



Behavioral Health Commission

Unapproved Minutes

Wednesday, June 4, 2025 | 3:30 PM – 5:30 PM



Hybrid Meeting – College of San Mateo, 1700 Hillsdale Blvd, Bldg 10,
Room 468, San Mateo; 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 checked="" type="checkbox"/> Bill Silverfarb – BOS Rep (online) <input type="checkbox"/> Colin Chu (YC) <input checked="" type="checkbox"/> Dan Keohane	<input type="checkbox"/> David Rice <input checked="" type="checkbox"/> Frieda Edgette <input checked="" type="checkbox"/> Jason Sutherland <input checked="" type="checkbox"/> Kristin Kurczak <input checked="" type="checkbox"/> P.D. Kristina Bell <input checked="" type="checkbox"/> Laura Gomez <input checked="" type="checkbox"/> Michael Lim	<input checked="" type="checkbox"/> Paul Nichols <input type="checkbox"/> Rubi Garcia <input checked="" type="checkbox"/> Sid Palani <input type="checkbox"/> Sophia Escobar (YC) <input 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"/> Doris Estremera (online)	
Others Present (in-person)	Jenny Sanchez		
Others Present (online)	Jonathon, Ariya, Gina Beltramo, Iny Li, Joe Banez, Milo, Pat Willard, Pearl Kai-Ling, Sylvia Tang, Yolanda Ramirez, Ziomara Lee Harrison, Jana Spalding, Maria Lorente Foresti, Sydney Hoff, William Elting, Warren Ng, Waynette Brock, Chip Huggins		

Meeting called to order at 3:35 by Vice Co-chair Yoko Ng.

ITEM	DISCUSSION/ACTION
Roll Call/ Introductions	Roll call was completed.
Oath of Office	Jason Sutherland
Approval of Agenda	The meeting agenda was unanimously approved after revisions. ► M/S/C Keohane/ Edgette
Approval of Minutes	The meeting minutes were unanimously approved after revisions. ► M/S/C Bido/ Lim
Correspondence, Announcements & Public Comment	<ul style="list-style-type: none"> Jenny Sanchez– I am with Synergy Programs. We are partnered with Behavioral Health & Recovery Services already and they utilize all of our residential facilities. We just recently opened a new one in Sacramento last September for those ages 59+ with mental illness. New center is going wonderfully. We have filled 30 beds and have 24 to go. Commissioner Sutherland – I wanted to share the 18 years of recovery I’ve experienced is due to San Mateo County Health Services. I am the first graduate for Pathways’ dual diagnosis program about 18 years ago. I wanted to share my appreciation and gratitude for what this community serves. Dr. Maria Lorente Foresti – On June 14th we have the San Mateo County Pride Celebration at Central Park in San Mateo. Also on June 21st we have the San Mateo County Juneteenth event in East Palo Alto. Those are supported by our Health Equity Initiatives specifically Pride Initiative and the African American Community Initiative.
Presentation: Behavioral Health Commission Youth Committee's Youth Action	<ul style="list-style-type: none"> As members of the Youth Action Board under the San Mateo County Behavioral Health Commission Youth Committee, our ultimate goal is to bring youth, voice, lived experience and youth power into county level mental and behavioral health decision making. This year we have focused our efforts on three key areas: policy making, community engagement and social media outreach. These focus areas

<p>Board, "Year in Review Presented by Iny Li, Violet Schueller, Amalia Viator, Pearl Yeh-Lee, Ariya Kaushek</p>	<p>allow each of our members to contribute to countywide behavioral health initiatives that align with their individual interests.</p> <ul style="list-style-type: none"> • Some of our achievements include: <ul style="list-style-type: none"> ○ Organized county's first Uplifting Youth Voice Summit to identify youth mental health needs ○ Contributed youth perspective to crisis care media campaign and youth seat on Mobile Crisis Response Team Steering Committee ○ Spearheaded feedback opportunities to bring the youth experience and voice to the first proposed Youth Centric Healing Crisis Campus in SMC ○ Developed initial prototype for Pathways Project, connecting youth and their families to needed mental health services irrespective of points of entry. ○ Designed social media materials to raise awareness of events and opportunities that support youth well being. • We organized the summit to create a direct path of communication between involved youth and adult educators or individuals interested in change making by learning directly from younger generations, perspective and partner organizations of the San Mateo County Behavioral Health Commission. • There was also a discussion circle with the youth and adult groups combined, and that allowed for direct communication between all generations of participants. • Topics for the summit included mental health, neurodiversity, social media and substance misuse. • Post Summit Survey showed that 78% attendees would recommend a similar event to their peers. • In conjunction with the summit, we decided to split up YAB into two main subcommittees: policy and community engagement. Within both, we put a really heavy emphasis on furthering the youth crisis care continuum. • The continuum is a comprehensive system that delivers both timely and appropriate behavioral health services to children and adolescents age 0-17. This includes the 24/7 crisis hotline mobile crisis response teams and safe youth specific stabilization facilities that offer short term care and support. • This model is focused on trauma-informed care and equitable access, regardless of a young person's insurance coverage or location. • As part of this, the YAB contributed the youth perspective to crisis care media campaign and youth seat on Mobile Crisis response Team Steering Committee. • We provided input on key issues such as the lack of public awareness about available services, the impact of stigma and the need for clear, effective messaging. • We have also worked with several commissioners to explore the potential development of a Youth-centric Healing Crisis Campus in our county. This included a feedback form to understand the needs of our youth. • Our survey went live last Friday and currently we are planning to launch a focus group this summer where we'll open up the floor to youth to share their lived experiences, identify areas for improvement and highlight factors for effective implementation. • We developed an initial prototype for Pathways Project, connecting youth and their families to needed mental health services irrespective of points of entry. • In our efforts to raise awareness of the Youth Action Board for future members, we've worked to create promotional material meant for sharing through both social media and physical common spaces.
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	<ul style="list-style-type: none"> • Next steps that we are hoping to achieve within the next year on the YAB include visibility and outreach, crisis care continuum ideas into action, expand Uplifting Youth Voice Summit, and deepen partnership to implement “United for Youth Vision 2030.” • Help share our survey: The San Mateo County Behavioral Health Commission Youth Action is exploring the development of a Youth-Centric Healing Crisis Campus, and we need your voice to guide it. If you have ever received care during a mental health crisis, we want to hear from you. Your feedback will help improve services for young people throughout the County. The survey is anonymous, takes only 5-10 minutes, and is open to youth up to age 25. Click here to take the anonymous youth crisis services survey today! https://www.surveymonkey.com/r/SMCBHRSYouthCrisisServices Interested in sharing more? You can also join a youth focus group in July to share ideas directly with local leaders working to build a better crisis care system.
Presentation Public Comments, Questions & Responses	<ul style="list-style-type: none"> • Q: Commissioner Sutherland: What is the problem statement you plan to use to bring an empathetic lens? <ul style="list-style-type: none"> ○ A: We are interested to connect more to work on a strong problem statement. • Q: Commissioner Nightingale: How are you identifying former patients and current patients to collect this data? <ul style="list-style-type: none"> ○ A: Our goal is to collect a broad range. We've worked on distributing this feedback form to a variety of youth organizations, past behavioral health events. It's not a specific group we are targeting. It is an age range. ○ This is a continuation of an effort that started last year with Deputy Director Ochoa. This survey will also be going to youth in current residential facilities. We are targeting a wide variety of populations • Q: Commissioner Keohane: I am so impressed by the work that has been done. You've mentioned in next steps 1) expanding and uplifting youth voice summit. Is there a program that can ensure you can do that? That sounds incredible. 2) expanding prevention and education efforts, I really think that is something important. Do you have cooperative presence/connectiveness with school districts, youth agencies, that you can work with that can really make that happen? Is there something we can do that can help develop that particular aspect? <ul style="list-style-type: none"> ○ A: Ideally, we will be presenting to school boards and boards of trustees. It's not too difficult to reach out to them to communicate with the superintendent to have this take place as an assembly. In the past other districts have had a similar model. I think we can reach to high school superintendents. ○ We would want to bring back a panel in the future where youth can share their own personal experiences. I think this can also improve awareness of mental health and behavioral health. • Q: Commissioner Palani: How can we help you all achieve your mission better if anything comes to mind? <ul style="list-style-type: none"> ○ A: Working on this feedback form the last couple months have been very eye opening to me. I've felt very much treated like an adult which has been impactful for me. Many of our YAB members really appreciate when people take the time to listen and value our perspectives. ○ I have been meaning to tap into the wealth of knowledge of what resources we have within the county. What exactly is Heart & Soul? Why would someone use these resources? Help us to make more informed decisions.

	<ul style="list-style-type: none"> Commissioner Gomez: I don't know who was going to help build your website, but I am an entrepreneur of two starts ups. Happy to support where possible. I am in the process of being a resource parent, and I think resources like this would be helpful. Is there any experience with the foster youth? <ul style="list-style-type: none"> A: As of now not directly, but we would be happy to connect with you to get lived experience from that population.
Standing Committee Reports	<p>Committee for Children & Youth Service Reported by Frieda Edgette</p> <ul style="list-style-type: none"> We are in the process of reviewing application for next year's cohort. I want to thank Commissioner Lim for being an incredible partner in the Youth Committee. Next year's YAB will be our 5th cohort with about 50% carrying over. For commissioners interested in getting more involved, the first step is attending the youth commission. <p>Next meeting is Wednesday, June 18, 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"> On May 21st, we went on a site tour for Voices of Recovery. We learned about their Wellness Recovery Action Plan program. They have an amazing on-site peer support group that runs on Mondays 4PM-5PM as well as a health and wellness group on Tuesdays and Thursday 4:30 p.m. to 5:30 p.m. Currently they have ten WRAP facilitators including three bilingual facilitators. We learned a lot about their direct programs and services. Next meeting we will have a presentation from Nicoletta Kelleher. <p>Next meeting is Wednesday, June 18, 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"> We heard from the Institute on Aging on their nationwide warm line. They also have a program for outgoing calls for people who sign up to be called within a certain interval. We also got to share some of the resources we have such as Friendly Voices and Peninsula Family Services that have trained peer support. Coming up we have a presentation about resources to help with hoarding. <p>Next meeting is Wednesday, June 18, 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 got an in-depth presentation about Prop 36 which was a proposition passed by the people that made a lot of changes to prosecutions of drug cases. The Prop made a treatment focused process for people who are convicted of certain drug crimes. They are still working out some bugs but overall, we learned a lot from the presentation. Next meeting will be two different site visit, the men and women's facilities for HealthRIGHT 360. <p>Next meeting is Wednesday, June 11, 2025, at 4 p.m. to 5:15 p.m. Virtual: Teams</p>

	<p>Mental Health Services Act Steering Committee Report given by Jean Perry and Leti Bido</p> <ul style="list-style-type: none"> • The second taskforce meeting will be tomorrow, 3 p.m. to 4:30 p.m. at Redwood Shores Library. • Reminder for the commissioners, we are looking for someone interested to be the representative of that committee. In the past it has been Leticia Bido and Jean Perry, but we are looking for a new representative. Please contact us know if you are interested. <p>Next meeting is Thursday, June 6, 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>
Director's Report presented by Dr. Jei Africa	<p>See attached slides.</p> <ul style="list-style-type: none"> • Governor shared his main revisions. There is a \$12B deficit which means there may be a shift in funding priorities. • Two policy shifts in MediCal coverage include taking away coverage from those with unsatisfactory immigration status. • There will be no additional funding for Prop 36, SB43, CARE Court, BH-Connect and BH Workforce Initiative. • CalAIM continues to be a big effort including payment reform. • Now with CalAIM, 90 days before being released from a correctional facility, those who have MediCal benefits can kick in. • We've hired an AOD case manager in the Juvenile Hall as well as a co-occurring therapist at Canyon Oaks Youth Center. It is important to recognize that young people have substance use issues and need services in that area. • We've done many things over the years to better integrate mental health and substance use. • We have also created a co-occurring consultation group for staff that began at the beginning of this month. It is importantly our staff feel confident and knowledgeable on how to treat and recognize both.
Public Comments on Director's Report	<ul style="list-style-type: none"> • Q: Are any of our services subject to things like MTALA regulation? <ul style="list-style-type: none"> ○ A: MTALA is more from a hospital perspective. That's their obligation. Payment is not a barrier for us. Regardless of their insurance. What we may likely see happening is that clients who have been utilizing programs under MediCal will need to pay a copay, and under Governor Newsom's proposal, that copay is going to increase to about \$100 a month. For someone that can really be a matter of getting food on the table or getting medication. • Q: Have we seen any decline in people seeking care because of the concern of ICE raids? <ul style="list-style-type: none"> ○ A: Data has not shown any difference. What we are seeing and hearing are more anecdotes from staff. For example, therapists would say there is fear, and we have also heard people are not wanting to share data with us for fear that we will share data for ICE or whoever, but, remember, patient health records are confidential and we keep it private. We also have done shifts in terms of documentation and no longer ask for documentation status. We are also hearing that people on MediCal don't want to renew and give their address for fear of ICE getting that information. • Q: In terms of the system being more separated between mental health and substance use, what would you say remains to be the largest challenge in bringing these two together? <ul style="list-style-type: none"> ○ A: Historically substance use has been underfunded. Compared to the funding for behavioral health, very little is dedicated to

	<p>substance use for federal and state. Another consideration could be stigma and cultural reasons. When I graduated for my doctorate degree two decades ago, there were no required classes related to substance use.</p> <ul style="list-style-type: none"> ○ We are seeing shifts over time. We are bringing in psychiatrists who have specialties in addiction and our medical director is an addiction specialist. That's one example. There are other efforts that I've shared earlier. It is a work in progress.
Liaison, Task Force and Ad Hoc Committees	<p>Suicide Prevention Committee</p> <ul style="list-style-type: none"> • No report given. <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> <ul style="list-style-type: none"> • No report given.
New Business	<p>Selection of nominating committee</p> <ul style="list-style-type: none"> • Commissioner Sutherland and Commissioner Nichols have volunteered
Adjournment	This meeting was adjourned at 5:29PM by Chair Jean Perry.

Next BHC Meeting:	<p>Wed, August 6, 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.</p>
Next Executive Committee Meeting:	<p>Wed, August 6 2025, at 5:30p.m. College of San Mateo - College Center, Building 10, Room 468 Millbrae Library, and Online</p>
Note:	<p>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.</p>