



Behavioral Health Commission

Approved Minutes

Wednesday, June 3, 2026 | 3:30 PM – 5:30 PM



Hybrid Meeting – 2000 Alameda de las Pulgas, Room 201, San Mateo, CA 94403; and online

BHC Members:	☒ Jean Perry – Chair ☒ Leticia Bido – Vice Chair ☒ Yoko Ng – Vice Chair ☐ Bill Silverfarb – BOS Rep ☒ Dan Keohane	☐ David Rice ☒ Frieda Edgette ☐ Jason Sutherland ☒ Kristin Kurczak ☒ P.D. Kristina Bell	☒ Laura Gomez ☒ Michael Lim ☒ Paul Nichols ☒ Sid Palani ☒ Veer Chowdhary ☒ Victoria Yu
SMC BHRS Staff:	☒ Dr. Jei Africa ☒ Chantae Rochester	☒ Kristie Lui ☐ Doris Estremera	
Others Present (in-person)	Edith Cabuslay, Anna Tran, Jeff Blood, Layla Ortiz		
Others Present (online)	Billie Jean, Maria Lorente Foresti, Jordan, Ariya Kaushek, Susan Cortopassi, Iny Li, Sofia Recalde, Amalia Viator, Krysten Lee, Lee Harrison, Seona Srivastava, Pearl Yeh-Lee		

Meeting called to order at 3:34 p.m. by Chair Jean Perry.

ITEM	DISCUSSION/ACTION
Roll Call/ Introductions	Roll call was completed.
Approval of Agenda	The meeting agenda was approved unanimously. ► M/S/C Edgette/Bell
Approval of Minutes	The meeting minutes were approved. ► M/S/C Nichols/Bell
Correspondence, Announcements & Public Comment	- Kristina Bell- Gun buyback event happening on Saturday 6/6; It will be in South San Francisco at the Northern Court. There will also be a second one towards end of the year located in the Southern part of county. - Jean Perry- Governor's June adjustments came out. Eliminated funding for Advocacy Council. If any feel motivated to send a message to the governor about how essential it is that clients and families have a voice, I encourage you to do so. Send an email if not a letter.
Youth Action Board Presentation by Ariya Kaushek, Co-Chair, Youth Action Board, Iny Li, Co-Chair, Youth Action Board, Youth Action Board Members	- This is the San Mateo County Behavioral Health Commission Youth Action Board (YAB) 4th year and 5th cohort. - The policy subcommittee leverages policy to elevate youth voice in existing systems. This year we focused on mental health with suicide prevention toolkits and Be Sensitive Be Brave toolkits. - Successes include 10 county proclamations recognizing Suicide Prevention Month, contributing to the Behavioral Health Continuum Infrastructure Program (BCHIP) state application process [for a Youth Healing Campus – crisis residential and treatment services], and reforming and piloting an updated mental health curriculum in San Mateo Union School District with a focus on prevention and early intervention. - Pathways subcommittee is a continuation from last year. This helps youth in need find suitable mental health and substance use resources. - Last year we created the initial prototype. This year we focused on rethinking what our goals were, creating a new prototype and getting additional feedback.

	• We completely redesigned the user interface to be more welcoming and appear more human-made. • We gathered feedback from the youth commission, and we are currently working on incorporating this feedback. • The community subcommittee facilitates collaborative activities that engage people on mental health lived experiences and solutions through safe spaces and caring exchanges. • We planned events catered to senior/older adults and implemented wellness/peer assistance advisory program at Oceana High School. • The Media Subcommittee this year focused on expanding YAB's online presence primarily during Mental Health Month via Instagram. • Next steps: ○ For Pathways, we have a new prototype but now we need to decide how we want to host it. ○ For policy, we want to continue focusing on early intervention including launching a mental health curriculum pilot with an early intervention focus. ○ For community, we will continue co-hosting collaborative events that amplify our policy objectives and other BHSA-aligned priorities to foster social connection and support early intervention. ○ For media, we plan to collaborate with more mental organizations to co-create content and broaden outreach. We aim to also develop larger digital media projects such as a social media safety toolkit or zine as well as a real/interview series. • We have extended the 2026-2027 YAB cohort deadline to this Sunday. ○ Application link: https://docs.google.com/forms/d/1FLzoyvuz3t3L-phyiQ1MkqAnw4iaUiEBIHJQzeIEWQk/viewform?edit_requested=true
Youth Action Board Presentation Questions and Responses	• Yoko Ng - I liked the keyword "meaningful connection." A lot of work has been done by YAB. I'm curious about the resources you shared. ○ Response: The goal of Pathways isn't to create new resources, but to help connect youth to existing resources that are in this county. We have everything from phone numbers, physical locations, websites. Pathways helps people identify what type of support they are looking for. • Yoko Ng- Is there self-help info for those who haven't had the opportunities to reach out to talk to someone yet? E.g. stress management info ○ Response: In our previous iteration, we had a self-care section, but that hasn't yet been added to the new prototype. ○ Response: This started three years ago largely from parents unsure of where to start. YAB took this from a nonlinear process into something warm and accessible. They wanted to make sure it doesn't feel like a directory. They really focused on the human centered design. • Dan Keohane- This is an incredible group of young people. At what stage can we know where this might live? ○ Response: The greatest challenge is the ever-changing landscape where once something is posted, it is already outdated, so that is a really important question. • Sid Palani - In my experience building products from apps, the hardest part is designing strategy and laying that out especially with AI nowadays. This is an open question. Do we have the right dedication of team and time to execute? Do we have the right owner of the app going forward. I don't have the answers, but the milestone completed is a high-fidelity plan.

	• Kristen Kurczak - If I were a student, I would wonder why adults haven't made this already. I would keep this an agenda item to make sure adults know this is still needed. This is something for the adults to take over and something to keep pushing on. • Leti Bido- Can you share metrics re: social media: followers, engagement; pathways: prototype focus group size outside commission? Captured diverse voices? ○ Response: Shout out to Edith Cabuslay. The Decoded contract was just approved, and it includes content strategy, education (two trainings). ○ Response: Decoded Campaign has about 10K followers. We noticed reels receive more engagement than posts. • Yoko Ng- I want to learn more about safety, and how this media outreach can engage immigrants to this country. Perhaps how AI can help with multilingual protocols. • Dan Keohane - The next steps are exciting. Cohosting community events sounds fabulous, especially getting more visibility. • Frieda Edgette - Each goal for YAB aligns with an existing county priority. With the healing center that takes multiple years, creating videos, 20 meetings with staff, etc. It has been an honor working with all these young people. It has been eye opening going already the county and meeting a lot of youth committees. A common goal for a lot of them is mental health. • Frieda Edgette- As a surprise, we are granting each of our seniors a commendation from the Board of Supervisors. • Ariya Kaushek- From a youth perspective, I can't imagine my last 3 years on YAB without Frieda and Michael's help. It has been genuinely invaluable.
Site Visit Updates by Paul Nichols	• Paul Nichols- I would like to review where we have been. We realized instead of asking providers to fill out a questionnaire, perhaps we can access info from audits. This has now morphed into something larger where we wondered if we can get this info not just for site visits but in general. • Paul Nichols- In that vein, the appropriate title would no longer be site visit updates, but more focused on data, metrics, statistics. I don't know where this will lead, but I would like to gain endorsement from the committee to change the focus this way. • Jean Perry - I would like to know the service they are contracted to provide, who provides it, how much funding they get, is the goal achieved. • Kristen Kurczak - I was tasked with identifying who we would go to when we wanted to monitor evaluation, and it was Kristie. • Jei Africa - Would it be good to go to the Contractors Association that is made up of most behavioral health providers to let them know you are interested in this info.
Medi-Cal Ad Hoc Committee Updates by Laura Gomez	• Rules for Medi-Cal are changing and about 15M people currently rely on Medi-Cal. • Awareness ahead of each deadline is probably the cheapest form of prevention we have. • Starting July 1, 2026, some members lose full scope dental. • By Jan 1, 2027, there will be work/community-engagement rules for adults ages 19-64 • Most exposed continue to be transition aged youth (TAY), justice involved individuals, immigrant communities, adults with serious mental illness or SUD.

	• Still eligible include children and youth under 19, pregnant people, former foster youth up to age of 26. • Human Services Agency and Health Plan of San Mateo has been doing good outreach to inform public. However, no targeted behavioral-health campaign found. • We are currently launching the first digital campaign with a pilot email outreach. • Committee includes Laura, Jean, Michael and Leti. We have four campaign concepts drafted. • Frieda Edgette- This is exciting. Thank you for the work you have put in. Once timeline is updated, let me know. We can help with the TAY piece. I think it would be great to include allCove because they serve Medi-Cal to ages 13-24. They also work with juvenile justice youth so that could be another good connection. It would also be great to have a youth voice contributing to this voice. • Jei Africa- In April, Leti asked about documentation status data. We don't have this data from our clients. We also have a small team that focuses on clients at risk of not renewing Medi-Cal, to help them with renew. It is a small team of four people. • Jean Perry - I think people most at risk of losing coverage are those most at risk of lack of digital access. Using things that aren't media campaign, but more in-person can be helpful for sharing info. • Jei Africa- There is a lot of advocacy in the county to continue Mobile Crisis Response services. A lot of data has shown that it works. • Laura Gomez - I would like to look into community events from Chinese Health Initiative, Filipino Mental Health Initiative, Pacific Islander Initiative, and/or Latino/a/x Collaborative. Also, the upcoming Latino/a/x/ Heritage Month and Suicide Prevention Month.
Standing Committee	Committee for Children & Youth Service Reported by Frieda Edgette • Recess until August. We will be interviewing and onboarding for new cohort. Next meeting is Wednesday, August 19, 2026, at 4:00 p.m. In-person at allcove (2600 S El Camino Real Suite 300, San Mateo) and Virtual: Zoom or dial 669-444-9171 Meeting ID: 990 0971 9684 Committee for Adult Services Reported by Jean Perry • We will have a site visit of Hawthorne House in July. Next meeting is Wednesday, June 17, 2026, at 10:15 a.m. Committee for Older Adult Services Reported by Jean Perry • We will receive a presentation on the status of board and care facilities in the context of HRS. Next meeting is Wednesday, June 17, 2026, 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 Committee for Alcohol and Other Drug Services No report given. Next meeting is Thursday, June 11, 2026, at 2 p.m. Virtual: Teams

Director's Report	• Governor's revised budget didn't include the county's \$157M in-lieu of VLF backfill • If we don't get VLF funding, we may use Measure K funding to fill that gap. The reality is that we will be making tough decisions over next month and years. • Mobile Crisis Response county opt in beginning April 1, 2027. If Mobile Crisis does not get renewed, what would be the funding source? We are looking at \$6M per year. • Governor did not create funding for new funding like Prop 36 for mental health support for juvenile justice. • We are paying close attention to HR1 impacts.
Director's Report Questions and Public Comments	• Paul Nichols - In the next report, could we learn more about the process you go through/will go through when funding is cut? ◦ Response: Yes, we are already doing this so I can bring this to the next report.
Liaison, Task Force and Ad Hoc Committees	Suicide Prevention Committee • No report given New Member Committee • Kristie and Chantae will meet with Gina Beltramo to discuss if it is in the bylaws for us to interview clients and family members. QIC Committee • No report given Site Visits Committee Reported by Paul Nichols • Site visits - Jean, Dan, Frieda, Leti and I met. Clara came back with insightful questions. She said she can bring data to the chair before site visits. We are confirming what we can get access to. Once we have that data available to us, we will decide if questionnaire may be more of a guide. Cal BHB/C Reported by Dan Keohane • Next meeting June 19th. Riverside and via Zoom. Will focus on reorganization and what's going on in various counties. They want to deal with housing situations.
New Business	• Nominating Committee- This committee will come up with the slate of chair, co-chair, CalBHB/C representative. Jean has maxed out on her service term, so the BHC will need a new chair. ◦ Leti Bido will chair the nominating committee. Paul and Dan will join the nominating committee.
Adjournment	This meeting was adjourned at 5:42 p.m. by Chair Jean Perry.

Next BHC Meeting:	Wednesday, August 5, 2026, from 3:30 p.m.-5:30 p.m. 2000 Alameda de las Pulgas, Room 201, San Mateo, CA 94403 and Online Information will be posted on www.smchealth.org/BHC .
Next Executive Committee Meeting:	Wednesday, August 5, 2026, at 5:30 p.m. 2000 Alameda de las Pulgas, Room 201, San Mateo, CA 94403 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.
--	--