



Behavioral Health Commission

Approved Minutes

Wednesday, February 4, 2026 | 3:30 PM – 5:30 PM



Hybrid Meeting – 2000 Alameda de las Pulgas, Atrium, San Mateo, CA 94403; Millbrae Library, Study Room B, 1 Library Avenue, Millbrae, CA 94030; and online

BHC Members:	<input checked="" type="checkbox"/> Jean Perry – Chair <input checked="" type="checkbox"/> Leticia Bido – Vice Chair <input checked="" type="checkbox"/> Yoko Ng – Vice Chair <input type="checkbox"/> Bill Silverfarb – BOS Rep <input checked="" type="checkbox"/> Dan Keohane <input checked="" type="checkbox"/> David Rice <input checked="" type="checkbox"/> Frieda Edgette	<input checked="" type="checkbox"/> Jason Sutherland <input checked="" type="checkbox"/> Kate Saywell <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 checked="" type="checkbox"/> Sid Palani <input checked="" type="checkbox"/> Veer Chowdhary (online) <input checked="" type="checkbox"/> Victoria Yu
SMC BHRS Staff:	<input checked="" type="checkbox"/> Dr. Jei Africa (online) <input checked="" type="checkbox"/> Chantae Rochester	<input type="checkbox"/> Kristie Lui <input checked="" type="checkbox"/> Doris Estremera	
Others Present (in-person)	Dr. Maria Lorente Foresti, Jana Spalding, Charo Martinez, Clara Boyden, Adriana Furuzawa, Cassandra D Wilson, Ebony Carruthers, Stephanie Palacios, Sharon Sims, Melinda Henning, Leslie Womboch, Lourdes Briseño, Candic Cain, Jose Nunez		
Others Present (online)	Pat Willard, Amanda G, Andrea G, Anya Shapiro, Ava Kan, C Bock, Claudia Saggese, Ebony Carruthers, Edith Cabuslay, Emily Roberts, Ivy C, Jeff Blood, Jo, Joanne Qiao, Jonathon, Michelle B, Olivia Hefferman, Sandy, Seona Srivastava, Sofia Recalde, Steve McNally, Sue Cortopassi, Suzie Hughes, Sydney Hoff, Sylvia Tang, Tia Bell, Walter Ng, Whitney Cottle		

Meeting called to order at 3:40 p.m. 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
Approval of Minutes	The meeting minutes were unanimously approved. ▶ M/S/C Palani/ Bell
Correspondence, Announcements & Public Comment	<ul style="list-style-type: none"> • Frieda Edgette – Last week of February is National Eating Disorder Week, and we are partnering with Supervisors Mueller’s Office. On Monday there will be a gathering in the morning, a confirmation issued on Tuesday at the Board of Supervisors meeting, a panel discussion and resource fair on Wednesday, a body positivity workshop on Thursday, and Friday there will be an LGBTQIA+ talking circle hosted by Coast Pride. • Frieda Edgette - Futures Commission launched officially on Friday. We’ve officially launched our mobilization of gathering 10,000 youth to share a vision of the future that they want. • Leti Bido- There are general membership meetings and action meetings for the Overdose Prevention Coalition. There is a Youth and Schools action team and vulnerable populations action team. Both have a virtual quarterly meeting. For more information, reach out to Dr. Ronni Brown at overdoseprevention@smcgov.org. • Leti Bido- This Friday there is the Hearts for Hope fundraising gala at the Poplar Golf Center. • Leti Bido- There is an SUD Voices and Listening Session from CALBHB/C to engage members of the public with experience whether as family member or lived experience. This will be on February 20th in Sacramento. There is opportunity to join virtually.

	<ul style="list-style-type: none"> • Leti Bido- There is a Black Student Leadership Conference on March 7th sponsored by Youth Advisory Board from 10AM-3PM at Cañada College. • Frieda Edgette – I want to sadly report there was another death by suicide yesterday in Palo Alto. allcove Palo Alto is holding three circle support group sessions for students and parents seeking support. They will take place the next two Wednesdays and Fridays. • Jean Perry- In Lived Experienced Workgroup, there was discussion of someone from Peninsula Suicide Prevention to come next month. It will be first Tuesday of the month at 3:30PM. • Jean Perry – If anyone is interested in having a dispenser for Narcan at their organization, who would they contact? <ul style="list-style-type: none"> ○ Leti Bido – They can email overdoseprevention@smcgov.org. • Walter Ng - I'm the Community Engagement Supervisor at Felton Institute's Peninsula Suicide Prevention. Peninsula Suicide Prevention provides 24-7 crisis intervention and suicide prevention hotline, handling calls, texts, and chats from the 988 Lifeline and Suicide Support the mental health of all San Mateo County residents. Our highly trained crisis counselors provide immediate support, conduct suicide risk assessments, and develop plans to keep people safe and offer compassionate connections. Additionally, our team facilitates mental health and suicide prevention trainings and presentations, such as LEEW next month as well as postvention interventions as well, so we had responded to one in Daly City, on Sunday, and for local school districts, nonprofit organizations, government agencies, and community-based organizations. We are proud to be the contractor selected for the San Mateo County's 2026 Mental Health Month, along with the Suicide Prevention Committee, and we invite all that are present in this meeting to participate in our upcoming planning committee, where we will determine and foster community-led events and actions, share accessible resources, and promote the theme of mental health is ours, effectively moving from simple awareness towards sustainable mental health being for all. To join the planning committee, contact Frankie Anguiano at FAnguiano@felton.org. • Dr. Maria Lorente Foresti- Our African American Community Initiative will be hosting their Black History Month event this month. It will be an educational experience at the Dominique Hoskins Black History Museum in Redwood City. This will be on February 21st from 1PM-3PM. More info at SMCHHealth.org/BHM. Registration Link: https://www.surveymonkey.com/r/2026BHM • Dr. Maria Lorente Foresti- Also the Pride Initiative is currently hosting the planning meeting for this year's Pride Celebration. The celebration will be the 2nd Saturday of June. Pride Initiative meeting information can be found here: https://www.smchealth.org/sites/main/files/file-attachments/25-26_hei_meeting_schedule_final_to_post_071525.pdf?1757094209 • Clara Boyden- The California Association of Alcohol and Drug Program Executives (CAADPE) in partnership with the LA County Substance Abuse Prevention and Control Program are launching a new initiative called Substance Use Disorder Voices for Change, and they're doing this in partnership with the California Department of Healthcare Services. They're focused on building a statewide grassroots organization and network led by people who are directly impacted by substance use in their lives, and they want to make sure that substance use disorder issues are elevated within the state government. The goal is to unify voices across California, including individuals in recovery from substance use disorders, people currently using, family members, and community members. So, these entities are doing some listening sessions. There's one in LA County, and
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	<p>there's one in Sacramento County, but there are also some virtual sessions that are coming up.</p> <ul style="list-style-type: none"> • Clara Boyden- Overdose Prevention Coalition has been working closely with SamTrans, and they've been tremendous partners. All their bus drivers now are trained to carry naloxone, which is the life-saving overdose prevention medication. And now we have, outside the SamTrans station, at Sequoia station in Redwood City, we've placed one of our first outdoor naloxone sandboxes. It's filled with free naloxone for anybody who needs it to be able to come and get it. So, you can get it for yourself, or your friends, or family, but we want to make it really widely accessible. We've already started to see a dip in the number of overdoses and overdose deaths in the last year, and we think it's because of the broad distribution. • Annya Shapiro- I direct the Daly City Youth Health Center, and I just wanted to let folks know we are rebranding, we're going to announce our new name, and we're going to have an event at the Jefferson Union High School District on March 17th, between 5 and 7 p.m. We just want to invite anyone that is interested to come out. and join us and celebrate with us, that we are going to have some food and treats and interactive activities for youth, and just want to inform the community that we are changing our name.
<p>New Business</p>	<ul style="list-style-type: none"> • Vote to Open a 30-Day Public Comment Period for the Behavioral Health Services Act (BHSA) Integrated Plan, Fiscal Years 2026–29 <p>► M/S/C Keohane/Sutherland</p>
<p>Behavioral Health Services Act (BHSA) Three-Year Integrated Plan, FY 2026-29 Presentation by Doris Estremera</p>	<ul style="list-style-type: none"> • I'm Doris Estremera (she/her), and I'm the Mental Health Services Act Manager. I have been responsible for the last two years for the transition from Mental Health Services Act to Behavioral Health Services Act. • I'm going to do a high-level overview of Prop. 1 and what's in the plan. I'm going to report back a little bit on the community planning process. • March 24 is when Prop. 1 passed which launched us into the transition planning and now, we are in the plan development phase. We hope to go to the Board in May 2026 for final approvals. • Prop. 1 was broken down into two bills, AB 531, \$6.38 billion obligation Bond, and SB 326, Behavioral Health Services Act. • Prop. 1 Transformation impacts housing, substance use and mental health integration, full services partnerships, evidence-based practices and community defined evidence practices, early interventions, fiscal strategies, peer-based services, prevention, community program planning and integrated plan, workforce development, and outcome reporting. • The 3-Year Integrated Plan is in questionnaire format for the state to understand the behavioral health plans in each county. It includes some narrative about local needs. • The 3-Year Integrated Plan format allows the state to have a standardized way of assessing and understanding how behavioral health departments work across California including requirements and mandated services. • It includes a lot of questions around specific populations (e.g. youth, older adult), infrastructure, electronic health care, funding landscape, etc. • In our local community planning process, we had over 300 individuals participate across different opportunities; a taskforce, deep dive information sessions, input sessions and surveys. • Over 40% of taskforce participants identified as client/family member or provider. We also had good representation across racial/ethnic groups and conducted specific sessions for youth, older adult, providers, veterans and homeless.

	<ul style="list-style-type: none"> • The state provided 14 priority goals, and we were required to develop a plan for 6 of them. We also included social connection as a 7th goal because we did not fare as well compared to other counties. • Priority areas include access to care, homelessness, institutionalization, justice involvement, removal of children from home, untreated behavioral health conditions and social connection. • The state also requests information on how behavioral health dollars overall are allocated across the behavioral health continuum of care. • For MHSA to BHSA funding, a new funding bucket of \$9.6M is allocated to housing. The only programs we terminated at this point are population-based prevention programs funded by the millionaire's tax. However, we are still able to do early intervention, which includes outreach and culturally responsive services for targeted populations. • BHSA funding is now allocated to housing interventions - 30%; full service partnerships (FSP) -35%; and behavioral health services and supports (BHSS) - 35%. • Under FSP Requirements, we have some new related to assertive-field based substance use disorder treatment and evidence-based supported employment. • Under BHSS early intervention requirements, we will be focusing on youth ages 0-25 and will be releasing a new request for proposal (RFP) to identify new programming and providers. • 30 Day-Public comment is open from February 4, 2026 to March 4, 2026. • You can give public comment at a public meeting, through online form, emailing mhsa@smcgov.org or leaving a message to (650) 573-2889.
<p>Behavioral Health Services Act (BHSA) Three-Year Integrated Plan, FY 2026-29 Presentation Questions and Responses</p>	<ul style="list-style-type: none"> • Dan Keohane – Does the website give more info on strategies? <ul style="list-style-type: none"> ○ Doris Estremera – Yes, starting on page 21. • Kristen Kurczak – Does the website identify who the leads are for follow up questions? <ul style="list-style-type: none"> ○ Doris Estremera – Anything related to this Integrated Plan, we have a dedicated email: mhsa@smcgov.org. We can direct you to the right person. • Kristen Kurczak – Where is the delineation between prevention and early intervention? <ul style="list-style-type: none"> ○ Doris Estremera – Prevention is focused on the population at large like communication campaigns, Mental Health Month. Early intervention is targeted towards high risk individuals. • Jason Sutherland – Where do we see our biggest impact in the immediate future? <ul style="list-style-type: none"> ○ Doris Estremera – When Prop 1 came through, the intention was to target individuals living with serious mental illness and substance use disorders and housing. Biggest impact is going to be providing rental subsidies. • Jason Sutherland – Is there a cohort more specific to mental health side or substance use side when discussing co-diagnosis? <ul style="list-style-type: none"> ○ Doris Estremera – Prior to this change, we could not use those dollars for substance use only. This has now changed. This opens an opportunity to now allocate the millionaires tax to those with substance use disorder. • Victoria Yu – Who is responsible for developing early intervention programming? <ul style="list-style-type: none"> ○ Doris Estremera – We do have existing programs like Music Therapy for Asian/Asian American population, Carino Project, etc. for evidence-based practices or community defined practices. For engagement in the RFP process, we typically do have a panel to

	<p style="text-align: center;">select the provider organizations and this includes clients and family members.</p> <ul style="list-style-type: none"> • Frieda Edgette – With the selection process and RFPs, how does BHRS transformation crosswalk in terms of requirements for Medi-Cal? <ul style="list-style-type: none"> ○ Doris Estremera – A requirement is that we are screening for eligibility. Early intervention requires screening, targeted outreach, billing for interventions, and linkages. • Sid Palani – As a function of process what agency is reviewing the plan and what are the actions they can take or mandate from the plan? <ul style="list-style-type: none"> ○ Doris Estremera – Department of Health Care Services (DHCS). I don't know yet what actions they can take. • Michael Lim – The entire BHRS budget is \$380.6 Million, and I was wondering if there is a funding breakdown? <ul style="list-style-type: none"> ○ Doris Estremera – Appendix 4 has the Integrated Plan Budget. There is no breakdown by specific programming but rather by the behavioral health continuum of care and BHSA components. • Frieda Edgette- On page 67 please change from Youth Advisory Board to Youth Action Board. <ul style="list-style-type: none"> ○ Doris Estremera – Yes, we will make the change. • Veer Chowdhary – I was wondering how as we can the commission know public comment is going to shape final decisions and what is your plan for integrating committee feedback? <ul style="list-style-type: none"> ○ Doris Estremera – we will collect all comments and share them with the commission including any requests for changes and how we will respond. Substantive changes will be shared here at this meeting in March. • Jean Perry- Is there a way we may receive responses in real time feedback? <ul style="list-style-type: none"> ○ Doris Estremera – I can put together a bundle to keep you all informed more regularly. I'll figure something out. • Laura Gomez – Is there any crossover for foster care law? <ul style="list-style-type: none"> ○ Doris Estremera – Yes, one of the coordination points includes a group that meet regularly including HSA, Children and Family Services. They are not public meetings, but comments and feedback goes through our Deputy Director of Youth Services. • Carolyn Shepherd – I represent a group of caregivers for adults with mental health challenges. Addressing your concern for homelessness, I'm pleased to see integration of Z-Codes. I didn't see anything in the homeless interventions. How much longer do we wait for supportive homes, board and care, residential care? This is really an invisible population. We need a sense of urgency. • Public comment - For housing interventions piece, let's assume a 43-year-old with schizophrenia is living with fear of being unhoused. Where should they go to seek advice on finding these houses? • Lourdes Briseno – I am a community member, and I am a BHRS Health Ambassador. I have had many different challenges. When I saw that I needed help first for my mental health, then I realized I needed to support my family. My husband was facing addiction. Today he is doing better than me. In the community I recognize the challenges of stigma with substance use. We as immigrants, if we don't get the support of you, my family wouldn't be as we are right now. I have had depression, I have had a son with autism, my other son faces bipolarism, and my daughter with psychosis and other challenges. One of my biggest challenges is language.
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Director's Report	<ul style="list-style-type: none"> • There is a lot of discussion at the statewide level about potential impacts of HR1 and the decrease of people on MediCal. • We launched SB43 in January 1st. • CARE Court criteria has been expanded. When CARE Court launched a year ago, it focused on those with schizophrenia and it has now expanded to those with bipolar I with psychosis. • County did their One Day Homeless County at 5AM. There were 350 volunteers. I saw a couple of our staff at the Millbrae Station, and I saw Commissioner Michael Lim. • I will be participating in Director's Lobby Day on March 4th in Sacramento. In Governor Newsom's last few months in his role, we are trying to uplift the legislators to pay attention to behavioral health. • We are going to be asking for your patience and understanding. We received a notification for our first joint triannual audit that will be help end of April to beginning of May. We also have another review coming up on April 1st. • We have a new format for our newsletter in an effort to be more ADA accessible. It will be more web-based. • We have a total of 17 peers now with 3 vacancies. The goal for me is for peers to be in all parts of our system. There has been an increase in peers across the county.
Standing Committee	<p>Committee for Children & Youth Service</p> <ul style="list-style-type: none"> • No report given. <p>Committee for Adult Services</p> <ul style="list-style-type: none"> • No report given. <p>Committee for Older Adult Services</p> <ul style="list-style-type: none"> • No report given. <p>Committee for Alcohol and Other Drug Services</p> <ul style="list-style-type: none"> • No report given. <p>Mental Health Services Act Steering Committee</p> <ul style="list-style-type: none"> • No report given.
Old Business	<ul style="list-style-type: none"> ○ Retreat Updates <ul style="list-style-type: none"> ▪ We had a large attendance from most commissioners. Generally speaking, we were very successful with the help of Doris. We will look at implementation at the executive committee.
Adjournment	This meeting was adjourned at 5:32 p.m. by Chair Jean Perry.
George Culores Hall of Fame Awards Ceremony	<p>George Culores Award Recipient:</p> <p>Lourdes Briseño has a long-standing commitment to service, advocacy, and supporting individuals and families facing behavioral health challenges. Since becoming an SMC Health Ambassador in 2015, she has collaborated with organizations such as ODE HAP, OCFA, and NAMI to deliver culturally responsive workshops on mental health, wellness, and suicide prevention, with a particularly strong impact in the monolingual Spanish-speaking community. Through community fairs, pandemic response efforts, and creative storytelling as an LEA graduate, Lourdes has expanded access to behavioral health resources and inspired hope, recovery, and resilience across Latinx, LGBTQ+, and broader SMC communities.</p> <p>Candice Cain is known for her strength, resilience, and unwavering commitment to her own healing and the recovery of others. Since graduating from the Lived</p>

	<p>Experience Academy in 2021, she has grown into a dedicated leader and professional, serving as an LEA co-facilitator, working at Serenity House and the Navigation Center, and now supporting clients in crisis and early recovery as an Assessment Specialist II with the BHRS IMAT Team. Through her continued professional development, including recent training toward drug and alcohol counselor certification, Candice exemplifies hope, dedication, and the transformative power of recovery.</p> <p>Ebony Curruthers is someone who inspires everyone around her through her kindness, positivity, and genuine care for others. She consistently offers selfless, uplifting support, always ready with a smile, a hug, or a fresh perspective, and her passion for serving others is at the heart of her work with Heart and Soul. Her ability to persevere and think outside the box makes her an invaluable presence and a constant source of encouragement for those she supports.</p>
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Next BHC Meeting:	<p>Wednesday, March 4, 2026, from 3:30-5:30 p.m. 2000 Alameda de las Pulgas, Room 201, San Mateo, CA 94403, Millbrae Library and Online Information will be posted on www.smchealth.org/BHC.</p>
Next Executive Committee Meeting:	<p>Wednesday, March 4, 2026, at 5:30p.m. 2000 Alameda de las Pulgas, Room 201, San Mateo, CA 94403, 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>