonkey.com/r/BHSATaskforce <p>Next meeting is Thursday, February 6, 2025, at 3 p.m. In-person: San Mateo Public Library, Laurel Room Virtual: Zoom or dial 669 900 6833 Meeting ID: 892 2421 4146</p>
Director's Report presented by Dr. Jei Africa	<p>See attached slides.</p> <ul style="list-style-type: none"> • There has been concern for immigrant communities and trans communities based on federal landscape. • Highlights in countywide discussion in January include county improving communication about what is happening, sharing legal aid and housing resources broadly. • While we haven't seen a decrease in services, we are hearing from community that people are scared to access services because of fear their information will be shared but we remain compliant with privacy and HIPAA laws. • Most programs are state funded, but some substance use programs are federally funded so we are monitoring if any changes might happen. • Two new BOS: Jackie Spier replaces Supervisor Pine for District 1 and Lisa Gauthier replaces Supervisor Slocum for District 4. • We are seeking approval for the implementation of 5270 in San Mateo County to extend 30 more days, and we ask for the BHC's support. <ul style="list-style-type: none"> ○ If people are assessed as gravely disabled, danger to self/others, they can be put under a 72-hour hold. 5250 allows for an additional 14-day hold, and 5270 will allow for an additional 30-day hold. ○ This allows more time to stabilize a client rather than placing client under temporary conservatorship which has been more problematic. • Clients have been moved into the four MHRCs at the Cordilleras Health and Healing Campus.
Public Comments on Director's Report	<ul style="list-style-type: none"> • Impressed with Dr. Jei for attending the Letters from Birmingham event on MLK Day. Someone commented about someone with a mental health challenge being disruptive, and Dr. Africa quickly went to assess the situation.
Liaison, Task Force and Ad Hoc Committees	<p>Suicide Prevention Committee Reported by Yoko Ng</p> <ul style="list-style-type: none"> • Suicide Prevention Committee focused suicide prevention resource flyer. This is a prelim preliminary draft that still needs approval in BHRS Starvista and partner organizations. • A lot of discussion was brought up about how 988 works and how it can be better communicated marketed. <p>Next meeting is March 4, 2025 at 1:30PM via Zoom.</p>

	<p>Legislative Committee</p> <ul style="list-style-type: none"> No report given. <p>New Member Committee</p> <ul style="list-style-type: none"> No report given. <p>QIC Committee</p> <ul style="list-style-type: none"> No report given. <p>Site Visits Committee</p> <ul style="list-style-type: none"> No report given. <p>Cal BHB/C</p> <p>Reported by Dan Keohane and Rubi Garcia</p> <ul style="list-style-type: none"> There was a two-day meeting in January. During 1/17 meeting, a panel of 4 presented on substance use disorder and best practices for treatment. Lived experience stories of executive directors. Highly recommend watching the recording. They also shared some statistics on substance use. e.g. drug overdose for last year, 11,145 Californians died from July 2023-June 2024 Debrief page where anyone is experiencing any challenge or accomplishments can log in. https://www.calbhbc.org/sudbrief.html <p>Next meeting is Wednesday, February 12, 2025.</p>
Old Business	No items
New Business	No items
Adjournment	This meeting was adjourned at 5:25 PM by Chair Jean Perry.

Next BHC Meeting:	Wed, March 5, 2025, from 3:30-5:30 p.m. College of San Mateo - College Center, Building 10, Room 468 Millbrae Library, and Online Information will be posted on www.smchealth.org/BHC .
Next Executive Committee Meeting:	Wed, March 5, 2025, at 5:30p.m. College of San Mateo - College Center, Building 10, Room 468 Millbrae Library, and Online
Note:	PLEASE BE SURE TO CONTACT KRISTIE LUI AT KFLUI@SMCGOV.ORG . 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.