



Behavioral Health Commission

Unapproved Minutes

Wednesday, April 2, 2025 | 3:30 PM – 5:30 PM



Hybrid Meeting – College of San Mateo, 1700 Hillsdale Blvd, Bldg 10, Room 468, San Mateo; Millbrae Library, 1 Library Ave, Study Room B, Millbrae; Recovery Connection Center, 650 Main Street, Redwood City; and Online

BHC Members:	<input checked="" type="checkbox"/> Jean Perry – Chair (online) <input checked="" type="checkbox"/> Leticia Bido – Vice Chair <input checked="" type="checkbox"/> Yoko Ng – Vice Chair <input type="checkbox"/> Bill Silverfarb – BOS Rep (online) <input type="checkbox"/> Colin Chu (YC) <input checked="" type="checkbox"/> Dan Keohane	<input checked="" type="checkbox"/> Frieda Edgette <input type="checkbox"/> Kristin Kurczak <input checked="" type="checkbox"/> P.D. Kristina Bell <input checked="" type="checkbox"/> Laura Gomez (online) <input checked="" type="checkbox"/> Michael Lim <input checked="" type="checkbox"/> Paul Nichols <input checked="" type="checkbox"/> Rubi Garcia	<input 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 (online) <input checked="" type="checkbox"/> Chantae Rochester (online) <input checked="" type="checkbox"/> Kristie Lui	<input checked="" type="checkbox"/> Doris Estremera <input checked="" type="checkbox"/> Sofia Recalde (online)	
Others Present (in-person)	Alex Perez, Lanajean Vecchione, Laura Parmer-Lohan		
Others Present (online)	Jana Spalding, Jonathan, Ivy C, Maria Lorente, Susan Cortopassi, William E, Waynette Brock, Pat Willard, Laura Parmer-Lohan, Adriana Furuzawa, Jo		

Meeting called to order at 3:38 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 Nichols/ Edgette
Correspondence, Announcements & Public Comment	<p>Leti Bido: What to Know About Opioids; hosted by common ground speaker series. Tues, 4/29 evening, in-person at the Synapse School. Dr. Ronni Brown from BHRS is presenting. More info here.</p> <p>Rubi Garcia: Voices of Recovery is having a meet-up recovery night where they are presenting a movie called "Clean and Sober" April 15th evening. Voices also has a collaboration with Health Ambassadors to bring a new WRAP group to Harbor, Belmont starting 4/22.</p> <p>Frieda Edgette: HAP-Y is a 14-week training program that engages youth (ages 16-24) in various workshops/trainings on behavioral health and mental wellness. Youth can earn a \$700 stipend upon completion. The next cohort will be hybrid- first 12 weeks will be hosted virtually; the last 2 weeks will be in-person at a location in Burlingame. Please help us share this information with youth who may be interested- deadline to apply is May 2nd, programming begins May 13th. Please visit our website for application: www.star-vista.org/hap-y</p> <p>Jean Perry: CA Clubhouse is having an open house on 4/23 at their new location at 1921 El Camino Real; CA Clubhouse's 10 year celebration April 23 4:30-7pm at 2191 S El Camino Real San Mateo.</p> <p>Pat Willard: BHRS needs more MCRT teams so that the response times of 40 minutes currently can be cut in half. SFO's Crisis Teams response they've reported is 17 minutes.</p>

	<p>Ivy Clark: I am a consumer and have survived encampments for 10 years and have been stably housed for 2 years. We need a resolution to resolve rider restriction with medical Uber so it is not a lifelong sentence. Hospitals are too short staffed. I bring it to this commission to bring a resolution as I have filed grievance for 2 years. ivyclark1577@gmail.com or 530.863.8809</p>
<p>Presentation: Naloxone Training Presented by Alex Perez, IMAT Team</p>	<ul style="list-style-type: none"> • Our team has focused on community education on Naloxone (Narcan) • With more opioid use, you develop a higher sense of tolerance and the receptor cells crave more and more • Fentanyl detected in over 80% of opioid overdose deaths • To detect overdose, use the acronym: BLUE <ul style="list-style-type: none"> ○ Breathing – shallow or erratic ○ Lips – blue due to lack of oxygen ○ Unresponsive ○ Eyes – pupils are pinpoint • Naloxone is so safe even a 2-year old could take it • Steps to take when administering: <ul style="list-style-type: none"> ○ Step 1: Ask if okay ○ Step 2: Lay person on back for oxygen and incase of vomit ○ Step 3: Administer Narcan ○ Step 4: If you hear click, you know it has been administered. Narcan will act like a bully and knock out fentanyl in receptor cells. • If person is still unresponsive after 2-3 minutes, you can administer the 2nd dose. Preferably 2nd nostril, but as long as it goes in, it's okay. • Administer 3-4 more doses if you have it. • Fair warning: Odds are if person becomes conscious, they will be upset because you disrupted their high or they are disoriented/ groggy. • Under Good Samaritan law, you are not liable for civil damages. This is statewide and protects when used with minors as well.

<p>Presentation Public Comments, Questions & Responses</p>	<p>Q: What are some negative side effects to Naloxone? A: I've heard that it makes patients a little a little drowsy. There might be discomfort. But you're alive. I have not heard of anything that's significant such as people being hospitalized.</p> <p>Q: How long is the window of opportunity to save someone's life in an overdose? A: Everyone reacts differently, but the moment you start noticing the symptoms of overdose is the correct time to start acting.</p> <p>Q: I understand there is stigma for administering Narcan, but why isn't Narcan as available as something like fire extinguishers? Why can't they be available in every public space? A: The short answer is stigma. The way that our team looks at harm reduction is that it's something that should be encouraged. This is something that should be in your medicine cabinet. I think in general, naloxone is becoming more of a topic, and it's becoming less of a taboo just because we see it in media. Our team has been doing a lot of outreach with libraries, in particular. Just last month we were able to go to Half Moon Bay, and we presented in English and in Spanish. One of the things that I'm currently working on is making sure that it's also accessible to different communities specifically of color. So last year, for example, we started rolling out information in in Spanish, and we are working to incorporate more languages to that. Actually, in the next month or so SamTrans will be getting all their drivers trained to administer Narcan. And by June we will have Narcan wall mounts at all BHRS clinics.</p> <p>Q: How prevalent is the overdose problem in San Mateo County? A: Mary Fullerton and her team can talk about this more. Data wise can be a little complicated.</p> <p>Q: What is the proper way to store Narcan to ensure its efficacy? A: If you look on the box, it says store at room, temperature, or refrigerate between 2°C to 25°C, so that translate to translates to 36 to 77°F. What you can do also is, if you go on. For example, Amazon, they have heat protector boxes. So let's say that you do want to carry that in your car. You can always buy a miniature box. Put this inside, and it'll keep it safe.</p> <p>Q: Regarding case management for individuals who experienced overdose, how long will a case manager follow the individual? A: We will outreach a client 3 times before we close their case. So if somebody is engaged we will keep that client open. Maybe I outreach somebody that I met with the PES. They don't respond today, so I'll reach out again, maybe next week or the week after, and then I'll continue for about 3 times before I decide to close the case, just so that there's consistency on our level.</p> <p>Q: You mentioned the form of opioid is constantly changing. Are there any current trends? A: In the emergency room the one constant is the form of powder.</p> <p>Q: Is there a cost to buying it with a vending machine? Is there a way to have an event for parents? A: We actually are partnering with a lot of different organizations and CBOs. Best way to pretty much make plans is to reach out to Dr. Ronnie Brown who is spearheading and organizing and getting her calendar full of just presentations and outreach. We actually just did a presentation a few weeks ago over at CORA, and we delivered 2 boxes of Naloxone.</p>
<p>Standing Committee Reports</p>	<p>Committee for Children & Youth Service Reported by Frieda Edgette</p> <ul style="list-style-type: none"> • We are working with Ziomara Ochoa, Deputy Director.

	<ul style="list-style-type: none"> • Launching recruitment phase for next year. <p>Next meeting is Wednesday, April 16, 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"> • Last meeting we had a site visit with CA Clubhouse. The site is seeing a surge in transitional age youth. • Next meeting we will review structural changes happening with Serenity House. <p>Next meeting is Wednesday, April 16, 2025, at 10:30 a.m. Virtual: Zoom or dial 669-900- 6833 Meeting ID: 983 9161 3998 and in-person at Central County, Room 200.</p> <p>Committee for Older Adult Services Reported by Jean Perry</p> <ul style="list-style-type: none"> • Older adult men accounting for half the number of suicides in our county. Elder death review team being revived to understand why this is the case. <p>Next meeting is Wednesday, April 9, 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 Report given by Paul Nichols</p> <ul style="list-style-type: none"> • We heard about the opioid settlement. Money that came in as a result of lawsuits. Coalition discussing how many should be spent. • Next meeting we planned for a site visit but plans changes because there are two new DUI providers who need licensures. State certifies these programs in who can offer these services. They need support to get their certification. <p>Next meeting is Wednesday, April 9, 2025, at 4 p.m. Virtual: Teams</p> <p>Mental Health Services Act Steering Committee Report given by Jean Perry</p> <ul style="list-style-type: none"> • Join us and help inform priorities as we transition our county behavioral health system to meet Proposition 1 requirements, emphasizing the need for supportive housing, integrated mental health and substance use services, serving the most vulnerable individuals living with serious mental illness and/or substance use disorders and creating robust accountability. <p>Next meeting is Thursday, April 3, 2025, 3 p.m., In-person at Redwood Shores Library (399 Marine Parkway, Redwood City) and Virtual: Zoom or dial 669-900-6833 Meeting ID: 892 2421 4146</p>
<p>Director’s Report presented by Dr. Jei Africa</p>	<p>See attached slides.</p> <ul style="list-style-type: none"> • Robert Kennedy Jr. has proposed new reorganization with his “Making America Healthy” recommendation which needs congressional approval. • Some SAMHSA grants are not receiving continued funding after this year. • We are submitting a budget proposal to our county this week and hope to hear back by June. • Update on Prop 36 <ul style="list-style-type: none"> ○ Still very early; lots of planning and coordination with PDP, Courts, DA, etc. ○ Working on referral forms and linkage ○ Challenge is that some people prefer jail time because it is quicker and less loss of finances than the treatment mandated felony. • Welcome new Chief of San Mateo County Health, Colleen Chawla • In May, Clara Boyden will come present on MDUI providers.

<p>Public Comments on Director's Report</p>	<p>Q: Can you speak to the Mental Health Equity and Advocacy Roundtable conference?</p> <p>A: This is the second year that our Psychiatry Residency program partnered with Stanford. One of the things that I really am very excited about is many parts of our system are beginning to really lift equity in their work. It can't just be one entity that's doing equity work; it should be all parts of our system. This is one example. The team focused on elevating the needs and how we can better serve our vulnerable community. I found the panel for lived experience especially meaningful.</p> <p>Q: Will the new Chief of Health visit the commission at some point?</p> <p>A: Yes, she is currently making her rounds and getting to know programs and partners.</p> <p>Q: What is our capacity to serve more people for Prop 36?</p> <p>A: Our referrals have been low. There is capacity with our current provider. The bigger question right now is "will people choose treatment over jail time if jail time is shorter"?</p>
<p>Liaison, Task Force and Ad Hoc Committees</p>	<p>Suicide Prevention Committee Report given by Yoko Ng</p> <ul style="list-style-type: none"> • We will be presenting a webinar on Psychiatric Emergency Services with Mills Peninsula Medical Center and San Mateo Medical Center. • Next meeting is Tuesday, April 15, 2025 at 1:30PM via Zoom. <p>Legislative Committee Report given by Victoria Yu</p> <ul style="list-style-type: none"> • Move to remove Legislative Committee from agenda. We don't really have one and according to bylaws we aren't required to have one. <p>New Member Committee Report given by Jean Perry</p> <ul style="list-style-type: none"> • Two new members to join. Neither have been sworn in yet, but we will see them soon. One is veteran and the other is public member. Once bylaws are approved, we will have two new positions to recruit for - one in education and another age 18-25. <p>QIC Committee</p> <ul style="list-style-type: none"> • No report given. <p>Site Visits Committee</p> <p>Report given by Paul Nichols</p> <ul style="list-style-type: none"> • We met with Dr. Africa about how to move forward with the questionnaire. We now have more clarity. I will draft something for next month. <p>Cal BHB/C</p> <ul style="list-style-type: none"> • No report given.
<p>Old Business</p>	<p>Retreat report-out Doris Estremera</p> <ul style="list-style-type: none"> • We identified some goals for 2025 and began developing an action plan <ul style="list-style-type: none"> ○ 1) Developing and implementing data driven initiatives. Baseline data and identifying gaps. Utilizing data for decision making.

	<p>Potential interest to bring in Laura Shih to help us better understand that.</p> <ul style="list-style-type: none"> ○ 2) Understanding programs and assessment of programs and expanding that work <p>Memo from County Attorney's Office re: remote attendance Jean Perry</p> <ul style="list-style-type: none"> ● Reminder about the memo that Gina Beltramo presented on last month. ● If a board member or commission member has a disability that requires accommodation for them to attend meeting, that accommodation should be made, and you won't have to go through normal teleconferencing rules e.g. posting your address on agenda and posting agenda at the site. You won't need to go through AB2449 rule where you have to give a just case for why you are not there or an emergency circumstance.
New Business	<ul style="list-style-type: none"> ● Demographic Survey <ul style="list-style-type: none"> ○ The state requires every commission to present demographic data. ○ The survey will ask for name solely for tracking purposes. ● Action Item: Vote on updated bylaws ▶ M/S/C Edgette/ Bido; passed unanimously ● Action Item: Vote to Close 30-Day Public Comment Period for the Mental Health Services Act (MHSA) Annual Update, Fiscal Year 2025–26. <ul style="list-style-type: none"> ○ No substantive comments. ○ One comment given from Gina was read by Doris Estremera. ● Action Item: Vote to send MHSA Annual Update to the Board of Supervisors ▶ M/S/C Paul/ Keohane; passed unanimously
Adjournment	This meeting was adjourned at 5:31PM by Chair Jean Perry.

Next BHC Meeting:	Wed, May 7, 2025, from 3:30-5:30 p.m. College of San Mateo - College Center, Building 10, Room 468 Millbrae Library, Recovery Connection Center, and Online Information will be posted on www.smchealth.org/BHC .
Next Executive Committee Meeting:	Wed, May 7, 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.